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AQUATIC DIVISION 2015 SWIM TEAM HANDBOOK



**City of Austin
Parks and Recreation Department
Aquatic Division
Swim Team Handbook**

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ADA Statement

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-9332.

Mission Statements

Department

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

Division

The purpose of the Aquatic Division is to provide a variety of safe and diverse aquatic programs and services to the residents and visitors of Austin by adhering to high quality standards established by the Aquatic Division of the Austin Parks and Recreation Department.

Program Overview

Philosophy

The City of Austin Parks and Recreation Department Aquatic Division Recreational Swim Team is organized to develop the potential and serve the recreational needs of boys and girls who are interested in learning about competitive swimming. In addition to emphasizing good sportsmanship, team spirit and lifelong fitness, the program aims to build swimmers' self-esteem through the enhancement of physical competence and mental fitness. ***Personal improvement at practices and meets is stressed over winning, and active family participation is encouraged.***

Objectives

Each child enrolled in the program shall:

- ◆ Learn the fundamentals of stroke technique
- ◆ Develop a sense of respect, cooperation, self-discipline, sportsmanship and fitness through regular participation in practices and meets
- ◆ Participate in safe, fun, diverse and well-organized practice sessions
- ◆ Choose to participate in up to four weekly swim meets, prior to the TAAF Regional Swim Meet which is the qualifying meet for the TAAF State Games of Texas.

Swim Team Program

The City of Austin utilizes the collective input from participants, parents, volunteers, coaches and supervisors to evaluate and develop this six-week program. This team approach addresses the community's needs in order to create the highest quality program possible.

The Aquatic Division has set a **maximum enrollment** of **120** participants for all teams. The Aquatic Division feels this will provide more attention for swimmers, increase supervision and enhance the quality of the swim team program. Lifeguards are on duty during practices and swim meets in addition to all coaches being lifeguard certified. Each team practices Monday through Friday with Saturday mornings reserved for swim meets.

Contact Information

Aquatic Office	512-974-9332
Fax	512-974-9344
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Texas Amateur Athletic Foundation (TAAF)

What is TAAF?

The Texas Amateur Athletic Foundation (TAAF) is a non-profit organization established in 1925 to promote, organize and conduct amateur athletics in the state of Texas. The Federation consists of organizations of a permanent status that are active and interested in the promotion of amateur athletics and representative of one or more sports in their respective communities.

The Texas Amateur Athletic Foundation mission shall be to create and maintain in the State of Texas a permanent organization representative of amateur athletics and/or organizations, devoted thereto; to establish and maintain the highest ideals of amateur sports in the State of Texas; promote the development of physical education and to encourage the standardization of rules of all amateur athletics, games and competitions. The objectives of the Texas Amateur Athletic Federation (TAAF) are both charitable and educational. TAAF offers athletic and aquatic competition for individuals, as well as for teams.

Today, TAAF is one of the largest amateur state athletic organizations in the nation with a membership of over 140 organizations and over 210,000 individual participants. Winners of the local leagues and tournaments are eligible to advance to regional competition. The TAAF Regional Meet hosted at the University of Texas Joe Jamail Swim Center is the qualifying meet for the TAAF state competition (State Games of Texas).

The City of Austin 2015 Recreational Swim Team will be competing in the TAAF Games of Texas this summer, and therefore, swimmers **MUST** be TAAF athlete members in order to be eligible for competition. All fees associated with this TAAF membership are covered in the City of Austin Parks and Recreation Department Aquatic Division registration fee for the recreational swim team program.

TAAF also provides the option of athlete insurance to cover all swimmers participation in a TAAF sanctioned event. This insurance coverage is strongly recommended, and is well worth the small fee. Information regarding insurance, programs and procedures can be found by visiting www.taaf.com. Swimming specific information can be found by visiting www.swimtaaf.com.

Games of Texas 2015

The Games of Texas is the ultimate amateur athletic sports festival. Established in 1986, the Games are patterned after the Olympic Games and US Olympic Sports Festivals. The Games of Texas provide a forum for training and competition among Texas' own Olympic hopefuls, as well as both youth and adult recreational athletes.

