

NOTTINGHAM GREEN TEAM

HANDBOOK 2019

The Nottingham Green Gators participate in the Suburban Swim League, which enables member children to compete in a family fun swim league against other neighborhood and YMCA teams. Being a member of the Gator Swim Team provides a number of benefits including, fun competition with your neighbors, great exercise, improved swimming skills, and a great way to make friends.

SUBURBAN SWIM LEAGUE

Nottingham Green is a member of the Suburban Swim League (SSL), which is composed of 21 swim clubs, predominantly from northwestern Delaware. These teams are grouped into three divisions. Groupings are based on competitive ability. After each season, the team with the best record in the White and Blue division will move up to the next division for the next season. Consequently, the team with the poorest record in the Red and White division will move down a division for the next season. The divisions for the 2019 swim season are as follows:

Red	White	Blue
North Star	Oaklands	Sherwood Park
Nottingham Green	Persimmon Creek	Crestmoor
Westminster	Fairfield	Drummond Hill
Skyline	Bear-Glasgow Y	Arundel
Western YMCA	Yorklyn	Oakwood Valley
Delaware Bluefish	Wedgewood	Penn Acres
Wedgewood	Maple Valley	Valleybrook

Additional information can be found at <http://www.sslswim.org>.

SWIM TEAM ELIGIBILITY

The age group for a swimmer for the entire season is determined by his/her age as of May 30th. Swimmers are eligible to compete until age 18. Swimmers must swim in at least 4 meets to qualify for Time Trials and Championships. Age groups are as follows: 15 -18/ 13-14 / 11-12 / 9-10 / 8 and Under.

HEAD COACHES

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SWIM TEAM CHAIRPERSON

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PRACTICES

PRACTICE IS REQUIRED FOR ALL TEAM MEMBERS. There is practice in the evenings from May 29th until the end of school. TIMES MAY CHANGE!

- 3-4pm 13 and Up
- 4-5pm 11 & 12 Years
- 5-6PM 10 & Under
- First year swimmers and 6 and Unders start morning practices

After school ends until the end of the regular season, practice will be as follows:

- 8:00-9:30am Opens and 14 & Unders
- 9:30-11:00am 12 & Unders and 10 & Unders
- 11-12:00pm 10 & Unders and 8 & Unders
- 12:00-12:30 Mini Gators
- Monday & Thursday 6:00 – 7:00 PM by request only

Practices are broken down by age groups. Within each practice group the amount of yardage and mechanical work will vary. If you are unsure of which practice to attend, please talk to one of the coaches.

- 14 & Unders & Opens
 - 80% Yardage, 20 % Mechanics
- 12 & Unders
 - 60% Yardage, 40% Mechanics
- 8 & Unders, 10 & Unders
 - 20% Yardage, 80% Mechanics
- MINI-GATORS and Swim Lessons
 - 100% Mechanics

Be sure to adhere to the following protocols for practice -

1. HAVE FUN!!!
2. Come to assigned practice time. If you need to attend a different practice, see one of the coaches.
3. Bring all equipment - swim suit, goggles, swim cap (required for girls; optional for boys), towel
4. Bring a water bottle for every practice
5. Bring positive attitude, mind set to pay attention and follow instructions, willingness to work hard.
6. **HAVE FUN!!!**

SWIM MEETS

Swim Meets are Wednesday evenings, beginning at 6:00 PM and Saturday mornings beginning at 9:00 AM.

PROTOCOLS

1. Attend all meets. If you are going to miss a meet, fill out a [Meet Absence](#) form and return to the proper folder at least 48 hours before the meet.
2. Swimmers must participate in 4 meets to be eligible for time trials and championships.
3. Bring all equipment - swim suit, goggles, swim cap (required for girls; optional for boys), towels, extra clothes, food, drinks (water, Gatorade, etc.)
4. The following age groups will have assigned areas to sit during meets - 10 & Unders, 8 & Unders, 6 & Unders. We have assigned areas so that those volunteers who are assigned to the specific group can find the swimmers they need to their races. Parents we need your help watching the children and making sure that they stay in their designated areas.
5. Show up on time. Stay until meet is over.
 - Saturday Home Meets -
 - Report time: 7:30-7:45 am
 - Warm-up Begins - 8:15 am
 - Meet Begins - 9:00 am
 - Meet Ends - Noon

- Wednesday Home Meets -
 - Report time: 4:30-4:45 pm
 - Warm-up Begins - 5:15 pm
 - Meet Begins - 6:00 pm
 - Meet Ends - 9:00 pm

