



## **Swim Team Parent Handbook**

### **“GSSC Gators 101”**

The GSSC swim team is a great family experience. If you and your child is new to this sport, swim meets can be a bit daunting at first. This handbook is dedicated to answering the most common questions about swim team participation and offers helpful suggestions to guide you through your first couple of meets. It is organized by sections:

- Swim Team Basics
- Swim Meet Basics
- Before the Meet Starts
- Once the Meet Starts
- Race & Event Logistics
- Relays
- The Day After the Meet
- Post-Season Championship Meets
- Volunteer Opportunities

Once you have attended one or two meets, this will become routine. If you have a question that is not covered here, please do not hesitate to ask any parent, coach, or Team Coordinator for help or information.

### **Gregory Seahurst Swim Team Basics**

#### **Why Should My Children Be On Swim Team?**

Gregory Seahurst Swim team is a fun and competitive summer program guided by the Greater Seattle Summer Swim League (GSSSL) and functions according to the GSSSL Operating Plan. The summer club swim team experience is always a wonderful time for children to get outside and participate in a recreational sport, to learn and practice sportsmanship and to make new friends.

### **What is “Gator Pride?”**

“Gator Pride” is what we call our team spirit. It encompasses pride in how we care for our facility, how we conduct ourselves with sportsmanship at both home and away meets, and how we visibly rally to cheer our swimmers on. It is what unifies our team, establishes our uniqueness from other clubs, and builds a spirited and fun atmosphere for our families and guests.

### **What makes GSSC Swim Team so special?**

We take great pride in our club and celebrate the individual & team accomplishments for our kids! Specifically:

#### **Our Mission:**

“Develop within our kids, an interest and love for swimming, diving, and tennis; provide training and competitive opportunities for youth of all abilities; celebrate team and individual “personal bests;” and provide a fun, family-friendly, “Gator Pride” atmosphere that builds sportsmanship, character, skills, and friendships.”

#### **Our Philosophy:**

- GSSC teams are founded on the belief that age-group competitive swimming, diving, and tennis offer a fun, exciting and worthwhile experience in a young person’s life. They can be learned and enjoyed by those with very little natural ability, as well as those who are of Olympic caliber.
- It is a basic assumption that for an age-group competitive program to succeed, it must encompass and challenge all who participate and it must follow continuous developmental progression. However, its values go far beyond that of learning efficiency in the water and on the tennis courts.
- GSSC is dependent on committed youth, family participation, a dedicated board, and a well-qualified coaching staff. We offer fun, family-friendly, and competitive experiences designed to introduce kids to sports, perhaps for the first time and foster their interest to develop a passion to continue on.
- We understand that not every child will be a world-class swimmer, diver or tennis player. However, every child in our program WILL undoubtedly achieve a “personal best.” We celebrate individual accomplishments as an important part of our teams’ success. It is our goal to help all participants know the value of teamwork, practice good sportsmanship, reach personal goals, build character, and improve self esteem.

### **How long does the swim season last and does my child need prior swim team experience to join?**

The swim GSSC swim season lasts from the beginning of June until the first week in August. All children of members are welcome to join the swim team if they are able to swim one lap (25 yards) of the pool unassisted. This is to ensure that children are comfortable in the water and can make it across safely. Swimmers are eligible to compete through the summer of their senior year in high school.

### **What is my role as a parent?**

As a parent, you have three important roles to play!

**Raise the roof!:** First and foremost, you are a cheerleader. Our kids, especially your own, should always know and visibly see that you are cheering for them. Start off by 1) Wearing “Gator green” t-shirts, sweatshirts, hats to the meets; 2) Stand, clap and wave green spirit rags when our swimmers step onto the pool deck; 3) Learn and join in the team cheer; and 4) Stand at the end of their lane to cheer them on during their race. No lane should be without someone cheering when our kids are racing!

