

BOH



SWIMMER AND PARENT MANUAL

2022

Philosophy

Our philosophy is to provide the best competitive swimming program in a positive atmosphere, to give opportunities to all of our swimmers to succeed both individually and as a team. This includes older swimmers mentoring new swimmers, This also includes teaching swimmers about both individual and team goals and to cultivate strategies for attaining them. Our goal is for every child to be successful while having fun and making friends. This is done under the guidance of a qualified, caring, professional coaching staff and supportive parents.

I do not believe swimming is about first place. Winning a race or heat is a great event in a swimmer's life, but winning is more than finishing first. I believe it is about being the best you can be. Not everyone can set records; however, everyone can be successful. We teach swimmers about personal responsibility to the team and to themselves. We want them to understand that there is no substitute for hard work. The coaching staff teaches first and trains second. It is not about winning and losing, it is about winning and learning.

Traditions

In addition to proven teaching techniques and best practice coaching strategies, the Bullfrog Swim Team incorporates many traditions that have proven successful over the years. These will be explained at the Parent Cocktail Party on May 28. These are also listed on the Revised Swim Team Calendar which is a very important supplement to this Manual. Let me be honest; however, it may take you a full season before you really "know" all of the traditions. P.S. We add new "events" all the time which will soon become traditions. Examples of some of the activities that we host are: Dive In Movie, Camp Out, Moonlight Swim Practice, Breakfast of Champions, July 4th Pool Games, Cedar Point Trip, Fire Up Dinner, Paper Plate Awards, Captains' Outings, and Fire Cracker Swim Practices.

Bullfrogs

The Bloomfield Open Hunt Bullfrog team is an age group swim team that is a member of the Suburban Inter-Club Swimming Association (SICSA).

The mission of the SICSA is to provide a league program that is designed as the platform for member clubs to offer their own swim programs to their entire membership. The SICSA competitive swim program will recognize and reward children of varied abilities and accomplishment. Most importantly, the Association provides a venue for all swimmers and their families, to share each other's companionship in a socially comfortable atmosphere before, during and after swim training and competition.

The other five clubs in the SICSA are Birmingham Country Club, Forest Lake Country Club, Meadowbrook Country Club, Orchard Lake Country Club, and Pine Lake Country Club. The Bullfrogs meet each of the above teams in one dual meet and again at the Championships. The swim team revised calendar lists all of these meets.

The BOH team consists of 80 - 95 members ranging in age from five to eighteen years. The age groups are divided into 8 and unders, 9 & 10, 11 & 12, 13 & 14, 15 - 17, and 18 (relays only). Children swim all summer the age they are on May 31. All children are invited to join once they can easily swim a length of the pool unassisted. While not timed that length should be under a minute. Practices consist of swimming many lengths. If your child is not quite there yet, we offer pre team practices. Private swim lessons are available for pre-swim team children. Children are encouraged to be at practice as often as possible. We are very flexible and understanding of the many summer activities that families enjoy; however, swimmers who have the best attendance usually make the most progress. We strive to teach our swimmers to LOVE swimming, to be great teammates, to place work ethic above results and to appreciate the process. We want them to celebrate ANY best time or technical improvements.

Types of Swim Meets

Dual Meets

Every swimmer swims in every dual meet. Coaches have the prerogative to run as many heats as are needed to accommodate both teams and allow everyone to participate. We will swim five dual meets in which our team swims against another team in our league. The location of each meet, home and away, rotates each year. In the dual meets there are fifty individual events (five female and five male events in each age group) and eight relays. Each relay is made up of two females and two males without exceeding the total age limit of the relay. Odd numbered individual events are girls events and even numbered individual events are boys events. Ribbons are awarded for each swim and are available a few minutes after the swim, usually after the results of that event have been announced. Each swimmer is limited to 3 events per meet. No more than two of those swims can be individual events

Dual meet scoring, for individual events, is 5, 3, 2, and 1 point for 1st, 2nd, 3rd, and 4th place finishes respectively. Each team can only score two places per event. Each team can score one relay and the scoring is 8 points for a first place finish and 4 points for second place. Exhibition heats do not score; however, times are official and are used to help determine future swim meet lineups.

