Aqua Devils
Swim Team

2016 Handbook
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IMPORTANT CONTACT INFORMATION

Main email:  dfc.swimteam@duke.edu

Parent Reps:  
  Katie Hanczaryk  
  Stephanie Brennan

Volunteer Coordinator:  
  Cheryl Anderson

Head Coach:  
  Katie Connolly

Duke Faculty Club  
  Eamonn Lanigan  eamonn.lanigan@duke.edu

Aqua Devils Website:  http://facultyclub.duke.edu/swimming/swimTeam.html

Durham Summer Swim League:  www.durhamsummerswimleague.com

Team Listserv:  The main form of communication will be through email.  The DFC will use the listserv to communicate anything and everything pertaining to the team from practice times, to schedule changes, to meet information.  Please contact the DFC Office if you’d like to be added to the listserv.
WELCOME AQUA DEVILS

Welcome to the Duke Faculty Club summer swim team! The purpose of this handbook is to both serve as an introduction to the summer swim team for new Aqua Devils families, as well as provide a package of useful information for all swimmers and parents. We want you to be well informed, and we sincerely welcome your participation with the team.

PHILOSOPHY & GOALS

The Aqua Devils swim team strives to provide swimmers, ages 5 to 18 years old, an opportunity to develop and improve their competitive swimming skills in a fun, safe, and healthy environment. Fitness, sportsmanship, team spirit, skill development, and participation by all swimmers in all meets are the Aqua Devils’ goals throughout the summer swim season.

LEAGUE INFORMATION

The Aqua Devils swim in the Durham Summer Swim League (DSSL), which was formed to enable Durham swim clubs to participate in the team sport of competitive swimming. The most important goal of the DSSL, as described in its bylaws, is to provide a climate of friendly competition, where swimmers can develop a love for the sport, improve their swimming skills, and learn the principles of good sportsmanship.

Additional information about the DSSL can be found at www.durhamsummerswimleague.com.

TEAM INFORMATION

Eligibility for Aqua Devils: The Aqua Devils is open to DFC members’ children ages 5-18 years old (as of June 1 of the current season). Though you do not need to be a proficient swimmer to participate, you must be able to swim one full length of the pool (25 yards) without stopping, standing, or holding onto a lane line in order to join the team. All new swimmers will be evaluated in the first week of practice to determine if the swim team is right for them. Swimmers must qualify during the first week of practice to be able to join the team for the current season.

Little Devils: The DFC also offers a pre-team Little Devils Development Program for swimmers ages 5 to 8 years old (as of June 1 of the current season). This program is for children who are comfortable in the water and have basic swimming skills, but aren’t quite able to swim a full length of the pool unassisted. For more information, please refer to the Little Devils section of this handbook.

Fees: Registration will begin March 13 and run through Thursday, May 12. The fee for the 2016 season is as follows:

- $115 per swimmer if registered and paid by April 13
  - $100 per swimmer if your family has 3 or more children on the team.
- $135 per swimmer if registered and paid after April 13
  - $115 per swimmer if your family has 3 or more children on the team.

These fees cover registration, an Aqua Devils t-shirt, and Aqua Devils swim cap, and entry into the Championship meet.

Registration: Registration forms can be found on the Aqua Devils website or you can pick one up at the DFC office. A completed registration form plus full payment by cash or check must be turned in to the DFC office before the swimmer’s first practice. Full refunds will be given for cancellations made through the first week of practice. No refunds will be given after Friday, May 20.
LITTLE DEVILS PROGRAM

The Little Devils Development Program is designed to introduce and excite young swimmers about participating on a swim team, strengthen their skills and confidence, and prepare them to transition them to the full Aqua Devils squad the following season.

Eligibility and Details: This program is open to swimmers between the ages of 5 and 8 years old (as of June 1 of the current season) who are comfortable in the water and have basic swimming skills but cannot yet swim a full length of the pool unassisted. They must have achieved a Level 4 in our swim lesson program, or have the skills equivalent to a Level 4 (floating, gliding, kicking on front; treading water; basic front crawl), and be able to swim at least a half-length of the pool (12 yards) unassisted.

All Little Devil swimmers will be evaluated to determine if the program is right for them. In order to participate in this program, you must attend at least one of the evaluation sessions. Please refer to the practice schedule for available days and times.

The 2016 Little Devils season is 4 weeks long and includes 5 practices a week and 3 swim meets (the intra-squad meet, and the first two dual meets). The Little Devils’ practices are specifically geared toward mastering the skills and fitness to graduate to the full squad in the following season, and will be separate from the regular Aqua Devils practice times so that all coaches are available to work with the swimmers.