July 30 - August 2, 2015
Texas A&M Student Rec Center
730 Olsen Blvd.
College Station, TX 77843

Additional Fees

State Swim Team Information Pakcets are available at the TAAF Regional Swim Meet which include the Intent for Participation form or Alternate Intent Form for any swimmers who qualified and choose to participate at the Games of Texas. Each swimmer will be limited to participating in three (3) events; individual, relays or a combination of both. There is a \$7.00 per event fee and payment is due in full upon receiving the intent form. Checks may be payable to City of Austin or cash is welcome.

State Meeting

An informational meeting regarding the state swim team will be hosted at the Aquatic Office Sunday, July 20th at 6:00pm. Please plan on attending to receive important practice and meet details in addition to delivering intent forms.

Entry Deadlines

The deadline for intent/entry forms will be Tuesday, July 21st at 5:00pm. ***There will be no deck entries or changes allowed at the Games of Texas swim meet.***

Participation

Eligibility and Registration

- ◆ Swimmers must be 17 years of age or younger on June 1st of the current year to participate in the swim team program.
- ◆ Swimmers who have not participated from January 1st - April 30th in a year round organized program (such as USA) are eligible to join the Aquatic Division summer recreational swim team program.
- ◆ ***First time participants and continuing participants will be asked to complete a swim test (at the first practice) in which they will need to continuously swim one length of the pool using freestyle and one length of the pool using backstroke or breaststroke.*** Learn to Swim classes are recommended for those who need further instruction to build skill and strength before joining the swim team program.
- ◆ Current employees of the Parks and Recreation Department, Aquatic Division are not eligible to participate in the recreational swim team program which practices in their assigned district.
- ◆ Registration forms are processed at the Aquatic Office and payment is due upon receipt.
- ◆ All participants must be registered before participating in practice.

Transportation

Participants must expect to provide their own transportation to and from practices and meets. Parent organized car-pools are recommended as parking is limited at certain locations. The City of Austin does not provide transportation to swim meets. ***At no time is any member of the aquatic staff permitted to provide transportation for any participant.***

What to Bring to Practice

- ◆ Goggles (an extra pair is always good to have just in case something happens to the first set.)
- ◆ Water bottle.
- ◆ Towel.
- ◆ Hair tie (for hair longer than shoulder length) or swim cap.
- ◆ Folding chairs (for parents who are watching practice.)

Practice

Swimmers need to come ready to swim and listen to their coach(es). If you need to speak with your child's coach, please do so before or after practice so that practice is as efficient and effective as possible.

Practices meet Monday through Friday at various times depending on your pool's schedule. Practices will not be cancelled due to rainy weather. In the event of an electrical storm or other unexpected situation, practice will be a dryland session. This session will focus on core strength, streamline practice and visualization techniques. Supportive shoes are recommended to ensure swimmers' safety and stability while participating in these exercises.

Practice groups are usually assigned on the basis of age and/or ability. At the first practice, each team's coach(es) will observe and assess your child's skill proficiency to determine what workout group your swimmer will participate in. Please be aware that different swimmers in the same family may have different workout times. While this is sometimes hectic and inconvenient for parents, it is best for the swimmer.

Coaches develop their team workouts based on skill proficiency and endurance. Swimmers will be taught drills to improve strokes and will work on increasing endurance throughout the season.

Discipline

To ensure the safety of all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, and/or display disrespect for the coaches, teammates, lifeguards or parents:

- ◆ Verbal warning to the swimmer.
- ◆ Swimmer sits out for 5 - 10 minutes.
- ◆ Parents are notified, an incident report will be filed with the supervisor and the swimmer will be asked to leave the activity or event for the day.

Expectations of Swimmers

The expectations of swimmers are ground rules which are intended to help maintain a POSITIVE learning and practice environment.

