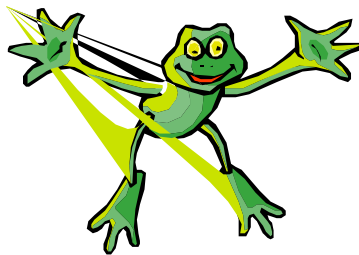


KLAHAYA SWIM TEAM

INTRODUCTION & GENERAL INFORMATION
FREQUENTLY ASKED QUESTIONS
SEATTLE SUMMER SWIM LEAGUE (SSSL) RULES
SSSL QUALIFYING TIMES



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Driving Directions and contact information for SSSL pools
is available at www.klahaya.net

WELCOME TO THE KLAHAYA SWIM TEAM!

This guide will provide you with valuable information which we hope will make this swim season a rewarding experience for all involved. Competition is a major part of the experience, but we will also celebrate individual growth, sportsmanship, team spirit and responsibility. Some of the information will be familiar to most of you and, hopefully, will answer the many questions those new to the program will have.

We want Klahaya Swim Team to be fun! If you can swim the length of the pool and are no older than a senior in high school (including the summer after you graduate), you qualify to be a member of our swim team. Remember **EVERYONE MAKES THE TEAM** - and everyone swims at the meets. Being a member of the team is a great way to meet new friends, get some exercise, and learn a new sport - one you can stay with the rest of your life! Each swimmer will learn some important lessons about goal-setting, commitment, focusing, teamwork and sportsmanship.

All swimmers are encouraged to attend every practice and swim meet, and the coaches will set the line-ups a couple of days before each meet. It is very important that you let the coaches know if you will be unable to attend a meet. It is very difficult to rearrange line-ups at the last minute, so make sure you download the Missing Meet form on www.klahaya.net and fill it out for the coaches.

INDIVIDUAL EFFORT

Although we do swim against other teams, all swimmers compete against themselves as well. Personal improvement is most important, and giving 100% at each meet and workout will help each swimmer to reach his or her personal goals.

TEAM EFFORT

All swimmers, regardless of ability, are important to the team. Although it is not always possible to score points in an event, each swimmer can make a contribution by cheering on other team members. Being a member of the team carries another important responsibility: being on time for the meets and workouts, and notifying the coaches in writing in a timely manner if you are not able to attend a meet. Last minute re-shuffling of a meet is very difficult. This is especially important at the Championship meets. If a member of a particular relay team is not there and a last-minute substitute cannot be found, three other swimmers will also not be able to swim.

SPORTSMANSHIP

All team members are encouraged to be polite not only to the swimmers, coaches, officials and parents of Klahaya, but also to those of our opponents. Winning and losing gracefully is an important part of sportsmanship.

Remember, it is not whether you win or lose, it is the effort you give individually and as a team that counts. Take the time to congratulate an opponent for their effort - you'll be surprised how good it will make you feel.

SWIM MEETS

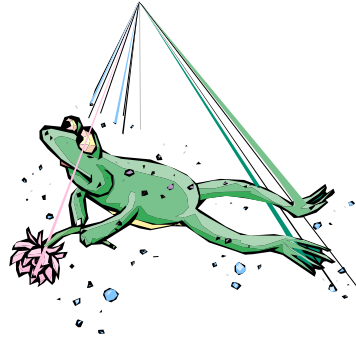
A meet consists of 72 events, 36 for girls and 36 for boys, in five age groups: 8 and under, 10 and under, 12 and under, 14 and under and seniors (18 and under). A child is placed by age on or before June 15th. Swimmers compete in four strokes: backstroke, breaststroke, butterfly and freestyle (commonly called the crawl). They may also compete in individual medleys (a combination of all four strokes) or on relay teams (medley and freestyle). Distances vary from 25 to 100 yards for individual events and 100 and 200 yards for relays, depending upon the stroke and the age group. Points are scored in the following manner.

	Individual	Relay
First Place	5	8
Second Place	3	4
Third Place	1	2

There may be several heats in an event. All but the final heat are exhibitions. All times count for preliminary meet qualifications, but only the final heat is scored.

VOLUNTEERISM

Klahaya swim meets run on volunteers! Parents and grandparents help set up, score, time, and clean-up at all home swim meets. The Swim Director posts a volunteer sign-up sheet on the swim team bulletin board in the lobby. Sign up to help with any of the jobs – no experience necessary for most jobs. The experienced parents will help you learn the ropes – it's a lot of fun and you meet very nice people!



FREQUENTLY ASKED QUESTIONS

What are the fees and requirements to be on the Klahaya Swim Team?

