

Branson Waves Swim Team

Parent Handbook

Updated 4/26/23

The Branson Waves Swim Team is a summer swim program designed to offer instruction on stroke development and improvement through daily practices and competitions for kids ages 4 to 18. The Branson Waves Swim Team participates in the local Southwest Missouri (SWMO) Summer Swim League, consisting of local public and private pools from around the Springfield area. Every team will host one or two meets.

We encourage all swimmers to attend all home and away meets as it is a great measuring tool to assess a swimmer race progression. They are also the fun part where all the kids get to hang out and have fun! The goal is to become a skilled swimmer in freestyle, backstroke, breaststroke, and butterfly techniques and thereby enjoy fitness and good health. In addition to performing well in the water, the Waves swimmer develops a positive attitude as well as team spirit and sportsmanship.

The development of friendships among the swimmers and parents is a big part of the Waves experience. The swim program is very much a family experience as parents are needed to volunteer at home and away meets for the Waves to be successful!

EMPHASIS

Our staff focuses on five things:

- Character building and self-confidence development
- Physical fitness through swimming
- Learning competitive swimming strokes
- Being a member of a team, working and getting along together
- Having fun.

COST

The fee is \$85.00 (\$80.00 RD) for the first child. The fee is \$80.00 (\$75.00 RD) for the second and each additional child. Fee includes all swim meets. Each swimmer must have team cap, swimsuit and goggles. A BW team cap may be purchased for \$10.

REQUIREMENTS

Swimmers must be able to swim the length of the pool (25 yards) without touching the sides or the bottom of the pool. They must also be able to fully submerge their head under water. Please note that the Branson Waves is designed to teach competitive swimming and should not be confused with swimming lessons. We understand that for many summer swimmers, this is their first time to join a swim team and we do not expect their form or technique to be perfect. The swim coach will work with athletes on their form throughout the summer league season.

PRACTICE

Practices are at the Branson AquaPlex and are held Monday through Friday starting May 23, and continue through early July. Swimmers are not required to attend every practices to swim in meets, but regular attendance is strongly encouraged to have them prepared as much as they can be.

PRACTICE TIMES

- The week of May 23-26, practices will be offered from 6:00-7:15pm
- Beginning May 30, practices will be offered Mondays through Fridays at the following times: 7:30-8:45am – Ages 11 & up; 8:45-9:45am – Ages 10 & below. There are no practices during swim meet days.

PRACTICE CANCELLATION

If we are forced to cancel practice due to weather conditions, or any other reason, we will make that decision AT LEAST 30 minutes prior to your scheduled practice time. We will notify via Remind 101. To receive text message reminders from the Swim Team, simply text 81010 with the message “@bwaves” – if no communication has been send out, we will continue with practice as normally scheduled.

Parents are not allowed on pool deck during or between practices. Parents are allowed to watch from the Parent’s Viewing Area located under the blue pavilion at the pool entry.

EQUIPMENT

MARK YOUR NAME ON ALL EQUIPMENT AND CLOTHING WITH A PERMANENT MARKER! Continue to check periodically for fading names from sunlight and chlorine exposure.

SUITS:

Swimmers will provide their own suits for practices and meets. For practice suits, those made with polyester wear substantially longer than traditional Lycra or nylon suits. Swimmers can also practice in old, baggy “drag” suits that encourage resistance. After use, the suits should be rinsed out with cold water and hung to dry.

CAPS:

Caps are REQUIRED in practice for swimmers with long hair, so that hair will not interfere with proper breathing patterns and strokes. At meets, the Branson Waves swim cap should be worn, and is considered part of our team uniform. Swim Caps are available for sale at the Branson RecPlex front desk for \$10.00.

GOGGLES:

Goggles are highly recommended for every swimmer. We recommend purchasing a brand name such as TYR or Speedo. Be sure that the goggles are sized for the swimmer’s head. They should seal around the eye with light pressure. Be sure to use the same goggles for both practice and competitions.

SWIM MEETS

Swim meets are organized competitions for swimmers to compete against other swimmers in the SWMO Summer Swim League. Swimmers compete against other swimmers based on age, sex, time and stroke. Swimmers compete both individually and with other teammates in relay events. All swim meet fees are included in registration. Swimmers will be automatically entered in every meet unless staff is notified. If you are not able to attend a meet, please notify the coach at least one week prior to the meet.

AGE DIVISIONS:

There are ages divisions in each relay or stroke series in this order: Swimmers will swim according to their age as of June 1. 6 & under, 8 & Under, 9-10, 11-12, 13-14, 15-18.

SWMO STROKES RULES:

Freestyle

- Any stroke may be used.
- Swimmer may not push off bottom or pull on lane rope to gain an advantage.
- Swimmer must contact wall to complete the length of the pool. Any part of the body may be used.

Backstroke

- Swimmer should be on back using windmill arms and flutter kick.
- After the start and turn the swimmer may dolphin kick underwater.
- Swimmer must remain on their back as they finish the race.
- For the turn the swimmer is permitted once past the flags to roll on to stomach and use 1 freestyle arm stroke to propel them into a turn.
- Swimmer may use a flip turn or touch and turn.

Breaststroke

- Swimmer must be on their belly while swimming.
- Arms must move in a simultaneous motion together that looks more like a scull. (Not doggie paddle.)
- Legs also must be simultaneous motion that resembles a frog kick.
- Legs must not be doing dolphin or flutter kick.
- The turn is initiated by a touch with two hands simultaneously.
- After the start and turn 1 pull-out is allowed. A pull-out is a single arm pull and a single leg kick. Swimmer must surface before finishing of the second arm stroke.
- The finish must be with two hand touch.

