

2010 Swim Team Handbook



Ashborough Alligators

Updated – April 2010

SWIMMERS AND PARENTS

Welcome to the Ashborough Alligator Swim Team, a member of the CCAA (Coastal Carolina Aquatic Association). We look forward to another season of fun and friendship. We are delighted to have so many returning swimmers and thrilled to have many new families. We sincerely hope that this summer will provide every participant with improved swimming skills, an understanding and appreciation of teamwork, exemplary sportsmanship, and lasting friendships.

A successful swim season takes a great deal of effort from many. Please be involved in your child's summer swim team experience and volunteer in any way that you can. Our parents have always commented about the great friendships formed during swim season and about our team's family atmosphere. Because the entire CCAA organization is one of volunteers, we ask that each family volunteer in some way and make memories that will last a lifetime.

For each child's safety, our swim team has a discipline code defining the steps that are to occur in the event of misconduct on the part of a swimmer. The coaches will follow the policy defined in this handbook. Unsportsmanlike conduct on the part of swimmers or parents will not be tolerated.

If you have any questions not covered in this handbook, feel free to call one of the members of the swim team board.

COACHES

Jessica Dawber Head Coach (10 & Under)	276-0670	tinyjessd@aol.com
Garrett Walker Head Coach (11 & Up)	767-1394 home/330-7703 cell* *Meet Days or emergencies only please	gwalker@DORCHESTER2.k12.sc.us

BOARD MEMBERS

Mike Hobson	President	814-1227	Mike_hobson@spindlenet.com
Cathy McGrew	Vice-President	442-8523 / 442-8521	catherinemcgrew@hotmail.com
Pat Ellenburg	Treasurer	875-9675 / 834-5865	pellenburg@knology.net
Gayla Heinrich	Secretary		gheinrich@gchi.com

COMMITTEE CHAIRS

Gayla Heinrich	Concessions	gheinrich@gchi.com
Lisa Grossman	Equipment / Swimsuits	lisagrossman@sc.rr.com
Jennifer Galatioto	Volunteer Coordinator	jjgalatioto@att.net
We Need You	Fundraising	
Nickole Samios	Social Coordinator	nickole@carolinaone.com
Cathy McGrew	Chene Moore	catherinemcgrew@hotmail.com

SWIM TEAM PHILOSOPHY

The Ashborough Alligator Swim Team is a recreational summer team. Our purpose is to encourage participation by as many children as possible. Our goal for each child is as follows:

- Have fun and make new friends!
- Develop skill through instruction, training and competition!
- Learn good sportsmanship and build a greater sense of team unity!
- Have a positive experience that promotes success both individually and as a team!
- Ensure that all swimmers have the opportunity to participate at each regular meet, either for points and/or exhibition!

Emphasis is placed on the development of well-rounded swimmers who enjoy successful competition and personal improvement through good sportsmanship and teamwork.

ELIGIBILITY

Boys and girls from ages 5 to 18 may swim for the Ashborough Alligators. The “swimming age” is determined by the age as of June 1st of the current year. There are some basic water skills and important behavioral expectations necessary to become eligible:

- The child can swim the length of the pool using any stroke.
- The child can follow simple directions both in and out of the pool.
- The child must not enter the water unless instructed to do so by the coach.

Coaches will use the first two weeks to evaluate the swimmers to determine if they are ready to participate on the swim team.

TRIAL PERIOD AND REFUNDS

New swimmers will be allowed to swim on a trial basis. Refunds will be issued based on the following scale:

May 5th – May 19th = full refund (**NOT** including swimsuit, which is **non-refundable**)

May 20th - June 5th = 50% refund (**NOT** including swimsuit, which is **non-refundable**)

After June 4th = no refunds will be granted

SUPERVISION OF SWIMMERS

At the end of practice, swimmers are asked to exit the pool area. Swimmers under the age of 12, **who are members of the pool**, may re-enter the pool area **ONLY** with a parent or supervising adult, as per Ashborough pool rules and regulations.

