

BROOKHILL SWIM & DIVE

GO BARRACUDAS!!

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

Divers discover your best DIVE!

Act, think, look, & talk positively

Swimmers, take your mark

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

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

The main focus of the team is to *have fun*, all the while improving skills. All interested swimmers & divers aged 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 must be able to complete a full length unassisted after the first week of practice. Swimmers 11 and over must 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 kids on! Go Barracudas!

Sincerely, Brookhill Club Board of Directors & the Swim & Dive Committee

2024 Swim/Dive Practice & Competition Schedule

PLEASE ENTER YOUR MEET AVAILABILITY BY 5PM THE SUNDAY BEFORE EACH MEET!!

MON May 13	Parent Meeting 7pm @ Brookhill		
TUES May 28	Practices Start! More details to come!		
	SWIM Meets	Location	DIVE Meet Locations:
	<i>Warmups start at 5p; Meets start at 6p</i>		<i>Warmups & start times vary</i>
WED June 5	vs. Westridge	@ Westridge	@ Jewish Community Center (JCC) ~Warmup at 1:30p; meet starts at 3p
WED June 12	vs. Rockbrook	@ Rockbrook	@ JCC ~Warmup at 2p; meet starts at 3p
WED June 19*	vs. Sunset Hills	@ Brookhill	@ Brookhill ~Warmup at 2:30p; meet starts at 3p
WED June 26	vs. Tiburon	@ Tiburon	@ Sunset ~Warmup at 1:30p; meet starts at 3p
WED July 3??	vs. Sunny Slope	@ Brookhill	@ Sunset ~Warmup at 2p; meets starts at 3p
MON July 8	Prelims (10 & under)	@ Brookhill	--
TUES July 9	Prelims (11 & up)	@ Westridge	--
WED July 10	--	--	Dive Finals @ Brookhill
THUR July 11	Swim Finals	@ Westridge	Dive Final Rain Date @ Brookhill
July 12 or 13	Swim Finals Rain Date	@ Brookhill	Dive Final Rain Date @ Brookhill
SAT July 13	End of Season Party @Brookhill—10:00am-12:00pm		

Away SWIM Meet Locations:

- Westridge: 3506 Paddock Rd, Omaha, NE 68124
- Rockbrook: 10800 W Center Rd, Omaha, NE 68144
- Tiburon: 10220 S 168th Ave, **Omaha**, NE 68136

Away DIVE Meet Locations:

- Sunset: 9601 Walnut St, Omaha, NE 68124
- JCC: Jewish Community Center: 333 S 132nd St, Omaha, NE 68154

Swim Practices (tentative schedule until final age group numbers determined)					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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 (tentative schedule until final age group numbers determined)					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10 & Under	8:30-9:30	8:00-9:00	8:30-9:30	8:30-9:30	8:30-9:30
11 & Over	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

Daily practice times may change slightly during the first couple weeks of practice depending on team & age-group numbers.

***Team Picture Day: TUESDAY June 18 during morning practice!**

Team Registration Fees and Team Support Obligations: REGISTRATION DUE MAY 17, 2024

All Swimmers/Divers registered by May 17, 2024 will receive a team swim/dive shirt. **Team members who register after this date will need to order their own team shirt.** Ordering information will be provided! Last day to register AND participate in competition is Friday June 7th.

<u>Child 1</u>	<u>Child 2</u>	<u>Child 3</u>	<u>Child 4</u>
Swim Only: \$50	Swim Only: add \$50	Swim Only: add \$50	Swim Only: add \$50
Dive Only: \$50	Dive Only: add \$50	Dive Only: add \$50	Dive Only: add \$50
Swim & Dive: \$100	Swim & Dive: add \$100	Swim & Dive: add \$100	Swim & Dive: add \$100

Team Support Obligations for Season: ALL team member families must choose one option:

<u>Option 1</u>	<u>Option 2</u>
1) Deposit of \$150 (separate check from online registration!) 2) Sign-up for the required number of shifts or equivalents: a. <u>Swimmer Only</u> : 3 shifts per family b. <u>Diver Only</u> : 2 Shifts per family c. <u>Swimmer AND Diver</u> : 4 shifts per family NOTES RE: OPTION 1: ✓ Shifts can be completed by other family members, but they <u>must be over 18 or approved by Swim/Dive Committee.</u> ✓ Deposit Check will NOT be cashed if ALL team support obligations are met by end of the Swim/Dive End of Year Celebration date. Volunteer signup info will be sent in early June!	1) Deposit of \$150 (separate check from online registration!) a. Family chooses to "OPT-OUT" of ALL team support obligations OR Family only completes some of the team support obligations b. Check will be cashed at start of season c. Please add "OPT-OUT" IN THE MEMO OF YOUR CHECK!!

