

2024
Tom Sawyer
Swim Team

Parent Handbook

Mission Statement

The mission of the Tom Sawyer Swim Team is to promote physical, mental, and spiritual well-being of youths through participation in a recreational summer swim league. The Tom Sawyer Swim Team will provide these youths with the opportunity to improve their swimming skills, learn discipline, fitness, self-confidence, cooperation and team work.

Tom Sawyer Swim Team and Louisville Swim Association

The Tom Sawyer Swim Team (TSST) is a member of the Louisville Swim Association (LSA) - a group of 21 swim clubs that compete in a summer swim league. TSST trains and hosts meets at the E.P. "Tom" Sawyer State Park pool.

LSA is broken into four divisions: Division 1, Division 2, Division 3, and Division 4. For the 2024 swim season, TSST will compete with swim teams in Division 4 which is comprised of the following teams:

Turners-Sawyer	Locust Creek
Bardstown	Mary T
Brownsboro Farms	Shelbyville Country Club
Bridgepointe	Wildwood Country Club

LSA groups swimmers by gender and age group. The swimmers age is determined by their age as of June 1st.

Below is a list of the age divisions:

6 years and under (6U)	8 years and younger (8U)
10 years and younger (10 U)	12 years and younger (12 U)
14 years and younger (14 U)	18 years and younger (18 U)

Coaches

Ryan Hogan is our Head Coach for the 2024 season. Luke Shourds is the Assistant Coach.

Good communication between coaches and parents is important to the swim team. The coaches ask that they not be interrupted during practices or meets, so that their full attention is on the swimmers. They have asked that a board member (listed in back of handbook) be the liaison during those times to relay questions or concerns. **They also ask that no parents be on the pool deck during practice.**

Swim Practice

Practices are divided into the following three groups:

"A" Team – the advanced group – generally ages 11 and up unless otherwise notified by the coaches.

"B" Team – the intermediate group – generally ages 7-10 unless otherwise notified by the coaches.

"C" Team – the beginner group – generally ages 6 and under unless otherwise notified by the coaches.

Regular morning practices begin on May 30th, and are held at the American Turners-Louisville (3125 River Rd).

Practice for "A" Team is from 9:00 am – 10:30 am, "B" Team is from 9:00 am - 9:45 am, and "C" Team is from 9:50 am – 10:20 am. Coaches will evaluate swimmers and may ask them to practice with a different group than their suggested age group. Morning practices are Tuesday, Wednesday, Thursday and Friday.

Evening Practices begin on June 6th, and are held at the American Turners-Louisville (3125 River Rd). Practice for

"A" Team is from 8:00 pm – 9:00 pm, "B" Team is from 8:00 pm - 8:45 pm, and "C" Team is from 8:00 pm – 8:30 pm. Coaches will evaluate swimmers and may ask them to practice with a different group than their suggested age group. Evening practices are Tuesday, Wednesday, and Thursday.

Swimmers are encouraged to attend as many practices as they can, but in order to be properly conditioned for the meets they need to attend **at least three** practices each week.

Swimmers should arrive early and be ready to begin practice on time. They should stay for the entire practice. This is the only way we can ensure they receive adequate warm-up, conditioning, stroke instruction and a lot of fun.

The coaches ask that parents, with the exception of medical concerns, wait and observe away from the pool deck during swim practice. No one except swimmers and coaches are allowed on the pool deck.

Swimmers may only be in the water during their designated practice time. Lifeguards cannot have their attention distracted from those practicing to watch other areas of the pool. Please keep any other swimmers out of the water unless it is their turn for practice.

Practice DOES take place in rain. If thunder and lightning occurs at the time of practice, or it is raining too hard that the lifeguards cannot see the bottom of the pool, then practice is postponed or cancelled. You will be notified via email, text alert and the TSST Facebook page if practice has been cancelled. If you do not receive notice that practice is cancelled, then please come to practice as regularly scheduled.

If you would like to swim before or after a swim practice at the Louisville Turners pool before or after practice, you must be a member and pay the membership fee.

Cancellation Notices

We have a text alert system via Remind to quickly inform you of practice and meet cancellations/delays due to weather. You can sign up by texting "tsswim" to 81010. That's it! We will only use this for last minute information changes. All other information will be sent via email.