SWIMMER'S RESPONSIBILITIES

Attendance – Swimmers are required to attend daily weekday practices in order to be eligible to swim in meets. Please notify your coach if you are unable to make a practice.

Missing Meets – We realize that vacations and other activities sometimes conflict with the team schedule. If you must miss a meet, please notify the coach **in writing, several days in advance**. This will allow the coaches to place alternate swimmers in the events and avoid unnecessary “scratches”. A form to notify your coach is provided in this handbook. The form should be placed in the coaches’ communication folder located at the pool gate.

Behavior – All swimmers are expected to exemplify **good sportsmanship** at all times. As representatives of our community, it is expected and mandatory that all swimmers conduct themselves responsibly and respectfully at all times. Unacceptable behavior will not be tolerated.

Home Meets – We must welcome our guests warmly, answer questions, and offer assistance as needed. Swimmers must all do their part in picking up trash and assuring that the pool area is clean following each meet.

Away Meets – We are guests representing Ashborough. We expect swimmers to clean up the team area before leaving, and for parents and swimmers to treat the facilities respectfully and in a manner in which we would like guests to treat our facilities.

Team swimsuits – Team swimsuits and approved caps are mandatory at all meets.

PARENT'S RESPONSIBILITIES

Practice - Parents must not be on the pool deck during practice unless specifically requested to do so by the coach or a board member. The picnic shelter is a good place to wait. This is a safety issue for the children. Parents on deck have proven to be a distraction to the swimmers and the coaches. If parents need to speak to coaches, please do so after practice.

Conduct - Display appropriate team spirit and good sportsmanship at all times. Be welcoming to opposing team parents and swimmers.

Volunteer - Each family is responsible for a job at home meets. Please use the volunteer signup sheets to get the best time and job for your family. **This is a parent run team.** The success of the season depends on every family’s active and enthusiastic support!

Concessions – This is our primary fundraiser for the season. Please volunteer to help or donate items. All donations for concessions are greatly appreciated.

Coastal Carolina Aquatic Association League Policy on Alcohol and Tobacco

Passed April 22, 2009

Alcohol and tobacco products are **prohibited** at **all** CCAA events. CCAA swimming is an organized children's sporting competition. As such, in keeping with the policies of USA swimming, and all other organized children's sporting leagues, the use of **alcohol and tobacco** are prohibited at CCAA swim meets.

The CCAA recognizes that many of our member pools are located at country clubs that service patrons other than those attending the swim meet. The league **expects** those teams to restrict access to the pool deck area for people who are being served alcohol or using tobacco products. Direct contact with the swimmers and the pool deck area is to be restricted.

MEET DAY AND MEET PROTOCOL

All Dual Meets are held on Tuesdays and Thursdays.

Light activity on meet days, out of the sun and away from the pool. Stay hydrated!

Try to have dinner by 4:00. Remember those carbohydrates (pasta, baked potatoes)! Stay hydrated!

Arrive at meet by 5:45pm and check in with your coach. Scratches and changes will be made by 6:15pm. Check heat sheet for changes.

You must bring your team suit, goggles, and a swim cap to each meet. Other items you may want to bring are: folding/camp chair, sunscreen, towel, warm clothing, bug repellent and rain gear.

Swimmers must remain in the team area. Keep track of events. Be to your event **ON TIME!**

Support your teammates. Cheer loudly! Be a good sport. **Shake hands with other swimmers.**

Be sure to clean up! This is especially important at away meets. It leaves a good impression of our team! We may even get asked back.