The Little Devils will be eligible to participate in a freestyle developmental heat at the intra-squad meet and the first two dual swim meets. Developmental heats are co-ed and are swum as the first event of the meet. Often times, a Little Devil swims with the assistance of a junior coach.

Fees: Registration will begin March 13 and run through Thursday, May 12. Space is limited in this program and spots will be filled on a first come first serve basis.

- The fee for the 2016 Little Devils season is $115 per swimmer.
- Little Devil parents do not have volunteer obligations as do the parents of Aqua Devil swimmers.

Registration: Registration forms can be found on the Aqua Devils website or you can pick one up at the DFC office. A completed registration form plus full payment by cash or check must be turned in to the DFC office before the swimmer’s first practice. Full refunds will be given for cancellations made through the first week of Little Devils’ practice. No refunds will be given after Friday, May 20.
MANAGEMENT TEAM

Coaches: The Aqua Devils Coaching Staff is dedicated to creating a fun, safe, and healthy environment in which swimmers can develop and improve their competitive swimming skills. They enthusiastically participate in the entire Aqua Devils team experience, whether it is practices, socials, or meets.

- The Coaching Staff is responsible for designing and implementing the overall training program, stroke instruction, and practice sets, with an emphasis on skill development, fitness, team spirit, and sportsmanship.
- In coordination with the Parent Reps and DFC Management Staff, the Coaching Staff is responsible for communication to the swimmers and parents.
- The Coaching Staff is responsible for proper pool set-up, including backstroke flags and lane lines, and take-down for each practice and meet.
- For swim meets, the Coaching Staff will be responsible for assigning individual events as well as building relay teams that are fair to swimmers and to the team as a whole.

Head Coach:
- Katie Connolly (2nd season)

Assistant Coaches:
- This area will be updated as assistant coaches are confirmed.

Parent Reps: The Parent Representatives are an integral part to the success of the Aqua Devils. Their roles include working with the DFC and Aqua Devils Coaching Staff on pre-season planning and arrangements, organizing volunteers, supervising and managing the on-site logistics of dual meets and Championship meet, and representing the team at DSSL meetings. Aside from all the behind the scenes administration, they are also here to listen to your feedback, comments, and concerns, so please feel free to contact them at practices or meets.

DFC Staff: DFC staff (coaches and admin staff) are the lead on all team communications as well as being the point people for contact (the main team email listed under contacts goes to DFC staff). When necessary, staff may redirect your question to a team volunteer, but please always begin your inquiries with a staff member.
PRACTICES

Practice is the single most important contributor to a swimmer’s skill development and improvement. The Aqua Devils Coaching Staff strive to incorporate stroke work, fitness, team spirit, and fun into every practice. Swimmers are encouraged to attend all practices and should recognize that the more practices they attend, the faster they will improve.

<table>
<thead>
<tr>
<th>2016 Aqua Devils Practice Schedule</th>
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<tbody>
<tr>
<td>DATE</td>
</tr>
<tr>
<td>Pre-season Evals #</td>
</tr>
<tr>
<td>May 7</td>
</tr>
<tr>
<td>May 10 &amp; 12</td>
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<td>May 16 – June 10</td>
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<td></td>
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<tr>
<td>June 13 – July 8</td>
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<td></td>
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<tr>
<td>June 14 – July 7</td>
</tr>
</tbody>
</table>

# Evaluations are for coaches to evaluate the skills of all new swimmers ages 8 and under
* Registration fees must be paid in full before participating in practices
** Little Devils practice ends on Thursday, June 9 and the final meet is Saturday June 11
*** Contact the Team Email to sign-up for this practice time

Practice Guidelines and Recommendations:

- Swimmers should try to arrive at least 10 minutes prior to the start of practice to allow adequate time for changing, socializing, eating a snack, etc. The swimmers are encouraged to be standing on deck with cap and goggles already on, prepared to jump into the water 5 minutes before their practice begins.
  - Swimmers should bring to each practice:
    - Swimsuit, Cap or Hair Tie
    - Goggles & Towel
    - Great Attitude!
- Plan to stay the entire practice. The last part of practice is often the most important.
- Parents are welcome to observe practice from the deck (and from the patio when practice is in the lap pool), but please do not approach the coaching staff or your swimmer(s) during practice. For the swimmers to learn as much as possible, it is imperative that the coaches maintain their full attention during practice.
- If you need to speak with the coaches in person, please do before or after practice time, or send an email to set up a convenient time outside of practice.
SWIM MEETS

The Aqua Devils competitive season consists of an Intrasquad time trial meet, 5 dual meets, and an all-league Championship Meet.

