

Welcome New Parents,

Welcome to the Camden County Boomers Swim Club. We offer a competitive swim program aimed at children and young adults from five to 18 years of age, who strive for excellence, seek challenges and set goals to achieve the best. If your child has love for the water, then we may be what you are looking for.

The Boomer's swim program was founded on the ideal of using swimming as an after-school program to provide structure and an outlet for active children. Studies show that children and young adults engaged in an after-school physical program are less inclined to have disciplinary problems or poor performance in school. We believe the program augments educational and family efforts by providing a supervised environment and a safe place for your child to learn and grow.

The team's philosophy is simple: strengthen the body, improve swimming skills and teach the value of individual merit and team competition.

We also want to reach out to you, the parents of our swimmers. Just as the sport of swimming will be a positive experience for your child, it can enrich your life as well. We want you to become involved in the club and your child's development, share your talents, and have fun at the same time.

The Boomers swim program continues to grow in talent and experience. We are the 2005 14 & under short course and 2004, 2005 14 & under long course Division III state champions. Team members have qualified for sectional and zone team competition placing them and the community in the national spotlight. We also host developmental meets for beginner swimmers as well as our annual USA Swimming-sanctioned Boomers Down Under invitational meet over Columbus Day weekend.

Join our team and grow with us.

A handwritten signature in black ink, appearing to read "Tom Wilson", with a long horizontal line extending to the right.

Coach Tom Wilson
Boomers Swim Club

Money Matters

Annual Team Registration:	Age Group and Senior swimmers only	\$75.00
Monthly Boomer Fees:	Swim Team Prep (12 lessons)	\$35.00
	Age Group swimmer	\$35.00
	Senior swimmer	\$50.00

Mandatory team registration includes USA fees renewed annually in November. Fee provides coverage by USA Swimming's liability insurance and allows participation in USA Swimming sanctioned meets.

Meet Fees: Fees vary and are determined by the hosting team and can range between \$2.00 and \$7.00 for each event. Meet fees are not refundable. The swim club must submit payment for all swimmers and their events when the meet registration is sent. It is vital all swimmers *and* parents are committed to attending the meet and pay promptly.

Monthly swim fees are payable by the first of each month. Meet fees are due at time of meet signup. Please make all payments promptly, payable to Camden County Boomers Swim Club. All payments can be dropped off at the recreation center pool office (place in black mailbox located on wall) or mailed to:

Boomers Swim Club
PO Box 47007
Kings Bay, GA 31547

Necessary Equipment

Club swimsuit:	Official club color is black and they are required for all swim meets. Practice suits may be any color. Team logo is mandatory for all suits and may be purchased at Lil' Seabag in St. Marys.
Goggles:	Available through area sports stores and swim equipment websites. Vendors who frequent the larger swim meets tend to carry the latest styles in a variety of styles and prices.
Swim Cap:	Club caps must be worn at practice and at all swim meets by all swimmers. Latex or silicone caps can be purchased through the club (\$3 - \$10).
Kickboard:	Available through area sports stores and swim equipment websites.
Fins:	Available through area sports stores and swim equipment websites.
Stroke paddles:	Available through area sports stores and swim equipment websites.
Pull buoys:	Available through area sports stores and swim equipment websites.
Mesh bags:	Required for senior group to hold fins and other gear.
Water bottle:	Required for all swimmers to bring to practice and meets to maintain hydration.
Towel and bag:	A heavy-duty, quality bag to hold supplies and equipment for practice and meets.

Practice Schedule*

Swim Team Prep

Course is designed to improve swimmer's fundamental skills in preparation to joining Boomers Swim Club. Requirements: Swim minimum of 15 feet.

Swim: 3 – 4 p.m. Monday, Wednesday and Friday

Age Group

This group is open to children of all ages who are interested in competitive swimming. Swimmers will learn proper technique and execution of the four strokes (freestyle, backstroke, breaststroke and butterfly). Requirements: Swim minimum of 25 yards.

Swim 6 – 7:30 p.m. Monday, Wednesday and Friday
9 – 11 a.m. Saturday

Senior Group

The senior group is geared toward the advanced competitive swimmer. Swimmers will continue to execute proper stroke technique, build speed and endurance. Program also includes Dryland workout where swimmers concentrate on proper stretching techniques and muscle toning. Requirements: Swimmers must pass swim and endurance test to join senior group.

