

2004

'TANGY TORNADOES



SWIM & DIVE TEAM

INFORMATION PACKET

'Tangy Tornadoes 2004 Swim & Dive Team

Olentangy Swim Association
Powell, Ohio

Mission Statement

The 'Tangy Tornadoes seek to promote a thorough understanding of summer competitive swimming and diving in a supportive and friendly team environment.

Coaching Staff

Swimming

Dan Harris 789-0890
Ashley Shupe
Leigh Wroble

Diving

Ray Heap 889-8060
Olivia Heap

2004 'Tangy Tornadoes Board/Committee Chairs

Co-President/Meet Director	Heidi Garverick	848-3036
Co-President/Meet Director	Heidi Bowman	848-4337
Computer Support for Meet Director	Mary Kaufman	847-1914
Treasurer	Jamie Chambers	888-1691
Dive Meet Director	Cathy Eckhardt	431-5993
Hospitality	Kit Yanone	781-0075
Infonet	Stephanie Petrozzi	889-2119
Awards/Ribbons Scoring		
Photo/Slide Show	Patty Schramm	848-4067
Timers	Sue Peyton	430-1715
Bullpen	Steve & Pat Choban	885-0856
Social	Jeanine Kaufman	792-5650
Recognition	Cathy Folk	888-7538
Starter Announcer (swim) Announcer (dive)		
Team Photo	Barb Lyndes	781-1048

The OSA Swim Team is a member of the Suburban Club League (SSCL) and will abide by its rules and guidelines. A copy of these rules is available upon request.

2004 'Tangy Tornadoes Swim Meet Schedule

Thurs., June 24	Team and Individual Pictures	9:00 a.m.	@ OSA
		<u>Warm ups</u>	<u>Meet</u>
Mon., June 14	Blue & Gold Inter-Squad Meet*	8:00 a.m.	8:45 a.m.
Mon., June 21	OSA @ Muirfield	5:00 p.m.	6:00 p.m.
Sat., June 26	Developmental Meet @ Hilliard***	8:00 a.m.	9:00 a.m.
Mon., June 28	Swim & Racquet @ OSA	5:00 p.m.	6:00 p.m.
Thurs., July 1	Hilliard @ OSA	5:00 p.m.	6:00 p.m.
Sat., July 10	Developmental Meet @ Swim & Racquet**	8:00 a.m.	9:00 a.m.
Mon., July 12	Worthington @ OSA	5:00 p.m.	6:00 p.m.
Thurs. July 22	Championships @ Muirfield	To Be Announced	
Fri., July 23	Championships Rain Date		

*Blue & Gold Meet: This is a simulation of a regular meet with the same order of events. It provides swimmers the opportunity to swim in all the events and for the coaches to record times for each swimmer.

**Developmental Meet: These meets are designed to help swimmers improve their times and gain competitive experience. Some swimmers may be "too fast" in certain strokes to participate in this meet. Check with coaches for qualifying times.

2004 SWIM TEAM PRACTICE SCHEDULE

Informal practice (voluntary) begins week of **June 1: 10 and under 4:30 - 5:15, 11 & up 5:15-6:00 p.m. at OSA.** Regular practice begins **Wednesday June 9**, as follows:

8 & Under Swim Practice	9:30 a.m. - 10:30 a.m.	M-TU-TH-F (no practice Weds.)
9 & 10 Swim Practice	8:30 a.m. - 9:30 a.m.	M-TU-W-TH-F
11 & UP Swim Practice	7:30 a.m. - 8:30 a.m. 9:30 a.m. - 10:30 a.m.	M-TU-TH-F Weds. Only
14 & UP Swim Practice	6:30 a.m. - 7:30 a.m.	Optional

Please arrive 15 minutes early so practice can start on time. First 15 minutes of each practice is dry land stretching.

