



Team Manual
2007 - 2008

Introduction

Welcome to the Mercy HealthPlex swim team! After a 2006-2007 campaign that included a small team state championship, our first National Top 16 cutoff time, our first zone swimmer and our first National Title.....well, okay, not the last one. But we have improved by leaps and bounds in our first three years in existence. It's all in part to the great children, the supportive parents and the passionate assistant coaches involved in the program. Now that's a recipe for success!

This year will be really fun and interesting at the same time. I have brought on another knowledgeable coach (Coach Cecil) for Fairfield who is ready to take that program to the next level by adding consistency at the helm as well as his expertise training high end swimmers. Coach Brendan will be on board again in Anderson. You will be seeing him a lot on deck this season. And last but not least, the great Coach Leslie, who has done a phenomenal job with the younger age groups. Look for her group to grow this fall and summer.

There will also be other swimmers coming on board from other clubs and I ask that you welcome them with open arms. Make them feel at home and help out a parent or swimmer if they look lost. My goal is to maintain the same quality program while integrating these new swimmers from other clubs as well as children that just graduated from sea cubs. I'm really pumped up for this experience!

So, the action starts now! Go Sea Wolves!!!!

Coach Aaron Dorfman

Philosophy

We are dedicated to the philosophy of everybody swims, everybody wins. Winning means that whatever your goals are, you can reach them by the effort you put forth in practice and the dedication you bring to the team. Winning can be getting in great shape, having fun and meeting new friends. Everyone was born with different ability levels and learning curves for the sport, so no two swimmers are the same. As long as you put forth your best effort, your coaches will be happy! Swimming is a tough sport - don't get discouraged! The coaches will get you there!

To reach your goals you will attend many practices and meets. No matter what level you are at, always acting in a way that is respectful of the HealthPlex, the parents, the coaches, the team, and yourself is imperative. Being a champion starts at the first practice, and it is a part of your behavior and attitude every day. The Sea Wolves are champions as a team, and everyone on the team is a champion too. The coaches have developed a guide for helping you become the best champion you can be!

- TEAM - The Sea Wolves will be a **unified** group looking to have a great time and striving toward our goals **together**. Synergy is something that makes the team stronger--the sum is greater than all of the individual parts.
- DEDICATION – This concept goes hand in hand with team. At every practice you attend, we expect you to push yourself and your teammates to improve. We expect you to always give the best effort you can, because this dedication to making yourself a better swimmer will also make the team better. We expect you to cheer for and encourage your teammates and give them a pat on the back when they deserve it.
- TEAM SPIRIT –The best part of being on a team is spirit. Let's cheer, let's be animated and let's have fun.
- SPORTSMANSHIP – Sportsmanship is not only directed towards our competition but also the others on the team. Whether you are the strongest or the weakest swimmer on the team or somewhere in between, never come off like it. Be confident in yourself and your abilities but be humble also. Carry yourself like a champion and treat everyone else like a champion as well.
- PRIDE – If you come in and work really hard, show some pride. You are doing something very special so smile and pat yourself on the back.
- FUN – I think that three letter word says it all!

Contact List:

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Sea Wolves 2007-2008 Practice Group Breakdown

The team is divided into 4 groups based on age and skill level. Changes in these group assignments may occur during the season at the coach's discretion.

Gold: The Gold group is designed specifically for those who will train for five or more practices a week and who are at the highest competitive level. Endurance training mixed with speed work will be incorporated into workouts. Swimmers must be skilled in all strokes and have knowledge of pace and stroke technique. These swimmers will primarily be the 15 & Overs with some of the most dedicated 13-14s joining the Gold group by invitation. Practices will be 2 hours long with weight training and dry land and will be offered 6 times a week.

Silver: The silver group is made up of the 11-14 year old swimmers who possess the concepts of stroke technique, endurance and speed. They should be somewhat dedicated to coming to practice on a regular basis, but may still have other interests outside the team. The goals of the Silver group include increasing endurance and speed; preparing for the Gold group; demonstrating increased dedication through practice and meet attendance and effort; and, for those with a certain practice attendance, attending travel meets. Practices will be 1.5 hours long and will be offered 5 times a week. Dry land and weight training is offered at this age.

Black: The Black Wolves consist of most of our 9-10s and our advanced 8 & Unders. The Black group will continue to focus heavily on stroke technique, with increased attention on starts, turns, finishes, and more advanced competitive stroke work. Basic endurance and speed work will be introduced as well, and of course fun will be a big objective! Swimmers must know at least 3 competitive strokes well and be able to swim 300 yards without stopping. Practices will be 1 hour long and will be offered 4 times a week.

