

# 2009



# TEAM MANUAL

[version 3-4-09]

# 2009 SIERRA SHARKS TEAM MANUAL

---

The **Sierra Sharks Team Manual** provides general information to the swimmers and their parents about the team, its organization, practices and meets with other recreational swim teams. The Sierra Sharks is a member of the Suburban Swim League and, to the extent that the policies set forth in this manual conflict with the bylaws or rules of the league, the league bylaws and rules shall prevail. Similarly, any rules of the Ponderosa High School facilities shall supersede the policies set forth in the manual in the event of a conflict.

## **TABLE OF CONTENTS**

Sierra Sharks Mission and Goals	3
Swim Team Registration	4
Swimmer's Eligibility, Responsibilities and Parent Responsibilities	5
Practices, Coaches	7
The Swim Meet Description and Events	8
At the Meet (What to do)	11
Parent Volunteer Positions	16
Social Events, Communications	18
League Championship Meet (Champs)	19

## **SIERRA SHARKS MISSION**

"Through recreational swimming we seek to create an environment of friendly competition within which we foster the personal development of our swimmers by teaching the values of physical fitness, reward from effort, sportsmanship, commitment, and responsibility."

## **TEAM GOALS**

1. Swimmers will be instructed in the proper technique of the four swim strokes.
2. Parent job committees shall be coordinated to include all parents to help with the running of swim meets and champs.
3. Social activities that help develop camaraderie & team spirit among team members will be planned.
4. Good sportsmanship and good behavior of swimmers and parents will be encouraged.
5. Parents will be supportive of coaches and swimmers.

## **THE SWIM TEAM**

The swim team will be limited to 24 swimmers of each gender for each age group. The number of swimmers in any age group may be increased at the board's discretion.

## **REGISTRATION**

Open registration will be conducted online starting in mid-February for returning swimmers and at the Ponderosa High School cafeteria in March for new swimmers. Due to returning swimmers, age groups are often full before registration for new swimmers begins. Please inquire with a member of the Board of Directors for remaining available swimmer positions on the team. A final closing date for registration will be determined each year as the need dictates in order to fill the various age groups.

1. Priority Registration for returning swimmers:
  - a. To maintain eligibility for the following season's priority registration, a swimmer must participate in at least 5 of 8 league swimming events during the course of the season. There are six dual meets and champs counts as two for a total of eight possible events.
  - b. Parents will be required to fulfill their parent volunteer hours to maintain priority registration. Parent volunteer hours will be monitored this season and shall take effect for the 2010 swim season. See parent jobs for details.
2. New swimmers and non-priority registration swimmers will be permitted to sign up after the priority registration deadline. The open registration date will be posted on the team website and it will be conducted in a lottery fashion at the pre-determined time. If an age group is filled, a waiting list will be maintained.
3. All swimmers will need to meet a basic level of swimming ability as determined by the coaches. The Sierra Sharks conduct a water safety evaluation prior to the start of the season for new swimmers 8 and under. Young swimmers must be water safe to practice with the team. To compete in meets, swimmers must be able to swim 25 yards unaided.
4. Swim team fees must be paid at the time of registration.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## **SWIMMER'S ELIGIBILITY**

Each Swimmer must:

1. Not swim for another club during the season except as provided in the league rules
2. Not be older than eighteen (18) year of age on June 15 of the current season.
3. Be safe in the water, as determined by the coaches
4. Not participate on a swim team (other than High school) after February 1 of the swim season year.

## **SWIMMER'S RESPONSIBILITIES**

1. **Sign In** for each meet in the meet binder, no less than 5 days before that meet.
2. Each swimmer **must** be present to Check-in at each meet
3. Wear appropriate swim apparel and goggles as directed by the coaches
4. Be on time to practices and swim meets (see specific meet instructions)
5. Exhibit good sportsmanship and appropriate behavior at all times (failure to do so may result in discipline which may include dismissal from practice, ejection from a meet, a phone call to the parents, etc.)
6. Always maintain a cooperative and positive attitude

## **PARENT RESPONSIBILITIES**

1. Get your children to practices and meets **on time**
2. Work as a volunteer at meets as assigned
3. Help your swimmer(s) fulfill their responsibilities
4. Send a note/call to the coaches if a swimmer is to be excused from practice or meet
5. **Sign In** for each meet of the season
6. Be supportive toward coaches, swimmers and fellow parents
7. Be gracious hosts for visiting teams
8. Be a respectful guest at away meets
9. Set an example of good sportsmanship – **You are a Sierra Shark!**

## **PARENT-COACH RELATIONS**

In order to maintain a healthy relationship with our coaching staff, it is vital that all grievances, disagreements, and general complaints be directed to board members. Complaints may range from disagreements with coaching decisions to feelings that a child is being treated unfairly. Simple misunderstandings and clarifications may be handled verbally. However, for more involved issues, the board members reserve the right to request your complaint in writing.