If you can swim the length of the pool and are no older than a senior in high school (including the summer after you graduate), you qualify to be a member of our swim team. The fee to participate usually varies each summer and will be communicated via the Klahaya Newsletter sent in the spring and on the swim page of www.klahaya.net.

Swim Team participation forms are available on the swim page at www.klahaya.net, and in hard copy from the Swim Director. The Swim Director is responsible for collecting all participation forms so that each swimmer is eligible to swim according to Seattle Summer Swim League (SSSL) rules. The forms necessary include: The SSSL Participation form, The Missing Meet form, The Klahaya Medical Release form, and the Code of Conduct form.

When and how long are practices?

Swim team practice begins the Monday evening after the club opens in May. Each age group will meet in the evening Monday through Friday - usually 5:30 to 6:10 for the 8 and under group, 6:10 to 7:00 for the 10 and under and 12 and under, and concluding with the 14 and under and 18 and under group from 7:00 to 8:00 PM.

Summer practices usually begin the Monday morning after school is out unless there are make-up snow or strike days. Summer practices are held Monday through Friday with the 10 and under group swimming from 7:30 to 8:15 AM, 14 and under and 18 and under from 8:15 to 9:20, the 12 and under group from 9:20 to 10:20, and the 8 and under group from 10:20 to 10:55. Swim lessons follow at 11:00.

Please review the spring Klahaya Newsletter each year for specific information regarding dates and times. Your children should come to every practice and meet and should let the coaches know if they will miss practice or a meet. Missing Meet forms are available on www.klahaya.net.

What is a dual meet and Championship meet?

A dual meet is a meet we swim against another Seattle Summer Swim League (SSSL) Northern team, and a Championship meet is a meet swum after the regular season. The SSSL is comprised of a North and South Division – Klahaya is a Northern Division swim team. See www.klahaya.net for a complete list of Northern and Southern Division pools and directions to each pool.

When does each swim meet start and when should I be there?

Dual meets begin at 6:00PM unless otherwise stated. Warm-ups usually begin at 5:00 PM for home meets and 5:30 PM for away meets. You may want to arrive early to get the best possible parking and seating choices. Please observe safety procedures: no diving or jumping into the pool during warm-up. "Sprints" which include diving starts, will occur at the end of the warm-up session and under the coach's direction. Klahaya will close the pool at 3:00 for home swim meets to get set up.

What should I bring to the meets?

Make sure each child has a swim suit, three towels (at least), a cap, and goggles (it might be a good idea to bring an extra pair in case they break). It can get cold – even on a hot day – so bring sweats, a blanket or sleeping bag and maybe even a warm coat and jacket. It is better to have more than you think you might need. If the weather looks bad, many families bring tents or portable canopies. The canopies are also great if it is really hot, too! Each swim club has some kind of concession stand, but the quality and selection varies. You might want to bring water, snacks, etc. for your child just in case. But don't bring too many sugary treats as they can reduce performance.

How do I know what events I will be swimming?

The coaches try to have each swim meet line-up completed by the end of practice the morning of the swim meet. The line-ups have to be entered into the computer for the home and away meet scorers. The line-ups will be posted on the concrete wall after they are entered into the computer and will be posted at the swim meets by the pink and green frog flags. Each child will have an event card that will be sorted in the event card keeper. Each child is responsible for getting his or her card prior to their event and giving it to the timer in the lane in which they are swimming. Eight and under parents will need to help their younger swimmers get organized for relays. The 8 and under coach will help with the distribution of the cards. At away meets, the event cards are posted near where the Klahaya team gathers.

How do I know when my event is coming up?

The announcer will call each event three times, generally at the start of each of the three preceding events. Let's say you are supposed to swim in event #5, girls 8 and under medley relay. It will sound something like this: "First call event #5, second call event #4, final call event #3, and senior girl's 50 yard freestyle." The next announcement will be: "First call event #6, second call event #5, final call event #4, and senior boy's 50 yard freestyle." By this time, you should be waiting near the blocks in the staging area. The next announcement will be: "First call event #7, second call event #6, final call event #5, girls 8 and under 100 yard medley relay." Now is when you should be at the blocks, ready to swim. There will be other announcements in between about event results, etc. There will also be an event board somewhere around the pool, depending upon where we are, which will show the current event number. At Klahaya, we have an electronic system which will display the current event in red numbers. The displays are located above the doors to the lobby. Swim meets can be noisy so make sure to pay attention.

What is an event card, where do I get it, and what do I do with it?

