



The Clear Creek Swim League (CCSL)

www.ccslswim.org

Spirit – Sportsmanship – Teamwork

www.seabrookstingrays.com

2011 TEAM HANDBOOK

SEABROOK STINGRAYS

2011 Board Members, Committee Chairpersons, and Staff

BOARD OF DIRECTORS

President	John Wauls	281-914-6057
Vice President	Mike Buske	281-532-0600
Treasurer	Gale Saley	281-474-2007
Secretary	Chrissy Ulrich	713-726-6476
Board Member/Volunteer Coord	Lora Wauls	281-635-6363
Board Member/Team Rep	Dawn Short	281-291-7405
Board Member/Registrar	Tina Ochel	281-291-9343
Board Member/CCSL Rep	Connie West	713-962-2821
Board Member/CCSL Rep	Lisa Robinson	281-326-3741
Board Member/Concessions	Renee Israel	281-326-0340

COMMITTEE CHAIRPERSONS

Clerk of Course	Tony Short	281-687-6792
Coach Liaison/Practices	Board Members	<i>See above list</i>
Concessions Coordinator	Renee Israel	713-319-6303
Team Products Coordinator	Melissa Gorena	281-291-0703
Team Products Coordinator	Stephanie Chambers	281-326-3440
End of Season Awards/Social Coordinator	Shannon Moreland	281-413-3742
Fundraising Coordinator	Tammy Wise	281-474-5602
Handbook Coordinator	Patti Clevenger	832-273-1987
Pictures Coordinator	Lori Henninger-Griffin	281-474-3296
Seabrook Liaison	Gale Saley	281-682-6517
Sponsorship Coordinator	John Wauls	281-474-3114
Scholarship Coordinator	Lori Borkowski	832-212-1707
Swim-A-Thon Coordinator	Tina Ochel	281-291-9343
Team Dinner/Social Coordinator	Delia Mizwa	281-942-9198
Team Dinner/Social Coordinator	LeeAnn Harryman	281-474-5204
Trophies/Awards Coordinator	Shannon Moreland	281-413-3742
Volunteer Coordinator	Lora Wauls	281-635-6363
Webmaster	Lee Ehmling	www.seabrookstingrays.com

STINGRAY'S STAFF

Head Coach	Courtney Hill	832-754-9369
Asst. Coach	Kyle Gonzalez	
Asst. Coach	Zack Burley	
Asst. Coach	Allison Silvestri	
Asst. Coach	Rachel Diehl	

Practice Schedule and Important Information

May 3 rd - June 3 rd (After School Practices)	4:00 – 4:55 pm ~ Ages 8 & Under 5:00 – 5:55 pm ~ Ages 9 - 12 6:00 – 6:55 pm ~ Ages 13 -18
May 30 th	NO practice - Memorial Day
June 6 th – July 1 st (AM practices-School's out) (PM practice)	7:00 – 7:55 am ~ Ages 13 - 18 8:00 – 8:55 am ~ Ages 9 - 12 9:00 – 9:45 am ~ Ages 8 & under * See Coach Courtney
July 4 th	NO practice – 4 th of July holiday (observed)
July 5 th – July 8 th	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)

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 10th & July 1st

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 Delia Mizwa and LeeAnn Harryman. 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. The scholarship program is open to all swimmers entering 9th grade in the fall. You must request an application and have it turned in by predetermined date. You can request the application and entry deadline from Lori Borkowski at 832-212-1707. Please refer to the program description and application for more information.

2011 Swim Meet Schedule

Regular Season

- | | | | | |
|----|---------|-----------|-----|---------------------------------------|
| 1. | June 4 | Away Meet | @ | Timber Cove |
| 2. | June 11 | Home Meet | vs. | Dickinson (Team Dinner/Social - 6/10) |
| 3. | June 18 | Away Meet | @ | Texas City |
| 4. | June 25 | Away Meet | @ | North Channel |
| 5. | July 2 | Home Meet | vs. | El Lago (Team Dinner/Social – 7/1) |

Championship Series

- | | | |
|----|---------------|---|
| 1. | Wk of July 5 | Last Chance Swim Meet @ Galena Park ISD Natatorium |
| 2. | July 9 -Sat | Novice (AM) & Reserve (PM) Swim Meet @ Matthew T. Doyle Natatorium (Texas City) |
| 3. | July 10 - Sun | Champ Swim Meet @ Matthew T. Doyle Natatorium (Texas City) |

Girls' Champ Times

Event	2011	
	Yards	Meters
8 & Under		
25 Free	0:19.81	0:21.45
25 Back	0:23.88	0:26.12
25 Breast	0:28.54	0:31.21
25 Fly	0:24.96	0:27.30
9 & 10		
50 Free	0:36.79	0:40.23
50 Back	0:45.04	0:49.26
50 Breast	0:49.72	0:54.37
50 Fly	0:45.86	0:50.15
100 IM	1:37.89	1:46.84
11 & 12		
50 Free	0:32.88	0:35.96
50 Back	0:39.49	0:43.19
50 Breast	0:43.46	0:47.53
50 Fly	0:37.90	0:41.45
100 IM	1:24.18	1:32.06
13 & 14		
50 Free	0:30.99	0:33.89
100 Free	1:09.84	1:16.37
50 Back	0:38.15	0:41.72
50 Breast	0:41.34	0:45.21
50 Fly	0:35.34	0:38.64
100 IM	1:20.48	1:28.01
15 & 18		
50 Free	0:29.17	0:31.90
100 Free	1:05.60	1:11.74
100 Back	1:21.00	1:28.58
100 Breast	1:29.75	1:38.15
100 Fly	1:20.37	1:27.90
200 IM	2:55.16	3:11.55
Open		
200 Free	2:37.78	2:52.55