Blue: The Blue Wolves are our novice group, comprising most of our 8 & Unders and our 9-10s who are new to year-round competitive swimming. The focus is almost entirely on stroke technique, and our biggest goal is to have every Blue Wolf able to legally swim all four strokes in a meet. We use fun, positive drills and activities to teach strokes, starts, turns, and swimming rules. Swimmers must be able to swim 25 yards without stopping on both the front and back. Practices will be about 1 hour long and will be offered 3 times a week.

Swimmers will be placed in their groups by the coaches. The coaches have sole discretion over group placement. The coaches reserve the right to move a swimmer up or down at any time during the season, based on performance, attitude, behavior, and/or attendance.

Swimmers will receive credit for practice attendance for swimming at meets, both USA and high school. A swimmer will receive one (1) day's credit for each meet day attended, with a maximum possible two (2) days' credits per meet. It is the swimmer's responsibility to give the coaches their high school times to receive credit for their times (which count for records) and meets.

	Blue	Black	Silver	Gold
Practices				
~Offered	3 per week	4 per week	5 per week	6 per week
~Expected	Min 2 per wk	Min 3 per wk	Min 4 per wk	Min 5 per wk
~Required	0 required	0 required	Min 3 per wk	Min 4 per wk (high school) Min 5 per wk (middle school)
Meets				
~SFF All-American	All expected to attend	NA	NA	NA
~Regional Championships	NA	All expected to swim*	All expected to swim*	All expected to swim*
~State Championships	NA	Required **	Required**	Required**
~Senior Championships	NA	NA	Required***	Required***
~Sectional Championships	NA	NA	Required**	Required**
Additional meet expectations/requirements	1 regular season meet expected	2 regular season meets expected	3 regular season meets required	3 regular season meets required

*Swimmers with too many State cuts or who are over the age of 14 cannot participate in Regionals.

**If a swimmer qualifies for State or Sectionals, he/she is required to attend. Swimmers must be 14 or younger to participate in State; swimmers must be 14 or older and in high school to participate in Sectionals.

***Senior championships are required for swimmers who are 15 & Over. Seniors are optional for swimmers who are 14 and in high school.

NOTE: Meet expectations/requirements may be altered for high school swimmers.

All swimmers in the Silver and Gold groups will have minimum meet and practice attendance requirements this year. For middle schoolers who have been invited into the Gold Wolves, the minimum requirement is 5 practices per week—for this group, swimmers who fail to maintain the minimum attendance will be moved to the Silver group. Swimmers with schedule conflicts should speak with Coach Aaron; all cases will be evaluated independently.

In the future, we may have to introduce measures to keep our team size reasonable. Swimmers who fulfill their contract and meet their meet and practice requirements in the previous season will have priority registration and a guaranteed spot for the next winter season. Swimmers who do not meet their meet and practice requirements during a particular season will not have priority registration and thus cannot be guaranteed a spot for the next winter season.

Rules at Practice

- ⊕ Be on time, ready to get in, at the beginning of practice. If you need to stretch, fill your water bottle, go to the bathroom or talk to your friends, please come early and do it beforehand. Remember your guide to being a champion: when you come, you are here to swim. EVERYONE SHOULD KNOW THAT THIS IS IMPORTANT.
- ⊕ Show effort, no matter how you feel about the practice. Your attitude affects your improvement. YOUR CHILD MAY BE DISMISSED FROM PRACTICE IF HIS OR HER BEHAVIOR IS DETRIMENTAL TO THE TEAM'S PRACTICE.
- ⊕ No parents are allowed on deck during practice. This disturbs practice and the coaching philosophy. If you have questions, please call or email the coaches before or after practice. Please understand that time spent talking to a parent is time that could have been spent coaching a child. If parents sit on the benches or are looking at mailboxes or the board, that is okay. COACHES ARE TOLD TO BE OUT ON DECK AT LEAST 5 MINUTES BEFORE PRACTICE BEGINS TO ANSWER ANY QUESTIONS.
- ⊕ Sign up for swim meets that you will be attending. NO LATE ENTRIES!
- ⊕ Check your mailbox, email and the bulletin board for up-to-date information on the team. **This is your responsibility. Make sure that Coach Aaron has a new, up to date email address for you and that you check it.**
- ⊕ Be respectful of the coach. No talking when we are talking and no disrespectful language (yelling or cursing).
- ⊕ Be respectful of the facility and the patrons. Please adhere to the club rules and treat the facility as your own home.
- ⊕ 13 & Older children can use the men's and women's adult locker rooms. 12 & Under MUST use the family locker rooms.

Shaving and Tapering

No one under the age of 12 should be shaving. Shaving is recommended for the older kids but not mandatory. Shaving produces a feeling of decreasing drag and increasing sensations in nerve endings thereby allowing the swimmer to "feel" the water. Tapering is the practice of decreasing the workload (yardage) and increasing the intensity (speed work) used by some coaches before a championship meet. This will be most effective with the older groups.

