



Swimmer & Parent Manual 2018



Philosophy

Our philosophy is to provide the best competitive swimming program in a positive atmosphere, to give opportunities to all of our swimmers, and to have fun. I do not believe swimming is about first place. 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 early in the season. 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, Shave Down, 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 BOH team consists of approximately 75 - 100 members ranging in age from four to eighteen years. The age groups are divided into 8 and unders, 9 & 10, 11 & 12, 13 & 14, and 15 - 17. Children swim the age they are on May 31. All children are invited to join once they can easily swim a length of the pool. Practices consist of swimming many lengths. Private swim lessons are available for pre-swim team children. Children are expected 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.

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.

Types of Swim Meets

Dual Meets

Every swimmer swims in every meet. The coach has 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 events are girls events and even number 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.

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.

Mini Meet

The meet is "mini" because it is only for swimmers who swim as eight and unders. Events are separated by ages from 5 to 8. Orchard Lake Country Club hosts this Friday morning (July 13) swim meet each year as a fundraiser. They invite several clubs and have hundreds of swimmers participating. Parents with swimmers in these age groups will be given information packets in June and they can register their swimmers through the BOH pool office. The coaching staff does not automatically enter swimmers in this meet. Swimmers are entered after parents register them and the entry fee is chitted. We are required to provide parent volunteers for timing and marshaling at this meet so please plan to volunteer.

NOTE TO PARENTS: Your child will enjoy swimming in this meet.

"B" Championships

The "B" Championships is a consolation meet for all swimmers who are not among the top three swimmers in an event and, therefore, swim in the Championships. The meet is held the Sunday prior to the Championships. This year MCC hosts the meet on Sunday, July 29 and it will most likely be a morning meet.

Championships

This is a two day meet that marks the end of the season. Each of the six SICSA clubs may enter three swimmers in each event. There are no exhibition entries. Preliminaries are held on Friday. The swimmers who qualify in the top twelve positions and all of our relays will swim in the championships held on Saturday. This meet is often called "The Finals." While the host club has some flexibility with starting times, the following are the norms: Friday's prelims begin at 11:00 or noon and usually end around 4:30. Saturday's finals begin at 10:45 and the swimming concludes around the same time. Individual entries for this meet are submitted the Monday morning before the meet.

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 PLCC and the theme is PASSPORT to the POOL. BOH hosts The Finals next summer, 2019.

Relay entries are not due until after the Preliminaries are completed Friday, August 3. Sometimes, especially in age groups having more swimmers, 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 within one hour after Friday's preliminaries are completed. Rather than try and account for all of the possible scenarios, please be assured that multiple different combinations of swimmers are considered for each of the eight relays.

Non - SICSA Dual Meets

Each summer the coaching staff attempts to schedule a dual meet with a non SICSA club. This meet would be held at BOH on a Saturday, in place of our practice, or a weeknight evening,. The clubs we contact are not part of an association as well organized at the SICSA so we have to wait until summer is almost here before they can commit to an additional swim meet. As soon as we know something, we will notify all of our families.

Time Trials

This is a great opportunity for coaches to get competitive times to use for swim meet line ups 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 Trial is on June 22.

Team Practices

Practices are offered six days a week, Monday through Saturday, beginning Monday, May 14. While Birmingham, Bloomfield Hills, and Troy public schools are in session, practices are held on weekday afternoons and Saturday mornings. Once summer vacation begins for those schools (June 18), 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. Don't get me wrong, swimmers need conditioning; however, they also need lots of 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. 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) at least five minutes prior to the starting time.

