

Brookhill Club Swim/Dive Team Handbook
1900 Cole Creek Drive, Omaha, NE 68114
402-391-4679
brookhillsdteam@gmail.com

Swim Practices					
	Monday	Tuesday	Wednesday	Thursday	Friday
11 & Over	8:30-9:30	8:00-9:00	8:30-9:30	8:30-9:30	8:30-9:30
9 – 10	9:30-10:15	9:00-10:00	9:30-10:15	9:30-10:15	9:30-10:15
8 & Under	10:15-11:00	9:00-10:00	10:15-11:00	10:15-11:00	10:15-11:00

Dive Practices					
	Monday	Tuesday	Wednesday	Thursday	Friday
10 & Under	8:30-9:30	8:00-9:00	8:30-9:30	8:30-9:30	8:30-9:30
11 & 12	9:30-10:15	9:00-10:00	9:30-10:15	9:30-10:15	9:30-10:15
13 & Over	10:15-11:00	9:00-10:00	10:15-11:00	10:15-11:00	10:15-11:00

2019 Swim/Dive Calendar

***Team Picture Day: Wed, June 12th during morning practice!**

May 28	Parent Meeting 6pm @ Brookhill			
May 29	Practices Start!			
	Swim Meet	Location	Dive Meet	Location
June 5	vs. Prairie Lane	@Brookhill	vs. Sunset	@Sunset
June 12*	vs. OCC	@OCC	vs. JCC	@ Brookhill
June 19	vs. Westgate	@Brookhill	vs. JCC	@ Brookhill
June 26	vs. Tiburon	@Tiburon	vs. OCC	@ OCC
July 1 (MONDAY!)	vs. Maple Village	@Maple Village	JULY 2 (TUESDAY!) vs. Sunset	@Brookhill
July 8 (Monday)	Prelims (8 & under, 9-10)	@Westgate	--	--
July 9	Prelims (11 & up)	@Maple Village	--	--
July 10	--	--	Dive Finals	@ Brookhill
July 11	Swim Finals	@ Brookhill	Dive Final Rain Date	
July 12 or 13	Rain Date			
July 14	End of Season Party	Brookhill		

Away Swim Meet Locations:

Prairie Lane: 11550 Prairie Ln Dr., Omaha, NE 68144
 OCC: Omaha Country Club: 6900 Country Club Rd, Omaha, NE 68152
 Westgate: 8233 Grover St, Omaha, NE 68124
 Tiburon: 10220 S 168th Ave, Omaha, NE 68136
 Maple Village: 3645 Maplewood Blvd, Omaha, NE 68134

Away Dive Meet Locations:

Sunset: 9601 Walnut St, Omaha, NE 68124
 JCC: Jewish Community Center: 333 S 132nd St, Omaha, NE 68154
 OCC: Omaha Country Club: 6900 Country Club Rd, Omaha, NE 68152

Dear Barracuda Parents!

We look forward to a fun season full of team enthusiasm and energy. We have a talented group of coaches ready and anxious to work with each new and returning Barracuda!

The main focus of swim team is to *have fun*, all the while improving swimming skills. All interested swimmers age 18 and under are welcome. There are no try-outs, but swimmers *must be able to swim recognizable strokes for the length of the pool. 10 and Under swimmers should be able to complete a full length unassisted. Athletes 11 and over should be able to swim two full laps without assistance. Swimmers will participate in meets at the coaches' discretion.*

One of the main ingredients to a successful team is Parents! Not only do parents provide membership and transportation to practices and meets, but they also provide moral support. Parents also are the glue to successful meets. We'll be there beside you to support and cheer your swimmers on! Go Barracudas!

Sincerely,

Brookhill Club Board of Directors

Be on time

Attend practice regularly

Remember goggles, swim cap, & towel

Relax and root for your teammates

Always have fun

Communicate with coaches

Unite as a Team

Discover your best stroke

Act, think, look, & talk positively

Swimmers, take your mark

In order to make Meet schedule deadlines, the coaching staff must be informed of Meet absences:

- 1) By Mondays @ 5pm on TeamSnap Schedule**
- 2) By a Parent –*please don't have your child tell the coach verbally at practice, there is too much going on to keep track.***
- 3) IF YOUR PLANS CHANGE THE DAY OF THE MEET: email at brookhillsdteam@gmail.com**

Meet the Coaching Staff!