Weightlifting, Dry land, and Stretching

Weightlifting is not mandatory. However, the older group is encouraged to do it under supervision of the staff. Please talk to the coach about this. It is recommended that the circuit training be done twice a week. Dry land is also encouraged and will be available at a couple practices a week. Stretching is something that should be for every swimmer, a little before and a lot after practice. Stretching is most effective when the muscle is already warm and worked; stretching properly can increase the range of motion and be effective in reducing injury risk.

Meet Requirements and Policies

Please do NOT call coaches on their home numbers or the day of the meet. We do not check Plex messages when we are at the meets. Read through the meet packet and ask any questions well before the event starts.

All swimmers need to see their coach immediately after each swim. Specific information regarding each meet will be posted and disseminated as it becomes available.

For prelim/ finals meets, swimmers should plan on swimming finals if they qualify. If a swimmer is involved in a swim off, the swimmer will compete in it.

Both National and Ohio Time Standards shall also be posted.

If you have any questions as to your swimmer's eligibility for a meet, please contact a coach **BEFORE** the sign-up deadline.

1. Attendance

We have established meet requirements based on the goals of each group. The Gold and Silver groups are required to attend 3 regular season meets, and the Black and Blue groups are expected, though not required, to attend at least 1 regular season meet. You may attend as many of the regular season meets as you wish, and you may choose to attend one, two, or three days of a meet—you do not have to attend every day. Once you have signed up for a meet and entries have been submitted by a coach, you must let a coach know as soon as possible if you will be unable to attend that meet. Your money will not be refunded once entries are submitted. **CHECKS ARE DUE BY THE DUE DATE ON THE SLIP OF PAPER IN YOUR FOLDER. IF YOU DO NOT TURN IT IN BY THE DEADLINE, YOU WILL BE KICKED OUT OF THE MEET. NO EXCEPTIONS.**

Please keep in mind that meets are the showcase for swimmers and the best place for swimmers to achieve season best swims (SBS) and lifetime best swims (LBS).

*A note about Championships: Each group also has its own Championship Meet requirements. Please see the practice group breakdown page for these. These meets are the culmination of the season, and we need everyone pulling together to do our best as a team. If there is a conflict of schedule, please speak with a coach as soon as possible; it is never too early!

2. Sign-Up Procedure

Meets are sign-up, not sign-out. A sign-up sheet will be posted at each site. Please sign up for the day(s) you will be able to attend. If you are unable to attend, please indicate that on the sheet. Each meet will have a different sign-up sheet. If you do not sign up for a meet, you will not be entered in that meet. If you forget to sign up and intend to swim, check to see if deck entries are available. Deck entries are events swimmers enter at the meet, usually for a higher entry fee paid in cash at the meet. Entries are usually limited to open lanes in a seeded event.

3. Meet Warm-ups

Each team is assigned a particular warm-up time during the warm-up session. All swimmers need to be on deck, ready to stretch, 15-20 minutes prior to that time. The posted warm-up times are for

when swimmers need to be entering the water. Arriving late for warm-ups or missing warm-ups altogether, puts the swimmer at risk of poor performance or injury. We will not be able to put swimmers in with another team if they arrive late for warm-ups, and most pools do not have an extra warm-up/warm-down pool for use during the meet sessions.

4. Uniform

Each swimmer needs to have a suit that is a team suit or a solid royal blue or black suit. If you are wearing a cap, make sure it is a Sea Wolves cap. Older swimmers may wear their meet suits instead. Team warm-ups or t-shirts are recommended but not required.

5. Things to Pack

For the swimmers: team suit and cap; goggles (and maybe an extra pair); two towels, one for during the meet and one for after the meet; a complete dry set of clothes; a sweatshirt or warm-up jacket to stay warm during the meet (swimmers get much colder than parents and their muscles need to stay warm); a blanket or sleeping bag to sit on; and toiletries for showering after the meet. Also bring things to keep yourself entertained. We recommend books, toys, or games that can be shared. Cards and coloring are always popular, as are action figures and Legos. Homework is a noble idea, but with the distractions of friends and swimming, don't expect much work to get completed.

For the parents: a chair to sit in or a blanket to sit on; something to entertain yourself (books, newspapers, toys, etc.); a pen or pencil to record times; money for a heat sheet and/or concession stand; and team spirit wear, if you have some. Also bring healthy snacks for you and your child.

Special considerations for winter meets: It is cold outside, but hot on the pool deck. Dress in layers. Make sure your swimmer has extra clothes so he or she doesn't have to go outside in the snow in a wet bathing suit.

Special consideration for summer meets: Sun screen, sun screen, sun screen! Put it on liberally and often, as it will come off each time your swimmer dives in the pool. Also, lightweight long-sleeve shirts will help stave off sunburn.