RAIN DOES NOT CANCEL PRACTICE OR MEETS.
(See CCAA Rain Policy on page 9)

TEAM SCHEDULE

PRACTICE SCHEDULE***	AGE GROUP	PRACTICE TIME
April 20 th – May 3 rd	Optional Preseason Swim Clinic	See clinic flyer for dates and times
May 5 th - June 8 th	10 and Under	4:00 – 5:30PM Mon – Fri
May 5 th - June 8 th	11 and Up	5:30 – 7:30PM Mon – Fri
June 9 th – end of season	15 - 18	7:00 – 8:15AM Mon - Fri
June 9 th – end of season	11 - 14	8:15 – 9:30AM Mon - Fri
June 9 th – end of season	10 and Under	9:30 – 11:00AM Mon – Fri

Subject to change – please check with your child's coach for practice schedule updates

EVENTS

DATE/TIME	LOCATION	DESCRIPTION
Sunday, April 18 th 6-8pm	Ashborough Civic Bldg	New Swimmer Registration
Monday, April 19 th 6-8pm	Ashborough Civic Bldg	New Swimmer Registration
Wednesday, May 5 th	Pool	1 st Practice
Monday, May 10 th		Team Swimsuit Orders Due
Sunday, May 16 th , 5:00pm	Ashborough Civic Bldg	Parents Meeting
Monday, May 31 st		NO PRACTICE (Memorial Day)
Tuesday, June 1 st	Ashborough Pool	Mock Meet / Team Social
Wednesday, June 9 th	Pool	Morning Practice Begins
Tuesday, June 8 th	Snee Farm	Dual Meet vs Snee Farm
Thursday, June 10 th	Ashborough Pool	Dual Meet vs Long Point
Tuesday, June 15 th	Ashborough Pool	Dual Meet vs Crowfield
Thursday, June 17 th	Brickyard	Dual Meet vs Brickyard
Sunday, June 20 th , 5:00pm	Ashborough Civic Bldg	Board meeting – open to all Parents
Tuesday, June 22 nd	James Island	Dual Meet vs James Island
Thursday, June 24 th	Ashborough Pool	Dual Meet vs Dunes West
Thursday, July 1 st	Newington	Dual Meet vs Newington
Tuesday, July 6 th	Ashborough Pool	Dual Meet vs Coosaw Creek
Thursday, July 8 th		Rain Date
Monday, July 12 th	Pool / Civic Bldg	Chene Moore Invitational Meet
Friday, July 16 th	TBD	Awards Banquet
Sunday, July 18 th	Jewish Comm Center	City Meet
Monday, July 19 th	Jewish Comm Center	City Meet
Tuesday, July 20 th	Jewish Comm Center	City Meet

Directions to away meets can be found on the CCAA website: www.swimccaa.com

FUN FRIDAY BREAKFASTS

Fun Friday is an opportunity for the entire team to practice together. Older swimmers will be assigned a “buddy” (a younger swimmer). This practice usually begins at 9 am. Breakfast in the picnic area is served to the entire team following practice. Parents are asked to send a breakfast item for each Fun Friday. Please limit sweets. The coaches will announce the beginning date.

COMMUNICATION

The team communicates important information to you by disbursing news the following ways:

- E-Mail – please notify the Team Secretary if you have an e-mail address change
- Coaching Announcement – made at practices and meets

NOTES ABOUT STROKES, SCORING, AND REFEREEING

Scoring – All individual events have 4 swimmers swimming for points, 2 from each team. Where there is lane space, exhibition swimmers may swim in order for the swimmer to gain experience and master a stroke to develop skills for future meets. This gives more swimmers an opportunity to get in the water and to compete. Points are awarded as follows:

Individual Events:

1st place finish 5 points
2nd place finish 3 points
3rd place finish 1 point
4th place finish 0 points

Relay Events:

1st place finish 7 points
2nd place finish 0 points

Strokes:

Mixed Medley Relay – Team consists of 2 boys and 2 girls. Each swimmer swims one of the following strokes, in this order: backstroke, breast, butterfly, and freestyle.

Freestyle – Commonly front crawl. In freestyle-only events, any stroke can be swum. Freestyle must be swum during IM's and medley relays.

