

Kingsbrooke Sea Lions Swim Team



2011 Member's Handbook

2007 & 2008 Prince William Swim League Red Division Champions

2006 Prince William Swim League Green Division Champions

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Know Your Sea Lions

The sea lion is the world's fastest aquatic carnivorous mammal. Sea lions are professionals in the water. Its sleek torpedo-shaped body is ideal for diving deep in the ocean and gliding through water. They can swim up to 30 miles per hour and dive to a depth up to 600 feet, remaining there for up to 40 minutes.

Sea lions are also adapted for movement on land. Wing-like front flippers have bone structure similar to that in our arms and hands. Swimming with these flippers propels the sea lion forward, while the hind flippers steer. Sea Lions differ from seals by their external ear flaps and the ability to fully rotate its hind flippers. On land use their back flippers to walk, climb or even gallop, which enables them to move surprisingly fast. Due to its intelligence, athleticism and gregariousness, sea lions are often featured in shows at zoos, circuses, and marine parks. During these shows sea lions actually balance a ball utilizing their whiskers and not their nose.

Class: Mammalia

Order: Carnivora **Suborder:** Pinnipedia

Family: Otariidae **Subfamily:** Otariinae

Habitat: Rocky shorelines of both sides of the Pacific Ocean; various swimming pools in and around Bristow, Virginia

Genus and species:

- *Eumetopias jubatus* (Steller, or northern, sea lion)
- *Zalophus californianus* (California sea lion)
- *Otaria flavescens* (southern, or South American, sea lion)
- *Neophoca cinerea* (Australian sea lion)
- *Phocarctos hookeri* (Hooker's, New Zealand, or Auckland sea lion)
- *Celox kingsbrookus* (Kingsbrooke sea lion)

Length: males—6.5 to 11 feet; females—4 to 9 feet, depending on species

Weight: males—440 to 2,200 pounds; females—110 to 600 pounds, depending on species

Number of young at birth: usually one, rarely two

Gestation: 8 to 11 months

Size at birth: 2 to 3 feet long, 13 to 48 pounds, depending on species **Age of maturity:** males 6-10 years; females 3-8 years

Eyesight: Excellent, no color vision

Life span: 20 to 30 years. Age is determined by counting growth layers in their teeth, similar to counting rings in a tree trunk

Diet: squid, octopus, herring, rockfish, mackerel, crabs, clams, lobsters & small sharks. Sea lions don't chew their food - they usually swallow it whole. Sea lions don't need to drink water—they get all the water they need from the food they eat

Did you know?

➔ **The correct name is Sea Lion! - TWO WORDS!!**

- A Sea Lions' loud roars help explain why they are named after lions that live on land. Male sea lions of some species even grow a thick mane around their neck. All sea lions have a coat of course outer hairs, called Guard Hairs which appear brown when dry and help to keep the sea lion warm. When wet, the fur flattens to give a sleek dark colored coat.
- On land or floating ice, sea lions gather in large groups called colonies. In water, they form smaller groups called rafts
- Baby sea lions, called pups, are born on breeding grounds call rookeries. Pups are born with their eyes open and can vocalize. They are able to swim at birth. Mother and pup find each other through loud trumpeting vocalization. She makes her final identification by smell.
- Sea Lions nap during the day and at night and can sleep either in or out of the water. On land, sea lions will sleep in a variety of positions, often on top of their friends
- Sea lions regulate their body temperature by raising one flipper out of the water. The reason for this is because the capillaries are close to the surface of the skin and can catch sunbeams to warm their body. To cool down, they put their flipper into the water then raise it back up into the air which cools them off during the evaporation process
- Sea lions are protected under the Marine Mammal Protection Act of 1972

WELCOME LETTER FROM THE BOARD



Dear Parents and all Sea Lion Swimmers,

Welcome to the Kingsbrooke Sea Lions Swim Team! Whether or not this is your first experience with a summer swim team, we hope this handbook provides the answers to many of the questions you may have as a member of the team.

The Kingsbrooke Sea Lions Swim Team strives to provide a fun, competitive, team oriented and family centered environment that will inspire every swimmer to challenge their body and mind to do their very best! Our goal is to instill in each child a love of swimming that will last a lifetime. It is our hope that our members benefit from being a valued member of a team while developing a personal exercise ethic.

Our focus as a parent board is team work, individual achievement, and lots of fun! Our purpose is to provide the opportunity for swimmers in the Kingsbrooke and neighboring communities to participate in a competitive swim program during the summer. Unpaid parent volunteers manage our team. The Board of the Kingsbrooke Sea Lions Swim Team determines coaching salaries, sets the registration fee, selects fundraisers, organizes equipment, team gear, activities, and volunteers. We also keep track of swimming times and records, and are the primary source of communication between coaches, swimmers, and parents. With a team as large as the Sea Lions (200+), you can see why we are always looking for more parent volunteers! The Sea Lions compete in the twenty-four team, Prince William Swim League (PWSL). The PWSL, founded in 1974, fosters and supports swimmers of all abilities. The PWSL provides each team with ribbons, determines the meet schedules, sets the time standards, and devises the scoring system. Our league abides by USA Swimming guidelines to maintain safe and equitable competition for everyone.

The Sea Lions would like to thank the Kingsbrooke Homeowner's Association (KHOA) for its' continued outstanding support of the swim team. The KHOA allows our use of the pool, equipment, grounds, and recreation centers. The KBST Board (*officially the KHOA Swim Team Committee*) is committed to improving both the services and the facilities for its swimmers. This year we will be looking for team sponsors for monetary donations and/or items that could be used by the team or used as a team-run raffle prize. The Board does recognize that unusual means of fundraising work, and so we will continue to sell ice cream during the swim team season as a means of fundraising and allowing teenagers a chance to earn a little cash and remain active with swim team.

Thank you for placing your trust in our team to guide your child(ren) through what I hope will be a glorious journey through the wonderful world of swimming.

See you at the pool!

Sincerely,

The Kingsbrooke Sea Lions Board of Directors

A MESSAGE FROM OUR HEAD COACH

Dear Parents and Swimmers,

We are very excited to embark upon the 2011 summer season. We have a highly skilled coaching staff to help all of the Kingsbrooke Sea Lion swimmers become the best swimmers they can be.

Our team mission for the season is to provide fundamental training and competitive opportunities for swimmers of all abilities. We will strive to help them reach their individual and team goals. The team is dependent on committed swimmers, family participation, a dedicated board and a well-qualified coaching staff. We will provide an enjoyable environment to build sportsmanship, character, skills, friendships and memories.

Our program will encompass and challenge all who participate, developing and refining skills to push each swimmer to higher goals through continued and consistent practices and the continued dedication of the coaches to correct and teach the proper techniques. We will strive to have 100% of our swimmers see time improvement, be legal in all four strokes and to win the Red Divisional Championship.

Christy Croasdell and Jacob Goodfellow

Mission Statement

The Kingsbrooke Sea Lions Swim Team fosters the development of quality swimmers while promoting team spirit and sportsmanship. Most importantly, we ensure that all swimmers have an opportunity to learn, improve, compete, and enjoy the swimming experience.

Parents Meeting

A swim parent's meeting will be held Wednesday, May 26th, at 7:00 pm at the Kingsbrooke World HQ. The purpose of the meeting is to provide information regarding the upcoming season, announce changes and/or new programs, meet the coaches, and address questions or concerns. Everyone is strongly encouraged to attend. A new parent orientation will be held immediately following the parent's meeting.

Refund Policy

Registration fees, less a \$25 processing fee per family, will be refunded up to June 6^h, 2011. After this date, the Board of Directors will adjudicate all refund requests on a case-by-case basis.

Insurance

The Kingsbrooke Sea Lions Swim Team is a committee that reports to the Kingsbrooke Homeowner's Association, which maintains insurance coverage for all swimmers on the team. All swimmer injuries should be reported immediately to the coaching staff. Please direct all insurance coverage questions to any Board member.

Lost and Found

We try to collect items left behind after practices and meets. Practice and home meet items are usually stored in/near the lifeguard station. Following away meets, a list of items may be kept on the team website (time permitting).

Communication

KBST has many vehicles for communication. Our favorite method to communicate is via the team websites at www.kbswim.com, www.kbsealions.com and through email communications. Below are the tools of communication the team uses throughout the season:

Website: www.kbswim.com is a source for a vast amount of information and knowledge about our swim team. Point of contact names, phone numbers, and email addresses are also listed. Visit it early and often for the latest team news and information. **The team website and email is the primary means of swim team communication.**

Family Folders: Each family of swimmers is assigned a file folder that is located in a long grey rolling cart near the lifeguard station. Please check your folder often to find swim meet ribbons, social events, team announcements, and other important information. It is each swimmer's and parent's responsibility to check the files at every practice.

Pool Bulletin Boards: There is a bulletin board at the pool that is updated with the current activity flyers.

Team HOTLINE: KBST team phone number is 571-285-9342

Board of Directors

To ensure continuity, a staggered portion of the Board of Directors is elected to three year terms by the team's membership on an annual basis (normally occurring at the end of the summer season party). All Board members are unpaid volunteers. The Board welcomes your inputs and comments. Please feel free to stop a Board member at practice or give them a call to discuss any issues, concerns, and/or suggestions. Also, we encourage you to think about becoming a Board member - please feel free to ask us what we do - we are always looking for relief! Interested parties must be a member of the Kingsbrooke Homeowners Association (or delegate) in good standing.

