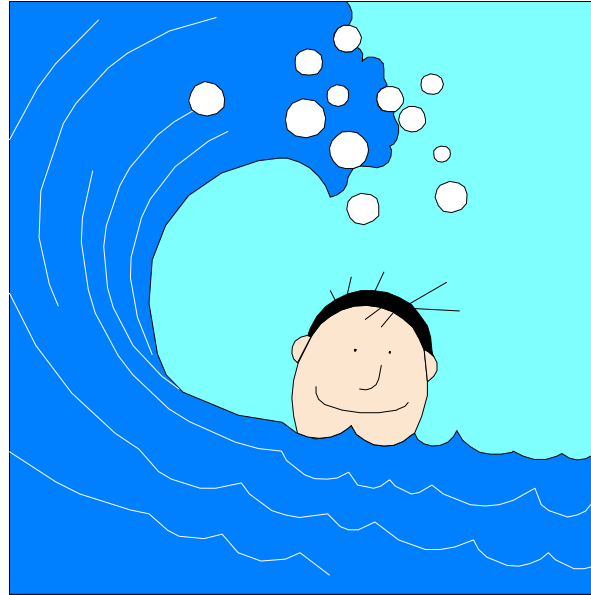


MY KID WANTS TO JOIN THE SWIM TEAM AND I HAVE NO IDEA WHAT'S GOING ON!



A guide for the bewildered parents
of prospective new members
of the
Village West Vikings Swim Team

2010 Edition

INTRODUCTION

Every swimmer's parent has experienced that first day of swim practice or that first swim meet where they wonder "Why am I here and what's going on?" We've all been there before and will be glad to enlighten you in your quest to understand the world of summer swimming.

Although this pamphlet is explicitly written for use by parents of new Viking swimmers, the fundamentals are true for any area swim team. It will (hopefully) provide some information which will help you understand what is happening while your child swims.

Please remember that the only stupid question is the one which is unasked. Your team reps, coaches, and fellow swim parents all want you to understand and enjoy our summer swim program.

Welcome to the Vikings. We're glad to have you with us.



Chapter 1: About The Swim Team

Our Philosophy

The philosophy of the Village West Vikings swim team is that **having fun is the most important thing we can do**. Most of the kids don't care if we're in a top division or a bottom division. We'd all like to be division champions, which usually means going undefeated, but only one team out of six can usually claim this honor. Personal development is what is most important and for a swimmer that means improving your times. We believe that by establishing a healthy environment that encourages the kids to do their best, recognizes their contributions, and is fun for the entire family, we will have met our goals.

We've all taken our kids to soccer or other sports and probably stood by as two or three parents ran the team. Swimming isn't like that. You can't run a swim program without parental help. **In fact, it takes over 40 parents to time, officiate, and score a typical swim meet, and that doesn't include pool set up and tear down, running the snack bar, or team social activities.**

Swimming is unique in that there's a place on the team for anyone eighteen or younger who can swim across the pool without assistance. How many other sports have kids five years old to eighteen years old and their parents on the same team participating in the same competition?

Team Goal

The goal of the swim team is to give your children an opportunity to participate in one of the healthiest and most richly rewarding organized sports. The spirit of competition builds confidence, develops self-esteem, teaches teamwork and gives your youth an opportunity to feel good about themselves. We ask that you stress to your children that good sportsmanship is more important than winning – hopefully, they will go hand in hand, as good sports are always winners. We stress the team aspect of swimming. Swimmers are asked to remain in the team area during meets to cheer each other on. The older swimmers are encouraged to act as role models by leading cheers and supporting/encouraging the younger swimmers to do their best and be part of the team. Un-sportsman like conduct, such as ridiculing lesser swimmers, will not be tolerated. Expect a call if we hear that your child is doing this! We want the swim team to be enjoyable for everyone, not just the very best swimmers.

Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with the philosophy articulated above, our expectations are simple:

1. The Vikings swim team is not a swim lesson program. A swimmer should be able to swim a length of the pool to join the team. We don't care how fast or how ugly or how legal the stroke is. We'll help your swimmer become a better swimmer, but in fairness to the other 100 plus swimmers on the team, we must insist that all swimmers be able to swim. Your child will feel better about being on the team if he/she is competitive with most of the other kids of the same age. We offer swim lessons or Little Vikings, our developmental swim program.

2. Keep your commitments. We're planning on you being available for all swim meets unless you tell us you're not available, preferably at least three days in advance.