It is unacceptable to verbally attack or harass any member of the coaching staff. Engaging coaching staff verbally may result in a verbal or written warning and, if the behavior continues, loss of priority registration the next year or a request to leave the team.

Please allow the board members to handle your concerns and get the information you desire to you.

If a parent has suggestions or concerns regarding the running of the meets and general swim team business, please contact a member of the Sierra Sharks Swim Team Board.

Sierra Sharks board members are usually identifiable around the pool by their purple Hawaiian team shirts.

### **Board of Director Positions:**

President  
Vice President  
Secretary  
Treasurer  
League Representative  
Members at large (6)

# 2009 SIERRA SHARKS TEAM MANUAL

---

## **PRACTICES**

Practice begins in late April or early May and continues Monday through Friday until the season ends, at the end of Championships in July. Each season the team issues a practice schedule with the practice times for each age group.

Each swimmer should arrive at practice at least five (5) minutes before the scheduled practice time and wait in the area designated by the coaches. Swimmers may not enter the water before their scheduled practice time and must not remain in the pool after their scheduled time ends.

Parents are welcome to observe practice from the deck, but coaches may not be interrupted during practice. Any questions or concerns for the coaches shall be written down and put in the coach's folder in the parent files box. Questions and concerns can always be communicated to board members personally, by telephone or via email.

## **THE COACHES**

The Sierra Sharks are fortunate to have an excellent coaching staff. The coaches understand the recreational purpose and philosophy of the team and the Suburban Swim League. They shall provide examples of leadership, cooperation and good sportsmanship to the team members and shall attempt to foster these qualities in the swimmers.

The coaches provide active supervision of all swimmers at all practices and meets. The coaches have the authority to discipline swimmers who are disrupting practice or who are not conducting themselves properly at a meet. The head coach and staff will endeavor to familiarize themselves with each swimmer's abilities and instruct each swimmer so that the swimmer learns the proper techniques for each stroke, starts, turns, and touches. The team intends that the techniques of each swimmer and his or her times will improve over the course of the season.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## THE SWIM MEETS

This portion of the manual describes the events leading up to each swim meet and the sequence of events at each meet.

### THE SWIM TEAM SCHEDULE

Each season (generally May through July), the league establishes a schedule for the team meets and the league championships meet (in late July). The league strives for a balance between 'home' and 'away' meets.

Meets occur on Saturday mornings.

"Dual Meets" (meets with one other club) generally last about six (6) hours from start time until the meet ends. The league championships run Friday afternoon and all day Saturday and Sunday on one weekend in late July.

A schedule is posted on the Sierra Sharks swim team website at the beginning of each season ([www.sierrasharks.org](http://www.sierrasharks.org)).

### ENTRIES

A list of events and swimmers will be posted on the Swim Team website the night before each meet. This same list is posted at the meet prior to meet start.

**Right before the meet begins, a final list is posted after all swimmers have checked in. This new list reflects any last minute swimmer scratches and *often* has swimmers assigned to different events!**  
**Every swimmer/parent should check the "final" posted list at the meet.**

### SIGN-IN

All swimmers and parents must sign up for each meet they will be attending (including Championships) in the "**Sign in Book**" which is kept at the pool deck near the Swim Team Parent File Boxes.

Any swimmer who cannot attend a meet MUST:

- 1 sign up in the "**Sign in Book**" at least **five (5) days** before the day of the meet

# 2009 SIERRA SHARKS TEAM MANUAL

---

2 Sign up for Championships at least **one month** before

**\*\*If a child is sick the day of the meet, parents should call to notify the coach no later than the designated check-in time on the morning of the meet.** Check-in times can and do vary by meet, so it is the swimmers' and parents' responsibility to be aware of the required check-in time.

