

**Wiesbaden Wahoos Swim Team
Parents' Handbook
2015-2016**



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Welcome from the Wiesbaden Wahoos Board

Dear Parents and Swimmers,

Welcome to the 2015-2016 swim season. This handbook is designed to acquaint swimmers and their parents with the Wiesbaden Wahoos Swim Team. It contains the information needed to be a contributing member of the Wahoos Swim Team.

As with any organization, the Wahoos success is based on the participation and contributions of its members. Throughout the years, the dedication and hard work of the team's members have created a successful program. More importantly, this same dedication and hard work has advanced the physical fitness, sportsmanship, character, and friendship of many outstanding young individuals.

The Wahoos have long participated as members of the European Forces Swim League (EFSL). Historically, the team has varied in size and moved from division to division. However, in the past six seasons, the Wahoos have undergone a renaissance. Since the fall of 2008, the Wahoos have gone from almost collapsing to winning the Tyrolean Division Championship in 2010, 2011, 2012, & 2013. We have grown from fewer than 20 swimmers, training 3 days a week, to over 70, swimmers, training 6 days a week. For the season 2013-2014 season, the Wahoos moved from the small team division (Tyrolean) to the large team division (Rhineland). We are now the fifth largest team in the EFSL and a well-respected member of the league. This is all due to the efforts of our dedicated parents who have stepped up to ensure a quality program for our swimmers. With the continuing support of our parents, the Wahoos are poised for continued growth in both size and ability, and will continue to offer a quality and welcoming program for the your swimmer.

Our team is divided into practice groups according to ability and skill. The competitive season starts with our training clinics beginning 24 August and culminates 27 & 28 February with the EFSL Individual Championship, in Eindhoven, Netherlands. Additionally, there is a Long Distance Championship meet 28 & 29 November in Antwerp, Belgium. Meets are held on weekends. Away meets at more distant locations may require an overnight stay and/or air travel. We, as parents, transport our swimmers to all the meets and practices.

Competition follows US Swimming rules as modified by the EFSL. Swimmers have the opportunity to participate in each of the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly), the individual medley, and free and medley relay events.

The Wiesbaden Wahoos Swim Team is operated by the Wiesbaden Swimmers Parents Association (WSPA), which is a registered private organization in the Wiesbaden Military Community. As such, it is entirely self-sufficient. Your financial obligations consist of paying registration fees, dues, and fundraising. Additionally, we have a volunteer requirement where each family (swimmer's parents or guardians) is required to donate 40 hours of team support and support each home meet. For additional information, please free to contact any member of the Board. We look forward to swimming and winning with you.

Sincerely,
Your Wahoos Swim Team Board

History of the European Forces Swim League (swimefsl.com)

The European Forces Swim League (EFSL) is an outgrowth of U.S. and Allied Armed Forces community sponsored swim teams. The League was formed in the summer of 1975 in response to a recognized need to provide an organized competitive swimming program for the youth of military and civilian members stationed in Europe. The League is not intended to be competitive with, or draw participants from the local, regional, or national European competitive swimming programs.

The original teams of the EFSL were Berlin, Heidelberg, Lahr, Mannheim, Stuttgart and SHAPE. Since then the League has steadily increased in membership to 18 teams located in Germany, Belgium, Italy, Portugal, Spain, England and The Netherlands. American and NATO communities are represented. The EFSL has six competitive age levels: 8 and under, 9/10, 11/12, 13/14, 15/16 and 17/19. Each level provides a stepping stone for a swimmer to progress through successive levels of competition.

The first annual EFSL Championship Meet was held on 16 April 1977. Since then, this exciting event has been the climax of the League's regular season.

The EFSL is proud of its past achievements in providing a successful program for the personal development of our young people. It recognizes the support and efforts of swimmers, parents, coaches, sponsors, friends and community organizations without whose assistance these accomplishments could not have been achieved. Finally, the EFSL remains committed to supporting the youth of our communities through healthy competition and the fostering of the ideals of good sportsmanship.

This year, the EFSL Championship Meet will once again be held in Eindhoven, The Netherlands. For all those that qualify, the meet will be 28 February and 1 March. Your swimmer should have a good idea by winter break if they have or have a chance to qualify during the remaining January meets. The final decision as to which swimmer will attend will be announced soon after the Divisional meet on the 7 February.

Teams Within The European Forces Swim League

<u>Benelux Division</u>	<u>Rhineland Division</u>	<u>Southern Division</u>	<u>Tyrolian Division</u>
SHP SHAPE Seals	KMC Kaiserslautern Kingfish	NPS Naples Tiger Sharks	HFL Hohenfels Tigers
NMS NATO Marlins	SGT Stuttgart Piranhas	VZN Vicenza Mako Sharks	VGC Vilseck- Grafenwohr Vipers
LKH Lakenheath Barracudas	BLN Berlin Bear-A- Cudas	AVI Aviano Sea Dragons	EFL Eifel Sharks
GKN Geilenkirchen Orcas	WSN Wiesbaden Wahoos	SIG Sigonella Swordfish	
ESB Brussels Octopus		RTA Rota Tiburones	
LIS Lisbon Bullsharks			

**Wiesbaden Wahoos Swim Team Guidelines
2015-2016**

I. PURPOSE: This handbook is intended to provide swim team parents and swimmers with a general reference concerning the Wiesbaden Wahoos Swim Team and its activities. Parents and swimmers should be familiar with its contents. Additional information may be found in the team's constitution and bylaws.