Each coach:

- is a certified lifeguard
- knows first aid
- completed CPR training for the professional rescuer

Each of these requirements must be kept up-to-date in order to maintain swim coach status.

Head Dive Coach: Candace Finn

Bio: My name is Candace Finn and I'm in nursing school. This is my third year coaching the dive team, which I was a part of for about 10 years, and I have been a member at the pool for 19 years!

Head Swim Coach: James Justice

Bio: James has been involved with swimming since he was 8 years old. He swam club for Swim Omaha and swam at Creighton Prep for high school. He was the head coached of UNO Master's swim program in college, and coached Skutt Catholic's swim team for two years. James lifeguarded and managed at Brookhill from 2009-2016. Currently James teaches Government at Creighton Prep.

Assistant Swim Coaches: Ashely Rosenthal, Reid Kniewel, Rush Clark

Junior Assistant Swim Coach: Kate Jensen

Bio: My name is Kate Jensen and I will be a senior at Marian high school in the fall. I have been swimming for 9 years; beginning at Brookhill when I was 9 years old. At age 11, I began to swim at Greater Omaha Aquatics (GOAL) during the school year, while swimming at Brookhill in the summer. For the past two years I have swam on the Marian Swim and Dive team. I can't wait to help coach the next generation of swimmers!

Junior Assistant Swim Coach: Kyra Knudsen

Bio: My name is Kyra Knudsen. I'm going in to my Junior year at Marian High School. I started swimming when I was 4 at Brownell-Talbot. I then began swim team when I was 5 years old at Brookhill. I also swam club for 6 years at swim Omaha. Some of the other things that I am involved in include dance and many other clubs at Marian. I have always enjoyed swimming and I cannot wait to pass down this love to your kids.

Swim Team Parent Committee:

Carissa Grunke, Leann Kniewel, Lori Rusch

Swim League Description

There are four divisions (A, B, C, CC) of swimming in the Greater Omaha Summer Swim League (GOSL). Brookhill Club Barracudas will swim in Division B this year. This class is made up of these swim teams:

- Prairie Lane
- Omaha Country Club (OCC)
- Westgate
- Tiburon
- Maple Village

Dive League Description

Brookhill Club Barracudas will dive against the following GOSL teams:

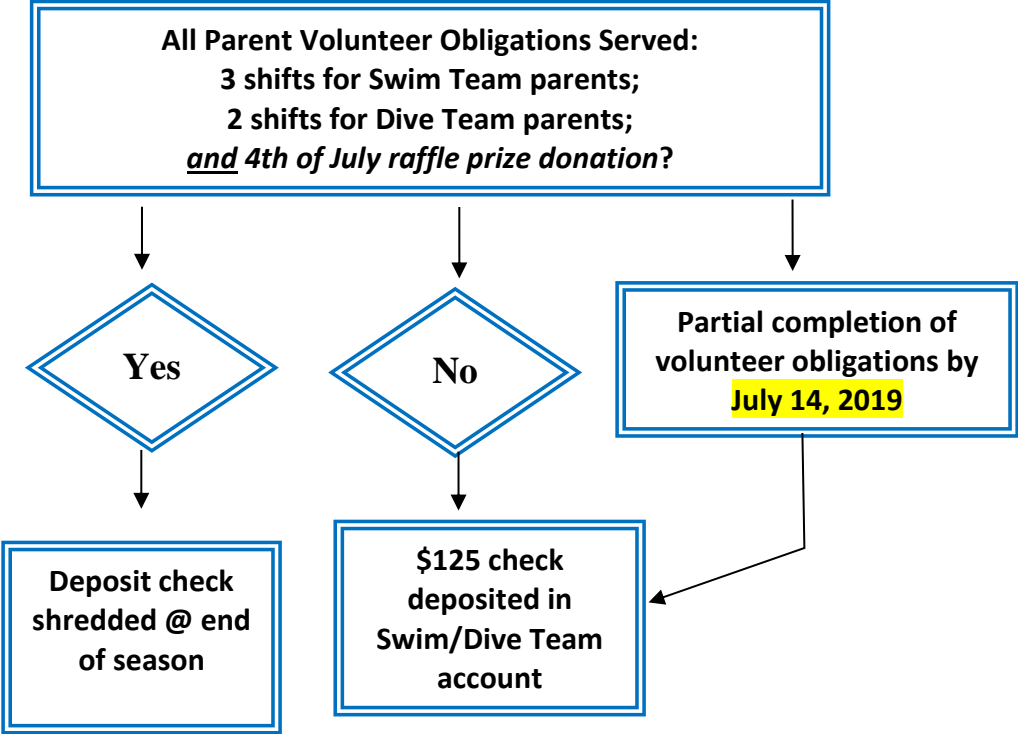
- Brookhill
- Jewish Community Center (JCC)
- Sunset
- Omaha Country Club (OCC)

