



St. William the Abbot

C.Y.O.

SWIM TEAM

Coordinators:

MIKE PERRINO & BOB GOLDBERG

General Information

Many of the problems parents experience when their children get involved in swimming can be avoided by being prepared. Please read the following and help us have a “complaint-free” season.

Equipment

Goggles: Please make sure that your child has a good pair of goggles and that they are adjusted for a proper fit. Often, a swimmer will come up to one of the coaches and ask them to adjust their goggles...right before they are ready to swim. This takes a couple of minutes, not seconds. Time is critical here, so, best to do this at home.

Suits: The league office does not require swimmers to all wear a team uniform – they did ask for teams to have a “uniform appearance.” As long as swimmers wear black, or black and red, they shouldn’t have a problem.

Caps: Make sure that your child has a cap if they ordinarily use one. CYO will not allow any “wild” caps or caps used for other teams (i.e. school caps, summer recreation team caps, USS team caps). Like the suits, the team cap is always fine, but if your child uses a different cap, it should be basic black or white; one logo is fine, but not on both sides. Technically, this is not allowed. Some officials do not mind them, but, others are sticklers and we may need to ask swimmers to turn them inside out.

Jewelry: Swimmers are not allowed to wear any jewelry. Bracelets, ankle bracelets, watches, necklaces, and earrings (no matter where they are placed!) are not allowed. This applies to cloth bracelets too. If your child has had their ears pierced and cannot take them out, they have to be covered with tape. Although enforcement is spotty, some refs will simply ask a swimmer to step down and not allow them to swim. They will not hold up the meet to ask a swimmer to comply. The concern here is injury and liability.

Meets

Format: We will have 8 dual meets during the season. The meets will start in early January and end late March. Each meet will contain 46 events. Individual events by age group are freestyle, backstroke, and breaststroke. There are medley relays and free relays for all age groups too. The 17 and under relays must have at least two 14 and under swimmers.

Start Time: Each home team must complete the entire meet within two hours - with 46 events it is very important to arrive 30 minutes before the start. The posted times on the website and printed meet schedule are 30 minutes before the actual meet start. That is the time we need the swimmers there for attendance and warm-ups. If swimmers show up late we may already have made line-up changes assuming they are not coming.

Writing on Skin: We have found it helpful to write event numbers and lanes on the 10 and under swimmers to help them and the coaches know where they need to be. We use a non-toxic surgical skin-marker. If you are uncomfortable with this, please let us know before hand. Many of the little ones wear these markings as a badge of honor and try not to wash it off until their friends can see it in school.

Spectators: Spectators are not permitted on the pool deck or in the office during meets. There are several reasons: it is unsanitary to wear shoes on the pool deck; in and out traffic lets cold air into the pool; and finally, risk of injury.

Absenteeism: If you know that you cannot make a meet, please let one of the coaches know beforehand. If it comes up that you find out just before a meet, call one of the coaches. If your child gets sick the morning of a meet, please call one of the coaches and make sure that you get a person on the phone, not an answering machine. There are times that you cannot make a meet and that is perfectly understandable; we just need to know that in advance. The line-up is typically made the day before a meet and it literally takes hours, even with the use of computer software. Having a child not show up or telling us at the last minute has cascading effects. Often, a relay team has had to be scratched because of a no-show. That's 3 swimmers that are not able to swim because of the one absence. If we know in advance, we will most likely be able to make adjustments. Having a friend or neighbor show up at a meet and tell us that your child is not going to attend is not acceptable. This forces us to frantically make line-up changes at the last minute. If a swimmer does not show for a meet and did not call they may be suspended from swimming in the next meet. We try to get as many swimmers in as we can. This is the largest team St. William's has ever had, and as a result, we may not be able to get all of the swimmers in a given meet – when this happens we will try to tell them in advance. If a lane is cancelled at the last minute because of no-shows, we may have a situation where someone does not get to swim and was not notified in advance.

Cheering on the Team: Meets can be incredibly loud. That's fine and it's what we're all here for...to have fun and cheer on our kids. But, when an event is about to begin, we need to have the place quiet. Some of the refs have a good handle on keeping it quiet and orderly for the starts, while others just keep going regardless of the noise. When it's noisy, some of the swimmers cannot tell when to start. They can be a little nervous and miss coaches instructions, the refs "ready" call, or even the whistle or gun. Some swimmers are hearing-impaired and may get a late start because of the noise. Once the race begins, you are free to cheer.