



The Clear Creek Swim League (CCSL)

[www.ccslswim.org](http://www.ccslswim.org)

***Spirit – Sportsmanship – Teamwork***

[www.seabrookstingrays.com](http://www.seabrookstingrays.com)

# 2010 TEAM HANDBOOK

# SEABROOK STINGRAYS

## 2010 Board Members, Committee Chairpersons, and Staff

### BOARD OF DIRECTORS

President	Bill Griffin	281-474-3296
Vice President	John Wauls	281-474-3114
Treasurer	Carrie Davis	713-725-3564
Secretary	Dena May	713-419-4187
Board Member/Volunteer Coord	Lora Wauls	281-635-6363
Board Member/Team Rep	Randi Whitney	281-474-9044
Board Member/Registrar	Katie Spicer	281-794-0537
Board Member/CCSL Rep	Dawn Short	281-705-6435
Board Member/CCSL Rep	Lisa Robinson	281-326-3741
Board Member	OPEN	xxx-xxx-xxxx

### COMMITTEE CHAIRPERSONS

Clerk of Course	Tony Short	281-687-6792
Coach Liaison/Practices	Board Members	<i>See above list</i>
Concessions Coordinator	Renee Israel	832-445-7310
Team Products Coordinator	Karen Butler	281-474-2747
End of Season Awards/Social Coordinator	OPEN	xxx-xxx-xxxx
Fundraising Coordinator	Lora Wauls	281-635-6363
Handbook Coordinator	Debbie Porter	281-474-2386
Pictures Coordinator	Lori Henninger-Griffin	281-474-3296
Registration Coordinator	Katie Spicer	281-794-0537
Seabrook Liaison	Gale Saley	281-682-6517
Sponsorship Coordinator	OPEN (J. Wauls – acting)	xxx-xxx-xxxx
Scholarship Coordinator	OPEN	xxx-xxx-xxxx
Swim-A-Thon Coordinator	Lora Wauls	281-635-6363
Swim-A-Thon Coordinator	Charlise Gunderson	281-474-2830
Team Dinner/Social Coordinator	Sharon Silvestri	281-291-7703
Team Dinner/Social Coordinator	Wendee Clemons	281-474-7364
Trophies/Awards Coordinator	OPEN	xxx-xxx-xxxx
Volunteer Coordinator	Lora Wauls	281-635-6363
Webmaster	Lee Ehmling	<a href="http://www.seabrookstingrays.com">www.seabrookstingrays.com</a>

### STINGRAY'S STAFF

Head Coach	Alex Burley	281-508-7754
Head Coach	Courtney Hill	832-754-9369
Asst. Coach	Kyle Gonzalez	832-860-3757
Asst. Coach	Zack Burley	713-906-9345

## Practice Schedule and Important Information

April 27 <sup>th</sup> - June 4 <sup>th</sup> (After School Practices)	4:00 – 5:00 pm ~ Ages 8 & Under 5:00 – 6:00 pm ~ Ages 9 - 12 6:00 – 7:00 pm ~ Ages 13 -18
May 31 <sup>st</sup>	NO practice - Memorial Day
June 7 <sup>th</sup> – July 2 <sup>nd</sup> (AM practices-School out)  (PM practice)	7:00 – 7:55 am ~ Ages 13 - 18 8:00 – 9:00 am ~ Ages 9 - 12 9:00 – 9:45 am ~ Ages 8 & under * See Coach Alex/Courtney
July 5 <sup>th</sup>	NO practice – 4 <sup>th</sup> of July holiday (observed)
July 6 <sup>th</sup> – July 9 <sup>th</sup>	8:00 – 9:30 am – All ages – champ series swimmers only

### Coaches' Notebook

A binder/notebook labeled 'Coaches Notebook' will be at every practice.

If you are going to swim in a meet, you **MUST** sign in under that meet no later than the Friday (8 days) prior to the meet that you will swim. You can also use this notebook to relay information about missed practices. This notebook can also be used to ask the coaches a question and indicate which events your child would be interested in swimming in the meets.

### Swimmer Mailboxes

Each family has a folder in the mailbox (green file folder boxes). All written correspondence between the Stingrays and your family is placed in your folder. This includes ribbons, newsletters and general information. Mailboxes are on deck at most practices, so please check your folder as often as possible.

