

Itasca Dolphins

Swim Team

Handbook



Welcome to the Itasca Dolphins Swim Team – one of the best swim teams in the DuPage Swim and Dive Conference. As a swimmer on the team, expect to work very hard. You will experience aching muscles, getting up very early for practice, swimming on cold mornings, getting sunburn on sunny days, having bloodshot eyes, and sacrificing many hours of precious vacation time. In return, you will become a member of an elite group of young athletes. You will experience a sudden and dramatic improvement in fitness and cardiovascular health. You will have a better self-image as you see your body toning to the hard work. You will develop friendships with many superb, dedicated kids. You will develop habits of dedication, commitment, and hard work. Throughout the course of the season, you will be awarded ribbons in recognition of your hard work and commitment. You will also receive an individual trophy at the end of the season and you will feel empowered by your level of achievement.

The swim season starts in early June and concludes at the end of July with a Conference Swim Meet and an Awards Banquet.

Team Nickname:	Dolphins
Team Colors:	Blue and White
Motto:	“P.M.A.” – Positive Mental Attitude

PRACTICE SCHEDULE

Monday thru Friday	5:45 – 8:00 AM 8:00 – 9:00 AM	Ages 11 & up Ages 10 & under
Monday & Friday	5:00 – 6:00 PM	All Swimmers
Tuesday & Thursday	11:45 AM – 12:30 PM	All Swimmers

This practice schedule is subject to change. It is very important for all swimmers to be on time for practice. You may wish to include the following in your swim bag: 2 towels, sweats (in case of inclement weather), goggles, swim cap, and swim suit.

SWIM MEETS

Swim meets are held every Wednesday night and Saturday morning during June and July (according to the team schedule). Swim meets are held at our pool and at other pools within our Conference. There are ten dual meets in a season – usually equally divided, five at home and five away. Wednesday night meets begin at 6:30 PM. Warm-ups begin at 5:30 PM for the home team and 6:00 PM for the visiting team. Saturday morning meets begin at either 8:00 AM or 8:30 AM, depending on the home team pool. Coaches will notify all swimmers in advance regarding the time for the meet, and the time to report to the Itasca pool for home meets, or to meet the bus for away meets. Be sure to check with your coach.

Everyone is included in the meets. Each team is allowed to enter three swimmers per individual event, plus the relay teams for each age group. Relay teams consist of four swimmers. Each swimmer may swim up to three individual events and two relays. You may never swim down an age group, but it is possible to swim with an older age group. Also, check to see if you are swimming “exhibition”. The coach may put you in an “exhibition” event just for fun, to give you extra practice, to get a time for you in that event, or because you have asked. At the beginning of the season, the coach will ask you to complete a form indicating the meets that you know you will be unable to attend. Please return this form to the coaches as soon as possible. It is imperative that the coaches know the meet schedules ahead of time. Of course, if you become ill or are unable to swim a meet for any other reason, be sure to tell your coach as soon as possible.

HOW DO I GET TO THE MEETS?

Home meets are held at the Itasca Water Park. Each family must provide transportation to and from the home meet.

Away meets are held at various park district pools. Directions are included in this booklet. The Itasca Park District provides a school bus for the swimmers to get to the away meets. This assures the coaches that all swimmers will be in attendance and on time for warm-ups. The bus transportation allows parents to come to the meet just prior to start time and not have to sit through warm-ups. **RETURN TRANSPORTATION FROM AWAY MEETS IS THE RESPONSIBILITY OF THE PARENT.**

WHAT DO I TAKE TO THE MEETS?

Towels (2)
Sleeping Bag (Optional)
Sweatshirt and/or sweat pants
Goggles

Swim Cap
Team Swimsuit
Playing cards, books, etc.
Nutritious snacks (No sugar or fat)

Please make sure all personal items are marked with the swimmer's name.

Most pools prohibit food on deck as well as loud radios during meets.

WHAT SHOULD I EAT?

The serious swimmer may wish to consider the following suggestions regarding eating before competition. The pre-competition meal consumption of protein and fats should be normal or lower than normal while consumption of carbohydrates should be higher. Carbohydrates come primarily from breads and cereals, but also include fruits and vegetables, particularly potatoes.