**Get race-ready!:** Your second role is to prepare your child for their events. One of the best ways you can do this is by encouraging them to focus and pay attention to coach instructions during workouts and warm-ups. The majority of this book is dedicated to helping you understand specifics on how to help you and your swimmers enjoy the swim team experience.

**Get involved!:** Your third role is one of a volunteer. Each home meets takes over 75 volunteers to make it happen. As a parent of swim team member, please plan on volunteering for at least 3 shifts during the season. (Timers, Runners, Stroke & Turn Judge, Computer Operators, Snack Shack worker, and more...lots of opportunities!).

**What role does my child need to play?** We want the summer swim team experience to be fun for our swimmers. We also expect them to be on time to workouts and meets, come to practice with a positive attitude and a readiness to work hard. Our coaches plan challenging workouts designed to improve technique, motivate, and foster swimmers’ advancement. We take great pride in our team and expect that our swimmers represent Gregory Seahurst Swim Club in a positive manner and should act accordingly. If your child is not acting in a fashion that positively represents our swim club, it is your responsibility to work with your child to change the behavior. The coaches are excellent and will work with each child to help them reach their potential.

**What is the difference between “pre” and “regular” season practice? Does my child need to participate in both in order to be on the team?**

**“Pre-Season Practice”:** Will begin late May and end late June. Our schedule syncs with Highline School District therefore while school is still in session, swim team practices are held in the evenings and start times are staggered by age-group. Times are posted at the pool.

**“Regular-Season Practice”:** Once school is out the swim team practices are held in the early morning (before swim lessons).

**Pre-season** practices will begin late May and end late June.

Monday thru Thursday

7:00 – 7:30 p.m. Speedy Sixers, 8 yrs & under

7:30 – 8:10 p.m. 10 yrs & under, 12 yrs & under

8:10 – 9:00 p.m. 13 & older-Seniors

**Regular-season** practices will begin late June and end early August.

Monday, Wednesday, Friday

7:50 – 9:00 a.m. 13 & older-Seniors

9:00 – 9:45 a.m. 12 & under / 10 & under

9:45 – 10:25 a.m. Speedy Sixers, 8 & under

It is strongly encouraged that kids participate in pre-season practices. This is important so that they get the conditioning they need prior to time trials and the first meet. Coaches will also need to assess swimmers’ ability to make line-up determinations.

**Where can I buy a team Suit?**

Every two years a new swim suit style is selected for our team. We offer suit fittings at the mandatory parent meeting and purchases can be made online via our website. Since we get new suits every two years, you may want to try to get one that will fit for two years and/or swap suits among other parents. Your child is not required to have a team suit but it sure adds to the team spirit!

**How do I order GSSC “spirit wear?”**

Swimmers and parents will have the opportunity to buy GSSC gear including sweatshirts, sweatpants, caps and other team-related gear at the online store.

**What should I do if we need to miss a practice?**

If at all possible, please notify the coaches in advance.

### **What are “Swim buddies?”**

To ease parent/swimmer stress, each of our new swimmers will be introduced to a buddy at the beginning of the season. The buddy will be an older, experienced swimmer. Their goal will be to help the new swimmer through the swim team experience and to promote team spirit along with the Captains. If your swimmer is a returning swimmer but still in need of a buddy, please inform the coaches and we will try to arrange it.

### **What are “Time Trials?”**

GSSC Time Trials is a terrific way to introduce new swimmers (and returning ones) to the flow of a meet without the stress of a real meet. Time Trials serves as a "mock meet," an opportunity for you to familiarize yourself with how the meets will run and understand how to navigate this new meet experience. Time Trials is also important for coaches to get baseline times for our swimmers.

## **Swim Meet Basics**

### **What nights of the week are meets held?**

Meets are held on Tuesday and Thursday nights although some special meets may be held on other days. Watch for a schedule. The goal for each member of the team is to develop sportsmanship, a competitive spirit, and team spirit. Swimmers are also competing to improve their time throughout the season.