II. GENERAL:

A. The objective of the WSPA and the Wahoos is to promote the enjoyment of competitive swimming, for eligible members of the Wiesbaden Military Community ages 6 - 19. To this end, the WSPA and the Wahoos strive to develop competitive swimmers, and promote good sportsmanship, physical fitness, teamwork, self-discipline, and respect for athletic rules and regulations in a positive environment.

B. The team is a member of the European Forces Swim League (EFSL) and must comply with the rules and regulations of the EFSL as stated in the EFSL Code.

C. Activities of the team are governed by established constitution and bylaws.

D. The Wiesbaden Wahoos Swim Team and the Parents' Association shall comprise of a single private organization pursuant to the provisions of Army Regulation (AR) 210-22, Private Organizations on Department of the Army Installations. The Wiesbaden Wahoos Swim Team exists with the consent of the Commander, USAG Wiesbaden. Operation is contingent on compliance with the requirements and conditions of all relevant regulations. However the team is not part of the Department of Defense or any of its components and has no governmental status.

III. BOARD OF DIRECTORS and MEETINGS:

A. The Board of Directors will govern the team's activities as outlined in the Wiesbaden Swimmers Parents Association Constitution (Article VI) and Bylaws (Article III, Section 3.02).

WSPA Board of Directors, 2015-2016

President

Tammy Roddy

Vice-President

Secretary

Carolyn Fuss

Treasurer

Grace Noble

Registrar

Jessi Gillman

Member at Large

Iwona Jeanbaptiste

Member at Large

Kseniya Levochkina

B. The Board of Directors will be augmented by 11 nonvoting members. These members shall be appointed by the Board of Directors (Constitution Article VI & Article Bylaws Article III, Section 3.03). The Non-voting Associated and Volunteer members of the governing body 2015-2016:

Head Coach	Jenny Yalden
Meet Director	
Head Official	
Clerk of Course	Annette Vega
Statistician	Ron Voyer
Web Master	Tammy Roddy
Social Event Coordinator	Ali Thompson
Public Relations	Ali Thmpson
Photographer	
Social Media	
Fundraising and Concessions	

C. Board meetings will be held monthly, during the regular swim season (August to February) or more frequently if called by the President. Attendance is open to general team membership. (Constitution Article VIII)

D. There will be three general membership meetings called by the Board: beginning of the season, prior to Championships, and in conjunction with the end of season banquet. The Board may call additional meetings as required. (Constitution Article VIII)

E. Additional team information will be distributed through newsletter, email, telephone, or posted on the team website at <http://wiesbadenwahoos.com/>.

IV. MEMBERSHIP:

A. Team membership is in accordance with Wiesbaden Wahoos Constitution (Article IV), Bylaws (Article I), and EFSL Bylaws (Article 2, section 102.2).

B. All members in good standing with the team, at the time of the EFSL Champs meet, are considered members in good standing through the following summer.

C. Membership expires at the first parent's meeting of the swim season following the completion of the season (usually the end of August).

D. The coaching staff will evaluate each new swimmer's ability to swim freestyle, backstroke, butterfly, and breaststroke prior to extending membership.

E. Participation in "off-season" practices does not constitute team membership for a new swimmer; an assessment must be performed with the team prior to the new swim season.

F. Membership begins when the registration fee and the first month's dues are paid and Financial Agreement is signed and returned.

G. Each swimmer must have a signed and completed current physical before attending practice regularly. A copy of each swimmer's physical should be given to the Registrar prior to a swimmer getting into the water.

H. High School swimmers are also required to have a signed copy of DODDS-E drug and alcohol policy on file with the team.

I. Although there are two categories of membership, the custodial parent or guardian of a Wahoos Swim Team Member (youth swimmer) is considered a WSPA Adult Member and will fulfill all obligations specified herein, the Constitution, and Bylaws of the WSPA.

V. PRACTICES, MEETS and EQUIPMENT:

A. PRACTICES:

1. Each swimmer will be assigned to a practice group according to their ability as demonstrated during their assessment and available swim times.
2. Swimmers are expected to practice regularly with the swim team. Attendance will be taken and reported to the Board.
3. The Head Coach may excuse a swimmer from individual practice sessions. Exceptions to attendance at regular practice sessions can be granted by the Board and may be considered on an individual basis.
4. High School swimmers, to earn an athletic letter, must participate in accordance with the Wahoos Varsity Lettering Standards. Exceptions to the lettering policy can be granted by the Board and may be considered on an individual basis.
5. Practice (entry into the pool) will begin promptly at the scheduled time. Swimmers are expected to arrive with sufficient time to stretch and be ready to swim when practice begins.
6. Swimmers will not enter the pool area without a member of the coaching staff.
7. Swimmers will not leave the pool area without permission from a member of the coaching staff.
8. Swimmers must furnish the head coach with written notice, signed by a parent, for recurring absences such as Boy/Girl Scouts, music lessons, etc. Notification will be given as soon as these activities have been scheduled.
9. Parents should notify the coaching staff of planned absences from meets or practices. In case of illness, please contact the coach as soon as possible. Swimmers departing early must inform the coaching staff of the reason and time of departure at the beginning of practice.