2011 Board of Directors

Position	Name	Phone	Email
President	Amy Hutcherson	703-753-3889	amy.hutcherson@comcast.net
Vice President	Lisa Scott	703-754-4642	lmScott72@yahoo.com
Treasurer/Registrar	Anna Blair	703-754-4962	Dcblair63@msn.com
Secretary	Susan Freche	703-753-1255	safreche@yahoo.com
League Representative	Jeff DiBenedetto	703-753-8386	Tarheel80@comcast.net

Points of Contact

Assisting the Board, the following volunteer individuals and committee coordinators manage the critical functions that keep the team running smoothly during the season:

Position	Name	Phone	Email
KBST Hotline: 571-285-9342			
Volunteers	Vacant		volunteer@kbsealions.com
New Parent	Peggy Hooks	703-754-4992	new@kbsealions.com
Social	Jessica Rudd	703-257-7566	social@kbsealions.com
Sponsorship	Jim Hester	703-753-9887	sponsorship@kbsealions.com
Concessions	Stacey Kornegay	571-330-3855	concessions@kbsealions.com
Computer Operations	Kevin Sharp	703-753-0696	computers@kbsealions.com
	Chip Seymour - Alt.		
Team Gear Coordinator	Carrie Hilton	703-753-6359	teamwear@kbsealions.com
Set-Up Coordinator	Ken Yaeger	703-881-6126	ken.yaeger@comcast.net
Ribbons Coordinator	Karolyn Gardner	703-753-8765	ribbons@kbsealions.com
Webmaster	Ken Yaeger	703-753-5280	ken.yaeger@comcast.net
Equipment Manager	Ken Yaeger	703-753-5280	
EOY Party Coordinator	Kathy Glasgow	703-754-0143	
Team Awards Coordinator	Vacant		awards@kbsealions.com
Head Referee	Greg Blevins	703-881-6126	greg.blevins@kbsealions.com
Head Timer	Allen Sinner		
Head Stroke & Turn Judge	Vacant		
Head Starter	David Sandstrum	703-257-3293	dsandstrum@gmail.com
Head Scorer	Bonnie Lechten	703-754-3784	bonnielechten2008@comcast.net
Head Clerk of Course	Susan Coleman	571-261-4915	clerk@kbsealions.com

2011 Coaching Staff

Position	Name	Email
Head Coach	Christy Croasdell	TBA; current links available at kbswim.com
Assistant Head Coach	Jacob Goodfellow	TBA; current links available at kbswim.com
Head 8 & Under Coach	Leslie Priebe	TBA; current links available at kbswim.com
Head Developmental Coach	Daniela Sinner	TBA; current links available at kbswim.com

If you need to speak with a coach, please wait until practice is over. The time a coach spends with a parent during practice takes away from the swimmers training time.

2011 Swim Practice Schedule

** subject to change*

Dates	Days	Times*	Age Groups*
June 1 - June 16	Mon – Thurs.	5:00 – 5:30 pm	8 yrs old and under
		5:30 - 6:00 pm	8 yrs old and under
		6:15 - 7:00 pm	9 -10 yrs old
		7:00 – 7:45 pm	11 - 12 yrs old
		7:45 - 8:30 pm	13 yrs old and over
June 20 - July 29	Mon- Fri	7:00 – 7:50 am	11-12 yrs old
		7:50 - 8:40 am	13 yrs old and over
		8:40 – 9:30 am	9 -10 yrs old
		9:30 – 10:20 am	8 & Unders
	<u>Mon - Thurs</u>	8:00 - 9:00 pm**	All ages unable to attend morning session

Unless directed by the coaching staff, all practices will be held at the Kingsbrooke World Headquarters.

Suggested practice equipment items include: swimsuits, goggles, swim cap, fins, towel, snacks, and water.

Swimmers should arrive ready to swim at least 10 minutes before practice is scheduled to begin.

Weather Policy

Swim practice may be canceled in case of thunderstorms or unusual weather. If the air temperature is below 65 degrees, practice will be canceled. Practice will be held if it is raining but warm. If it is cool and dry, the coaches will hold a dry land workout. "Dry land" refers to stretches, exercises, and games conducted in the pool area. This conditioning helps prevent injuries and supplements the water time instruction.

In the event of bad weather, you can **call the World HQ: 703-753-9131 or the Sea Lions Team Hotline: 571-285-9342** Email and/or website notification will be updated ASAP but may be late.

Swimmer's Training Responsibilities

As a swimmer's level of ability increases, so does her/his responsibilities. As swimmers improve, there is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, her/his parents, and most importantly to herself/himself. Swimmers are expected to support their teammates at practice as well as in competition. Working together as a team benefits all individuals in the group. Swimmers need to prepare themselves for a 100% effort each time they come to practice. Challenge yourself on a daily basis. Don't be afraid of the competition in practice and in meets. Practice consistency, become a team leader, and motivate everyone around you.

Swim Practice Safety Rules

- Pushing others into the pool
- Dunking or holding someone under
- Pushing or hitting

- Running on deck
- Refusing to allow swimmer to pass
- Pulling on swimmer's body during
- Diving (unless instructed by coach)
- Towel snapping
- Foul language

If you need to pass the swimmer in front of you during practice, tap that swimmer gently on the foot and swim freestyle around, then resume the stroke you were doing. Swim to the wall (do not stop short) and move over to allow room for the next swimmer.

Practice Absences

Swimmers are expected to attend swim team practices and meets. We understand that other sports and activities will conflict, especially during the first few weeks of evening practice. If, however, you'll miss several practices in a row due to other commitments, please mention this to a coach. Advance notice should also be given to a coach for the following obligations such as vacations, camps, club swimming, etc.

Swimmer Nutrition

Before and during swim meets, nutrition plays an important role in your swimmer's performance. Swimmers should eat a light breakfast prior to entering the pool. Fresh fruit and cereal are good choices.

The coaches request that you provide healthy foods and snacks, that are high in complex carbohydrates and low in fat and sugar the day before and the morning of swim meets. Examples of good, complex carbohydrate snacks are fruits, bagels, pretzels, pasta, and whole-grain and multi-grain breads. Swimmers should avoid sodas, hot dogs, candy, etc. until after they have finished swimming for the day.

Swimmer Hydration

Yes, swimmers do sweat during training. Swimmers can lose more than three liters (about 3 quarts) of fluid each day through breathing, urination, and sweating. Therefore, it is important for swimmers to consume adequate amounts of fluid daily

Do not rely on thirst as a gauge to maintain adequate hydration! Body fluid levels are already low when you feel thirsty. As an athlete, hydrating before training and re-hydrating after training is a top nutritional priority. Make it a daily habit to carry a water bottle to encourage steady fluid intake. Remember that juices, milk, yogurt and fresh fruit are hydrating. Clear urine during the day is a sign of adequate hydration (urine is more concentrated in the morning so check it during the day).

Although carbohydrates are essential for providing energy, your body also needs water to function optimally. With an average of 65% of your body consisting of water, it plays a crucial role in many processes in the body. All of us should aim to drink an average of two liters of fluid a day to keep our bodies fully hydrated. **Important note: You can go too far. Over-hydration is a real condition called hyponatremia that can lead to serious health problems.**

Coaching Clinics

Coaching clinics focus on stroke development/ technique/refinement, correcting disqualification (DQ) actions, and/or relay practice. We will offer optional stroke and start and turn clinics. Clinic times will be posted on the bulletin board at the pool and on the team website. The team will gauge the interest of conducting specific clinics where swimmers sign up and are charged a fee. Additional details will be provided at a later date.

2011 Swim Meet Schedule

Date	Location	Opponent(s)*
June 11	Home	Time Trials**
June 18	Away	Bridlewood Bridlewaves
June 25	Home	Piedmont Tsunamis
July 2nd	Away	Lake Ridge Lancers
July 9	Home	Wellington Dolphins
July 16	Away	Victory Lakes Piranhas
July 23	Home	Braemar Blasters
July 30	Away	DIVISIONALS AT RIDGEWOOD

* Directions to the away meets can be found in Appendix E.

** In the event of inclement weather, time trials and the Divisional meet will not be rescheduled.

Time Trials

Time trials are critical to the coaches, swimmers, and parents. This is when everyone gets “trained” and ready for the first dual meet. Everyone is encouraged to attend time trials. Unlike meets, where swimmers can only be entered for a maximum of three individual events, at time trials a swimmer may swim all five individual events (freestyle, backstroke, breaststroke, butterfly, and individual medley.) Coaches use these times to select swimmers’ individual and relay events at meets. The times also serve as a reference for time improvement awards.

Since time trials are run very much like a real meet, it’s a great chance to warm up for the season. Place ribbons are not awarded at time trials, but swimmers will learn about reporting to the Clerk of Course and other basic meet rules & procedures. Parents can try different volunteers, such as timer or recorder. Everyone gets “meet practice” before the season officially starts.

Meet Deck Coaching

Once a swimmers’ heat is closed by the Referee with a long whistle blow during a swim meet, they shall receive no coaching or assistance. This includes holding or releasing relay swimmers, directing or guiding backstroke swimmers, reminders for two hand touches, etc. Any swimmer so coached or assisted may be disqualified at the discretion of the Referee. It is not considered coaching when a backstroke swimmer secures a handhold on teammates’ ankles at the start. This has NOT been an area on concern in the past; however, it may become an issue as we swim against more competitive teams.

Meet Absences

Kingsbrooke swim team policy is to assume that all eligible swimmers will be attending a meet unless told otherwise. If you know your swimmer will not be at a particular meet (or will arrive late or leave early) you must through your swim account on kbswim.com declare that your swimmer(s) will not swim the specified meet at least one week in advance of the meet.

Swim Meet No-Show Policy

After a swimmer is entered for a swim meet, the swimmer should not miss the swim meet except for illness or family emergency. **Team deadline to submit entries to the league is 7:00PM the Thursday prior to the meet in question. Parent deadline to sign kids out of a meet is by midnight the Saturday prior to the meet in question. This is now done through your Team Unify KBswim.com account.**

In the event of an emergency where your swimmer will be absent from a swim meet they are entered, please **call the team HOTLINE at 571-285-9342 or by email at noshow@kbsealions.com** with as much notice as possible.

Notifications are expected prior to the start of the meet, or in case of emergency, at your earliest convenience. If a swimmer misses a meet without an excused absence and/or does not attempt to contact the team, the swimmer may be suspended from the next swim meet at the discretion of the head coach.

The team has adopted this policy because no-show swimmers are extremely disruptive to the meet, both for our team (especially our coaches and clerk of course) and for our opponent.