## THE EVENTS

There are three types of events at each meet:

- **Individual events** that involve races for each stroke (where only that stroke is used):
  - Backstroke (or "Back")
  - Breaststroke (or "Breast")
  - Butterfly (or "Fly")
  - Freestyle (or "Free")
- **Individual medley** ("IM") events where each swimmer swims each of the four strokes during the event in the following order: fly, back, breast, free.
- **Relays** (four (4) swimmers per event) of two types:
  - Freestyle relays where each swimmer swims freestyle
  - Medley relay where each swimmer swims a different stroke in this order: back, breast, fly, free.

Boys and girls compete separately (except for coed 6/under free relay) in the following age groups, as determined by their age on June 15<sup>th</sup>:

6 & under boys & girls	11-12 boys & girls
7-8 boys & girls	13-14 boys & girls
9-10 boys & girls	15-16 & 17-18 boys & girls

The events are organized by age-groups and strokes. Although there are some variations, generally all the events for a particular stroke are conducted in one block of events. Then, all the events for the next stroke are conducted. Not every age group swims every event.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## **INFORMATION ABOUT RELAYS**

The swimmers who compose the relay teams for any given swim meet are selected by the coaches, at their discretion, on the basis of team needs within the age group for the strokes involved.

### **Relay Policy:**

The objective of this policy is to provide clear guidelines for the selection of the relay teams. This policy is intended to clarify the latitude provided the head coach in diverging from the base policy and two outline the plans of activity required for non-base policy relay entries.

### ***Scope:***

This relay policy will be enforced for all regular seasons, dual meets as well as the relay entries for champs.

### ***Policy:***

Recognizing that the four fastest individual swimmers do not necessarily comprise the most competitive relay team for any given swim meet in recognizing that the Sierra Shark Board of Directors has made an effort to select and hire a capable and knowledgeable head coach, relay team intrigue shall be governed by the following:

### ***Base policy:***

The primary and default method of seating at relay team shall be to construct the fastest team based on individual times. Times from the three most recent meets shall take precedence and may be weighed more heavily by a head coach than older times. The board of directors shall provide the head coach with a short free vs. long free swims for each swimmer. The head coach shall use the count to ensure that each swimmer is given fair opportunity to qualify for a relay.

### ***Coaches Discretion:***

A head coach can assign a swimmer not meeting the criteria of the base policy to a relay team for compelling reasons such as, but not limited to, poor attendance at swim practices/meets, poor sportsmanship, or inconsistent performance. The head coach shall present the proposed variance to the Sierra Shark's board of directors, coaches committee no later than the Monday proceeding of the dual meet, and no later than Wednesday preceding champs.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## *Statement of Intent:*

The purpose and philosophy behind this policy is to provide the most competitive relay team for the given swim meet, and consideration of the talent of the opponents, all the while preserving a fair and equitable opportunity for individual members of the Sierra Shark swim team. This statement of intent will be given primary consideration in evaluating proposed seeding changes for relay teams.

## AT THE MEET

### WHAT TO BRING TO A MEET

Each swimmer should make sure that he or she has the proper equipment for each meet:

1. Suit, goggles and at least one towel as well as a cap if desired.
2. Warm clothes for cold mornings.
3. A sleeping bag for warmth and to rest on.
4. Shade structures are recommended.
5. Snacks and drinks--make them healthy!
6. A deck of cards, book or board games to occupy swimmers between events.

### NEW SWM SUIT POLICY

For swimmers 12 years old and younger, swimsuits may not extend below the knees nor extend past the shoulders. This is a *USA SWIMMING* policy that is now enforced by the Suburban Swim League.

### SWIMMER CHECK-IN

Each swimmer should arrive at the meets well in advance of the starting time of home meets and **1 hour** before starting time of away meets. **Check in for home meets starts at 7:30 a.m. in the parking lot.**

1. Find our "team area" (each team has a designated area)
2. Each swimmer must Check-In personally with the Sierra Shark "Check in person." There is a separate line for Boys and Girls
  - a. *\*\*Parents may NOT check in their children & swimmers are NOT to leave the meet after checking in\*\**

## 2009 SIERRA SHARKS TEAM MANUAL

---

3. Check the “Events List” for last minute changes and write down your event numbers / heat / lane
4. Stay in the “team area” except for warm-ups and while swimming events
5. Conduct yourself appropriately in the “team area” – please no horseplay!!!

