

Welcome To the Gus & Goldie Summer Swim League!

This packet has been prepared for the purpose of acquainting you with the sport of swimming and the Gus & Goldie Swim Program. It has been designed by coaches to help you better understand the skills, motivation, and training necessary to be successful. This packet was designed to assist parents, swimmers, and coaches in helping their children succeed in swimming.

Team membership requires a commitment on behalf of both the swimmer and his/her parents. The responsibilities of both are outlined in this packet.

As you read on, remember...the most important thing in any sport is to always have *FUN*.

Mission Statement

Our Summer Swim League is committed to developing a community of scholar-athletes by focusing on the long term success of our swimmers in the pool, in the community, and in the class room.

Vision Statement

Our summer swim league program is determined to help our athletes reach their potential in and out of the pool. We try to train our young athletes to see what they can be rather than what they are.

Goal

Our goal for the summer swim league program is to stimulate an interest in competitive swimming, principles of good sportsmanship, and establish a love for the sport. We hope that the participants leave the teams with a basic knowledge of four the competitive strokes, friendships, and great memories

Core Objective

We have adopted three core objectives: One is to build a base, two is to promote the sport, and three is to achieve competitive success. These core objectives establish the foundation of the sport of competitive swimming.

Welcome!

Congratulations

Your child has become a member of the Gus & Goldie Summer Swim League. Our organization is dedicated to give youths a fair and equal opportunity to participate.

The sport of swimming has many benefits, including the people you and your child meet. In addition, swimming is a conditioning sport for young athletes. The nature of this sport allows swimmers to train strenuously without many of the dangers of injury or stress found in other sports. The fitness level of swimmers is substantially above their peers.

Possibly the greatest benefit of participating in an organized swim program is the life skills your child will develop. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends.

Swimming has the best characteristics of both a team sport and an individual sport. The athletes train as a group and compete as members of a team. Yet there is no “second string”. Every swimmer participates to his or her full ability in every meet he or she enters.

Age group swimming can be fun, exciting, and rewarding. Many children improve quickly, and it is not unusual to see big time drops during this phase. Children are learning and growing at a greater rate than any other time in their careers. However, it can be difficult to avoid the tendency to push young athletes at this stage. In age group swimming, the emphasis should be placed on improving stroke technique. It is strongly recommended that these young athletes participate in other sports as well. Participating in other sporting activities provides children with variety and can help prevent “burnout”. Many swimmers train for more than ten years during their careers. Swimming, especially at the youngest levels, should be fun and relatively pressure free.

With continued hard work by the athlete and supportive parents and coaches, future performance improvements generally follow.

Remember, not every swimmer becomes a world record holder, but everyone gains from his or her swimming experience. Supporting your child is one of the most rewarding experiences in your and in his or her life.

GOOD LUCK AND HAVE A GREAT SUMMER!

Pre-Meet Announcement

Welcome all athletes, coaches, officials, parents, volunteers and spectators to the City of El Paso Swim Meet for Public/Private Division.

Good sportsmanship by all is a tradition at swim meets in the City of El Paso. Please help us keep swimming a sport we can be proud of by demonstrating good sportsmanship and respect toward all participants and officials. If parents or spectators have questions or concerns, please express them to your team coach.

Please keep in mind disrespectful behavior can result in removal from our swim meet. And let's help keep our facility clean.

Thank you, and let's have a great meet!

City of El Paso
Parks and Recreation Department
Aquatics Section
2016 Summer Swim League Program
Public and Private League
Rules and Procedures

1. ADMINISTRATOR and SPONSOR:

City of El Paso – Parks and Recreation Department, Aquatics Section

2. Limitations

- a. Swimming pools utilized are provided by the City of El Paso for the Public League and the club's pools for the Private League dual meets.
- b. This league is not intended to be a swimming lesson. Entering swimmers in the younger age groups (8 & Under) must be able to swim the length of the pool (25 yds.) unassisted. Older swimmers must be able to swim the length of the pool in the four competitive strokes (freestyle, backstroke, breaststroke and butterfly).
- c. Participants in the summer league program must have a certain level of swimming ability as determined by the coach. The coach has limited time and resources, and he/she must always keep the safety of all participants as his/her priority. Therefore, the coach has the discretion to drop a swimmer for the team. A swimmer dropped from the team should look at enrolling in Gus & Goldie learn to swim lessons.
- d. Applicants who desire swimming lessons should seek information on the Gus & Goldie learn to swim program available year round.
(Web link <http://www.elpasotexas.gov/parks>)
- e. Applicants and/or coaches who desire a more intense practice and more intense level of training and competition should seek a higher level of league such as the USA Swim Clubs.

