

2017
Gower Swim Team
Handbook



1. Introduction

Gower Estates Pool has one of the largest and most successful swim teams in Greenville County. We have been division champions over 20 times. This is a record of which every member of the swim team can be proud. It is the result of endless hours of practice coupled with a strong commitment from swimmers, coaches, and parents. We are pleased to have as our 2017 Coaching Staff:

Jeni Erickson, Head Coach
Gray Geddie, Assistant Head Coach
Heyward Brown
Madelyn Dullea
Wilkins Norwood
Tucker Shaw
Carey Turner
Delaney Wannemacher

2. Dates to Remember for Big Swim Team

May 4	Last day to register without \$10 penalty per swimmer
May 8	1st day of practice
May 12	Registration cut-off date
May 21	Big Swim Team (only) Picture at 4pm
June 2	Sugar Creek @ Gower
June 5	8 & Under Social at Sky Zone
June 8	GCC @ Gower
June 12	11/12 Social at Frankie's Fun Park
June 13	9/10 Social at The Skate Place
June 15	Gower @ Devenger
June 22	Gower @ Stone Lake
June 23	13 and Up Lake Party
June 29	Woody Creek @ Gower
July 9	Luau
July 9-15	Red Division Week
July 14	Red Division for 10 and Under at Stone Lake
July 15	Red Division for 11 and Up at Stone Lake
July 22	Championships at Westside
July 23	Classics at Westside
July 25	Gower Banquet

3. Brief History of SAIL and How it Works

Originally begun as PYA (Parent/Youth Association), four Greenville Community pools began competition in the summer of 1964. The organization was renamed the Swim Association Invitational League (SAIL) in 1965, and the rapid growth in community pools dictated three divisions by the early seventies.

When necessary, smaller community pools with limited numbers of children have joined other SAIL affiliates in order to provide their children with the SAIL experience. In 2008, SAIL had more than 40 pools, represented by 32 teams in six divisions: Red, White, Blue, Purple, Green and Gold.

SAIL is our children's summer fun. The experience can teach them discipline, good sportsmanship, and team spirit. An impressive number of SAIL participants have also participated in state, regional, and national swimming competitions due in part to their success in SAIL.

The SAIL program for Gower includes 5 dual meets. Red Division is held with Greenville Country Club, Sugar Creek, Stone Lake and Devenger. The 5th meet is outside our division. While the dual meets are not scored, the Red Division meet is scored. It determines not only the Red Division Champion, but team rankings for 2017 and seeding for 2018.

At Red Division, there are 60 individual events, plus 20 relays. Boys and girls in age groups from "8 & Under" to "15 to 18" are allowed to compete in 3 individual events: the Short Freestyle (Short Free), the Individual Medley (IM), the Breaststroke (Breast), the Long Freestyle (Long Free), the Backstroke (Back), or the Butterfly (Fly). They may also compete in the Medley Relay and/or the Freestyle Relay.

Scoring for Red Division consists of 13 points for a first place finish in each age group in each event, 11 for second, 10 for third and so on, to one point for the 12th place. These are the overall finished regardless of the heat swam. The highest scoring team is the Red Division Champion.

All of the swimmers' times from all six Divisional meets are computed to rank the swimmers for SAIL Championships and Classics eligibility. The Championships seed the 17th - 40th ranked swimmers in the county in each age group per each stroke. The Classics host the top 16 times in the county per event in male and female age groups.

4. Goals of Swim Team

- To Have Fun
- To Build Self-Esteem
- To Improve Swimming Skills
- To Generate Healthy Competition, Respect and Sportsmanship
- To Encourage Self-Discipline and Commitment
- To Respect Individual Differences
- To Promote Camaraderie and Team Spirit

5. Swim Team Membership

You are eligible to swim for the Gower Swim Team if you have paid your Gower Estates Pool Membership in full. Also, you must be 18 years old (on or before May 31) or younger to swim. A swim team registration must be filled out and returned with a check for the full amount of registration, along with a copy of your child's birth certificate.

6. Swim Team Committees

Organizational leadership is provided by the Gower Swim Team Committees. These volunteer groups of swim team parents are responsible for all phases of team activity, from hiring coaches to running meets.