**NOTE:** Any swimmer who has not checked in by the designated time will be scratched (not allowed to swim) from the meet.

### PARENTS

1. Parent volunteers should arrive to meets approximately one (1) hour before the starting time and check-in with the Job Coordinator. Prepare to assume duties as required.
2. If you are not assigned a job for a meet, please be ready to volunteer if needed – Thanks ☺

### PARENT VOLUNTEER JOBS

Parents will be assigned jobs for meets in which their child swims according to jobs selected by them at registration.

1. If you will not be at a meet when you are expected, you **must** contact the Job Coordinator before the meet. (Phone Roster will be provided to each family)
2. Job Coordinators will coordinate all assignments and provide parents with a schedule for the entire season as well as a list of other parents on that committee.
3. Parents will be responsible for finding a competent replacement or must trade with another parent if they cannot fulfill their assigned duties. You **must** notify the Job Coordinator of any changes before the day of the assigned meet.

**REMEMBER:** Many volunteers are necessary to run a swim meet parent/participation is required. There are many participation opportunities available, please ask how you can help!

# 2009 SIERRA SHARKS TEAM MANUAL

---

## WARM UPS

Each team has a set period of time before each meet to warm-up. Pay attention to the coaches for warm-up times and instructions. When swimmers are asked to “clear” the pool; they must do so promptly. After warm-ups, the team will have a brief meeting, give a team cheer and then the meet will begin.

## GENERAL DECK RULES

1. Throughout the meet, all swimmers and spectators are expected to conduct themselves in a sportsmanlike manner
  - No excessively loud cheering or obnoxious behavior
  - No obstruction of the orderly conduct of the meet
  - No bad language
  - No clowning during races or at the “starting blocks”
  - No rowdy behavior in the “team areas” (e.g. no chasing each other around or wrestling)
2. Certain sections of the pool areas are restricted access. For example, there must be an alley on each side of the pool for the Stroke and Turn Judges, and there must be as much room as possible in the “Ready Bench” and Timer's areas. Unless you are authorized to be in such areas, please stay out.
3. The following are strictly prohibited in the pool area:
  - -Smoking
  - -Glass containers
  - -Alcoholic beverages
  - -Profanity or abusive language
4. The Meet Referee has the authority to eject any person from the pool area who is not abiding by these rules.
5. Swimmers are to stay in the 'team area' and tell a Parent if they are leaving for a snack or to go to the restroom.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## HOW A MEET WORKS

When the meet begins, pay attention to the announcements that tell you what events are being swum. For 8 and under swimmers; when one of your events is called, go to the **Ready Bench Area**. Remain there and the ready bench volunteers will guide you to the blocks. (9 and up swimmers may go directly to the blocks prior to the scheduled event)

### **8 and unders - The Ready Bench**

- Upon start of the Individual Medley, Medley Relay teams and 6 & under Free Relay teams should report to the Ready Bench. Relay teams should get their groups together at this time.
- When the Medley Relay starts, Freestyle swimmers report to the Ready Bench.
- When the Freestyle events are in progress (i.e. sometime around the 11/12 age group), Backstroke swimmers report to the Ready Bench.
- When the Backstroke events are in progress (i.e. again, sometime around the 11/12 age group), Breaststroke swimmers should report to the Ready Bench.
- When the Breaststroke events are in progress, Butterfly swimmers should report to the Ready Bench.
- When the Butterfly events are in progress, Free Relay teams should get their groups together at the Ready Bench.

**Remember...**6-and-unders and 7-8s must report to the Ready Bench where they will be organized and escorted to the starting blocks for their events.

Behind the blocks:

1. Swimmers are checked in before each event with the Clerk of the Course
2. Lane assignments are reviewed
3. Relay swimmers are placed in the proper order

Once at the starting blocks, the Starter is in charge from that point forward. Be sure to pay attention to him/her!! The Starter will give the command for the swimmers to “get on the blocks” then to “take your mark” and then he/she will 'beep' the electric starter and the swimmers begin the race.

After the swimmer swims the event, the swimmer should exit the pool quickly and return to the 'team area' to await his or her next event.

**\*\*All swimmers are expected to remain at the meet until it is over. Do not leave the meet just because you have finished swimming -- this is a team sport!**

# 2009 SIERRA SHARKS TEAM MANUAL

---

\*\*At the end of the meet, we clean up and then we may leave the pool area.