3. Organization – A league format will be used for the program.

a. Public

1. Public league teams are administered solely by City staff, utilize City Aquatics Centers and coaches are City employees.
2. All teams will swim against each other at the regular season Tri-Meets.
3. The championship meet will be swam as prelim/final meet.

b. Private

1. Private league teams are administered by private organizations, hire coaches, and assess fees.
2. Teams are swam in 2 divisions
 1. Major Division (Top 5 teams finishing in the previous year championship meet)
 2. Minor Division (All other teams)

c. Championship Meet

1. The Championship Meet is hosted by the City of El Paso Parks & Recreation Department
2. The Meet shall be a flighted meet with the Top 10 swimmers from each division advancing to finals.

4. Fees

- a. Entry fee for each participant in the public league shall be \$60 for City residents and \$75 for non-residents.
- b. Entry fee for each participant in the private league shall be \$22 for City residents and \$27 for non-residents.
- c. The fee will help defray the cost of trophies, individual medals, ribbons, administrative costs and the use of the pool for the City Meets.

- d. Fees are non transferable. After the name of the swimmer has been submitted with the fee, the name of another participant may not be substituted.
 - e. Swimmers will not be allowed to transfer from one team to another during the season. (Unless a special circumstance arises)
5. Liability
- a. Neither the City of El Paso, nor the Parks & Recreation Department, nor the Aquatics Section assumes any liability in the case of accidents or injuries to swimmers, spectators or any other individuals.
 - b. Parents should examine their personal liability medical insurance program to determine whether their individual coverage is adequate.
6. Spectators' Rules and Regulations
- a. No standing around the pool deck.
 - b. All spectators must remain seated in the bleachers at all times.
 - c. Folding chairs will only be allowed in designated areas.
 - d. All seating is "FIRST COME, FIRST SERVE".
 - e. No lying out on bleachers or spreading of blankets, towels, bags, coolers, etc. to reserve space.
 - f. No coolers will be allowed on deck.
 - g. No food, gum or drinks will be allowed indoors (except water).
 - h. No noise makers allowed.
 - i. Tents will only be allowed in the grassy area.
 - j. Flash photography is not allowed at the beginning of each race.
 - k. Only coaches, swimmers, officials and timers will be allowed in the ready bench and starting areas.
 - l. Children must be supervised at all times.
 - m. No cursing, swearing, racial remarks or any other verbal abuse of any kind.
 - n. No fighting or any other form of physical abuse.
 - o. Respect for all persons, staff, officials, property, facility and equipment.
 - p. Parents will not be allowed to enter through the athlete check-in gate. Parents that attempt to pass through this gate risk disqualifying their children from the meet.
7. Swimmer Registration
- a. A swimmer must be an El Paso Metropolitan area resident.
 - b. Parents must attend a mandatory class and receive a parent's class card or receipt.
 - 1. A parent class receipt must be current for the entire swim season. A parent class receipt that expires during the season will be required to complete the class before the registration is approved.
 - 2. Parent classes may be taken with the City of El Paso Aquatics Section, Sports Section, Recreation Section, El Paso Independent School District Athletic Department, Ysleta Independent School District Athletic Department, NE Soccer League and the NE AYSO.
 - 3. Parents must provide documentation that the class has been completed.
 - c. Paperwork needed for registration
 - 1. Copy of child's birth certificate
 - 2. Copy of parent's driver's license
 - 3. Copy of parent class receipt
 - 4. Parent/Participant Acknowledgment form
 - 5. Registration fee
 - d. Public Swim league parents can register their swimmers at the following aquatic centers:
 - 1. Armijo Aquatics Center – 911 S. Ochoa
 - 2. Hawkins Aquatics Center – 1500 Hawkins
 - 3. Leo Cancellare Memorial Pool – 650 Wallenburg
 - 4. Marty Robbins Aquatics Center – 11600 Vista Del Sol