- Saturday Away Meets -
 - Report time: 7:20-7:30 am
 - Reading of Line-up: 7:30-7:45 am
 - Caravan to meet: 7:45
 - Warm-up Begins - 8:40 am
 - Meet Begins - 9:00 am
 - Meet Ends - Noon

- Wednesday Away Meets -
 - Report time: 4:30-4:40 pm
 - Reading of Line-up: 4:40-4:55 pm
 - Caravan to meet: 4:55 pm
 - Warm-up Begins: 5:40 pm
 - Meet Begins - 6:00 pm
 - Meet Ends - 9:00 pm

7. BRING YOUR GATOR SPIRIT, PRIDE AND SPORTSMANSHIP.

SWIM MEET SCORING

Swimmers can swim a maximum of three events per meet. These may be a combination of individual and/or relay events. Swimmers may be asked to “swim up” an age group. These swims might provide an opportunity for the team to gain points in an age group in which we do not have many swimmers. (Swimmers can never “swim-down”, however.)

The SSL follows the USA-S MEN'S AND WOMEN'S SWIMMING AND DIVING RULES in conducting and judging all meets. Points are awarded as follows

	INDIVIDUAL	RELAY
1st PLACE	5 POINTS	7 POINTS
2nd PLACE	3 POINTS	3 POINTS
3rd PLACE	1 POINT	1 POINT

VOLUNTEERS

Parent volunteers are mandatory to make our swim meets run smoothly throughout the season. Believe it or not, it takes approximately 30 volunteers to run a swim meet! We also need help throughout the season in many different areas to make the season fun for everyone. When more people help, the less individually people need to do! Every family will need to volunteer for at least 3 meets and time trials.

SWIM TEAM COMMITTEE

Great swim teams and seasons do not just happen. It takes planning and input. In order to make sure everything gets done, a swim team committee is necessary to events and meets are planned and to continue to come up with ideas to make swim team exciting and new each year.

Following are positions for the committee:

- Meet Volunteer Coordinator
- Banquet Coordinator
- Gator Sleepover Coordinator
- Spirit Coordinator
- Pancake Breakfast Coordinator
- SnackBar Coordinator

Information on the above positions are below.

OFFICIALS AND WORKERS

It is required that parents of each swimmer on the team work a minimum of two meets per season. If you do not sign up, activities will be assigned to you. It will be your responsibility to find a replacement if you cannot work. If you are willing to work more than your required share, it will be greatly appreciated. Thank you!

Workers for the first shift need to be at the pool ½ hour before the meet for set-up.

Officials:

STARTER/REFEREE – The REFEREE is the head official and may serve as the STARTER. The REFEREE has full jurisdiction over the meet and sees that all rules are enforced. The STARTER advises swimmers at the start of each race as to the stroke and distance. The STARTER/REFEREE is supplied by the HOME TEAM and must attend a clinic run by SSL at the beginning of each season.

STROKE AND TURN JUDGE – Two are required, four are preferred; one/two from each team. JUDGES observe starts, strokes, and turns of each event; they may disqualify (DQ) a swimmer for any violation of their stroke or turn and must also attend a clinic run by SSL at the beginning of each season.

PLACE JUDGE – Two are required, one from each team. They determine the order of finish for 1st, 2nd, and 3rd place in each race. SSL offers an optional clinic.

HEAD TIMER (2)– Supplied by HOME TEAM, records and verifies names of swimmers in each lane; record finish position, time and possible disqualification of each swimmer in each event. NO clinic is required.

SCORERS – Required from each team. They receive all roster changes, prepare event cards, record event results, and assign, record and total team points. We provide two (2) scorers for each AWAY meet, and three (3) for each HOME meet. SSL provides a clinic at the beginning of each season and scorers are encouraged to attend.

TIMER – Two are required per lane, one from each team. Timers average and record each individual swimmers time. NO clinic is required.

READY BENCH/CLERK OF COURSE – Two (2) are needed for each home meet to line up swimmers prior to their events. This is a crucial job to keep the meet running smoothly and on time. The Clerk of Course will check in and line up the swimmers and seat them on the READY BENCH. When their event is called the swimmers will move from the ready bench to the appropriate lane.

ANNOUNCER – Supplied by the HOME team to announce swimmers in the next event and the results of the previous events.

In addition to the officials, the following workers are needed at the meets.

RIBBONS – Three (3) volunteers are needed at each meet to write names, events and times on award ribbons.