Also, there is a folder labeled "Swim Board" for correspondence *to* the Stingrays Board.

### Team Web Site ([www.seabrookstingrays.com](http://www.seabrookstingrays.com))

*PLEASE*, check web site for up-dates, important information, team scores, Board Members and Coaches information.

### Inclement Weather *(this applies to meets and practice)*

**At meets**, it is the role of the referees to make the decision regarding the starting and stopping of the meet and it is beyond any individuals control. If you have personal concerns, please advise the team representative or the clerk of course that your child is not swimming and adjustments will be made.

**At practices**, the coaches on deck will make the determination using the following criteria:

Thunder: everyone gets out of the pool and we wait 15 minutes from the last burst.

Lightning: everyone out of the pool and we wait 30 minutes from the last sighting.

These determinations are made by coaches on site. If any parent has concerns please remove your child/children at your discretion to a situation, you as a parent feel is safe/comfortable.

If lightning or thunder is present, it is not safe to be in the pool area. Parents, please be alert to weather conditions and be available to take your swimmer home if practice is cancelled.

## Seabrook Pool Rules:

The city of Seabrook allows the Stingrays to practice at the facility and follow the rules in place. It is up to the parents to insure the safety of their own children as the facility is a “use at own risk”. Therefore, the following standards rules are in place and will be addressed by everyone on the pool area (parents, coaches etc – do not expect the coaches to see everything as their focus is on the swimmers in the pool and not on the deck behind them.

- No running
- No horseplay
- Activities confined to large pool only – no one should be in smaller pool
- Bathrooms are maintained in the pre-season by Stingrays – not by the city
- Pool rules apply to Stingrays members and parents
- Regarding issues with the cleanliness of the pool – city guidelines for treatment will be followed
- Pool storage room by bathrooms access is limited to coaches and board members – not for general team use.
- If you have concerns – please contact Gale Saley 281-682-6517

## Team Dinner/Social – June 11<sup>th</sup> & June 25<sup>th</sup>

On the Friday evening before each Home Meet (@ the Seabrook Pool), we have a Team Dinner/Social at the pool. The whole family is invited and after we eat and socialize, we all pitch in to get the pool ready for the meet the next morning. Our Team Dinner coordinators are Sharon Silvestri and Wendee Clemons. WATCH for Team Dinner/Social fliers in swimmers mailbox the week of a Home meet.

## Scholarship Program

The Seabrook Stingrays are committed to recognizing the commitment and teamwork of our High School Swimmers. The Seabrook Stingray Scholarship Program is an effort to reward and encourage High School swimmers to participate on the Seabrook Stingrays Swim Team through monetary commitments toward their higher education. Please see the program description and application for more information.

## 2010 Swim Meet Schedule

### Regular Season

- |    |         |             |     |   |
|----|---------|-------------|-----|---|
| 1. | June 5  | Away Meet   | @   | Dickinson                                 |
| 2. | June 12 | Home Meet   | vs. | Timber Cove (Team Dinner/Social - 6/11)   |
| 3. | June 19 | “Away” Meet | @   | Texas City                                |
| 4. | June 26 | Home Meet   | vs. | North Channel (Team Dinner/Social – 6/25) |
| 5. | July 3  | Away Meet   | @   | El Lago                                   |

### Championship Series

- |    |               |   |
|----|---------------|---|
| 1. | July 6 - Tue. | Last Chance Swim Meet @ Galena Park ISD Natatorium                              |
| 2. | July 10 -Sat  | Novice (AM) & Reserve (PM) Swim Meet @ Matthew T. Doyle Natatorium (Texas City) |
| 3. | July 11 - Sun | Champ Swim Meet @ Matthew T. Doyle Natatorium (Texas City)                      |

