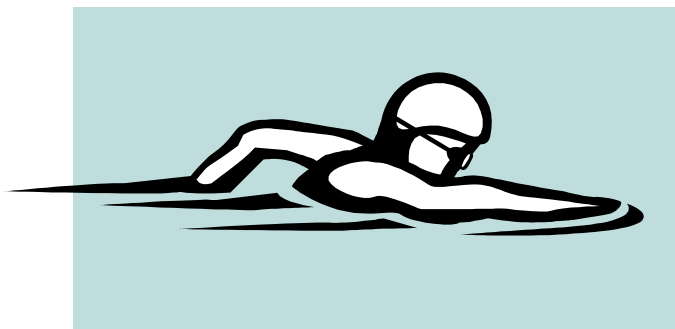


# Lombard Waves Family Handbook



(630) 620-7322

[www.lombardparks.com](http://www.lombardparks.com)



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## Section 1 - Welcome Message

**Congratulations!** Your family, along with close to 100 other families, is involved with the largest single team sport offered in Lombard. The Lombard Swim and Dive Team consists of approximately 175 Swimmers and Divers! Our Team offers personal challenges and rewards for each participant. While the team standings are recorded and kept, the most important standings are the individuals! From our youngest team member to the seasoned veteran members, all have an opportunity to track their own records and shoot for, and be proud of, their personal bests!

This is a brief overview of some of the key areas regarding the team. If you are new to the team, you will find many veteran parents who are happy to answer any of your questions. You are always welcome to contact the coaches, or board members to discuss any area you are unclear about.

### Lombard Waves Coaches:

#### Swim Coach

Amy Haptas - 629-2074

#### Junior Swim Team Coach

Stacy Dunbar - 620-6313

#### Dive Coaches

Mike Ticaric - 620-0358

Maggie Granrath - 782-5308

## Section 2 - Parent's Organization

### Summer 2005 Waves Parent Association Board & Officers

<b>President</b>	Maureen Joiner - 495-5343	<b>Social</b>	
<b>Vice President</b>		<b>Newsletter</b>	Laura Frank 627-5716
<b>Secretary</b>	Jeannine Zito - 629-2914	<b>Lost &amp; Found</b>	
<b>Treasurer</b>	Denise Reinke -530-1703	<b>Swim Suits</b>	Laurel Brill 916-9928
<b>Conf. Swim/Dive Rep</b>		<b>Concessions</b>	Linda Paganucci 916 -9527
<b>Swim Meet Director</b>	Sasha Cardinal - 932-9732	<b>Concessions</b>	Wendy Meek 627-3229
<b>Swim Meet Director</b>	Kris Boudreau - 953-9560	<b>Trophies</b>	Kristine Kwak 627-7133
<b>Dive Parent Rep</b>		<b>Team Pictures</b>	
<b>Fundraising (swim)</b>	Barb Conrath 620-7407	<b>Scrapbook</b>	Werner Family 627-8315
<b>Fundraising (swim)</b>	Kim Angland 268-1471	<b>Roster</b>	Jeannine Zito 629-2914
<b>Publicity</b>	Connie Kania 495-3530	<b>Clerk of Course</b>	
<b>Publicity</b>	Vicki Joniak 495-4948	<b>Ribbons</b>	Kristine Kwak 627-7133
<b>Fundraising (dive)</b>			

# Volunteer Positions

The swim team board is in need of several key positions. Please ask Maureen Joiner, team president, on how you can help. If certain positions are not filled, it will be the swimmers who will miss out on the fun! Our team operates based on parents volunteering to run our swim meets.

Our team must supply workers for both home and away meets. Each family is required to work a minimum of four meets in order to fulfill their commitment, unless otherwise indicated.

There are many ways to help and a short description of each is listed below. For conference meets, certain work positions require training. Information on certification and class training schedules are available from meet directors. Parent's Meetings are generally held during the early spring, through the start of the season. Your involvement is invaluable to the future of this team, please attend and participate.

**Remember, someone will be able to cover your position for awhile during your child's race.**

## **Announcer:**

Swim Meets - This person calls each event to the clerk of course, to the deck, and announces to the crowd what event is in the water. Periodically, he/she announces the score and messages from the team or Parent's Organization.

Dive Meets - This person calls the divers to the deck, announces the dive and degree of difficulty.

