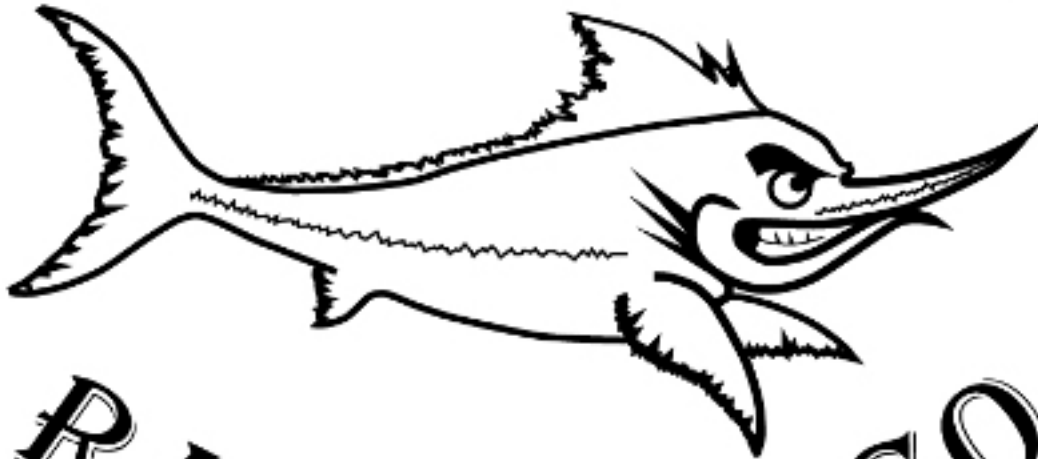


**RAZOR SHARP**



**PARIN' TO GO**

**JSL City Swordfish  
Swim Team  
2022  
Handbook**



## Welcome City Swordfish Swimmers and Parents,

The City Swim team is Charlottesville's only municipal swim club, dedicated to providing all City children and young people, ages 5 – 18, with an opportunity to enjoy the friendship and good healthy fun of a swim team. As a member of the Jefferson Swim League, our team will participate this 2022 season in 6 weekly dual swim meets held on Wednesdays and End of the Season CHAMPS swim meet the last full weekend of July. Our home swim meets are held at Washington Park Pool during the summer.

The Jefferson Swim League (JSL) was originally formed in 1966 with five teams. The City Swordfish joined the JSL in 1993. In 2001, 2007, 2018 & 2021 the City Swordfish swim team was awarded the Sportsmanship Award.

The secret to our success can be attributed to two major factors, one, the many parent volunteers who work tirelessly on the JSL Board, at the many swim meets during the summer, and behind the scenes throughout the year. Approximately 80 parent volunteers are required to ensure the meet can run smoothly. Volunteer positions are available for all skill and knowledge levels, please help out! How our Volunteers will be needed and in what capacities will be provided to parents from the Parent. Please sign up using Team Snap for required volunteer positions – each family must provide 1 volunteer per meet when your swimmer participates. The link is the following: City Swordfish - <https://go.teamsnap.com/3044353/home>

A second major factor is our dedicated coaching staff lead by our Head Coach, Andrea Ross. Andrea has devoted her summers to coaching our swim team since 1994, beginning with our Mighty Mites all the way up to our High School kids. Many of our swimming alumni have continued with our team as a part of our coaching staff. We are excited that Ashley Huang [Assistant Head Coach], Zoe Moreland, Frances Newman, Julia Buddington, Noah Sheffield, Eli Cook, and Allison Dugger will be returning for the 2022 season. Please welcome our new coaches; Kate Weaver, Quinn Connaughton, Juliette Gunter, and Anna Pohl. Please encourage our wonderful staff with words of support.

Thank you in advance for all the support and commitment to the City Swordfish swim team, I hope you have a fun filled summer.