5. Conduct at Meets

All swimmers, family, and friends are expected to conduct themselves in a manner that represents Mercy HealthPlex, the Sea Wolves swim team, and their teammates in a positive, respectable light. The coaches have the authority to make decisions (such as swim offs, not scratching for finals, etc.) involving swimmers during swim meets. ALL PARENTS must keep track of when their children should be going to blocks. Part of swimming is learning responsibility for your actions and your events. Coaches will not baby-sit children. Please do not send your younger swimmers by themselves to swim meets, as the coaches and other parents cannot be responsible for their safety. The team will sit together in the same area so that coaches know where all swimmers are, both to minimize the risk of a swimmer missing an event and to foster team spirit. If a swimmer leaves a team area, it is the parent's responsibility to get the child to the Clerk of Course or behind the blocks on time. If we are at a meet where the parents are not allowed on the pool deck (such as at Miami University), then an appointed assistant will get younger swimmers to their events on time.

6. Team Warm-ups, Meet Information and Website

I will always put out and e-mail meet information or a link to a website for you to read. Please take the time to read it. The coaches do not have time to talk to every parent about the meet. However, if you read through the packet and you do not understand the terminology, please let us know.

Discipline

If a swimmer becomes disruptive at a meet or practice, the swimmer will be warned on the first offense and be temporarily removed from that meet or practice for the second offense. If the behavior persists, a meeting will be set up with the parents or guardians and the swimmer may be held out of upcoming meets. If the problems persist after this, the swimmer may be suspended from practices and meets until a written or verbal apology has been provided to the team and steps altering the behavior have been taken, if necessary. The coaching staff does not anticipate any problems with the team. Remember that your attitude and behavior affect you and everyone around you. Always act like a champion. If you don't want to come to practice to learn, swim and have fun, then simply, don't come.

Nutritional Recommendations

Before practice or a meet – Something higher in carbohydrates, low in protein, low in fats and low in fiber. No acidic juice. Protein, fat and fiber slow down digestion and you don't want food in your stomach when competing or practicing. Juice can sometimes upset swimmers stomachs. An example of something to eat would be a half of bagel with some grapes.

Right after practice (immediately) – Gatorade or a very similar drink to restore and deepen energy stores quickly. Drinking this should be within 30-45 minutes after to be most effective.

After practice – A meal mixed well with protein, carbohydrates and a little fat. Baked chicken, wild rice and steamed vegetables are a great example.

During practice – water or a Gatorade type drink only. No juice and no soft drinks.

During meets – Just water and some fast acting, fast absorbing fruit such as a half of a banana. Other acceptable foods are white bagels or saltine crackers. Limit Gatorade, no juices, and no soft drinks.

Fundraising

The one thing I love about the Mercy HealthPlex USA team is that fundraising is not a requirement, whereas, with most other teams, it is. Some swim meets (especially championship meets) require that parents help run a meet. We would ask that you be supportive of this and volunteer your time if this is asked of you. They may request a timer, someone to work concessions or to do awards. Whatever it is, if you are free, please step up if possible. You will get a nice front row seat to see you child swim, and the meet goes by faster if you are "working".

The 8 Commandments of Being a Swim Parent

The most significant responsibility a sports parent has is to their child. You are the safety net that allows a child to dare to try something new; the support system in good times and bad; the main cheerleader and smiling face; and, of course, the transportation. You provide the best examples of good character and sportsmanship and are the one your child looks to for guidance in these matters. At times it is easy to take the sport too seriously—and cause your child to do so as well. At times it is easy to see yourself excelling—or not—alongside your child, to live vicariously as it were. The following guidelines will help you with that delicate balancing act between being a dedicated, involved parent and an inappropriate one. They are gleaned from successful parents from other swim clubs and from our own past experiences.

Be involved. Be interested in what your child is doing in practices. Ask open-ended questions like, “What new things did you work on today?” or, “What did you learn that will help you swim better?” If your child knows that practice is important to you, it will be important to him or her as well.

Provide “Selfless Support.” This term means supporting your swimmer and giving him or her an opportunity to swim without any contingencies. Set expectations based on participation and effort, not outcome. Swimming is a learning process; as new techniques or strategies are tested, times will occasionally get slower. Also, no swimmer will get a lifetime best swim every race. Be the emotional rock your swimmer can turn to when he or she feels down, without fear of rejection or correction. This also means letting your swimmer be the focus. Whether you were an Olympian or a doggy-paddler, your child is now the swimmer. “We” are not putting in the laps at practice or sprinting in a race; let your child enjoy his or her moment to shine. Your child may never swim as fast as you, or may beat you at age 6, but this is his or her journey through the sport. Swimmers should celebrate as much for taking the journey in their own way as for any accomplishments along the path.

