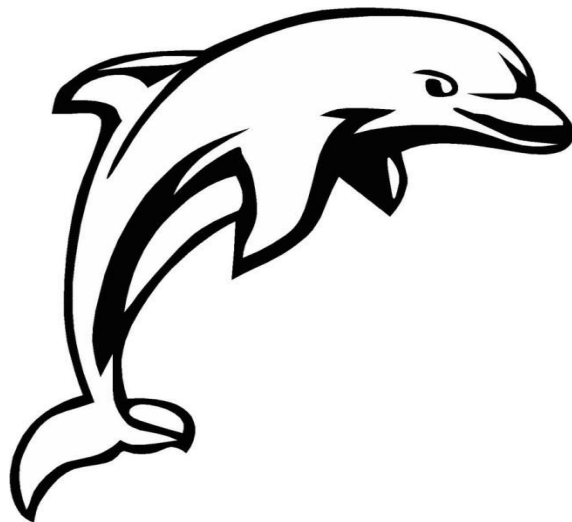


# Brookside Swim Team

## Handbook

### 2017



## Meet the Coaches

### Head Coach- Brooke Woodlock

- Brooke has been with the Brookside Dolphins for 16 years and is excited to start her 17<sup>th</sup> year. She comes with a lot of enthusiasm, knowledge, and love of the sport. She began her swimming career at the tender age of 4 with the Michigan Stingrays, then moved to Middletown, NJ and swam for the Red Bank Aquarockets, she continued on into college and swam for Rowan University where she was a two time captain and NCAA qualifier. Brooke ended her 20 year swimming career when she graduated college. She is the head coach for the Glassboro High School Swim Team and has also coached for TNT and GPAC. She graduated college with a Health and Exercise Science degree and is a Health/PE teacher at Salem High School.

### Assistant Coach- Nick Stranix

- This will be Nick's 4th year coaching for Brookside. Nick started swimming at Brookside when he was 11 years old. Every year after his first he qualified for Tri County. Nick currently holds the 15-18 boys Medley Relay record for Brookside. At the age of 16 he was awarded the Brookside Coach's Award and was captain during his Senior year. He started club swimming with GPAC at the age of 12 and swam for Glassboro HS where he qualified for Meet of Champions for 3 years, along with holding 4 team records. He was named MVP at Glassboro 2 years and received the MVP of the Gloucester County Swim Meet his senior year. He swam on the Rowan Swimming and Diving team, specializing in mid-distance freestyle and backstroke. He is the assistant coach of Glassboro High School Swim Team. Nick recently graduated Rowan University, dual majoring in Elementary Education and Math/Science.

### Assistant Coach- Marissa Moskalow

- Marissa is excited to begin her first year as an assistant coach for the Brookside Dolphins. Marissa began swimming for Brookside when she was seven years old. During her time swimming for Brookside, Marissa was a part of several winning relays. Individually, she held team records, Peach Bowl records, and the Tri-County 50-meter breaststroke record in the Women's 15-18 age group. She also served as team captain during her senior year. During the winters, Marissa trained with the Greater Philadelphia Aquatic Club and swam for Clearview Regional High School. She held high school records in the breaststroke, butterfly, and IM events. Marissa was named a USA Swimming Scholastic All-American in all four years. Marissa is happy to return to the Brookside family and is looking forward to being a positive influence for the younger swimmers! Marissa currently attends the University of Pennsylvania, pursuing a Bachelor's of Science in Nursing with a minor in Health Care Management.

# Swim Team General Information

## Before a swimmer can participate:

- Full payment of pool registration & member fees, team registration and fees
- Waiver completed and signed by parent/guardian

## Practice Groups

- All swim team members must be able to swim a competitive stroke 1 full length (25 meters) of the pool and be comfortable in deep water
- All swim team members will practice with their assigned age group unless otherwise told by the coaching staff
- All Coaches Squad members must be able to swim ½ length (12 ½ meters) of the pool unassisted and be comfortable in deep water.