### **How long do meets last?**

Meets typically last 2 ½ to 3 hours. Be prepared to sit back and enjoy the swimming.

### **What Should I bring to the swim meets?**

The basics: teams swim suit, cap and goggles.

1. Swim cap: It helps to "dust" the inside of the cap after it's dried, with baby powder or baby cornstarch. This helps preserve the cap and makes it easier to put on.
2. Swim suit: You probably want to have your child come in their swimsuit so you don't have to worry about getting them changed. New swim suits must be soaked for at least one hour in a vinegar & water mixture (one gallon cold water/sink full with 2 T. of white vinegar) before you ever go into chlorinated water. This helps "set" the color of the suit and will help keep your suit in better condition for the two-year period.
3. Goggles: It is always a good plan to bring at least 2 pairs so that you have a back up in case one pair breaks or gets lost.

4. Warm clothes: Hat, sweat suit or jacket to wear over your swim suit between events. Bring one or two if possible. Meets go on, despite occasionally chilly weather & rain, and evenings can get very cold in a soggy sweatshirt.
5. A sleeping bag or blanket(s) to sit on and/or to keep warm between events; and a tarp, sheet of plastic or thick blanket to put under sleeping bag (not a must).
6. T-shirt & SPF 15 sunscreen to provided protection from the sun on hot days.
7. A few towels so that you can dry off after warm-ups and each event.
8. Games: Anything to pass the time like travel games, coloring books, books, cards. Avoid things like Frisbees, balls...there really is not a lot of space at some swim clubs and it's a good idea to encourage your swimmer to rest a bit in between events. Do NOT bring anything of value...we would hate to have anything "walk off" and ruin your child's day!
9. Food & Water: Bringing snacks are Ok though each swim meet has terrific snack bars. Suggestions: Drinks: Water, fruit juice, sport drinks. Snacks: Granola bars, fruits, yogurts, dry cereal, Jell-O cubes, sandwiches, fruit rollups.

#### **What NOT to bring**

1. TENTS: It makes it impossible to find your child when it's time for him/her to swim and they can obstruct views for others. You will see other teams bring them but it is our policy NOT to have tents.
2. Boom boxes: We do not encourage the use of boom boxes to play loud music. It can be distracting for swimmers and parents who are trying to focus on the events.

#### **What are "Theme Nights?"**

At all home meets we have "theme" nights where the kids come dressed up for the meets. We love parent participation in this too! Check with the coaches if you're unsure about the "theme" for a particular meet. Watch for notices on the website or signs posted at the pool. All away meet themes are "Gator Pride." Wear your gator gear and cheer like crazy!

#### **Are meets cancelled for weather?**

Meets are held rain or shine, so bring your umbrella, etc. Meet officials will postpone or cancel the meet in the event of thunder or lightning for safety reasons, but please do not make your own assumptions. When in doubt, show up at the meet!

#### **What should I do if my child has to miss a swim meet?**

Your coaches work hard to plan out the swimmer line-ups and need to know in advance if you will be unable to attend a specific meet. This is especially important in helping them plan relay line-ups for post-season championship meets. . Last minute changes and no-shows are unfair to

the coaches and very disappointing to the swimmers since affected relays may be unable to swim.

If your swimmer is unable to attend any meet, please notify the coaches within 48 hours by either signing them out in the binder located at the front desk or by email. Coaches contact information is located on the website.

### **Is there anywhere to get something to eat at swim meets?**

Each pool has a concession stand where you can usually count on buying hamburgers, hot dogs, coffee, soft drinks, and candy. Some pools also have cup of soup, chili, and Frito-Banditos. Ask the coach for recommendations about what swimmers should eat before and during meets.

### **Where can I find directions to the other SSSL pools?**

Directions to all away meets are included in the Directions section of the Parent Handbook or can be found online at [www.gregoryseahurst.com](http://www.gregoryseahurst.com) under the "Swim Team" tab.