Parents of the host club are responsible for running the meet. The help of all of our parents is essential at our home meets to ensure we continue to host great meets.

Coaches work with each swimmer to improve their technique in all four competitive strokes. Swimmers compete in as many strokes as possible throughout the course of the season.

Age Group Specific Meets

Orchard Lake Country Club hosts a Mini Meet which is only for swimmers who swim as eight and unders on Friday morning, July 15. Events are separated by ages from 5 to 8. They invite several clubs and have hundreds of swimmers participating.

Birmingham Country Club hosts Rising Starts, a 9 & 10 year old meet, in the morning of June 24.

New this year, our 11 & 12 year olds will be swimming at The Firecracker Meet in the evening of June 17, at Plum Hollow Country Club.

We hope to attend the Pontchartrain Relays, at Detroit Golf Club, in the evening of July 8 this season. This meet is for 13 - 18 year olds. There is also a parent's relay.

Parents with swimmers in each of these age groups will be given information as we receive it. The club will be covering the entry fees for each of these meets. These fees are based on the number of swimmers participating. Coaches will enter all swimmers in an age group unless notified that a swimmer will not be attending. We are required to provide parent volunteers for timing at these meets so please plan to volunteer.

Championships

This is a two day meet that marks the end of the season. Each of the six SICA clubs may enter three swimmers in each event. There are no exhibition entries. Preliminaries are held on Friday, July 29. The swimmers who qualify in the top twelve positions and all of our relays will swim in the championships held on Saturday, July 30. This meet is often called "The Finals." Friday's prelims usually end around 4:30/5:00. While Saturday's finals concludes around the same time, the after party will last the rest of the night. Individual entries for this meet are submitted the Monday before the meet (July 25).

Every year the SICSA Championships are hosted by one of the six member clubs on a six year rotation. After the finals on Saturday, the host club provides a dinner dance for all the participants and their parents. This year's Championship Meet will be hosted by Orchard Lake CC on July 29 and 30. This year's theme is Swimming Through the Decades.

Relays swim on Saturday. Relay entries are not due until after the Preliminaries are completed Friday, July 29. Swims during the first day of the Championships might impact who is swimming in a relay or who is swimming what stroke in a medley relay. Our relay entries will be posted online a couple of hours after Friday's preliminaries are completed.

"B" Championships

The "B" Championships is a consolation meet for all swimmers who are not swimming in the Championships. All swimmers can swim in dual meets because of the exhibition heats and multiple relay entries. The meet is held the Sunday prior to the Championships. This year MCC hosts the meet in the morning on Sunday, July 24.

Time Trials

This is a great opportunity for coaches to get competitive times to use for swim meet lineups and to take a look at stroke development. It is also a great time for swimmers to swim events that they might not typically swim in a meet. This year's Time Trials is on June 18.

Swim Meet Schedule

Friday, June 17	Firecracker Meet @ PHCC (11 & 12s) - Evening
Saturday, June 18	Time Trials 3:00 Warm up - 4:00 Start
Wednesday, June 22	BOH @ BCC 4:00 Warm up - 5:30 Start
Friday, June 24	Rising Stars @ BCC (9 & 10s) - Morning
Wednesday, June 29	BOH @ OLCC 4:00 Warm up - 5:30 Start
Wednesday, July 6	PLCC @ BOH 4:00 Warm up - 5:30 Start
??? Friday, July 8	Pontchartrain Relays @ DGC (13 & ups) - Evening ???
Wednesday, July 13	MCC @ BOH 4:00 Warm up - 5:30 Start
Friday, July 15	Mini Meet @ OLCC (8 & unders) 8:00 Warm up - 9:00 Start
Wednesday, July 20	FLCC @ BOH 4:00 Warm up - 5:30 Start (Senior Night)
Sunday, July 24	"B" Championships @ MCC - Morning
Friday, July 29	Prelims @ OLCC ~9:00 Warm up - 11:00 Start
Saturday, July 30	Finals @ OLCC ~8:00 Warm up - 10:45 Start