2017 Swim Team Committees

Swim Team Parents:	Mary Margaret Bannister Alison Hayes	630-1388 382-8666
SAIL Representative:	Sam White	270-6710
Pool Board Rep:	Bryson Jones	423-9480
Treasurer:	Clare Jones	288-9405
Immediate Past Swim Moms:	Karine Lawrence Chris Lawrence	363-4248 363-2509
Coaches Care:	Kerry Sweeny	380-8210
Guppies:	Taylor Schneider Elizabeth Jones	593-0857 423-5344
Socials:	Jennifer King	787-1463
Apparel:	Elizabeth Chambers Lynn Norwood Tiffany Taylor	360-2016 325-5310 704-942-7008
Team Suit:	Liza Feniger	421-4818
Team Picture:	Susan Pitts	297-7447
SAIL Night at the Drive:	Sam White	270-6710

Videographer:	Brandt Gilbert	270-0478
	Maridel Shaw	787-4929

Volunteer Coordinator:	Katie Chastain	325-7093
	Michelle Caudell	630-2751

SWIM Meets:

Meet Organization	William Brown	884-0771
SAIL Certified Officials	William Brown	884-0771
Meet Setup & Breakdown	Mark Dullea	230-4751
Concessions	Amanda Patton	919-622-2390
Ribbons	Meg Galipeau	627-1737
Swim Meet Line-up	Lara Wannemacher	630-5325
Runners	Kimberly Morgan	414-5056
Timers	Mark Dullea	230-4751
Records	Kimberly Abdella	593-1895
Clerk of Course	Tina Jones	551-1101
	Maria Vogt	616-8796
Stroke & Turn	William Brown	884-0771
Hospitality	Elizabeth Etheridge	908-9328
	Jennifer Adams	616-0079
Computer Entry	Susan Taylor	616-2334
	Amy Murray	787-2780
	Lissa Franklin	207-3030

RED DIVISION:

Socials	Teresa Cottingham	505-7115
Spirit Delivery	Alison Lupo	430-7753
Tent Set-up	Lee Geddie	630-4621
Picnic & Senior Roast	Beth Henry	915-9188
	Mary Catherine Davis	288-6029
Awards Banquet	Dorsey Ward	329-9092
	Kathy Watson	640-6857
	Mary DuPre Caldwell	270-0539
Champs & Classics Socials	Marci Howle	346-4714

If there is a committee on which you would like to serve, please call the chair of that committee or contact the Swim Team Parents. We need ALL parents to participate to help the swim season run smoothly.

7. Free Training for Parents

Many kinds of workers are needed during swim meets. We have responsibilities that must be met, both at home and away meet. **The objective is for every family to help in some way during the season.** Everyone will be asked to contribute in one way or another, and there will always be someone to work with you who can show you all you need to know. If you would like to become a SAIL official, there are clinics held for those jobs that require certification. The dates for training are listed on the Gower Pool Website: gowerpool.com. Contact the Gower SAIL Rep for more information.

8. Guppies

Guppy Moms: Taylor Schneider & Elizabeth Jones
Coaches: Ellie Howard & Cooper Shaw (Head Coaches), Rivers Ivester, Carter Ivester, Sloan Norwood, Kirkley Norwood, Matthew Shouse (Assistants)

The Guppies program is for young swimmers who may not quite be ready for the regular swim team. The only requirement is that a child be able to swim the width of the pool in any stroke, without stopping, walking on the bottom, or being helped. There will be a Guppies tryout event in order to test this requirement. Prior to the Guppies tryout event, each Guppy will have the opportunity to attend several practices. Registration fees, minus \$6 SAIL insurance fee, will be returned if there is unforeseen difficulty in achieving the Guppy swimmer's goal and/or happiness. However, this program is not to be considered as a substitute for swimming lessons. There is no age limit in Guppies. Guppies are part of the Gower Swim Team and are encouraged to participate in all socials and pep rallies. Guppies will participate in their own awards ceremony and receive their team gift at that time. Guppies may agree to move up to the regular swim team during the swim season, based on the judgment of the coaches and the permission of the parents. For safety's sake, each Guppy needs an assigned or delegated individual to be available during each practice. Furthermore, each Guppy will need a parent volunteer to provide after practice snacks. Lastly, we love parent volunteers at meets and to assist with socials and the awards banquet – see the Guppy Mom if you are available to help.