B. MEETS:

1. Swimmers are expected to compete in no less than four (4) meets available during their season. (70% of available meets for varsity letter)
2. Swimmers may not swim competitively and earn varsity letter points if they are in another DoDDS competitive sport. They are welcome to practice and swim exhibition races in meets.
3. In case of illness, parents should notify the coaching staff as soon as possible.
4. Swimmers must meet qualification times to participate in the Long Distance and Individual Champs meets. Additionally, a swimmer must participate in a minimum of four meets to swim in Individual Champs; the Divisional Championship will can count as one of those meets.

C. EQUIPMENT:

1. Swimmers are responsible for their individual equipment. All equipment needed for practice should be brought into the pool area upon arrival at practice.
2. A kick board, goggles, cap, pull buoy and fins are recommended for all swimmers. All training equipment can be purchased through local stores. Please see the Wahoos website for a listing.
3. Our team uniform is provided: T-shirt, Swim Suit and 2 swim caps, and will be worn at all competitions unless the swimmer has coaches approval. Additional or replacement uniform items will be available for purchase through out the season.

VI. FINANCES / VOLUNTEERING:

A. The team operates from a budget supported by a registration fee, monthly membership dues, fundraising activities and donations. Recurring expenses include lane fees for practices, pool rental for swim meets, coach fees and travel expenses, seeding fees for the championship meets, administrative expenses, league dues, equipment and supplies, awards, web site fees, and other expenses as incurred.

B. The amount of the annual registration fee is determined and approved by the team Board of Directors.

C. Monthly dues are determined and approved by the team Board.

1. Dues are paid for each of the six months of the competitive season: August-January. Members using the payment plan are required to provide pre-written and postdated checks to the treasurer for the season at the time of registration.
2. Monthly dues are due on the 15th of the month; that is when any pre-written and postdated check will be submitted for payment. Payments are considered late after the 1st of following month. Checks will be made payable to the "WSPA."

Payment can be hand delivered to the Treasurer or mailed to: Grace Noble, CMR 467 Box 1671, APO AE 09096. It is the parent's responsibility to deliver the payment to the Treasurer. Payments will not be left with another swimmer to pass on to the Treasurer.

3. Should any pre-written and postdated check provided to the treasurer be returned for insufficient funds, the payment for that month will be considered late.

4. Late Payment:

- a. Swimmers may be suspended from practice or meets if dues are late.
- b. A \$20.00 late fee will be added if payment is received late.
- c. Arrearages of more than one month are grounds for suspension from the team.
- d. In order to participate in the EFSL Championship Meet (Champs), ALL dues must be paid by the start of the Champs meet.
- e. In order to receive end of the season awards, ALL dues must be paid prior to the end of season swim banquet.
- f. Financial concerns should be brought to the attention of the Board for consideration on an individual basis.

D. Volunteering is vital to the success of the swim team and helps hold fees and dues to a minimum. Wahoos families are required to perform 40 hours of volunteer swim team service per family during the swim season.

1. Each home meet will be supported with at least one volunteer and one donation for the concession stand from each family. Volunteers can serve as timers, marshaling, runners, concessions, awards, set up, or clean up. Officials are also needed but require training and will be required to take a test.

2. Volunteer hours can also be earned by participating in fundraisers, driving in the carpool, holding a board position, or assisting with the end of season banquet.

3. Volunteer hours are tracked by the Member-at-Large, a member of the Wahoos Executive Board. Volunteer hour disputes should be brought to the attention of the team president whose decision will be final.

4. If volunteer hours are not fulfilled by the end of the season, parents will be billed at a rate of \$5.00/per each uncompleted hour.

4. Failure to meet one's volunteer commitment may result in the swimmer being denied the opportunity swim at Champs and will be grounds for denial to register with the team for the following season.

5. Financial concerns should be brought to the attention of the Board for consideration on an individual basis.

6. Volunteer hours will be tracked by the Members at Large. Please keep track of your hours and e-mail them to WiesbadenWahoos@gmail.com or hand a listing of your hours to a board member. Volunteers may log their hours using the Volunteer Management Information System (VMIS), but this program will not be used by the team for tracking hours.

E. If the U.S. Dollar to Euro exchange rate drops drastically, or if facing a financial shortfall, the board will call a special meeting to discuss the situation; a supplemental fee may have to be collected at the end of the year to meet Wahoos Swim Team financial obligations.

VII. DISCIPLINE:

A. SWIMMERS:

1. The Swimmer Code of Conduct is an agreement between each swimmer and the swim team. All swimmers are expected to maintain a positive image and display the appropriate behavior at all times.

a. Swimmers are expected to be familiar with and obey the Swimmer Code of Conduct and Wiesbaden High School Athletic Code.

b. Each swimmer must sign and acknowledge their intent to comply with the Swimmer Code of Conduct.

2. Competitive swimming is a sport that requires a great deal of self-discipline. This is a trait that takes time to develop and therefore requires a conscious effort from all team members during training sessions, competitions and while traveling.

3. The Head Coach, and the staff coaches, have the authority to maintain order and discipline at all team training and competition activities. This includes pool training, dry land training, and team meetings, and may extend to other similar activities for which the coach is responsible. Normally, the coaching staff will be responsible for taking disciplinary action and their decisions are final. Swimmers will obey the coaches AT ALL TIMES.