Butterfly – Front, double-arm, above-water stroke

Backstroke – Back crawl with flip turn option

Breaststroke – Double-arm, below-surface stroke with simultaneous kick.

Individual Medley – Individual event in which a swimmer swims each of the following strokes in this order: butterfly, back, breast, and freestyle.

Freestyle Relay – Separate boys' and girls' events in which a team of 4 swims a set distance of freestyle.

REFEREES

The referees in this league are **VOLUNTEERS**. They are usually parent volunteers who have completed a training program. They have been instructed to make only calls they see, and when in doubt, the **BENEFIT GOES TO THE SWIMMER!** Please respect their calls and show your gratitude to these folks. The league is always in need of referees. Please step up and help out! This is the best location to watch the meets!

DISCIPLINE POLICY

To ensure the safety and well being of each and every swimmer on the team, the following steps shall be taken in the event of swimmer misconduct:

First Offense: The coach will give the swimmer a verbal warning.

Second Offense: The swimmer will be removed from the practice session and the pool. Parents will be notified of the disciplinary action.

Third Offense: A parent/swimmer conference will be called with the coach and a board member.

In the event of continued misconduct, the AAST board and the coaches reserve the right to remove the swimmer in question from the next scheduled swim meet or from the team entirely.

**NOTIFICATION OF MISSED
DUAL/CHENE MOORE INVITATIONAL/CITY SWIM MEETS**

Attention Moms and Dads. If you know that your swimmer cannot attend a regular meet, please let your coach know in advance in writing. This is necessary for planning each meet's heat sheet and to ensure all swimmers are able to participate. If we are unable to make "scratches" our team will have to forfeit the points for each event scheduled for your swimmer.

DUAL MEET NOTIFICATION

(Please complete and turn into your coach at least one week prior to meet)

My swimmer, _____, will not be able to swim at the swim meet scheduled on _____ against _____.

Parent/Guardian Signature: _____ Date: _____

CITY MEET/CHENE MOORE INVITATIONAL

(Please complete and turn into your coach by July 1st)

Each swimmer may be selected to swim in one of these meets. These are very important meets! The coaches **must know** exactly which swimmers will be available to swim at each of these meets, if they are selected to do so.

My swimmer, _____, IF SCHEDULED, will/will not be able to swim at the **Chene Moore Invitational Meet** on Monday, July 12th.

My swimmer, _____, IF SCHEDULED, will/will not be able to swim at the **City Meet** on Sunday, July 18th – Tuesday, July 20th.

Parent/Guardian Signature: _____ Date: _____

VACATION NOTIFICATION

(Please complete and turn into your coach)

My swimmer, _____, will be on vacation or unavailable and will not be able to attend practices or meets that occur on the following dates: _____.

Parent/Guardian Signature: _____ Date: _____

CCAA WEATHER DELAY GUIDELINES

Updated 25 March 2010

If the weather delay occurs:

PRIOR to the start of warm-ups:

In the event that there is a weather delay **prior** to the start of warm-ups,

- if the weather clears sufficiently to proceed with the meet, both coaches may agree to shorten warm-ups to **15** minutes per team. Both teams are entitled to participate in warmups.
- unless both coaches and team reps agree to the contrary, if **warm-ups** have not started by **8:00pm**, then the meet should not be started and should be rescheduled.

DURING warm-ups:

In the event that there is a weather delay **during** warm-ups:

- If the weather clears sufficiently to proceed with the meet, both teams must have had a chance to **complete** warm ups before the meet officially begins.
- If one team has completed warm-ups, but warm-ups are interrupted during the second team's warm-ups, the first team is not entitled to another warm-up period. The second team is entitled to a total warm-up time of at least as much time as the first team had to warm up, not to exceed 30 minutes.