Girls' Reserve Times

Event	2011	
	Yards	Meters
8 & Under		
25 Free	0:22.30	0:24.39
25 Back	0:28.68	0:31.36
25 Breast	0:32.25	0:35.27
25 Fly	0:31.86	0:34.84
9 & 10		
50 Free	0:41.06	0:44.90
50 Back	0:50.32	0:55.03
50 Breast	0:55.09	1:00.25
50 Fly	0:55.23	1:00.40
100 IM	1:49.65	1:59.91
11 & 12		
50 Free	0:36.98	0:40.45
50 Back	0:43.50	0:47.58
50 Breast	0:48.23	0:52.74
50 Fly	0:45.75	0:50.04
100 IM	1:34.60	1:43.46

Boys' Champ Times

Event	2011	
	Yards	Meters
8 & Under		
25 Free	0:19.41	0:21.23
25 Back	0:24.32	0:26.60
25 Breast	0:27.71	0:30.31
25 Fly	0:24.92	0:27.25
9 & 10		
50 Free	0:37.00	0:40.46
50 Back	0:48.07	0:52.57
50 Breast	0:51.71	0:56.55
50 Fly	0:50.21	0:54.91
100 IM	1:39.79	1:49.14
11 & 12		
50 Free	0:31.83	0:34.81
50 Back	0:40.16	0:43.92
50 Breast	0:43.79	0:47.89
50 Fly	0:39.71	0:43.42
100 IM	1:24.72	1:32.85
13 & 14		
50 Free	0:28.47	0:31.13
100 Free	1:05.62	1:11.77
50 Back	0:35.16	0:38.45
50 Breast	0:38.93	0:42.57
50 Fly	0:32.78	0:35.84
100 IM	1:15.06	1:22.09
15 & 18		
50 Free	0:25.24	0:27.60
100 Free	0:57.08	1:02.42
100 Back	1:08.78	1:15.22
100 Breast	1:16.27	1:23.41
100 Fly	1:07.42	1:13.73
200 IM	2:30.62	2:44.72
Open		
200 Free	2:13.70	2:26.21

Boys' Reserve Times

Event	2011	
	Yards	Meters
8 & Under		
25 Free	0:22.17	0:24.24
25 Back	0:29.14	0:31.87
25 Breast	0:34.35	0:37.56
25 Fly	0:33.19	0:36.29
9 & 10		
50 Free	0:40.86	0:44.68
50 Back	0:53.51	0:58.52
50 Breast	0:58.55	1:04.03
50 Fly	1:01.88	1:07.45
100 IM	2:00.40	2:11.67
11 & 12		
50 Free	0:36.91	0:40.37
50 Back	0:54.27	0:59.35
50 Breast	0:50.44	0:55.16
50 Fly	0:54.34	0:59.43
100 IM	1:46.55	1:56.53

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 (Dawn Short 281-705-6435), 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. You MUST check in with Lora Wauls on Saturday to verify your assignment for the meet.

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 - 6/4:
AWAY Seabrook Stingrays vs. Timber Cove Dolphins @ Timber Cove
Timber Cove City Pool; 1000 Shorewood Drive

Meet # 2 - 6/11:
HOME Dickinson Gators vs. Seabrook Stingrays @ Seabrook
Seabrook City Pool; 2100 N. Meyer
www.seabrookstingrays.com

Meet # 3 - 6/18:
AWAY Seabrook Stingrays vs. Texas City Makos @ Texas City
Matthew T. Doyle Natatorium; 1900 5th Ave N

Meet # 4 - 6/25: Seabrook Stingrays vs. North Channel Nadadores @ North Channel

AWAY

Galena Park ISD Natatorium; 15025 Wallisville Rd.

Meet # 5 - 7/2:
HOME

El Lago Dorado's vs. Seabrook Stingrays @ Seabrook
Seabrook City Pool; 2100 N. Meyer
www.seabrookstingrays.com

Championship Series

Matthew T. Doyle Natatorium
1900 5th Ave N, Texas City

Last Chance Meet (Week of July 4-actual date TBD)

7/9 Novice (AM) & Reserve (PM) Meets

7/10 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 Stingray's Record Board