Swim 4 – 6 p.m. Monday, Wednesday and Friday
4 – 7 p.m. Tuesday and Thursday
6 – 9 a.m. Saturday

* Schedule is subject to change on days prior to and following meets. See your coach regarding any changes to the schedule.

Inclement weather may cancel practice especially during the summer months (thunderstorms). We ask that you accompany your child to the pool deck to verify practice will be conducted. Please do not leave your child at the pool without a coach present. Senior swimmers should always be prepared for dryland workout in case of inclement weather.

Coaches expect swimmers to attend at least 90 percent of practices each week. Saturday practices are very important and should not be missed. New parents, feel free to consult with the coaches as they may alter the schedule according to your swimmer's abilities.

Frequent Practices = Increased Endurance = Improved Times

*“The more and better we practice, the faster we get.
The faster we get, the more and better we practice.”*

Boomers Swim Club Rules and Regulations

The registration form and special medical power of attorney must be signed, notarized and on file before swimmer registration can be completed. During this time a two-day grace period is allowed and a parent or adult guardian must remain within the recreation center for the duration of the practice. All fees must be paid in full and a copy of your child's birth certificate must be on file with the team secretary before swimmers are allowed to participate in any competitive meet.

All parents are expected to assist the team through volunteer efforts. Parent volunteers play an important role in keeping the club running smoothly and costs down. See the swim club president for assignments.

Senior seniors are required to make all dryland and swim practices. Age Group swimmers are encouraged to attend at least 90 percent of the scheduled practices. All swimmers are required to notify their coach if they are unable to make practice for any extended period of time.

Only authorized patrons are allowed to use the Camden County Recreation Center. Swim Club membership does not include membership to the center.

Swimmers are not permitted to enter the water at practice until a coach arrives and instructs them to do so.

Parents please do not leave your child at the pool without a coach present.

Children are not permitted to roam the recreation center during swim team practice. They are never allowed to remain in the center without adult supervision.

If a child becomes ill during practice, they are required to call a parent or guardian to arrange for prompt pick-up.

Parents please be prompt about drop-off and pick-up times. This is particularly vital following practice. For obvious reasons we do not want a child waiting alone in the dark, past the end of practice. Coaches cannot wait indefinitely with your child.

Swimmers are required to arrive at swim meets in time for warm-ups. Warm-up times will be announced prior to the meet in the meet entry form. Swim meets are often busy, hectic times and parental presence is extremely important. Please help your child get to the starting blocks in time for his or her events.

At least one parent should attend all team general membership meetings.

Members who are more than 45 days delinquent on their fees or dues are subject to suspension until the balance is paid in full. Dues should be paid by the first of each month. Swim fees must be paid prior to attending the meet.

The head coach and staff have the authority to suspend a swimmer for inappropriate behavior. In extreme cases, cancellation of membership may be considered.

It is important that both parent and child understand that being a member of the Camden County Boomers Swim Club is a financial and athletic commitment. Therefore, the board of directors offers a two-day grace period to accept this commitment. Once the commitment is made the first month's membership fees and all registration paperwork is due.

Swim Meet Information for New Members

For the Swimmer

1. The purpose of swim meets is to record and improve your times. Don't worry about getting first place until you have been swimming for quite some time. When on the block, think about your race; think about the stroke you are going to do. Don't look at the other lanes while swimming.
2. Try your best to win your heat. Races are won and lost in the last part of the race from the flags to the wall. Put your head down, kick as hard as you can and touch the pad the way you have been taught in practice.
3. Always go to the coach before and after each event. The coach always has important comments about your performance and what to do in the next event.
4. Most importantly, have fun!