Meet Sign-up Process: Approximately one week prior to a swim meet, an email will be sent requesting parents sign-up their swimmer for up to three strokes. The first stroke will be guaranteed, while the next two will be used in consideration as the coaches assign individual events.

Swimmers who are not signed up by the meet deadline (usually 3 days prior) will not be able to swim in that meet.

Meet Sign-up Process:
Approximately one week prior to a swim meet, an email will be sent requesting parents sign-up their swimmer for up to three strokes. The first stroke will be guaranteed, while the next two will be used in consideration as the coaches assign individual events.

Swimmers who are not signed up by the meet deadline (usually 3 days prior) will not be able to swim in that meet.

Meets are held on Wednesdays nights and Saturday mornings.
- Wednesday evening meets begin at 6:00pm, unless the two teams agree to begin earlier
- Saturday morning meets begin at 9:00am, unless the two teams agree to begin earlier
- Warm-ups begin 1 hour prior to the start of the meet if it’s a home meet, and 30 minutes if it’s an away meet
- Plan to arrive at least 15 minutes prior to warm ups to get settled
- Swim meets generally last 3 to 4 hours

Away Meets: Directions to opposing team’s pools are posted on the Durham Summer Swim League website. Caravanning, driving, and parking information will also be e-mailed to the Aqua Devils listserv prior to each meet.

Swim Meet Events:
- On each team, boys and girls are separated by age groups: 6 and under, 7 & 8 years old, 9 & 10 years old, 11 & 12 years old, 13 & 14 years old and 15-18 years old.
- Their age group is determined by the swimmer’s age as of June 1 for that year.
- Each swimmer may swim up to 3 different individual events and one relay at each meet. Coaches determine the individual events and relays for each swimmer based on strategic decisions and abilities. Line-ups may not be changed by anyone but the Head Coach.
- Every event is first swum by the Girls and then followed by the Boys of that same age group.
- Every regular season dual swim meet is swum in the same order. Knowing this order will help the swimmer and parent anticipate when the swimmer should be at the clerk-of-course (please see the terminology section of this handbook).

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Stroke</th>
<th>Event</th>
<th>Age Group</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 2</td>
<td>6 &amp; under</td>
<td>25 yd freestyle</td>
<td>27 &amp; 28</td>
<td>7-8</td>
<td>25 yd backstroke</td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>7-8</td>
<td>25 yd freestyle</td>
<td>29 &amp; 30</td>
<td>9-10</td>
<td>50 yd backstroke</td>
</tr>
<tr>
<td>5 &amp; 6</td>
<td>9-10</td>
<td>50 yd freestyle</td>
<td>31 &amp; 32</td>
<td>11-12</td>
<td>50 yd backstroke</td>
</tr>
<tr>
<td>7 &amp; 8</td>
<td>11-12</td>
<td>50 yd freestyle</td>
<td>33 &amp; 34</td>
<td>13-14</td>
<td>50 yd backstroke</td>
</tr>
<tr>
<td>9 &amp; 10</td>
<td>13-14</td>
<td>50 yd freestyle</td>
<td>35 &amp; 36</td>
<td>15-18</td>
<td>50 yd backstroke</td>
</tr>
<tr>
<td>11 &amp; 12</td>
<td>15-18</td>
<td>100 yd freestyle</td>
<td>37 &amp; 38</td>
<td>6 &amp; under</td>
<td>25 yd butterfly</td>
</tr>
<tr>
<td>13 &amp; 14</td>
<td>6 &amp; under</td>
<td>25 yd breaststroke</td>
<td>39 &amp; 40</td>
<td>7-8</td>
<td>25 yd butterfly</td>
</tr>
<tr>
<td>15 &amp; 16</td>
<td>7-8</td>
<td>25 yd breaststroke</td>
<td>41 &amp; 42</td>
<td>9-10</td>
<td>50 yd butterfly</td>
</tr>
<tr>
<td>17 &amp; 18</td>
<td>9-10</td>
<td>50 yd breaststroke</td>
<td>43 &amp; 44</td>
<td>11-12</td>
<td>50 yd butterfly</td>
</tr>
<tr>
<td>19 &amp; 20</td>
<td>11-12</td>
<td>50 yd breaststroke</td>
<td>45 &amp; 46</td>
<td>13-14</td>
<td>50 yd butterfly</td>
</tr>
<tr>
<td>21 &amp; 22</td>
<td>13-14</td>
<td>50 yd breaststroke</td>
<td>47 &amp; 48</td>
<td>15-18</td>
<td>50 yd butterfly</td>
</tr>
<tr>
<td>23 &amp; 24</td>
<td>15-18</td>
<td>50 yd breaststroke</td>
<td>49</td>
<td>Mixed Age</td>
<td>Freestyle relay</td>
</tr>
<tr>
<td>50</td>
<td>TBD Coaches &amp; Parent</td>
<td>Just For Fun Relays</td>
<td>No points awarded</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SWIM SUITS
The Aqua Devils swim team uniform for meets is a solid royal blue swim suit for competitive swimming (one-piece style for girls and jammer style for boys). The suit must comply with DSSL regulations. Each swimmer is responsible for purchasing their own suit for the season. There are many local and online resources for buying competitive swim wear. Please contact any of the Management Team for more information.