5. Memorial Aquatics Center – 3251 Copper
 6. William W. Cowan Aquatics Center – 8100 Independence
 7. Veterans Aquatics Center – 5301 Salem
 8. Pat O'Rourke Aquatic Center – 901 N. Virginia
 - e. Private Swim League parents will register their swimmers with their team. Team coaches are responsible for turning in paperwork with payment to the Aquatics Section.
8. Swimmer Eligibility
- a. A swimmer who is affiliated with an organized year round swim team (USA Swimming) or as an independent shall not be allowed to compete unless they have not been competing or practicing with that team as of March 31st of the same year.
 - b. Swimmers may not participate in any other swim league concurrently, nor can they take part in private or specialized swim lessons from the city program.
 - c. Collegiate swimmers, current or past, are not allowed to compete (they may participate as coaches only).
 - d. A swimmer may participate in their age group (NO "SWIM UP" in age groups allowed).
 - e. USAS swimmers that are practicing and/or competing for year round swim clubs may not swim "exhibition" in summer swim league dual or tri-meets. Teams that allow this risk losing eligibility to swim in the City championship meet.
 - f. Swimmers age is determined by their age as of the first day of his/her championship meet.
 1. Public League Championship – July 9 & 10, 2016
 2. Private League Championship – July 15, 16 & 17, 2016
9. Swimmers Code of Conduct
- a. Expectations
 1. Respect for all persons and property.
 2. Respect for facilities and equipment.
 3. Respect for all staff, fellow swimmers and officials.
 4. Treat your opponents the way you would like to be treated as a guest or friend.
 5. Wish your opponents good luck before the race and congratulate them in a courteous manner following either victory or defeat.
 6. Adherence to the rules and regulations of the venue in which the event is held.
 7. Respect the integrity and judgment of the officials.
 8. Accept and understand the seriousness of your responsibility, and the privilege of representing your team and the community.
 - b. The following is prohibited:
 1. Cursing, swearing, racial remarks or any other form of verbal abuse.
 2. No protests are allowed on the decisions of the swimming officials.
 3. Fighting or any other form of physical abuse.
 4. Use or possession of non-prescription controlled substances or intoxicants.
 5. Use or possession of any weapons.
 6. Use of tobacco or alcohol products.
10. Competitive Eligibility for Swimmers
- a. Registration Deadline (NO PHONE CALLS!): June 24, 2016 4:00 pm
 - b. All coaches must submit a completed official team roster form with entry fees, and parent/participant acknowledgement forms in alphabetical order prior to the first regular season meet.
 - c. A computer generated roster may be submitted provided that all team and swimmer information is included.
 - d. Swimmer information should be in this order:
 - Last Name, First Name
 - Birth date and age
 - Address and phone number

11. Coaches Eligibility

- a. Coaches must be at least 16 years of age.
- b. All coaches must pass a criminal background check.
- c. Coaches must apply to be a coach at the following address:

Public League:

City of El Paso Parks & Recreation Department
Aquatics Section
911 S. Ochoa Ste A
El Paso, TX 79901
(915) 541-4594

Private League:

City of El Paso Parks & Recreation		
Sports Section		
Nations Tobin		Acosta Sports Center
8831 Railroad Dr	or	4321 Delta Center
El Paso, TX 79924		El Paso, TX 79905
(915) 757-2743		(915) 534-0254

- d. Coaches must pass a criminal background check: Fee \$40
- e. Assistant coaches must complete a City of El Paso Volunteer Application and abide all City policies and procedures. Volunteer coaches are not financially compensated.
- f. All coaches (paid and volunteer) must attend a Safety Training for Swim Coaches training session hosted by the Aquatics Section through the American Red Cross.
Cost is \$19 per coach
- g. Coaches will submit all forms in the provided format:
 1. City of El applications
 2. Initial team roster
 3. Supplemental roster
 4. Complete final team roster by June 24, 2016
 5. Complaint and suggestion form (when needed)
 6. Protest form (when needed)
 7. Scoring sheets
- h. Coaches may not compete with their swim teams.
- i. Coaches can only coach one team whether it is public or private during the season.

12. Coaches Code of Ethics and Responsibilities

a. Ethics

1. Coaches shall never place the value of winning above the value of instilling the highest ideals of character and shall display modesty in victory and graciousness in defeat.
2. In all personal contact with swimmers, officials, directors and parents, coaches shall uphold the honor and dignity of the profession.
3. Coaches shall strive to set an example of the highest ethical and moral conduct.
4. Coaches shall take an active roll to prevent the abuse of alcohol, drug and tobacco abuse.
5. Coaches shall avoid the use of alcohol, drugs and tobacco when in contact with swimmers.
6. Coaches shall master the contest rules and shall teach them to his or her team members. Coaches shall not seek an advantage by circumvention of the spirit or letter of the rules.
7. Coaches shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with booster clubs and meet officials and administrators.