Allow children to swim for swimming's sake. Children will learn the value of hard work if hard work becomes fun and rewarding; they learn the value of an accomplishment if the hard work put into it is praised. Children who are rewarded for their swims simply by feeling good about what they have achieved are more likely to stay involved in the sport (and to feel good about themselves) than children who receive unrelated prizes for their swims. Likewise, swimmers who have non-swimming related things withheld for “poor” swims will come to resent swimming and the hard work that goes into it. Even with the trophies, medals, and ribbons that are a part of swimming, letting swimmers be proud of their races and not the things they receive for them will be one of the greatest rewards they can take from the sport.

Let the coach be the coach. This is often one of the hardest parts of being a swim parent. Letting another adult role model-- be it a teacher, a coach, or someone else important to your child--take on some of the challenges you have been helping your child tackle can be difficult. Keep in mind that your child's coach has the swimmers' best interests at heart. He or she is knowledgeable in safety, technique, and all other aspects of competitive swimming. Let him or her instruct your child in technique and strategy. Conflicting advice can be confusing; repeated advice

can be disheartening. And remember that stroke styles and habits take a long time to change. Have patience as your child works to improve. Coaches have swimmers' long-term success in mind at all times and work to help them achieve their best, both in and out of the pool, far into the future.

Also, trust in the coach and communicate that to your child. If you have any doubts or questions about the coach, please take them up with him or her directly. Speaking poorly about the coach in front of your swimmer only tears down his or her confidence in the coach and in what has been accomplished under the coach.

Finally, let the coach concentrate on the job at hand. If you need to speak with him or her, please do so before or after practice. This allows the coach to focus on the safety and instruction of the swimmers—including yours.

Be a team parent. It is hard to watch another child beat yours, but sometimes it happens. If that child is a member of your team, be happy for his or her accomplishments. Cheer for other swimmers, and their parents will cheer for yours. Help teach your child good sportsmanship and they will develop friendships for a lifetime. Be understanding if your child doesn't make the A relay, and help your child learn fair play. Let your child know that by trying his or her best, he or she will help the team do *its* best.

Help your child get to practices and meets on time. This is where you start to feel like the Metro. By helping your child get to practices and meets on time, you are preventing injury by allowing a proper warm-up; teaching responsibility, and respect for the coach, fellow swimmers, and facility; and allowing your child to do his or her best by getting the most out of each practice. We know it's hard to get everywhere you need to be in a busy schedule. And we're not perfect about being on time, either. But an honest effort to be on time or early will mean a lot to your swimmer and the team.

Enjoy the sport!! Relax and have fun, and your swimmer will, too! After all, that's the main reason why we're all here!

Driving Directions to USA Clubs/Meets from Anderson HealthPlex

Note: All times and distances are approximate. All directions start from the Mercy HealthPlex in Anderson at 7495 State Rd, Cincinnati, OH 45255. All addresses and phone numbers are for the facilities listed and not for the clubs. Directions are from Mapquest.com and are not guaranteed accurate by the Mercy HealthPlex Sea Wolves organization.

CAC—Cincinnati Aquatic Club

Cincinnati Country Day School: 6905 Given Rd, Cincinnati, 45243, 513.561.7298
www.swimcincinnati.com or www.swimcincinnati.org

Directions: Go west on State Rd to Five Mile. Turn right on Five Mile. Turn left on Clough Pike. Turn right on Newtown Rd. Newtown Rd becomes Church St. Turn right on Wooster Pike/US 50. Take a slight left onto Given Rd. Turn left on Shawnee Run Rd. Turn right on Given Rd. Total distance: 10.11 miles. Est. travel time: 24 minutes.

CLPR—Northern Kentucky Clippers

Silverlake Recreation Center: 301 Kenton Lands Rd, Erlanger, KY 41018 859.426.7777
www.clipperswim.org

Directions: Go west on State Rd to Five Mile. Turn left on Five Mile. Take I-275 West toward US-25/Kentucky. Take Exit #83: US-52 S/Dixie Highway S/US-42 S/US-127 S. Turn right on Dixie Highway/US-42/US-25. Turn right on Kenton Lands Rd. Total distance: 17.34 miles. Est. travel time: 20 minutes.

CM—Cincinnati Marlins

Keating Natatorium: 616 W. North Bend Rd., Cincinnati, OH 45224 513.761.7946
www.cincy-marlins.com

Directions: Go west on State Rd to Five Mile. Turn left on Five-Mile. Take I-275 West to US-52/Kentucky. Take Exit #74B to I-471 North toward Newport/Cincinnati. Merge onto US-50 West via Exit #6-A toward I-75. Merge onto I-75 North via Exit #1A (on left) toward Dayton. Take Exit #9: OH-4/Paddock Rd North. Turn left on Paddock Rd/OH-4. Turn left on E. North Bend. Turn left on W. North Bend. Total distance: 25.53 miles. Est. travel time: 32 minutes.