<u>Year</u>	<u>GIRLS</u>		<u>EVENTS</u>		<u>BOYS</u>	<u>Year</u>
2008	Tyler Kmiecik	1:19.04	9-10 100Y INDIVIDUAL MEDLEY	1:28.97	Asa Clemons	2006
2008	Riley Kmiecik	1:04.26	11-12 100Y INDIVIDUAL MEDLEY	1:16.67	Christopher Collins	2005
2007	Rachel Diehl	1:18.08	13-14 100Y INDIVIDUAL MEDLEY	1:02.04	Asa Clemons	2010
2007	Katie Cummings	2:30.97	15-18 200Y INDIVIDUAL MEDLEY	2:14.07	Jorge Jimenez	2006
2006	SB (A)	1:31.81	8&UN 100Y MEDLEY RELAY	1:34.56	Joey Wise Chase Cross Juan David Cruz Jackson Mills	2010
2006	SB (A)	2:33.67	9-10 200Y MEDLEY RELAY	2:46.89*	Jeremy Wauls Brennen May Asa Clemons Brian Silvestri	2005
2007	SB (A)	2:20.10	11-12 200Y MEDLEY RELAY	2:24.27	SB (A)	2007

2010	Helena Ignatovich Sarah Short Ashley Wauls Addison Burley	2:15.71	13-14 200Y MEDLEY RELAY	2:00.37	Asa Clemons Jeremy Wauls Collin Cameron Hank West	2009
2007	SB (A)	2:10.08	15-18 200Y MEDLEY RELAY	1:43.22	Kyle Gonzalez Will Griffin Zack Burley Jeremy Wauls	2010
2007	Grace Ehmling	17.25	8&UN 25Y FREESTYLE	16.81	Jackson Mills	2010
2007	Samantha Hudman	27.38	15-18 50Y FREESTYLE	23.12	Kyle Gonzalez	2009
2009	Addison Burley	28.88	13-14 50Y FREESTYLE	24.54	Jeremy Wauls	2009
2007	Riley Kmiecik	27.19	11-12 50Y FREESTYLE	28.91	Christopher Collins	2005
2006	Riley Kmiecik	28.93	9-10 50Y FREESTYLE	32.92	Asa Clemons	2006
2007	Samantha Hudman	57.94	15-18 100Y FREESTYLE	50.72	Kyle Gonzalez	2010
2009	Addison Burley	1:05.22	13-14 100Y FREESTYLE	54.63	Kyle Gonzalez	2006
2008	Katie Cummings	2:14.90	18&UN 200Y FREESTYLE	1:57.59	Taylor Law	2007
2006	Kendra May	22.68	8&UN 25Y BACKSTROKE	24.77	Jacob Pendergrass	2005
2006	Natalie Stephens	37.99	9-10 50Y BACKSTROKE	42.57	Jeremy Wauls	2005
2008	Riley Kmiecik	30.52	11-12 50Y BACKSTROKE	35.98	Jeremy Wauls	2007
2010	Helena Ignatovich	36.59	13-14 50Y BACKSTROKE	28.79	Jeremy Wauls	2009
2005	Alex Burley	1:10.50	15-18 100Y BACKSTROKE	58.96	Kyle Gonzalez	2009
2006	Tyler Kmiecik	24.51	8&UN 25Y BREASTSTROKE	24.96	Jackson Mills	2010

2006	Riley Kmiecik	37.84	9-10 50Y BREASTSTROKE	48.04	Brennen May	2006
2008	Riley Kmiecik	34.51	11-12 50Y BREASTSTROKE	42.12	Colin Cameron	2007
2005	Kelsey Gonzalez	37.34	13-14 50Y BREASTSTROKE	32.52	Kyle Gonzalez	2006
2005	Alex Burley	1:14.47	15-18 100Y BREASTSTROKE	1:04.37	Will Griffin	2010
2007	Grace Ehmling	21.99	8&UN 25Y BUTTERFLY	20.33	Jackson Mills	2010
2006	Natalie Stephens	36.40	9-10 50Y BUTTERFLY	39.44	Asa Clemons	2005
2007	Natalie Stephens	32.39	11-12 50Y BUTTERFLY	32.19	Christopher Collins	2005
2007	Rachel Diehl	33.82	13-14 50Y BUTTERFLY	27.99	Will Stephens	2005
2007	Samantha Hudman	1:06.23	15-18 100Y BUTTERFLY	54.23	Jorge Jimenez	2007
2006	SB (A)	1:19.35	8&UN 100Y FREESTYLE RELAY	1:22.19	Juan David Cruz Matthew Gorena Chase Cross Jackson Mills	2010
2006	SB (A)	2:13.74*	9-10 200Y FREESTYLE RELAY	2:23.99*	Brian Silvestri Hank West Jeremy Wauls Asa Clemons	2005
2007	SB (A)	1:59.84	11-12 200Y FREESTYLE RELAY	2:07.99	SB (A)	2007
2010	Helena Ignatovich Ashley Wauls Addison Burley Savanah Davis	2:02.78	13-14 200Y FREESTYLE RELAY	1:47.00	Hank West Asa Clemons Brian Silvestri Jeremy Wauls	2009
2010	Allison Silvestri	1:53.95	15-18 200Y FREESTYLE RELAY	1:33.57	Kyle Gonzalez	2010

Katie Cummings
Samantha Krouse
Rachel Diehl

Will Griffin
Jeremy Wauls
Zack Burley

* = CCSL Record

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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 discussing 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.