Swimmers should be ready to swim, with swim suits on, prior to their scheduled warm up. Dual meets last about 2 and one half hours. Swim team members meet with the coaches immediately after the meet for a brief meeting. Swim team members then enjoy their well earned dinner and dance. Dinner is provided for swimmers after the meet and a DJ dance follows the dinner until 10:00 pm. Parents go inside the host clubhouse for dinner and often join the swimmers for a portion of the DJ dance. Swim meet dances are not a time to invite neighborhood or school friends along. Make these nights BOH MEMORY NIGHTS.

Swimmers are encouraged not to change clothes for the dinner dance prior to the final team cheer after the meet is concluded. Many of the five SICA clubs, other than BOH, do not allow any type of denim to be worn on the premises. Parents should call the host club and make a dinner reservation for eating inside the clubhouse. The following is provided to assist you:

Birmingham Country Club (BCC)
(248) 644-4111
1750 Saxon, Birmingham, Mi 48009
Team name: Barracudas, team color: purple

Forest Lake Country Club (FLCC)
(248) 332-8300
1401 Club Drive, Bloomfield Hills, MI 48302
Team name: Gators, team color: navy blue

Meadowbrook Country Club (MCC)
(248) 349-3600
40941 West 8 Mile Road, Northville MI 48167
Team name: Makos, team color: green

Orchard Lake Country Club (OLCC)
(248) 682-0100
5000 West Shore, Orchard Lake, MI 48232
Team name: Blue Carp, team color: royal blue

Pine Lake Country Club (PLCC)
(248) 682-1300
3300 Pine Lake Road, Orchard Lake, MI 48234
Team name: Penguins, Team color: black

Team Practices

Practices are offered six days a week, Monday through Saturday, beginning Monday, May 16. While Birmingham and Bloomfield Hills public schools are in session, practices are held on weekday afternoons and Saturday mornings. Once summer vacation begins for those schools (June 10 and 17), practices are in the mornings. Please refer to the revised calendar for exact dates and times of practices. As a competitive swim team, we want every swimmer to swim as fast as they can. The best way to do that is to improve their skills, their stroke mechanics, and their conditioning. Some age group swim programs focus primarily on the conditioning aspect of the sport. Some coaches might jot down a workout and watch as the swimmers go back and forth in their lanes. While swimmers need conditioning, they also need ongoing work on technique. During each practice our coaches work to improve techniques as well as conditioning. Skills covered are sequential and build upon each other; therefore, to get the most out of our practices, the more swimmers are there, the more likely they will improve. Spring has to be the most hectic time of year for school age children and here we are, asking you to include us in the mix. Please take a moment to look at your calendar and try to attend as many practices as you can. The dividends in terms of skill improvement, social interactions, making new friends, and just having plain old fun are immeasurable. Much of our success is the result of the relationships our coaches build with swimmers. Those relationships are developed over time spent together.

Ages listed for practices are a guide. Some adjustments are made, by the coaches, based on abilities. Even if a swimmer is fast, he or she may not be prepared for the workload of a particular group. A younger swimmer may not have the skills needed for the older practice. Social considerations must also take place so that a child does not feel out of place. There's something to be said for being one of the faster swimmers in a younger age group than someone who constantly does not make the interval in an older practice. Please remember that having fun is an important consideration, especially in summer swimming. The coaching staff designs and explains drills that isolate and exaggerates certain aspects of the various strokes. Often these drills are sequential from previous days' work. You can see that there are several factors to consider regarding the appropriate practice for each individual swimmer. Too often swim programs have young swimmers burn out and quit swimming because they were pushed to longer and harder practices that are not developmentally appropriate. A summer program should be different than a year round program - just look at the events at the meets. Swimmers should always be prepared to begin practice (suits on, goggles adjusted, water bottle filled) before the starting time.