Team Support Opportunities: check online “Sign-Up Genius” for specific opportunities, dates/ times, descriptions

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

- **Meet Setup/Programs/Parking/Parent Helper Check-In**—must be available at **4:30** to assist in set up, parking lot duties, selling programs, or Parent Helper 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 the coaches each week at practice on Friday morning after each 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.: end of season banquet)
- **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 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 which will be in early June. An email will be sent to all registered swim/dive families with the link at that time.

Brookhill Barracudas Team Member & Family Code of Conduct
All families must read & sign online before first Meet!

The main focus of our recreational swim & dive team is to have fun, all the while improving 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 & Under swimmers should be able to complete a full length unassisted. Swimmers 11 & over should be able to swim two full laps without assistance. Swimmers will participate in meets at the coaches' discretion.

- Swimmers/divers shall respect and show courtesy to their teammates and coaches at all times.
- If a swimmer/diver has a problem with a coach, it is their responsibility to communicate the problem with that coach. If the problem escalates or can't be resolved in this manner, the swimmer/diver is to take the issue up with the head coach, who will help to resolve any issues.
- Be on time and prepared: Be ready to get in the water on time for practice and meet warm-ups.
- Swimmers/divers are at practice to swim/dive and are expected be in the water when coaches direct them to do so. If a swimmer/diver fails to follow the coaches' directions, a coach may excuse the individual from the pool.
- Be respectful of your teammate's feelings and personal space. Swimmers/divers who exhibit inappropriate behavior towards another person will be excused from the practice or meet.
- Any coach at any time has authority to ask a swimmer/diver to exit the pool for disciplinary reasons.
- Swimmers/divers will refrain from all hurtful behaviors including verbal abuse, physical contact and destruction of property. If a swimmer/diver fails to do so, they will face disciplinary action up to removal from the team.
- Swimmers/divers and parents will be respectful and courteous to meet personnel at all times. If you have a problem, come get your coach.
- During meets, the team area is for swimmers/divers only. Anyone not competing in the meet must stay in the designated fan area.
- Swimmers/divers must be at practice a minimum of two days during the week before a meet. A coach has the right to scratch a swimmer/diver from a meet if the swimmer/diver has not been excused for their absences prior to the meet.
- Swimmers/divers are strongly encouraged to participate in meets.

I understand & will follow the Brookhill Barracudas Team Code of Conduct: You will be asked to sign ONLINE upon registration.

Swimmer/Diver Printed Name: _____

Parent/Guardian Printed Name: _____

Practice Policies

The season begins with the first practice spanning the summer with Finals held in Mid-July

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 regarding inclement weather as soon as possible!**
 - 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:

- 1) **By Sundays @ 5pm**
- 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**

About Swim Meets

- Held on Wednesday evenings
 - Swimmers should be at the meet pool by 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.

Meet Tips

- 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
- 1-2 towels
- Goggles; Extra goggles (just in case)
- Team swim cap (optional)
- 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.
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Competitive Swim 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

There are three divisions (A, B, C) of swimming in the Greater Omaha Summer Swim League (GOSL). Brookhill Club Barracudas will swim in Division B this year. Division competition is determined by the Championship Finals in the prior Summer. Dive League Competition is typically determined by which clubs have divers/dive teams.

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 2-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. **Swim meet 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 Events		Relay Events	
Place	Points	Place	Points
1	7	1	10
2	5	2	5
3	4	3	3
4	3	4	1
5	2		
6	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 Events		Relay Events	
Place	Points	Place	Points
1	7	1	14
2	5	2	10
3	4	3	8
4	3	4	6
5	2	5	4
6	1	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. 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 2-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.

3. 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.

4. Starting Times and Warm-Ups

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

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

6. 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

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 & Point Scale for Judging 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.

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