- ◆ Have goggles available and adjusted before every practice.
- ◆ Begin sequences of drills on time and finish by touching the wall, do NOT stand up before touching the wall.
- ◆ Maintain proper spacing between swimmers as drills start. A good method to use is to wait until the person in front of you is at the flags before you start.
- ◆ Swimmers will listen and follow directions from coaches. All drills should be performed as demonstrated and/or instructed. If you do not understand how a drill should be performed, do not be afraid to ask for clarification.
- ◆ Please refrain from talking during drill instruction.
- ◆ Avoid hanging on the lane lines.
- ◆ Always display good sportsmanship.
- ◆ Treat others with respect and avoid interfering with other swimmers as they complete their drill or set.
- ◆ Always follow the pool rules.
- ◆ Be a leader and HAVE FUN!

Participant Wellness

Sunscreen

Whenever you are spending time outdoors, you should take steps to protect yourself from too much sun. Sunscreen can help prevent harmful UV rays from damaging your skin.

Sun Protection

- ◆ The Sun Protection Factor, or SPF, is based upon how much extra exposure time skin can take before it begins to burn. Sunscreen SPF's range from a baseline of 15 to 75.
- ◆ When purchasing a sunscreen select one that provides both UVA and UVB protection.
- ◆ Apply sunscreen properly; about a half hour before sun exposure. Apply a thick coating over all exposed skin and allow it to soak in. Sweat, swimming and towel-drying remove sunscreen, so be sure to reapply about every two hours to ensure effective coverage.
- ◆ Whenever possible wear hats, sunglasses with UV protection and sun-protective clothing. Sunscreens alone do not provide complete protection.

Hydration

It is important to stress drinking water during/after exercise. Even while swimming, water is lost during exercise through sweat and can lead to dehydration. Dehydration, even in small amounts, can cause strain on the heart and limit the body's ability to remove heat from contracting muscles. A healthy habit is to drink 8 glasses of water each day.

Hydration Guideline Suggestions

- ◆ Before Exercise one of the following options are recommended:
 - 1) Drink 16 oz of water 2 hours prior to exercise.
 - 2) Drink 10 oz - 16 oz of water 15 - 30 minutes before exercise.
 - 3) Younger swimmers should drink 5 oz of water 15 - 30 minutes before exercise.
- ◆ During Exercise recommendations include:
 - 1) Drink 6 oz - 8 oz of water every 10 - 15 minutes. An easy rule to remember is that one normal mouthful or swallow equals about 1 oz.
 - 2) Younger swimmers should drink 9 oz of water every 10 - 15 minutes.
- ◆ Post Exercise recommendations include:
 - 1) Drink enough to replenish the amount of fluid that was lost.
 - 2) The amount required will depend on the time and the intensity of the exercise.

Healthy Swimming Practices

Without your help, even the best maintained pools can spread illness. Pool water is shared by everyone. Swim only when you and your children are well. Keeping pools open for the swim season requires the following:

- ◆ Swimmers who are ill with diarrhea or vomiting may not enter the facility until they are symptom free.
- ◆ Avoid drinking or swallowing the pool water.
- ◆ Please practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- ◆ Take regular bathroom breaks.
- ◆ Swimmers with open wounds, sores, eye infections, colds, nasal or ear discharges and skin or body infections shall be excluded from the pool.

General Swim Meet Information

Rule Interpretation

The swim team supervisor possesses ultimate authority to interpret the meaning and intent of the rules, and will determine their application in particular cases. For each meet, he/she shall appoint a meet director who shall have authority to interpret and apply the rules at that meet. Questions arising at a meet in respect to the interpretation or application of the rules shall be taken to the meet director.

Changing Swim Teams

A swimmer who has represented one team in competition is ineligible to represent any other team for the remainder of the summer, unless he/she first secures a written release from the swim team supervisor. The granting of such a release shall be at the discretion of the supervisor after consultation with the swimmer and coach(es) involved.

Ineligible Swimmers

No ineligible swimmer shall compete in any meet. If an ineligible swimmer is inadvertently entered in a swim meet he/she will be disqualified in all their events.

Swim Meet Etiquette

All participants, spectators, parents and staff are expected to maintain high standards of etiquette. Parents are responsible for their children's conduct, coaches are responsible for their teams and head lifeguards are responsible for their staff. All are expected to promote good sportsmanship and safety; cheer the swimmers on and refrain from "dipping" in pool areas that are closed, such as shallow or wading pool areas.