Foods to avoid in the pre-competition meal include:

1. Greasy foods such as French fries, meat fried in grease.
2. Cheese, whole milk, peanut butter, nuts
3. Pies and doughnuts
4. Highly seasoned foods such as pizza, chili, etc.
5. Salads – cucumbers, radishes, raw carrots, corn on the cob
These foods are relatively hard to digest and may cause distress when the athlete is nervous.
6. Junk food – candy, pop, etc.
7. Foods that are too sweet – foods that contain large amounts of sugar, dextrose, or fructose. These foods draw fluid into the intestinal tract and may cause dehydration of the tissues.

MEET AGENDAS

All meets start with a warm-up period. It is very important that the swimmer loosens up and stretches the muscles and joints prior to the competition. Swimmers need to make sure that their muscles are stretched and warmed up

so that they will be able to perform at their peak. Relaxed muscles cannot be expected to perform at their maximum potential. This warm-up is crucial to the swimmer. Each swimmer needs to assume this responsibility to perform well and avoid muscle and/or joint injuries.

The warm-up period also allows the swimmer to become acclimated in a particular pool for an away meet. Swimmers will also have the opportunity to practice dives and turns.

A typical meet will take approximately 3 hours from the first event through the last event. There are 78 events in each meet.

1. 8 & Under Girls 100 yd. Medley Relay
2. 8 & Under Boys 100 yd. Medley Relay
3. 9-10 Girls 200 yd. Medley Relay
4. 9-10 Boys 200 yd. Medley Relay
5. 11-12 Girls 200 yd. Medley Relay
6. 11-12 Boys 200 yd. Medley Relay
7. 13-14 Girls 200 yd. Medley Relay
8. 13-14 Boys 200 yd. Medley Relay
9. 15 & Over Girls 200 yd. Medley Relay
10. 15 & Over Boys 200 yd. Medley Relay
11. 8 & Under Girls 25 yd. Freestyle
12. 8 & Under Boys 25 yd. Freestyle
13. 9-10 Girls 50 yd. Freestyle
14. 9-10 Boys 50 yd. Freestyle
15. 11-12 Girls 50 yd. Freestyle
16. 11-12 Boys 50 yd. Freestyle
17. 13-14 Girls 50 yd. Freestyle
18. 13-14 Boys 50 yd. Freestyle
19. 15 & Over Girls 50 yd. Freestyle
20. 15 & Over Boys 50 yd. Freestyle
21. 8 & Under Girls 100 yd. Free Relay
22. 8 & Under Boys 100 yd. Free Relay
23. 9-10 Girls 100 yd. Individual Medley
24. 9-10 Boys 100 yd. Individual Medley
25. 11-12 Girls 100 yd. Individual Medley
26. 11-12 Boys 100 yd. Individual Medley
27. 13-14 Girls 100 yd. Individual Medley
28. 13-14 Boys 100 yd. Individual Medley
29. 15 & Over Girls 100 yd. Individual Medley
30. 15 & Over Boys 100 yd. Individual Medley
31. 8 & Under Girls 50 yd. Freestyle
32. 8 & Under Boys 50 yd. Freestyle
33. 9-10 Girls 100 yd. Freestyle
34. 9-10 Boys 100 yd. Freestyle
35. 11-12 Girls 100 yd. Freestyle
36. 11-12 Boys 100 yd. Freestyle
37. 13-14 Girls 100 yd. Freestyle
38. 13-14 Boys 100 yd. Freestyle
39. 15 & Over Girls 100 yd. Freestyle