## **Before the Meet Starts**

### **What time do meets start and when do I need to arrive?**

All dual meets start at 6:00 P.M. It is very important for new swimmers to allow plenty of time before the meets. Swimmers must warm up as a team so that they get loosened up and ready to race. For home meets, swimmers need to arrive at 4:45 P.M. and will warm up from 5:00 P.M. to 5:30 P.M. For away meets, swimmers should arrive at 5:15 P.M. and will warm up from 5:30 P.M. until 6:00 P.M. Be sure to confirm warm-up times with the coaches.

### **What do I do when I get to the pool for a meet?**

Upon arriving at the pool, each swimmer should double check the line-up sheets to confirm the events he/she will be swimming (sometimes event line-ups change from when they are posted in the morning to time of meet). At home meets, these are posted on the wall behind the office (grassy area). At away meets, they are posted on the fence where the team is sitting.

### **Where should I put my stuff when I get to the meet?**

When you arrive, find a place to put your swimmer's blankets, swim bags, sleeping bags. The team sits together as a group. Look for familiar faces.

### **How do warm-ups work?**

Please have your child at the meet in time for the warm-ups. If your child doesn't show up for warm-ups, the coaches are unsure if you are attending at all. During meet warm-ups, no diving

or backstroke starts are allowed from the blocks or edge of the pool unless specified by the official announcer. All swimmers must enter the pool feet first. Late in the warm-ups the officials will designate a lane or two for "starts". This will be the only time racing starts will be permitted.

It is a good idea for swimmers to familiarize themselves with the following items during warm-ups (particularly at away meets):

1. location of backstroke flags
2. walls (for turns)
3. lane lines (separating one lane from another)
4. lane markers (on bottom of pool and at each wall)
5. starting blocks
6. location of "flip numbers" that indicate current event number

### **Where should my child go after the warm-ups?**

After warm-ups you swimmer is expected to find the coaches for a short team meeting and cheer. Afterwards swimmers can go back to where his/her blanket or sleeping bags are. This is a good time to make sure he/she goes to the bathroom, gets a drink and settles in. Meets usually start at 6:00 pm and begin with Pledge of Allegiance or the Star Spangled Banner. It is a fun GSSC tradition to have our swimmers sing.

### **How do I know what events my child is swimming in a meet?**

It's important for swimmers and parents to know what event numbers she/he is swimming since they might swim right after warm-ups. On the morning of the meet the "event list" for each age group (showing which event(s) your child will swim that evening) is posted at Gregory Seahurst on the window in the office. The event list will also be posted at the swim meet. Often, the lineup has changed from the morning posting to the posting at the meet, so be sure to check the event list at the meet even if you have checked it at the pool. If your child is young, please make sure and review the list yourself. It is best to have a "Sharpie" pen with you as you can write their event numbers on their hand (or yours) to help you remember. On occasion, it is necessary to swim a swimmer up an age group (swimming in a higher age group) in one or more events. This is especially true for relays so check the relays for the age group above your child group—the coach will usually alert your child to this if they are affected.

### **How many events can a child swim in a meet?**

In dual meets, swimmers are limited to a total of 4 events, including relays. An individual may swim a maximum of 3 individual events and 1 relay, or 2 individual events and 2 relays. Typically, each child will swim in two to four events. If you notice this isn't the case, please see a coach. Every effort will be made to make these two events one relay and one individual event.



Due to a variety of reasons, however, this is not always possible. Occasionally a Speedy 6'er may swim only one event.

### **How can I help prepare my swimmer for his/her race?**

It is helpful and customary to write the events and heats that your child will be swimming on their arm sharpie marker. About three to five events before your child's event, your child should proceed to the appropriate lane. In the case of relays, more time should be allowed to gather all four swimmers. For younger swimmers, certain parents will be assigned the task of gathering relay swimmers together or the Buddies and Captains will be present to assist new and younger swimmers.