Disqualifications

The purpose of disqualifying swimmers is to ensure that participants are using proper stroke techniques and *do not have an unfair advantage over other swimmers*. Each meet will have at least one staff member that will evaluate major problems which may warrant disqualification. In the first weeks of competition, staff will show leniency and inform swimmers who have made a good-faith effort to comply with the rules of their infraction so that the swimmer may learn from the experience. The later weeks of competition, staff will enforce stroke and turn rules. Disqualification procedures will be strictly enforced at the TAAF Regional Swim Meet on July 18, 2015. A swimmer who is disqualified in an event shall neither place, score points, nor receive an award in that event. Swimmers will be warned of the disqualification after it has occurred. A swimmer who has been disqualified in an event before the race begins shall not swim the race, and the substitution of a teammate shall not be allowed.

A swimmer may be disqualified for the following:

- ◆ Improper execution of a stroke, turn and/or finish.
- ◆ Walking or pushing off the bottom of the pool.
- ◆ Pulling on a lane line or side of the pool other than pushing off the end of pool for a start or turn.
- ◆ Entering the water while a meet is in progress without having been given official permission, or remaining in the water after having officially been requested to exit the pool.
- ◆ Using any device such as flippers and hand paddles which might unfairly contribute to a swimmer's speed.
- ◆ Interfering with another swimmer who is properly within his/her lane. A swimmer who has been interfered with has the right to request the heat be reswum.

Stroke Specific Disqualification Information

- ◆ **Freestyle** - The swimmer may swim any stroke he/she chooses. Front Crawl is usually swum.
 - 1) **Turn** - The swimmer must touch the wall with some part of his/her body.
 - 2) **Finish** - The swimmer must touch the wall with some part of his/her body.
 - 3) **Disqualification for Freestyle events** will be limited to
MOST COMMON REASON FOR SWIMMER DISQUALIFICATION: Start, turn and finish infractions, pushing off the bottom or pulling on the lane lines prior to the finish of the race.

- ◆ **Backstroke** - The swimmer may swim any stroke and any kick is permitted as long as the swimmer remains on his/her back.
 - 1) **Turn** - The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn. When the turn is performed, only one arm pull is allowed after the swimmer turns onto his/her stomach. The turn requires that some part of the swimmer's body contact the end wall. After the final arm pull, the turn must be initiated in a continuous movement with the swimmer assuming a position on the back before a foot/feet leave the wall.
 - 2) **Finish** - The swimmer must complete the required distance and touch the wall while still on his/her back.
MOST COMMON REASON FOR SWIMMER DISQUALIFICATION: Breaking the horizontal plane, standing up prior to the finish, and/or swimming the wrong stroke after the turn.

- ◆ **Breaststroke** - The swimmer shall remain in a prone position with both shoulders in the horizontal plane with an underwater/near surface arm recovery.
 - 1) **Start** - A single arm stroke and one leg kick may be made while the swimmer is underwater. The head must break the water's surface prior to the arms beginning the propulsive part of the second arm stroke. Thereafter, some portion of the head must break the surface of the water sometime during each stroke cycle except after the final arm pull.
 - 2) **Turn** - There shall be no sculling with the hands at the end of the first arm stroke following the start of the turn. The turn requires a simultaneous two-hand touch at the same level while remaining on the stomach, after which any manner of turn is permitted. The swimmer must return to a prone position by the time that his/her feet leave the wall after the turn.
 - 3) **Arm Action** - The stroke requires that both hands first pull down and outward, then sweep inward and lastly extend forward from the breast simultaneously on, above or under the surface of the water within the width of the swimmer's shoulders. Over arm or butterfly recovery is not permitted.
 - 4) **Kick** - The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissor, flutter, or downward butterfly kick (developed from a flexing or extending of the knee) is permitted.
 - 5) **Finish** - The swimmer must touch the wall with both hands simultaneously and at the same level while remaining on his/her stomach.
MOST COMMON REASON FOR SWIMMER DISQUALIFICATION: Kick is a scissor kick not a whip kick, arms pull too far down the torso, not using a two hand touch at the finish, and/or swimming the wrong stroke.