8. Coaches shall respect and support contest officials. The coach shall not indulge in conduct which would incite swimmers or spectators against the officials. Public criticism of officials or swimmers is unethical.
9. Coaches should meet and exchange cordial greetings with opposing coaches to set the correct tone for the event before and after the contest.
10. Coaches are to prepare swimmers for meets through practice, guidance and instruction.
11. All coaches must abide by the City of El Paso Parks & Recreation Department Participant Code of Conduct.

b. Responsibilities

1. Coaches will ensure all participants are abiding by the policies of the team and league.
2. Coaches will provide a safe swimming environment by enforcing all swimming pool rules & regulations, along with league rules.
3. Coaches will not allow swimmers to enter the pool before or after practices or warm-ups: to coach, instruct or supervise other swimmers.
4. Coaches must provide their own personal training equipment (clipboards, whistles, pens, pencils, stopwatches, etc.)
5. Public league coaches may not practice more than 4 hours per week.
6. All coaches are to instruct on proper swimming techniques with the help of two volunteer assistant coaches (if desired).
7. The Head Coach has final authority over who swims in what event.
8. The Head Coach may file complaints against swimmers, parents, pool personnel and other coaches.
9. Complaints and suggestions will be addressed directly to the League Administrator.

13. Unsportsmanlike or Disrespectful Conduct

- a. All swimmers, officials, coaches, volunteers, parents and spectators attending swim meets shall conduct themselves within the rules of the organization. All guidelines which are not intended to be exhaustive shall be adhered to at all meets.
- b. Any individual displaying unsportsmanlike or disrespectful behavior at a sanctioned or approved competition may be first warned, along with the coach for the team that the individual represents, by the referee or by meet management to cease such conduct. If the conduct is serious or continues after the warning, the individual may be ejected from the pool deck and the venue. Ejection is at the discretion of the meet host/director or official.
- c. The meet host/director or official shall report the incident in writing to the City of El Paso Parks and Recreation Aquatics Section within 7 days of the incident. Following such report, the person ejected will have to go before the Parks & Recreation Grievance Committee. The Grievance Committee consists of one parent representative per team.
- d. Any further incidents in a 12 month continuous period shall result in the individual being suspended from competition at any City aquatic center or approved meets for period of 120 days from the day of the incident.

14. Swimming Meets/Events

- a. Meet follows UIL rules.
- b. Program Administrators may amend rules as deemed necessary for the overall benefit of the meet.
- c. All participants must compete in the Tri or Dual Meets to be eligible for the City Championship Meet.
- d. All participants have an opportunity to participate in two individual events and two relays.
- e. All mixed relays will consist of no more than two males. A mixed relay may be all girls as long as there is not an eligible male to swim the relay.
- f. A swimmer must have swim in an individual event in order to be eligible to swim in the championship meet.
- g. Protests

1. All protests of a disqualification, time or order of finish will require a \$10 deposit from the coach/team requesting the appeal.
 2. If the referee upholds the protest, then the money is returned to the team.
 3. If the result is not overruled, then the \$10 is kept.
 4. All protests must be submitted in writing with a complete description of the reason for the protest.
- h. A swimmer will not be disqualified if he/she swims in the wrong heat or lane, as long as the swimmer did not prohibit another swimmer from swimming in the lane.
- i. Whistle starts will be done at the Divisional and Championship Meets. The whistle blows will consist for the following:
1. Deck Starts
 1. 1st three short blows – swimmer behind your starting block
 2. 2nd one short blow – swimmer step up on the block
 3. Starter states, “Take your mark”
 4. Horn starts, starts the race
 2. Back starts
 1. 1st three short blows – swimmer behind your starting block
 2. 2nd one short blow – swimmer enter the water feet first
 3. 3rd one short blow- swimmer grab the bar & place feet
 4. Starter states, “Take your mark”
 5. Horn starts, starts the race

15. Fundraising/Donations

- a. Recreational swim teams may have fund raising activities as long as they are not in a City facility – recreation center, aquatic center or City Park, and not involve City staff or City resources. You do have the option of using these facilities, but you must pay the correct rate to do so.
- b. Parents must notify Aquatics staff of all fundraising efforts in writing prior to the event.
- c. All City recreational swim team representatives collecting money from parents, players, fundraising, etc. must provide either a detailed breakdown or a budget for the money received to all parents and Parks and Recreation Aquatics Section staff.
- d. All supporting accounting documents/receipts must be provided when practical.