

SOLON RECREATION SWIM TEAM PARENT HANDBOOK

Welcome to the Solon Recreation Swim Team! We are looking forward to a fun and exciting summer! This handbook is designed to inform you of all the policies and procedures associated with the team. Please read the entire handbook and go over it with your swimmer(s). We would like this summer to run as smoothly as possible.

I. Fees / Prerequisites: The fee for joining the swim team is \$75.00 for Solon Residents and \$85.00 for Glenwillow Residents. The pre-requisites for joining are that the child must be able to continuously swim the length of the indoor pool (25 yards) in two recognizable competitive strokes. ***This program is for SOLON & GLENWILLOW RESIDENTS ONLY!***

Team Suits / Caps

Suits - All team members should purchase a plain navy blue competitive swimsuit to wear to the swim meets. The boys suits should be a jammer or a brief. Girls suits should be a one piece competitive suit. We are not particular as to what brand (Speedo, TYR,) or where you purchase from.

Solon Recreation Swim Team Caps are the only caps that will be allowed to be worn at meets

If you need to contact one of the coaches during the season, please call them at the number listed below during the hours of 9:00am – 5:00pm. If you are unable to reach them please see them before or after practice.

Coaches:	Forrest Campbell	(440) 591 - 9290 Cell
	Amy Zhang	(214) 288 - 4295 Cell
Aquatics Coordinator:	Jim Sordi	(440) 337 – 1437 Office

III. Practices: Monday – Friday 7:30 – 8:30am at the Solon High School Pool. It is recommended that swimmers attend at least three practices a week. Again this year, practices will be extended until 9:00am for small group instruction. This extended practice is optional. Swimmers are required to attend at least three practices per week to be considered eligible for the next swim meet. Swimmers that are sick or are going on vacation must bring a note from their parents excusing them from practices. Swimmers may only attend their age groups extended time.

THE PRACTICE SCHEDULE IS AS FOLLOWS:

	<u>Normal Practice</u>	<u>Extended Practice until 9:00</u>
Monday:	All Swimmers	11 years old & Over
Tuesday:	All Swimmers	9 & 10 year olds
Wednesday:	All Swimmers	8 years old & under
Thursday:	All Swimmers	9 & 10 year olds
Friday:	All Swimmers	11 years old & Over

Additional practice information:

- First practice is the Monday after the last day of school.
- Attendance will be taken.
- Special help will be given to designated groups on their assigned days.
- If you will be on vacation, please give the coaches as much notice as possible.
- The first three weeks of practice will be used for stroke drills and time trials. Swimmers should come as much as possible!
- Extended practice starts the first day. Extended is for only the assigned age group.

IV. Swim Meets:

**Warm – ups will begin at 6:00pm.
Meets will begin at 6:30pm.**

- Home meets will be held on Tuesdays at the Solon High School Pool.
- Away meets will vary.
- Parents are responsible for transporting their children to all meets.
- Please be at the pool (home or away) at least 15 minutes prior to warm – ups.
- Each swimmer will be expected to swim every event they have been placed in. Failure to do so will result in the swimmer not being able to swim in the next meet.
- No swimmer will be permitted to leave the designated team area from the time warm-ups start to the time the meet ends. (During home meets, swimmers are PROHIBITED from being in the balcony, at all times.)
- No parents will be permitted in the designated team area during a meet unless approved by a coach.
- Coaches will help swimmers find their lanes when it is time to swim as long as they are in the team’s designated area – coaches will not search the locker rooms or any other pool areas.
- Swimmers should write their events, heat and lane numbers on their hand, this will help the coaches. Line-ups will be posted on the wall, check when you come in.
- Swimmers that miss a meet without notifying a coach will be ineligible for the next meet.
- Swimmers should learn the order of events and know when they are expected to swim, the order is as follows:

ORDER OF EVENTS

1&2	Medley Relay	23&24	25yd. Breaststroke 8 & under
3&4	25yd. Butterfly 8 & under	25&26	25yd. Breaststroke 9 – 10
5&6	25yd. Butterfly 9 – 10	27&28	50yd. Breaststroke 11 – 12
7&8	50yd. Butterfly 11 – 12	29&30	50yd. Breaststroke 13 – 14
9&10	50yd. Butterfly 13 – 14	31&32	50yd. Breaststroke 15 – 18
11&12	50yd. Butterfly 15 – 18	33&34	25yd. Freestyle 8 & under
13&14	25yd. Backstroke 8 & under	35&36	25yd. Freestyle 9 – 10
15&16	25yd. Backstroke 9 – 10	37&38	50yd. Freestyle 11 – 12
17&18	50yd. Backstroke 11 – 12	39&40	50yd. Freestyle 13 – 14
19&20	50yd. Backstroke 13 – 14	41&42	50yd. Freestyle 15 – 18
21&22	50yd. Backstroke 15 – 18	43&44	Freestyle Relay