Team & Individual Pictures

Visual Sports Network will be taking team and individual pictures before the swim meet warm up on Wednesday, July 13 at 2:30. Please be sure to be there with your team suit.

Swim Meet Conflicts

Every swimmer will be entered in each dual meet, in their age specific meet, and one of the Championship meets unless we know that they will not be present at the meet. To help us manage this, we ask parents to "sign up" for meets in which swimmers can NOT swim. This can be done online. When a swimmer is entered in the meet and does not show up it could bump another swimmer out of an event and could cause us to not swim a relay, disappointing three other swimmers. Please help us by informing us.

Parent Involvement

As with any successful youth program, parental involvement is critical to the success of our summer swim program. Parents of all swimmers are encouraged to help with the team's events. We have found that volunteerism is most appropriately distributed when at least one parent in each swim family assists during the home swim meets. More assistance is absolutely appreciated and will allow a better distribution of the requirements to successfully host swim meets. Swim team events are great social events for parents as well as swimmers. We will need timers for our June 18 Time Trials. Please plan to attend the Kick Off and/or Parent Cocktail Party to hear more about the 2022 swim season and to sign up for volunteer opportunities.

Home meet volunteers are needed for:

Timers: 18 - 20 parent timers are needed for home meets; three per lane with two back ups. Timing duties include pushing one of three back up buttons at the conclusion of each race. One timer will time swimmers in your lane with a stop watch and one timer will record that stop watch time on a time sheet. Ribbons for exhibition heats are also given to swimmers by timers.

Runners are responsible for writing the official's order of finish and then bringing that paper to the meet management table. This is a fast paced job.

Awards volunteers are responsible for putting labels on ribbons after each race, filing those ribbons, handing them out to swimmers, and getting all ribbons not picked up by the visiting club's swimmers to the visiting coach during dinner.

Announcers do exactly that, announce the events, swimmers, and results. A tandem approach of two has proven to work well as this position is critical in hosting an efficient swim meet.

Hospitality greets visiting swimmers and parents and distributes heat sheets (meet programs) prior to the meet beginning. This position begins an hour and a half before the meet begins.

Boosters Tent organizers line up merchandise/products and man the tent during warm up and the swim meet.

Marshaling, the process in which swimmers are organized by lane and heat, and escorted to the starting blocks has been handled by coaches in the past. The unintended consequence is that those coaches can not watch swimmers swim, a valuable component in the coach/swimmer relationship. New in 2022, if we have a couple of parents that would like to shadow our coaches to "learn" the tricks of the trade we could incorporate parent marshaling at some point.

Buddy Swimmers/Secret Swimmers, or some other catchy name is when an older swimmer is paired with a younger swimmer during the season. Small thoughtful gestures are initiated by the older swimmer, usually at swim meets. New in 2022, we would like to reintroduce this program, if we have anyone interested in heading it up.

Calendars

The Bullfrog calendar contains dates and times for events mentioned in this manual as well as other events. Please be sure you have a calendar and refer to it often. This calendar is on our web site.

Swim Team Fee

A fee of \$250 per swimmer will be billed to cover costs associated with the swim team. These costs include SICSA dues, meals after swim meets, meet entry fees, Finals bus, and coaching. This fee is nonrefundable, non prorated and is posted after the coaching staff submits names from attendance at swim practices. This fee is not based on whether a swimmer swims in the B Championships or Championships, the number of meets they swim in, or the number of practices attended. 60+ practices are offered, 12 meet days, many social events, and hundreds of corny jokes - this has got to be one of greatest deals around!

Communications

The coaching staff is committed to communicating information to swimmers and parents throughout the summer. This is done via announcements during practices, posted notices, and timely emails. We also have a file cabinet with a file folder for each swim team family. Notices, unclaimed ribbons, etc. will be put in these folders. Please plan to check your family's folder often. REMIND, mobile phone notices, are currently our best source for reminders, information, and adjustments. Please be sure to include email address and mobile numbers when you register your swimmer(s).