Team Meet Eligibility

Due to the size of the team, the limit of individual meet entries, and to ensure an efficient meet for the team and our opponent, **8 & under swimmers must meet the minimum qualifying 25 meter freestyle time of 45 seconds.**

Divisional Championship Meet Eligibility

1. A swimmers must have competed in two (2) League sponsored meets
2. A swimmer must have a valid entry time (no “DQs”) from a League sponsored meet

Sea Lion World Headquarters

Swim Team Hotline: 571-285-9342 World HQ Phone: 703-753-9131

Address: 9101 Braided Stream Dr., Bristow, VA, 20136

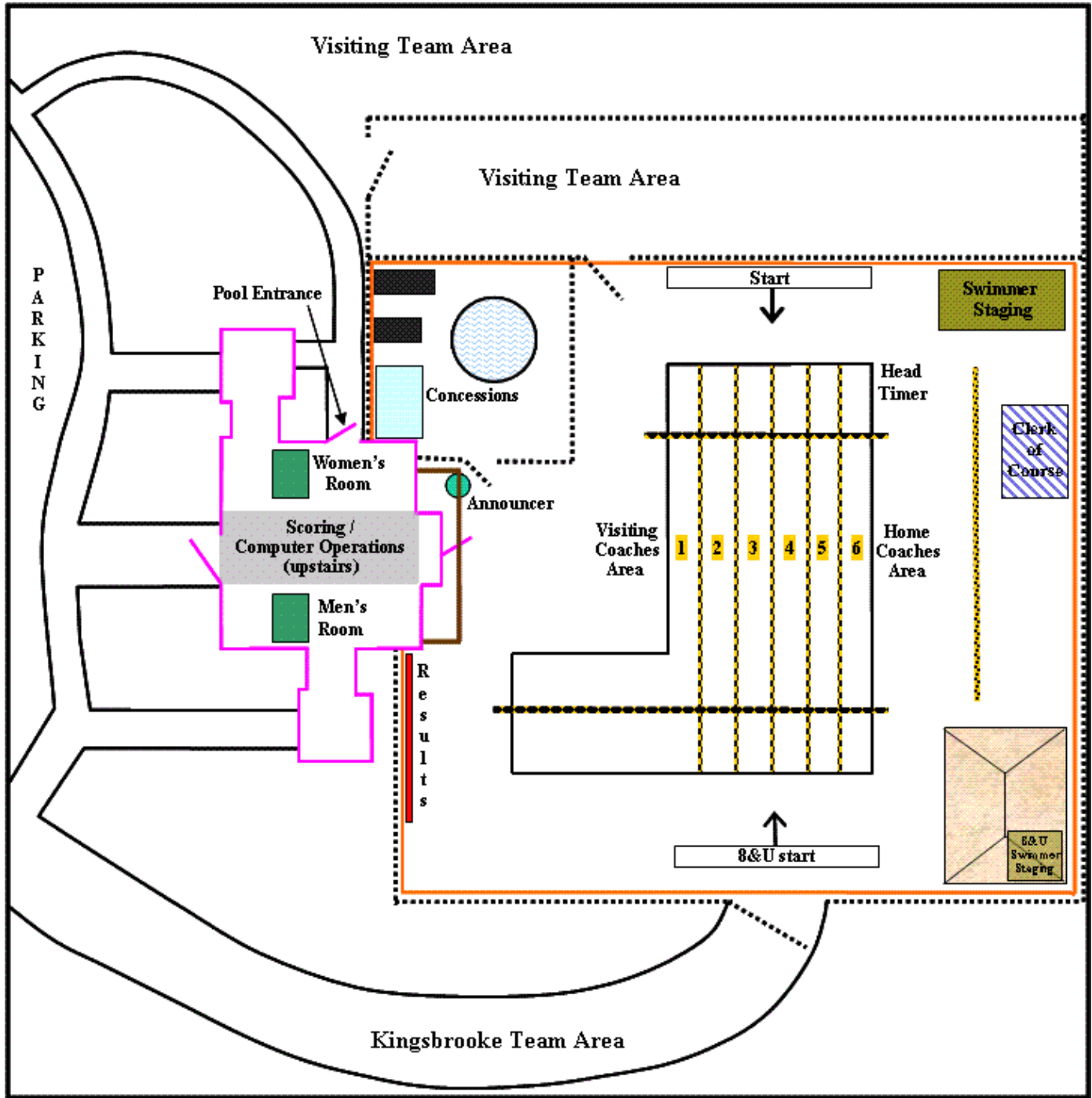
Course: 25
Meters

Lanes: 6

Parking Spaces: 41 (incl. 3 disabled permit only)

Global Coordinates: Latitude 38:45:36.295N, Longitude 77:35:32.752W

World Headquarters Layout / Aerial View



Team Competition Swimsuit (2010 - 2012)

Team suits are not required, but competition suits are strongly recommended, especially for our young ladies, where, in order to protect both performance and modesty, less sturdy, casual, or high fashion swimsuits won't be allowed. Please also keep in mind that competition suits are designed for performance in the pool, not for rough and tumble play and dragging along the pool deck that our younger swimmers sometimes do. We encourage you to keep the team suits for competition, and have a sturdy separate practice suit.

A swimsuit fitting and sale will take place on
Saturday, May 21st, 10:00am - 2:00 pm and
Sunday, June 5th, 10:00am - 2:00 pm
at the Kingsbrooke Community Clubhouse.

**Women's TYR
Shockwave Diamondback**



**Men's TYR
Shockwave Jammer**



If you missed the swim suit sales, please call Gary at Sport Fair in Arlington, 703-524-9500. He'll mail it to you or have someone pick it up. Try a friend's on for size or go to www.kbsealions.com/suit_sizing.htm for suit sizing guidelines.

Team Sponsorship

In our short two-month season, we believe the focus must be on our swimmers learning, improving, and having fun. The Board is asking for your help attracting team sponsors. Most likely, each of you has a friend or family member in a business that could help us. Everyone realizes the value of good will and exposure for local businesses sponsoring a youth sports team. The Board is looking to improve/upgrade our equipment, plan for capital expenditures, and provide more team sponsored jobs and activities for our swimmers. Team sponsorship information and forms are available on the team website.

If you would like to receive more information, please contact **Team Sponsorship Coordinator Jim Hester** at 703-753-9887 or by email at sponsorship@kbsealions.com.

New Parent Coordinator

If this is your first season on a swim team, it can be downright terrifying, unless you know what to expect. The first swim meets of the season can be an overwhelming experience. To the untrained eye, a swim meet looks like a chaotic three ring circus, and that's if everything is going as planned. For the swim team new parents, Peggy Hooks will be on call throughout the season to answer questions. She will assist in orienting new families by explaining swim team procedures, activities, and philosophy, volunteering positions, and event operations. Feel free to contact our **New Parent Program Coordinator Peggy Hooks**, at 703-754-4992 or by email at new@kbsealions.com.

Adopt a Swimmer Program

We have introduced a "mentor swimmer" program, where veteran swimmers will be paired with new swimmers, who will help show our new team members "the ropes". We hope the program will assist new swim parents' knowledge and expectations. Hopefully, this will allow swimmers to focus on their competition. It's also a good way for folks new to the area to meet their neighbors. We are also soliciting interested families to act as mentors for our new swimmers and parents. Participation in this program is strictly voluntary. If interested, please notify our **New Parent Program Coordinator Peggy Hooks**, at 703-754-4992 or by email at new@kbsealions.com.

Team Events

Each year various activities are planned for the members of the swim team. These are meant to be fun times when swimmers can relax and get to know each other. Numerous events will be conducted during the summer swim season. If you would like to receive more information or volunteer to help at an event, please contact **social coordinator Jessica Rudd at (703)257-7566 or by email at jessicarudd@yahoo.com**. *** Note: Dates and times subject to change.*

Kingsbrooke Sea Lions 2011 Events Calendar

Day	Date	Activity	Location	Time
Saturday	4/30	Last Day of Early Registration	Online	12:00 PM
Wednesday	5/4	Spirit Wear Sales	Riptide Swim and Tri	5:00 PM - 7:30 PM
Saturday	5/7	Spirit Wear Sales	Riptide Swim and Tri	1:00 PM - 4:00 PM
Saturday	5/14	Last day of Winter Swim	Costello Center	by age group
Saturday	5/21	Team Suits & Equipment Sales	Kingsbrook Club House	10:00 AM-2:00PM
Thursday	5/26	Parent's Meeting	Kingsbrooke Club House	7:00 PM
Tuesday	5/31	New Swimmer Evaluation	Kingsbrooke Pool	5:00 – 7:00PM
Wednesday	6/1	First Practice	Kingsbrooke Pool	by age group
Friday	6/3	KBST New Families Meet & Greet	Kingsbrooke Club House	6:30 PM - 8:30 PM
Saturday	6/4	Officials Clinic (S&T, Starters, Referees & CofC)	Sudley Swim Club	9:00AM - 12:00PM
Sunday	6/5	Team Suits & Equipment Sales- FINAL Fitting	Kingsbrooke Club House	10:00 AM - 2:00 PM
Wednesday	6/8	Officials Clinic (S&T, Starters, Referees & CofC)	Ridgewood Swim Club	7:00PM - 9:00PM
Friday	6/10	Home Meet Setup & Season Kickoff Party	Kingsbrooke Hill	7:00 PM - 9:00 PM
Saturday	6/11	TIME TRIALS	Kingsbrooke Pool	7:00 AM - 11:00 AM
Friday	6/17	Last Day of School	PWC Schools	
Saturday	6/18	SWIM MEET	at BRIDLEWOOD	6:00 AM - 1:00 PM
Monday	6/20	First Morning Practice	Kingsbrooke Pool	By age group
Monday	6/20	Donuts & Popsicles	Kingsbrooke Pool	After practices
Tuesday	6/21	Developmental Practice Starts	Kingsbrooke Pool	By session
Friday	6/24	PASTA PARTY	Kingsbrooke Pool	6:30 PM - 8:00 PM
Friday	6/24	Home Meet Setup	Kingsbrooke Pool	8:00 PM - 9:00 PM
Saturday	6/25	SWIM MEET	HOME vs. PIEDMONT	6:00 AM - 1:00 PM
Wednesday	6/29	Cosmic Bowling	Bowl America- Balls Ford rd	12:00 PM - 2:00 PM
Friday	7/1	Team Breakfast	Kingsbrooke Pool	After each AM Practice
Saturday	7/2	SWIM MEET	at LAKE RIDGE	6:00 AM - 1:00 PM
Monday	7/4	Donuts & Popsicles	Kingsbrooke Pool	After practices
Wednesday	7/6	FIRECRACKER RELAYS	Bridlewood Pool	7:00 AM
Friday	7/8	PASTA PARTY	Kingsbrooke Pool	6:30 PM - 8:00 PM
Friday	7/8	Home Meet Setup	Kingsbrooke Pool	8:00 Pm - 9:00 PM
Saturday	7/9	SWIM MEET	HOME vs. WELLINGTON	6:00 AM - 1:00 PM
Sunday	7/10	Zip Lining and Tubing Adventure	Bryce Mountain Resort	11:00 AM - 12:30 PM
Thursday	7/14	Waterpark Fun	Splashdown Waterpark	11:00 AM
Saturday	7/16	SWIM MEET	at VICTORY LAKES	6:00 AM - 1:00 PM
Monday	7/18	Donuts & Popsicles	Kingsbrooke Pool	After practices