GUPPY SCHEDULE

May 30 – May 31 (T, W) Practice 6:30 – 7:15

June 1-Practice and try-outs 6:30 until

June 5 – 7 (M, T, W) Practice 12:30 – 1:00 last names A-G; 1:15 – 1:45 H-Z

June 9 (F) Guppy Picture 4:30

June 9 (F) Intrasquad Meet 5:00

June 12, 13 (M, T) Practice 12:30 – 1:00 last names A-G; 1:15 – 1:45 H-Z

June 14 (W) Guppy Social – Pump It Up 5:30

June 15 (Th) Practice 12:30 – 1:00 last names A-G; 1:15 – 1:45 H-Z

June 16 (F) Intrasquad Meet 5:00

June 19 - 21 (M, T, W) Practice 12:30 – 1:00 last names A-G; 1:15 – 1:45 H-Z

June 24 (S) Intrasquad Meet 10:00

June 26 – 28 M, T, W) Practice 12:30 – 1:00 last names A-G; 1:15 – 1:45 H-Z

June 28 (W) Guppy Fairy

June 29 (Th) 3:00 pm Guppy Parade

June 30 (F) Stone Lake Meet 5:00 banquet following meet

9. Swim Meets

Most swim meets are held on Thursday evenings beginning at 4:00 pm depending on the size of the teams we are planning to swim. Some meets will be home meets at Gower and others will be away at other pools in our division. The coaches will let the swimmers know what time they need to be at the pool for each meet. There will be caravans to each of the away meets. Please be sure to allow sufficient travel time so the swimmers arrive on schedule.

A calendar of swim meets and directions to away meets are available on the Gower website. We will caravan from Gower Pool to the away meets but you will be responsible for getting your swimmer to the meet.

The events are scheduled by age groups at the meets. An event is the unique combination of age, gender, and stroke. Boy's 9-10 backstroke is an example of an event. Each event may have several heats, depending on the number of swimmers. Each swimmer can swim 3 individual events and 2 relays per meet.

Parents, please check on your child often during meets to make sure he/she is comfortable and to give encouragement and remind them to stay available to be called for their events.

Helpful Hints:

- The swim meets during the week are referred to as Dual Meets
- The Dual Meets are NOT scored
- Events will always be run in this order for each age group (8& under, 9/10, 11/12, 13/14, 15/18)
 - Medley Relay (Back, Breast, Fly, Free)
 - Short Free
 - IM (Fly, Back, Breast, Free)
 - Breaststroke
 - Long Free
 - Backstroke
 - Butterfly
 - Freestyle Relay

There are multiple heats within a given age group/sex/event. For example, in the 8 & under girls breaststroke there may be 3 or more different heats necessary to accommodate all those signed up for that event. The heats are ordered by times beginning with the fastest heat. The first heat in each event is called the SAIL HEAT and is usually the fastest swimmers in that given event. Ribbons are given for every swimmer who gets a time. If the swimmer disqualified (or DQ'd) they do not get a time or a ribbon. Note: For the first swim meet and the first swim meet only, 8 & under swimmers, just like all swimmers, WILL be disqualified if he doesn't swim a stroke legally. 8 & U Swimmers, however, will not be informed of their disqualification.

Tips for Parents:

- Encourage your swimmer to eat a healthy diet, high in carbohydrates and drink plenty of water
- Know what events your child is supposed to be swimming and make sure they know as well (many people write it on their child's hand/arm). The child's events are posted by Thursday morning at the pool
- Each child can swim up to 3 individual events and 2 relays
- Be on time to practice as well as meets. If you are late...you become stressed and so does your child
- Make sure you do not leave a meet until your child has finished all of his/her events. ALWAYS check with the coaches before you leave in case your child is swimming in the freestyle relay
- Be prepared to stay after the meet and clean up your child's area and help with cleanup of the pool
- Bring the items listed in the Handbook and CASH for concessions

- DQs are not the end of the world. The best person to “pick up the pieces” is the coach. This is a part of growing them as a swimmer
- If your child DQs a judge should tell him/her immediately what was done incorrectly
- The coaches will receive a card after the meet for each DQ given. The card will list the reason the child DQ’d so the coach can work with the child in practice to correct the problem
- Be supportive of your child and the coaches. Let the coaches coach your child!