Swim Meet Schedule

Friday, June 22	Time Trials 4:00 Warm up - 5:00 Start
Wednesday, June 27	BOH @ BCC 4:00 Warm up - 5:30 Start
Sunday, July 8	PLCC @ BOH 3:00 Warm up - 4:30 Start
Wednesday, July 11	MCC @ BOH 4:00 Warm up - 5:30 Start
Friday, July 13	Mini Meet @ OLCC (8 & unders) 8:00 Warm up - 9:00 Start
Sunday, July 15	BOH @ OLCC 3:00 Warm up - 4:30 Start
Sunday, July 22	FLCC @ BOH 3:00 Warm up - 4:30 Start
Sunday, July 29	"B" Championships @ MCC - TBD
Friday, August 3	Prelims @ PLCC ~9:00 Warm up - 11:00 Start
Saturday, August 4	Finals @ PLCC ~8:00 Warm up - 10:45 Start

Swimmers should be ready to swim, with swim suits on, ten minutes prior to their scheduled warm up. Dual meets last about 2 and one half hours. Dinner is provided for swimmers after the meet and a DJ dance follows the dinner until 10:00 pm. Parents usually go inside the host clubhouse for dinner and then join the swimmers for a portion of the DJ dance. 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. Siblings can purchase a meal and join the buffet.

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 SICSA 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 numbers are provided to assist you with such calls:

BCC (248) 644-4111
MCC (248) 349-3600
PLCC (248) 682-1300

FLCC (248) 332-8300
OLCC (248) 682-0100

Swim Meet Conflicts

Every swimmer will be entered in each dual 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. These can be found on the bulletin board between the two locker rooms in the Pool House hall. 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. 8 & Unders are only registered for the OLCC Mini Meet, on July 13, if parents register them through our pool office. The deadline for registering is in early July. Parents will be provided information packets, in your Family Folders, when OLCC provides them to 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. Swim team events are great social events for parents as well as swimmers. Please plan to attend the Kick Off and/or Parent Cocktail Party to hear more about the 2018 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.

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 \$180 per swimmer will be billed to cover costs associated with the swim team. These costs include SICSA dues, meals after swim meets, 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, 9 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, bulletin board notices, and a newsletter called The Chlorine Chronicle. 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.

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, not during.

Our previous Swim Team web site has up to date information as well as archived items. It can be found at:

<http://www.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 choose not to be on the swim team are encouraged not to 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, Camp Out, and Cedar Point Trips.

Coaching Staff

Alexa Brown and Cameron Mabley will be returning this summer. Emily Siroonian will join the coaching staff. Kelsey Powers begins her 17th season as assistant coach and assistant manager. Mark Brown returns for his 40th 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.

Swim Team Suit

Our team swim suit will be a black Speedo suit with a custom logo and can be ordered at the pool office. This year we will be using Different Strokes Swim Shop for our suits. They will be at our Kick Off on April 20. If you did not order a suit then, please check with the pool office once practices begin. It is suggested that swim team suits should be worn only for swim meets so that they do not get lost, snagged, or worn out. Different Strokes contact info: Gretchen Neumeyer, Manager (gretchen@differentstrokes.com) (248) 477-0521

Clinics

Afternoon clinics are offered most Mondays - Fridays beginning June 18 at noon. These clinics will focus on stroke technique, starts, and turns. More details and a sign up will be available in the pool office.

Packing for a Swim Meet

- Towels - one to dry off with and one to sit on
- T-shirt
- Sweatshirt
- Sweatpants - it starts to get chilly as the sun goes down
- Cap - maybe a back up
- Goggles - a back up, for sure
- Healthy snacks
- Water bottle

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.

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.

Bullfrog Boosters

During each home meet swimmer friendly snacks and beverages are available for purchase. Proceeds from these sales go directly to support the swim team program.

Banquet

Our end of the season banquet is scheduled for Friday, August 24. After dinner, every first year swimmer will receive a wooden plaque with their name, the club name, and a metal plate with "2018" 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:

School:	(248) 658-5106	Kelsey:	(248) 842-2858
Cell	(248) 935-6451		kelseyalyssa@gmail.com
BOH Pool	(248) 644-6602	Alexa:	248) 909-8388
e-mail	abrownmark@gmail.com		brown475@msu.edu

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 time? 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 tell your swimmers, **Don't Forget to HAVE FUN!**

Swimcerely,
Mark A. Brown

