

Coaches Meeting

Sign in Sheet Reminder

Background check requirement reminder

Below are the talking points:

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The Rappahannock Swim League's mission is to bring kids to swimming, to expose them to competition in a recreational environment, and to teach them good sportsmanship; how to win with grace and lose with dignity.

As coaches in the RSL, you are expected to help us achieve this goal. Please act professionally and place the best interest of your swimmers above anything else, including your win/loss record. Get kids in the water, give them opportunities to swim different strokes, and to qualify to swim at their championship meet.

The RSL Representatives are there to help in any way they can. They will help coordinate a smooth meet and work with the referee and coaches to resolve issues as they arise. Make sure you utilize your RSL Rep if and when you have issues.

The Referee and other officials are all working to ensure a fair and equitable meet for all competitors.

Coaches are called upon to complete this effort:

First off, know the rules. Each team will be provided with six copies of the 2018 USA Swimming mini rule book. Your RSL Representative should also provide you with the latest RSL Rules and they are available on the RSL website.

Key points for meets:

Coaches come prepared to meets (know what you need to bring)

Know whether the pool you are going to is a yard or meter pool, 25 or 20, # of lanes, etc.

Make sure your swimmers drink plenty of fluids, remove caps between races, keep a dry towel, but don't wrap up in it (traps body heat), wear footwear on deck.

The Referee should be conducting a coaches meeting prior to each meet. It is your responsibility to notify the referee of athletes with special requirements and athletes with injuries (tape, casts, splints, etc.)

You should be getting your DQ slips in a timely fashion. If you aren't, ask the Referee why; or point it out to your RSL Rep and have them pose the question.

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If you want to dispute a call, talk to the Referee. Keep calm and present your case.

Be good visitors when away and gracious hosts at home. When visiting, make sure your swimmers and parents pick up after themselves.

Ken Novell:

Danielle Euker presented details on Ken Novell award for 2018. See Ken Novell Award document for additional information.

New Rules for 2018:

Marie-Claire Stokes presented an overview of the new rules. See last page of this document for details.

Other rules to remember:

Freestyle requires a forward start. Each leg of a freestyle relay has a start, swim, and finish so each competitor is required to perform a forward start.

No Deck Changing

Racing starts.

103.2 Water Depth

.2 Teaching Racing Starts of the USA Swimming Rules has been amended as follows:

Minimum water depth for teaching racing starts in any setting from any height starting block or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.

This decision has been made with the advice and consent of the Safety Education Committee, the Rules and Regulations Committee, and legal counsel. The purpose of this action is to further protect novice swimmers from accidental bottom strikes while they are learning to execute racing starts.

Relays with in-water starts, swimmers do not enter the water until the swimmer they are going to follow is on the way.

You may not assist younger swimmers doing in-water starts by holding their hand to keep them from leaving early. No interference with any swimmer, unless special needs require it and it has been approved by the Referee.

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Swimming up: If you swim up during a dual meet, you must swim up the entire meet with the exception of relays. To swim up at the championship meet, you must have swum up sometime during the dual meet season.

Swimming up in relays: You can only swim up in a relay if no other competitor in that age group is available.

Remember to reference RSL rule 7.3.3 for clarification on relays and particularly which swimmers start at the “start” end of the pool and which swimmers start in the water at the turn end of the pool.

Freestyle relays and Medley relays: Four (4) swimmers on each team, each to swim one fourth of the prescribed distance.

The Graduated relay is swum youngest to oldest.

Senior medley relay must have at least one swimmer from the 13-14 age group and one swimmer from the 15-18 age group.

Each team is limited to 2 relays per event, C relays are exhibition only and ONLY if the pool supports the extra relay teams. In other words, C relays are only allowed in 5, 6, and 8 lane pools. Remember to mark the heat and lane on relay cards; C relay cards should have EXH on them.

Know the rule regarding acceptable attire for swimmers. Swimmers shall not be permitted to compete in attire (suits and caps) which includes the name or logo of any team other than the RSL team for which they are competing. And no snaps, ties, fasteners, etc.

Championship Meets:

To participate in the championship meet, a 7 and older competitor must have participated in two dual meets. A 6 and under competitor must have participated in one dual meet.

To swim an event at the championship meet, you must have swum it cleanly once during the Dual Meet season.

Other common sense items:

Familiarize your swimmers with the false start recall “noise” and false start or recall rope so they will know what to expect in false start situations.

Familiarize your swimmers with the roles of officials. Be sure to highlight that Stroke & Turn Judges are watching multiple swimmers. If they raise their hand, don't slow down! They aren't necessarily DQing you.

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Advertising vs. Recruiting.

Reminder: Planners and meet entries are now due to the Scorer no later than 60 minutes prior to the start of the meet.

Reminder: Planners and entry cards are now due to the Clerk of the Course no later than 60 minutes prior to the start of the meet. Sooner is always better. If you know of scratches, let the Clerk know ASAP. Number your cards for the clerk with swimmer ranking 1 – n, with one being the fastest swimmer.

Before the meet, let the Referee know if you have any swimmers with a disability.

Don't enter swimmers in events they are obviously not prepared for.

Coaches, Referee(s), Scorers, and RSL Reps do not leave the meet until all scoring is complete and the final paperwork has been signed. Collect your ribbons before you leave.

Behavior of coaches – You are a role model; set the best examples for your athletes.

Sportsmanship – make sure your chants are positive in nature, not derogatory towards the other team.

Know the Rain Delay Policy; calling a meet due to weather.

Know the rules on adding/deleting swimmers for a meet continuation or make-up.

Come prepared to seeding party, two people, correct software, data (See 12.4.3 for complete list of requirements)

Any questions?

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Additional Coaches Rules Info – Presented by Marie-Claire Stokes (H):

Rules – Please make sure you look over the rulebook.

- Entries are due by 6:00 prior evening RSL (email will be sent out with email address)
- Make sure entries are correct.
- Need to send event planner.
- If you have any special needs swimmer that need an outside lane please include that in the email.
- You cannot add a relay – you may only swim what you put in prior to the meet. Relay members can change up until start of relay.
- One of each relay – free, medley, graduated.
- Coaches need to print out relay cards & put labels on cards.
- No exhibition swimmers. Changes need to take place prior to 5:30.
- You may not assist swimmers in any way. For example no hand holding younger swimmers hands prior to relay start.
- May only swim up in a relay if no swimmers of that age are available.
- Each swimmer may only swim 1 leg.
- Graduated relay must swim in age order. Only suits/caps with the summer team they are swimming for may be worn. Suits may not have zippers, fasteners, buttons or anything but a drawstring during competition.
- Championship meets – 7 or older must have participated in 2 meets and posted a time. 6 & under must swim in 1 meet and have a qualifying time. DQ swims do not count

- Talk with your swimmers about the role of stroke & turn and understanding that a raised hand may not apply to them and they should keep trying their best.
- There should be no recruiting athletes from other teams.
- Coaches should not be lifeguarding & coaching – there should be a person designated at the lifeguard on duty.
- Scratches need to be given to data prior to 5:30 or as soon as possible.
- 5 lane pool update – may have 6 entries per event for freestyle, backstroke, and fly.
- Make sure to read over rules.