

June 1, 2009

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FAST Newsletter

Mock Meet —This Saturday —June 6th, 9:00 am

I have sent an e-mail regarding the Mock Meet this Saturday. I will need to know if you child will be swimming by 5pm on Wednesday, June 3rd. Please respond to my e-mail.

Parents/Volunteers — Please remember to show up at 8:30 am so we can set up for the meet. We will need parents to set up the blocks around 8:15 am. If you are willing to assist, please contact Chris Grogan e-mail —chrisgrogan@tindallcorp.com

If you have signed up to work any of the following positions, please come and work at our Mock Meet:

- ANNOUNCER
- CLERK OF COURSE
- ASSISTANTS TO CLERK OF COURSE
- MEET DIRECTOR & REFEREE
- MITE PARENTS
- RESULTS TABLE WORKERS
- RUNNERS
- STARTER
- STROKES & TURN JUDGES
- TIMERS —Don't forget we are using the Dolphin System and you will need to learn how to use this new timing system.

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Volunteers

IF YOU HAVE NOT SIGNED UP for any volunteer positions, Please contact our Volunteer Coordinator, **JULIE HIGGINS** at 739-7669 or e-mail her at juliehiggins64@comcast.net.

If Julie has contacted you, please do not forget to call her back.

She will also be at our Mock Meet on Saturday if you have any questions.

Meet Basics —I'm a Volunteer for a meet, what do I do?

ALL VOLUNTEERS MUST REPORT to the Volunteer Coordinator, Julie Higgins, when you arrive at a meet. Julie will check you in and let you know what area you will be working and whether it's first or second half. Even if you are working the second half of the meet, you must report to Julie when you arrive at the meet. All Volunteers will be given name tags with their name,

position and which shift they are working.

If you are scheduled to work the second shift of the meet, please arrive at your position at least five (5) minutes before the change. The Announcer will be making announcement as to when the Second Shift will begin. The second half of the meet cannot start without all second half volunteers at

their positions. Volunteers, you will be replacing a FAST volunteer and not a volunteer from the other team.

If you are scheduled to work the second shift and need to leave the meet early, please make arrangements for someone to work your shift and do not forget to see Julie and let her know who will be taking your place.

Meet Basics — What are the events and what does “heat” mean?

The events are: **MITE RELAY** (either Freestyle or Medley), **INDIVIDUAL MEDLEY**, **FREESTYLE**, **BACKSTROKE**, **BREASTSTROKE**, **BUTTERFLY** and **200 RELAYS** (either Freestyle or Medley).

The first event of any meet will be the **MITE RELAYS** (8 & under swimmers). Four swimmers will each swim 25 yards or meters, depending on the pool. The meets will alternate between Freestyle Relays and Medley Relays. The first, third and fifth meets will be Freestyle Relays. The second, fourth and sixth meets will be Medley Relays. In the Freestyle Relay, all swimmers will swim “Freestyle”. In the Medley Relay the first swimmer will swim Backstroke, the second swimmer swims Breaststroke, the third swimmer swims Butterfly and the fourth swimmer swims Freestyle. Each event will be broken down by age categories. If any swimmer swims a stroke incorrectly or out of order the entire relay will be disqualified (DO’d).

The second set of events are the **INDIVIDUAL MEDLEYS** or “IMs” as you will hear them called at meets. This event is for swimmers eight and older. Each swimmer will swim 25 yards/meters in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Again, if any swimmer swims a stroke incorrectly or

out of order they will be DO’d.

The third set of events are the **FREESTYLE** swimmers. This event is for all swimmers. The younger swimmers will swim first and progresses up by age group up to the Senior Swimmers.

The fourth set of events are the **BACKSTROKE** swimmers. This event is also for all swimmers. The younger swimmers going first with the Senior swimmers being last.

The first half of the meet is over when the Midget Boys have finished their backstroke. This is around Event 26. Unless a younger swimmer, 8 or younger, is swimming the butterfly or breaststroke their events are over for the meet. All families are welcome to stay and cheer for the rest of the team.