- ◆ **Butterfly** - The swimmer shall remain in a prone position upon the water where the arms recover simultaneously over the water's surface.
 - 1) **Turn** - The swimmer must touch the wall with both hands simultaneously and at the same level. A prone position shall be regained prior to the first arm pull or leg kick.
 - 2) **Arm Action** - The stroke requires that both arms simultaneously pull backward under the water, and then simultaneously recover over the water.
 - 3) **Kick** - The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
 - 4) **Finish** - The finish requires completion of the required distance and contact with the wall simultaneously with both hands at the same level.
MOST COMMON REASON FOR SWIMMER DISQUALIFICATION: No two hand touch at the finish, no simultaneous arm and leg movement, and/or swimming the wrong stroke.

- ◆ Individual Medley (IM) - The swimmer shall complete an equal number of lengths of the pool for each of the following strokes in the following order:

- 1) Butterfly
- 2) Backstroke
- 3) Breaststroke
- 4) Freestyle

For the Individual Medley (IM) only, "freestyle" shall be defined as some stroke other than the first three.

MOST COMMON REASON FOR SWIMMER DISQUALIFICATION: Swimmer performs a stroke incorrectly, swimmer performs a stroke in the wrong order.

Relay Information

A relay race is one in which four (4) individual swimmers of the same gender, belonging to the same team, swim a designated leg and stroke.

If a team cannot enter a same gender relay team, they may still compete as follows:

- ◆ 1 male and 3 females
- ◆ 2 males and 2 females
- ◆ 3 males and 1 female

Each swimmer must adhere to the position, stroke, kick, turn and finish rule governing the stroke that they are performing. Swimmers may use the forward diving start if the water is 6ft deep or greater and if they are not swimming backstroke. The first three members of relay teams will exit the water at the finish end of their lane promptly after completing their leg of the race.

Relay Rules

- ◆ Freestyle - Each of the four (4) swimmers shall swim an equal number of lengths of the pool of any stroke he/she chooses. Front crawl is usually swum. The previous swimmer must touch the wall before the next swimmer may enter the water.
- ◆ Medley - Each of the four (4) swimmers shall swim an equal number of lengths of the pool. One swimmer will swim an assigned stroke in the following order: (1)Backstroke, (2)Breaststroke, (3)Butterfly, (4)Freestyle. The previous swimmer must touch the wall before the next swimmer may enter the water.

Meet Location Directions

◆ **Canyon Vista Pool** **8455 Spicewood Springs Rd.** **Austin, TX 78759**

From North: Take US 183 south; exit Spicewood Springs.
Turn right on Spicewood Springs Rd.

The pool will be on the right; just south of Canyon Vista Middle School.

From South: Take either IH-35 or Mopac (Loop 1) north to US 183.

Go north on US 183 to the Spicewood Springs exit.

Turn left on Spicewood Springs Rd.

The pool will be on the right; just south of Canyon Vista Middle School.

◆ **Dick Nichols Pool** **8011 Beckett** **Austin, TX 78749**

From North: Take US 183 south to Mopac (Loop 1).

Take Mopac south to William Cannon.

Turn right on William Cannon.

Follow William Cannon to Beckett and turn left.

Once on Beckett go 1 mile; the pool will be on the left.

From East: Take IH-35 to William Cannon and head west.

Follow William Cannon to Beckett and turn left.

Once on Beckett go 1 mile; the pool will be on the left.

◆ **Dove Springs Pool** **5701 Ainez Dr.** **Austin, TX 78744**

From North: Take IH-35 south to William Cannon.

Turn left on William Cannon and head east.

Follow William Cannon to S. Pleasant Valley Rd; turn left.

Follow S. Pleasant Valley Rd north.

Veer right on Nuckols Crossing Rd.

Turn left on Ainez Dr.; the pool will be on the right.

From South: Take IH-35 north or Mopac north to William Cannon.

Turn right on William Cannon and head east.