For the Parents

1. Get to the meet on time. On time means arrive no less than 15 minutes before warm-ups begin. This is very important, since your child needs to be warmed up to get the maximum effort from their muscles and to prevent injury. We also want the team to warm-up together as a team. It is nearly impossible to do a separate warm-up for your child when they are late.
2. Look for the rest of the team. There will either be a tent for the team to sit together under or an area of the pool deck or bleachers where the team has gathered. This is a great opportunity to get to know the rest of the parents, ask questions and to share information.
3. Heat Sheets are always available for purchase from the host team and prices vary from meet to meet. They are also the most important item you will purchase at the meet because the heat sheet tells you the event, heat, lane your child is swimming in. Always bring a permanent marker and a highlighter with you to each meet. Use the highlighter to mark the heat sheet and the permanent marker to write the event number, heat, and lane number on the back of your child's hand or forearm.
4. Have your child get in the habit of talking to the coach several heats before it is time to race and then report to the starting blocks. Warm-ups before each event and cool-downs following the heat will also become routine for your child.
5. Relax between events. Do not allow your child to run around or sit in the direct sunlight, since these types of activities will tire your child out and they will not be ready for the next event. Bring something from home to keep them occupied and rested (e.g., books, games, cards).
6. Food and drink is also an important staple at the swim meet. Bring plenty of high-carb, low protein-type foods. Yogurt, fruits, crackers, cheese, and breakfast bars are just some of the suggested foods to pack. A sports drink or plain water is suggested for hydration. Do not bring carbonated drinks, candy, chocolate or any other high-sugar foods.
7. Do not leave the meet before it is over without checking out with your coach. Your child may be needed on a relay. Sometimes changes are made to the lineup and if you depart without checking with the coach it may force the team to scratch the event and leave three other swimmers very disappointed.
8. Bring chairs and blankets for you and your children to sit on. Some meet venues provide bleachers to sit in and some don't. Always have something ready just in case.
9. If, at any time, you have questions regarding your child's event, please talk to the coach.
10. Feel free to network with other parents, ask questions and share information. Above all, relax and enjoy your child's performance.

Boomer Parents Communication

A file folder with your family name will hold certificates, ribbons and medals your child receives at swim meets. Parents should check folders periodically following a meet. Most team communication is done through the website, Email and notices posted on the pool deck bulletin boards. With the size of the team and busy schedules, personal phone calls are not practical. When signing up, please provide an Email address with your documents. Swimmers and parents should check the website and Email daily for updates concerning practices, future meets and fees.

Meet Entries

All swimmers will be automatically registered for all meets. It is the parents and swimmers responsibility to let the Coach know at least one month prior to a meet the swimmer will not attend. If not, your child will be registered and you will be expected to pay fees. If you have questions about which events your child should be swimming in, please discuss it with your child's coach.

1. Please make sure you read the meet entry form. This form, normally posted on the host meet website or the Boomers' website contains dates, times, warm-up times, session information, cost and other pertinent information of the meet – including the all-important meet entry deadline.
2. Please reply through Email or in person to the coach only if you don't plan to attend the meet.
3. The coach will assign all Age Group swimmer events. Senior group swimmers are expected to provide the coach input to which events they want to participate in.
4. You are not obligated to sign up for the maximum number of events the meet allows, but you are encouraged to do at least three to four events each day. Please speak with your coach regarding your swimmer's entries. Late entries are not usually allowed, but in the case the host team will accept deck entries (entries made after the deadline), it will be your responsibility to pay the meet fees, plus mandatory late fees.

Meet Warm-up Times

When the form states an 8 a.m. warm-up, your child should be on the deck, ready to swim with goggles and cap, 15 minutes prior to warm-up time. The coaches have an established warm-up procedure to ensure your child's muscles are ready for a meet. This is a safety precaution to prevent injuries from occurring. Please do not expect the coaches to tailor a different warm-up for late swimmers.

Competitive Swimming

National Age Group Time Standards

Time standards are established and used by United States of America Swimming (USAS) to rank swimmers in terms of how fast they swim. As you become a better swimmer your times will improve and you'll find yourself shifting from one standard to another.

B Times

The B time standard is usually the one you'll reach first. It is a measure of time and competence in the performance of a particular stroke. Achieving a 'B' time at a swim meet indicates a correct execution of the stroke. 'B' time represents a level equal to 68% of the National Top 16 Reportable Time.

BB Times

It is a very big step when you achieve a "BB" time. In addition to the correct performance of a particular stroke, you have also achieved a speed only a limited percentage of swimmers can perform. Like "B" times, each age group has its own list of "BB" times. 'BB' time represents a level equal to 75% of the National Top 16 Reportable Time.

A Times

An 'A' time represents a level equal to 84% of the National Top 16 Reportable Time.

AA Times

There is a much smaller gap between "AA" and "A" as compared to the wide one between "B" and "A". You often need an "AA" time to compete in Trials and Finals format meets. 'AA' time represents a level equal to 89% of the National Top 16 Reportable Time.

AAA Times

'AAA' time represents a level equal to 93% of the National Top 16 Reportable Time.

