



# Dive & Swim Meets

A Guide for Parents and Divers/Swimmers

**W**eekly dive/swim meets can seem overwhelming the first few times around. This guide is to help new swimmers and their families have a feel for what happens the day of a dive or swim meet and to define some frequently used terms. If you have any questions regarding this information or dive and swim meets in general, please feel free to ask one of the coaches.

HVSC has five Dual Meets scheduled this season and one big event called the WISC (Washtenaw Interclub Swimming Conference) Championships at the end of the season. Weekly meets are called Dual Meets because two teams dive/swim against each other. Championships include multiple teams. To be eligible to dive/swim in the Championships, divers/swimmers must participate in at least two dual meets this season.

## *Coaching Philosophy*

The coaching philosophy at HVSC is team first and individuals second. The parts become the whole. If all of our individual swimmers do what they are supposed to do, then the team will succeed to a higher level. Sometimes we can position our team better by winning a second, third and fifth place for an event, instead of winning just first place. It's about working together to win each meet as a team.

## *Diving*

Dual dive meets take place on Friday nights and begin at 5:00 PM. All divers should be at warm-ups beginning at 4:00 PM. Each meet begins with the 8 & Under Boys, then 8 & Under Girls, 9-10 Boys, 9-10 Girls and so on through the age groups. There are five groups of dives: Front, Back, Inward, Reverse and Twist. Each of these dives has several positions: straight (layout), pike and tuck, and can have a variable number of somersaults and twists incorporated as well.

At a dual dive meet, divers perform the required dive of the week and a specific number of additional dives depending on their age group. The 8 & Under divers perform the required dive plus two additional dives. The 9 & 10s perform the required dive and then three additional dives from two different groups. The 11 & 12s perform the required dive and then four additional dives from three different groups. And the 13 & Ups perform the required dive and an additional five dives from four different groups.

## *Scoring a Dual Dive Meet*

Dual dive meets utilize three judges. For every dive, all three judges determine how well the dive was executed and each assign a score from 1-10 including half points. The scores from the three judges are added together and then multiplied by the value for the Degree of Difficulty (DD). This determines the total points awarded to the diver for each particular dive. Each diver's points for individual dives are added together for a total number of points for that diver. For each age group, the divers with the highest total number of points are awarded first through sixth place. The number of points awarded for first through sixth place respectively is 7 points, 5 points, 4 points, 3 points, 2 points and 1 point. Up to three HVSC divers can score points for each age group.



## Swimming

Dual swim meets take place on Saturday mornings and begin at 9:00 AM. All swimmers should be at warm-ups beginning at 8:00 AM. Each meet has four events; each swimmer may only swim in three of these. The first event begins with the 8 & Under Boys, 8 & Under Girls, 9-10 Boys, 9-10 Girls and so on through the age groups. The second event again begins with the 8 & Under Boys.

In general, each team is assigned either odd or even numbered lanes. Marshals help younger swimmers get ready for their correct event and find their proper lanes. Younger swimmers must stay in the Marshaling area. It is important that the Marshals always know where their swimmers are so that nobody misses an event.

Each individual event is divided into a certain number of heats, depending on the number of swimmers entered in the event and the number of lanes in the pool. At dual meets, the first heat of each event for each age group is intended to be the fastest heat, but anything can happen. Timed abilities at swim practice help the coaches to place the swimmers into appropriate heats. A Heat Ribbon is awarded to the fastest swimmer in each heat of an event.

### The Four Events of a Swim Meet

The first event of every swim meet is the Medley Relay. Four swimmers compose a team, each one swimming a different stroke. The first swimmer swims the backstroke, the second breast, third butterfly and fourth freestyle. This is a single length (25 yards) for 10 & Under and two lengths (50 yards) for 11 & Up.

The second event is Freestyle. The 8 & Unders swim 25 yards, all others swim 50 yards. There are usually many heats for this event.

Each week has a Specialty Stroke and this is the third event. The specialty strokes through the season are the Backstroke, Breaststroke, Butterfly, Distance Freestyle and Individual Medley (IM). The IM is butterfly, backstroke, breaststroke and freestyle. The 8 & Unders swim 100 Freestyle instead of the IM.

The final event at each meet is the Freestyle Relay. Four swimmers compose a team. The 8 & Unders swim 25 yards each for a total of 100. All others swim 50 yards each for a total of 200.

### What to Bring to a Meet

*Multiple towels (3 or more plus a chamois if you dive, 2 or more if you swim!)*

*Swimsuit – team is preferred, otherwise, can be any color, but cannot have any team name other than HVSC*

*Two pair of goggles*

*Swimcap if needed (can be any color, but cannot have any team name other than HVSC)*

*Sweats (top & bottom)*

*Blanket or Sleeping Bag*

*Water or Gatorade*

*Healthy, nut-free snacks (no candy!)*

*Sunscreen*

*Activity to pass the time (book, cards, etc.)*

*A great attitude!*

Please be aware that no jewelry is allowed during meets (including friendship bracelets!)

### Scoring a Dual Swim Meet

Individual events are awarded points for the six fastest times for each age group. The number of points awarded for first through sixth place respectively is 7 points, 5 points, 4 points, 3 points, 2 points and 1 point. Up to three HVSC swimmers can score points in individual events for each age group.