- Odd events are girls, even events are boys.
- Relays are 4 lengths of the pool; 1 length / swimmer. (2 at L.I.T.W.)
- Swimmers should not expect to be in a relay at every meet. We will do our best to give everyone a chance to be in at least one relay but this is not guaranteed.
- No swimmer may swim in more than 4 events – this means that swimmers may swim a combination of 3 events and 1 relay or 2 events and 2 relays. If a swimmer notices that they are in an illegal combination of events, he / she should notify a coach immediately.
- Swimmers should not expect to swim in 4 events every meet. Normally swimmers will be entered in 2 or 3 events per meet. All entries are decided upon by the coaches and are not negotiable.
- The “2 false start rule” will be adhered to at all meets. This means that swimmers are only permitted one false start and will be disqualified on their second.
- Swimmers should be wearing a navy blue suit at meets.
- Only the Solon Recreation Team Swim Cap is to be worn at meets.
- Swimmers will display good sportsmanship at all times ** This includes practices & meets.
 - Team members are expected to support their teammates by cheering for them at meets.
 - Swimmers are not permitted to leave a meet until the last team cheer has been done at the end of the meet, unless the coach has received a written notice from the parent in advance.

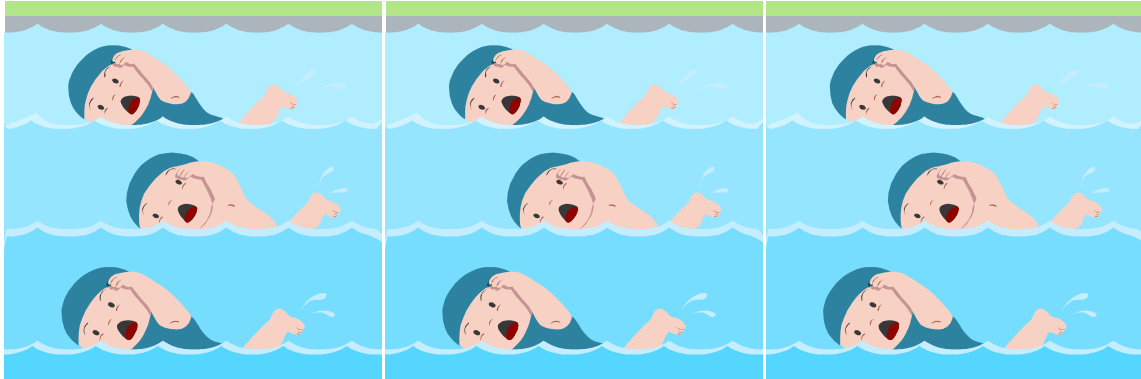
- Coaches reserve the right to add or modify swim team policies and procedures at any time during the season!

V. Parent Committee: We will need parent volunteers to help run the meets. Parents that are new to the “swimming world” should not be apprehensive. The volunteer work is not difficult, once you have been shown how to do it. We will be in need of the following volunteers at every home swim meet:

8 Timers, 2 Runners, 2 Finish Judges, 2 Scorekeepers, 2 Ribbon Distributors, 1 Announcer.

* We will be holding a parent’s meeting on **Thursday June 8th at 7:00pm** at the Solon Community Center. We request that at least one parent from each family attend. At the meeting, we will be asking parents to sign up to volunteer at particular meets, so please bring your calendars. We are looking for a parent volunteer to take charge of volunteer scheduling. If anyone is interested, please contact one of the coaches as soon as possible. We desperately need your help to assure a successful summer.

Solon Recreation Swim Team 2023 Schedule



Monday June 19, 2023 NO PRACTICE
Tuesday June 20, 2023 Aurora Shores Home 5:45pm
Thursday June 22, 2023, Landerwood Away 5:45pm
Tuesday June 27, 2023, Chagrin, Home, 5:45pm
Tuesday July 4, 2023, NO MEETS & NO PRACTICE
Tuesday July 11, 2023, Four Seasons Home 5:45pm
Thursday July 13, 2023, Wembley, Away, 5:45pm
Saturday July 15, 2023 Chagrin Relays, Away, TBA
Tuesday, July 18, 2023 Bainbrook, Home, 5:45pm
TBA End of the Season Party

Solon Community Center Phone # (440) 248 – 5747

COACHES

Forrest Campbell
Amy Zhang

Jim Sordi / Aquatics Coordinator