4. When a swimmer fails to behave appropriately the following may occur:

a. First Offense: The swimmer will receive a warning from the coach, and be removed from the pool to do conditioning exercises (e.g., push-ups and sit-ups) on the pool deck.

b. Second Offense: The second offense **in one day** will result in the swimmer being dismissed from the pool, the parent will be notified and the coach will create a written record of the offense which will be provided to the parent and the Board.

c. After a swimmer has three written offenses on record, the swimmer will be referred to the Board for consideration for dismissal from the team.

5. The following offenses will be immediately referred to the Board, in writing, for consideration for immediate dismissal from the team:

- a. Stealing.
- b. Vandalism.
- c. Violent behavior.
- d. Gross disrespect or defiance of team coaches and other authorities.

6. Disputes between swimmers will be mediated by the coach. Parental comments should be directed to the board in writing.

7. Any disagreement, dispute, or other issue arising from a disciplinary action, not otherwise addressed or addressable by the terms of this section, will be addressed under the procedures created to address grievances found in the Bylaws of the Wiesbaden Swimmers' Parents Association at Article V.

B. PARENTS:

1. The Parent Code of Conduct is an agreement between each swimmer's parent(s) and the swim team. All parents are expected to model appropriate behavior for our swimmers to follow at all times.

2. Each parent will sign and acknowledge their intent to comply with the Parental Code of Conduct.

3. Misconduct on the behalf of a parent will be handled by the Executive Board.

VIII. POOL REGULATIONS:

A. All Wahoos swimmers are reminded of the following rules:

1. Swimmers may not enter the pool area without a coach. Swimmers may not exit the pool area until dismissed.

2. Street shoes are prohibited on the pool deck. (FYI – many German pools do not allow street clothes on the pool deck.)

3. NO RUNNING, no horseplay, no foul play, no hanging on safety ropes or lane lines, no playing with the rescue equipment.

4. Lifeguards and/or coaches may clear pools during electrical storms and at any other necessary times in the interest of safety.

5. No food or drinks in the pool area except water in plastic water bottles or sport bottles. NO GLASS containers are allowed in the pool area under any circumstances.

6. Locker rooms are OFF LIMITS to members of the opposite sex.

7. A parent's presence on the practice deck can be a distraction to their swimmer. Therefore, parents must obtain permission from the coach or Board before being allowed on the practice pool deck.

IX. AWARDS & LETTERING:

A. Recognition of achievement will be given to Wahoos swimmers at the end of the regular swim season except for event ribbons and medals, which are presented to swimmers during the season as they are earned. All other awards will be presented at the annual Awards Banquet, normally held three to four weeks following the EFSL Individual Championship Meet.

Wiesbaden Wahoos Seasonal Awards 2015-2016

Award	Criteria	When Awarded
CHAMPS & Long Distance CHAMPS Qualification Swim Cap	Swim faster than or equal to EFSL time standard to qualify for a specific event in the relative championship	When swimmer meets the requirement.
Seasonal Trophy	<ol style="list-style-type: none"> 1. Compete in 4 meets 2. Compete in Division Championships 3. Participate in 75% of assigned practices 4. Wahoos Board and Head Coach Discretion 	End of Season Banquet
Varsity Letter	<ol style="list-style-type: none"> 1. Meet Wahoos & DoDDS guidelines for lettering 2. Wahoos Board and Head Coach Discretion 	End of Season Banquet
Bronze Medallion	<ol style="list-style-type: none"> 1. Qualify for 1-3 Individual CHAMPS events 2. Compete at CHAMPS 	End of Season Banquet
Silver Medallion	<ol style="list-style-type: none"> 1. Qualify for 4-6 Individual CHAMPS events 2. Compete at CHAMPS 	End of Season Banquet
Gold Medallion	<ol style="list-style-type: none"> 1. Qualify for 7-8 Individual CHAMPS events 2. Compete at CHAMPS 	End of Season Banquet
Chevrons	Swim at or faster than the USA Swimming motivational time standard for a specific event, by age, gender, and course.	End of Season banquet
Most Improved Swimmers (Male & Female) 2 Categories: 12 & Under 13 & Over	<ol style="list-style-type: none"> 1. Compete in and complete each Pentathlon event (12 & Under: 100IM, 50FR, 50BK, 50BR, 50FL) or, (13 & Over: 200IM, 100FR, 100BK, 100BR, 100FL) 2. Awarded based on coaches judgment using criteria including technique and time improvements over the course of the season. 	End of Season Banquet
Grit Award (Male & Female) 2 Categories: 12 & Under 13 & Over	Coaches vote based on: <ol style="list-style-type: none"> 1. Perseverance 2. Determination 3. Teamwork 4. Positive attitude 	End of Season Banquet
Outstanding Swimmer (Male & Female) 2 Categories: 12 & Under 13 & Over	<ol style="list-style-type: none"> 1. Qualify for & compete in CHAMPS 2. Compete in 8 meets including Division Championships 3. 75% practice attendance or coach discretion 4. Must be w/in Top 10 of team high point scorers 5. Display positive attitude and teamwork mentality 	End of Season Banquet
Coaches Award (Male & Female)	Coaches vote based on: <ol style="list-style-type: none"> 1. Perseverance 2. Attendance 3. Sportsmanship 4. Team Spirit 	End of Season Banquet

