



2016 Dolphin's Swim Team Information Packet

The Somerset Hills Swim Club (SHSC) swim team program is committed to developing each swimmer to his or her greatest potential through positive experiences at team practices, swim meets, and team social events. Swimmers practice and work together in an atmosphere that builds self-confidence, promotes positive team spirit, teaches and improves stroke performance and builds endurance.

Requirements

Before entering the swim team program swimmers are to pass the deep end test (2 lengths of the pool). Through the season, swim team members will compete in the following four strokes:

- Freestyle
- Backstroke
- Butterfly
- Breaststroke

It is NOT a requirement to perform all four strokes to join the team.

The age of the swimmer as of June 30th will determine his/her age for participation. Swimmers ages 5-18 are eligible.

Equipment

All swim team members are required to have the following:

- Team suit (worn at all meets and social events)
- Practice suit (full piece for girls, jammer style for boys)
- Swim cap (silicone or latex) highly recommended
- 2 pairs of goggles
- Water at every practice

Practice Schedules

Practice will be broken up into two separate practice groups:

- Group 1: Ages 9 and under
- Group 2: Ages 10 and up

Practice will begin on Tuesday, May 31. Until school is out, practices will be held during the evening Monday through Friday as follows:

- 5:30 – 7:00 Ages 9 and under (dryland at 6:30)
- 6:00 – 7:30 Ages 10 and up (dryland at 6:00)

Beginning, June 24, 2016, practice schedule will change as follows:

- 10:00 – 11:30 AM Ages 9 and under (dryland at 11:00 AM)
- 10:30 – 12:00 PM Ages 10 and up (dryland at 11:30)

Please note, there will be NO practice on June 23rd ~ it's the last day of school!

Practices will consist of pool time, dryland, and a lot of fun! Dryland is exercise that is performed out of the pool for the purpose of improving swim speed; you are dry, and you are on land, as opposed to in the pool.

Clinics/DQs

During the season, we will host stroke and turn clinics on select Saturdays for a minimal fee. Please refer to the team website for specific dates and descriptions

(<http://somersehillsswimclub.org/swimteam/clinics>). Clinics will focus on technique and are highly encouraged if your swimmer is looking for a little extra help or looking to fine-tune a stroke.

DQ is a term you will hear often that stands for disqualified. During all meets Swim Officials will be present poolside ensuring that all races are swum legally. If a swimmer fails to swim a stroke legally, they will be DQed and their time is not considered.

Please ensure your children understand that being DQed is all part of the learning process. Breaststroke and Butterfly result in the highest number of DQs and we will do our best to provide our team with the skills they need to swim legal strokes, but our first few meets are typically high in DQs. This is normal, okay, and nothing to shed tears over. Please speak to the coach or one of the SHSC Officials if you have any questions about your child's strokes.

Meets

There are different types of meets that we will participate in– Dual Meets, Invitational Meets, Championships, and NJ Swim and Dive Conferences.

Dual Meets

Dual Meets are meets where we compete against one other team within our League; they last around 2.5 - 3 hours (including warm up). The NJ Swim and Dive Organization, in which we are members, is comprised of three different leagues. SHSC is currently placed in the A League (white).

Dual Meets are held every Wednesday evening (5:45 PM warm-up) and Saturday morning (8:45 AM warm-up) either home or away. We will have 8 meets, 4 home and 4 away.

Swimmers will typically swim 2 individual events at each meet and may be part of a relay team for a max total of 3 events. The order of events are listed below. The coach will select which two events each swimmer will compete in and build the relay teams.

The meets are structured so that every child has an opportunity to swim each stroke:

- Boys swim **odd** numbered events on Wednesdays, **even** on Saturdays.
- Girls swim **odd** numbered events on Saturdays, **even** on Wednesdays.

1	10/u	100 IM
2	10/u	100 FREE
3	11-12	100 IM
4	11-12	100 FREE
5	13-14	100 IM
6	13-14	50 FREE
7	15-18	200 IM
8	15-18	50 FREE
9	8 /U	25 FLY
10	8 /U	25 BREAST
11	9 -10	50 FLY
12	9-10	50 BREAST
13	11-12	50 FLY
14	11-12	50 BREAST
15	13-14	100 FLY
16	13-14	100 BREAST
17	15-18	100 FLY
18	15-18	100 BREAST
19	8/U	25 FREE
20	8/U	25 BACK
21	9-10	50 FREE
22	9-10	50 BACK
23	11-12	50 FREE
24	11-12	50 BACK
25	13-14	100 FREE
26	13-14	100 BACK
27	15-18	100 FREE
28	15-18	100 BACK
29	8/U	100 MEDLEY RELAY
30	8/U	100 FREE RELAY
31	9-12	200 MEDLEY RELAY
32	9-12	200 FREE RELAY
33	13-18	200 MEDLEY RELAY
34	13-18	200 FREE RELAY

Invitational Meets

Invitational meets are meets where multiple swim teams from the A, B, and C League participate; they can last up to six hours. It sounds like a lot of time, but it's a good experience for the swimmers to swim at these sizable meets (and the time flies by). Swimmers can select which events they would like to swim and you pay per race. The kids bring cards and games to pass the time while parents tailgate (alcohol free) and wait for their races. It's a fun day!

SHSC will participate in two Invitational Meets:

- Brookside 9/Under Mini Minnow Meet
- Roycefield Sprints

The Mini Minnow Meet is a great experience for our young swimmers. It's all 9 and under kids attending and each heat winner wins a FISH! A real live fish – talk about incentive for swimming fast.

The Roycefield Sprints are for all age groups and consist of all 25-yard races (1 length).