Sincerely,  
Linda Austin  
Aquatic Program Manager

**Contact Information:**

**Washington Park Pool**

**977 - 2607**

<b>Andrea Ross</b>	<b>Head Coach</b>	<b>293 - 7399</b>	<a href="mailto:aquatics@charlottesville.gov">aquatics@charlottesville.gov</a>
<b>Linda Austin</b>	<b>Aquatic Program Manager</b>	<b>977 - 0601</b>	<a href="mailto:aquatics@charlottesville.gov">aquatics@charlottesville.gov</a>
<b>Gator Batton</b>	<b>Assistant Operations Manager</b>	<b>977 - 1362</b>	<a href="mailto:aquatics@charlottesville.gov">aquatics@charlottesville.gov</a>
<b>TBD</b>	<b>Aquatic Supervisor</b>	<b>977 - 1362</b>	<a href="mailto:aquatics@charlottesville.gov">aquatics@charlottesville.gov</a>

**Swordfish Parent Board and Volunteers 2022:**

<b>Lzelle Dugger</b>	<b>Meet Director</b>
<b>Ann Tuzson</b>	<b>JSL Representative</b>
<b>Lisa Grove</b>	<b>President</b>
<b>Adrienne Agee</b>	<b>Treasurer</b>
<b>Rob Cook</b>	<b>Computer</b>
<b>David Groff</b>	<b>Heat Sheet Coordinator for CHAMPS</b>
<b>TBA</b>	<b>Head Timer</b>
<b>TBD if needed</b>	<b>CHAMPS volunteer coordinator</b>

**SWORDFISH SPECIAL EVENTS/IMPORTANT DATES:**

**Parent Orientation**

**May 16, 2022 [Mon]**

\*Not a swim function

**6:00 – 7:30pm**

**Carver Rec Center**

**Banquet – Potluck Dinner**

**6:00 – 7:30pm**

**7:30 – 8:30pm**

**TBD**

**Dinner**

**Awards Ceremony**

# Preseason TRY OUT's

May 3 & 17 [Tues] 5:30-7pm Crow Indoor Pool

\*email Andrea/Linda at [aquatics@charlottesville.gov](mailto:aquatics@charlottesville.gov) for appointment times\*\*

## 2022 PRACTICE SCHEDULE

Washington Park Pool 977 – 2607

### ALL SWIMMERS

May 31 – June 10 4:00 – 4:45pm OR 5:00 -5:45pm

*\*All swimmers must be registered to participate in a practice\**

AGES: 4-10 yrs	Activity #: 301701-01		
June 13 – July 20	9:15-10:15am	M/T/W/Th/F	Morning
	6:15-7:15pm	M/T/Th	Evenings

AGES: 11-18 yrs	Activity #: 301701-02		
June 13 – July 20	7:45-9:15am	M/T/W/Th/F	Morning
	7:15-8:45pm	M/T/Th	Evening

### CHAMPS PRACTICES

July 20 – 28 same as above

**\*NO PRACTICE MONDAY, JULY 4\***

## 2022 SWIM MEET SCHEDULE:

### Signing up for a meet:

Swim meet line up's are created Friday afternoons, all parents/swimmers who DO NOT INTEND to participate in the following *dual meet* should “**Opt Out Swimmers**” via the online form available by **11 AM on FRIDAY** before each meet. The link below will take you directly to this option [will be provided at a later date].

OPT OUT = CHILD WILL NOT SWIM ON DESIGNATED DATE

No additions or changes will be made after this 11am Friday deadline.

Parents please write on your child 's hand/arm in permanent ink their event numbers prior to warm ups. Event numbers will be posted at the home team site.