Tuesday	7/20	Harry Potter/ Winnie the Pooh Movie Outing	Regal Cinemas- Manassas	to be determined	
Thursday	7/21	Pups Last Practice/Awards	Kingsbrooke Pool	after last session	
Friday	7/22	PASTA PARTY	Kingsbrook Pool	6:30 PM - 8:00 PM	
Friday	7/22	Home Meet Setup	Kingsbrooke Pool	8:00 PM - 9:00 PM	
Saturday	7/23	SWIM MEET	HOME vs. BRAEMAR	6:00 AM - 1:00 PM	
Monday	7/25	To Be Announced	SPIRIT WEEK		
Tuesday	7/26	Spirit Night @ Buffalo Wild Wings		SPIRIT WEEK	ALL DAY
Wednesday	7/27	To Be Announced		SPIRIT WEEK	
Thursday	7/28	To Be Announced		SPIRIT WEEK	
Friday	7/29	Team Breakfast		SPIRIT WEEK	After each AM Practice
Saturday	7/30	DIVISIONALS	at RIDGEWOOD	6:00 AM - 1:00 PM	
Sunday	7/31	Awards Banquet	Kingsbrooke Pool	4:00 PM - 9:00 PM	

The latest updated downloadable version of the team social calendar is available online at www.kbswim.com and www.kbsealions.com

Team Photos

The team will be photographed TBD . Team pictures will be first, followed by individuals.

Please wear your team suit. The team photo will be first and include all team members (no obligation to purchase a copy). Individual photos will be taken immediately following the group photo. Detailed information will be distributed at a later date.

Team Gear

A competitive swim cap and team t-shirt is provided to each team member and is included in the registration fee. Extra team apparel such as t-shirts, swim caps, hats, polo shirts, and car magnets, etc. are available for purchase. Additional details will be given out at a later date. Feel free to contact our **Team Gear Coordinator Carrie Hilton**, at (571)222-7664 or by email at teamwear@kbsealions.com.

Volunteer Policy

Swimming is truly a family sport. Swim meets are unique to youth sports. The sport of swimming requires parents to be participants, NOT spectators. For a swimmer to participate on the team, **parents are required to volunteer at least 8 hours** in various aspects of team operations. The club's success is directly dependent on the commitment of its members. Past experience has made it necessary to make this a requirement for our families. **Failure to volunteer could result in your child being pulled from future meets.** It takes over eighty volunteers to host a successful meet. We understand that some families have extenuating circumstances that make volunteering difficult, such as spouse deployments. There is a job for everyone. Not all volunteering is done at the meets.

Most positions are divided into three shifts lasting approximately one and a half hours each. Meet jobs that aren't right next to the action are often flexible enough for you to take a break and watch your child swim. You will be expected to fulfill ALL of the duties for your volunteer assignment. You will also be expected to cover the shift for the entire period of time.

NEW FOR 2011: Our new website allows logged in users to sign up for specific jobs at swim meets. The available positions are posted in real time. Parents are strongly encouraged to sign up at least one week in advance of a meet for your favorite volunteer spot. One week before the meet, our volunteer coordinator will assign families to whichever slots are left vacant via the kbswim.com website.

Once you arrive to work at a meet please sign in at the volunteer check-in table and report to your assignment at least five (5) minutes before your shift is scheduled to begin. Changes and adjustments made to volunteer assignments before and even during the meet are inevitable. All job assignments are at the discretion of the Meet Coordinator. Please be courteous if you are asked to switch jobs. **If a parent fails to fulfill his/her volunteer assignment, his/her swimmer may be suspended from the next swim meet.**

Swim Meet Officials Training

PWSL officials training clinics are mandatory for the following meet operations positions: Referee, Starter, Stroke and Turn Judge, and Clerk of Course. Clinics are free of charge and normally last two hours. Separate Referee/Starter, Stroke and Turn Judge, and Clerk of Course clinic sessions are conducted concurrently. If you would like additional info please contact a Board member or team lead meet official.

2011 Clinics will be held on the following dates and at the following locations:

Sudley Swim Club

Saturday, June 4th, 9:00 – 11:30AM

Ridgewood Swim Club

Wednesday, June 8th, 7:00 – 9:00PM

Parent's Role in Competitive Swimming

We have a wonderful group of energetic children who want to learn how to become better competitive swimmers.

Parents play a large part in the success of a child's swimming career by helping them set their personal goals and by teaching them to have their priorities straight. You can begin this by believing that respect, discipline, and education are the keys to making a child a decent person - NOT swimming.

Trusting in your swimmers' coaches will make their job a lot easier. The coaches are very dedicated to your children. Do not tell your child how they should swim a race instead leave that to the coaches. DO support your child no matter how they perform. Teach your child to be humble when they win and gracious when they lose. Though their competitors might beat them sometimes, if they know their parents are there to help them feel good about what they have tried to achieve, they will not give up. It is the coach's job to help swimmers achieve their goals. Please trust them to do that job. By standing back and allowing them to do their job, you show your child that we are worthy of their trust and that they should be comfortable to form a solid coach/swimmer relationship with them.

Sea Lions Pups Developmental Team

The Kingsbrooke Sea Lions are dedicated to nurturing and caring for our swimmer of tomorrow. The Sea Lions "Pups" Program is designed for swimmers who aren't quite ready for full summer team participation.

Our **developmental team** is for swimmers who are one step away from summer team participation. The swimmers work on developing the four strokes, building endurance and having fun! **During the season, if a developmental swimmer demonstrates an acceptable ability and is comfortable with his/her swimming skills, he/she is welcome to join the full team for the remainder of the season at no additional cost.** At the end of the program, it's our goal that all developmental swimmers will be able to complete one lap and join the summer team next year.

Near the conclusion of the Pup's season, all swimmers are invited to participate in a developmental "fun meet" to show their new skills. **The 2011 Pups Mini Meet is scheduled for Thursday, July 21st, 5:30PM.** Awards will be presented to all swimmers at the end of the season. The program is open to all swimmers. For more information, please contact **Daniela Sinner by email at 19sinner@cardinalmail.cua.edu**

2012 Winter Swim Program

The swim team conducts its annual Winter Swim - Stroke and Turn Conditioning Program beginning in early January and continuing through May. The program is normally held on Sunday. Winter swim is designed as a flexible program for swimmers ranging in ability from the beginner, to developmental swimmer focusing on improving stroke technique, to experienced swimmer wanting to stay fit throughout the year. There are no swim meets. This is meant to be a fun environment where swimmers can benefit from a low swimmer to coach ratio. The program will develop all four competitive strokes, as well as starts and turns.

Winter swim is not intended to take the place of a year round program. However, if your goal is improved technique, increased endurance, and/or better physical shape for the start of the summer season, the Kingsbrooke Sea Lions Winter Swim program is for you! The program is open to all swimmers regardless of residence.

Program and registration information will be posted on the team website and advertised in the October time frame.

Meet / Weekly Awards

Heat Ribbon - awarded to the fastest swimmer immediately after each heat.

Weekly swim meet awards will be presented during the next swim practice (usually the following Monday). If you miss this practice, your ribbons will be located in the Kingsbrooke Swim Team file box located by the Lifeguard area. You will find a folder in the box with each swimmer's last name on it.

Place Ribbon - awarded to the twelve fastest swimmers overall in each event within a meet.

Time Improvement Ribbon - awarded when a swimmer's time for a particular event is faster than previously recorded in a meet.

Sea Lion Swimmer of the Week - The Monday after each meet, the coaches may choose a male and female Sea Lion Swimmer of the Week from each age group. These names will be posted at the pool to recognize those swimmers who display qualities such as exemplary dedication, effort, attitude, selflessness, and sportsmanship throughout practices and the meet.

Season Awards

Season awards are presented at our year-end party. Some of those awards presented are as follows:

- + **8 & Under Legal** – awarded to the eight and under age group swimmers who achieve a legal time in all four competitive strokes during the season
- + **Biggest Time Dropper** – awarded to one boy and one girl in each age group based on time improvements during regular season meets
- + **Most Improved** – awarded to one boy and one girl in each age group based on time improvements, stroke improvement, attitude/effort in practices and attendance at meets and practices
- + **Team Spirit Award** - one male and one female who best demonstrate team spirit and enthusiasm at all practices and meets.
- + **Coaches Award** – awarded to one boy and one girl in each age group based on attitude and effort in practices and meets, attendance at practices and meets, and time improvements
- + **Age Group High Point** – awarded to one boy and one girl in each age group who earned the most individual event points this season, for their age group, during regular season meets
- + **Overall High Point** - awarded to one boy and one girl from the team who earned the most individual event points for the team during regular season meets (Note: the Overall High Point swimmer will not win the Age Group High Point award too.)

End of Season Party

The following evening after the Divisional meet, the team will host an End of Season Party and Awards Ceremony (weather permitting). Every swimmer will receive a trophy and season and special awards are presented. **The 2011 party date is scheduled for Sunday, July 31st, 4:00 - 9:00 pm at the Kingsbrooke Sea Lions World Headquarters.** This is an exciting year-end event that you don't want to miss! Additional details will be given out at a later date.

Swim Meet Information

Procedures: Governed by the PWSL and outlined in its By-Laws. Meets are generally held on Saturdays during June and July. At the end of the season, a Divisional Championship meet is held, usually the last Saturday in July. Complete PWSL division and team listing is included in Appendix B.

Age Group: Swimmers will compete the entire season in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1, 2011.

Meet Attendance: If your swimmer(s) will be missing a meet due to family vacation, sports etc... you are now asked to sign them out electronically through your account with Team Unify at www.kbswim.com. Click on the meet in question (I believe it asks you to click on "attend this event"), your swimmer names should then pop up and simply click "no" for not attending.

To assist the coaches with meet planning, absences should be reported by the Midnight Sunday prior to the date of the meet that will be missed.

Participation: PWSL rules dictate each swimmer may compete in a maximum of three individual events and two relays.