**Bullpen:** These people organize the swimmers for each event, making sure they are where they should be, when they should be. They will write the event numbers on the child's hand, and may write the family names on the backs or arms - This helps to identify the children! Each swimmer should check in with the Bullpen Manager when they arrive at the meet.

**Clerk of Course:** Swimmers report to this area when their event is called. These workers distribute the event/lane cards to swimmers and seat them in rows of chairs. They also direct the swimmers to the blocks.

**Finish Judge:** This judge's function is to watch the end of an event and note the order of finish, first through sixth.

## **Ribbon Writers:**

Swim - The team awards ribbons to its swimmers for all six places in individual events and for first place finishers in a relay event. Ribbon writers take the information from a completed event card and record it on the back of a ribbon.

Dive - Ribbons are also awarded for first through sixth place, and information must be recorded on the back. Ribbons are available to the team members in the family file folder at the next practice. As mentioned before, team members should check their folders daily, as newsletters, team photo or t-shirt forms, and general communication will be inserted in these folders.

**Runners:** This person walks around the pool deck and picks up the event cards from the timers and finish judges, as well as any DQ cards from the judges, starters, and referees. He/she then delivers them to the scoring table.

## **Scorers:**

Swim Meets - They sit at the tables on the deck and process the swim results by writing the events, swimmers names, times, places, and points awarded.

Dive Meets - All the scores awarded for each dive are recorded and computed to determine standings. There is a helpful, handy-dandy table to figure out the computations, so don't be deterred by the thought of math.

**Timers:** These people are positioned behind the blocks at each lane to time the event using a stopwatch (which the team provides) to time a swimmer's performance. One team timer is needed for each six lanes.

**Technical People:** The positions require a training class. If interested, please contact Meet Directors.

**Referee:** This person is the leader of the judging staff and is responsible for the overall running of the meet.

**Starter:** This person fires the starter pistol to start each event, and alerts the swimmers to false starts.

**Stroke Judge:** This person checks that swimmers are doing the appropriate stroke in the correct manner.

**Turn Judge:** This judge checks that swimmers are doing the correct turning maneuvers for their race.

## Section 3 - Glossary of Terms

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If you are new to this sport, some of the terms and descriptions may sound like a different language. In an effort to help you out a bit, we have included some definitions of general terminology you may hear at a swim practice or meet. If you have any questions about these terms or anything else that may come up, please don't hesitate to ask. It all sounded strange to us at one time too!

**B R Ryall:** This is the name of the Glen Ellyn YMCA. The swim team is commonly referred to as Ryall during conversation. There are several year round swim teams where some Lombard swimmers also participate.

**Blocks:** The starting platform at the end of each lane.

**Bullpen:** An area where the swimmers are to stay during the meet. Swimmers may visit the concession stand, or washrooms, but should only be away from the bullpen briefly, and should be sure to tell the Bullpen Coordinator that they are leaving. If a child is out of the bullpen, and can't hear the announcement of the next event, they may miss their race. Swimmers are encouraged to bring a sleeping bag to sit on and quiet games or a book, to occupy their time between events.

**Clerk of Course:** An area of the pool deck, with chairs, for swimmers to check in for their event and receive their event card with lane assignment. Announcer will say Event number — report to the clerk of course. This is the clue for those swimmers waiting in the bullpen to go for their event.

**DQ:** A disqualification for doing an incorrect turn, stroke, or finish. (Unfortunately, it's not the ice cream...)

**Division:** There are three divisions, White, Red and Blue. Different swim teams compete in different divisions. We are in the Red Division.

**Exhibition:** An event to record a swimmer's times, held at the coach's discretion. Special exhibition ribbons will be awarded.

**False Start:** This means someone started too early and the event has to be started again. You will know this has happened when you hear two consecutive shots from the starter pistol. If you keep swimming, a rope will be thrown across the pool to stop you. If there are too many false starts during a meet, the meet judge may DQ you, and/or your team.

**J Os:** Junior Olympic Championship for yearlong swim teams.

**Split:** A time for a segment of a longer race.

**Starter:** The official who starts each race.

**Stroke Judge:** The official who watches each swimmer to make sure the stroke, turn, and finish are being done correctly. The stroke judges issue the DQ.

**Timer:** The people who time a lane during each event. There is a back-up timer available in the event of a question.

**Volunteer:** A valuable person who commits to help out at four home meets and conference. This person may also help out with the fund-raising activities or even hold a board position.