2004 'Tangy Tornadoes Dive Meet Schedule

Thurs., June 24	Team and Individual Pictures	9:00 a.m. @ OSA	
		<u>Warm ups</u>	<u>Meet</u>
Tues., June 22	OSA @ Muirfield	5:00 p.m.	6:00 p.m.
Tues., June 29	Swim & Racquet @ OSA	5:00 p.m.	6:00 p.m.
Tues., July 13	Worthington @ OSA	5:00 p.m.	6:00 p.m.
Weds. July 21	Championships	To Be Announced	

2004 DIVE TEAM PRACTICE SCHEDULE

Practice begins **Weds., June 9**, as follows:

8 & Under Dive Practice	6:00 p.m. - 6:45 p.m.	M-W-TH
9 & UP Dive Practice	6:45 p.m. - 7:30 p.m.	M-W-TH
All Ages Dive Practice	9:00 a.m. - 10:00 a.m.	TU (Tentatively)

REQUIRED LEAGUE DIVES

- 101 - Forward
- 201 - Back Dive
- 301 - Reverse Dive
- 401 - Inward Dive
- 5111 - Forward Dive with $\frac{1}{2}$ Twist

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DIVE MEET PARTICIPATION RULES

8 & Under - Two dives must be performed. Required is #101 Forward Dive, plus dive of choice.

9 & 10 - Two dives must be performed. Required dive is #101 Forward Dive, plus dive of choice.

11 & 12 - 3 dives must be performed. Required dive is #101 Forward Dive, plus 2 dives of choice.

13 & 14 and 15 - 18 - Four (4) dives must be performed. The required dive is #101 Forward Dive plus one other dive from the required group. Participants are limited to 3 dives. The points received from the three-meter exhibition will not be included in the dual meet point total.

Championship Meet required dives: All dives listed above plus an optional dive per age group.

EXCEPTION: 8 & Under remain at a Two Dive requirement only.

TYPICAL DAY OF A SWIM MEET

1. Come to practice - **mandatory for meet days**. If, for any reason, you will not be competing, contact one of the Meet Directors immediately so that the team will not have to forfeit your races.
Check swimmer entry forms to see which events you are swimming.
3. Rest and conserve your energy in the afternoon. Eat a healthy meal 2 - 3 hours before the meet. Cola, tea, cocoa and other caffeine containing beverages and foods (like **chocolate**) are not good during competition. Caffeine stimulates the body to get rid of water, thereby compounding dehydration in the body. **DRINK WATER!**
4. Write your event, heat and lane numbers on your hand with **indelible marker** before you leave home.
5. Pack for the meet: towels; swim cap; goggles; change of clothes; healthy snacks; water - no pop; book, pack of cards or other quiet activity for bullpen; rain gear if appropriate. Don't forget to bring your **GOOD ATTITUDE!**
6. Leave early. Plan to arrive **10 - 15 minutes before warm-ups**.
7. Check in at the bullpen so coaches know of absences and substitutions can be made if needed.
8. **Stay in your designated team area**. Parents, you are responsible for your child's behavior at meets. Please check that they stay in the team area so we can locate them for their event.
9. Swimmers should not eat full meals during the meet.
10. Plan to stay for the entire meet to offer encouragement to your teammates. You may also be needed to swim relay events at the end of the meet.
11. If your child is disqualified in an event, **do not approach the stroke and turn judges or other meet officials**. Our coaches will explain to you and your child the reason for the disqualification. **THIS IS NOT THE END OF THE WORLD**. It happens to all swimmers.
12. After most dual meets, the team will gather at a local restaurant to celebrate (Wendy's, Iaconno's, Bogey Inn). This is a positive, fun time of encouragement and team-building. Hopefully the location of the get-together will be announced at the end of the swim meets. If not, be sure to ask a coach or another swimmer for details.
13. All parents are expected to work at Championships during the session your child swims.
14. Celebrate your success. Remember our goals: try to drop time in your individual races; encourage your teammates, always display good sportsmanship, and have fun!

Important Information for Parents

- I. Swim and Dive Team needs parents too! Swim and dive meets are a lot of fun, but we need everyone's help. Before each meet, there will be an opportunity to sign up to help the meet run smoothly. Below we've listed the various committees and what they do. **A parent from each family is required to work all meets where your child swims.** Please sign up in the area that you would like to help out. Talk to the committee chairperson if you are not sure what is involved. If there isn't a chairperson assigned to the committee, consider signing up with a friend or by yourself to run the committee. Committees that need a chairperson have an (*) next to the committee name.