Butterfly

- Swimmer must be on their belly while swimming.
- Arms must move in a simultaneous motion front to back and on the recovery.
- Some part of the arm must break the surface on the recovery.
- Legs move in a dolphin kick. They must remain together. No breaststroke or flutter kick is allowed.
- The turn is initiated by a touch with two hands simultaneously.
- After the start and turn the swimmer may dolphin kick underwater. The first arm stroke must bring the swimmer to the surface.
- The finish must be with two hand touch

Individual Medley

- All individual stroke rules apply.
- Order is Fly, Back, Breast, Free.
- Each stroke must finish as described above.

Relays

- Medley relay is Back, Breast, Fly, Free. All stroke rules apply.
- Swimmers must finish their portion of the race before the next swimmer leaves their start end.
- ❖ If in doubt give the benefit to the swimmer.
- ❖ Do not DQ a 6 & Under Swimmer.
- ❖ Warning will be issued in Week 1. All subsequent weeks will require a DQ.
- ❖ Note DQ on timer card.

OTHER NOTES:

Event Limits – Swimmers may participate in 3 individual events and 2 relays in regular season meets and Championship.

The SWMO Championships will follow the dual meet order of events. Relays will be limited to one relay per team only on the Medley and two relays per team on the Free.

Age – Swimmer's age on June 1 is their age for the season. Swimmers must swim in their own age group for individual events. They may age up one group for relays.

Relays are Girls and Mixed. Girls only on the Girls. All Boys or a mix of boys and girls on the Mixed.

There are not specific 6 & Under Relays or IM events. To participate in those they are 8 & Under. 6 & Under swimmers should not be DQ'd. However, if they are in an 8 & Under event it is possible. We are not expecting our officials to check their age in the IM or on a relay.

DQ's will not be enforced on Week 1. This is warning week. After Week 1 swimmers will be DQ'd by their own coach for infractions. It is the coach's responsibility to put swimmers in events they can do with success.

ORDER OF EVENTS

Girls		Boys / Mixed
1	8 & Under 100 Medley Relay	2
3	9-10 100 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 200 Medley Relay	8
9	15-18 200 Medley Relay	10
11	6 & Under 25 Freestyle	12
13	7-8 25 Freestyle	14
15	9-10 25 Freestyle	16
17	11-12 50 Freestyle	18
19	13-14 50 Freestyle	20
21	15-18 50 Freestyle	22
23	6 & Under 25 Back	24
25	7-8 25 Back	26
27	9-10 25 Back	28
29	11-12 50 Back	30
31	13-14 50 Back	32
33	15-18 50 Back	34
35	6 & Under 25 Breast	36
37	7-8 25 Breast	38
39	9-10 25 Breast	40
41	11-12 50 Breast	42
43	13-14 50 Breast	44
45	15-18 50 Breast	46
47	6 & Under 25 Fly	48
49	7-8 25 Fly	50
51	9-10 25 Fly	52
53	11-12 50 Fly	54
55	13-14 50 Fly	56
57	15-18 50 Fly	58
59	8 & Under 100 IM	60
61	9-10 100 IM	62
63	11-12 100 IM	64
65	13-14 100 IM	66
67	15-18 100 IM	68
69	8 & Under 100 Free Relay	70
71	9-10 100 Free Relay	72
73	11-12 200 Free Relay	74
75	13-14 200 Free Relay	76
77	15-18 200 Free Relay	78

VOCABULARY

Flip turn – term used for changing directions in the pool without stopping; flip turns make the swimmer’s stroke more efficient, thereby decreasing time. Freestyle and Backstroke use flip turns. Flip turns are not mandatory, however greatly beneficial.

Open Turn – term used for changing directions in the pool once a hand(s) have touched wall. Breaststroke and Butterfly require open turns. Although slower, open turns are optional in Freestyle and Backstroke.

Starting Blocks – the raised platforms at the starting end of the pool in each lane. Swimmers are allowed to start from the blocks or from the edge of the pool; however, it is to the swimmer’s great advantage to use the blocks.

Free – Freestyle stroke, *Back* – Backstroke, *Fly* – Butterfly, *Breast* – Breaststroke

BULLPEN

Swimmers are called to the bullpen before their events by the announcer over the loudspeaker. The bullpen is a waiting area for swimmers to check in for their event and stay there until they are taken to their lane. As the event nears, swimmers are moved closer to the pool deck. Listen for bullpen calls. Do not miss races because of failure to hear announcements!! All parents and other swimmers not currently racing are asked to stay out of the bullpen and off of the pool deck.

MEET SCHEDULE

Friday, June 9; 8:30am @ Nixa

Friday, June 16; 8:30am @ Branson

Friday, June 23; 9:00am @ Meador

Thursday, June 29; 8:30am @ Ozark

Friday, July 7; TBD @ Drury

PARENT VOLUNTEERS NEEDED

Parents are needed to volunteer as timers during swim meets. Timers are responsible for using a stopwatch to time specific lanes throughout the meet. The timer is asked to start the watch at the flash of the start and to stop the watch when the swimmer touches the wall. There is one timer per lane.

CONTACT INFORMATION

Swim Coach – Kirsten Berndt, (417)545-1894, bransonwaves@bransonmo.gov

Team Manager – Joshua Aubin, (417)335-2368, jaubin@bransonmo.gov

Branson RecPlex – (417)335-2368

Text Alerts – To help keep you informed, the Branson Parks and Recreation Department uses Remind 101, a text reminder that will allow us to periodically send schedule reminders, updates or weather cancellations via text message.

To receive text message reminders from the Swim Team, simply text 81010 with the message “@bwaves”.

Opt-out any time by messaging “unsubscribe@bwaves”.