The fifth set of events are the **BUTTERFLY** swimmers. This event is usually for 9 & over swimmers. The Midget swimmers will go first with the Senior swimmers being last.

The sixth set of events are the **BREASTSTROKE** swimmers. Again this is usually for 9 & over swimmers. The Midget swimmers will go first with the Senior swimmers being last.

The last event of the meet is the **200**

YARD/METER RELAYS. You will hear these called “Relays”. As with the Mite Relays the events are alternated between Freestyle and Medley. The Medley Relay being swum in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. In this relay each of the four swimmers will be swimming 50 yards or meters.

HEAT OR HEATS— no it does not refer to the temperature at the meets. A heat is a group of six (6) or less swimmers swimming an event in one category. A category is an age group; such as Youth (6 & under), Mite (8 & under), Midget (9/10), Junior (11/12), Intermediate (13/14), or Senior (15 & older). If there are seven (7) swimmers entered in the Youth Freestyle event, then there will be two (2) heats. If there are fifty (50) swimmers in the Youth Freestyle event, then there will be eight (8) heats. Some of us can remember when we swam against teams where there were fifty swimmers in the Youth Freestyle event. As mentioned in a prior newsletter, each swimmer that comes in first in each heat will receive a heat ribbon. Heat ribbons are awarded whether a swimmer or relay has been DO’d or not. Each swimmer in the winning relay of each heat will receive a heat ribbon.

Meet Basics —Clerk of Course— Where is it located? When do I go?

The Clerk of Course is the person who seeds the Relay events and, along with their assistant, places the swimmers in the heat and lane for their event. All events, except for Relays, are pre-seeded and are printed out in the Heat Sheets (or Meet Program).

At our pool the Clerk of Course is located near the diving area. You will see wooden benches near an umbrella table. If you are unsure, just ask another team member.

At away meets each pool has their

own designated area for Clerk of Course. If you are unable to locate the Clerk of Course at away meets, please ask Rita Ellis, myself or another team member.

During the meet announcements are made as to what event number(s) are to report to the Clerk of Course. Some meets will have numbers posted as to what events are being called to Clerk of Course. All swimmers are responsible for getting to the Clerk of Course. Swimmers should report to Clerk of Course and wait patiently until their event and name is

called. It is important that swimmers keep quiet once they go to Clerk of Course as they will have to listen for their name to be called. Once their name is called, they will be shown where their heat and lane is sitting until they are told to go to the blocks by the Clerk of Course.

If a swimmer does not get to the Clerk of Course, then they may not be allowed to swim in their event. The meet will not be delayed if a swimmer is not at the Clerk of Course and their event goes to the blocks.

This Week's Newsletter

One more Newsletter down and less than two (2) weeks until our first home meet. This Saturday everyone will have an opportunity to get some "hands on" experience at our Mock Meet. Hopefully we can work out some of the "bugs" before we host our first home meet against Tarrington.

Our first home meet will be Saturday June 13th. When Rita Ellis asked me why did we agree to host the first meet of the season, I replied that I would much prefer to only have to get to our pool at 8:00

am than have to get up and go to another pool and be there around 8:15 – 8:30 am. That being said, I want to go on record to let everyone know that I am NOT a morning person and coffee is required —no decaf please. For those other parents like me, not having to get up any earlier than I have to is a plus on any morning.

Yes this is also the day after the last day of school for Chesterfield County and other plans may have been made. I was in that same position last year when my

oldest daughter graduated and I was unable to attend the first meet of the season because of her graduation party, but still had to make sure that everything was ready for our team.

There will be stress at this swim meet for multiple reasons, for me it will be making sure that our first meet of the season runs smoothly and that I don't bite off anyone's head because the coffee hadn't kicked in. Let's all try to step back and take a deep breath before we let ourselves get carried away.