## **Once the Meet Starts**

Helpful tips:

1. It is OK for you to stand by your swimmer while they are waiting for events but NOT directly behind the blocks. It's a big help to older teammates who are helping out and a comfort to your child and others.
2. The younger kids swim 25 yards (one length of the pool). It is fine to meet them at the end of the swim with a towel (and a hug!) but please stay behind the timers.
3. It's really helpful to keep your swimmers in the gathering area at all times. Please encourage them not to run around the grounds. If your child is not in the gathering area (sitting in the stands with you, eating at the snack bar, playing on the big toy), please take the responsibility to get them to the appropriate spot at least 5 events before they are scheduled to swim.
4. Please make sure that your child doesn't leave the timer areas once they have checked in.

## **Race & Event Logistics**

### **How will I know when it is my child's turn to race?**

An event number will be called over the loudspeaker. For example, "First call for event #16, 8 & Under boys, 25 yard freestyle". Once you hear the announcement it is time to proceed to the timer area. For the smaller kids, they should already be at a pre-designated spot about 5 events before they are scheduled to swim. The current event is also "posted" at each pool. Look for the location at away pools so you can tell which event is currently being held. At Gregory, the current event is posted under the "starter" table. Parents can really help by having their swimmers report early. (Especially true in relays!) **SWIMMERS ARE NOT TO LEAVE THE TIMER AREA ONCE THEY HAVE CHECKED IN!**

**When should my child check in for his/her race?**

All swimmers should check in to their events 4-5 races before the event. Gregory Seahurst is a very team oriented swim team. This means that the older kids (13 & up) take care of the younger swimmers. They help gather them for their events, and they assist in a variety of other ways. Our goal is that no swimmer will miss an event. We will also count on you to help prepare them for their races. However, once in awhile, a younger child will miss an event but know that everyone is doing their best to make this a positive experience for all children.

**Where do swimmers go when it's time for their race?**

Swimmers will be assigned designated meeting areas by age group. This is important so that volunteer "stagers" can begin lining them up on the benches by order in the lane they are assigned to in the order of the event they are entered in (the lower numbered event closest to the block.). Though older swimmers will help gather younger swimmers to escort them to their meeting spot, if your swimmer is young, you may want to escort them and wait with them until it is their time to swim. This helps prevent last minute scrambles to get the swimmers to the blocks on time.

**What is the order of events?**

Each meet consists of 72 events. The order of these events is always the same and is as follows:

- 50 Free for seniors
- Medley Relay
- 100 Individual Medley (IM)
- 25 / 50 Free
- 100 Free for seniors
- Back
- Breast
- Fly (Butterfly)
- Free Relay

Specifically:

Girls' events are odd numbered and boys' events are even numbered. Order of

Events:

Girls Boys Event

1 2 14 and under 50 yard freestyle

3 4 Senior 50 yard freestyle

5 6 8 and under 100 yard medley relay

7 8 10 and under 100 yard medley relay

9 10 12 and under 200 yard medley relay  
11 12 14 and under 200 yard medley relay  
13 14 Senior 200 medley relay  
15 16 8 and under 100 yard freestyle relay  
17 18 10 and under 100 yard individual medley  
19 20 12 and under 100 yard individual medley  
21 22 14 and under 100 yard individual medley  
23 24 Senior 100 individual medley  
25EX 26EX Speedy Sixer 25 yard freestyle  
25 26 8 and under 25 yard freestyle  
27 28 10 and under 50 yard freestyle  
29 30 12 and under 50 yard freestyle  
31 32 14 and under 100 yard freestyle  
33 34 Senior 100 yard freestyle  
35EX 36EX Speedy Sixer 25 yard backstroke  
35 36 8 and under 25 yard backstroke  
37 38 10 and under 50 yard backstroke  
39 40 12 and under 50 yard backstroke  
41 42 14 and under 50 yard backstroke  
43 44 Senior 50 yard backstroke  
45EX 46EX Speedy Sixer 25 yard breaststroke  
45 46 8 and under 25 yard breaststroke  
47 48 10 and under 50 yard breaststroke  
49 50 12 and under 50 yard breaststroke  
51 52 14 and under 50 yard breaststroke  
53 54 Senior 50 yard breaststroke  
55EX 56EX Speedy Sixer 25 yard butterfly  
55 56 8 and under 25 yard butterfly  
57 58 10 and under 25 yard butterfly  
59 60 12 and under 50 yard butterfly  
61 62 14 and under 50 yard butterfly  
63 64 Senior 50 yard butterfly  
65 66 10 and under 200 yard freestyle relay  
67 68 12 and under 200 yard freestyle relay  
69 70 14 and under 200 yard freestyle relay  
71 72 Senior 200 yard freestyle relay