INCLEMENT WEATHER POLICY
Practices and meets are held rain or shine, but may be cancelled or postponed due to thunder, lightning, or pool mechanical issues. If the event of cold and/or wet weather, more practice time may be devoted to dry land exercises. If practice or a meet is cancelled, an email will be sent to DFC Alerts, as well as the Aqua Devils listserv as soon as the decision is made. Otherwise, always assume they are being held.

FAMILY VOLUNTEER COMMITMENT
Parents are an important component of the Aqua Devils Team who must be involved at multiple levels, from helping and encouraging their children to contributing essential volunteer hours. To a very large extent, the Aqua Devil swim team (and the Durham Summer Swim League) is a volunteer effort. In order to have the most successful and fun season possible, we need the participation of every family. Early in the season, families will be asked to either commit to a volunteer role for three (3) swim meets or serve as a member on a committee.

If you are unable to fulfill your volunteer duties for whatever reason, you may opt to pay an extra $200.00 fee. We strongly discourage families from picking this option, though, for the success of the team relies heavily on its volunteers.

Swimmers whose parents have not yet signed-up for their volunteer spots by Wednesday, June 1 will be removed from the team.

There are multiple ways to contribute your time, and we will work to find something that fits within your schedule and talents. There are three levels of service: no experience required, some experience required, and DSSL training required.

No/Some Experience Required – COMMITTEE PARTICIPANTS
- Parent Representatives: Pre-season planning; on-site meet logistics coordinator; volunteer organization; attend DSSL Meetings; (2 year commitment).
  - Katie Hanczaryk
  - Stephanie Brennan

- Volunteer Coordinator: Organizing and coordinating parent volunteer commitments at meets. Must arrive early at all meets & handle volunteer check in.
  - Cheryl Anderson

- Championship Meet Coordinator: Work with the coach to organize end of the season Championship Meet. Attend seed meeting with coach.

- Photography Coordinators: Organize and implement team photo. Take pictures during meets and swim team events.
- **Social Coordinators:** Coordinate various social events to bring the team together informally during the season. Work with the parent representatives to organize at least three (3) social events per season. These events could include social events after swim meets such as gathering at a pizza or ice cream restaurant or a pot luck lunch, a pizza party, tie dye, sundaes, pep rally, Grill’n’Chills, etc.

- **Event Coordinators:** Coordinate the annual Team Picture (working with parent reps, coaches, and Photography Committee to orchestrate the overall event) and the End-of-Season Celebration (including food and team awards and recognitions).

**No/Some Experience Required - MEET VOLUNTEER POSITIONS:**

- **Clerk of Course:** Helps the coach organize the swimmers for their events, hands them their event cards, makes sure relay teams are in the correct order, and sends swimmers to the lineup area.

- **Assistant Clerk of Course:** Makes sure swimmers are lined up in the right order, gives lane assignments, and sends swimmers to the blocks.

- **Timer/Backup Timer:** Using a stopwatch provided by the team, the timer starts the watch using the strobe light/horn of the starting machine as the starting signal and stops the watch when any part of the swimmer touches the wall. There is a timer from each team working each lane, but the home team timer writes both times down on the card and then gives it to the runner. The backup timer starts the watch at the beginning of the race and helps any timer whose stopwatch didn’t start correctly. Brief training is all that is required for the timer jobs.

- **Place Judge:** Stands at the finishing end of the pool and marks which swimmer finishes in what place. If the 2 place judge slips do not match the Meet Director will determine the finish.

- **Runner:** Collects time cards from each of the six lanes plus the place-order slips from the two place judges and delivers them to the scorer’s table. They also collect any disqualification slips from the stroke/turn judges.

- **Time Averager:** Takes the cards from the runners and averages the two scores for each swimmer. Attaches any DQ slips to the time cards.