Dues/Responsibilities

- One swimmer or diver: \$45
- Each additional family member: \$30
- Swimming & Diving: Add \$20 per child
- **Late Fee if not received before May 15, add \$30 per family**
- One Raffle gift (new, \$25 value) for July 4th Fundraiser \$25 value per family
- **Deposit Options:** \$125 (pick one below)
 - **Deposit Option 1:** \$125.00 Deposit (separate check) paid at time of registration.
 - Check will not be cashed if ALL volunteer obligations are met by July 14, 2019. (see below)
 - If only partial volunteer obligations are completed, then the entire check will be cashed at end of season.
 - **Deposit Option 2:** \$125.00 deposit (separate check) paid at time of registration
 - Family chooses to "Opt-Out" of ALL volunteer obligations (shifts AND raffle donation) or only completes some of the volunteer obligations
 - Check will be cashed at start of season

Volunteer Obligations for Season: (see graphic next page)

- Swim Team member parent must complete 3 shifts per family and dive team member parent must complete 2 shifts per family
- Be sure to CHECK IN with the designated Volunteer Coordinator at the events for which you volunteer!
- One Raffle gift donation (new, \$25 value) for July 4th Fundraiser. (Please look for directions when items may be brought to the pool)



Practice Policies

The season begins with the first practice on Wednesday May 29, 2019, spanning the summer with Finals held on Thursday July 11, 2019.

1. Be on time to practice! Being late is disruptive
2. **Every day – bring athletic shoes, shorts & t-shirt (for use in dryland training)**
 - Rain does NOT cancel practice
 - Thunder and Lightning DOES cancel practice
 - Air Temperature below 62 degrees DOES cancel practice
 - Check KETV.com or your weather app @ 8:00am for current temperature
 - **Coaches will communicate via TeamSnap regarding inclement weather.**
 - Coaches may incorporate stretching and dryland practices to compliment water practices on rainy days.
3. Listen and be respectful of coaches
4. Cell phones should be turned off and left in bags
5. Do not hang on to lane ropes
6. If you need to miss or leave practice early, let your coach know ahead of time
7. Leave the pool promptly at the end of your practice
8. Attending practices is not mandatory. However, a swimmer's performance is more likely to improve if attendance is regular.

In order to make Meet schedule deadlines, the coaching staff must be informed of Meet absences:

- 4) By Mondays @ 5pm on TeamSnap Schedule**
- 5) By a Parent** –*please don't have your child tell the coach verbally at practice, there is too much going on to keep track.*
- 6) IF YOUR PLANS CHANGE THE DAY OF THE MEET: email at brookhillsdteam@gmail.com**

Meet Tips

- MapQuest the pool where the Away meet is being held
- Check the forecast – hot, rain, & cool evenings are all possible, dress appropriately
- Swimmers and parents wear Brookhill tshirts, sweatshirts or team color of red and black

Bring:

- Team swim suit
- 2-3 towels
- Goggles
- Extra goggles (just in case)
- Team swim cap
- Sweatshirt and sweatpants
- Fruit
- Water or Juice (in plastic bottles, NOT glass)
- Cash to buy program or items from snack bar
- Highlighter and Pen to mark your swimmer or team's swimmers in the program
- Sunglasses
- Hat
- Folding chairs for parents
- Sunscreen
- Insect Repellent
- Smiles, Team Spirit

Arrive: 15-20 minutes prior to team warm-up time.