AAAA Times

These are the highest levels in the National Age Group Times progressions. 'AAAA' time represents a level equal to 97% of the National Top 16 Reportable Time.

National Reportable Times (NRT)

An NRT represents a level a swimmer must surpass in order to submit their name for consideration on the annual Top 16 list. The annual rankings are published in *Swimming World* magazine and each qualifier receives a certificate of recognition from USAS. A swimmer earning an NRT is in the top 1% of American Age Group swimmers.

Cuts: Sectionals and Nationals

The major American swim meets - Sectionals, National Championships and the US Open, have entry time standards of their own. Making one of these times is difficult and exceptional. It takes a great deal of work, dedication, and talent. Members of the Senior and National teams who wish to compete at these swim meets must have times faster than these published times.

The entry time standards for the major national meets are published each year by USAS and are found in the annual USAS Rules and Regulations book.

Glossary of Terms

You have just entered a world where a different language is spoken and we have developed a small primer to help you navigate and orient yourself into the sport of swimming. The glossary will help explain the meaning of scratch; that a negative split is really a positive thing; and DQ does not stand for Diary Queen.

- Block:** The starting platform swimmers dive off to start their race.
- Cut:** Qualifying time. A time standard is necessary to attend a particular meet or event.
- Distance:** Term used to refer how far an event is. Either measure in meters or yards.
- DQ:** Disqualified. This occurs when a swimmer has committed an infraction of some kind. Each stroke has rules to swim by and judge makes sure the swimmers are complying with those rules.
- Drill:** An exercise involving a portion or part of a stroke to improve a technique.
- Entry Form:** What you fill out to enter your child in a meet.
- False Start:** Occurs when a swimmer is moving before the start is sounded. In USA Swimming, one false start will result in a DQ.
- Finish:** The final phase of the race or the touch at the end of the race.
- Flags:** Backstroke flags placed five yards/meters from the end of the pool. The flags enable backstroke swimmers to execute a flip-turn more efficiently or finish strong without looking backward toward the wall.
- IM:** Individual Medley. An IM is where a swimmer executes all four strokes in the following order: butterfly, backstroke, breaststroke and freestyle (or fly, back, breast, free).
- Long Course:** Events are swum in 50-meter pools. USA Swimming conducts most of its summer competition in long course pools.
- LSC:** Local Swimming Committee. An LSC is the governing body for swimming at the state or local level. There are 59 LSCs in the country.
- Meet:** Competition designed to be a learning experience. Using what they have learned in practice, swimmers test themselves against the clock to see how they are improving.
- Negative Split:** Swimming the second half of the race equal to or faster than the first half.
- Relay:** A relay is an event in which four swimmers compete together as a team to achieve a single time. There are two types of relays: Free (all four legs are freestyle) and Medley (each leg is a different stroke: fly, back, breast free).
- Scratch:** Withdraw from an event during competition.
- Seeding:** Distributing the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.
- Short Course:** Events are swam in a 25-yard or meter pool. USA Swimming conducts most of its winter competition in short course yards.
- Split:** Often used by the coaches to teach the concept of pacing.
- Touch Pad:** A large sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.
- USA Swimming:** The national governing body for amateur competitive swimming in the United States.
- USAS Number:** A number assigned to a swimmer upon joining USA Swimming. The membership card with this number may be required at any given meet. Make sure you have your card with you at all times.
- Warm Down:** Low intensity swimming used by swimmers after a race or a main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.
- Warm-Up:** Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps prevent injury.
- Watches:** Stopwatches are used to time swimmers during competition. When automatic timing equipment is used, watches serve as a backup timing method.

Officials and their Jobs in Order of Importance

Timers:	Operate timing devices and record the time for the swimmer in their lane.
Stroke and Turn Judges:	Observe the swimmers from each end of the pool or walk along side the pool and ensure that the stroke, turns and finishes comply with the rules of each stroke.
Relay Takeoff Judges:	Stand beside the starting blocks to observe the relay exchange, ensuring the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.
Clerk of the Course:	Arranges the swimmers in their proper heats and lanes.
Starter:	Assumes control of the swimmers from the referee, directs them to “take your mark” and sees that no swimmer is in motion prior to giving the start signal.
Referee:	Has overall authority and control of the competition, ensuring that all the rules are followed. Assigns and instructs all officials and decides all questions relating to the conduct of the meet.