President - Coordinates the activities of the team

Vice President * - serves as VP for one year and as President the second year

Secretary - copies lineups for teams

Treasurer - monitors expenses and income for the team

Swim Meet Director - responsible for meet set-up, makes sure scorers, awards table, officials, timers, lane lines, etc. and volunteers are in place throughout the meet

Dive Meet Director - responsible for meet set-up, makes sure scorers, awards table, officials, announcer and volunteers are in place throughout the meet

Registration and Membership - prepares and maintains parent packet, registration forms, and rosters for all team members

Social - plans team social events, i.e. donut morning, pizza party, end of year awards picnic

Hospitality - plans bake sales and refreshments for volunteers during the meets

Bullpen - tracks down swimmers for each event, organizes swimmers and takes them to their designated lane prior to heat

Awards - fills in names and times on ribbons

Apparel Sales - responsible for ordering and receiving payment for ancillary team items, (team towel, swim caps)

Publicity - notifies local newspaper of team event, coordinates team bulletin board

Scoring * - summarizes time cards to determine race winners, adds team scores to determine winning team, posts results at end of events during the meets

Team Photo - organizes team/individual picture day

Timers *- trains volunteer timers before the start of the meet; makes sure relief timers take over
Photo/Slide Show - photographs all team events throughout the season and prepares end of year slide show
Spirit - works with team to prepare banners, cheers, etc. for championships or other meets
Records and Recognition - orders trophies for each team member
Officials and Starter *- signals start of race with starter pistol; officiates races
Swim Announcer - calls swimmers to the bullpen for each race; announces race results
Dive Announcer - calls divers to the diving board; announces dives and scores; presents awards

- II. Every team member will have a mailbox. Use the mailboxes to communicate to the coaches or to committee heads throughout the season. Check the bulletin board for team notices.

IMPORTANT RULES TO REMEMBER

1. Have fun!
2. Learn to swim faster and more efficiently.
3. Keep an open mind. That goes for parents, too.
4. Listen to what the coaches have to offer. They know what is best.
5. Attend every practice available! This is required. The only exception to this rule applies to swimmers currently practicing and competing with another USS team this summer. These swimmers are encouraged to attend as many practices as possible to build a close team. **Attendance at practice the morning of a dual meet, however, is mandatory in order to compete.**
6. In an attempt to not overwhelm our younger swimmers, the 8 years old or younger group will not practice on Wednesdays. Please note the requirement that swimmers must be able to swim a lap without touching the bottom or sides. If you have a child in this age group who struggles and becomes frustrated with the schedule and/or physical demands of being part of the team, please feel free to speak with a coach. Sometimes it is best for the child to enroll in swim lessons to build their confidence and ensure a positive experience on swim team the following year.
7. Every swimmer has a folder in the Swim Team file box which will be poolside at each practice. If you are going to be absent from any practices or meets, please record that in the "absence" folder. Notes may also be left for your coach in their folder. Be sure to check the box regularly for meet information, notices about special team functions, and your meet ribbons.
8. To participate in dual meets, sign your name in the "dual meet" folder which will be available during practice times. It is imperative that we know who will be attending by the Friday prior to the scheduled dual meet. This will allow us to start making the line-up and avoid any last minute problems, since we are allowed only three changes after 5:30 p.m. on meet day.
9. To participate in developmental meets, sign your name and mark the events you desire to swim in the particular meet. This sign-up sheet will either be posted or be in a coach's possession and available during practice times. Remember that the coaches do not make the line-ups for the developmental meets, so it is up to you to sign yourself up. Also, remember that if your time is too fast (hopefully this is the case for most of you as the season progresses), you can no longer participate in this event during developmental meets.
10. Check the bulletin board daily for volunteer sign-up sheets for upcoming meets, schedule changes, directions to meets, etc.
11. Show up to practice 10 minutes early so we can start on time. If your practice is scheduled at 8:30, then arrive at 8:20 so we can dive in at 8:30. Don't forget about the important dry land practice.
12. Bring a positive attitude to practice and meets. Share it with everyone around you!
13. If you compete in a dual meet, you must stay for the entire meet. Do not leave until all events have been completed. Your teammates need your support.
14. Please feel free to communicate any concerns, suggestions or positive comments to the coaches.