- Buy a meet program (\$1-2)
- Locate Brookhill Team's waiting area. All swimmers should remain here in between events
- Swimmers should locate their coach for event assignments
 - Written in permanent marker on the back of swimmers' hands (i.e., 5/2/3 50fr means 50 meter freestyle, event #5, heat #2, lane #3)
- Swimmers warmup
- Dry off after warm-ups and keep warm, sit with teammates in Team Area at all times other than during events
- Swimmers listen for your events and be ready to go to the Ready Area with your cap and goggles
- It is ultimately the swimmer's responsibility to get to the Ready Area and to the blocks on time
- Check with your coach before leaving the meet. You may be on a relay at the end of the meet

About Swim Meets

- Held on Wednesday evenings
 - Swimmers should be at the meet pool by 4:30 – 4:45pm
 - Meet warm-ups begin at 5:00pm
 - Meets begin at 6:00pm
- Ribbons (distributed at Practice Friday or Monday following each meet)
 - Awarded to swimmers 1st – 6th place
 - Participation ribbons are awarded for swimmers who did not place in 1 – 6
- Age of swimmers as of June 1 determines age classification for the remainder of the season
- Girls swim first followed by boys for an event. Youngest age groups start first.
- A swimmer is allowed to swim a maximum of 2 individual events and 2 relays at each dual meet
- 8 & Under and 9-10 year old swim 25 yards (1 length of the pool) for each individual event. 8 & Under do not compete in Individual Medley.
- 11 & Over swim 50 yards (2 lengths of the pool) for each individual event. In relays, each swimmer swims 50 yards, for a total of 200 yards for the team.
- Exhibition swimmers are not scored in a meet. Swimmers may swim exhibition to get an event timing or for the opportunity to swim in the meet.
- NT next to a swimmer's name in the meet program means no time. The coach most likely has a time recorded, but it wasn't available at the time of the program printing.
- Generally, the home team is given lane assignments in the odd lanes (1, 3, 5); the visiting team in the even lanes (2, 4, 6). If more than 2 teams competing, lane assignments are adjusted as needed.
- **Preliminary Finals (Prelims):** held Monday or Tuesday depending on age of child
 - a meet to determine the 6 fastest swimmers in each event in the swim league.
 - The 6 fastest swimmers in each individual event advance to the league final championship.
 - Each team is limited to enter 4 swimmers for each age group in each event. The Head Coach enters the 4 fastest swimmers in each event.
 - In some cases, 1 swimmer may be the fastest in 3 individual events but swimmers are only allowed to swim in 2 events. Therefore, the Head Coach will choose the swimmer who will benefit the team most (i.e., the 5th fastest swimmer in butterfly may swim at Prelims even though the swimmer was not in the top 4).
- **Final Championship (Finals):**
 - The 6 fastest swimmers advance from Prelims and compete for the titles in the individual event and team events as well as the overall team standing.

****Prelims and Finals:** Due to a limited number of entries, not everyone can be entered to swim in the prelim and final meets. Swimmers will be selected by the coaches based on fastest times, as timed in practices, hardest workers, attendance, good attitude and sportsmanship. Thank you for understanding.

Competitive Strokes

Individual Medley

Swimmers swim equal lengths of each stroke in this order:

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

Medley Relay

Comprises of four (4) swimmers per relay team, each swimmer swims an equal length of a different stroke in this order:

- Backstroke
- Breaststroke
- Butterfly
- Freestyle

Butterfly

This is a prone stroke using symmetrical motions of the arms and legs. The arms are brought out of the water behind the body, arms reenter the water out front of the body and pull back together. The kick, called a dolphin kick, is an up and down wave-like movement of the hips, legs and feet.

Backstroke

This stroke is performed on the back using a flutter kick. The arms alternate entering the water behind the shoulder, elbow straight, little finger first.

Breaststroke

This is a prone stroke using symmetrical motions of the arms and legs. The kick, called the whip kick, resembles the kick of a frog and the arms move simultaneously to create an inverted heart-shaped pattern.

Freestyle

This is the fastest stroke in competitive swimming. The arms move in an alternating motion through the water. The head turns for inhalation in time with the backward thrust of the breathing arm. The flutter kick is used and is also a constant alternating motion of the feet.