10. Swim Meet Schedule:

Friday, June 2	Sugar Creek @ Gower
Thursday, June 8	GCC @ Gower
Thursday, June 15	Gower @ Devenger
Thursday, June 22	Gower @ Stone Lake
Thursday June 29	Woody Creek @ Gower
Friday, July 14	RED DIVISION at Stone Lake for 10 & under
Saturday, July 15	RED DIVISION at Stone Lake for 11 & up
Saturday, July 22	Championships at Westside Aquatic
Sunday, July 23	Classics at Westside Aquatic
Monday, July 24	Swim Team Banquet

11. Directions to Away Meets are available on the Gower Pool website: gowerpool.com

12. Scratch Policy

If you are not participating in a meet, you must let the coaches know in writing by the following dates:

- Monday, May 29 by 5pm
- Monday, June 5 by 5pm
- Monday, June 12 by 5pm
- Monday, June 19 by 5pm
- Monday, June 26 by 5pm

Scratches are submitted electronically at scratch@gowerpool.com. Swimmers CANNOT verbally tell a coach about their absence. Entries must be made into the computer on Tuesday and cannot be changed. **A swimmer must participate in at least 2 meets to be eligible to swim in the Red Division Swim Meet.**

All swimmers agree to swim the events the coaches put them in for each meet. Please trust and support the coaches' decision.

Scratches have become a problem at our swim meets. Excessive scratches prolong the meet and disrupt the meet from running smoothly. To help lessen delays, a \$10 scratch fee (per event) will be charged to any swimmer who does not scratch by the deadline or show up for their event. Thank you for helping our meets run smoothly and your cooperation.

13. What to Bring to a Swim Meet

The obvious answers are you and your swimsuit, but there are a number of other items that you should bring in order to perform your best. It is a good idea to put your name on everything you bring. Here are some suggestions:

- Good Sportsmanship
- Meet swimsuit
- Meet goggles
- Swim Cap
- Clothing - t-shirt, flip flips, sweatshirts, shorts
- Towels
- Water bottle
- Food - fruit, bagel, crackers, etc. + \$\$ for concessions
- Chair

Please clean your area after the meet!

14. After the Meet

Traditionally, swimmers and their families get together for dinner after the swim meet. We encourage all to come and enjoy the fellowship. This year we will be meeting at **Fitz Patrick's**, 1565 Laurens Road. Please make sure you do not leave the meet early if your child is swimming in the free relay!

15. RED DIVISION WEEK

- The Red Division swim meet (also referred to as Divisionals) is July 14 and 15 at Stone Lake.
- 10 & Unders swim Friday afternoon and 11 & Up swim Saturday morning
- We will be competing with the other teams (there are 5 of them) and this meet IS scored
- Our children will be competing against the other teams in the Red Division to try to achieve the highest score possible
- To swim in the Red Division meet, a child must swim in 2 dual meets during the season
- The children in Red Division are allowed to swim in 3 events and 2 relays

- Relay teams are chosen by the coaches based on the top times in individual events during the regular season
- No ribbons are given to swimmers for Red Division
- The heat order is reversed in Red Division. That is, the fastest heat swims last
- Each team's score is tallied at the end of the competition and a winner is announced

The week will hold many fun and exciting activities. A separate Red Division newsletter will be emailed outlining all of the details. The children realize the importance of this week and the enthusiasm increases day by day. The conclusion of this week is the Red Division picnic. All families of the swim team and Guppies are invited to attend. It is a time to relax and enjoy your child's accomplishments. We also honor our Seniors at the picnic. Each one of the swimmers is a valuable part of Red Division week and we look forward to having your child be a part of the excitement. The Gower fairy will only come to the houses of Red Division Swimmers.

16. Championships and Classics

- This swim meet is held on the weekend following Red Division with Championships on Saturday, July 22 and Classics on Sunday, July 23
- The swimmer's time from all the Divisional meets in the county are merged and the top 40 swimmers in each individual event advance on to Championships and Classics
- The names of all swimmers who qualify for these meets will be posted at Gower Pool Sunday evening after Red Division
- Classics hosts the top 16 times in each individual event and the top 8 Medley and Free Style relay teams from each male and female group. Championships host the number 17-40 times in each individual event
- There are also 2 alternatives (places 41-42 in each event) identified. Should a vacancy occur in Championships, an alternate will be moved up to swim. Should a vacancy occur in Classics, a swimmer from Championships will be moved to Classics
- There is a \$25.00 fine per event for a swimmer who scratches from Championships or Classics after the beginning of Divisionals
- Medals are given for participation in Championships and Classics to all swimmers (except those who DQ). These are given to the swimmers at the Gower Swim Team Banquet