KCST—Kettering City Swim Team

Kettering City Rec Center: 2900 Glengarry Dr, Dayton, OH, 45420
www.kcstcobras.tripod.com

Directions: Go west on State Rd to Five-Mile. Turn left on Five-Mile. Take I-275 East toward OH-32/Columbus to Exit # 43B: I-75 North. Merge onto I-675 North at Exit #43 (different exit). Take Exit #10: Indian Ripple Rd toward Dorothy Ln. Turn left onto Indian Ripple Rd. Turn left onto E. Stroop Rd. Turn right on Glengarry Dr. Total distance: 65.46 miles. Est. travel time: 1 hr, 7 min.

MAKO—Miami Valley Makos

Miami University Recreational Sports Center/Corwin Nixon Natatorium:
500 E. High St, Oxford, OH 45056, 513.529.2500

www.swim-makos.com

Directions: Go west on State Rd to Five-Mile. Turn left on Five-Mile. Take I-275 East toward OH-32/Columbus to Exit #33: Colerain Ave/US-27. Turn right off the exit. Take US-27 North to Oxford (At one point, this will turn left at a traffic light. Follow the sign to Miami University.). Turn left on Chestnut St. Turn right on either S. Oak St or S. Campus Ave. The Rec Center is not actually on High St; rather, it sits between Oak and Campus. Total distance: 57.61 miles. Est. travel time: 1 hour, 5 minutes.

MAST—Milford Area Swim Team

Milford High School: 1 Eagles Way, Milford, OH 45150, 513.831.2990

www.milfordswimming.org

Directions: Go west on State Rd to Five-Mile. Turn left on Five-Mile. Take I-275 East toward OH-32/Columbus. Take Exit #59B to US-50/Hillsboro. Merge onto Milford PKWY. Turn left on US 50. Turn right on OH-131. Turn left on Eagles Way. Total distance: 15.97 miles. Est. travel time: 22 minutes.

RAYS—Mason Manta Rays

Mason High School/Mason Community Center:

6050 Mason-Montgomery Rd, Mason, OH, 45040, 513.229-8502 ext 7

www.masonswimming.org

Directions: Go west on State Rd to Five-Mile. Turn left on Five-Mile. Take I-275 East toward OH-32/Columbus. Take Exit #49A to merge onto I-71 North. Take Exit #19: Mason-Montgomery Rd. toward Fields-Ertel Rd. Turn left onto Mason Rd. Mason Rd. becomes Mason-Montgomery Rd. Total distance: 27.99 miles. Est. travel time: 34 minutes.

SFF—Sycamore Flying Fish

Swims at Sycamore High School: 7400 Cornell Rd, Cincinnati, OH 45242, 513.489.0405

www.sycamoreflyingfish.com

Directions: Go west on State Rd to Five-Mile. Turn left on Five-Mile. Take I-275 East toward OH-32/Columbus. Take Exit #50: US-22/OH-3 toward Montgomery/Morrow. Turn right on Montgomery Rd/OH-3/US-22. Turn left on Cornell Rd. Total distance: 22.27 miles. Est. travel time: 25 minutes.

Directions to USA Clubs/Meets from Fairfield HealthPlex

Note: All times and distances are approximate. All directions start from the Mercy HealthPlex in Fairfield at 3050 Mack Rd, Fairfield, OH 45014. All addresses and phone numbers are for the facilities listed and not for the clubs. Directions are from Mapquest.com and are not guaranteed accurate by the Mercy HealthPlex Sea Wolves organization.

CAC—Cincinnati Aquatic Club

Cincinnati Country Day School: 6905 Given Rd, Cincinnati, 45243, 513.561.7298
www.swimcincinnati.com or www.swimcincinnati.org

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore. Take I-275 East to Exit #52: Loveland/Indian Hill. Turn right onto Loveland-Madeira Rd. Turn left onto Spooky Hollow Rd. Turn right to stay on Spooky Hollow Rd. Turn right on Given Rd. Total distance: 19.75 miles. Est. travel time: 29 minutes.

CLPR—Northern Kentucky Clippers

Silverlake Recreation Center: 301 Kenton Lands Rd, Erlanger, KY 41018. 859.426.7777
www.clipperswim.org

Directions: Go west on Mack to S. Gilmore Rd. Turn left on S. Gilmore Rd. Take I-275 East to Exit #43B: I-75 South. Take I-75 S to Exit #186: KY-371/Buttermilk Pike. Turn right on Buttermilk Pike. Turn left on Anderson Rd. Anderson Rd becomes Crescent Springs Pike. Crescent Springs Pike becomes Kenton Lands Rd. Total distance: 29.87 miles. Est. travel time: 35 minutes.