You can usually expect 1-3 heats for each event with the exception of relays. Relays only have one heat.

The youngest age groups swim first. There is no individual medley for the 8 and unders. Be sure and listen to the announcer to know which heats are coming up so that your child will know when to report to the starting blocks. Most clubs including ours have event flip cards displayed by the pool or clubhouse to help you keep track of meet progress. Swimmers need to be aware at all times which event is being swum. If the swimmer is not at the blocks on time, he/she will miss the event. **The officials will not wait for missing swimmers.**

### **What do exhibition heats mean?**

Usually, there is more than one heat per event. Exhibition or un-scored heats are run before the fastest, scored heat. If your child is swimming in an exhibition heat, there will be an X or EX next to their name on the event lineup. The younger age groups may have multiple exhibition heats (only one scoring heat is allowed). This is especially true for the Speedy 6'ers. Multiple heats allow more children to participate.

### **What should my child do after the race is finished?**

Please have your swimmer ask the timers what his/her time is then check in with the coaches. The most important aspect of swimming is improving ones' times...much more important than how you finished compared with others! Times are also posted on the final heat sheets 4 to 5 events after your child's race. Take him/her back to the towel area and relax and put their clothes on. If they run around in their suit, they get all stiff unless it's hot out. (plus the suit needs to last two seasons!) This is a good time to check out the bathroom, get a drink, and have something light to eat. Your swimmer waits until the next event and starts the procedure all over again!

When your swimmer has completed all her/his events, he/she and their parents get to go home. Make sure that you (the parent) check with the coach before leaving to make sure that your swimmer is not needed for another event or is included in a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she/he is not there. Also, please police and pick up any trash in your area. It is always appreciated and shows respect for your team, our own pool, and the other team's pool.

### **What are the roles of the "officials" at the meet?**

There are many important positions at a swim meet. The Starter/Announcer will call the event, and after telling the kids to get on their marks, get set, they will sound a noise to commence the race. Each lane will have 3 Timers so we get an accurate time for each swimmer. There are also Stroke & Turn Judges who will watch to make sure that the child is swimming the stroke correctly, touching the ends of the pool correctly, and not starting before their relay partner

has touched. If a child is disqualified from a race, every attempt is made to explain the reasons to the child.

Please be aware that the judges are trained and are volunteers doing the best that they can. Please be respectful of their positions and their judgment.

### **What is an individual medley event?**

An Individual Medley is a 100 yard race swam a single swimmer which includes each of the four strokes. The swimmer will swim one length each of Butterfly, Back, Breast and Freestyle (in that order).

## **Relays**

### **How do relays work?**

The most confusing event, especially for beginners, is the relays. Swimmers compete in age groups. All age groups have two types of relays: Freestyle (where all four swimmers swim Freestyle) and the Medley relay (where the first swimmer swims Backstroke, the second swims Breaststroke, the third swims Butterfly, and the fourth swims Freestyle). 100 yard relays for the younger swimmers can be particularly confusing. It is recommended that a couple of the parents get the team together prior to the event and determine who is swimming what leg of the event. One of the parents should then take the first and third swimmers to the blocks while the other parent takes the second and fourth swimmers to the same lane at the opposite end of the pool. Remember to watch for "which leg" of the relay your child swims! (You can tell by the order that their name is listed on the relay). This is especially true for the Medley relays so they also know which stroke to swim!