Effective communication must be a two way process. If you have questions or concerns regarding the swim team, please talk to coaches before or after practice sessions. Our Swim Team web site has up to date information as well as archived items. It can be found at:

bohbullfrogs.com

Swim Team Members

All swim meet and swim practice activities have been planned for, are conducted for, and supervised for swim team members and their parents. Younger siblings who are not on the swim team YET are also welcomed. Siblings who are not on the swim team are encouraged to join the swim team and attend such activities. Many of our other activities are planned to include the entire family. These would include 4th of July Pool Games, Dive In Movie, and Camp Out.

Coaching Staff

Coaches challenge swimmers based on their individual abilities. We understand that each swimmer will make progress at a different rate, and we will be there every step of the way to offer advice and encouragement. The most important thing a coach can do is make a child feel good about themselves. Co head coaches Mark Brown (44 years), Alexa Harrison (10 years), Kelsey Powers (21 years), and assistant coach Michaela Peil return this summer. Lara Janosz will be joining the Bullfrog coaching staff this summer. Each of our coaches have coaching experience and all have been competitive swimmers. The coaching staff meets regularly and discusses each swimmer individually. The coaches are excited to build upon last year's positive season and exciting championship meets.

Clinics

For a little extra work on strokes, starts, and turns afternoon clinics are offered most Tuesdays and Thursdays beginning June 21 at noon. Specific details and a sign up will be available in the pool office.

Private Lessons

Private swim lessons are available from our coaching and lifeguarding staff. These are arranged with the instructor on the day and time that fits both schedules, when the pool is open for member swimming. Any questions please see Alexa or Kelsey at the pool.

Packing for a Swim Meet

- Towels - one to dry off with and one to sit on
- BOH team suit
- BOH spirit wear
- T-shirt
- Sweatshirt
- Sweatpants - it starts to get chilly as the sun goes down
- BOH Cap - and a back up
- Goggles - a back up, for sure
- Healthy snacks (i.e. fruit, vegetables, some dry cereals, power bars, bagel, peanut butter crackers, etc)
- Water bottle
- Sports drinks

Do not bring:

- Candy
- Energy drinks
- Heavy foods or foods with loads of sugar

We coach our swim team members to cheer for their teammates and to hang out with their teammates when they are not swimming. Some swimmers bring something to do during the meet like cards. Please do not bring anything of great value, or anything that consumes too much deck space. Make sure your name is on your belongings. Pools, including BOH, do not supply towels during swim meets. Reminder: Many golf clubs do not allow denim.

Bullfrog Boosters

During each home meet a swimmer friendly booster tent offers various items for sale. Proceeds from these sales go directly to support the swim team program.



Marshaling

Marshaling is the process in which swimmers are organized by lane and heat, and escorted to the starting blocks. Swimmers should stay in the team area during meets to help with marshaling.

Banquet

Our end of the season banquet is scheduled for Saturday, August 27. After dinner, every first year swimmer will receive a wooden plaque with their name, the club name, and a metal plate with "2022" on it. In subsequent years swimmers receive a metal plate to add to their plaque. Some swimmers will have other awards listed with the year (ie. Most Improved, Coaches Award, Most Valuable, Record Breaker, High Point, Team Captain, or SICSA Champion). Points earned at swim meets help to determine some of these awards.

Help/Questions

I hope the information in this booklet is helpful. Please do not hesitate to call me if you have any questions. My phone numbers are:

Mobile (248) 935-6451

Kelsey: (248) 842-2858

BOH Pool (248) 644-6602

kelseyalyssa@gmail.com

e-mail abrownmark@gmail.com

Alexa: (248) 909-8388 lex.brown13@gmail.com

I want to leave you with two last thoughts:

If you have a returning swimmer, can you remember how exciting the week leading up to The Finals was and how committed the swimmers were to swim their best times? I hope so because chances are your swimmer will not recall as well as you do. Please help us prepare them for this year's championships.

- and -

Please help your swimmers have *the best summer of their life.*

Swimcerely,

Mark A. Brown