## DISQUALIFICATION

Each of the four strokes has rules governing the proper way that the stroke is to be done, including the start, the stroke itself, turns at the end of the lanes, and the final touch. Coaches will instruct the swimmers on how to 'start' and the proper techniques for each of the strokes. A written description of each stroke is contained in the USS Rules and Regulations Book (although the league may adopt slight variations for the USS rules).

Swimmers who “false start” or who use illegal stroke or turn techniques will be disqualified as follows:

- 1 Swimmers are allowed one (1) “false start”
- 2 If the swimmer has a second “false start”, the swimmer will be disqualified and not permitted to swim that event.
- 3 The officials are more lenient with stroke and turn violations with the younger swimmers.

A swimmer who is disqualified ("DQ'd") is to be told by the coach that he or she has been "DQ'd" and why it happened. This is to be handled in a constructive and supportive manner.

## RIBBONS

Ribbons are given to every swimmer based on their finish in their heat. Points for the team are only awarded for finishes in the first heat of each event. Ribbons will be placed in swimmer files in the Swim Team Parent File Boxes following the meet. Swimmers and parents should not go to the scoring table during the meet for ribbons.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## PARENT JOBS

For the 2009 swim season, the Sierra Sharks will be tracking parent jobs by hours worked.

Each swim family will be required to work a minimum of 14 hours if attending Champs and 11 hours if not attending Champs.

Families meeting this requirement will fulfill their parental requirements to the team which will, along with swimmers requirements, ensure the family priority registration next season.

Here is a breakdown of how hours are earned:

1. Perform your team job at a swim meet = Credit for 3 hours
2. Participate in a meet set up or tear down as scheduled = Credit for 2 hours
3. Perform your chosen job at Champs = Credit for 3 hours
4. Parent jobs that do not occur around swim meets such as activities, fundraising, etc. are accounted for by totaling the actual hours worked.

Example:

Perform your parent job at 3 swim meets plus participate in a meet a set up or tear down and you'll earn the 11 hours. If you attend Champs and perform your chosen job you'll earn 3 more hours for a total of 14.

In a spirit of fairness, jobs will be assigned based on the jobs you pick during registration in a "first, second and third choice" order. *You must make three choices during registration.*

# 2009 SIERRA SHARKS TEAM MANUAL

---

The following is a brief description of each of the key jobs that must be done in order for the Swim team to be a success and to make each season a fun, rewarding experience for each swimmer.

There are usually two shifts at a home meet and three or four shifts per day at Championships. Some of the jobs will be for the duration of the meet, but most parents will only be required to work one shift at home meets. You will be assigned a job to work (as per your request during registration) and receive a schedule from the coordinator. You are expected to find a replacement for that position if you cannot be present!

- Activities – assistance with non-swim meet events such as fundraisers, team social events and other help needed.
- Age Group Coordinator - is responsible for the communication within the specific age group and assists as needed with other committees as it pertains to their age group. They provide a point of contact for new families as well as a familiar face at practices and meets. For group specific activities, the Age Group Coordinator may need to work with the Spirit and Activities committees to spread the word of upcoming events. Coaches will look to the Age Group Coordinator for assistance at times such as: getting the swimmers for the age group to ready bench, locating a family, a swimmer, communications and spirit.
- Clerk of Course - Works behind the starting blocks and insures that swimmers are correctly in their lanes at the appropriate time.
- Hospitality - Serves iced tea, lemonade and water to all volunteers working at the meet.
- Lane Slip Runner - Collect lane slips from each timer after each race and deliver them to the computer operator.
- Maintenance - Help the meet run smoothly by helping maintain our facilities during home meets. Responsible for stocking bathroom supplies, and emptying trash.
- \*Meet Operations - Computer operation, Colorado timing system operation, announcer, etc. \*These positions are filled by appointment only.
- Ready Bench - Takes roll and reports absences to the coaches before the meet starts. Passes out lane slips and make sure swimmers get to their proper lane on time.
- Ribbon Preparer - Attaches computer-generated labels to ribbons for all swimmers in the meet.
- Shark Store - Order & sell team clothing at home meets.
- Snack Bar - Sell food items or help cook at home meets.
- Spirit - Help run & put together team building activities.
- \*Stroke & Turn Judge - Observes technical aspects of each entrant's swim. Requires knowledge of strokes, turns and starts. \*Requires training and attendance of pre-meet meetings
- Timer - One of a 3 person team assigned to a specific lane to clock each swimmer with a digital stopwatch.