40. 15 & Over Boys 100 yd. Freestyle
41. 8 & Under Girls 25 yd. Butterfly
42. 8 & Under Boys 25 yd. Butterfly
43. 9-10 Girls 50 yd. Butterfly
44. 9-10 Boys 50 yd. Butterfly
45. 11-12 Girls 50 yd. Butterfly
46. 11-12 Boys 50 yd. Butterfly
47. 13-14 Girls 50 yd. Butterfly
48. 13-14 Boys 50 yd. Butterfly
49. 15 & Over Girls 50 yd. Butterfly
50. 15 & Over Boys 50 yd. Butterfly
51. 8 & Under Girls 25 yd. Backstroke
52. 8 & Under Boys 25 yd. Backstroke
53. 9-10 Girls 50 yd. Backstroke
54. 9-10 Boys 50 yd. Backstroke
55. 11-12 Girls 50 yd. Backstroke
56. 11-12 Boys 50 yd. Backstroke
57. 13-14 Girls 50 yd. Backstroke
58. 13-14 Boys 50 yd. Backstroke
59. 15 & Over Girls 50 yd. Backstroke
60. 15 & Over Boys 50 yd. Backstroke
61. 8 & Under Girls 25 yd. Breaststroke
62. 8 & Under Boys 25 yd. Breaststroke
63. 9-10 Girls 50 yd. Breaststroke
64. 9-10 Boys 50 yd. Breaststroke
65. 11-12 Girls 50 yd. Breaststroke
66. 11-12 Boys 50 yd. Breaststroke
67. 13-14 Girls 50 yd. Breaststroke
68. 13-14 Boys 50 yd. Breaststroke
69. 15 & Over Girls 50 yd. Breaststroke
70. 15 & Over Boys 50 yd. Breaststroke
71. 9-10 Girls 200 yd. Free Relay
72. 9-10 Boys 200 yd. Free Relay
73. 11-12 Girls 200 yd. Free Relay
74. 11-12 Boys 200 yd. Free Relay
75. 13-14 Girls 200 yd. Free Relay
76. 13-14 Boys 200 yd. Free Relay
77. 15 & Over Girls 200 yd. Free Relay
78. 15 & Over Boys 200 yd. Free Relay

Ribbons are awarded in the individual events for 1st through 6th place for the 8 & under, 9-10, and 11-12 age groups. For the 13-14 and 15-18 age groups, ribbons are awarded for 1st through 3rd place. Each member of a 1st place relay team will be awarded a ribbon. Typically, ribbons are distributed at the next practice or placed in your family folder in the Ribbon Box.

Swimmers are assigned to a team area (bullpen). Swimmers are to stay in that area unless they have been called for an event. A chart or line-up is developed by the coach to show each event and swimmers assigned. This is posted in the team area. The swimmer will find their event numbers and write them in ballpoint pen or marker on the back of their hand for quick reference. As their event is called, the swimmer will pick up their card from the

Clerk of Course. This event card is used during the race to record the time and finish place. The event card also indicates the lane assignment for the race. The swimmer will hold onto the event card while sitting in the lineup area in preparation for their event. When the event is “called to the blocks”, the swimmer steps up behind the assigned starting block. 8 & Under swimmers are assisted through this whole process by our *Bullpen Moms*. The *Starter* will blow the whistle to signal the swimmers to mount the starting blocks. The *Starter* will give two signals – “*Take your mark*”, followed by the starting gun or sound.

Typically, there are three *Timers* at each block. When the race is finished, each swimmer should ask the *Timer* for his / her time. The official time recorded will be an average of the *Timers*’ results. Time improvement is very important. Each swimmer should strive for faster and improved times. A swimmer may take last place but still have a significant time improvement.

Following each event and before returning to the bullpen, each swimmer should stop by the coaches’ area for a constructive critique of their performance.

SCORING THE MEETS

Teams are awarded points for 1st through 3rd place in each event as follows:

1 st Place	5 points
2 nd Place	3 points
3 rd Place	1 point

A *No Sweep Rule* applies. This means a team may only be awarded points for 1st and 2nd place finish even if all three places are won. The opposing team receives the 3rd place point.

Only 1st place points (7 points) are awarded in Relay events. If the Relay is unopposed, 4 points are awarded.

WHAT IS A CONFERENCE MEET?

There are two Conference Meets – “A” Conference and “B” Conference. These are the Championship Meets. A record of times for all of the swimmers in all of their events is kept throughout the season, and usually the swimmers with the top times in each event for each age group swim in the “A” Conference Meet. Only one Relay team per age group per relay event is entered. Alternates are also chosen for Relay teams. If a swimmer has been chosen to be an alternate, he / she must attend the meet.