Warm – ups start at **4:30pm** at **HOME** meets and **5:00pm** at **AWAY** meets [Washington Park pool will open at 4pm on Home meet days]

Date	Day	Team	Clean up	Address
June 15	Wed	FV	HOME Meet	A - H
June 22	Wed	FCC	HOME Meet	I - Q
June 29	Wed	LMST	HOME Meet	R - Z
July 6	Wed	KWC	AWAY Meet	393 Key W Dr, 22911
July 13	Wed	LMST	AWAY Meet	41 Ashlawn Blvd. Palmyra, 22963
July 20	Wed	GCC	AWAY Meet	1750 Piper Way, Keswick, 22947

**\*\* Vans may be available for away meets, space is limited, first come first serve– please sign up at practice. Sign-up sheet will be available the Thursday prior to the AWAY swim meet located in the Washington Park pool office during practice times only. Vans leave promptly at 3:30pm from Crow Pool\*\***

**2022 JSL CHAMPS SWIM MEET:**

**Championship swim meet is held July 26<sup>TH</sup> & 27<sup>TH</sup> at the University of Virginia Aquatic & Fitness Center [UVA] located on 450 Whitehead Road, Cville, VA 22904. Swimmers and Parents will be given a CHAMPS information booklet on July 25th at the Pancake Dinner [Herman Key Center]**

## Swim Meet Volunteer Positions

**All families are required to work the first half or second half of every swim meet; home meets and away meets [Events 1 – 40/41 – 80].**

### **Jobs Anyone Can Do:**

Timers, Runners, Sorter; Table Worker, Backup Checker, Awards, Event Crier

### **Jobs for Experienced Volunteers:**

Clerk of the Course, Head of Table.

### **JSL Certified Volunteers (see JSL Handbook for details):** [www.jsl.org](http://www.jsl.org)

Meet Director, Meet Marshall, Referee, Starter, Stroke and Turn Judge, Relay Takeoff Judge, Sweeps Judges, Recorder, Scorer, Computer Operator, Computer Assistant (Reader).

1. Referee: insures that all applicable rules are followed and properly enforced. Referees for dual meets are normally Certified Stroke and Turn judges.
2. Meet Director: the Meet Director is ultimately in charge of all home meets.
3. Starter: is stationed within 10 feet of the starting end where the light flash is clearly visible to the timers and the sound is easily heard by the swimmers.
4. Clerk of the Course: designated area to receive swimmers.
5. Stroke and Turn Judge: positioned on opposite side of pool.
6. Relay Takeoff Judge: positioned to have a clear view of the touch of the incoming swimmers and the feet of the departing swimmer.
7. Sweep Judge: used to determine the order of finish. [4 Judges]
8. Timers: 3 timers are required at the end of each lane.
9. False Start Rope: 1 person assigned to the false start rope.
10. Head of Table: responsible for the table and all of its functions.
11. Runners: 1 to 2 runners assist in gathering the various cards from times and judges to take to the scoring table.
12. Sorter (3 Timers per Lane): 1 sorter from each team is required; work is divided by sex groups. Sorter determines how swimmers actually placed in each event using prescribed procedure.
13. Recorder: 1 from each team is needed to record the official results of the meet on the Event sheets.
14. Scorer: 1 from each team prepares original and on carbon the Score Sheet (total 2 originals and 2 copies).
15. Ribbon Writer: each team should have several ribbon writers.
16. Computer Assistant (Reader): should be the computer operator from opposing team, assists in data entry by reading information to the computer operator and observing data entry as a double-check.
17. Computer Operator: enters all official times into the computer, one heat at a time.
18. Backup Checker: 1 from each team is responsible for comparing the official times on the timing cards with the final results and reviewing the print-outs for data entry errors prior to posting or announcing.
19. Awards: 1 person from each team receives ribbon labels and attaches to the appropriate ribbon.
20. Refreshments: the home team should provide refreshments several times during the meet to all parents who are WORKING the meet.
21. Meet Marshall: responsible for ensuring the safety and keeping order at the meet.