Follow William Cannon to S. Pleasant Valley Rd; turn left.

Follow S. Pleasant Valley Rd north.

Veer right on Nuckols Crossing Rd.

Turn left on Ainez Dr.; the pool will be on the right.

◆ **Martin Pool** **1626 Nash Hernandez Sr. Rd.** **Austin, TX 78702**

From North: Take IH-35 south to the Cesar Chavez/Holly St. exit.

Stay on the frontage road and turn left on Water/Holly St.

Follow Water/Holly St to Comal and turn right.

Follow Comal to Nash Hernandez Sr and turn left; pool is on the left just after the softball field at Martin Middle School.

From South: Take IH-35 to the Holly St. exit and turn right.

Follow Water/Holly St to Comal and turn right.

Follow Comal to Nash Hernandez Sr and turn left; pool is on the left just after the softball field at Martin Middle School.

Swim Meet Entries

- ◆ Number of events - No swimmer shall swim more than three events, including relays, in any swim meet. An event in which a swimmer is disqualified, for whatever reason, shall count as one of the three events per meet. The participation of any eligible swimmer in a meet shall be at the discretion of his/her coach(es), as shall the events in which the swimmer is entered.

- ◆ Number of entries per team - Each team may enter any number of swimmers in individual events and three relay teams per event.

Entry Deadlines

All event entries are due to your coach(es) by the end of practice the Wednesday before the swim meet. *There will be no deck entries or changes at the meets.*

Swim Meet Format

Teams will compete with other City of Austin recreational swim team program teams. Meets are held on Saturday mornings and will not be rescheduled in the event of inclement weather.

What to Bring to Meets

Goggles (an extra pair is always good to have just in case something happens to the first set)

Water bottle

Towel

Hair tie or swim cap (an extra is always good to have just in case something happens to the first)

Shoes that allow easy on-off between swims

Sunscreen, hats, sunglasses with UV protection and sun-protective clothing

Folding chairs and shade tents

Water and healthy snacks

Games or books

Age Groups

Swimmers compete by age groups, from youngest to oldest; alternating gender. The order of events for swim meets is included at the end of the manual. A swimmer's age group is determined by that swimmer's age on June 1st of the current year. Age groups are as follows:

6 and under	freestyle & backstroke	6 and under	freestyle relay
8 and under	individual events	8 and under	relays
9 and 10	individual events	9 and 10	relays
11 and 12	individual events	11 and 12	relays
13 and 14	individual events	13 and 14	relays
15 to 17	individual events	15 to 17	relays

A swimmer may only swim in one age group during a meet. Exceptions are acceptable if a team does not have enough swimmers of a particular age to fill a relay. In this case, a swimmer may "swim up" (swim in an age group older than the participant's age group) in that particular event without having to swim the entire meet at that age group. Swimmers may not swim the same event at two different age groups. Participants may not "swim down" in any swim meet. Violations of these provisions may result in disqualification from the event.

The size of the pool and the swimmer's age group determine the distance for each event. Only one swimmer may occupy a lane during a race. If a coach needs to be in a lane with a 6 and under age group swimmer, that is permissible. The number of pool lanes determines the number of swimmers per heat, not to exceed eight.

Coaches, staff or volunteer timers may serve as "head-catchers" during backstroke events for swimmers ages 12 and under.

Warm Up

It is strongly recommended that all swimmers warm-up at swim meets. Warm-ups give swimmers the chance to not only loosen and warm their bodies, it also provides them the opportunity to get familiar with a "new" pool. It is important to practice starts and turns, and count from the flags if doing backstroke. Not all pools are the same, so we highly recommend ALL swimmers arrive on time for warm-ups. Swimmers need to check in with their coach to find out their warm-up lane assignments.

Awards

First through third place ribbons will be awarded for all age groups for both individual and relay events.