- **The coaches determine the individual and relay events in which each swimmer is entered.**
- Relays are a team event. They include the Medley Relay (four swimmers each swimming a different stroke), and the Freestyle Relay (all four swimming freestyle). The A, B & C relay teams will be determined by the fastest possible combination of swimmers that benefits the team, at the discretion of the coaches. As swimmers improve their times, the relay teams may change
- Event entries will be displayed at the pool and placed in the swimmer’s information/awards folder on Thursday evening before each meet. An e-mail and web site will provide details of warm-up and start times when that info becomes available.

Directions: Directions to the away meets can be found in Appendix E.

Required Equipment: Team caps are required for the meets. This is how judges, coaches, and crazed Kingsbrooke fans identify our swimmers once they are in the water.

What to Bring: Swim meets can last several hours, with lots of down time between events. Swimmers are encouraged to bring cards, games and other toys to help pass the time. Some swimmers bring tents, tarps and/or a large umbrella to get out of the sun or just to have a place to hang out. Since many swimmers have the same or similar equipment/clothing, please write your swimmer’s name on EVERYTHING. The lost and found gets very full. The following is a sample swim meet checklist:

- Team swim suit & cap	- Goggles (several pairs)	- T-shirt and shorts	- Sun block
- Towels (two or more per	- Cooler packed with	- Cards, books,	- Warm-up suit
- Tent, tarp, umbrella, etc.	- Snacks and water/drinks	- Lawn chairs	- Patience
- Ink pen or Sharpie (put event # on swimmers hand)		- Money for concessions & heat sheets	

What to Expect: If you’ve never attended a swim meet before, here are a few things you can expect:

- Parents, officials, towels, and kids everywhere!
- Lots of noise!
- Chilly early mornings and hot late mornings (even on the same day!)
- Extremely limited viewing space (except for deck volunteers)
- Boredom between your kid’s events if you don’t volunteer for a shift (or two!) timing, recording, working
- New friends and a great time if you get involved with the team!

Arrival: Plan to arrive 15 minutes before warm-ups start. This way you can stake out your area, check in with Kingsbrooke team officials, find your goggles, and report to coaches to receive any last minute instructions or changes when the announcer calls for warm-ups.

Check-in: Immediately upon arriving each swimmer must check-in with the Kingsbrooke Clerk of Course personnel. Individual event and/or relay team assignments may be changed or scratched at the last minute if the coaches are not aware of the swimmer’s presence.

Camp Areas: Each family will need to locate a spot to "camp out" and get settled. For swimmers, each team will be assigned a specific area for "camping." Staying together as a team not only fosters team unity, but also makes it easier for coaches to locate swimmers.

Warm Ups: Each team gets a twenty-minute warm-up. The home team always warms-up first (normally at 6:00am for dual meets). Our entire team warms up all at once, so it is very crowded on the pool deck. The team gathers around the coaches after warm-ups to cheer and get psyched up for the meet.

Meet Times: Meets start precisely at 7:00 AM and finish approximately 12:30 PM. The meet begins after both teams complete their warm-ups and the National Anthem is played.

Heat Sheets: During home meets and most away meets heat (a.k.a. psych) sheets will be on sale at the concession stand. They will include the individual events, the swimmers entered in each event, and their fastest time. Swimmers will be listed fastest to slowest using their best time for each event. Swimmers who have never competed in an event before will be listed after swimmers with times. The notation NT for “no time” will be typed next to their names. It also helps you determine how long your swimmer can rest before they have to get ready to swim again.

Event Number: Each event is identified by its number! Write down the event numbers that your child is swimming. It helps to write the numbers in your swimmer's hand (Sharpie markers work best) so they can remember them too. The PWSL swim meet event numbering and schedule is listed on page 22.

Clerk Of Course: When the announcer calls your individual event, your swimmer should report to Clerk of Course ready to swim (i.e. with goggles, cap and a recent restroom visit). The Clerk of Course is the person who gets the swimmers in order for their event.

Parents: *It's important to allow your child to remain at the Clerk of Course staging area alone! Your swimmer will have supervision and direction from parent volunteers who assist the Clerk of Course.*

If there are more swimmers in an event than there are lanes in the pool, swimmers will be placed in separate "heats" according to their seed time. Swimmers are seeded in heats based upon their fastest times attained in prior competition. After the race, the swimmers' times from all heats are then compared to determine 1, 2, 3, etc. place. Therefore, if a swimmer comes in first in his or her heat, this does not necessarily mean he or she will win 1st place in that event.

At the Clerk of Course, your swimmer will be handed a card for individual events. This card has the swimmer's heat and lane assignment for that event. When it is time to go on deck for that event, the Clerk of Course will direct the swimmers where to go. Just before each heat begins, someone will take the card from the swimmer. The starter will announce each heat and get the race started. The finishing time for the swimmer goes on the card before it is taken to the scoring table.

Remember: Lane #1 is always on the right side as you stand facing the pool at the starting end.

All relays are assigned by the coaches and DO NOT go through Clerk of Course.

BEFORE leaving a meet, check with the coach in regard to relays! Your swimmer may be in one!

Check-out: We ask each swimmer, whose scheduled events are complete, to check-out with the Kingsbrooke Clerk of Course personnel if he/she is leaving prior to the end of the swim meet.

Scoring: Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events. Complete scoring information is included in Appendix C.

- In individual events, the same team cannot score points for more than six places.
- In relay events, the same team cannot score points for more than one place.

What's My Time?

Swimmers learn to ask the recorder for their time as soon as they get out of the pool at the end of the race. The official results are posted approximately an hour after completion of the event. All event results are computerized and retained for each swimmer all season. Complete PWSL time standards are included in Appendix D.

Relays

Relays are the first and last events. On Thursday, the meet entries are posted at the pool and online. It lists swimmer's individual events AND who swimming in the **medley relays (events 1 to 10)** and **free relays (events 58 to 65)**.

Reminder:

Swimmers 1 & 3 will be next to the timers, 2 & 4 opposite end of pool from the timers.

Medley Relays

- The **swimmer should check with the coach** on Thursday or Friday to find out which stroke they will be swimming (the medley includes all four strokes). There are normally three relay teams (A,B,C), but additional teams may be added depending on pool size. Your swimmer should know the other medley relay members he/she is swimming the event with and which stroke they are swimming.
- Medleys start at 7:00 AM. **Don't be late**. The meet waits for no one and if you are late the coaches will substitute someone else.
- Directly after the warm up, the coaches will hand out the medley relay cards (swimmer 1 gets the card). We ask parents to help get the 8 and under's to the correct side of the pool. All other swimmers should know where they should be for the relays. (The 8 and under is a mixed relay, girls and boys). **Relays should be lined up before the national anthem.**

Free Relays

- **If for any reason you are scheduled to swim a free relay event and have to leave the meet early, the swimmer MUST notify the coaches.**
- **Freestyle relay role call starts after the completion of event 53 (11-12 butterfly is out of the pool)**. The coach will be standing at an announced rallying point. ***** At home meets, the shed will be the rallying point.***** If you are not there he/she will assign someone else to swim. The coach will hand out the relay cards (swimmer #1 gets the event entry card).
- The coaches may reassign free relays depending on how the swimmers are performing that day. If you had a great freestyle at the beginning of the meet, you may be asked to swim this event even if you were not originally scheduled. Some swimmers will be asked to swim up (swim the event in the next-oldest age bracket). If you are not there the coach will reassign someone else to swim.
- We ask parents to help get the 8 and under kids to the correct end of the pool. All other swimmers should know where they should be for the relays. There are normally three relay teams (A,B,C), but additional teams may be added depending on pool size. Your swimmer should know the other free relay members and the lane number he/she is swimming the event with.

Disqualification (DQ)

A disqualification (DQ) is any violation of the rules observed by any appropriate official. PWSL complies with USA Swimming rules – the same rules used at all national meets. To ensure fair competition for all swimmers, **these rules are equally applied to all swimmers, regardless of age or experience.**

Some of the more common reason's swimmers DQ are as follows:

- | | |
|----------------------|--|
| Freestyle: | Failure to touch the wall at the turning end of the pool
Walking on the bottom or pulling on the lane lines
Exiting the pool before swimming the specified distance |
| Backstroke: | Past vertical towards the breast at any time except during a flip turn
Leaving the wall after a turn past vertical towards the breast
Improper flip turn (older swimmers) |
| Breaststroke: | Incorrect kick, such as a Scissors kick or Flutter kick
Non-Simultaneous two hand touch or one hand touch at turn or finish
Toes not pointed outward during the propulsive part of the kick
More than one stroke underwater with arms fully extended at start or turn |

Arm recovery past waist except on first stroke after start or turn
 Head didn't break surface by conclusion of second arm pull underwater after a start or turn

Non-Simultaneous or one handed wall touch at the turn or finish
 Non Simultaneous leg movement during kicks
 Arms don't break water surface during recovery (judged at the wrists)
 Non Simultaneous arm movement during recovery

Butterfly:

Relay Races:

A swimmer leaves the deck before the previous swimmer touches the wall or deck

False Starts:

A swimmer starts the race early for a second time

False Starts

A false start occurs whenever a swimmer moves towards the pool after having assumed a still position (taking his/her mark) and before the Starter has started the race. If the false start is detected the race will be stopped and a recall signal will be sounded. PWSL rules permit a swimmer one unintentional false start without disqualification.

How will I know a DQ occurred?

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. During the competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke and Turn Judge will raise their hand and fill out a DQ slip explaining the reason for the disqualification. Another clue that a DQ has occurred is a Stroke and Turn Judge writing and a longer than normal pause between events.

Disqualifications for early relay takeoffs are done slightly differently. The referee receives all the take-off slips from all the judges. If both judges on a lane agree that an early takeoff occurred, the Referee will stand over the DQ'd team lane and raise his/her hand.

DQ slips are given to the computer people and entered into the scoring software. **A swimmer who is disqualified will not have a time entered into the results for that event.** The slips will then be placed in the coaches' box; the coach will be able to offer advice at practice for future events or in a stroke and turn clinic. This can be upsetting for swimmers, but it is necessary to maintain the fairness and quality of the competition and is part of the learning process of competitive swimming.