PRIOR to the official start of the meet:

In the event that there is a weather delay **prior** to the meet starting, but **after** warm-ups:

- unless both coaches and team reps agree to the contrary, if the meet has not started at all by 8:30pm, then the meet should not be started and should be rescheduled.
- If the weather clears sufficiently to proceed with the meet, both coaches should discuss the reduction of extra exhibition heats, particularly if such heats are scheduled in events other than freestyle. The longer the delay, the stronger the rationale to reduce such heats.

In the event that a meet is started **after** a weather delay and subsequently delayed any number of times for further weather issues,

- unless **both coaches and team reps** agree to the contrary, if the cumulative time of delays exceeds 1 hour and 30 min, then the meet should be suspended, and the rain agreement opted for at the pre-meet meeting should be followed.
- as described above, both coaches should discuss the reduction of extra exhibition heats

DURING the course of a meet:

In the event that a meet is started on time without a weather delay, and a subsequent weather delay(s) develops, unless **both sets of coaches and team reps** agree to the contrary, if the cumulative time of delays exceeds 1 hour and 30 min, then the meet should be suspended, and the rain agreement opted for at the pre-meet meeting should be followed.

The decision of the meet official concerning the continuation of the meet for **safety** reasons is final. The decision should follow an adult conversation discussing the guidelines and how they apply to the situation at hand at the time. If the team reps and coaches are not in agreement over whether to stop or continue the meet, the meet official decision will take the responsibility to make a final decision.

William Chene Moore, IV

CHENE MOORE INVITATIONAL

“A loving tribute dedicated to the nobility of the human spirit”

May 24, 1997 was the end of Chene Moore's extraordinary battle with cancer...but not the end of Chene's extraordinary influence on all of us lucky enough to know this wonderful young man.

Chene began swimming competitively at 11 years old as therapy for an asthma problem. His doctor said he would not excel at the sport but believed it would be therapeutic. Within three months Chene was ranked Number 1 in South Carolina in his age group. By 12, Chene was third in the U.S. in the 100 IM and in the top five in both the 50 and 100-meter breaststroke. At the age of 16, he was No. 2 in the nation. Chene was an anchor on the Ashborough Swim Team during these wonderful, exciting years.

In April 1989 at the age of 17, Chene was diagnosed with Hodgkin's Lymphoma. During his treatments of chemotherapy and radiation Chene fought cancer with the same determination he fought to swim and continued swimming during his treatments.

Chene's freshman year at UNC-Chapel Hill ushered in more cancer - his liver this time. He endured grueling treatments at The University of Florida, volunteering for every experimental program available to him. Upon recovery, Chene began swimming again and coached the Ashborough Swim Team for the first time.

In May 1993, Chene was diagnosed with recurrent Hodgkin's and returned to Gainesville. This time, he was expected to die and Chene's mom held a jet on a 15-minute standby to bring him home. Chene's miraculous spirit fought back and he completed a bone marrow transplant and was released in 28 days.

Chene again coached Ashborough, stressing mental attitude, staying focused and having fun. Chene told his swimmers "When you start to overcome an obstacle, that's the time to push even harder, not slack off. You don't ever quit because that's a losing mentality." Chene not only taught his swimmers to NEVER GIVE UP, he was a living testimony to the power behind the words.

The annual Summerville Invitational Meet was held at Ashborough on July 14th. This meet is now known as "The Chene Moore Invitational" and the trophy is inscribed with the words "A loving tribute dedicated to the nobility of the human spirit". Newington's Mark Amos was the recipient of the first special award plaque as the winner of the 11-12 boys breaststroke. Chene held the CCAA Record for this event for 23 years, from 1984 to 2007.

To draw upon Chene's strength and his impact on our lives we only need to close our eyes...feel the gentle summer breeze on our face...smell the chlorine wafting off the pool...listen to the backstroke flags flapping and see Chene standing with his legs apart, both hands on the back of his hips and telling us, "Don't tell me you're tired of fighting. Don't you dare quit! I'll tell you when to quit."

Chene Moore...forever remembered...forever loved!