- **Time Recorder:** Records the averaged time for all the swimmers or writes in DQ if there is no valid time. Writes the place of each swimmer for each event 1st – 6th.

- **Scorer:** Looks at the time cards, DQ slips, Place Judge slips, and determines the final ranking for swimmers and award appropriate points.

- **Ribbon Writer:** Makes sure each team has their place ribbons at the end of the meet.

- **Heat Ribbon:** Awards fastest swimmer in each heat a ribbon at the end of their heat (race).

- **Hospitality:** Makes sure coaches and volunteers have water as needed throughout the meet.
DSSL Training Required - MEET VOLUNTEER POSITIONS:

- **Meet Director:** The overseer who makes sure all jobs are filled and that things run as smoothly as possible. Must be willing to approach people at the meet to help fill jobs at the last minute. This would be a person who knows many of the faces around the pool, and has often been a season-long position. The Meet Director needs to be familiar with all the positions, the potential problems, and be able to draft helpers and give rapid on-the-job training. **Requires training.**

- **Starter:** Operates the "Start System" to make announcements; calls the swimmers up for their events; starts each event. **Requires training.**

- **Stroke/Turn Judge:** The Stroke/Turn Judge watches the swimmer's form and must disqualify the swimmer if the stroke does not meet stated criteria. There are 4 stroke judges, 2 from each team, located diagonally across the pool from each other. The stroke judges are primarily responsible for the three lanes on their side and at their end of the pool. The Durham Summer Swim League has a training video, and there are swim league stroke/turn judging clinics. The swim team and league are always badly in need good stroke judges. **Requires training.**

STROKE DESCRIPTIONS

**Freestyle:** While front crawl is mostly commonly used, any swimming style can be used during freestyle competitions. You must touch the wall with some part of your body when making a turn and upon finishing, and you cannot pull along lane lines, grab another swimmer, or push off the bottom of the pool. Otherwise, most everything is fair game.

**Breaststroke:** This is the most formalized of the strokes. On starts and turns, the swimmer may pull in any fashion that keeps the arms underwater at all times and is a simultaneous movement of both arms. The kick must sweep out, and then end with a “frog kick” motion in a simultaneous movement of both legs. The swimmer is not allowed to flutter or dolphin kick (any up and down motions with the feet). When touching the walls for turns and finishes, both hands must touch at the same time.

**Backstroke:** The primary rule is that the swimmer must be on his back. The swimmer is allowed to roll onto the chest before turning.

**Butterfly** The butterfly is similar to the breaststroke in that all movements of the arms or legs must be simultaneous. The swimmer must bring his arms over the top of the water when recovering from the last pull. The kick must be a simultaneous up and down movement of both legs; and both hands must touch the wall at the same time.
SWIMMING TERMINOLOGY

Clerk of Course: The designated area where swimmers go to be pre-staged for the upcoming events; swimmers are usually placed on benches in the order they will swim.

Developmental Heat: Heat of Little Devils swimmers that may require assistance from a floatation device or another swimmer. This is not an official race and will not be scored.

DQ (Disqualified): A swimmer who commits a stroke violation or fails to touch properly. No time is recorded and no points scored for that swimmer for that event.

Event: Any race or a series of races, in a given stroke and distance.

False Start: Any swimmer who is not motionless when the starting gun is fired or who leaves the starting blocks before the gun is fired is charged with a false start. A swimmer charged with 2 false starts is disqualified from the particular event.

Heat: A division of an event in which there are too many swimmers to compete at one time. A pool usually has 6 lanes for each race. If there are more racers than lanes, multiple heats may be swum for a single event to allow all swimmers a chance to swim that event.

Heat Sheet: Booklet sold for the Championship Meet that lists the event, heat, and assignment for each swimmer.

I.M. (Individual Medley): An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke and freestyle. This event is not swum at the meet, but is often done in practice.

Lane: The specific area, marked by lane lines, in which a swimmer is assigned to swim.

Lane Lines: Continuous floating markers attached to a line stretched from the starting end of the pool to the turning end of the pool, for the purpose of separating each lane.

Leg (relay): The part of a relay event that is swum by a single team member.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, swimmers test their time against the clock and other swimmers to see how they are improving.

Free Relay: An event in which 5 swimmers, one from each age group (except 6 & under), compete together as a team to achieve one time.

Scratch: To withdraw from an event in a competition.

Starting Block: The platform the swimmer stands on to begin a race.

Warning (Backstroke) Flags: Located 15 feet from each end of the pool and strung across the pool above the water, indicating to backstroke swimmers that they are nearing the end of the pool.