B. Varsity Letters

1. Objective - To recognize those High School swimmers (swimmers in DODDS grades 9 – 12) who successfully meet DODDS and EFSL criteria. Letter awards are based upon EFSL sanctioned meet participation, performance and practice attendance. The Head Coach shall be responsible for ensuring grade standards are adhered to before recommending any swimmer for any letter recognition. The High School Athletic Director communicates any failing grades directly to the Head Coach AND Board President throughout the season.
2. Swimmers with the intention of earning a DODDS Varsity Letter must have a sports physical on file with their High School nurse as well as with the Wiesbaden Wahoos Swim Team. The registrar will maintain a copy of the physical.
3. Award Calculation – A detailed explanation of the lettering process is included later in this document.

X. REFERENCES:

- A. Wiesbaden Wahoos Constitution
- B. Wiesbaden Wahoos Bylaws
- C. DODDS-E and EFSL Memorandum of Understanding
- D. USA Swimming Motivational Times
- E. Pertinent EFSL documents

CHAMPS Qualification Times

The following tables list the qualification times for the Individual and Long-Distance CHAMPS meets. These times are found at the EFSL web site and have been extended through the 2015-2016 season.

2013-2016 Proposed Qualification Times

BB-Times							2013-2016 Qualification Times							B-Times					
50FR	100FR	200FR	400FR	BK	BR	FL	100IM	200IM	Girls	50FR	100FR	200FR	400FR	BK	BR	FL	100IM	200IM	
0:49,00	1:54,69	4:24,99		0:59,55	1:06,32	1:01,79	2:04,70	4:37,19	8&Under	0:52,95	2:05,39	4:49,19		1:05,45	1:12,72	1:04,85	2:14,09	4:55,09	
0:42,12	1:40,59	3:54,59		0:53,67	0:59,79	0:56,45	1:52,44	4:03,79	9 years	0:46,72	1:51,29	4:18,79		0:59,57	1:05,59	0:58,97	2:04,64	4:29,29	
0:39,39	1:29,59	3:16,99		0:47,79	0:52,79	0:46,79	1:42,99	3:37,99	10 years	0:43,59	1:40,29	3:41,19		0:53,69	0:59,19	0:53,09	1:55,19	4:03,49	
0:36,87	1:22,29	3:06,49		0:44,08	0:48,19	0:41,29	1:33,79	3:23,19	11 years	0:39,47	1:28,09	3:19,19		0:47,18	0:51,69	0:44,29	1:40,49	3:37,59	
0:35,09	1:15,49	2:45,39		0:39,79	0:44,79	0:38,19	1:27,79	3:07,29	12 years	0:37,69	1:21,29	2:58,09		0:42,89	0:48,29	0:41,19	1:34,49	3:21,69	
0:33,69	1:13,29	2:38,19	5:34,59	1:20,39	1:32,19	1:19,79		2:58,39	13/14 years	0:36,29	1:18,89	2:50,29	6:00,39	1:26,49	1:39,29	1:25,89		3:12,09	
0:33,19	1:11,79	2:35,39	5:26,69	1:18,29	1:29,79	1:18,19		2:53,89	15/16 years	0:35,69	1:17,29	2:47,39	5:51,89	1:24,29	1:36,69	1:24,19		3:07,29	
0:32,89	1:11,19	2:33,79	5:24,59	1:17,29	1:28,19	1:16,89		2:51,69	17/19 years	0:35,39	1:16,69	2:45,59	5:49,49	1:23,19	1:34,89	1:22,79		3:04,89	

BB-Times							2013-2016 Qualification Times							B-Times					
50FR	100FR	200FR	400FR	BK	BR	FL	100IM	200IM	Boys	50FR	100FR	200FR	400FR	BK	BR	FL	100IM	200IM	
0:47,83	1:51,49	4:03,59		0:59,55	1:07,09	0:59,39	2:03,69	4:36,69	8&Under	0:48,25	1:58,19	4:44,09		1:05,45	1:11,39	1:03,19	2:13,79	4:53,39	
0:41,42	1:37,89	3:45,69		0:53,67	0:58,79	0:51,59	1:51,39	4:03,09	9 years	0:45,42	1:47,99	4:06,49		0:59,57	1:05,09	0:57,39	2:02,49	4:28,19	
0:38,59	1:27,69	3:08,09		0:47,79	0:52,49	0:45,79	1:40,09	3:37,89	10 years	0:42,59	1:37,79	3:28,89		0:53,69	0:58,79	0:51,59	1:51,19	4:02,99	
0:36,69	1:19,69	3:02,39		0:43,19	0:48,49	0:41,79	1:32,39	3:21,09	11 years	0:39,29	1:25,39	3:14,79		0:46,49	0:52,29	0:45,09	1:39,09	3:36,19	
0:33,99	1:14,09	2:41,29		0:39,79	0:44,59	0:38,39	1:25,19	3:05,69	12 years	0:36,59	1:19,79	2:53,69		0:43,09	0:48,39	0:41,69	1:31,89	3:20,79	
0:31,19	1:08,09	2:28,29	5:16,49	1:15,49	1:24,79	1:14,09		2:46,89	13/14 years	0:33,49	1:13,29	2:39,69	5:40,89	1:21,29	1:31,29	1:19,79		2:59,79	
0:29,69	1:04,89	2:22,29	5:05,09	1:11,49	1:21,29	1:10,59		2:38,29	15/16 years	0:31,99	1:09,89	2:33,29	5:28,59	1:16,99	1:27,49	1:15,99		2:50,49	
0:29,09	1:03,49	2:19,59	4:59,29	1:09,49	1:19,39	1:09,09		2:35,19	17/19 years	0:31,29	1:08,39	2:30,29	5:22,29	1:14,79	1:25,49	1:14,39		2:47,09	

no change from the 2009/2013 season

From the May '04 presidents meeting:

All Qualification times will be in line with the ASCA "BB" standard (TUSS in TeamManager)

From the May '12 presidents meeting:

All pick-up and alternate swimmers times will be in line with the ASCA "B" standard

2013-2016 Proposed Long Distance QT

Girls	400FR	800 FR	1500 FR	400 IM
10&Under	8:51,75	n/a	n/a	n/a
11	n/a	14:22,29	29:14,00	8:04,89
12	n/a	13:49,94	26:34,00	7:39,64
13/14	n/a	13:13,37	25:01,43	7:14,80
15/16	n/a	12:57,50	24:31,76	7:03,07
17/19	n/a	12:52,10	24:26,24	6:59,85
Boys	400FR	800 FR	1500 FR	400 IM
10&Under	8:18,27	n/a	n/a	n/a
11	n/a	14:13,65	28:42,39	7:52,49
12	n/a	13:36,72	26:15,83	7:28,49
13/14	n/a	12:32,55	23:51,39	6:47,09
15/16	n/a	12:06,21	23:07,23	6:32,14
17/19	n/a	12:01,27	22:47,68	6:21,67

What To Expect At A Swim Meet – For Swimmers And Parents!

Swim meets can be very intimidating, especially for new swim families. The swim meet environment looks very out of control and unorganized, but I assure you it is not. Things do not always run smoothly, but there is a method to the madness. Below are a few tips that I think will allow you to be prepared and make your swim meet experience more enjoyable.

1. Expect to Arrive Early: Most meets start early ~ around 9AM. Warm-ups generally start at 7:45a.m. You will be informed prior to the day of the meet when to arrive for warm-ups.
2. Find your Coach: There will be a designated “team area”. This is where the team members meet and sit together throughout the meet. Look for your Coach or team captain here.
3. Warm-Ups: Every swimmer will participate in team warm-up. Each team will be assigned specific warm-up time and lane(s). **Be prepared to be in the water on time for the team warm-up.**
4. Event Numbers: The event number corresponds to the race that you are swimming. (Ex. 100 Fr) Girls will always swim ODD Events, Boys will always swim EVEN Events. The coach will send event assignments to each swimmer prior to the day of the meet. The swimmer's name will be on a list (heat sheet), with all the other swimmers in that event, with their heat and lane assignments. The individual swimmer will be asked to write his/her events/heats on their arm in marker to keep track of their events during the meet.
5. Heat and Lane: Since everyone cannot race at the same time, events are broken into heats. Event and heat assignments are usually known prior to the actual meet but heat and lane assignments are also posted somewhere in the competition area. The coach can help you locate this area. Swimmers are placed in heats with swimmers of like times; the slower times going in the earlier heats and the fastest times in the last. The swimmer with the fastest recorded time will be in the center lane in each heat.
6. Prior to Race: Swim meets seem very chaotic at first, but there are things to help you out. If you listen to the announcer, he or she will be announcing what event and heat are in the water throughout the day. **It is the swimmer's job to check what event is being marshaled (called) throughout the day. These event numbers will be posted somewhere in the pool area where most swimmers have a clear view of them.** You should be ready to race, and have checked in with your coach, a minimum of two events prior to your event being marshaled (called). Checking in with your coach is very important. It allows a final discussion of race strategy, tips and ideas before the race. It also lets the coach know that you are ready to swim, not off napping or playing. **There is nothing that will upset your coach more than missing a race.**
7. After Racing: Check with the coach IMMEDIATELY. After-race discussions are very important. Discussion about what worked and what didn't

needs to happen while the race is fresh in both the swimmer's and the coach's mind.

8. Disqualifications (DQ's): If a swimmer is judged to have broken a rule during the race, an official may determine the swimmer is disqualified in that race. - However, this is not always a final decision. The Official must inform either the swimmer or the coach of the DQ. The coach has the opportunity to discuss the ruling with the Head Referee should he/she feel it was called incorrectly. There are numerous occasions when the disqualification is overturned. Remember that these are often great learning opportunities for many new and not so new swimmers.

9. Down Time: **Swim meets typically run about 7-8 hours.** There will be down time in between races. All swimmers and families are encouraged to bring water, healthy snacks, chairs, books, magazines, homework, headphones, iPods and anything else that will occupy you during down time. However, don't let these become distractions from the primary task at hand. Keep track of what event is being marshaled. The coaches reserve the right to tell any swimmer to put anything away, including electronics, if the coach feels it is a distraction from the swim meet and the days events.

10. Ask questions: You will have questions. Where do the answers come from?
-Other Wahoos Families
-Other Wahoos Swimmers
-Wahoos Coaches.
Remember – All swim families were new at one point!