Relay events are awarded points for the three fastest times per age group. The number of points awarded for first through third place respectively is 8 points, 4 points and 2 points. Up to two HVSC relay teams can score points in the relay events for each age group.

### Inclement Weather Before A Meet?

If there is inclement weather before an outdoor meet, please still report at the designated time and location as planned. We need our entire team together should a decision be made to delay the meet or move it to an indoor location.

Also, to receive the most current swim and dive team information, be sure to visit the HVSC website ([hvsconline.com](http://hvsconline.com)) and sign up for the email newsletter. When you receive your subscription confirmation email, be sure to update your 'HVSC Mailing List Options' profile to include 'Swim-Dive'.

## Volunteerism

Volunteering at HVSC home dive and swim meets is a great way to support the dive/swim team and your athlete. In order to ensure the success of every meet that HVSC hosts, we ask that every family who participates in the dive/swim program work as a volunteer at least twice during the season. Approximately 70 parents are needed to run each home swim meet, and 6-8 to run each home dive meet. No experience is required and training will be provided if needed. Volunteer sign up sheets will be available on opening day, and thereafter in the hallway at the club. Following is a list of volunteer positions, the number of people required for every home dive/swim meet and a brief description:

### Dive Meet Volunteer Positions

**Announcer** (1 needed): Announces the diver by name and the dive being performed.

**Tabulators** (2 needed): One Tabulator adds the score, the other multiplies it by the degree of difficulty.

**Scorer** (1 needed): Writes the final score for every dive on the provided scoring sheet.

**Writer** (1 needed): The writer transcribes the announced scores on paper as a record.

### Swim Meet Volunteer Positions

**Concessions Food Purchasers** (10 needed): Purchase food prior to the home swim meet as indicated by concessions coordinator. Bring food the morning of the home meet during warm-ups. Reimbursed for expenditures at meet.

**Concessions Workers** (4 needed): Sell concession foods (hot dogs, bagels, coffee, pop, etc.) to customers and replenish items as needed. Four people allows for volunteers to rotate enabling them to watch their swimmers.

**Timers** (27 needed): Timers use stopwatches to start each race at the sound of the start and stop the race when the swimmer in their lane touches the wall at the end of the race. Timers work in threes at every lane and record the times on provided time sheets, which are then collected by a Runner. Timers must attend the Timer's Meeting conducted by the Starter, which is held 15 to 30 minutes prior to the start of the meet.

**Runners** (4-5 needed): Runners take the Time Sheet

from each lane to the Scoring Table. Also check with the Stroke and Turn Judges for warning and DQ forms, which are also taken to the Scoring Table.

**Heat Ribbons** (1 needed): Give out Heat Ribbons to the 1st Place swimmer or relay team members in each heat.

**Rope Holder** (2 needed): Monitor rope on each side of the pool. Untie and drop the rope into the water in the event of a false start (as signaled by the Starter) in order to stop the swimmers.

**Age Group Marshals:** Age Group Marshals help out at both home and away meets. 2 Marshals are needed for each of the following age groups for both the boys and girls: 8 and under boys, 8 and under girls, 9 & 10 boys, 9&10 girls, 11 & 12 boys, 11 & 12 girls. Age Group Marshals hold the event cards for each event and distribute them to swimmers prior to each event. They organize swimmers in order of their heats and lanes prior to walking them to the Head Marshal. Also help swimmers be where they need to be so no event is missed.

**Head Marshal** (1 needed): The Head Marshal organizes all swimmers from both teams in the Marshaling area into specific lanes and heats for every event. Experience helpful.

**Assistant Marshal** (1 needed): Assist Head Marshal with organizing swimmers for each event.

**Scorers** (4 needed): Scorers tabulate point totals for each event at scorers table. Two Scorers require experience, two do not. All Scorers sit in the shade under a canopy with the best view of the meet!

**Finish Judges** (2 needed): Finish Judges call out the order of finish for all lanes.

**Finish Writers** (2 needed): Finish Writers transcribe the order of finish for all lanes as called out by Finish Judges.

**Stroke and Turn Judges** (2 needed): Stroke and Turn Judges are positioned on both sides of the pool and watch to ensure that swimmers are using proper strokes and executing turns correctly. They may either issue warnings or disqualify a swimmer and must sign or initial any disqualification card, which will specify the infraction.

**Starter** (1 needed): Responsible for bringing Swimmers to their mark to begin each race using the audio start system. Works closely with the Head Timer to make sure that everybody is ready to start the next race.



# Team Cheers

## **Rock Steady**

*Leaders: Hey, Huron Valley!*

*All Respond: Yeah!*

*Leaders: Are you ready...*

*All Respond: Yeah!*

*All: To rock, rock, rock, rock*

*Steady, eady, eady, eady!*

*Rock (clap clap clap)*

*Steady (clap clap clap)*

*Rock (clap clap clap)*

*Steady (clap clap clap)*

*(repeat)*

## **Bottle of Pop**

*All: Bottle of pop, big banana, we're from Southern Indiana!*

*That's a lie, that's a bluff,*

*We're Huron Valley and we're tough!*

## **We're Number 1**

*All: We're number 1, not 2, not 3, not 4*

*We're gonna win, not lose, not tie the score*

*We're gonna beat 'em, bust 'em, 'cuz that's our custom*

*Go Huron Valley!!!*