Freestyle Relay

Comprises of four (4) swimmers per relay team, each swimmer swims an equal length of freestyle.

Greater Omaha Swim League (GOSL) Rules and Regulations

1. Age Groups (*Age of swimmer as of June 1 determines age classification for the season*)

Swimmers always compete with their own gender

- 8 & under
- 9-10
- 11-12
- 13-14
- Senior (15-19 but cannot compete beyond the summer following high school graduation)

2. Order of Events

Individual Medley
Medley Relay
Butterfly
Backstroke
Breaststroke
Freestyle
Freestyle Relay

3. Eligibility

- A. GOSL is a private pool league. Only swimmers and/or divers that have a full paid family membership to the pool they are competing for can participate in the GOSL.
- B. Each swimmer and/or diver must compete in two different dual meets during the season in order to compete in Preliminaries and Finals. In the event of a meet cancellation due to weather or other reasons the two meet rule may be waived. Event sheets or programs shall be used to confirm intended participation in a meet.
- C. The age of the participant on June 1st will determine his/her age for the rest of the season.
- D. All violations of the above eligibility rules will be acted on by the Board of Directors.

4. Entries

- A. Each swimmer may enter two individual swimming events. Each swimmer may swim only one Medley Relay and one Freestyle Relay.
- B. Swimmers may swim in two different age groups; they may swim in their age group and/or any age group above their age in any meet as long as they do not exceed the limits of 4A or swim in the same event.
- C. The Individual Medley counts as an individual swimming event and will only be swum in the following age groups: 10&under, 11-12, 13-14, 15-18.
- D. In each event, the scoring heat will swim first followed by exhibition heat(s). The home team will have the odd lanes and the visiting team will be assigned to the even lanes. It is the responsibility of both teams to have the meet entry sheets filled out prior to the start of the meet.
- E. 3 swimmers and two relays from each team will score.

5. Starting Times and Warm-Ups

Warm-ups 5:00pm; Meet begins at 6:00pm

6. Distances

10 & Under Individual events 25 yards Relays 100 yards
11 & Over Individual events 50 yards Relays 200 yards
Individual Medley 100 yards for all age groups

7. Scoring

Dual (2 team) Meets:

Individual	Place	Points
	1	7
	2	5
	3	4
	4	3
	5	2
	6	1
Relays	Place	Points
	1	10
	2	5
	3	3
	4	1

Teams are allowed to use most, if not all of their swimmers to score points in Dual meets. In Prelims, teams are limited to enter 4 swimmers into each event therefore the teams are more evenly matched.

Often, larger teams win dual meets merely because of the number of swimmers competing on their team. At Prelims, because the number of swimmers is limited, the playing field is more balanced.

Championship Meet:

Individual	Place	Points
	1	7
	2	5
	3	4
	4	3
	5	2
	6	1
Relays	Place	Points
	1	14
	2	10
	3	8
	4	6
	5	4
	6	2

8. Stroke Rules

USA rules will govern all swimming competition. Each host team must have at least one stroke and turn official for each dual meet. USA certified officials are recommended but not required.

Amendments:

- A. Disqualification on the second false start. Swimmers receive only a warning on the first false start.
- B. All backward starts must have some part of both feet in the water and on the wall. Stand up starts NOT allowed.
- C. 8 & Under / 9-10 swimmers will not be disqualified the first meet of the season, they only receive warnings.
- D. Swimmers need to be told when disqualified. DQ sheets must be used in each disqualification and must be given to the coaches.
- E. Backstroke turn rules will follow high school federation rules not USA swimming rules.

Greater Omaha Diving League Rules and Regulations

1. Age Groups (Age of DIVER as of June 1 determines age classification for the remainder of the season)

Swimmers always compete with their own gender

- 8 & under
- 9-10
- 11-12
- 13-14
- Senior (15-19 but cannot compete beyond the summer following high school graduation)

2. Order of Events

Diving is the first event of each dual meet

3. Eligibility

- A. GOSL is a private pool league. Only swimmers and/or divers that have a full paid family membership to the pool they are competing for can participate in the GOSL.
- B. Each swimmer and/or diver must compete in two different dual meets during the season in order to compete in Preliminaries and Finals. In the event of a meet cancellation due to weather or other reasons the two meet rule may be waived. Event sheets or programs shall be used to confirm intended participation in a meet.
- C. The age of the participant on June 1st will determine his/her age for the rest of the season.
- D. All violations of the above eligibility rules will be acted on by the Board of Directors.