**Warm-ups:** Each team warms up for 30 minutes prior to the meet. The home team always warms up first, then the away team. Coaches will direct the team warm ups. It is during this time that swimmers should familiarize themselves with the pool, wall markings and turns.

## Section 4 - Important Dates

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### June

6th - First Practice  
12th - First Swim Meet  
15th - Swim/Dive Pictures at 6 am,  
individual/group line-up at 8 am

### July

4th - No practice  
23rd - B Conference  
30th - A Conference  
TBA - Pizza Party for Swimmers,  
Divers and their families!  
TBA - Conference T-Shirt Order

### August

TBA - Swim and Dive Team Awards  
Banquet

## Section 5 - Swim Meet Event Schedule

<b>GIRLS</b>		<b>BOYS</b>
<b><u>Event #</u></b>	<b><u>Event (age level in parentheses)</u></b>	<b><u>Event #</u></b>
1	100 yard Medley Relay (8 and Under)	2
3	200 yard Medley Relay (9-10)	4
5	200 yard Medley Relay (11-12)	6
7	200 yard Medley Relay (13-14)	8
9	200 yard Medley Relay (15-18)	10
11	25 yard Freestyle (8 and Under)	12
13	50 yard Freestyle (9-10)	14
15	50 yard Freestyle (11-12)	16
17	50 yard Freestyle (13-14)	18
19	50 yard Freestyle (15-18)	20
21	100 yard Free Relay (8 and Under)	22
23	100 yard Individual Medley (9-10)	24
25	100 yard Individual Medley (11-12)	26
27	100 yard Individual Medley (13-14)	28
29	100 yard Individual Medley (15-18)	30
31	50 yard Freestyle (8 and Under)	32
33	100 yard Freestyle (9-10)	34
35	100 yard Freestyle (11-12)	36
37	100 yard Freestyle (13-14)	38
39	100 yard Freestyle (15-18)	40
41	25 yard Butterfly (8 and Under)	42
43	50 yard Butterfly (9-10)	44
45	50 yard Butterfly (11-12)	46
47	50 yard Butterfly (13-14)	48
49	50 yard Butterfly (15-18)	50
51	25 yard Backstroke (8 and Under)	52
53	50 yard Backstroke (9-10)	54
55	50 yard Backstroke (11-12)	56
57	50 yard Backstroke (13-14)	58
59	50 yard Backstroke (15-18)	60
61	25 yard Breaststroke (8 and Under)	62
63	50 yard Breaststroke (9-10)	64
65	50 yard Breaststroke (11-12)	66
67	50 yard Breaststroke (13-14)	68
69	50 yard Breaststroke (15-18)	70
71	200 yard Free Relay (9-10)	72
73	200 yard Free Relay (11-12)	74
75	200 yard Free Relay (13-14)	76
77	200 yard Free Relay (15-18)	78

# Section 6 - Swim Team Information

## Swim Team Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Ages 11 & up	6:15-7:45 a.m.	6:15-7:45 a.m.	6:15-7:45 a.m.	7:15-8:45 a.m.	6:15-7:45 a.m.
Ages 10 & under	7:45-8:45 am	7:45-8:45 am	7:45-8:45 am	7:15-8:45 a.m.	7:45-8:45 am
Junior Swimmers	7:45-8:45 am	7:45-8:45 am		7:15-8:45 a.m.	7:45-8:45 am

Please arrive 15 minutes early to ready to be in the water. In the event of inclement weather, practices may be cancelled upon coaches' discretion.

**Swim Team Conference** information will be handed out at a later date.

## 2005 Waves Swim Meet Schedule

Swim Meets are held on Wednesdays at 6:30 p.m. and Saturdays at 8 a.m., unless noted. Swim meets run about 3 hours. Prior to the meets, coaches will notify team members of scheduled warm-up times.

Saturday, June 11 vs. Wood Dale	6:30 pm
Wednesday, June 15 vs. Addison	8 a.m.
Saturday, June 18 vs. Carol Stream	8 a.m.
Wednesday, June 22 at Woodridge	6:30 pm
Saturday, June 25 at Bartlett	8 a.m.
Wednesday, June 29 vs. Glendale Heights	6:30 pm
Wednesday, July 6 at Villa Park	6:30 pm
Saturday, July 9 vs. Hanover Park	8 a.m.
Wednesday, July 13 at Roselle	6:30 pm
Saturday, July 16 at Butterfield	8 a.m.