3. Pay attention to the coaches. With so many swimmers, disruptions aren't fair to the other swimmers.

4. Do your best. It's a lot more important than being the best.

5. Have fun.

Chapter 2: Important Basic Stuff

Practices

Practice times are posted on the pool website and the swim team bulletin board. Swimmers should come to practice regularly and be prepared to do their best.

Swimmer Apparel

Swimmers should wear a swimsuit that will be comfortable for racing. The Vikings, like every other swim team, have a team suit. The wearing of the team suit is optional. There will be an opportunity to purchase a team suit on a specified date at the pool. (something like that)

You should also consider buying at least one practice suit for your swimmer. Many swimsuit retailers sell suits discontinued by manufacturers at a reduced price as practice suits

Accessories for the well dressed swimmer

Every swimmer needs a towel, the bigger and thicker the better. Other accessories you should consider are goggles, a sweatsuit (for cool days), a swim cap (especially for girls/boys with long hair), a hat or other sun protection, and a bag to carry everything. You should also have liquid refreshment (Gatorade, Powerade or a water bottle) and a light snack for during the meet, such as fruit, granola bars or other healthy foods. Save the sweets at the concession stand as a reward for swimming a great swim.

Communication

Each family will have a folder which we will keep in a crate in front of the guard desk. This will be where we put ribbons that are not picked up at practice. We will also post flyers on the swim team board in the pool house. For all time sensitive information, we will use email.

Big Brother/Big Sister Program

Being a young kid on the swim team can be a bewildering experience. We've instituted a program to give every young swimmer a Big Brother or Big Sister to help young swimmers enjoy their summer swim experience.

Chapter 3: Organizational Stuff

Village West Pool

Village West Inc. owns the facility that we use. Although each member of the swim team pays a fee in order to belong on the team, to be a member of the swim team and qualify to compete in the NVSL your family must be a member of the pool.

Team Reps and Coaches

The people you'll run into the most in your swim team dealings are the team reps and the coaches. The team reps are volunteer Village West Pool Board representatives that are responsible for running every aspect of the swim team. They represent the team to other swim teams and the NVSL. It's a job that is impossible to do successfully without help from a great many parents. The team reps hire the coaches who are responsible to the team reps for the swimming portion of the swim team program.

Northern Virginia Swimming League (NVSL)

In 1956, eight Northern Virginia pools founded the NVSL. Today, the NVSL has over 15,000 swimmers on over 100 teams and is the largest summer swim league in the United States. During the offseason, the NVSL ranks each team, based primarily on swimmers' times, and divides the teams into eighteen divisions of five or six teams. The fastest teams are in the lower numbered divisions and the less competitive teams are in the higher numbered divisions.

Dual Meets

The six teams in each division swim the other five teams, one at a time, on five consecutive Saturdays, in a series of dual meets (sometimes referred to as "A" meets), so called because there are two teams competing. Based upon the results of these five meets, a division champion will be named.

Relay Carnival

The division Relay Carnival takes place on the Wednesday between the third and fourth weeks of the season (usually the 2nd Wednesday in July), and is one of the biggest and most exciting meets of the season. All six teams in each division converge on one pool for an evening of relay races. These include freestyle relays (each swimmer swims freestyle) and medley relays (each swimmer swims a different stroke). The next night, the division coordinators meet and select the fastest relay teams to swim at the All-Star Relay Carnival the following week. The sole criteria for selection to the All-Star Relay Carnival is to have one of the eighteen fastest times in an event swum in the Division Relay Carnivals.

Divisionals

The sixth week, each division has an individual championship meet, commonly referred to as "Divisionals." Each team is allowed to enter two swimmers in each event and a swimmer can enter no more than two events. If a team does not have two swimmers for an event, the other teams can bid in other swimmers to fill the empty lanes. This is an individual meet and is not scored.

All-Stars

After Divisionals, the Division coordinators meet to select swimmers for the all-stars meet the following week. The sole criteria for selection to All-Stars is to have one of the eighteen fastest times swum that day in an event in the

divisional meets. All-Stars can be overwhelming for a first time swimmer, as approximately 600 swimmers, plus parents, coaches, and officials, converge on a pool for a meet that takes about six hours. If your swimmer is fast enough to be named an All Star, it is a thrill they will never forget.