Invitational meets are optional, but participation is strongly recommended.

Championships

The NJ Swim and Dive A League Championships will be held on July 23, 2016. All are encouraged to attend – mark your calendars! Our team will compete against the other teams in the A League and this meet is a longer meet lasting at least 6 hours. We will tailgate! Enjoy a pasta party (carb up) before the event and have a GREAT time! The coaches will select all individual races and relays; this is a pay per race event.

NJ Swim and Dive Conferences

The NJ Swim and Dive Conferences (commonly referred to as Frog Hollow, where it's hosted) are the conference championships where swimmers can swim if they have a qualifying time. Throughout the swim season, we will alert you if your swimmer is close to making (or made) a conference time. We may choose to place your swimmer in a specific race at Championships or during a dual meet to make a qualifying time (if they are close). For reference, this year's qualifying times are:

Event # Boys	Event # Girls	Trials Day	Age	Event	Qualifying Time*	
					Boys	Girls
1	2	2	13-14	50 FREE	30.00	32.00
3	4	2	15-18	50 FREE	27.00	31.00
5	6	1	8/U	100 MED RELAY		
7	8	1	9-12	200 MED RELAY		
9	10	2	13-18	200 MED RELAY		
11	12	1	8/U	25 FREE	20.00	20.00
13	14	1	10/U	100 FREE	1:24.00	1:24.00
15	16	1	11-12	100 FREE	1:14.00	1:14.00
17	18	2	13-14	100 FREE	1:06.00	1:11.00
19	20	2	15-18	100 FREE	1:00.00	1:10.00
21	22	1	8/U	25 BREAST	28.00	28.00
23	24	1	9-10	50 BREAST	48.00	48.00
25	26	1	11-12	50 BREAST	44.00	44.00
27	28	2	13-14	100 BREAST	1:24.00	1:30.00
29	30	2	15-18	100 BREAST	1:17.00	1:27.00
31	32	1	9-10	50 FREE	37.00	37.00
33	34	1	11-12	50 FREE	33.00	33.00
35	36	1	8/U	25 BACK	26.00	26.00
37	38	1	9-10	50 BACK	46.00	46.00
39	40	1	11-12	50 BACK	40.00	40.00
41	42	2	13-14	100 BACK	1:15.00	1:20.00
43	44	2	15-18	100 BACK	1:10.00	1:17.00
45	46	1	8/U	25 FLY	28.00	28.00
47	48	1	9-10	50 FLY	44.00	44.00
49	50	1	11-12	50 FLY	38.00	38.00
51	52	2	13-14	100 FLY	1:14.00	1:17.00
53	54	2	15-18	100 FLY	1:09.00	1:16.00
55	56	1	10/U	100 IM	1:36.00	1:36.00
57	58	1	11-12	100 IM	1:26.00	1:26.00
59	60	2	13-14	100 IM	1:15.00	1:18.00
61	62	2	15-18	200 IM	2:34.00	2:47.00
63	64	1	8/U	100 FREE RELAY		
65	66	1	9-12	200 FREE RELAY		
67	68	2	13-18	200 FREE RELAY		

*All times are YARDS

Meet Sign-Out

If your child is unable to swim at any Dual Meet, you must sign out using this form:

<http://somersehillsswimclub.org/swimteam/swim-team-signout>

It is critical that we know prior to the meet if your child can't attend. Absences affect the line-up and potentially relay teams – we need to know, in advance to the meet, who is and isn't swimming. If we are unaware, this could cause a delay in the start of the meet (and just adds chaos on deck).

If your child is unable to swim at the last minute (this is called a "scratch" and things do happen), please call or text Stacy Newsome or Aimee Lyons directly (see contact information below). We will alert the coach on deck.

Volunteers

All meets require a small army of parents to run successfully. Every family is committed to work at 3 meets. The jobs include:

- Officials (requires certification)
- Ribbon writers
- Scorers
- Averager
- Concession
- Runner
- Timers
- Parking Lot Attendee
- 50/50
- DJ (optional)

Review our website for complete descriptions of each job :

(<http://somersehillsswimclub.org/swimteam/volunteers>)

Awards/Incentive Program

The following awards are given at each DUAL Meet:

- 1st Place Ribbon: Heat 1 only and Official Relays
- 2nd Place Ribbon: Heat 1 only
- 3rd Place Ribbon: Heat 1 only
- Heat Winner (HOME MEETS ONLY and some select pools)
- Participation Ribbons: All 8 and under participating in a dual meet

The following SHSC Swim Team awards will be given:

- **Personal Best (PB) Awards or coach recognition for trying something new:** obtain your personal best time or receive coach recognition at any meet and swimmer will receive their name on a flag banner displayed at the pool.
- **Certificates:** Certificates will be awarded for several categories at the end of the season (e.g. team record, most dedicated, etc.)

- **MVP Female:** End of year award to the female scoring the most overall points for the team
- **MVP Male:** End of year award to the male scoring the most overall points for the team
- **Most Improved Female:** End of year award for the most improved female swimmer
- **Most Improved Male:** End of year award for the most improved male swimmer
- **Rookie of the Year Male:** Top performing male athlete participating in swim for their first season
- **Rookie of the Year Female:** Top performing female athlete participating in swim for their first season

Contact information/Calendar of Events

Email: shscswimteam@gmail.com

Website: <http://somerhillswimclub.org/swimteam>

Calendar: <http://somerhillswimclub.org/swimteam/swim-team-calendar>

Swim Team Parents:

Aimee Lyons
(646) 468-5881

Stacy Newsome
(732) 841-0956