GENERAL ORDER OF EVENTS AT STANDARD MEETS

*note that Pentathlon meets will differ in events offered and event numbers

*note that Long Distance events are sometimes added at meets early in the season

*note that special events are sometimes offered (200m backstroke, 200m breaststroke, 200m butterfly)

1	Mixed 10 & Under 200 Medley Relay	(first leg split can be used for qualifying in 50 back)
2	Mixed 11-12 200 Medley Relay	(first leg split can be used for qualifying in 50 back)
3	Mixed 13-14 200 Medley Relay	
4	Mixed 15-19 200 Medley Relay	
5	Girls 12 & Under 100 IM	
6	Boys 12 & Under 100 IM	
7	Girls 13-19 200 IM	
8	Boys 13-19 200 IM	
9	Girls 12 & Under 50 Freestyle	
10	Boys 12 & Under 50 Freestyle	
11	Girls 13-19 50 Freestyle	
12	Boys 13-19 50 Freestyle	
13	Girls 12 & Under 50 Butterfly	
14	Boys 12 & Under 50 Butterfly	
15	Girls 13-19 100 Butterfly	
16	Boys 13-19 100 Butterfly	
17	Girls 12 & Under 200 IM	
18	Boys 12 & Under 200 IM	
19	Girls 13-19 200 Freestyle	
20	Boys 13-19 200 Freestyle	
21	Girls 12 & Under 50 Backstroke	
22	Boys 12 & Under 50 Backstroke	
23	Girls 13-19 100 Backstroke	
24	Boys 13-19 100 Backstroke	
25	Girls 12 & Under 100 Freestyle	
26	Boys 12 & Under 100 Freestyle	
27	Girls 13-19 100 Freestyle	
28	Boys 13-19 100 Freestyle	
29	Girls 12 & Under 50 Breaststroke	
30	Boys 12 & Under 50 Breaststroke	
31	Girls 13-19 100 Breaststroke	
32	Boys 13-19 100 Breaststroke	
33	Girls 12 & Under 200 Freestyle	
34	Boys 12 & Under 200 Freestyle	
35	Girls 13-19 400 Freestyle	
36	Boys 13-19 400 Freestyle	
37	Mixed 10 & Under 200 Freestyle Relay	(first leg split can be used for qualifying in 50 free)
38	Mixed 11-12 200 Freestyle Relay	(first leg split can be used for qualifying in 50 free)
39	Mixed 13-14 200 Freestyle Relay	(first leg split can be used for qualifying in 50 free)
40	Mixed 15-19 200 Freestyle Relay	(first leg split can be used for qualifying in 50 free)

Race Day Nutrition Tips From USA Swimming:

Swim Nutrition BY MIKE MEJIA, M.S., C.S.C.S FOR USA SWIMMING

Eat Breakfast !!

Start out with a proper breakfast. This does not entail grabbing a bagel with cream cheese and eating it in the car with a large orange juice on the way there. The bagel, especially if it's made with white flour can really jack up your blood sugar levels. Granted, the fat in the cream cheese will blunt this affect somewhat, but add in the OJ and you'll be all fired up for warm-ups and likely crash shortly thereafter.

The best-case scenario is to sit down and eat some slow cooked oatmeal (prepared the night before) with fruit, or some eggs and whole grain toast, or whole grain cereal with skim, or low fat milk. If it's an early meet and you must eat on the run, at least make it a whole grain bagel with peanut butter, as the these two foods together make up what is known as a complete protein by providing your body with all the essential amino acids it needs. Trade in the OJ for a lower sugar sports drink and you're good to go. Some more foods to stay away from include bacon, sausage, croissants, doughnuts and sugary breakfast cereals.

As far as what you should have in your bag for snacking, I think the best way to address this is with a list of what you should bring, vs. what you should not bring.

What to bring:

1. At least 32 oz. of water to drink during and after the meet.
2. No more than 16-20 oz. of sports drinks that meet the above criteria.
3. Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories. Some recommended brands include: Kashi TLC Bars, and Odwalla Bars.
4. Whole grain pretzels, crackers and cereals.
5. Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
6. Low sugar fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries and Peaches.

What not to bring or bring less of:

1. Chips of any type. Most are loaded with fat and calories.
2. Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flour.
3. White Bagels and Breads.
4. High Sugar Fruits: Bananas, Raisins, Pineapple and Grapes.
5. High Sugar Energy Bars: Many types of Power Bars fall into this category.
6. Fruit Juices of any type: Too high in sugar and don't clear the gut as rapidly as sports drinks, possibly leading to stomach cramping.
7. Soda. This one's an absolute no-no!
8. Cookies, candy, gummy bears, or anything else along those lines.

Wiesbaden Wahoos High School Varsity Lettering Standards 2015-2016

The Wiesbaden American High School awards Varsity and Junior Varsity Letters to Wiesbaden Wahoos Swimmers as part of their ongoing sports recognition program. The governing directive for these awards is the DODDS/EFSL Memorandum of Understanding signed in 2009.

Varsity Letters are awarded to the Wiesbaden Wahoos swimmers in the same manner as they are awarded to other WHS sports teams and are presented at the end of the season Team Banquet. The spirit of the program is that they are awarded to High School students who fully participate on the team and are recognized as full team members by the Head Coach and the Executive Board.