Burke Springfield Developmental League

Village West participates with other local pools in a Developmental League for the purpose of providing swimmers additional opportunities to compete in unofficial (unscored) meets, which are usually held on Monday nights. These are commonly referred to as “B” meets. Swimmers who did not place in the top three in an individual event the preceding dual meet may swim **two events officially**. Swimmers who placed in the top three in a single individual event may **swim officially in one event** other than their place winning event **and one event unofficially**. Swimmers who placed in the top three in **two events** the preceding dual meet **may only swim one unofficial event**. The Butterfly for eight and unders will be official. All swimmers may swim the IM (individual medley) because these are not swum in Saturday meets. The idea is to get ribbons to as many kids as possible, even if only a participation ribbon.

The IM Carnival is our last “B” meet of the season and offers a last opportunity for all swimmers to improve his/her Best Time for IM and 8/under swimmers to swim Butterfly.

USA Swimming

USA Swimming is the governing body for swimming in the United States. USA Swimming establishes rules for the strokes and for the conduct of competition. The NVSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in our league.

Potomac Valley Swimming

Potomac Valley Swimming (PVS) is the local “branch” of USA Swimming. It consists of year round swim clubs in the Washington area. PVS conducts “short course” competitions (25 yard pools) from October to March and “Long Course” competitions (Olympic-sized 50 meter pools) from May thru July.

Chapter 4: My Kid Says He's Supposed to Swim Like a Butterfly

If you're not a former swimmer, the strokes and their rules can be a cause of bewilderment. While the stroke rules are simple enough for a six-year-old to understand, most people do not have a copy of the USA Swimming Rules, so we'll briefly describe the strokes below. The rules below are the USA Swimming rules as modified for use in the NVSL. Teams in other leagues may have slightly different rules.

Freestyle

Freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts associated with this stroke, specifically: (1) You cannot walk on the bottom or pull yourself along using the lane lines and (2) In a 50-meter race (two pool lengths), you must touch the wall at the 25 meter end before touching the wall at the 50 meter end (this may seem obvious, but sometimes swimmers miss the wall at the turning end of the pool).

Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they're at in the pool, and count strokes from the flags to the wall.

Backstroke starts are different from all others because the swimmer is in the water, feet planted against the wall, and hanging on to either another swimmer's legs or the lip of the pool awaiting the starter's signal. "Legs" must be grabbed below the knee. Persons serving in an official capacity (such as timers or coaches) may not serve as "legs."

If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

Breaststroke

The breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two-hand touch.

Butterfly

A well-executed butterfly (or fly) is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over-the-water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin-style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two-hand touch at the wall.

Individual Medley

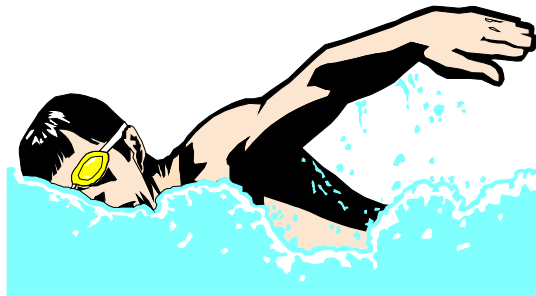
The individual medley (or IM) is when an individual swims each of the four strokes in the sequence butterfly, backstroke, breaststroke, freestyle. We swim a 100-meter IM, which means that 25 meters, or one pool length, of

each stroke is swum. In a 100-meter IM, every turn is a stroke change and stroke finish rules apply. This means no backstroke flip turns.

Relays

There are two kinds of relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is backstroke, breaststroke, butterfly and freestyle. At the Division Relay Carnival, swimmers eight and under swim a modified medley relay where the Butterfly leg of the relay is replaced with a freestyle leg (thus Back – Breast – Free – Free).

In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck. Running starts or pushes from teammates are not allowed.



Chapter 5: Swim Meets

There are two basic meets you will encounter as a parent: Saturday meets, which are scored dual meets and Monday Meets, which are un-scored dual meets.

Saturday Meets

Saturday meets consist of 38 individual events and 12 relays. The events swum for each stroke and age group are shown below. Remember, each pool length is 25 meters.