MEET PREPARATION

In an effort to help the meets run more smoothly, we are asking that all swimmers have the events they will be swimming written down on their hands prior to showing up at the meet. If everyone follows the example below, we can cut down on some confusion. The morning of the meet, each swimmer will receive a piece of paper (see example below) which will list all events which they are swimming. Please transfer this information (in permanent ink i.e. sharpie) to the top of your child's hand. This information includes the Event number, Heat number, and Lane number. You may also want to add an abbreviation of what stroke they will be swimming, and if it is a relay.

E - event

H - heat

L - lane

BA - backstroke

BR - breaststroke

FR - freestyle

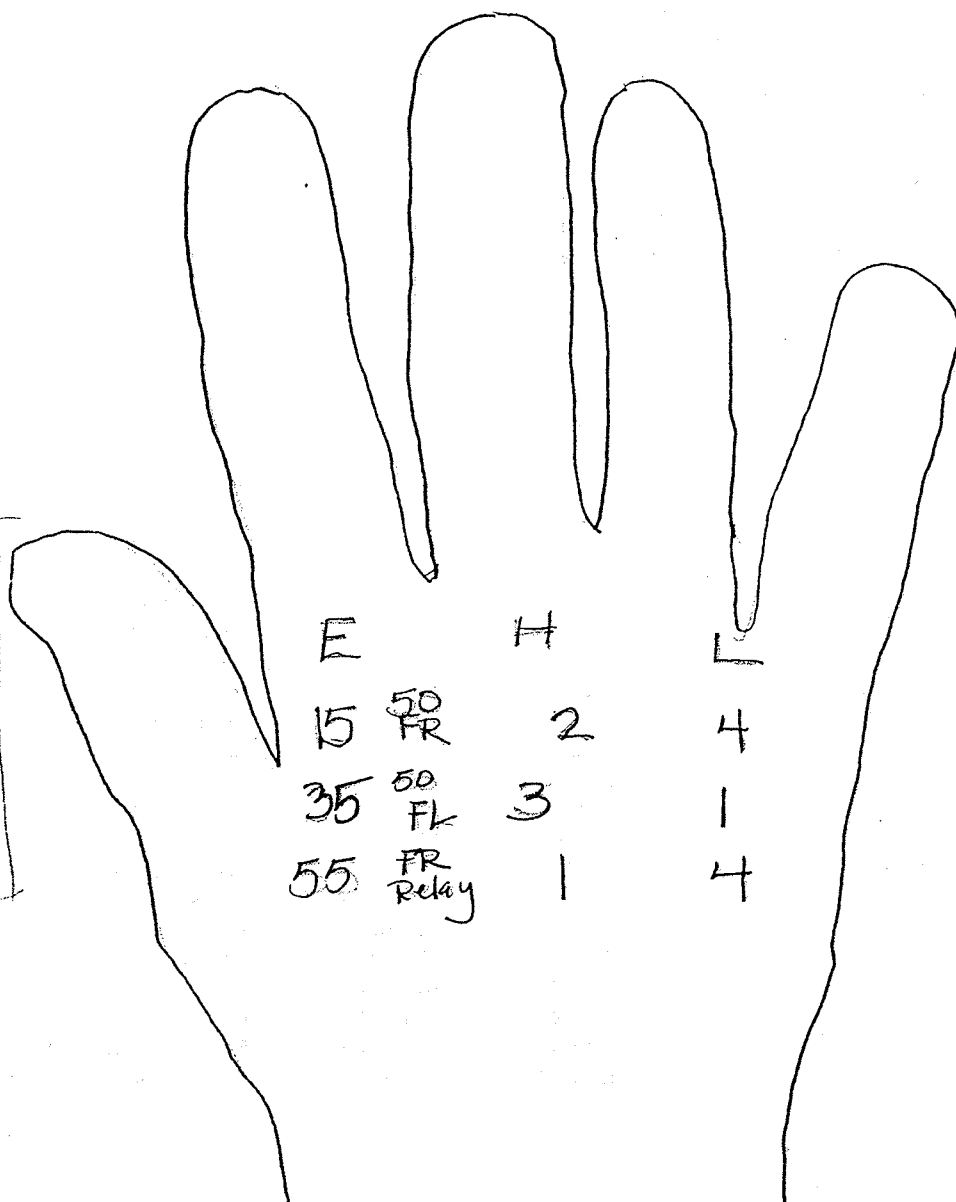
FL - fly

Name: Sue Swimmer

E 15 H 2 L 4

E 35 H 3 L 1

E 55 H 1 L 4



SSCL SWIM MEET ORDER OF EVENTS

EVENT NUMBER

1	Girls 8 & Under	100 Meter	Medley Relay
2	Boys 8 & Under	100 Meter	Medley Relay
3	Girls 9 & 10	100 Meter	Medley Relay
4	Boys 9 & 10	100 Meter	Medley Relay
5	Girls 11 & 12	200 Meter	Medley Relay
6	Boys 11 & 12	200 Meter	Medley Relay
7	Girls 13 & 14	200 Meter	Medley Relay
8	Boys 13 & 14	200 Meter	Medley Relay
9	Girls 15 to 18	200 Meter	Medley Relay
10	Boys 15 to 18	200 Meter	Medley Relay
11	Girls 8 & Under	25 Meter	Freestyle
12	Boys 8 & Under	25 Meter	Freestyle
13	Girls 9 & 10	50 Meter	Freestyle
14	Boys 9 & 10	50 Meter	Freestyle
15	Girls 11 & 12	50 Meter	Freestyle
16	Boys 11 & 12	50 Meter	Freestyle
17	Girls 13 & 14	50 Meter	Freestyle
18	Boys 13 & 14	50 Meter	Freestyle