Below is a description of each type of relay by age group:

**Speedy 6'ers:** All children 6 & under are in the Speedy 6'ers. Speedy 6'ers do not have relays; however there are rare occasions in which a coach has a Speedy "swim up" with the 8 & Unders. Watch to see if your Speedy 6'er is on an 8 & Under relay.

**8 & Unders:** 8 & Unders swim 25 yards for both the Medley and Freestyle relays.

#### **Free Relay:**

- Swim 25 yards (one length)
- 1st and 3rd swimmers leave from the starting end of the pool
- 2nd and 4th swimmers leave from the far end of the pool

#### **Medley Relay:**

- Swim only 25 yards (one length) for each leg of race

- Order of strokes: Back, Breast, Butterfly, Free (Alphabetical Order)
- Backstroke and Butterfly will leave from the starting end of the pool
- Breaststroke and Freestyle will leave from the far end of the pool

### **10 & Unders:**

#### *Free Relay:*

- Swimmers swim 50 yards each (200 yard relay) for the Freestyle relay.

#### *Medley Relay:*

- Swim only 25 yards (one length) for each leg of race
- Order of strokes: Back, Breast, Butterfly, Free (Alphabetical Order)
- Backstroke and Butterfly will leave from the starting end of the pool
- Breaststroke and Freestyle will leave from the far end of the pool

### **11-Seniors:**

#### *Free Relay:* 11 & Over

- All swimmers swim 50 yards (2 lengths) and leave from starting end of the pool

#### *Medley Relay:* 11 and Over

- Swim 50 yards (2 lengths)
- Order of strokes: Back, Breast, Butterfly, Free (Alphabetical Order)
- All swimmers leave from the starting end of the pool

## **Day After the Meet**

### **Ribbons!**

Each swimmer receives a ribbon for swimming an event. The kids (especially the little ones) love these ribbons. Please be sure and pick them up and congratulate your child on a job well done! You may pick up ribbons the day or two following a meet from a file box in the pool office.

## **Post-Season Championship Meets**

After regular-season dual meets, there are a series of post-season championship meets that your child may participate in that include several swim clubs. With the exception of “B-Champs” swimmers must qualify for these meets by meeting a predetermined time standard.

**B-Champs:** B-Champs is a very fun meet where every child gets to end their season on a high note! All swimmers who do not qualify for Prelims will participate in B-Champs. Swimmers who qualify in relays, but not in an individual event may compete in both Prelims and B-Champs. Relay team members at the Prelim meet are determined by the coach.

**Preliminaries:** (“Prelims”) meets: Prelims are divided into 2 separate meets, “Boys Prelims” and “Girls Prelims.” Qualifying times are posted at the pool. If your child qualifies for Preliminaries in an individual event, they will not participate in the B-champs.

**Southern Division:** The top six times in each event at Prelims go on to Southern Division. Southern Division is made up of the top six qualifiers from the eight South-end teams. Both boys & girls compete together at this meet. \*Note: Simultaneously, North-end teams participate in “Northern Division”

**All City:** The top six best times from the Southern and Northern Divisions qualify for the All City Championships, usually held the first Tuesday in August.

## **Volunteer Opportunities**

**Parent Volunteer Jobs** – Our volunteers are an important and valued part of our GSSC swim team family and play a key role to help home swim meets run smoothly. In order to run meets successfully, we require that all parents volunteer at least 3 shifts throughout the course of the summer. There are 2 convenient ways to sign up: 1) Please contact our Youth Coordinator or 2) Click on the specific swim meet "event" and sign up for a job that way. We have several volunteer job assignments for our home swim meets:

- Swim Meet Announcer - Welcomes and introduces teams, coaches, officials, calls events up.
- Starter - Starts event after announcer calls, commands swimmers, commences the race by sounding a loud beep.
- Head Timer - Coordinates timers for home meets, instructs and assigns timers to lanes, assists with lane judging.
- Lane Timers - Three per lane; time and record swimmers times. Two shifts.
- Stroke and Turn Judges- Ideally there are 4, two on each side of pool assigned to observe all lanes; judge strokes, turns, relay hand offs and proper hand placement for butterfly & breaststroke events.
- Ribbon Table Coordinator- Coordinates ribbon table volunteers, supplies and ribbon preparation at home meets.