## **It's Meet Day ... Now What?**

1. Arrive at the pool no later than 7:00 am. Check your swimmers in and get their event numbers.
2. Locate the Stingray's tent area and get settled.
3. Team warm-ups begin at around 7:30 a.m.
4. All Meets begin promptly at 8:00 a.m. Any swimmer who is late runs the risk of being scratched from an event or the meet.
5. Keep swimmers in the Stingray's tent area while you are not swimming. It is very important that all swimmers be aware of their event numbers and report to the Ready Area on time.
6. You **MUST** call the Clerk of Course (Tony Short 281-687-6792) if you are not able to make it to a meet due to an Emergency. You must let the Coaches' and Clerk know, if you have to leave a meet early.
7. Relays are comprised of four swimmers. If one fails to show up for a meet or leaves early, it could cost the others the chance to swim.
8. All officials at CCSL swim meets are volunteers. If a problem arises concerning an official's call, contact our Team Representative (Randi Whitney 281-785-7299), not the official directly.
9. The Coaches' job during the meet is poolside, watching our swimmers. If you have questions for the Coaches, please contact our Team Representative, Coach Liaison, or a Board Member.
10. Put your name in permanent marker on everything you bring to practices and meets!
11. Make sure to bring lawn chairs, sunscreen, tents and bug spray to the meets. You'll appreciate the shade! Food and drink items are available for purchase at the concession stands and the revenue generated helps the swim teams!

## **Team Parent Volunteers**

We need all parents to volunteer during the meet, home and away. It takes approximately 60 parent volunteers to operate a home meet. The various jobs include: Lane Timers, Card Runners, Ribbon Writers, Ready-Area Workers, Concession Workers, Sign-In Parents. We do it all for our children, so please help out.

As stated on our registration forms "***As part of the Seabrook Stingrays Swim Team you agree to volunteer during half of all five meets your child/children swim***"

If you have not already volunteered to help, please contact Lora Wauls @ 281-635-6363.

## Meet Dates & Locations:

- Meet # 1 - 6/5:  
AWAY SB Stingrays vs Dickinson Gators @ Dickinson Civic Assoc. Pool  
3001 Spruce Drive - directly behind Monterey's Little Mexico  
<http://www.eteamz.com/dickinsongatorswimteam/>
- Meet # 2 - 6/12:  
HOME Timber Cove Dolphins vs SB Stringrays @ Seabrook City Pool  
2100 N. Meyer  
[www.seabrookstingrays.com](http://www.seabrookstingrays.com)
- Meet # 3 - 6/19:  
“AWAY” Texas City Makos vs SB Stingrays @ Matthew T. Doyle Natatorium –  
1900 5th Ave N
- Meet # 4 - 6/26:  
HOME North Channel Nadadores vs SB Stingrays @ Seabrook City Pool  
2100 N. Meyer  
[www.seabrookstingrays.com](http://www.seabrookstingrays.com)
- Meet # 5 - 7/3:  
AWAY SB Stingrays vs El Lago Dorados @ El Lago Community Pool  
419 Tallowood  
<http://dorados.wetpaint.com/>

### Championship Series

Matthew T. Doyle Natatorium  
1900 5<sup>th</sup> Ave N, Texas City

- 7/6 Last Chance Meet**  
**7/10 Novice (AM) & Reserve (PM) Meets**  
**7/11 CHAMP Meet**

Additional location help can be found @ [http://www.ccs swim.org/PDFs/20010/2010 handbook.pdf](http://www.ccs swim.org/PDFs/20010/2010%20handbook.pdf)

# Seabrook Stingrays Ethics

## Swimmer Code of Conduct

### Swimmer agrees to:

- 1) Be on time to all practices and meets.
- 2) Wear proper attire to all practices and events.  
(Girls: one piece bathing suits. Boys: bathing suits, no cut-offs)
- 3) Maintain a positive attitude at all times.
- 4) Show respect to coaches and other swimmers at all times.
- 5) Follow posted pool rules.
- 6) Respect pool property and equipment at home or away.
- 7) Practice during specified time for his/her age group.  
\*There is a coaches' notebook to write them notes, they check it daily.
- 8) During meets, swimmers agree to:
  - a) Be at meet on time. Notify coaches' if leaving for any reason.
  - b) Observe all safety rules.
  - c) Be in the Ready Area when called and remain until your heat is called.
  - d) Demonstrate good sportsmanship to teammates and other teams.
- 9) Respect coaches' privacy and authority:
  - a) Follow coaches' instructions the first time they are given.
  - b) No harassment regarding swim assignments – place requests in coaches' notebook
  - c) Appropriate texting only to notify swim meet availability
  - d) No Hanging out under the Coaches' Tent during swim meets unless discussion swim assignments/sequence

### **Consequences:** (based on infractions within the same week)

First offense: Verbal warning.

Second offense: Swimmer is moved to another group.

Third offense: Removal from practice and a phone call to parents.

Two removals from practice = no participation next Saturday swim meet.