19	Girls 15 to 18	50 Meter	Freestyle
20	Boys 15 to 18	50 Meter	Freestyle
21	Girls 8 & Under	25 Meter	Backstroke
22	Boys 8 & Under	25 Meter	Backstroke
23	Girls 9 & 10	25 Meter	Backstroke
24	Boys 9 & 10	25 Meter	Backstroke
25	Girls 11 & 12	50 Meter	Backstroke
26	Boys 11 & 12	50 Meter	Backstroke
27	Girls 13 & 14	50 Meter	Backstroke
28	Boys 13 & 14	50 Meter	Backstroke
29	Girls 15 to 18	50 Meter	Backstroke
30	Boys 15 to 18	50 Meter	Backstroke
31	Girls 8 & Under	25 Meter	Butterfly
32	Boys 8 & Under	25 Meter	Butterfly
33	Girls 9 & 10	25 Meter	Butterfly
34	Boys 9 & 10	25 Meter	Butterfly
35	Girls 11 & 12	50 Meter	Butterfly
36	Boys 11 & 12	50 Meter	Butterfly
37	Girls 13 & 14	50 Meter	Butterfly
38	Boys 13 & 14	50 Meter	Butterfly
39	Girls 15 to 18	50 Meter	Butterfly
40	Boys 15 to 18	50 Meter	Butterfly
41	Girls 8 & Under	25 Meter	Breaststroke
42	Boys 8 & Under	25 Meter	Breaststroke
43	Girls 9 & 10	25 Meter	Breaststroke
44	Boys 9 & 10	25 Meter	Breaststroke
45	Girls 11 & 12	50 Meter	Breaststroke
46	Boys 11 & 12	50 Meter	Breaststroke
47	Girls 13 & 14	50 Meter	Breaststroke
48	Boys 13 & 14	50 Meter	Breaststroke
49	Girls 15 to 18	50 Meter	Breaststroke
50	Boys 15 to 18	50 Meter	Breaststroke
51	Girls 8 & Under	100 Meter	Freestyle Relay
52	Boys 8 & Under	100 Meter	Freestyle Relay
53	Girls 9 & 10	200 Meter	Freestyle Relay
54	Boys 9 & 10	200 Meter	Freestyle Relay
55	Girls 11 & 12	200 Meter	Freestyle Relay
56	Boys 11 & 12	200 Meter	Freestyle Relay
57	Girls 13 & 14	200 Meter	Freestyle Relay
58	Boys 13 & 14	200 Meter	Freestyle Relay
59	Girls 15 to 18	200 Meter	Freestyle Relay
60	Boys 15 to 18	200 Meter	Freestyle Relay