Saturday Meet Events and Distances

Age group	Freestyle	Backstroke	Breaststroke	Butterfly	Freestyle Relay	Medley Relay
8 & Under Boys	25 M	25 M	25 M		100M	
8 & Under Girls	25 M	25 M	25 M		100M	
9-10 Boys	50 M	50 M	50 M	25 M		100 M
9-10 Girls	50 M	50 M	50 M	25 M		100 M
11-12 Boys	50 M	50 M	50 M	50 M		100 M
11-12 Girls	50 M	50 M	50 M	50 M		100 M
13-14 Boys	50 M	50 M	50 M	50 M		200 M
13-14 Girls	50 M	50 M	50 M	50 M		200 M
15-18 Boys	50 M	50 M	50 M	50 M		200 M
15-18 Girls	50 M	50 M	50 M	50 M		200 M
Mixed Age Boys					200 M	
Mixed Age Girls					200 M	

NOTES:

1. In Saturday dual meets, the youngest age category for the butterfly is 10-and-under. There is a 25-meter butterfly for 8-&-unders at Divisionals and All-Stars.
2. The order of events is to go down each column starting on the left side except that the mixed age relays are the last two events. To make it easier, buy a meet sheet.
3. The mixed age relays are swum by, in order, an 11-12 year old, a 9-10 year old, a 13-14 year old, and a 15-18 year old.

Who Swims?

These meets are to see who can score the most points, so the fastest swimmers get to swim. Three swimmers can be entered in each individual event and no swimmer can swim more than two individual events. Since swimmers take vacations and go places such as scout camp, and a swimmer can swim in only two events (plus relays) in any meet, you don't have to be one of the three fastest swimmers to swim in a Saturday meet. Who swims an event may seem to be a mystery. However, after the first meet both teams know the other's swimmers times and we try to position our swimmers to optimize our points and win.

Disqualifications (DQs) and False Starts

A swimmer will be disqualified (or DQd) if he/she does not follow the rules of the stroke or false starts. These are covered in more detail in Chapter 7.

“Seeding”

In Saturday meets, the home team has lanes 1, 3, and 5, while the visiting team has lanes 2, 4, and 6. The fastest swimmers swim in lanes 3 and 4, the next fastest in lanes 2 and 5, and the next fastest in lanes 1 and 6. Swimmers are seeded based upon their fastest times attained in prior competition. Lane 1 is always on the right side as you stand facing the pool at the starting end.

Meet Sheets

While all NVSL meets have an announcer, the best way to follow the meet is with a meet sheet, which lists all the events, swimmers, and seed times. Meet Sheets are usually found in the concession area and are fairly inexpensive.

Scoring

In the individual events, a first place finish earns 5 points for the team, a second place 3 points and a third place finish 1 point. Relays are scored as 5 points for the winner and 0 points for the loser. There are 402 points up for grabs in a Saturday meet. Unless there is one or more places not awarded in an event due to DQs or lack of swimmers, you need 202 points to win.

In the event of a tie, the points for the places involved are equally split among the swimmers. For example, a two way tie for second place, each swimmer earns 2 points (3 points for second plus 1 point for third equals 4 points, half for each swimmer). No third place would be awarded because the next swimmer is fourth. For a third place tie, each swimmer is awarded 1/2 point.

Developmental League (Monday) “B” Meets

Monday meets are basically the same as Saturday meets except as follows:

- In the freestyle and backstroke, a 6 & Under age group is added
- There is an 8-and-under competition in the butterfly
- IM events are added for 10 & Unders, 11-12s, 13-14s and 15-18s
- there are usually multiple heats of each event for younger swimmers

Relay Carnival

The Relay Carnival meet has relay teams from all 6 swim teams in the Division compete for the Division Championship. Swimmers must compete in their own age group and cannot “swim up”. Each relay team is assigned a lane for the first event based on a lottery. The lane assignments then rotate in subsequent events to ensure fairness. The meet sheet lists only the team swimming in each lane in each event.

Chapter 6: Who Are All These People Dressed in White & Blue?

Your first swim meet can be a bewildering experience as you encounter a vast horde of adults dressed in white and blue. NVSL rules require white shirts and blue shorts, pants, or skirts to be worn by all officials.

Clerk of the Course

The Clerk of the Course is the "gatekeeper" for all swimmers in our meets. The people who perform this function get the swimmers to the right lanes for the correct race. You can't run a race without swimmers and the clerk of the course makes sure the right swimmer gets to the right place at the right time.

Referee

The referee is the chief official for each swim meet. He is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the referee sounds two or three short blasts to advise the participants to get ready. After the event is announced by the announcer or starter, the referee sounds one long blast as a signal for swimmers to get into position for the start or to jump feet first into the water for a backstroke event. For backstroke events, a second long blast is given to bring the swimmers to the wall for the start. When the referee sees that all the swimmers are ready, he extends his arm pointing towards the starter. At this point, the starter takes control.

Starter

The starter is responsible for insuring that all swimmers are given a fair and equitable start. The starter will instruct the swimmers to "take your mark." After all swimmers are ready and still, the starter will start the race using a "Colorado System" (so called because it is built by Colorado Timing Systems). This system consists of a public address system, a horn, and a strobe light.