- Computer Coordinator – Sets up meet templates for data entry, coordinates the scoring and inputting of data for each home meet.
- Computer -Help input data into computer before and during swim meets.
- Runners- Collects timer sheets and takes them to the computer people.
- Clerk of Course - Distributes event cards to swimmers at home and away meets.
- Stagers- Organizes the order and flow of swimmers approaching the blocks for their races.
- Concessions - Two cooks, and one each for condiments, candy, hot drinks and cold drinks

**Congratulations! You are now an official swim team parent!**  
**GO GATORS!**

Swim Meet Directions:

**Arbor Heights Swim Club**

11003 31st SW, Seattle 98146  
 206-244-6557

Take Ambaum Blvd SW to SW 107th, turn left at Taco Bell and the road will become SW 106th. Continue west to 31st SW. Turn left and drive to the end of the street. The pool is on the right. Parking is limited so park on the street.

**Kent Swim & Tennis Club**

25821 Woodland Way S, Kent 98031  
 253-852-7620

Take 167 S to 84th/Central exit (Kent exit). Go left at the end of the exit ramp onto Central. Follow Central to Smith and turn left. Go 3 blocks on Smith and turn right onto Titus. Go about one block and turn left onto Reiten Road. Follow Reiten Road up the hill. This road goes to the pool however it turns left just before a cemetery (and is then called Maple), and then turns right (and becomes Woodland Way). After it become Woodland Way go two blocks and the pool will be on your right.

**Lakeridge Swim Club**

11433 76th Ave S, Renton 98055  
 206-772-1950

Take 405 to Renton and exit onto Rainier Ave heading North. Turn left from Rainier onto Renton Avenue Extension (look for McDonalds). Near the top of Renton Avenue



hill, turn right onto 78th S. Go to the bottom of the hill and turn left onto S 115th Street. Go up hill. Pool is at the top.

### **Marine Hills Swim Club**

600 South 302nd, Federal Way 98003

253-839-4690

Take Hwy 99 So to Dashpoint Road. Turn right onto Dashpoint Road to 9th Pl South. Turn right onto 9th Pl S (one after the light). Take the 1st left onto S 299th Pl. Follow all the way to the bottom where you must turn. Turn left onto 8th Avenue S. Look for pool signs. Take the second right onto 302nd and pool is at the end of the road.

### **Normandy Park Swim Club**

17655 12th Ave SW, Normandy Park 98166

206-244-0700

Take 19th Ave SW south from GSSC and turn left on SW 170th. Follow 170th as it twists and turns down to Sylvester road. Turn right onto Sylvester. Turn left almost immediately onto SW 172nd. This road winds down the hill and becomes 12th SW. Pool is at the bottom of the hill on the right. BE SURE TO FOLLOW PARKING REGULATIONS WHEN IN NORMANDY PARK. DO NOT PARK ON THE ROAD...THEY TOW!

### **Olympic View Swim Club**

19800 4th Ave SW, Normandy Park 98148

206-824-6063

Take 1st Ave S to 200th SW. Turn right on 200th SW. Continue up the hill to 4th Ave SW. Turn right on 4th Ave SW and continue past city offices. The pool is on the right.

### **Twin Lakes**

3583 S 320th St, Federal Way 98023

253-927-3520

Take 1-5 S or Hwy 99 S to 320th Ave in Federal Way. Turn right heading west on 320th. Continue for heading west until your reach 35th SW (quite a ways!). The pool is located on the left after you cross 35th SW.