Event numbering & schedule: All PWSL swim meet event numbers and schedule will be the same each week in the following order (beginning with event 66):

<u>Boys Event #</u>	<u>Event Description</u>	<u>Girls Event #</u>
66	200 Free Relay 15-18	67
--	100 Medley Relay 8&U	1 (Mixed)
2	100 Medley Relay 9-10	3
4	100 Medley Relay 11-12	5
6	200 Medley Relay 13-14	7
8	200 Medley Relay 15-18	9
10	25 Freestyle 8&U	11
12	50 Freestyle 9-10	13
14	50 Freestyle 11-12	15
16	50 Freestyle 13-14	17
18	50 Freestyle 15-18	19
20	100 Individual Medley 10&U	21
22	100 Individual Medley 11-12	23
24	100 Individual Medley 13-14	25
26	100 Individual Medley 15-18	27
28	25 Backstroke 8&U	29

30	50 Backstroke 9-10	31
32	50 Backstroke 11-12	33
34	50 Backstroke 13-14	35
36	50 Backstroke 15-18	37
38	25 Breaststroke 8&U	39
40	50 Breaststroke 9-10	41
42	50 Breaststroke 11-12	43
44	50 Breaststroke 13-14	45
46	50 Breaststroke 15-18	47
48	25 Butterfly 8&U	49
50	50 Butterfly 9-10	51
52	50 Butterfly 11-12	53
54	50 Butterfly 13-14	55
56	50 Butterfly 15-18	57
58	100 Free Relay 8&U	59
60	100 Free Relay 9-10	61
62	100 Free Relay 11-12	63
64	100 Free Relay 13-14	65

Swim Meet Terminology

Age Groups – Division of swimmers by age that determines the events in which they are eligible to participate. PWSL rules specify the following age groups: 8 & under; 9-10; 11-12; 13-14; 15-18.

Deck - The area around the swimming pool reserved for swimmers, officials, and coaches

Competitive Strokes - The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer.

Course - Designated distance over which the competition is conducted. The standard is 25 Meters for summer league meets, 50 Meters for Olympic competition, and 25 Yards for regular year-round and college competition. PWSL courses are 25 Meters.

Event - Any race or series of races in a given stroke and distance for a specific age group and sex. For example, the following are three different events: 1. Girls 8 & under 25 meter freestyle, 2. Boys 8 & under 25 meter freestyle, 3. Girls 9-10 50-meter breaststroke. (See also heats.)

False Start - When a swimmer leaves the starting block before the horn or gun. PWSL rules permit a swimmer one unintentional false start without disqualification. At the referee's discretion, a false start may be disallowed due to unusual circumstances.

Forward Start - A forward entry facing the course.

Heats - The division of an event in which there are too many swimmers to compete at one time. For example, an event with thirty swimmers in a six-lane pool would require five heats.

Individual Medley (IM) – Four laps of the pool swam in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.

Lane - A specific area in which the swimmer is assigned to swim (lane 1, lane 2, etc.).

Lane Line - Continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

Lane Markings - Guidelines at the bottom of the pool in the center of each lane, running from the starting end to the turning end.

Leg - (relay) the part of the relay event swum by one swimmer.

Manual Start - The start of a timing device by an individual in response to the same starting signal given to the swimmers.

Mark - (take your) the swimmer's starting position. PWSL rules require at least one foot at the front of the coping when a forward start is required.

Meet - The complete series of events between two or more teams. PWSL meets are conducted on Saturdays, competed between two and four teams, and usually completed in a single day. Dual Competition (Dual Meet) - competition between two teams. Tri Competition (Tri Meet) - competition between three teams. Quad Competition (Quad Meet) - competition between four teams.

On Line - The swimmer's position immediately prior to taking their mark. PWSL rules specify the swimmer must have both feet placed so their toes are at the back of the coping.

Referee - The official in charge of the meet. The referee is the final authority in all matters concerning the conduct of the meet.

Relay – A race consisting of four legs, each swum by one swimmer. Swimmers age thirteen and older swim two laps each. There are two types of relays: 1) Medley – each swimmer swims a different stroke. The order is backstroke, breaststroke, butterfly and freestyle. 2) Freestyle – each swimmer swims a freestyle leg.

Scratch - Withdraw from an event.

Seed - Distribute the swimmers among the heats and lanes according to their times.

Seeding (Seeded On Deck) - Swimmers are called to report to the clerk of course for their event. After scratches are determined, they are seeded in the proper heats.

Split Time - Time from a start to some part of the distance within a longer event.

Stroke And Turn Judge - Trained, certified swim officials, assigned by and working for the referee to judge swimmers' conformance with the rules for the event being swum. Nonconformance (a.k.a. disqualification or DQ) is reported to the referee. The swimmer is not disqualified until the referee accepts the stroke and turn judge's report.

APPENDIX A

Common Volunteer Positions

Position	#	Description
Clerk of Course	1 + 2 - 3	Responsible for all of the paperwork at the meet prior to the swimmer's event. The clerk seeds each swimmer in each event to a heat and lane according to their submitted entry time. Swimmers report to the clerk prior to their scheduled event to receive a time card with their heat and lane assignment for that event. The Clerk is always in need of volunteers to help hand out event cards, get swimmers in their proper order, and walk young swimmers to their assigned lane at the start of their event. <u>Clerk of Course requires training at the league certification clinic for officials (reference page 16 for training time and location)</u> ; assistants do not require training.
Scorer	6	Receive time cards from the runners and determine the official time. Also verify the each events computer results.
Ribbons	3	Place the labels with names of the swimmers on their ribbon after each event.
Official	6 2	Stroke and Turn Judges are responsible for ensuring swimmers comply with the rules relating to each stroke/turn. Minimum of four required for each meet. Referees and Starters are volunteers with at least 2 - 3 years experience as Stroke and Turn Judges. One each per home meet, one each as backup for away meets. <u>Stroke and Turn Judges, Referees, and Starters require training at the league certification clinic for officials (reference page 16 for training time and location).</u>
Timer	18	Most parent volunteers start timers. The only skill or knowledge required is the working of a stopwatch. The most important single statistic at a swim meet is the time a swimmer achieved during their race. This is also the "best seat in the house" - right at the finish! 18 lane timers and 1 head timer per team are needed at each home meet. 12 lane timers and 1 head timer per team at away meets.
Recorder	6	Record the swimmer's time (as reported by the lane timers) on the card at the completion of the race. In addition they ensure the right swimmer is in the correct heat and lane before the start. There is one recorder is required per lane (usually seated).
Runner	3	Collect time cards from the recorders and deliver them to the scorers after each heat.
Concessions	12	Set-up, sales, and clean up of the concession area.
Announcer	1	Call swimmers to the Clerk of Course area; provide periodical score updates & other required messages.
Computer Operator	1 + 1 - 2	Responsible for electronic meet entries prior to the swim meet and data entry of meet results at the meet. The biggest part of this job is done the week prior to a swim meet; getting all meet entries entered into the computer and printing event cards for the Clerk of Course. The computer operator always needs a volunteer or two on the day of the meet to help enter event results.
Heat Ribbons	3	Stands poolside and awards a heat ribbon to the winner of each heat. An exciting and very satisfying position.
Marshal	1 - 2	Controls traffic flow in and around the pool deck to prevent injury or interference with meet operations.
Set Up		Prepare the deck for the meet beginning when the pool closes to the public on Friday night. Everyone is welcome and encouraged to help.
Clean Up		It is not the responsibility of the Kingsbrooke HOA to clean up after the meet. After each meet, our team is responsible for everything back in its proper place and retrieving all trash and storing meet equipment. This means removing lane lines and backstroke flags, returning tables, chairs, and lounges to their original spots, and disassembling temporary pavilions and picking up all lost and found items. By approximately 12:30 pm the pool should be ready to re-open to the public. All families are encouraged to clean up after themselves and to help clean up after our guests at every meet.

APPENDIX B

Prince William Swim League

The Prince William Swim League (PWSL) was founded in 1972 to sponsor swimming in and among the communities in Prince William County. All PWSL policies and procedures focus on providing a safe, fun, fair, and athletically challenging program for all swimmers while developing the principles of good sportsmanship, advanced swimming skills, and teamwork.

Teams are grouped in divisions based on factors such as team size (number of swimmers), team depth (distribution of swimmers across the age ranges), and the combined ranking of swimmers' times from each Divisional meet. The alignment of teams is done with the intent of maximizing competitiveness within the league.

The divisions and teams making up the PWSL for the 2010 season are:

BLUE DIVISION

Sudley Seahorses*

Braemar Blasters

Lakeridge Lancers

RED DIVISION

Ridgewood

Barracudas*

Kingsbrooke Sea

Lions

Victory Lakes

Pirahnas

WHITE DIVISION

Ashland Stingrays

Piedmont Tsunamis

Dominion Valley
Sharks*

YELLOW DIVISION

Bridlewood Bridlewaves

Wellington Dolphins*

Meadowbrook Woods Makos

GREEN DIVISION

Virginia Oaks Sea Devils

Dale City Frogs*

Brookside Hurricanes

BLACK DIVISION

Old Bridge Breakers

Montclair*

Ben Lomond Flying

Ducks

ORANGE DIVISION

Stonewall Park
Explosion

Westridge Waves

Veteran's Park Marlins

PURPLE DIVISION

Urbanna Otters

Lake Manassas Blue

Dolphins*

Southridge

* Denotes Divisional meet host.

APPENDIX C

Meet Information & Scoring

Overview: PWSL swim meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers compete in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1. Each swimmer may compete in three individual events and two relays. Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events.

Scoring: PWSL divisional meet scoring is identical to scoring for regular season meets. The specific scoring scenario is based on the number of teams competing at the divisional meet. A two-team divisional meet and regular season dual meets use dual meet scoring. A three team divisional meet uses tri meet scoring, and a four team divisional meet uses quad meet scoring. See the following pages for specific scoring information. The team with the most points wins the meet.

Divisional Meet Ribbons: Regardless of the number of teams competing at a divisional meet, ribbons are awarded to the top twenty-four finishers based on time in each individual event and the top four relay teams in each relay event. Ribbons are also awarded for the top twelve six year old (or younger), in Free and Back events, based on time.

Cyber Meet Ribbons: After all divisional meets are completed, league-wide results will be combined and the overall top twenty-four swimmers in each individual event will be awarded special recognition ribbons.

Divisional Meet Participation Criteria: A swimmer MUST participate in at least two dual meets and record one legal time in an event during the current swim season. Additionally, each swimmer is restricted to entering those events in which a legal time was recorded at a meet during the season. All other meet rules apply.

Dual Meet Relay Event Scoring:

Points are awarded for the **first two places** as shown. First place in relay events is won by the fastest legal swim; the opponent takes second Place by completion of a legal swim. The same team cannot score points for both first and second place finishes.