***Please note that the swim meet schedule will be distributed the first week of practice, to allow for a more balanced schedule of teams per site based on individual team enrollments.**

TAAF Regional Swim Meet

Meet Information

The TAAF Regional Meet is hosted at the University of Texas Joe Jamail Swim Center and is the qualifying meet for the TAAF state competition. This means that any recreational swim teams that are registered with TAAF and within the region 11 boundaries are allowed to register their team for this meet. Please mark your calendars to attend this exciting event on July 18, 2015! Swimmers and coaches will have designated seating areas around the perimeter of the pool while family and friends will be sitting up in the observation area. Each team will have a designated parent volunteer to assist the coach(es) with the swimmers, so if you're interested please speak with your coach(es) to sign-up.

Teams will receive warm-up information regarding lane assignments upon arriving at the meet. Warm-ups are scheduled from 9:00am to 9:45am with the meet tentatively beginning at 10:00am.

This is a very unique swim meet experience for the swimmers. Due to the design of the pool, the bulkheads will be placed in the middle, which essentially divides it into two 25 meter pools so that we are able to run two swim meets at the same time. One end normally hosts the 10 and under age group, while the 11 and older age group will swim on the opposite end. Both meets typically end about 1:30pm.

Event Entries

Coach(es) will be passing out a TAAF Regional Swim Meet Intent for Participation form to any swimmers choosing to participate. Each swimmer will be limited to participating in three (3) events; individual, relays or a combination of both. There is a \$6.00 per event fee and payment is due in full upon receiving the intent form. Checks may be payable to City of Austin or cash is welcome.

Entry Deadlines

The deadline for event entry forms will be Wednesday, July 8th at the end of swim practice. ***There will be no deck entries or changes allowed at the Regional meet.***

Relays

All swimmers interested in participating on a relay for this swim meet need to check the availability of the other team members to ensure that they are planning on swimming/attending the State Games of Texas. If a member of a qualifying team is not able to attend the State Games of Texas, only the designated alternate(s) during the TAAF Regional Swim Meet would be approved to swim with that relay team at the State Games of Texas. Teams may designate up to 4 alternates per relay. The movement/adjustment of swimmers from different relay teams is not permissible.

Due to the large interest in participating on relay teams combined with the limitation of 2 relays per team per relay event, coach(es) reserve the right to make a final decision on team members. Coaches discretion will be exercised in this situation, with all decisions being final.

Suit Rule

Suits shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition.
- b. The swimsuit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water);
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
 5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Awards

Ribbons shall be awarded to second through eight place finishers in individual events and to members of second through eight place relays. Trophies will be awarded to first place individual event winners while medals will be awarded to first place relay winners.

Family Involvement/Volunteers

Practice

Parents are invited to support their team by lending time, energy and assistance to their coach(es). Parents are able to help coaches by verifying swim meet entries, adjusting goggles, watching to ensure that swimmers finish their set by touching the wall prior to standing up, watching swimmers streamlines off the wall and watching turns. Parents can also assist in catching the heads of swimmers performing backstroke as they approach the wall to help decrease the possibility of a head injury.

Weekly Swim Meets

Volunteers are needed for each swim meet to set up and coordinate the ready bench for each event, timers for each event, head timer, runners to take the results from the lanes to the score table, score events and write ribbons. Volunteers are also extremely helpful with checking swimmers in upon arriving at the meet site and confirming/writing which events the swimmer is participating in that day. Events are written on swimmers arms and include the event and lane number they will be participating in. New this year, parents are encouraged to go to <http://www.strokeandturn.com> and for \$12.95 you can become a certified to be a stroke judge. Program costs are kept at a minimum thanks to the help from volunteers. Let your coach(es) know what duty you might be interested in performing or check in with the meet director to see where you might be able to assist! Additionally, we are using signupgenius.com to assist with the tracking of volunteer responsibilities, so you are able to sign up there as well.

TAAF Regional Swim Meet

This is an excellent opportunity to experience the swim meet from a whole new perspective! Each swim team will need 1 to 2 parents to assist their coach(es) with team supervision on the pool deck. This duty entails, informing swimmers of their pending event, sending them to the ready bench and helping keep track of your team's swimmers. Another invaluable volunteer position includes the need for 4 parents to run the ready bench which is responsible for lining the swimmers up in the correct order prior to their escort to the starting area. Last, but certainly not least is the need for 2 head timers which coordinate the individual lane timers to ensure they are prepared for the next heat prior to the race beginning.