## Team Rules:

- Every swimmer has a right to be on this team. Name-calling or bullying of any kind will not be tolerated
- Insubordination will not be tolerated
- Attend all practices, meets, & team functions.
- No parents on the Pool Deck while practice is being held
- The season does not end until the weekend of Tri-County Championships, please try to schedule vacations for after the season or around the meet schedule. When a swimmer misses a meet it possibly denies others to swim. You have to think about the team, we are a TEAM!
- Parents are urged to become involved. A swim team is only as good as its parents support.

## Practice Rules:

- Be on time!!! Please arrive on time, with equipment ready to swim at your designated practice time. We start practice promptly at the set time, if a swimmer is late they are missing their warm up which is extremely important. Also, parents should NOT drop their swimmers off and leave unless it is their designated practice time. The coaches are responsible only for your children while it is their practice. We are not babysitters before and after.
- Practices are NOT called off due to rain, sign up for the text alerts in order to keep up with any changes
- The head coach should be informed if a swimmer is going to be missing a practice
- Swimmers should bring to practice:

- Suit
- Googles
- Swim Cap
- Fins (Labeled with your name)
- Towels
- Tshirt
- Sweats
- Comfortable sneakers
- Water bottle

## **Meet Rules**

- Be on time!!!!
- Swimmers are expected to stay in the designated team area at all times during the meet. They are NOT to wander around, play on any equipment, and sit with their parents or non-team members. We take pride in the behavior of our team and will reflect a positive image for our swim club.
- It is the responsibility of the parents to see that their swimmer has a ride to and from all meets
- Please inform the HEAD coach at least 1 week ahead of time if a swimmer must miss a meet, you may do so in person or by email [24coachb@gmail.com](mailto:24coachb@gmail.com)
- When not swimming team members are expected to cheer for and support their teammates
- DO NOT LEAVE A MEET WITHOUT INFORMING THE HEAD COACH

## **Understanding a swim meet**

### **Age Groups**

Events are swum according to age groupings. 8-Under, 9-10, 11-12, 13-14, & 15-18, age is determined by what the swimmer's age is on June 15<sup>th</sup>. In a dual "A" or "B" meet, a swimmer may swim 2 individual events and 2 relays. In the Gloucester County Championship Meet, a swimmer may swim in only 1 individual event and 2 relays. In the Tri-County Championship Meet a swimmer may swim 2 individual events (for which they have qualified for) and 2 relays.

### **Swimming Up**

In a dual "A" or "B" meet, a coach may choose to have a younger swimmer swim "up" which just means that they are going to be swimming in a older age group for strategic purposes. This is not allowed in a championship format.

### **The Pool**

Tri-County competition is held in a 25 meter pool. The length of our pool is 25 meters and there are 6 lanes. Home team swimmers swim in lanes 3, 5, & 1 while visiting teams swim in lanes 2, 4, & 6.

### **Individual Medley**

The individual medley (IM) is swum by ages 11 and up. All ages swim a 100 IM (with the exception of the 15-18 boys who swim a 200 IM) which consists of 1 lap of each stroke. The order is as follows: butterfly, backstroke, breaststroke, freestyle.

### **Medley Relay**

In the medley relay all 4 strokes are swum by different swimmers, no swimmer may swim more than 1 leg of the relay. The order is: backstroke, breaststroke, butterfly, freestyle. The relays are determined by the fastest combination of swimmers in each age group in the 4 competitive strokes.

## **Freestyle**

In the freestyle events, the competitor may swim any stroke he/she wishes, however it is usually the “front crawl”. This stroke is done by alternating overhead motion of the arms and alternating leg kicks.

## **Backstroke Events**

In the backstroke, the swimmer MUST stay on his/her back at all times except when turning. The stroke is alternate motion on the arms and legs while on the back.

## **Breaststroke Events**

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the chest under the surface of the water and brought back simultaneously. The head may go under water during each stroke but must come up at the end of each stroke. The kick is a simultaneous thrust of the legs, no other kick is allowed. The turn and finish must be done with two hands touching the wall at the same time on the same horizontal plane.