## What Happens at a Swim Meet?

- Your coaches will tell you what time our warm-ups are, so you need to be ready to get in the water by that time.
- When you arrive, check in with a bullpen parent, who will tell you what events you are in.
- Warm-ups are important to get those muscles warmed up for the work to come.
- After warm-ups, return to the bullpen area.
- Listen for your event to be called.
- When your event is called, go to the Clerk of Course to check in and get your event card. It is the swimmer's responsibility to check in on time. Bullpen parents will assist the younger swimmers. The event card will tell you what lane you are in.
- When you are called on deck, go to your lane, and wait for your event to be called to the blocks.
- Give your card to a timer and step up on the blocks.
- Listen for the starter to say take your mark, when you hear the bleep from the sound system or gun shot, dive in and swim.
- After you finish, exit the pool, check in with your coach, and then return to the bullpen.
- When the meet is over, clean up your area. Make sure you have everything you brought! Be quick so other people can enter the park and enjoy the pool.
- Ribbons will be in your family folder at the next practice.

# Section 7 - Dive Team Information

## Dive Team Practice Schedule

**Monday**  
5-6 p.m.

**Tuesday**  
5-6 p.m.

**Wednesday**

**Thursday**  
5-6 p.m.

**Friday**

## 2005 Waves Dive Meet Schedule

The dive meet schedule has not yet been announced. As soon as we receive the information we will pass it along. Tentatively, dive meets will be on Thursdays at 5 p.m. Coaches will notify divers of warm-up times before scheduled meets. Dive meets last approximately 1<sup>1/2</sup> hours.

### Communication

Each Dive Family has a folder in a file box that will be kept at the pool office and is brought out for each practice. Notices, ribbons, order forms, team picture forms and dates, newsletters, etc. will be placed in these folders. Ribbons not handed out at the end of the meet will be in your family folder at the next practice. Check these folders at each practice! You may contact the coaches or any of the Swim and Dive Team board members with questions, comments or suggestions.

## Glossary of Terms

**Technical People:** Judges: Three at Dual Meets, five at the Conference Meet. The judge's scores are added and multiplied by the degree of difficulty of the dive, to obtain the diver's score for that dive. If there are more than three judges, then the high and low scores are eliminated from the calculations.

**Judges** score each dive from 1 to 10 with 1/2-point increments. They look for smoothness in approach, correct execution of the announced dive, fluidity of motion, and water entry (no splash is good). Degree of difficulty does not enter into a judge's score, only how graceful and correct the dive was performed.

**Referee:** The referee is responsible for all the on deck activity during the meet. This person may also double as one of the other positions required to run a meet.

**Degree of Difficulty:** This is the number assigned to an individual dive by the athletic association. Our team uses the U.S. Dive Rules. This number reflects the technical and athletic prowess required by the dive.

**Dive Conference:** The championship meet for the divers where all the teams in the conference enter their top three divers in each age group for the competition.

**Volunteer parents** are needed at most meets to announce, calculate the scores and write the ribbons. Your coaches will tell you what time our warm-ups are, so you need to be ready to get in the water by that time. After you finish your dive, exit the pool and check in with your coach.

When the meet is over, clean up your area. Make sure you have everything you brought! Be quick so other people can enter the park and enjoy the pool.

## What Happens at a Dive Meet?

- Divers compete in Boys and Girls age groups: 10 and Under, 11-12, 13-14, and 15 & up
- You may compete in an older age group (diving up), with the coach's permission, but you can never compete against a younger age group.
- The 10 and under group will perform 3 dives each, and the other groups will perform 4 dives each.

# Section 8 - Swim + Dive Information

**Behavior Management Policy:** To ensure a safe and positive environment in which practices and meets take place.

**Objectives:** Foster and enhance mutual respect, understanding and principles of good sportsmanship and fair play amongst all participants during practices and meets. Promote safety and respect, ensure fun, enjoyment, and good competition at any event. Eliminate behaviors and actions that distract from a positive environment. Zero tolerance of any forms of abuse and/or harassment during practices and meets.