Swim Meets

Most of the LSA swim competition is in regular dual swim meets, held on Monday and/or Thursday evenings. The meets are hosted by one of the teams at their home swimming pools.

LSA swim meets have a standard order of race events. There are 80 events. The 6U swimmers have complete ALL of their events by event number 30, unless they have been asked to swim up into a 7/8 relay. There is a short break at event 40; this is typically considered the first half. A regular dual meet typically takes 3-4 hours.

Swim meets begin at 6:00 pm. Warm-ups begin at 5:00 pm for home meets and 5:30 pm for away meets. Swimmers should arrive by 4:30 pm for home meets and 5:00 pm for away meets. This will give us enough time to write events on the arms of swimmers. Swimmers should be at the pool for warm-ups in their meet swim suit and team swim cap. Swimmers age 10 and under should check in and stay with their Age Group parent. 6U, 8U, and 10U swimmers need to stay with their Age Group parents until all their events are complete.

Coaches will assign swimmers to race events and lanes. The number of swimmers and relay teams in any event is set by the number of heats allowed in that event and the number of lanes available at the pool.

Event	Number of Heats
Free Style	No limit
Back stroke	2
Breast stroke	2
Butterfly	2
IM	1
100 m free style	1
50 m free style (8U)	1
Freestyle relay	1
Medely relay	1
All age relay	1

For example, at a regular dual meet, an event with two heats at a pool with 6 lanes will allow 6 TSST swimmers to compete. Events with one heat at a 6 lane pool will allow 3 TSST swimmer to compete.

Race assignments are made over the course of the season to give every swimmer a chance to excel. Scoring and swimming dual meets are a secondary consideration. Registered USA swimmers may compete in only 3 individual events, including the 100 m free style, and 2 relays, including the all age relay. Only swimmers about to start on-deck and meet officials may be in the starting area. Bullpen parents will be in the starting area to assist swimmers ages 10 and under.

The coach and the LSA representative will handle all protests or questions with the meet officials.

No one shall enter the water without the Referee's approval at a swim meet. The entire team may forfeit the meet if this rule is broken.

Age Groups Areas

All swimmers ages 10 and under are expected to sit with their Age Groups in the designated area during meets and follow the instructions of the Age Group Parents. This ensures that all swimmers get to their events on time. If you would to sit with your swimmer, please sit with them in their group area.

Swim Meet Declaration

Parents are required to Declare their swimmer for each meet through their account on the website by Wednesday night before the meet. Any swimmer that is left undeclared will only be entered into the Freestyle individual event. Since entry into other individual events and relay events are limited, we want to ensure that only swimmers who are definitely attending the meet are entered. If a swimmer is entered in one of these events and does not show, that keeps another teammate from having the opportunity to swim in that event. Please be sure to declare for every meet by the due date to ensure your swimmer is entered in the meet.

Qualifications and Championships

Each division in the LSA holds a Championship Swim Meet at the end of the season. Qualifications are preliminary swim meets held in the week before championships. To be eligible for Qualifications a swimmer must:

1. compete in two regular dual meets
2. meet the required time standard for the race

Qualifications are held on different days for 6U, 7/8 and 9/10 and older swimmers 11/12, 13/14 and 15-18. Each swimmer is limited to three individual events. Swimmers may also swim in relay events. The top 16 swimmers in each qualification event advances to the Championship Swim meet. Championship for all age groups is held on the same day.

Swim Meet Staffing

Each home meet requires 50 volunteers to fill various positions and at least 35 for away meets. It is only through the efforts of **ALL** parents that TSST can staff the swim meets. With adequate volunteers, we can rotate most of the positions for half of the meet.

Each family is required to work a minimum of THREE swim meets shifts. One shift is equal to a half of a meet. If you have more than one swimmer, you may be asked to work one additional shift per additional swimmer. Sign-ups are available at time of registration through the parent account on the website and must be completed before finishing registration. Shift times can be changed later if schedules change.