Disqualification Cards ("DQs")

Yes, these happen at some point during the meet. The Strokes/Turn Judges are given certain areas to watch during the meet. It is their responsibility to make sure that the swimmers are swimming the event correctly. If the Strokes/Turn Judge sees a swimmer not swimming the stroke correctly or out of sequence (such as in a Relay or IM), they write down the Event Number, Heat and Lane on a Disqualification Report (DQ card). They then look at the Heat Sheets and write down the swimmer's name and their team. The Strokes/Turn Judges then signs the DQ card. The Judge holds the card up, a runner picks it up and takes it to the Referee. The Referee reviews the card, signs the card if valid

DQ and then holds the card up for a Runner to take it to the Results Table. If the Referee does not sign the DO card, then according to CAL's rules and regulations the swimmer is not disqualified. But when an unsigned card gets to the Results Table, a Table Worker will take it back to the Referee with a question as to whether the swimmer was disqualified in that event. If the DO card remains unsigned after that point, the swimmer is not disqualified in that event and the card is returned to the Results Table where it is destroyed.

Please note: Referees can create DQ cards if they see a swimmer not properly swimming the stroke or the stroke is out

of sequence, such as in a Relay or IM.

Individual swimmers can have multiple DQ cards for the same event.

"If the Strokes/Turn Judge sees a swimmer not swimming the stroke correctly ..., they write down ... on a ... (DQ card)."

After the meet is over, the Results Table will give the respective teams their DQ cards. [Our coaches usually get these from

the Results Table at the end of the meet.] This year the Results Table will attempt to put the codes in and see if we can have a print out, in addition, to the DQ cards for the swimmers that were DQ'd.

Meet Basics —I'm at the blocks, when do I swim?

The Clerk of Course has told the swimmer to report to the blocks. When the swimmer gets there, they find the lane that they are swimming in and stay in the same heat as they were at the Clerk of Course. Which means that the swimmers that they were sitting should also be in the lanes beside them.

Some meets will have chairs in the lanes. This means that the swimmers that are ready to swim the first heat of that event will be on the blocks ready to start.

The chairs will be for the swimmers in the second heat. The swimmers behind the chairs will be in the third heat, and so forth.

The Timer for that lane will have a timing sheet that lists all swimmers for that lane for that event. The timer will ask the swimmer for their name to verify that the swimmer that is swimming is correct. If a swimmer swims in another heat, or in another lane, and the timer does not catch it and does not make the

appropriate change on the timing sheet, then the results for that swimmer may not be recorded correctly.

Just because there is no swimmer on the block does not mean that it is time for the next child to swim. The swimmer for that heat may be a "No Show", the software program may have left a vacant spot in that lane or the swimmer may be in the first heat of the next event. Remind your child to give their name to the timer each time they swim.

Chesterfield Aquatic League (CAL) Rules

In addition to the rules governing the pool set by the Foxcroft Homeowners Association, our swim team is also bound by the Rules & Regulations for Swim Meets set by CAL. For a complete listing of CAL's rules and regulations, go to their website www.swimcal.org, click on Organization and click on 2009 Handbook.

Here are some of the CAL Rules for Swim Meets:

1. Each swimmer may swim in no more than three events per meet plus a relay. All swimmers may swim all meets.
2. The meet will consist of Gold, Silver and Bronze heats for all events, combined if necessary, including relays.
3. Swimmers will be designated as Gold, Silver or Bronze in each event they enter according to his/her fastest time in that stroke. There is no limit to the number of swimmers a team may have in Gold, Silver or Bronze individual events (does not hold for relays).
4. Each club may enter relays in each age group category as follows: two Gold, three Silver and unlimited Bronze in freestyle and the same in medley relays if offered.
5. Relays for 11 and over events may be mixed but must have at least two girls Relays for 10 and under events can have any mix of gender (including all boys or all girls). Relays may be swum in any boy/girl order. Gold relays must have one swimmer with a Gold time in freestyle for a freestyle relay or a Gold time in the stroke he/she is swimming in a medley relay. Silver relays Gold swimmers cannot swim in a Silver relay. Bronze relays can ... Relays can only be swum as Gold or Silver if the swimmer is Gold or Silver at the beginning of the meet. Relay status cannot be changed if Gold or Silver is achieved during the same meet.
6.
7. Swimmers must swim in their age group. However, a mite or youth may swim an event as a mite/midget if that particular event is not offered to the mites or youth. Younger swimmers may swim in a relay in an older age group if the younger swimmers are needed to form the only relay in the older age group. This cannot be done if eligible swimmers (i.e. any swimmer participating in the meet) exist in the older age group. This cannot be done if you are moving a swimmer up to replace a swimmer that has already been moved to an older age group. Swimmers may not swim more than two age groups higher than their age group. The referee and the opponent's coach must know of these changes before the event is swum, or the relay will be disqualified.
- 8....
9. Swimmers will be allowed one false start per event. Upon commission of the second false start, the swimmer will be disqualified. If a heat finishes uninterrupted, no false start can be charged.
- 10....
11. Grievances regarding the conduct of a dual meet should be reported to the meet referee by the team coaches or parent representatives. Parents and swimmers are not to report grievances to the working table or other officials. Protests regarding any matters pertaining to a dual meet must be submitted to the meet referee during the meet or within 24 hours of the conclusion of the meet. Protests regarding any referee decisions must be submitted in writing to the league President within 48 hours of the conclusion of the meet. After this time, all protests regarding the meet will be considered null and void. The Technical Review Committee will review protests within 72 hours of receipt by the league President.....
12. Any rule infraction will lead to disqualification of the swimmer for that event.
13. Ribbons will be given for the first six places in each Gold, Silver and Bronze individual and relay event.
- 14.....
- 20.. In the event of inclement weather, the Home team parent representatives will consult with visiting team parent representatives to determine when and if it is necessary to call off or postpone to a future date any competition that cannot be conducted or completed to a satisfactory manner and in fairness to the swimmers. Meets can only be postponed by mutual agreement of the participating teams' parent representatives. In case of inclement weather the host club's rules will prevail when determining whether it is safe to resume a meet. If postponed, the meet will be swum on the next mutually agreed upon day prior to the next regularly scheduled meet for either club. If an agreement cannot be reached, the matter will be brought before the TRC for final decision. All completed events
21. The referee is required to review and sign each disqualification card prior to the card being delivered to the table at all CAL meets. Disqualification cards received at the table without the referee's signature will be taken immediately by a table worker to the referee for his/her action. The disqualification card will not be included in the event's scoring without the referee's signature....
22.
23.
24. No alcohol or smoking inside the pool's "fenced-in area" is permitted during swim meets.
25.
26. No one, other than the swimmers, shall be in the pool during the meet....
27. A lifeguard (other than the coaches) shall be on duty at all times.

Meet Procedures —Home Meets

How do we set up and prepare for a home meet? What is going on? Who does what and where? I'm confused.

Yes, home meets are a little more confusing than an away meet.. Although our first meet will be a morning meet, I thought it would be easier to give the outline for evening meets as the remaining meets are in the evening.

DAY OF MEET — NO MORNING PRACTICE

4:30 PM SET UP FOR THE MEET BEGINS.

Concessions begin setting up the concession area, grills, foods, etc.

Equipment Chairperson organizes setting up the pool area for the meet. This includes installing starting blocks for the pool lanes, setting up the Timing System and preparing the area for Clerk of Course. All equipment used for the meet is brought out and put in the appropriate area. Pool lounge chairs are re-arranged as needed.

Head Table begins setting up where the results workers will be. Heat sheets will be given to the Concession stand to sell. Timing sheets will be put on clipboards, by lane, and given to the

Meet Director/Referee. Computer, printer, ribbons and other supplies are put out.

Volunteers check in with the Volunteer Coordinator.

5:30 PM FAST SWIMMERS ARRIVE

Swimmers are to check in with the Coaches when they arrive.

5:45 PM FAST WARMUPS

FAST swimmers in the pool to do warm-ups.