## **Butterfly Events**

The butterfly is a simultaneous over head stroke with a dolphin kick. The dolphin kick is when both legs move up and down together; no other kick or movement is allowed. The arms must be simultaneous the entire time, even on the turn and finish.

## **Freestyle Relay**

In the freestyle relay there are 4 different swimmers. The relays are determined by time from time trials, “A” & “B” meet results and individual relay splits in swim meets.

## **Meet Order**

Dual meets will begin with the IM events, followed by the Medley relays. These will be followed by the freestyle, backstroke, breaststroke, and butterfly events. Meets conclude with the freestyle relays. All stroke events begin with the girls of the youngest age group. They are followed by the boys of the same age group. Once all age groups have competed in that stroke, the process is started over with the following stroke events. This is explained in the chart.

For “A” meets use the following rule

- 8-U girls events always end in a 7
- 8-U boys events always end in an 8
- 9-10 girls events always end in a 9
- 9-10 boys events always end in a 0
- 11-12 girls events always end in a 1
- 11-12 boys events always end in a 2
- 13-14 girls events always end in a 3
- 13-14 boys events always end in a 4
- 15-18 girls events always end in a 5
- 15-18 boys events always end in a 6

<u>IM</u>	<u>Medley Relay</u>	<u>Freestyle</u>	<u>Backstroke</u>	<u>Breaststroke</u>	<u>Butterfly</u>	<u>Freestyle Relay</u>
<b>Event 1</b> 12-U Girls 100M	<b>Event 7</b> 8-U Girls 100M	<b>Event 17</b> 8-U Girls 25M	<b>Event 27</b> 8-U Girls 25M	<b>Event 37</b> 8-U Girls 25M	<b>Event 47</b> 8-U Girls 25M	<b>Event 57</b> 8-U Girls 100M
<b>Event 2</b> 12-U Boys 100M	<b>Event 8</b> 8-U Boys 100M	<b>Event 18</b> 8-U Boys 25M	<b>Event 28</b> 8-U Boys 25M	<b>Event 38</b> 8-U Boys 25M	<b>Event 48</b> 8-U Boys 25M	<b>Event 58</b> 8-U Boys 100M
<b>Event 3</b> 13-14 Girls 100M	<b>Event 9</b> 9-10 Girls 100M	<b>Event 19</b> 9-10 Girls 50M	<b>Event 29</b> 9-10 Girls 25M	<b>Event 39</b> 9-10 Girls 25M	<b>Event 49</b> 9-10 Girls 25M	<b>Event 59</b> 9-10 Girls 200M
<b>Event 4</b> 13-14 Boys 100M	<b>Event 10</b> 9-10 Boys 100M	<b>Event 20</b> 9-10 Boys 50M	<b>Event 30</b> 9-10 Boys 25M	<b>Event 40</b> 9-10 Boys 25M	<b>Event 50</b> 9-10 Boys 25M	<b>Event 60</b> 9-10 Boys 200M
<b>Event 5</b> 15-18 Girls 100M	<b>Event 11</b> 11-12 Girls 200M	<b>Event 21</b> 11-12 Girls 50M	<b>Event 31</b> 11-12 Girls 50M	<b>Event 41</b> 11-12 Girls 50M	<b>Event 51</b> 11-12 Girls 50M	<b>Event 61</b> 11-12 Girls 200M
<b>Event 6</b> 15-18 Boys 200M	<b>Event 12</b> 11-12 Boys 200M	<b>Event 22</b> 11-12 Boys 50M	<b>Event 32</b> 11-12 Boys 50M	<b>Event 42</b> 11-12 Boys 50M	<b>Event 52</b> 11-12 Boys 50M	<b>Event 62</b> 11-12 Boys 200M
	<b>Event 13</b> 13-14 Girls 200M	<b>Event 23</b> 13-14 Girls 100M	<b>Event 33</b> 13-14 Girls 50M	<b>Event 43</b> 13-14 Girls 50M	<b>Event 53</b> 13-14 Girls 50M	<b>Event 63</b> 13-14 Girls 200M
	<b>Event 14</b> 13-14 Boys 200M	<b>Event 24</b> 13-14 Boys 100M	<b>Event 34</b> 13-14 Boys 50M	<b>Event 44</b> 13-14 Boys 50M	<b>Event 54</b> 13-14 Boys 50M	<b>Event 64</b> 13-14 Boys 200M
	<b>Event 15</b> 15-18 Girls 200M	<b>Event 25</b> 15-18 Girls 100M	<b>Event 35</b> 15-18 Girls 50M	<b>Event 45</b> 15-18 Girls 50M	<b>Event 55</b> 15-18 Girls 50M	<b>Event 65</b> 15-18 Girls 200M
	<b>Event 16</b> 15-18 Boys 200M	<b>Event 26</b> 15-18 Boys 100M	<b>Event 36</b> 15-18 Boys 100M	<b>Event 46</b> 15-18 Boys 100M	<b>Event 56</b> 15-18 Boys 100M	<b>Event 66</b> 15-18 Boys 100M