**Expectations:**

1. Coaches:

- Respect all facilities and their staff.
- Respect the officials and their decisions.
- Respect opposing team players, coaches and other participants.
- Take responsibility for the actions and behaviors of their teams.

2. Officials:

- Respect all participants of the game.
- Maintain open and positive communications with swimmers and coaches.
- Promote the rules of the game to all team participants.
- Keep the integrity in all games.
- Maintain professionalism.

3. Spectators:

- Do not judge swimmers by professional standards.
- Maintain their self-control at all times.
- Demonstrate respect for all officials and their decisions.
- Demonstrate respect for all participants of the game.
- Encourage sportsmanship, effort and positive attitudes of all participants.

4. Players:

- Respect all facilities and their staff.
- Respect the officials and their decisions.
- Respect the opposing team swimmers, coaches, and other participants.
- Take responsibility for their own actions and behaviors at the facilities and on deck.
- Respect their own teammates.

**Missed practices or meets:** Each Team member is encouraged to be at practices and meets. When family scheduling conflicts happen communicate, in writing, at least 2 days prior to the swim or dive meet, any unexpected conflicts. This allows our coaches time to schedule events effectively.

**Please note:** Notify a coach if a swimmer or diver is walking or riding a bicycle to the practice by him/herself.

**Communication:** Each Swim and Dive Family will have a folder in a file box that will be kept at the pool office. Notices, ribbons, order forms, team picture forms and dates, newsletters, etc. will be placed in these folders. Check these folders at each practice! Please remember, you are welcome to contact any of the coaches or the Swim and Dive Team board members with any questions, comments or suggestions.

**Conduct:** All Team members must agree to, and sign, the attached Safety Statement. A copy will be available for your records.

**Volunteer Commitment:** All of our meets are run entirely by volunteers, so each swim family is required to help out with at least 4 swim meets, plus conferences. A listing of positions is posted at registration and during the first several weeks of practices. Sign up early and please sign up often! (Swim Team Only - 4 meets, Junior Swim Team - 2 meets, Dive Team Only - 4 meets, Swim and Dive Team - 3 meets swim & 3 meets dive)

**Fund Raising:** All Swim and Dive families are requested to participate in the fund raising activities. These may include a car wash at Mr. Z's, a Swim and Dive-a-thon, a Taste of Lombard booth, & concession stand at our home Swim meets.

**Concessions:** A fee of \$10.00 per child not to exceed \$25.00 per family will be charged by the team. All swim and dive families are expected to pay this fee. All monies raised from our concessions go toward, team gifts, trophies and ribbons, printing, stamps, and office supplies.

*Thank you for your cooperation and participation. Enjoy the season and good luck!*

## *Commonly Asked Questions*

### **What if it looks like rain or is raining right before we leave home for the meet?**

You should still go to the meet. You could call the pool, ours if the meet is in Lombard, theirs if the meet is to be held away. If we know early enough in the day that the meet is going to be canceled, you will receive a phone call.

### **As a parent, what do I bring?**

You can be prepared for the weather, sunscreen to sweatshirts! If bleachers don't agree with your bottom, you might want to throw a lawn chair in your trunk, along with bug spray, your camera, and money for the concessions, a pen, and directions to the meets.

### **How long are swim team meets?**

About three hours, and the time, of course, will fly by because of the excitement and activity!

### **How long are dive team meets?**

About one and a half hours, and the time, of course, will fly by because of the grace and beauty!

### **As a swimmer or diver, what do I bring?**

Your swim suit, a few towels, a sleeping bag to keep warm or to sit on, a sweatshirt and pants, money for the concessions, a hat, sunscreen, and bug spray. Swimmers may want to bring games, books, cards, etc. to stay busy between events. Remember, no loud radios, no glass items, and no wearing of street shoes on deck. Make sure you put your name on everything!!

### **How do I know what events my child will be swimming in?**

The bullpen coordinators will write the event numbers on your child's hand, and may write the family names on the backs or arms - helps to identify all these children! You may want to make sure you have a pen to write the event numbers on your own hand!

### **What if I kind of, sort of, don't like to swim a particular event?**

The coaches' decisions are final. If they enter you in a race, you swim it. Swimmers cannot change events during a meet.

### **What is A and B Conferences?**

These championships are the final meets of the season. Swimmers who qualify will go to the A Conference. All other swimmers will have an opportunity to achieve their best times at the B Conference.