Relay Team Scoring	
Place	Points
1	47
2	32

Ribbons are awarded to each relay swimmer in the **first, second, and third** legal swims based on time. The same team can receive ribbons for first, second, and third place finishes.

Dual Meet Individual Event Scoring:

Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to twelve places per event as shown.
2. The **fastest six finishes for each team will score points** by completion of legal swims.
3. The same team cannot score points for more than six places.

Ribbons are awarded to the top twelve legal finishes, regardless of team, based on time. Ribbons are also awarded for the top twelve 6 & unders in Free and Back events based on time.

Individual Event Scoring												
Place	1	2	3	4	5	6	7	8	9	10	11	12
Point	13	11	10	9	8	7	6	5	4	3	2	1

Tri Meet Relay Event Scoring:

Points are awarded for the **first three places** as shown. First place in relay events is won by the fastest legal swim; the opponents take second or third place, based on time, by completing legal swims. The same team cannot score points for more than one place.

Ribbons are awarded to each relay swimmer in the **first through fourth** legal swims based on time. The same team can receive ribbons for multiple places but can only score once.

Relay Team Scoring	
Place	Points
1	79
2	53
3	40

Tri Meet Individual Event Scoring:

Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to eighteen places per event as shown.
2. The fastest six finishes for each team will score points by completion of legal swims.
3. The same team cannot score points for more than six places.

Ribbons are awarded to the top eighteen legal finishes, regardless of team, based on time. Ribbons are also awarded for the top twelve 6 & unders in Free and Back events based on time.

Individual Event Scoring																		
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Points	19	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Quad Meet Relay Event Scoring:

Points are awarded for the **first four places** as shown. First place in relay events is won by the fastest legal swim; the opponents take Second or Third Place, based on time, by completing legal swims. The same team cannot score points for more than one place.

Ribbons are awarded to each relay swimmer in the **first through fourth** legal swims based on time.

Relay Team Scoring	
Place	Points
1	99
2	66
3	50
4	33

Quad Meet Individual Event Scoring:

Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to twenty-four places per event as shown.
2. The fastest six finishes for each team will score points by completion of legal swims.
3. The same team cannot score points for more than six places.

Ribbons are awarded to the top twenty-four legal finishes, regardless of team, based on time. Ribbons are also awarded for the top twelve 6 & unders in Free and Back events based on time.

Individual Event Scoring																								
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Points	25	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

APPENDIX D

PWSL A-B-C Time Standards

Background: PWSL maintains time standards to act as an additional way to incentive competition in the League. Time standards apply only to individual events and will not apply to relay events. The PWSL Scoring Committee with a goal of achieving the following breakdown reviews A-B-C Time Standards annually:

- “A” time standard - Top 20% of swimmer times
- “B” time standard - Next 40% of swimmer times
- “C” time standard - Next 40% of swimmer times

Extreme variations in a few swimmer times may be discounted so as not to skew the standards. The Scoring Committee may, from time to time, recommend changes to the standards to help keep the above balance.

PWSL "A" STANDARDS						
PWSL "A" Standards for 8&U						
Women			Event	Men		
-	24.06		25 S Free	-		21.63
-	28.88		25 S Back	-		26.49
-	30.57		25 S Breast	-		28.00
-	27.28		25 S Fly	-		25.84
PWSL "A" Standards for 9-10						
Women			Event	Men		
-	42.60		50 S Free	-		41.24
-	52.70		50 S Back	-		52.56
-	53.47		50 S Breast	-		53.79
-	21.78		25 S Fly	-		22.04
-	1:45.35		100 S Medley	-		1:45.62
PWSL "A" Standards for 11-12						
Women			Event	Men		
-	37.61		50 S Free	-		37.03
-	47.05		50 S Back	-		46.80
-	49.00		50 S Breast	-		48.14
-	43.04		50 S Fly	-		42.00
-	1:36.21		100 S Medley	-		1:33.32
PWSL "A" Standards for 13-14						
Women			Event	Men		
-	35.07		50 S Free	-		31.46
-	41.00		50 S Back	-		40.24
-	44.29		50 S Breast	-		41.76
-	38.09		50 S Fly	-		35.62
-	1:27.97		100 S Medley	-		1:21.84
PWSL "A" Standards for 15-18						
Women			Event	Men		
-	32.93		50 S Free	-		28.87
-	40.05		50 S Back	-		37.05
-	43.44		50 S Breast	-		38.32
-	34.80		50 S Fly	-		32.14
-	1:22.88		100 S Medley	-		1:13.07

PWSL "B" STANDARDS						
PWSL "B" Standards for 8&U						
Women			Event	Men		
24.07	-	28.56	25 S Free	21.64	-	27.27
28.89	-	35.58	25 S Back	26.50	-	33.42
30.58	-	36.09	25 S Breast	28.00	-	31.56
27.29	-	32.06	25 S Fly	25.85	-	30.06
PWSL "B" Standards for 9-10						
Women			Event	Men		
42.61	-	48.86	50 S Free	41.25	-	47.32
52.70	-	1:00.02	50 S Back	52.57	-	1:00.19
53.48	-	1:00.87	50 S Breast	53.80	-	1:01.40
21.79	-	25.11	25 S Fly	22.05	-	25.60
1:45.36	-	1:55.88	100 S Medley	1:45.63	-	1:57.55
PWSL "B" Standards for 11-12						
Women			Event	Men		
37.62	-	41.69	50 S Free	37.03	-	42.68
47.05	-	52.83	50 S Back	46.81	-	54.02
49.01	-	54.66	50 S Breast	48.15	-	52.12
43.05	-	49.49	50 S Fly	42.01	-	48.75
1:36.21	-	1:46.56	100 S Medley	1:33.32	-	1:45.68
PWSL "B" Standards for 13-14						
Women			Event	Men		
35.08	-	39.31	50 S Free	31.47	-	34.92
41.01	-	46.92	50 S Back	40.25	-	44.64
44.30	-	49.35	50 S Breast	41.77	-	46.69
38.09	-	42.60	50 S Fly	35.63	-	41.68
1:27.08	-	1:33.79	100 S Medley	1:21.85	-	1:32.06
PWSL "B" Standards for 15-18						
Women			Event	Men		
32.94	-	36.07	50 S Free	28.88	-	31.38
40.06	-	44.63	50 S Back	37.06	-	39.78
43.45	-	47.84	50 S Breast	38.33	-	41.56
34.81	-	40.85	50 S Fly	32.15	-	35.20
1:22.89	-	1:32.13	100 S Medley	1:13.08	-	1:21.70

*All times slower than listed above are considered "C" times.

APPENDIX E

Directions to PWSL Swim Meets**

**Note: directions begin at Kingsbrooke – please adjust your driving accordingly. A grey box indicates a 2011 away opponent.

Ashland Stingrays - Ashland Community Pool, Manassas

Phone: (xxx) xxx-xxxx

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Rt 28 North - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Carrs Brooke Way. Continue on Carrs Brooke Way to the community center. Please park in the lot or along Fincastle Dr.

Do Not Park On Carrs Brooke Way.

Ben Lomond Flying Ducks - Splashdown Waterpark, Manassas

Phone: (703) 361-4451

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Right onto Rt 29 (Lee Hwy) - Take I-66 East (toward Manassas) to Exit #47 South (Manassas/Business Rt 234) - Turn Left onto Sudley Manor Dr (follow approx two miles) - Turn left onto Ben Lomond Park Dr. Please drive through Ben Lomond Park until you reach the main parking lot (waterpark will be on the right)

Braemar Blasters – Braemar Iona Sound Pool, Bristow

Phone: (703)393-1970

Turn right out of Kingsbrooke onto Linton Hall Road (approx. two miles) – Turn right onto Braemar Pkwy. Pool is located on the right, ¼ of a mile down on Braemar Pkwy.

Bridlewood Bridlewaves - Bridlewood Swimming Pool, Gainesville

Phone: (xxx) xxx-xxxx

Turn Left out of Kingsbrooke onto Linton Hall Rd (approx one mile) - Turn Left onto Harness Shop Rd - Turn Left onto Harness Shop Ct.

Brookside Hurricanes - Brookside Community Center, Warrenton

Phone: (540) 878-7929

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Rt 29 (Lee Hwy) South for 4.9 miles - Turn Left onto Riley Rd - follow approx 2.4 miles - pool address is 7197 Riley Rd

Dale City Frogs - Birchdale Community Pool, Dale City

Phone: (703) 670-5178

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Minnieville Rd - Turn Right onto Dale Blvd - Turn Left onto Birchdale Dr (across from Good Shepherd United Methodist Church).

Dominion Valley Sharks – Dominion Valley Country Club, Haymarket

Phone: (571) 261-1887

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Right onto Rt 29 (Lee Hwy) North - Take I-66 West (toward Strasburg) to Exit #40, Turn Right onto Rt 15 (James Madison Hwy) North toward Haymarket/Leesburg - Turn Left onto Dominion Valley Dr. - Turn Left onto Tournament Dr. (go through guard gate). The Sports Pavilion and pool are immediately on your right. Parking in Pavilion lot - overflow parking at the visitor center.

Lake Manassas Blue Dolphins - Lake Manassas Pool, Gainesville

Phone: (703) 753-0011

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Rt 29 (Lee Hwy) South (Lake Manassas Community is 1 - 2 miles on left) - Turn Left onto Baltusrol Blvd - Go through guard gate - Turn Right onto Turtle Creek Dr. Pool is on the right.

Lake Ridge Lancers - Lake Ridge Swim Club, Lake Ridge

Phone: (703) 490-5658

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Prince William Parkway east - Prince William Parkway becomes Old Bridge Rd east - Turn Left onto Harbor Dr (opposite Tackett's Mill Shopping Center). The pool & parking area are immediately on your left.

Meadowbrook Woods Makos - Meadowbrook Woods Community Pool, Manassas

Phone: (703) 794-9025

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) approximately 9.5 miles - Turn Right onto Meadowgate Dr - Turn Right onto Superior Ct - Road ends at pool on right.

Montclair Seahawks - Montclair Country Club, Dumfries

Phone: (703) 670-7503

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Country Club Dr - Turn Right onto Waterway Dr. Pool is located on the corner of Waterway and Edgewood Drs.