### Scoring

Scoring in Tri-County: Relays= 7 points for 1<sup>st</sup> place, 0 for any other finish. Individual events= 5 points for 1<sup>st</sup>, 3 points for 2<sup>nd</sup>, & 1 point for 3<sup>rd</sup>.

## TRI-COUNTY SWIM LEAGUE

Our summer league is composed of 36 clubs. They are divided into 6 divisions of 6 teams each. The original clubs were all located in Burlington, Camden, and Gloucester Counties. However, Cumberland and Salem now have teams that are represented also. The season is composed of 5 dual "A" meets, several "B" meets, the Gloucester County Championship (aka Peach Bowl) and the Tri-County

Championships. "A" meets are held on Saturday mornings with a start time of 9:00am. The results are tabulated and standings are kept. Qualifying times for Tri-County Champs can be met at these meets. "B" meets are held on Wednesday evenings with a start time of 6:00pm and swimmers are given the opportunity to perfect their technique in a competitive environment. Results are not tabulated in a "B" meet and qualifying time cannot be met.

Visit the web page: [www.tricountyswimming.org](http://www.tricountyswimming.org)

There you will find: directions to other clubs, association rules and regulations for 2017, qualifying times, meet schedules, 2016 season results, and much much more!

### **Gloucester County Championship Meet (Peach Bowl)**

In this meet 9 Gloucester County teams compete for individual and team awards. A swimmer may only be entered in 1 individual event but can swim in 2 relays. Each club may enter only 1 person per event and only 1 relay per event. Entries and alternates for this meet are strictly the coach's decision. This meet is always scheduled on the Tuesday evening following the last "A" meet. Each year this meet is hosted by 1 of the 9 participating teams.

### **Tri-County Championship Meet**

At this meet, the swimmers that have qualified from all 36 clubs compete. Swimmers may compete in 2 individual events and 2 relays. This meet is held over a 2-day period. On the 1<sup>st</sup> day (Saturday) all swimmers compete in the prelims, on the 2<sup>nd</sup> day (Sunday) the swimmers who placed in the top 12 the previous day swim again in finals. Official relays that have survived the "cut" that are seeded 13<sup>th</sup>-36<sup>th</sup> will swim on Saturday, while the top 12 will swim on Sunday. This meet is ALWAYS scheduled for the first full weekend in August.

### **Persons of Interest**

Diving Coach- Dave McNally  
Tennis Coach- Aaron Burr  
Tri- County Rep- Richard McCarthy

Aquatics Chair- Sara Boulton  
Captains-Emily Bayes, Pierce Burgin, Rachel Doring, Maggie Grehlinger, Erica Stranix, Kaitlyn Weatherby, & Tyler Weatherby