The “B” Conference was organized because of the large number of swimmers per team and the restriction of the number of participants per event in the “A” Conference. “B” Conference gives all swimmers the opportunity to participate in a championship meet. Points are awarded to each team based upon the percentage of events in which the swimmers from their team achieve a personal best time for the season. These points are included in the overall scoring for the “A” Conference meet in order to determine the overall Division Champion for that season. Therefore, everyone on the team contributes to the overall success of the team in the Conference Championship.

WHAT CAN PARENTS DO TO HELP?

Parents of swimmers are strongly encouraged to be active in the Itasca Swim Team Parents Organization. The organization has raised funds to provide items that benefit our children. Time clocks, trophies, and the subsidized cost of our team swimsuits are some of the items that the Parents Organization has been able to provide. The organization also provides the voluntary leadership and labor required to run efficient swim meets.

It is highly recommended for parents to attend a training class to receive certification to be a *Meet Timer*. The training consists of an evening of an evening lecture class followed by a short test. Certification allows the parent to serve as a *Meet Timer*. Check with the Parent Club President for a schedule of training classes. After one year as a certified *Timer*, an additional class can provide certification as a *Stroke / Turn Judge*. Again, after one year as a certified *Judge*, an additional class can provide certification as a *Starter / Referee*.

Parent volunteers are also needed in the following areas for all of the meets. No training or certification is required for any of them, however the *Timer / Scorer* training is recommended for the scorers.

CLERK OF COURSE – Distribute event cards to swimmers

BULLPEN MOMS – Supervise the younger swimmers and locate / remind swimmers of their upcoming events

SCORERS – Help the Head Scorekeeper assign and record the scoring for each event.

RIBBON WRITERS – Organize ribbons for event winners.

RUNNER – Picks up event cards from Timers and Judges after each event and delivers to Scorers.

WRITER – Helps record scores for each event on score sheets.

THE ITASCA PARK DISTRICT

The Itasca Park District is proud to sponsor the Itasca Swim Team.
Its success is largely due to the tremendous support of the
Swim Team Parents Club, for without their dedicated volunteers,
we could not offer this program. Please take an active role in this club.

The Park District's goal is to provide a wide range of quality recreational
opportunities for all ages and abilities. We encourage you and your family
to enjoy the many programs and special events offered throughout the year.

Itasca Park District

*This booklet is primarily intended to be a guide for the swimmer and their parents. We hope you find it informative and useful.

Any questions, comments, or concerns should be directed to the President of the Parents Club.