Glossary of Terms

Listed in Alphabetical Order

Backstroke Flags

Flags going across pool indicating to the swimmers they are approaching the end of the pool and need to count their strokes, so as not to bump their head or to prepare for a flip turn.

Bull Pen

An area designated at a meet for the swimmers to gather as a team, sit and wait for their event. It is mandatory that all swimmers remain in the area for the duration of the meet, so volunteers can line up a heat with ease.

Clean-up

A responsibility of every Tornadoc - to throw away any trash they see on the ground, pick up their personal items and take them home. Parents are asked to encourage their child to handle this task at each meet and practice. At the end of each meet there is much equipment take down. Adult participation will expedite this process and always be appreciated.

Clerk of Course

In charge of the bull pen.

Cut off times

If a meet has cut off times, swimmers must swim these times or faster to compete in that meet.

Disqualification

A swimmer must compete in a race according to certain rules. If these requirements are not met, a swimmer may be disqualified. EXAMPLE: touching with one hand on the breaststroke, use of the incorrect kick on a given stroke.

False Start

When the starter announces "TAKE YOUR MARK", the swimmers on the starting blocks must bend over and remain motionless until they hear the starting sound. If a swimmer leaves their position before the starting sound, he/she may be disqualified.

Finish Judge

Two place judges sit at the finish line and record the order of finish of each race.

Freestyle Relay

Each swimmer swims freestyle (four participants).

Heats

When there are more swimmers in an event than there are lanes, other races in that event are swam. Example: There are 16 swimmers entered in event #10 - 8 swimmers will race in Heat 1 and the remaining 8 will swim together in Heat 2.

Individual Medley (I.M.)

An individual swimming event of a given distance with the following strokes in order: butterfly, backstroke, breaststroke and freestyle. Example: a 100 meter IM would have 25 meters (one length) of each stroke listed.

Long Course

Pool that is 50 yards or meters long Note: OSA pool is 25 meters long.

Medley Relay

1st swimmer (at the starting sound) swims the required length in backstroke; 2nd swimmer does the breaststroke; 3rd swimmer does the butterfly, and the 4th swimmer does freestyle. Swimmers #2 through #4 enter the water after the swimmer before them touches the wall.

Relays

An event involving four swimmers from the same age group.

Runner

An individual that collects the cards from the timers and finish judges after each heat and takes them to the scorer's table.

Scorers

With the cards turned in by the runners and finish judges, the scorer awards points to teams in each event.

Seeding

The assignment of swimmers to heats. In dual meets, one team is assigned half the lanes (1,3,5,7) and the other team the other half (2,4,6,8).

Short Course

Pool that is 25 yards or meters long.

Starter

Starts each race and charges false starts when observed.

Starting Block

Raised platform on the swim deck to add height for competitive swimming starts.

Stroke & Turn Judge

Watch swimmers from the sides of the pool to detect illegal strokes, turns or touches. If they disqualify a swimmer, they will record it on the timer's card and explain to the swimmer what they did wrong.