## Parent's Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating with the Seabrook Stingrays, by following this Parents' Code of Ethics:

- 1) I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet, practice, or other event.
- 2) I will place the emotional and physical well being of my child ahead of my personal desire to win.
- 3) I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- 4) I will remember that our team is for youth, not adults.
- 5) I will do my very best to make swimming fun for my child.
- 6) I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- 7) Parents' NO coaching child from deck during practice. Deck Area is for Coaches' only. Talk to coaches' before or after practice.

*The following sections have been excerpted from the 2010 Clear Creek Swim League (CCSL) handbook and are provided for Information Only. If any discrepancies or disputes arise from this information, the CCSL handbook shall always take precedence.*

## **SECTION II LEAGUE RULES**

### **Preface**

These rules are specifically designed for closed (intra-league) swimming meets scheduled, sponsored and sanctioned by the Clear Creek Swimming League and are promulgated to provide regulation and guidance in the conduct of such meets.

Amendments to these rules may be proposed in writing (accompanied by sufficient copies for each team in the league to have two) at any regular meeting from September through February. Proposed amendments will be referred to the Rule Committee for recommendations and will be voted upon at the next regular meeting. Adoption of an amendment will be by simple majority vote of the eligible voters present. Any adopted rule change will go into effect immediately, except those approved after March. Changes approved after March will not be effective until the *following* season. In adopting these rules, every effort has been made to enforce and enhance the purpose of the league, which is to develop in the children affected by this program a love for the sport, advance aquatic skills, teamwork, and the principles of good sportsmanship.

It is incumbent on all participants of this league, including competitors, coaches, officials, and parent organizations, to adhere scrupulously to this purpose within the framework of these rules, particularly in their conduct and actions associated with this program. It is anticipated that unforeseen circumstances will arise that will require interpretation of these rules and that, because of the diverse nature of the participating organizations, certain rules will have a different effect on different teams. In these situations, it is the earnest desire and urgent recommendation of the league that **NO INDIVIDUAL, COACH, TEAM OR PARENT ORGANIZATION SHALL PLACE GREATER EMPHASIS ON WINNING AWARDS AND TROPHIES THAN ON GOOD SPORTSMANSHIP AND MAXIMUM PARTICIPATION!**

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### **PART VI**

#### **USA Swimming Rules for Swimming the Strokes**

##### **101.2 BREASTSTROKE**

- 1. Start** — The forward start shall be used.
- 2. Stroke** — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- 3. Kick** — After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- 4. Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### 101.3 BUTTERFLY

1. Start — The forward start shall be used.
2. Stroke — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
3. Kick — All up-and-down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
4. Turns — At each turn, the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
5. Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

### 101.4 BACKSTROKE

1. Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
2. Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
3. Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.
4. Finish — Upon the finish of the race, the swimmer must touch the wall while on the back.

*CCSL Note: The key to a proper interpretation of the backstroke turn rule is the phrase "continuous turning action" and a uniform unbroken motion with no pauses. After the upper shoulder rotates beyond the vertical toward the breast, a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate a turn. There shall be no kick, arm pull, or floatation that is independent of the turn. The position of the head is not relevant.*

### 101.5 FREESTYLE

1. Start - The forward start shall be used.
2. Stroke - Freestyle means that in an event so designated the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
3. Turns - Upon completion of each length, the swimmer must touch the wall.
4. Finish - The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

### 101.6 INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

1. Start - The forward start shall be used.
2. Stroke - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
3. Turns
  - A. Intermediate turns within each stroke shall conform to the turn rules for that stroke.
  - B. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
    - (1) Butterfly to backstroke — The swimmer must touch two hands, as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
    - (2) Backstroke to breaststroke — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
    - (3) Breaststroke to freestyle — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.
4. Finish - The swimmer shall have finished the race when any part of his person touches the wall after the prescribed distance.

### 101.7 RELAYS

1. Freestyle Relay - Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
2. Medley Relay - Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
3. Rules Pertaining to Relay Races
  - A. No swimmer shall swim more than one leg in any relay event.
  - B. When automatic relay take-off judging is used, each swimmer must touch the touch-plate or pad in his lane at the end of the course to have finished his leg of the relay race.
  - C. In relay races, a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
  - D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
  - E. Each relay team member shall leave the water immediately upon finishing his leg, except the last member.
  - F. In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.
  - G. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.