CM—Cincinnati Marlins

Keating Natatorium: 616 W. North Bend Rd., Cincinnati, OH 45224, 513.761.7946
www.cincy-marlins.com

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore Rd. Take I-275 East to Exit #43B: I-75 South. Take Exit #9: OH-4/Paddock Rd North. Take a slight right onto Paddock. Turn left on E. North Bend. Turn left on W. North Bend. Total distance: 14.64 miles. Est. travel time: 19 minutes.

KCST—Kettering City Swim Team

Kettering City Rec Center, 2900 Glengarry Dr, Dayton, OH, 45420
www.kcstcobras.tripod.com

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore. Take I-275 East to Exit #43B: I-75 North. Merge onto I-675 North at Exit #43 (different exit). Take Exit #10: Indian Ripple Rd toward Dorothy Ln. Turn left on Indian Ripple Rd. Turn left on E. Stroop Rd. Turn right on Glengarry Dr. Total distance: 44.19 miles. Est. travel time: 47 minutes.

MAKO—Miami Valley Makos

Miami University Recreational Sports Center/Corwin Nixon Natatorium:
500 E. High St, Oxford, OH 45056, 513.529.2500

www.swim-makos.com

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore. Take I-275 West to Exit #33: Colerain Ave/US-27. Turn right off the exit. Take US-27 North to Oxford (At one point, this will turn left at a traffic light. Follow the sign to Miami University.). Turn left on Chestnut St. Turn right on either S. Oak St or S. Campus Ave. The Rec Center is not actually on High St; rather, it sits between Oak and Campus. Total distance: 26.64 miles. Est. travel time: 36 minutes.

MAST—Milford Area Swim Team

Milford High School: 1 Eagles Way, Milford, OH 45150, 513.831.2990

www.milfordswimming.org

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore. Take I-275 East to Exit #57: OH-28 toward Blanchester/Milford. Turn left on OH-28. Stay straight to go onto OH-28 by-pass. Turn right on Wolfpen Pleasant Hill Rd. Turn right on Eagles Way. Total distance: 22.33 miles. Est. travel time: 28 minutes.

RAYS—Mason Manta Rays

Mason High School/Mason Community Center:
6050 Mason-Montgomery Rd, Mason, OH, 45040

www.masonswimming.org

Directions: Go west on Mack Rd to S Gilmore Rd. Turn left on S. Gilmore. Take I-275 east to Exit #43B: I-75 North. Take Exit #22: Tylersville Rd toward Mason. Turn right on Tylersville. Turn left on Mason-Montgomery. Total distance: 15.84 miles. Est. travel time: 22 minutes.

SFF—Sycamore Flying Fish

Sycamore High School: 7400 Cornell Rd, Cincinnati, OH 45242, 513.489.0405

www.sycamoreflyingfish.com

Directions: Go west on Mack Rd to S. Gilmore Rd. Turn left on S. Gilmore. Take I-275 East to Exit #47: Reed Hartman Highway. Take Reed Hartman Highway South ramp toward Kemper Rd/Blue Ash. Take a slight right onto Reed Hartman Highway. Turn left on Cornell Rd. Total distance: 12.22 miles. Est. travel time: 17 minutes.

Glossary of Swimming Terms

Anchor leg: The last swimmer in a relay.

Backstroke Flags: The set of flags at each end of the pool that alerts a backstroker that they are near the wall and should prepare to touch or turn.

Block: The device to dive off of at the start of a race.

Break: Leaving the starting block before the incoming swimmer touches the wall. This results in a disqualification of the relay.

Championships: The meet that displays the swimmer's abilities in a rested state at the end of the season. This is the meet where the coach expects the fastest times by that competitor.

Circle Seeding: An invitational meet may be circle seeded in an effort to increase competitive spirit. The last three heats are seeded with the fastest swimmer in the middle lane of the last heat, the next swimmer in the middle lane of the second to last heat, and the third swimmer in the middle lane of the third to last heat. The fourth swimmer is seeded back in the last heat, next to the fastest swimmer, and seeding continues in this way until all lanes in the fastest three heats are filled. All other heats are seeded normally.

Cut Offs or Cuts: A time standard set to determine if a swimmer can advance to a higher championship meet.

Clerk of Course: Person in charge of distributing lane slips to each swimmer and making sure that the swimmers (mostly in the case of the younger groups) are ready to take their place behind the blocks.

DQ: An acronym for disqualification, when a swimmer is eliminated from a race for a false start or a stroke error. In this case, the swimmer's score and time do not count.

Dual Meet: Two teams competing in a meet.