### **As a swimmer, will I be in every meet?**

Our team can enter 3 swimmers per event and up to 3 relay teams (of four swimmers) per relay event. Each swimmer can swim in 3 individual events and only 2 relay events. Swimmers never swim down (below their age level), but may swim up to an older age group. **Junior swimmers will participate in more exhibition events vs. actual qualifying heats. This is what was indicated in the Park District Booklet as limited meet entries. Our team's goal is to have fun, give everyone a chance to swim, and do the best we can at all meets!**

### **As a new diver, will I be in every meet?**

Our younger divers have to be able to successfully execute three dives; the older divers will have to complete 4 dives. Practice is very important and your skill level will rise with effort.

*Contact your coaches with any further questions!*

# DuPage Swim and Dive Pool Locations/Directions

- ADDISON** East of Addison Road, north of Lake Street (Route 20). Lake Street (20) east to Addison Road. North one block to Oak Street. Oak Street east to entrance on north side of street.
- BARTLETT** One half mile east of Route 59 on Stearns Road. Lake Street (Route 20) west to Route 59, south to Stearns Road. East on Stearns to pool. Or, take Army Trail Road west to Route 59. North on Route 59 to Stearns. East on Stearns to pool.
- BENSENVILLE** East of Busse Road (Route 83), south of Irving Park Road (Route 19). Busse Road (Route 83) north past 290 to Wood Avenue. Wood Avenue east to pool on south side of Street. Or take Irving Park Road (Route 19) east to Busse Road (Route 83) and take Busse south to Grove. Grove east to Ridgewood. South on Ridgewood to Wood. West on Wood to pool. (Median on Route 83 cannot be crossed going southbound.)
- BLOOMINGDALE** East of Bloomingdale Road and west of Glen Ellyn Road, south of Lake Street (Route 20). Lake Street (Route 20) to Circle Avenue, south on Circle 2 blocks to pool on west side of street. Or Shick Road east of Bloomingdale Road to Circle, south on Circle one block to pool.
- BUTTERFIELD** North side of Butterfield Road (Route 56), east of route 53 and west of 355. Route 53 south to Butterfield Road, east 1 block to pool on north side of street. Or take Interstate 355 to Butterfield Road (Route 56) west to pool.
- CAROL STREAM** From the north, take Gary Avenue south of Army Trail Road to the third stop light. Go right on Hiawatha. West on Hiawatha to Illini Drive and turn right, go 1½ blocks and turn right into Armstrong Park. Pool is located to the back left of the parking lot.
- GLENDALE HEIGHTS** East of Bloomingdale Road between North Avenue (Route 64) and Army Trail Road. Take Bloomingdale Road to Fullerton. Take Fullerton east to Sports Hub on north side of street.
- HANOVER PARK** Seafari Spring Water Park, 1700 Greenbrook Blvd. (830-0330) East of Elgin O'Hare Expressway on Lake Street (Route 20). Lake Street to Greenbrook Blvd. Greenbrook .6 miles to Seafari Springs.
- ITASCA** One mile east of Route 53, south of Irving Park Road (Route 19). Irving Park Road east to Catalpa Street. South on Catalpa to pool, directly south of Itasca Community Library.
- ROSELLE** Streamwood Park District Pool. Lake Street (Route 20) west to Bartlett Road. Turn right (north) on Bartlett. Go past Irving Park Road to Streamwood Blvd. and turn left. Go 2 blocks to Linda and Patricia Lane. Turn left. Go directly into parking lot of pool.
- VILLA PARK** Roosevelt Road east to Ardmore Avenue. North on Ardmore to Vermont. Left on Vermont to Harvard. Left on Harvard to pool. Or North Avenue east to Addison Road. South on Addison to Vermont. East on Vermont to Harvard. South on Harvard to pool.
- WOOD DALE** North of Irving Park Road (Route 19), west of Wood Dale Road. Irving Park Road east to Wood Dale Road, Go north on Wood Dale to Commercial (just over tracks). Take Commercial west ½ block to pool entrance.
- WOODRIDGE** Cypress Cove, 8301 S. Janes Avenue (985-5620) South on 355 to 75<sup>th</sup> Street. Right (west) on 75<sup>th</sup> Street to Janes Avenue (next light). Turn left (south) on Janes Avenue, past 83<sup>rd</sup> Street to pool.