The event card is what the team and scorekeepers use to determine what event you swam and what your time was. You will have one for each individual event you swim and there will be one for each relay team. Your name, the event number, heat, distance, stroke, age group, and lane assignment will all be listed on the card. You can get the card from the card holder stand, which is usually in the team area. Ask a coach or one of the senior swimmers if you cannot find the card holder stand. You will need to take the card with you to the blocks and give it to the head timer in your lane. After you swim, the timers will record all three times on the card and it will be picked up by a runner to be delivered to the score table.

Parents of younger swimmers:
**PLEASE HAVE YOUR CHILD HOLD HIS/HER CARD AS THEY
APPROACH THE BLOCKS**

The area around the blocks is usually very crowded and it can get very confusing and dangerous when there are too many people around. If you take the card, this will cause confusion, delay the race, and could possibly cause your swimmer to miss his or her event. Don't worry about getting 8 and under cards to the other end of the pool. A runner will pick up the cards, or a coach or senior helper will deliver them. Again, it is extremely important that parents DO NOT pick up their child's cards. They should be left in the card-holder until the assistants pick them up and gather the swimmers.

This sounds like a lot to remember, will I have someone to help me?

Yes. There is a coach and parents who will help to get the younger team members to their events on time and with the proper card. Swimmers will usually "stake out" an area of the deck or surrounding grounds where they hang out during the meet. Younger swimmers will greatly help the assistants by staying around this area during the meet so they can find you. Klahaya has two "frog flags" for the younger team members, teal blue for boys and pink for girls, which will help you find your assembly area.

You must be involved and help your young swimmers—especially with relays. The coaches will ask several parents to accompany the swimmers to the other end of the pool and ensure they are in place for their leg of the relay.

What happens if I miss an event?

Almost every swimmer that ever swam has missed an event at least once in their career, but few miss one a second time. If you are not at the blocks when the event is called, the referee will not wait and the event will be swum without you. This isn't because the referee/starter wants to be mean; it is mainly to do with time. Most cities have noise ordinances that stipulate that swim meets must be over by 10:00 PM. With 72 events (and exhibition heats), there is simply not a lot of time to wait for someone who is late to the blocks. That is why it is important to listen to the event announcements and stay in the area where the assistants can find you. If you feel sick or need to leave early, you must tell one of the coaches as soon as possible so a replacement can be found. This is especially important in relay events because if one swimmer doesn't show up, none of the other swimmers can swim. Remember, if you don't swim an event, you cannot score any points for the team!

If I can come to the swim meet, will I get to swim?

Yes, Absolutely! EVERYONE GETS TO SWIM in the Seattle Summer Swim League and on the Klahaya team! In some rare cases, due to limitations of time and number of swimmers, you may only get to swim one or two events. The coaches do their very best to make sure each child has two or three events. You may only swim a maximum of four events, one of which must be a relay.

Why is my event (or relay team's) time important? And, how will good times help me get to the Championship Meets?

The time recorded by the timers is what determines the score of each event. There are no place judges, so first through third place finishes are determined strictly by time. This is the way your official time is determined. There will usually be 3 times recorded on the card. The middle time of the 3 is the official time unless 2 times are the same. In that case the duplicate time is the official time. If there are only two times, they will be averaged and that will be the official time. So, if you have volunteered to be a timer, do your very best to be accurate – it means a lot to the kids!

Once the time is determined for each swimmer, the cards are arranged in order of time and passed on to the score keeper. The time is also important for advancement to the "prelims". These times are set each year by the league for each event (see below). Once a swimmer swims the listed time (or faster) at a regular season swim meet, they have qualified for the championship preliminary meet. (For those who don't qualify for the preliminary

meet, there is a “B” Championship meet which is held before the prelim meet. If you make the prelim time at that meet, you will qualify to swim at the Preliminary meet.)

All swimmers who have a qualifying time will swim at the Preliminary meet (there is a boys Prelims and a girls Prelims). You will swim the events you have qualified for (with the same limitation as in regular meets—four events, one of which must be a relay) in order of qualifying time, slowest to fastest. A link to the results will be posted at the meet and on our web site www.klahaya.net - usually on the same day.

If you finish in the top six in any event at Prelims, you will qualify to swim at the Northern Division Championship meet! This meet is held the same evening as the equivalent meet is held in the Southern Division (but at different locations). This means there will be twelve swimmers or relay teams competing (six in the north and six in the south) for each of the 72 events. At the end of the meet, the top six finishers (based on compared times from the north and south) advance to the All-City meet, regardless of whether they are in the Northern or the Southern division. This means there could be four swimmers from the north and two from the south or six from the north and none from the south, etc. for each event. The All-City Meet is where the overall champion is determined for each event, each year.