Exhibition: Swimming for a time only due to an increased need for entries in a meet. Coaches will still wish to get swimmers the chance to swim the event but the score does not count for team points.

Flat Start: A non-relay start where the swimmer has to be still and set before taking off.

Flip Turn: The technique used by a swimmer in the transition from one lap to another. A somersault transition is used in freestyle and backstroke whereas a touch is used for fly and breast.

False Start: Leaving early on a flat start. This can lead to a DQ or a warning charged to the field.

Heat: The group, based on times, a swimmer swims with in a competition.

IM: An acronym for individual medley, in which one swimmer swims all four competitive strokes in this order: fly, back, breast and free.

Invitational: A home team will sometimes host a large meet and invite many teams to swim. In some cases, but not all, the older kids will swim in the morning session where as the younger kids will swim in the afternoon session.

Lap: Down and back one length of the pool.

Lane: The area a swimmer has to swim in between two lane lines. Most pools either have six or eight lanes.

Lane line: The wire with plastic disk partitioning that separates the lanes.

Leadoff Leg: The first swimmer in a relay.

Length: The distance of the pool from one end to another.

Long Course: The 50 meter pool, usually used in summer swimming and world class meets such as the Olympics.

Medley Relay: A relay consisting of all four competitive strokes swum by four different swimmers in this order: back, breast, fly, free.

Prelims/Finals: Some meets have a night session, called finals, for the top one, two, or three heats of swimmers. Swimmers must qualify for finals in the morning or afternoon preliminaries, or prelims. Most championship meets are prelims/finals.

Seeds: The swimmer's position in an event, based on their time.

Shaving down: The technique of removing body hair in an effort to reduce drag in the water and increase sensitivity for stroke. This is only recommended for swimmers above the age of 14.

Short Course: The 25 yard or meter pool, used for the high school season and winter swimming.

Streamline/Pullout: The underwater portion of the race after the flip turn or a start when the swimmer attempts to minimize resistance in an effort to break the surface of the water and begin swimming.

Taper: The technique of resting a swimmer by incrementally decreasing the distance and the intensity they swim each day approaching a championship style meet.

Timed Finals: In some meets, including most regular season meets, swimmers compete in their events in one session per day. The times from that session are their final times, and swimmers do not re-swim any event.

Websites of Interest

www.swimohio.com – Our league site with links to local clubs, meets and swimming information.

www.mercyhealthplex.com - The HealthPlex's site.

www.usaswimming.org - The USA Swimming website. Click on clubs to find out information about local clubs, such as meet information and directions. Time standards are also available on this site.

www.ohsaa.org - Ohio High School Athletic Association. All High School athletic programs including swimming can be found on this site.

www.swimmeet.com - Southwest Ohio High School Swimming Information about the "Coaches Classic", "Sectional", "District", and "State" High School Championships.

www.fina.org - FINA- Federation Internationale de Natation - is swimming's governing body.

www.ishof.org - ISHOF- The "International Swimming Hall of Fame", Fort Lauderdale, Florida.

www.eatright.org - The American Dietetic Association's website. There are links on this site for healthy eating for athletes.

**2007-2008 Sea Wolves
Parent/Swimmer Commitment**

I have read and agree with the team manual in its entirety. I understand my financial obligations as they pertain to registration fees and meet entry fees; my meet and practice attendance obligations; and my meet sign-up obligations.

Swimmers' Commitment to Self and Team

As a member of the Sea Wolves Swim Team, I am committed to improving myself, my teammates, and my team. I will work hard to improve my technique, my endurance, my sportsmanship, and my knowledge of the sport. I will always have the best attitude I can, in practice and in meets, in all situations. I will be supportive of my coaches and every teammate, cheering at meets, offering encouragement in practices, and always being a positive influence. I will always put forth the best effort I can, and will work hard in every practice and at every meet. I will not use foul or disrespectful language or gestures; I will always treat everyone with respect; and I will not risk my health or safety, including by using alcohol, tobacco, or drugs. I will represent the Sea Wolves as a champion.

Parents' Commitment to Self and Team

I understand that this is my child(ren)'s journey through the sport of swimming, and I will provide selfless support and unconditional love, no matter what the situation or the time. I will allow the coaches to coach and the swimmers to have fun. I will be supportive of every member of the team, including other swimmers, parents, and the coaches. I will always set an example for my child(ren) by being respectful to everyone and helping the team in any way I can. I know that this is just a sport, that it is fun, and that at the end of the day my child(ren) will be better for just having participated.

I understand that failure to uphold any part of this commitment may result in my child(ren) not having priority registration for future seasons, should such measures ever become necessary. I also understand that my child(ren) may be asked to leave the team at any time for behavior the coaches deem detrimental to the team, including but not limited to behavior listed in this commitment.

Parent/guardian

date

swimmer

swimmer

swimmer