# WHAT TO BRING TO A SWIM MEET

## **DO:**

1. Wear your TEAM swim suit, TEAM shirt, bring goggles [extra], cap [extra], towel [extra], sandals & plastic water bottle [label all items with waterproof ink]
2. **Parents** write your events, heat, and lane numbers on the back of your swimmers hand in waterproof ink
3. Bring something to occupy your time (books, iPod, MP3 or CD player with earphones)
4. Bring your camera to take non-flash pictures and videos at anytime
5. Bring small folding chairs for use
6. Park in designated parking lots
7. Bring food & drinks
8. Check in with your coach or assistant coach when you arrive
9. Listen carefully as your events are called & watch the messages on the scoreboard
10. Report promptly to the Clerk of the Course on deck
11. Take your towel to the deck area when you are swimming
12. Use your voice to cheer for your swimmers, but not while the swimmers are on the blocks
13. Be quiet for the start
14. Pick up all of your trash and belongings

## **DON'T:**

1. Do not apply body paint
2. Do not park illegally
3. Do not bring family pets
4. Do not bring glass containers or alcoholic beverages onto the property
5. Do not chew gum
6. Do not smoke within pool confines
7. Do not go into restricted areas
8. Do not play in the showers

## **Team Uniform**

This summer we just want our swimmers and families to have FUN, the only requirement is a one piece girl's suit and appropriate boys swim suit. If you are interested in purchasing a Navy Blue suit, we recommend Swimoutlet.com or Dick's or Rivanna Gear & Apparel to purchase a blue suit. Don't have a Blue suit just wear one you already have – feel free to get our logo applied.

We have partnered with Rivanna Gear & Apparel to apply our Swordfish logo for Families interested in a Team Suit.

Families who wish to have our LOGO applied to a suit: DROP OFF your suit in a plastic bag at WP during swim team practice with your name, address and phone number attached INSIDE bag.

**DROP OFF BEFORE Monday, June 6**

<https://www.facebook.com/Rivannagear/>

## **GENERAL RULES OF CONDUCT FOR ALL POOLS**

It must be emphasized that visiting teams must behave as guests and be treated as guests during League swim meets. Many clubs have rules unique to their facility as noted on the direction sheets. However, the general rules below apply to all coaches, swimmers, parents, and spectators at all pools. **FAILURE TO ABIDE BY THESE RULES MAY RESULT IN PENALTY SANCTIONS AGAINST A TEAM AND THE OFFENDING SWIMMER BEING REMOVED FROM THE MEET.**

1. Always conduct yourself in a courteous sportsman-like manner prior to, during, and immediately following swim meets. (this is a JSL Bylaw)
2. Do not smoke, drink alcoholic beverages, or use illicit drugs in the pool area. (this is a JSL Bylaw which applies during swim meets)
3. Park in designated areas only and observe all speed limits.
4. Do not run, push, wrestle, etc. in the pool area nor climb or hang on objects which are not designed for play.
5. Do not hang or sit on lane lines.
6. Do not enter or swim in other pools unless directed to do so by the host team.
7. Do not enter or use other facilities (golf courses, restaurants, recreation or play areas, etc.) unless directed to do so by the host team. Do not use, borrow, or play on equipment (golf carts, maintenance equipment, etc.) unless directed to do so by the host team.
8. Do not bring glass containers into the pool area.
9. Always wear proper swimming attire (a bathing suit) if swimming.
10. Do not bring flotation devices into the pool, unless approved.
11. Do not enter the pool with open wounds, infections, etc.
12. Be aware of shallow diving areas in all pools.
13. Do not bring animals to the pool area unless directed to do so by the host team.
14. Do not allow small children to run free where they may be a danger to themselves or others.
15. Throw all trash into trash cans.
16. Help with the clean-up of your area at the end of the meet - try to leave the host team's pool area as neat as you found it.
17. Pool Facility Managers or Head Lifeguards will always have responsibility for closing pools due to inclement weather. As noted in JSL Bylaws, Meet Directors would only enforce the JSL policy if it is **STRICTER** than the prevailing club's policy.
18. Obey all posted rules at every member club. Jefferson Swim League Procedure Manual Section