4. Entries – same as swimming with the following modifications:

- A. A diver may only compete in one diving event per meet.
- B. Divers may dive in their age group or dive in one age group above their age.
- C. In dual meets, divers that are diving exhibition must be declared before the event.
- D. 3 Divers from each team may be entered and scored in each dual meet event.

5. Starting Times and Warm-Ups

Warm-ups 3:00pm for visiting team; Meet begins at 3:30pm

6. Scoring

Dual Meets & Championship: 7, 5, 4, 3, 2, 1

7. Diving Requirements

Age Group	Required Dive	Dives Required
8 & Under	Forward Group	3
9-10	Forward Group	3
11-12	Backward Group	4
13-14	Inward Group	4
Senior	Twist Group	5

Greater Omaha Diving League Rules and Regulations (cont'd)

Each diver must do the required dive first. The required dive will have a 1.8 Degree of Difficulty. The remaining dives can be from any of the 5 dive groups without repeating a dive group. Seniors only have to include 3 out of the 4 optional dives from different dive groups. A diving referee should be assigned to interpret the diving rules. Divers that do not meet these requirements must be declared as exhibition and cannot score. Divers MUST NOT be assisted by coaches or parents on the diving board.

Judging Rules for Diving

Dual Meets

3 Judges, 1 of which should be a referee

Championship Meet

Each division team must provide 1 judge. The panel must include at least 5 judges. Judges do not judge their own divers. A referee must be assigned to declare failed, unsatisfactory and deficient dives.

Point Scale for Judging Diving

Exceptional	9 - 10
Excellent	7.5 – 8.5
Good	6 – 7
Satisfactory	4.5 – 5.5
Deficient	2.5 - 4
Unsatisfactory	0.5 - 2
Failed	0

Volunteer Opportunities

(check online “Sign-Up Genius” for specific opportunities, dates/ times, descriptions)

All Brookhill Swim Team/Dive Parents are required to participate in volunteer efforts necessary to keep the team afloat! Below are a variety of opportunities to volunteer to help the swimmers and club succeed, though these may change based on the needs of Brookhill Swim and Dive team.

- **Gift Donations--all** swim/dive families are asked to donate a raffle gift (new-\$25 value) unless you have chosen option 2 and Opted-OUT of the volunteer obligations. (see pg 5)
 - **Meet Setup/Programs/Parking/Volunteer Check-In**—must be available at 4:30 to assist in set up, parking lot duties, selling programs, or Volunteer Check-In
 - **Meet Teardown** – all swim team members and families are invited to help tear down after the meet.
 - **Ready Area** – responsible for ordering swimmers from both teams by age, event and lane assignments. Ensure swimmers are escorted to the appropriate lane.
 - **Ribbons Chair** – weekly responsibility after each meet to label ribbons based on meet results. Distribute ribbons to swimmers each week at practice on Friday or Monday after meet.
 - **Runner** – responsible for collecting all the lane sheets after each heat and delivering them to the scorer’s table as well as posting results from the computer table once they are available.
 - **Social Chairs** – plan and coordinate team activities (i.e., after meet delivered pizza parties, cookie days, end of season banquet, etc.)
 - **Team Area** – responsible for keeping swimmers in team area, send swimmers to Ready Area, field questions, assist coaches as needed.
 - **Timers** – two (2) timers per lane per swimmer. Both timers time the same swimmer. One timer also records the results of the swimmer’s 2 times on an entry sheet. Timers are responsible for starting the watch when the horn sounds and stopping the watch when the swimmer in your lane touches the wall. 12 Needed per Home meet.
- **All timers must report to a timers meeting 15 minutes (upstairs in bar area) prior to the start of each meet. You’ll receive instructions and time clocks. Timers must commit to the entire meet unless you find a replacement.**
- *More opportunities and details on our Sign-Up Genius!—see Brookhill Swim/Dive Team Webpage for annual link*