DUPAGE SWIM & DIVE CONFERENCE POOL LOCATIONS 2009

ADDISON (630) 530-6155	East of Addison Rd., north of Lake St. (Rt. 20). Lake St. (Rt. 20) east to Addison Rd. Go north one block to Oak St. Oak St. east to pool entrance on north side of street. <i>120 E. Oak Street, Addison, IL 60101</i>
BARTLETT (630) 372-7665	One-half mile east of Rt. 59 on Stearns Rd. Lake St. (Rt. 20) west to Rt. 59. Rt. 59 south to Stearns Road. East on Stearns Rd. to pool. Or, Army Trail Rd. west to Rt. 59. North on Rt. 59 to Stearns, east on Stearns to pool. <i>620 W. Stearns Road, Bartlett, IL 60103</i>
BENSENVILLE (630) 766-7946	East of Busse Rd (83), south of Irving Park Rd (19). Busse Rd (83) north past 290 to Wood Ave., Wood Ave. east to pool on south side of street. Or, Irving Park Rd. (Rt. 19) east to Busse Rd. (Rt. 83). Busse Rd. south to Grove. Grove east to Ridgewood. South on Ridgewood to Wood, west on Wood to pool. (Median on Rt. 83 cannot be crossed going southbound.) <i>1100 W. Wood Street, Bensenville, IL 60106</i>
BLOOMINGDALE (630) 529-3650	The Oasis is located at 172 S. Circle Avenue in Bloomingdale adjacent to the Johnson Recreation Center at the Bloomingdale Park District. From the west, take Lake Street (20) past Bloomingdale Road to Fairfield Way. Turn right heading south, go past Schick Road, turn left into the Westfield Middle School Parking Lot. From the east, take Lake Street (20) past Glen Ellyn Road to Fairfield Way. Turn left heading south, go past Schick Road and turn left into the Westfield Middle School Parking Lot. Parking is available at the Westfield Middle School, not the Oasis parking lot. Park and follow the walking path to the Oasis. PLEASE DO NOT PARK IN THE OASIS PARKING LOT. Additional parking, if needed, is located just south of the Westfield School off of Fairfield Way at Circle Park. A walking path is available from the parking lot to the Oasis. <i>172 South Circle, Bloomingdale, Illinois 60108</i>
BUTTERFIELD (630) 858-2229	North side Butterfield Rd. (Rt. 56), east of Rt. 53 and west of Rt. 355. Rt. 53 south to Butterfield Rd., east 1 block to pool on north side of street. Or Rt. 355 to Butterfield Rd. (Rt. 56), west to pool. <i>21 W 730 Butterfield Road, Lombard, IL 60148</i>
CAROL STREAM (630) 784-6120 Carol Stream Park District	West Chicago High School: North Avenue west to Route 59. Rt. 59 south to Conde St. Right (west) on Conde St. to Joliet St. North on Joliet St. Pool is on the right (north) side of building. West Chicago High School: <i>326 Joliet St, West Chicago, IL 60185 (630) 876-5348</i>
GLENDALE HTS. (630) 260-6060	East of Bloomingdale Rd. between North Ave (Rt. 64) and Army Trail Rd. Bloomingdale Rd. to Fullerton. Fullerton east to Sports Hub on north side of street. <i>250 Civic Center Plaza, Glendale Heights, IL 60139</i>
HANOVER PARK (630) 830-0300	Seafari Springs Water Park, East of Elgin O'Hare Expressway. Lake St. (Rt. 20) to Greenbrook Blvd. Greenbrook 0.6 miles to Seafari Springs Water Park. <i>1700 Greenbrook Boulevard, Hanover Park, IL 60133</i>
ITASCA (630) 773-1213	One mile east of Rt. 53, south of Irving Park Rd (19). Irving Park Rd east to Catalpa St. South on Catalpa to pool parking lot, directly south of Itasca Community library. <i>101 N. Catalpa Street, Itasca, IL 60143</i>
LOMBARD (630) 627-6127	Paradise Bay Water Park ,. East of Main St. south of St. Charles Rd. North Ave. east to Grace St.; south on Grace, over tracks to pool on southeast corner of Grace and St. Charles Rd. <i>433 E. St. Charles Rd., Lombard, IL 60148</i>
ROSELLE (630) 894-4200 Roselle Park District	Kemmerling Pool: East of Roselle Road and south of Irving Park Rd. Irving Park Rd to Prospect. South on Prospect 4 blocks to pool. Or Roselle Rd. north to Ardmore. East on Ardmore 1 block to Prospect, south on Prospect 2 blocks to pool. <i>400 South Prospect, Roselle, IL 60172</i>
VILLA PARK (630) 832-5632	Roosevelt Rd east to Ardmore Ave, north on Ardmore to Vermont, left on Vermont to Harvard, left on Harvard to pool. Or, North Ave. (Rt. 64) east to Addison, south on Addison to Vermont, east on Vermont to Harvard, south on Harvard to pool. <i>Terrace at Harvard - Villa Park, Illinois</i>
WOOD DALE (630) 595-9333	North of Irving Park Rd (19) west of Wood Dale Rd. Irving Park Rd east to Wood Dale Rd., Wood Dale Rd. north to Commercial (just over the tracks). West on Commercial 1/2 block to pool entrance. <i>161 W. Commercial Street, Wood Dale, IL 60191</i>
WOODRIDGE (630) 985-5620	Cypress Cove: South on 355 to 75th St.; Right (west) on 75th to Janes Ave. (first light); Left (south) on Janes Ave. past 83rd St. to pool. <i>8301 S. Janes Ave., Woodridge, IL 60517</i>

Revised: 04/26/2009

NOTE: Pool locations are subject to change from year to year. Please check with the Parents Club for the latest information.