17. 2017 Swim Team Practice

May 8th Practice begins

May 8th- May 25th:

3:30 - 4:30 8 & Under and 9/10

4:30 - 5:30 11/12 and 13 & Up

(There is no practice on May 26 or May 29 for Memorial Day weekend)

May 30th - June 1st:

3:30 - 4:15 8 and Under

4:15 - 5:00 9/10

5:00 - 5:45 11/12

5:45 - 6:30 13 & Up

Beginning Monday, June 5:

Mondays through Wednesdays-

Morning Practice:

9:00 - 10:00 8 & Under AND 9/10 (both pools)

10:00 - 11:00 11/12

11:00 - 12:00 13 & Up

2:00 - 3:00 Stroke Clinic

Afternoon Practice:

3:00 - 3:45 8 and Under

3:45 - 4:30 9/10

4:30 - 5:15 11/12

5:15 - 6:00 13 & Up

Thursdays- *Day of Swim Meets* - June 2, June 8, June 15, June 22 and June 29

10:00 - 10:45 10 and Under

10:45 - 11:30 11 and Up

Friday Practice_ - *Fun Friday*

10:00 - 11:00 10 and Under

11:00 - 12:00 11 and Up

Parents are asked to refrain from coming on the pool deck during practice. Due to the number of children involved and the type of practice schedule, it is imperative that you not come on the deck during practice. Please do not call the coach at the pool during practice. If you would like to discuss any observations or ask any questions, please leave a message in the coaches' box and the appropriate person will contact you as soon as possible. You are also welcome to contact any member of the swim team committee.

Just a reminder: The pool does not open until 10:00 am. Swimmers should not be at the pool unless they have practice scheduled.

18. Practice Behavior

Swimmers are at all times expected to follow the directions and instructions of the coaching staff. A respectful attitude toward coaches and teammates will be required. Some of the goals for the Gower Swim Team are to promote respect and sportsmanship, self-discipline and commitment. Therefore, abusive language, lying, stealing or vandalism will not be tolerated. Swimmers will be asked to leave practice if they fail to respond to verbal warnings. Coaches or Team Parents will contact parents and expect immediate improvement.

19. Awards Ceremony

The swim team season would not be complete without holding our annual Gower Awards Ceremony. This is the time to pass out awards, recognize coaches, and look back at the season's achievements. We leave this celebration looking forward to the next season.

Most Improved

This award is presented to swimmers whom the coaches feel have shown significant improvement throughout the season. It is not solely based on improvement of times but also includes strokes, attitude and commitment.

Spirit

This award is usually given to one boy and one girl that showed exceptional spirit during the season. It generally goes to an older swimmer, but is not limited by any age requirements.

Henry Faris Award

The award is given to the older boy who has shown dedication, leadership and sportsmanship while swimming on the Gower Swim Team.

Jennifer Smith Award

This award is given to the older girl who has shown dedication, leadership, and sportsmanship while swimming on the Gower Swim Team.

Coaches Award

This award is given to swimmers who are helpful, kind, considerate, hardworking, dedicated and many other positive traits that contribute to the Gower Swim Team. These swimmers are also present at as many practices as possible and give 100% every day.

High Point

This award is presented to a boy and a girl in each age group who scores the most points in the Red Division Meet.

Championships/Classics Award

Unless a swimmer is disqualified, all finishers will receive a SAIL award, usually a medal. First place winners in both Championships and Classics are given a SAIL First Place T-shirt. Classic participants can earn the high point award by scoring the most overall points in the meet. High Point awards are not given in every age group.

20. Helpful Hints for Parents

Be supportive. Communicate with the coaches and swim team committee. Promote team spirit and camaraderie. Help your child learn to respect individual differences. Praise your child's improved swimming skills. Build his/her self-esteem. Promote healthy competition. Encourage self-discipline and commitment. Remember that your swimmer is doing his/her best. Let your child know how proud you are of his/her achievement. You can check your child's times for each meet on www.Greenvilleonline.com/sail and point out their improvement. If you would like more information regarding SAIL, you may go to the SAIL website at www.swimsail.org. You may contact the Swim Team parents at swim@gowerpool.com. Emails will be sent when new information is posted on the Gower Website. For all the latest updates and any pertinent information regarding Gower swimming, please go to www.gowerpool.com