There have been a couple of references to relays.

What do I need to know about relays?

There are two types of relays in the 72 events for each dual meet and championship meet: medley and freestyle. For 8 and under swimmers, these relays are 100 yards in length, all others swim 200 yards. Each swimmer on the relay team swims one “leg” or one quarter, of the distance. A medley relay starts with the first athlete swimming the backstroke, the second athlete swimming breaststroke, the third swimming butterfly and the fourth swimming freestyle. In a freestyle relay, all four swim freestyle. This means, for the 8 and under swimmers, that they will be starting at either end of the pool—where the blocks are, or at the turn end where they will start in the water, depending upon the order chosen by the coach (for the medley, this means that the backstroke and butterfly start from the blocks and the breaststroke and the freestyle start at the turn end.) Our league requires that swimmers start in the water for events that require the swimmer to start in the turn end of the pool. This is to protect them from diving into shallow water.

Which events will I be swimming?

You may be asked by the coaching staff to swim any or all of the strokes in a swim meet—Backstroke, Breaststroke, Butterfly or Freestyle. There is also an event called the individual medley, which is a combination of all four strokes, swum in the order of butterfly, backstroke, breaststroke and freestyle. Distances vary from 25 yards to 100 yards depending upon stroke and age group.

What happens if I get disqualified? How will I know, and what does it mean?

Swimming is a very technical sport. It is important that each stroke be swum according to the rules (See pages 8 and 9 for more details). If you get disqualified, the officials are not doing it to be mean to you. It is important to swim the strokes correctly — especially if you want to make it to the championship meets. It would be terrible to make it all the way to the prelim meet or better and get disqualified there because you weren’t called for a stroke infraction at a dual meet. Officials are trained to call disqualifications by raising a hand. It is sometimes difficult, but every effort is made to notify the swimmer and/or a coach of each disqualification. You won’t score any points or get to use a time for prelims if you are disqualified, but you can always swim that event at another meet. Don’t think of a disqualification as a loss, but rather as a learning experience.



Knowing the Rules of Swimming **(VRSTC SSSL Web Site - 2009)**

The Seattle Summer Swim League uses High School Rules, unless specifically changed by the league operating plan. Knowing these rules can really help you be successful in meets. When you're in a race, things get pretty "intense." It's easy to forget. However, your body can remember if you do the correct turn or stroke everyday in workout.

Starts

- The starter should help swimmers follow the rules prior to the start. For instance, if he or she sees something wrong the swimmers can be ask to "stand up" and have the rules explained.
- When the starter says "take your mark" you must be still. When all swimmers are motionless, the starter will activate the starting device.
- On the backstroke, the toes can no longer be "hooked" over the edge. The entire foot must remain underwater.
- In the forward start you have a great deal of freedom in what you do. For instance, you don't have to have your foot at the edge of the block. You don't have to "go down" at all. You just have to be still after you hear "take your mark."
- Swimmers are allowed one false start. A second false start on an individual in an event will result in disqualification. (SSSL Rule)
- You have to start in the water in the shallow end (SSSL Rule).

Relay

- Taking off early
 - Feet leaving the block before the incoming swimmer touches the wall
 - You can be moving - timing is crucial. False starts are often caused by the swimmer not swimming hard all the way to the wall.
- Using an improper stroke - see below

Individual Medley (IM)

- New in 2005 - you can no longer do a flip turn between the backstroke and breaststroke. You must do an open turn, touching on your back.

Freestyle

- At the turn some part of the body must touch the wall.
- The head must come up after 15 meters (16.4 yards) on the start and turns.



Backstroke

- Toes may not be curled over the lip of the gutter at the start.
- The head must come up out of the water by the 15 meter mark (16.4 yards) on the start and turns.
- Your shoulders must be at or past the vertical towards the back during the swim, except at the turn.
- You may turn towards the breast on the turn. You may take a single pull at this time. You may kick and glide towards the wall.
- You must be towards the back when the feet leave the wall after the turn.
- At the turn some part of the body must touch the wall.
- You must touch the wall at the finish while on the back.