A race can be recalled only if it was a bad start by the starter (i.e. not all the swimmers were ready) or for a safety reason. This is done using a recall signal on the Colorado system (you'll know it when you hear it). For more information, see False Starts in Chapter 7.

Stroke-and-Turn Judges

Once the race has started, the stroke-and-turn judges are responsible for insuring that all swimmers obey all the rules for the stroke that they are swimming. These people are always at the ends of the pool for starts and finishes and walk the sides of the pool as best they can within the physical constraints of the pool. If a stroke-and-turn judge sees a violation of the rules, he raises his hand to signify that an infraction has occurred. A disqualification is recorded on a DQ slip, which the referee reviews and approves and forwards copies to the table workers and the team rep.

Marshals

Marshals are responsible for ensuring that meets are conducted safely and that order is maintained during the warmups. Duties include insuring that diving starts are used in warmups only when a lane is "one way" away from the starting end, stopping any horse play and making sure swimmers aren't hanging or sitting on the lane lines.

Relay Take-off Judges

During relays, you'll see four relay take-off judges at each end of the pool (two per lane). Their job is to insure that each swimmer touches the wall prior to the next swimmer in the relay leaving the deck. Each judge notes on a slip of paper whether each swimmer in his lane left before or after the swimmer in the water touched the wall. Relay take-off judges do not raise their hands when they observe an early take-off because a disqualification occurs only if both relay take-off judges observed an early takeoff.

Timers

Timers are the most important people to every swimmer. They are the people who determine each swimmer's official time for each race. Being a timer is a good entry-level position for new parents to help out in. Some parents have been timers for years and wouldn't want to see a swim meet from any other viewpoint. If you can start and stop a stopwatch, you can be a timer. We'll even provide the stopwatch. Timers start their watches on the strobe light from the Colorado system and stop their watches when the swimmer touches the wall. There are three timers per lane and all three times are recorded. The middle time is the official time. The chief timer collects the time cards from the timers, reviews them for accuracy and completeness, and forwards them on to the table workers.

Table Workers

The time cards from the timers, and any DQ slips, go to the table workers, who determine the order of finish for each event, score the meet, and prepare ribbons for the participants. Several people from each team perform these functions to insure that errors are caught before the results are announced.

Team Rep

The team rep is the designated recipient of all DQ slips for his team and is the only person with any official standing to challenge any decisions made by the referee. It sounds like an easy job, but remember, most of the team rep's job is done before the meet starts.

Coaches

During the meet, the coaches primary responsibility is to encourage and praise the swimmers and to make sure that they get to the clerk of the course in time to swim.

Other Very Important People

It would be impossible to host a swim meet without a number of people in other very important positions. These people set up the pool and sell concessions. They also announce the results, run social activities, act as marshals in the team area, and do other jobs that need to be done. We need the help of every family in order to have a successful swim season.

Chapter 7: What Do You Mean, My Kid DQ'd?

In swimming an athlete must compete according to the rules or they are disqualified (DQ'd). This can be traumatic the first time a swimmer is DQ'd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules to do otherwise.

What are common reasons for a DQ?

A DQ (short for disqualification) is any violation of the rules observed by any appropriate official. Some of the more common reasons for DQing are as follows.

- Freestyle: Failure to touch the wall at the turning end of the pool
 Walking on the bottom or pulling on the lane lines
 Exiting the pool before swimming the specified distance
- Backstroke: Past vertical towards the breast at any time except during a flip turn
 Leaving the wall after a turn past vertical towards the breast
 Improper flip turn (older swimmers)
- Breaststroke: Incorrect kick, such as a scissor kick or flutter kick
 Non-simultaneous two-hand touch or one-hand touch at turn or finish
 Toes not pointed outward during the propulsive part of the kick
 More than one stroke underwater with arms fully extended at start or turn
 Arm recovery past waist except on first stroke after start or turn
 Head didn't break surface by conclusion of second arm pull underwater after a start or turn
- Butterfly: Non-simultaneous or one-handed wall touch at the turn or finish
 Non-simultaneous leg movement during kicks
 Arms don't break water surface during recovery (judged at the elbows)
 Non-simultaneous arm movement during recovery
- Relay Races: A swimmer leaves the deck before the previous swimmer touches the wall or deck
- False Start: A swimmer starts the race early (more details below)

NVSL Rule books are available in the information box in the pool office. We encourage all new families to become familiar with the rules and read them to their new swimmers.