CONCESSIONS - Six (6) workers are needed to work concessions at each home meet- three for the first half and three for the second half. An additional person is needed to work the grill for the second half only of a Saturday morning meet, and for all of a Wednesday night meet. Those working the first shift need to 30 minutes before the meet begins. Volunteers working the second shift must stay 30 minutes after the meet to help clean up.

50/50 – Two people are needed at home meets to sell 50/50 tickets. Profits help support the Swim Team.

NON SWIM MEET VOLUNTEERS

PANCAKE BREAKFAST – Make and serve pancakes during Wednesday practices.

BANQUET COORDINATOR AND VOLUNTEERS – Organize Swim Team Banquet which is held July 19th. The banquet includes awards and dinner, followed by the Great Gator Sleepover.

GREAT GATOR SLEEPOVER AND VOLUNTEERS – Organize and run sleepover at pool, includes breakfast in the morning.

SPIRIT: The Gators take great pride in the team and look to show that through cheering for teammates, wearing Gator gear such as team shirts, temporary tattoos, painting faces and hair. Good Sportsmanship is absolutely mandatory! Poor sportsmanship is not tolerated. Swimmers who engage in name calling, foul language or other negative activities may be ejected from the swim meet. Spectators who engage in such behavior may be asked to leave the pool area.

SSL TIME TRIALS and CHAMPIONSHIPS

SSL Time Trails are held at the conclusion of the regular season. There is one TIME TRIAL for each age group. At the time trials the top 16 swimmers in each individual event qualify to swim in Saturday's Championship Meet. Swimmers who place 1 through 8 qualify for CHAMPIONSHIP EVENTS. Swimmers who place 9 through 16 qualify for CONSOLATION EVENTS. Championship relay events take place at TIME TRIALS. The league rules for Championships state that each team may have only FIVE SWIMMERS per event. At Championships, swimmers will receive medals for places 1 through 8 and ribbons for places 9 through 16. Swimmers in the consolation heat may NOT move beyond 9th place (even if they swim the event in a faster time than a swimmer in the finals heat); similarly swimmers in the finals heat may not place below 8th place (even if a swimmer in the consolation event swims faster).

Other Meets (no special meets scheduled 2019)

Odd Age Meet – For swimmers ages 7, 9, 11, 12, & 15. This fun age-group swim meet creates opportunity for swimmers in the odd year of their age groups.

Stars and Stripes – Great meet for new swimmers to compete in a number of events in a Championship-type atmosphere.

North Star Mini Meet – The Mini Meet is for swimmers aged seven (7) and under. Great opportunity for young swimmers to swim in a number of events against children their own age. All swimmers get participation awards and there is an award ceremony at the end of the meet.

Old Timer's Meet – TBD

AWARDS

RIBBONS - All swimmers ages 12 and under receive ribbons for every event they swim. Swimmers 13 and over will receive ribbons if they are requested on the registration form. All heats, including EXHIBITION heats, will receive 1st, 2nd, 3rd place ribbons or a PARTICIPATION ribbon. If a swimmer gets disqualified (DQed), he/she will receive a PARTICIPATION ribbon.

Suburban Swim League Code of Conduct

The purpose of the Suburban Swim League Code of Conduct is to ensure all officials, coaches, swim team representatives, swimmers and spectators treat each other with respect, courtesy and professionalism. It is the goal that the adults set the standards for our swimmers that compete and that these standards be incorporated into the daily management of all teams within the league. Any individual with a complaint should be directed to the SSL representative or their designee who will take the complaint to the meet referee or the SSL Protest Committee. Individuals should not approach any situation without the knowledge of the SSL representative.

1. All teams participating in the Suburban Swim League will abide by this code of conduct.
2. Team members, parents, coaches, officials, and SSL representatives should be respectful of one another. Anyone acting disrespectfully will be asked to immediately change or stop their behavior. If the individual does not comply, the individual will be asked to leave the facility, out of sight and sound, for the remainder of the meet. A Code of Conduct Resolution form will be filed with the SSL President within 24 hours of the removal.
3. Team members, parents, coaches, officials, and SSL representatives are expected to act in a sportsmanlike manner at all times. Un-sportsmanlike behavior includes but is not limited to:
 - Making insulting or derogatory remarks, gestures or acts, including taunting.
 - Trying to influence or showing disgust with the officials' decisions.
 - Using obscene language.
 - Vandalizing property.
 - Any act of fraud, deception or dishonesty in connection with any SSL activity.
 - Physical abuse of any kind.
4. If a team member, parent, coach, official or SSL representative has repeated offenses, the SSL Protest Committee will be consulted for further actions that can include removal from further participation in the league