Breaststroke

- **NEW:** "After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement."
- At the start and at the turn the swimmer may take only one arm pull and one kick in that order while completely submerged. The head must break the surface by the time the arms have reached the widest part of the second pull.
- After the start and turn your shoulders must be at or past the vertical towards the breast
- You may not skull the hands at the end of the underwater pull at the start and turn
- The only time that the hands may be brought back beyond the hips is during the start and turn.
- Arms must move in the same plane with no alternating movement.
- There shall be no scissors, flutter, or downward butterfly kick. Breaking the surface of the water is OK as long as it is not part of a butterfly kick. (The position of the toes is key. The toes should be pointed out during the kick itself.)
- All motion with the hands and legs must be simultaneous.
- The head can go under water during the stroke, as long as it comes up at least once during the stroke cycle.
- At the turn and finish you must touch with both hands at the same time, not necessarily on the same plane (same level).
- Your stroke needs to follow the pattern of one pull and one kick. A double pull or double kick are not allowed.

Butterfly

- After the start and turn your shoulders must be at or past the vertical towards the breast.
- At the start and turn you may take as many kicks underwater as you want as long as your head comes up by the 15 meter mark (16.4 yards).
- The arms must come over the water at the same time. You can't recover underwater.
- All movements of the legs and feet shall be simultaneous. You can't have any alternative, scissors, or breaststroke kick.
- At the turn and finish you must touch with both hands at the same time. The hands must be at the same level.

**SSSL PRELIMINARY QUALIFYING TIMES
GIRLS**

8 & Under Girls

100 yd Medley Relay-----	1:46.0
100 yd Free Relay-----	1:41.0
25 yd Freestyle-----	21.0
25 yd Backstroke-----	27.0
25 yd Breaststroke-----	28.0
25 yd Butterfly-----	26.0

10 & Under Girls

100 yd Medley Relay-----	1:26.0
100 Individual Medley-----	1:40.0
50 yd Freestyle-----	39.0
50 yd Backstroke-----	48.0
50 yd Breaststroke-----	49.0
25 yd Butterfly-----	22.0
200 Free Relay-----	2:43.0

12 & Under Girls

200 yd Medley Relay-----	2:40.0
100 Individual Medley-----	1:28.0
50 yd Freestyle-----	33.0
50 yd Backstroke-----	42.0
50 yd Breaststroke-----	43.0
50 yd Butterfly-----	38.0
200 Free Relay-----	2:22.0

14 & Under Girls

50 yd Freestyle-----	31.0
200 yd Medley Relay-----	2:29.0
100 Individual Medley-----	1:20.0
100 yd Freestyle-----	1:12.0
50 yd Backstroke-----	38.0
50 yd Breaststroke-----	41.0
50 yd Butterfly-----	36.0
200 Free Relay-----	2:13.0

Senior Girls

50 yd Freestyle-----	30.0
200 yd Medley Relay-----	2:26.0
100 Individual Medley-----	1:18.0
100 yd Freestyle-----	1:09.0
50 yd Backstroke-----	37.0
50 yd Breaststroke-----	40.0
50 yd Butterfly-----	33.0
200 Free Relay-----	2:09.0

**SSSL PRELIMINARY QUALIFYING TIMES
BOYS**

8 & Under Boys

100 yd Medley Relay -----	1:46.0
100 yd Free Relay -----	1:41.0
25 yd Freestyle -----	21.0
25 yd Backstroke -----	27.0
25 yd Breaststroke -----	28.0
25 yd Butterfly -----	26.0

10 & Under Boys

100 yd Medley Relay -----	1:26.0
100 Individual Medley -----	1:40.0
50 yd Freestyle -----	39.0
50 yd Backstroke -----	48.0
50 yd Breaststroke -----	49.0
25 yd Butterfly -----	22.0
200 Free Relay -----	2:43.0

12 & Under Boys

200 yd Medley Relay -----	2:40.0
100 Individual Medley -----	1:28.0
50 yd Freestyle -----	33.0
50 yd Backstroke -----	42.0
50 yd Breaststroke -----	43.0
50 yd Butterfly -----	38.0
200 Free Relay -----	2:22.0

14 & Under Boys

50 yd Freestyle -----	29.0
200 yd Medley Relay -----	2:21.0
100 Individual Medley -----	1:18.0
100 yd Freestyle -----	1:05.0
50 yd Backstroke -----	36.0
50 yd Breaststroke -----	38.0
50 yd Butterfly -----	35.0
200 Free Relay -----	2:03.0

Senior Boys

50 yd Freestyle -----	27.0
200 yd Medley Relay -----	2:07.0
100 Individual Med -----	1:09.0
100 yd Freestyle -----	1:00.0
50 yd Backstroke -----	33.0
50 yd Breaststroke -----	36.0
50 yd Butterfly -----	30.0
200 Free Relay -----	1:51.0