How will I know a DQ occurred?

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. When a stroke-and-turn judge observes a violation, they raise their hand to signify that they have observed a violation, and then write up a DQ slip. The judge then takes the slip to the referee, who questions the judge to verify the rules violation and ensure that the judge was in the proper position to observe the infraction. . The referee then gives one copy of the DQ slip to the team rep and another copy to the table workers. Another clue that a DQ has occurred is a stroke-and-turn judge writing and a longer than normal pause between events.

Disqualifications for early relay takeoffs are done slightly differently. The referee receives all the take-off slips from all the judges. If both judges on a lane agree that an early takeoff occurred, the referee will stand over the lane that the team being DQ'd swam in and raise his hand.

False Starts

The rules require all swimmers to assume a starting position after the Starter gives the command "Take your mark", then remain motionless until the starting signal is given. If a swimmer moves before the signal is given a False Start may be declared and the swimmer disqualified. The intention of the rule is to prevent any swimmers from anticipating the starting signal and gaining an unfair advantage over the other competitors. If a False Start is declared before the starting signal is sounded, the offending swimmer can be removed from the race prior to it starting. If a false start occurs but the starting signal has sounded, the race will not be stopped. Instead, the false starting swimmer(s) will be notified of their false start at the conclusion of the race. The use of a recall signal is now limited to a bad start (i.e. not all swimmers were ready) or for a safety reason. If the starter sounds the recall signal, no swimmer can be removed for a false start.

How do I know if my kid DQ'd

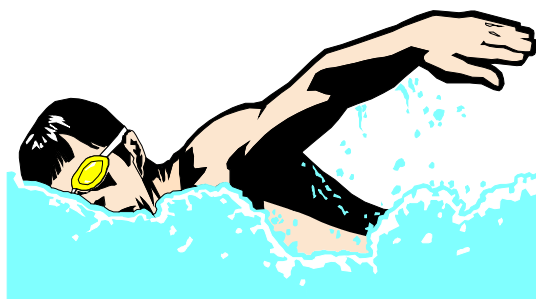
Your kid will probably know before you do since the team rep tells the coach, who tells the swimmer. You'll probably find out if you saw your swimmer finish with one of the top three times but he isn't announced later in the top three places. Similarly, someone else DQ'd if your swimmer finished in 4th, 5th or 6th, yet is announced as one of the top three finishers. Another way to find out is by reading the official meet results, which are posted at the pool later in the day of the meet. You also can get results by visiting the NVSL web site.

A Word About Officials and DQs

Every official on the deck will always give the benefit of the doubt to the swimmer. Although the difference between legal-but-ugly versus illegal is sometimes close to call, any violation called by an official is an "I saw" not an "I think I saw."

Protesting Disqualifications

The team rep is the only person who can officially question a disqualification or any other call by an official. If something happens involving your swimmer which you do not think is right, talk to the coach or the team rep. The team rep will initiate action in accordance with NVSL rules if thought to be appropriate.



Chapter 8: We'd Rather Have Fun Than Be in Division 1

If you get to know the parents of swimmers on Division 1 teams, some of them will tell you that swimming isn't always fun. At the pinnacle of the NVSL are the six best teams and they all want to be #1. At Village West, we like to win, but it isn't our reason for being. Some of the things we do to have fun are:

Pep Rallies

Pep rallies are held at the pool. The time, theme, and cost (if any) are publicized in advance.

Viking Olympics

One of the most fun events of the season is Viking Olympics. Swimmers are divided into teams to compete against each other in a variety of fun and unusual games. Medals are awarded to the winners! This year the Viking Olympics will be held right after school lets out for the summer.

Team Pictures

We take a team picture every year and we'd like your swimmer to be in it. You are not obligated to purchase a picture. This will be held in conjunction with our annual Pancake Breakfast.

Other Social Events

Over the course of the season we'll have several other fun events such as an ice cream social, tie dying, laser tag, movie day, a pasta dinner, and others to be determined. We are always looking for new ideas and parent volunteers to carry them out!

Swim Banquet

We cap off the season with a swim banquet held at the pool the evening of Divisionals. Every swimmer gets a trophy. Divisional awards and pictures are handed out too. We encourage parents to take off on vacation after this event...allow your child to have his moment of glory!

What's Mandatory?

While we hope you will participate in all the social activities, they are all optional. Purchase of swim team suits is optional though all swimmers receive a t-shirt that is covered by registration costs. What is mandatory is that you honor your commitments and ***have fun!***