Each swimmer must qualify academically on a weekly basis per DODDS requirements. Each swimmer grades 9 – 12 shall read and sign a Wiesbaden High School Athletic Department contract and return it to the Head Coach prior the start of their season. The High School Athletic Director and Wahoos Head Coach will monitor academic qualification. Any swimmer not academically qualified will not be able to swim in a meet until academically qualified. This will be reviewed on a weekly basis.

Letter awards are based upon EFSL sanctioned meet participation, performance and practice attendance.

Swimmers will be eligible for a Varsity Letter by either qualifying for the Individual Champs meet 28 February & 1 March 2015 and by earning one point from each column in Table A or by earning a total of 60 points from Table A with a minimum of 1 point per column.

Table A

POINTS	PLACE IN DUAL MEETS	PLACE IN TRI (+) MEETS	% Participation MEETS	% Participation PRACTICE
10		1	95	100
8	1	2	90	95
6	2	3	85	90
4	3	4	80	85
2	4	5	75	80
1	5	6	70	75

The EFSL swim season runs from August through February of each year. This represents both the fall and the winter High School sports seasons. Swimmers may qualify in either the fall or winter season. Swimmers qualifying in the fall must participate in Long Distance Champs and the Battle in the Bubble. Swimmers qualifying in the winter must participate in the Division Championship meet. Any excuse for non-attendance will be reviewed on a case by case basis by the Head Coach and Executive Board.

In accordance with EFSL guidelines, swimmers will be required to swim in **at least one** meet from August – November. High School swimmers completing a fall sport (not swimming) **MUST** attend a **November meet** in order to be eligible to attend the Championship meet in February.

Additionally, High School swimmers who participated in a fall sport (not swimming) have **one week after practice officially ends** to begin their swim season. The Registrar and High School Liaison will track their start dates.

To be eligible to receive a Varsity Letter, High School swimmers **MUST attend** at least **70% of swim meets** available once their season starts. Any excuse for non-attendance will be reviewed on a case by case basis by the Head Coach and Executive Board.

Swimmers transferring into the team late in the season **MUST** attend a minimum of four (4) meets, earn 60 points, or qualify to attend Champs, and attend the Divisional Championship meet, in order to letter. This is a separate requirement from the minimum number of meets required to earn a Varsity Letter.

To be eligible to receive a Varsity Letter, swimmers **must attend an average 75% of practices** assigned to that particular swimmer. Thereby:

1. Coaches will assign practice days to individual swimmers. For the 2015-2016 season, the High School Swimmers are assigned 5 practice days per week.
2. Attendance will be taken.
3. Absences from practice may be excused, but excused absences are not credited toward the 75% attendance standard.
4. Swimmers will present for practice ready to swim. Showing for a practice, but unprepared to swim, e.g., failing to bring a suit, will be not be counted as a day of attendance.
5. Attendance on Federal Holidays and during the Christmas Break are not mandatory. Failing to attend these sessions will not count as absences against the 75% standard. Attendances at these practices will count as optional and may improve the swimmers attendance percentage.
6. If swimmers attend an alternate swim practice, their coach must verify attendance. Missed or alternate practices must be excused; to the extent possible permission to be absent from a practice should be obtained in advance.
7. The average is calculated on a seasonal basis.
8. This is a minimum standard set by MOU between DoDDS and the EFSL.

The Executive Board will have the final determination on the awarding of Varsity Letter. It will base its decision on the following information:

1. Points earned by each swimmer using the MOU and Table A. (Supplied by HS Liaison).
2. The Head Coach will ensure attendance is taken at each practice.
3. The Head Coach will ensure attendance is taken at each meet.
4. Recommendation and any supporting information supplied by the Head Coach.
5. The Head Coach has the discretion to recommend the awarding of a Letter to a swimmer who may fall short of requirements.
6. The Head Coach may also recommend a swimmer be denied the awarding of a Varsity Letter, even if basic attendance/participation requirements are met, if the Head Coach feels the swimmer's dedication, attitude, team spirit/sportsmanship or other behavior warrants denial of a letter.

Wiesbaden Wahoos Equipment List

Note: Team Uniform is provided: T-shirt, Swim Suit and 2 swim caps, and will be worn at all competitions unless swimmer has coaches approval. Additional or replacement uniform items will be available for purchase through out the season.

2 pairs of goggles

1 pair of fins

1 kick-board

1 pull buoy

1 pair of hand paddles (****Gold Group Only****)

1 mesh bag to put all equipment in

MAKE SURE NAMES ARE ON EVERYTHING!

IN A ZIP LOCK GALLON BAG WITH SWIMMERS NAME WRITTEN ON IT IN PERMANENT MARKER THERE WILL BE:

1 OF THE 2 REQUIRED SWIM SUITS, CAPS AND GOGGLES

*****THIS ZIP LOCK BAG WITH EXTRA EQUIPMENT WILL BE STORED IN THE TEAMS' LOCKED EQUIPMENT CAGE AT POOL- THIS IS TO HELP THE SWIMMERS ON THE DAY THEY FORGET THEIR SUITS AND OR EQUIPMENT MALFUNCTIONS.**

******MAKE SURE NAME IS SOMEWHERE ON ALL EQUIPMENT******