6:00 PM OTHER TEAM WARMUPS

6:10 pm

Referee meets with Strokes/Turn Judges for Instructions

Head Timer meets with Timers for Instructions and testing of timing system prior to start of meet.

Clerk of Course receive Mite Relay cards from Coaches of both teams and seeds the Mite Relay.

6:20 pm Mite Relays to Clerk of Course

Clerk of Course and Assistant seats Mite Relays and sends the first heat to the blocks.

6:28 pm National Anthem is sung

6:30 pm Meet Starts

9:30 pm Meet Ends

Concessions takes down their area.

Equipment Chairperson organizes taking down the pool area. This includes removing the starting blocks from lanes, taking down the Timing System and putting all equipment back in the equipment area. All pool lounge chairs are put in the down position and moved as needed.

Results Table continues with inputting the results and printing out final results. After all results are verified they are given to the Coaches of both teams.

Yes, a lot of work and effort goes into preparing and running a meet, but with everyone pitching in it's a lot easier on everyone. Since we are in Division B this year, I am estimating that we will be finished with the meet by 9:30 pm, instead of 10:30 or 11:00 pm. We may finish even earlier, it all depends on the weather and how fast our meet runs.



“It’s Raining, It’s Pouring ...”

For those of us who have been involved with the swim team for longer than a year know that a little rain, or a lot of rain, the “Meet Goes On (Yes, the Meet Goes On)”. Please arrive at the designated time. The swimmers will swim if it’s raining.

“It’s Lightning, It’s Thundering ...” [OK so I got a little carried away.] You still have to show up at the designated time. We will delay a meet if there is lightning or thunder. Whether the meet has started or not, everyone will be asked to leave the pool area and go to their vehicles. This is for your safety. Do not leave the meet without finding out if the meet is delayed or postponed to another

day. Rest assured that Rita Ellis and myself, along with the Director/President and Parent Representative from the other team are watching the weather to determine whether or not to delay the meet or postpone the meet. We make every effort to finish the meet. We will only continue to delay a meet if the storm passes within a reasonable time. If there are indications that the storm will continue, we will postpone the meet.

CAL Rules & Regulations states that meets can only be postponed by mutual agreement of the teams’ Parent Representatives. The meet will be swum on the next mutually agreed upon day prior to the next regularly scheduled

Please arrive at the designated time. The swimmers will swim if it’s raining. meet for either team. All completed events shall be counted and the meet resumed at the start of the event not fully completed. CAL requests that all postponed meets are scheduled for the next day.

Ask yourself this question— Do I want to come back out on another date to complete this meet, or do I want to delay the meet, finish swimming and not have to come back out again to finish swimming this meet? [You are still required to work your scheduled shift for meets that are postponed.]



Foxcroft Aquatic Swim Team (FAST)



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Foxcroft Aquatic Swim Team (FAST)

Website: www.foxcroftswim.com

Chesterfield Aquatic League (CAL)

Website: www.swimcal.org

The Foxcroft Aquatic Swim Team (FAST) has been organized to serve the recreational needs and develop the potential of children and teens interested in a swim team experience. Through the recreational design of the program, it is intended that all children who participate will enhance their physical and mental fitness.

It is hoped that participants in the FAST program will have a positive experience, and develop positive attitudes and self-esteem from their accomplishments, as well as learn good sportsmanship and teamwork. It is also hoped that participants will learn the rules of the sport, correct stroke techniques, and realize their potential through self-discipline and hard work.

Upcoming — Mark Your Calendars

June 5th — Foxcroft Movie Night

With DJ Jason Paige — Movie “Shrek” will start at dark

June 6th — FAST Mock Meet

June 7th — FAST Foxcroft 12th Annual Co-ed Golf Outing

June 12th — Foxcroft “Last Day of School Party” with DJ Jason Paige

June 13th — FAST Home Swim Meet against Tarrington

June 18th — FAST Away Swim Meet at Beulah

June 19th — Foxcroft “Friday Cheers” with “Flat Elvis”

June 20th — FAST Award Ribbons