



Sandhills Summer Swim League
May 2010

Philosophy: To benefit and increase the base of competitive swimming in Moore County. USA Swimming guidelines will be used to achieve this goal.

League Commissioner: The league commissioner will make rules and oversee the league with support from the advisory board. The commissioner must have been a member of USA Swimming for a minimum of ten years. The commissioner must also be at level three in ACSA. The commissioner will name the advisory board and must approve all coaches in the league. (2010 League Commissioner: Taylor Cooper)

Advisory Board: Three members of the advisory board must have an excellent working knowledge of competitive swimming and be approved by the commissioner. (2010 Advisory Board: Rachel Fritz, Owen Herbert, and Lindley Fluery)

Dual Meets:

The Home Team's responsibilities are as follows:

1. Must provide stopwatches and clipboards.
2. Must reschedule meets due to bad weather within 24 hours. The change in schedule must be reported to the league commissioner.

Your role as a coach:

1. Provide personal and social development for a swimmer's lifetime skills.
2. Provide a fun and enjoyable environment.
3. Orient young swimmers to competitive swimming.

Responsibilities as a coach:

1. Teach and be aware of your water safety skills at all times.
2. Be ethically and morally correct in your choices beyond swimming.
3. Be on time and prepared for every class.
4. Communicate with the commissioner and the advisory board about problems or questions regarding appropriate behavior for parents and swimmers.
5. Teach basic stroke biomechanics to the best of your ability.
6. Turn in all Hy-Tech files (with updated times after each dual meet) at least five to six days before each meet. (except for the specific deadline for the championship)

7. Give Owen Herbert and/or Taylor Cooper an email address to keep up with all coaches (oherbert08@yahoo.com). You are responsible for disseminating any information relevant to all meets and seasonal schedule to your parents.

Championship Meet: Each swimmer must have participated in at least one prior meet in order to be eligible to compete in the championship meet. A swimmer may swim a maximum of three individual events and one relay, or two individual events and two relays. The entry must be turned in on league entry forms!

League records: can be set only at the championship meet.

Team Rosters and Meet Entries: All coaches will be given a copy of the Hy-Tech Team Manager program for use this summer. It will be required for all entries and rosters to be in this format. This gives us the opportunity to print Heat Sheets and results in a much more efficient manner. Owen will address any problems or questions with the software.

Protests: All league protests must be submitted in writing to the league commissioner within 24 hours of the infraction. The head coach and commissioner will discuss the infraction. Parents must communicate through the coaches. All the league commissioner's rulings are final. All parents must receive a copy of the league rules and regulations at the start of each season.

League dues are \$175.00 for returning teams and \$150.00 for new teams. This helps cover the cost of event cards, awards, and the use of the Colorado timing system at the championship meet.

League Developmental Meets will be held at the O'Neal School (or another organized location approved by the commissioner and the advisory board) on Tuesday evenings with rotating warm-ups times available for all teams.

June 22nd	Developmental Meet – Fr/Bk (All Teams @ O'Neal)
June 29th	Developmental Meet – Br/Fly (All Teams @ O'Neal)
July 5th	Stroke Clinic (All Teams @ Elks)
July 13th	Dual Meet (Coordinate through Owen)
July 19th	MCSL Championships (TBA)

The League Dual meets will have a bullpen. Each team is required to provide two parent workers for each meet. 12 ½ yard events for ages six and under will be allowed in dual meets but not at the championship meet.

Each swimmer must have participated in at least one league dual meet in order to be eligible for the championship meet. The Hy-Tech entry is due **July 5th** and must include (you will receive a copy of the Hy-Tech Software and instructions on its use): **(\$25 late fee)**

All swimmers and every event they will swim.
All relays and swimmers in them.

Each team is required to provide a minimum of 2 parent workers.

Disqualifications will be called at the championships meet:

Backstroke – must touch wall on back
Breaststroke and butterfly – must touch wall with both hands
False starts are not allowed

In league meets and the championship meet, swimmers can compete in a maximum of four events:

3 individual events & 1 relay
2 individual events & 2 relays

Each team is allowed to enter both an A and B relay for each relay event. The relay will be composed of:

One 8 & under
One 10 & under
One 12 & under
One 14 & under

Each team is required to pay the league dues of \$175. This helps cover the cost of running the meets, heat sheets, pool rental, and experienced coaching guidance.