# 2009 SIERRA SHARKS TEAM MANUAL

---

## **SOCIAL EVENTS**

The team has several social events throughout the year for both swimmers and parents. Typically, these consist of:

- Parent Meeting / Meet the Coaches (April)
- Pre-meet set up
  - Friday evenings before home meets
- Lunch, Dinner, Dessert social events for fundraising
  - Held at local participating establishments.
  - A percentage of the proceeds go to the Sharks and families get to enjoy meeting each other
- Car Decorating (July)
  - An opportunity for swimmers and their families to get together and show their team spirit decorating their cars prior to Championships.
- Awards Night (Late July or Early August)
  - An evening to recap the accomplishments of the swimmers and the coaches. Awards are given to all swimmers and to those who the coach would like to recognize individually.
- Other events may also be scheduled for the whole team or different age groups. Everyone is encouraged to participate in these functions.

### **FUNDRAISING**

Shark registration fees cover the cost of running the team, but are often not enough for equipment replacement and other costs. Fundraising efforts by the club are designed to hold down registration fees while raising funds to keep our team running smoothly. We hope you participate in and enjoy our fundraising activities this season.

## **COMMUNICATIONS**

One of the key elements to a successful team is the effective communication of information and ideas throughout the season. This process requires the cooperation of all swimmers, parents, coaches and board members.

The primary method of communication is through the Sierra Sharks website located at [www.sierrasharks.org](http://www.sierrasharks.org). The swim team also has a bulletin board located on the coach's building at the Ponderosa High School swimming pool. Announcements will be posted on the Swim Team Bulletin Board and

# 2009 SIERRA SHARKS TEAM MANUAL

---

on the team website. Each swimmer or parent should check the website and the bulletin board on a regular basis for new information, meet updates, parent volunteer assignments, social event updates, etc.

Each swimmer's family has a file in the Swim Team Parent File Boxes. This will always be outside near the pool during practices and meets. Team information, announcements and ribbons will be placed in this file throughout the season. Swimmers and Parents should check their box daily.

## **THE LEAGUE CHAMPIONSHIPS MEET (CHAMPS)**

The League Championships Meet is held at the end of each season on a Friday evening, Saturday and Sunday, all on one weekend in late July. Every team in the Suburban Swim league competes. The meet takes place at Sierra College in Rocklin.

### **ENTRIES & ELIGIBILITY**

1. A League participant must swim in at least three (3) League dual meets during the regular season to qualify for participating in a championship meet. For purposes of complying with this requirement, it does not matter whether the swimmer swam in a relay or individual event, or whether the swimmer participated in a scored or non-scored heat of an event.
2. In order for a swimmer to enter an event, the swimmer must have a seeding time taken from either a League meet, a practice meet or a time trial conducted by a Team official or coach. The swimmer's best-recorded time in each event must be utilized for championship seeding purposes. In simple terms, entries with "No Times" will not be allowed.

### **CHAMPIONSHIPS NOTES**

Parents will be requested to work various jobs at the Championships Meet. The jobs for which each team is responsible are decided by the league each season and given to the clubs. Then, the team will notify the parents. Some of the jobs for the regular season continue through the Championships Meet and other parents may be requested to perform other jobs.

# 2009 SIERRA SHARKS TEAM MANUAL

---

Each parent is expected to sign up for specific job functions to help run the meet. This meet requires a lot of workers in all areas of running the meet. Sign up is through the usual Shark's meet Sign-Up binder which will be available on the pool deck during practices mid-season.

## **CHAMPS JOBS**

Timers & Lane Writers  
Stroke & Turn  
Registration Table  
Computer/Printing  
Ready Bench  
Ribbons  
Hospitality  
Starters  
Announcers  
Timing System  
Set Up (Friday Afternoon)  
Take Down (Sunday Afternoon)

Although the League Championships do consume an entire weekend, it is exciting and positive experience for your family. Because the ultimate goal of our Sierra Sharks Swim Team is to have fun and do well at Championships, the team strongly encourages all swimmers to participate in this meet!

The team will be camped together in a designated area around the pool area. Families should bring their own tents/shade structures as with dual meets.

There is always an Awards/Closing Ceremony at the end of the meet. Please plan to stay and support our team and coaches.

---

This manual is updated annually or as needed

---