Each team provides the following meet volunteers for all regular dual meets:

Referee	2 stroke and turn judges
2 table workers	1 timer for each lane
Age Group parents	

In addition, the host team provides a starter, scorer, and head timer. LSA offers and requires training for Stroke and Turn Judges, Starter, Referee and Scorer.

Swim Meet Position Descriptions

Referee is the chief official at the swim meets. He/she may also serve as starter, stroke and turn judge, or place judge. **They are LSA trained**

Starter announces the race and event number, readies the timers and judges, and starts the races. Starter will declare false starts. **They are LSA trained.**

Clerk of Course get the swimmers lined up for their races, and handles last minute changes to the race assignments. (Qualifications and Championship positions only)

Place Judge determines visually and records the order of the finish for each heat. In case two place judges disagree, the stopwatch times settle the differences.

Stroke and turn judge observes turns, finishes, and strokes and ensures all rules for a particular stroke are followed. Disqualifications (DQs) are reported to the referee. **They are LSA trained.**

Head timer times each race with two stopwatches for substitution in case of a lane timer failure.

Timers time each race with an app on a cellular phone. In regular dual meets, there are two timers per lane, one from each team. Times are sent directly to the scorer through the app. Timers attend a short meeting before the swim meet begins for timing instruction.

Scorer manages the data coming into the iPad from the timers' phones and fix any errors that occur. They print results for posting during the meet and print labels for ribbons. **They are LSA trained.**

Table workers place labels on appropriate place ribbons and file them into the team ribbon box.

Age Group parents take care of the 6U, 8U, and 10U swimmers by keeping them organized, entertained, safe, marking the races on the swimmers arm, and lining the swimmers up for their races. Age Group Parents are there to free parents of young swimmers so that they can be available to volunteer in other areas.

Set up workers work before the meet begins by getting lanes in place, the recall rope in place, chairs in place for timers, kick boards in place, set up back stroke flags, and set up scorers' table.

Take down involves taking down and putting away the things mentioned above in set up, as well as being sure all garbage is picked up and lounge chairs are back in place.

Parent Responsibility

Parents provide enthusiastic and positive support to all team members, coaches, and meet officials. Please have your swimmers at practice and swim meet warm-ups on time (early). See that your swimmer is properly equipped with swimsuit, swim cap, goggles, water bottle and towel. Notify the coach in writing well in advance of absences. Know who your younger child's age group parent is, and help your child know that information also.

Parents are expected to volunteer for at least three swim meets. If you have more than one swimmer, you must work one additional shift per additional swimmer. If you need to change a date, ask another parent to change with you and notify the Volunteer Coordinator of this change. If you cannot fulfill your responsibility due to an emergency call Holly Ford at (502) 807-1981.

LSA rules do not allow for alcohol or tobacco at the meet pool.

Awards

Place ribbons are awarded for 1st through 6th place in an event. TSST will make every effort to distribute race ribbons the first practice after the meet.

Medals are awarded for championships and are given out at the TSST banquet at the end of the season.

Team Uniforms

The team uniform is a one-piece solid red competitive swim suit, team swim cap, and goggles. Team caps are available for purchase for \$10 during registration or after the season begins.

Behavior and Discipline

Each swimmer has a right to be safe, accepted, and supported as a team member. Each family is expected to have an attitude that is positive and conducive to the well-being of all swimmers and the team. Abusive language or behavior in any form or fashion by anyone, swimmers, parents, coaches, or fans will not be tolerated. Anyone using foul, abusive or insulting language or behavior will be dismissed from the pool area by a coach, TSST board member or facility employee.

Swimmers are expected to listen to and obey the coaches in practice and at swim meets. The coaches will warn a disruptive swimmer twice during practice/meet and the third time the swimmer will be asked to sit out of practice and/or swim meet. Parents will be notified in writing if the swimmer must sit out of practice or a meet for disruptive behavior. If a swimmer is removed from practice/ swim meet a second time they will be removed from the roster and not allowed to attend any TSST events. No registration refund will be given.

A young swimmer that is disruptive to an Age Group parent at a swim meet will be removed from the group and returned to the care of the parent. Parents are then totally responsible for their child.

2024 Tom Sawyer Swim Team Board

President	John Wilhoit	johnwilhoit@helmcreznic.com
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Head Coach	Luke Shourds	
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