Swim Meet Event Schedule:

Female				Male
#1	8 & under	100 Medley Relay	4 X 1 length	#2
#3	9 & 10	100 Medley Relay	4 X 1 length	#4
#5	11 & 12	200 Medley Relay	4 X 2 lengths	#6
#7	13 & 14	200 Medley Relay	4 X 2 lengths	#8
#9	15 - 17	200 Medley Relay	4 X 2 lengths	#10
#11	6 & under	25 Freestyle	1 length	#12
#13	8 & under	25 Freestyle	1 length	#14
#15	9 & 10	25 Freestyle	1 length	#16
#17	11 & 12	50 Freestyle	2 lengths	#18
#19	13 & 14	50 Freestyle	2 lengths	#20
#21	15 - 17	50 Freestyle	2 lengths	#22
#23	6 & under	25 Backstroke	1 length	#24
#25	8 & under	25 Backstroke	1 length	#26
#27	9 & 10	25 Backstroke	1 length	#28
#29	11 & 12	50 Backstroke	2 lengths	#30
#31	13 & 14	50 Backstroke	2 lengths	#32
#33	15 - 17	50 Backstroke	2 lengths	#34
#35	8 & under	25 Breaststroke	1 length	#36
#37	9 & 10	25 Breaststroke	1 length	#38
#39	11 & 12	50 Breaststroke	2 lengths	#40
#41	13 & 14	50 Breaststroke	2 lengths	#42
#43	15 - 17	50 Breaststroke	2 lengths	#44
#45	8 & under	25 Butterfly	1 length	#46
#47	9 & 10	25 Butterfly	1 length	#48
#49	11 & 12	50 Butterfly	2 lengths	#50
#51	13 & 14	50 Butterfly	2 lengths	#52
#53	15 - 17	50 Butterfly	2 lengths	#54
#55	8 & under	50 Freestyle	2 lengths	#56
#57	9 & 10	50 Freestyle	2 lengths	#58
#59	11 & 12	100 Freestyle	4 lengths	#60
#61	13 & 14	100 Freestyle	4 lengths	#62
#63	15 - 17	100 Freestyle	4 lengths	#64
#65	8 & under	100 Individual Medley	4 lengths	#66
#67	9 & 10	100 Individual Medley	4 lengths	#68
#69	11 & 12	100 Individual Medley	4 lengths	#70
#71	13 & 14	100 Individual Medley	4 lengths	#72
#73	15 - 17	100 Individual Medley	4 lengths	#74
#75	13 & 14	200 Freestyle	8 lengths	#76
#77	15 - 17	200 Freestyle	8 lengths	#78
#79	6 & under	100 Freestyle Relay	4 X 1 length	#80
#81	8 & under	100 Freestyle Relay	4 X 1 length	#82
#83	9 & 10	100 Freestyle Relay	4 X 1 length	#84
#85	11 & 12	200 Freestyle Relay	4 X 2 lengths	#86
#87	13 & 14	200 Freestyle Relay	4 X 2 lengths	#88
#89	15 - 17	200 Freestyle Relay	4 X 2 lengths	#90

Please note that the events will be the same at the TAAF Regional Meet however they will NOT be in this order.



Mayor and City Council

Steve Adler, Mayor
Ora Houston, District 1
Delia Garza, District 2
Sabino Renteria, District 3
Gregorio Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Kathie Tovo, District 9
Sheri Gallo, District 10

City Manager

Marc Ott, City Manager
Michael McDonald, Deputy City Manager
Rey Arellano, Assistant City Manager
Robert Goode, Assistant City Manager
Sue Edwards, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Anthony Snipes, Assistant City Manager
Ray Baray, Assistant to the City Manager

Parks and Recreation Department

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Cora D. Wright, Assistant Director

Parks and Recreation Board

Jane Rivera, Chair
Jeff Francell, Vice Chair
William Abell, Board Member
Michael Casias, Board Member
Dale Glover, Board Member
Lynn Osgood, Board Member
Susan Roth, Board Member