Old Bridge Breakers - Old Bridge Estates Pool, Woodbridge

Phone: (703) 730-2473

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Prince William Parkway east - Prince William Parkway becomes Old Bridge Rd east - Turn Right onto Smoketown Rd - Turn Right onto Beaver Pond Rd - Street parking is available on Beaver Pond and on adjacent cross streets Catawba Dr & Valleyhill St
Parking is not allowed on pipe stems or in the townhouse sections.

Piedmont Tsunamis- Piedmont Community Pool, Haymarket

Phone: (703) 753-1666

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Right onto Rt 29 (Lee Hwy) - Take I-66 West toward Strasburg to Exit 40, Rt 15 (James Madison Hwy) toward Haymarket/Leesburg. Turn Right onto Rt 15 North - Turn Right onto Old Carolina Rd - Turn Left onto Piedmont Vista Dr (gate access required). Pool is located at 14651 Piedmont Vista Dr.

Ridgewood Barracudas - Ridgewood Center, Lake Ridge

Phone: (703) 491-4789

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Prince William Parkway east - Prince William Parkway becomes Old Bridge Rd east - Turn Left onto Oakwood Dr. Turn Left into Community Center -Ridgewood Pool parking lot.

Stonewall Park Explosion - Stonewall Park Community Pool, Manassas

Phone: (703) 257-8237

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Turn Left on Liberia Ave - Turn Right onto Stonewall Rd - park is at the end of the cul-de-sac. Parking is at a premium. Street and cul-de-sac parking also available.

Stonebridge Seals – Stonebridge Community Pool, Dumfries

Phone: (xxx) xxx-xxxx

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Rt 1 (Jeff Davis Hwy) at light – Turn Right into Southbridge.

Sudley Seahorses - Sudley Club, Manassas

Phone: (703) 368-5931

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Turn Right onto Ashton Dr - Turn Left onto Rixlew Lane (past Stonewall Jackson High School) - Turn Right at second light into the Sudley Club. Overflow parking is available in Manassas Mall parking lot.

Urbanna Otters - Urbanna Swim Club, Manassas

Phone: (703) 361-3233

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Right onto Rt 29 (Lee Hwy) - Take I-66 East to Exit 47 (Manassas/Business Rt 234) - Turn Left onto Portsmouth Rd - Turn Right onto Urbanna Road. Pool is on right at end of street, across from Westgate Elementary School. Parking is available in the pool or Westgate lots or on the street.

Veteran’s Park Marlins - Veteran’s Memorial Regional Park, Woodbridge

Phone: (703) 491-2183

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Rt 28 North - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Prince William Parkway East - Turn Right When You Reach Chinn Center at light (still Prince William Parkway) - Turn Right onto Smoketown Rd (street name changes to Opitz Blvd) - Turn Left onto Rt 1 (Jefferson Davis Hwy) - Turn Right onto Featherstone Rd (follow approx four miles, pool is on the left).

Victory Lakes Pirahnas - Victory Lakes Community Pool, Bristow

Phone: (703) 368-9112

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Turn Left onto Victory Lakes Loop - Turn Right into pool area. Pool address: 12608 Victory Lakes Loop

Virginia Oaks Sea Devils - Virginia Oaks Community Pool, Gainesville

Phone: (703) 753-0497

Turn Left out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Rt 29 (Lee Hwy) South - Turn Left onto Virginia Oaks Dr - Turn Right into pool area.

Wellington Dolphins - Wellington Community Center Pool, Manassas

Phone: (703) 330-5019

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South (toward Dumfries) - Turn Left onto Clover Hill Rd at light - Pool is on the corner of Clover Hill and Wellington Rds on the right.

Westridge Waves - Westridge Community Swim Club, Lake Ridge

Phone: (703) 590-1600

Turn Right out of Kingsbrooke onto Linton Hall Rd - Turn Left onto Sudley Manor Dr - Take Rt 234 Bypass South - Turn Left onto Prince William Parkway east (Prince William Parkway becomes Old Bridge Rd East after the Smoketown Rd intersection) - Turn Left onto Westridge Dr - Turn Left onto Quarter Horse Dr (swim club is at the end of the cul-de-sac).

APPENDIX F

Kingsbrooke Sea Lions Swim Team Records

(as of 31 July 2010)
 *** Denotes a PWSL Record

Event	Time	Swimmer(s)	Date
FEMALE 8 & Under			
Freestyle	19.29	Peyton Pohzehl	7/29/2006
Backstroke	22.77	Jordan Yaeger	7/16/2005
Breaststroke	25.29	Madison Smith	7/10/2004
Butterfly	21.45	Scarlett Roy	7/9/2005
Freestyle Relay	1:20.87	Dorienne Hochard, Caralyne Speicher, Nicole Priebe, Karson Perenic	7/25/2009
FEMALE 10 & Under			
Individual Medley	1:33.78	Peyton Pohzehl	7/19/2008
FEMALE 9 - 10			
Freestyle	34.36	Peyton Pohzehl	7/26/2008
Backstroke	42.65	Madison Smith	7/29/2006
Breaststroke	46.18	Madison Smith	7/29/2006
Butterfly	18.00	Scarlett Roy	6/30/2007
Freestyle Relay	1:10.49	Peyton Pohzehl, Alexandra Sinner, Scarlett Roy, Jordan Yaeger	7/14/2007
Medley Relay	1:21.16	Jordan Yaeger, Danielle Gallardy, Scarlett Roy, Peyton Pohzehl	6/23/2007
FEMALE 11 - 12			
Freestyle	31.09	Britany Higdon	6/26/2004
Backstroke	37.14	Madison Smith	6/21/2008
Breaststroke	38.53	Madison Smith	7/12/2008
Butterfly	34.49	Britany Higdon	7/3/2004
Individual Medley	1:17.00	Britany Higdon	7/17/2004
Freestyle Relay	1:01.22	Laura Crider, Dao Kulifay, Lauren Kiser, Britany Higdon	7/17/2004
Medley Relay	1:08.40	Taylor Ware, Madison Smith, Bailey Brown, Crystal Hunt	7/5/2008
FEMALE 13 - 14			
Freestyle	29.01	Annalee Gallagher	7/19/2008
Backstroke	32.76	Amy Crider	7/10/2004
Breaststroke	37.73	Madison Smith	7/25/2009
Butterfly	32.47	Amy Crider	6/19/2004
Individual Medley	1:12.90	Amy Crider	7/31/2004
Freestyle Relay	2:04.75	Madison Smith, Alexandra Sinner, Jordan Yaeger, Sydney Thorpe	7/31/2010
Medley Relay	2:22.24	Kayla Gallardy, Sarah Proper, Kelsey DiBenedetto, Annalee Gallagher	7/29/2006
FEMALE 15 - 18			
Freestyle	28.94	Caitlyn Harrison	7/18/2009
Backstroke	31.55	Dana Kalnins	7/25/2009
Breaststroke	35.96	Janel Danchak	7/31/2004
Butterfly	31.26	Dana Kalnins	7/25/2009
Individual Medley	1:08.80	Dana Kalnins	7/25/2009
Freestyle Relay	1:58.31	Annalee Gallagher, Dana Kalnins, Kendra Gully, Caitlyn Harrison	6/20/2009
Medley Relay	2:13.12	Caitlyn Harrison, Annalee Gallagher, Kendra Gully, Dana Kalnins	6/20/2009

Kingsbrooke Sea Lions Swim Team Records

(as of 31 July 2010)

*** Denotes a PWSL Record

Event	Time	Swimmer(s)	Date
MALE 8 & Under			
Freestyle	17.27	Henry Radzikowski	7/3/2010
Backstroke	21.80	Henry Radzikowski	7/31/2010
Breaststroke	23.51	Andrew Proper	7/16/2005
Butterfly	20.91	Andrew Proper	7/2/2005
Freestyle Relay	1:21.32	Greyson Braun, Michael Mensah, Jacob Yaeger, Brayden Rudd	7/25/2009
MALE 10 & Under			
Individual Medley	1:25.84	Andrew Proper	7/21/2007
MALE 9 - 10			
Freestyle	35.25	Andrew Proper	7/07/2007
Backstroke	41.84	Andrew Proper	7/28/2007
Breaststroke	46.19	Andrew Proper	6/30/2007
Butterfly	16.74	Andrew Proper	6/30/2007
Freestyle Relay	1:06.66	Nick Stames, Michael Blake, Greyson Braun, Ryan Hutcherson	7/31/2010
Medley Relay	1:17.97	Greyson Braun, Brayden Rudd, Nick Stames, Ryan Hutcherson	7/31/2010
MALE 11 - 12			
Freestyle	29.57	Nathan Brown	7/29/2006
Backstroke	35.50	Ryan Dunne	7/16/2005
Breaststroke	39.08	Andrew Proper	7/25/2009
Butterfly	31.72	Ryan Dunne	7/30/2005
Individual Medley	1:15.07	Andrew Proper	7/25/2009
Free Relay	59.44	Nathan Brown, Alec Morgan, Zac Brown, Duncan Beavers	7/29/2006
Medley Relay	1:11.21	Mike Reynolds, Elliott Lloyd, Ryan Dunne, Jordan Luttrell	7/31/2004
MALE 13 - 14			
Freestyle	27.07	Nathan Brown	7/26/2008
Backstroke	31.77	Kevin Murphy	7/10/2004
Breaststroke	35.34	Andrew Proper	7/31/2010
Butterfly	29.65	Ryan Dunne	7/28/2007
Individual Medley	1:08.31	Nathan Brown	7/26/2008
Freestyle Relay	1:54.75	Alec Morgan, Duncan Beavers, Taylor Belisch, Nathan Brown	7/26/2008
Medley Relay	2:13.09	Duncan Beavers, Taylor Belisch, Alec Morgan, Nathan Brown	7/26/2008
MALE 15 - 18			
Freestyle	24.65	Ryan Dunne	7/31/2010
Backstroke	27.74	Nevin Cook	7/26/2008
Breaststroke	31.21	Nevin Cook	7/26/2008
Butterfly	26.18	Ryan Dunne	7/24/2010
Individual Medley	59.09	Nevin Cook	7/26/2008
Freestyle Relay	1:42.43	Ryan Dunne, Nathan Brown, Jacob Croasdell, Duncan Beavers	7/24/2010
Medley Relay	1:53.66	Phil LaRosa, Nevin Cook, Ryan Dunne, Sean Koehr	7/26/2008
MIXED 8 & Under			
Medley Relay	1:31.75	Jordan Yaeger, Andrew Proper, Scarlett Roy, Danielle Gallardy	7/16/2005