Timer

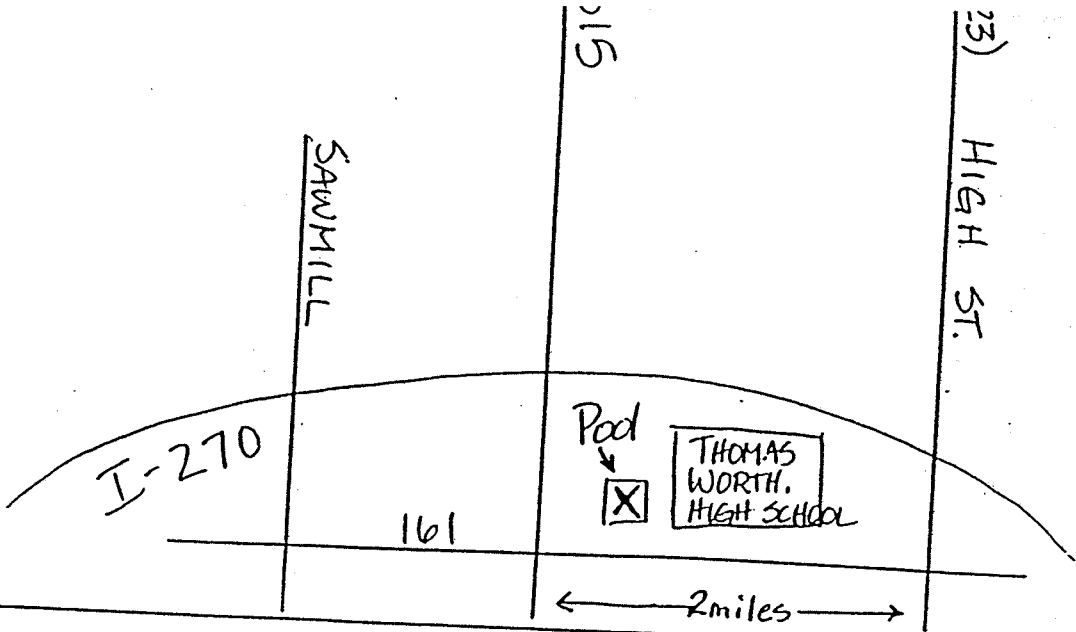
Times every swimmer in their lane. Records the times on a card for scoring.

Warm-ups

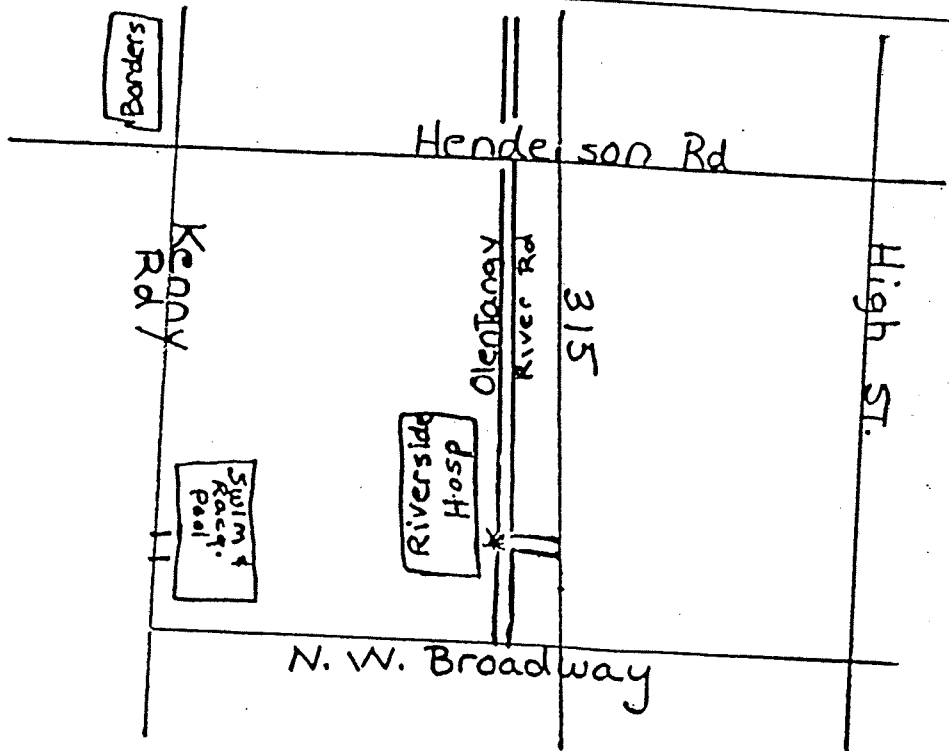
Time the children are allotted to practice before a meet.

WORTHINGTON
POOL
COMPLEX

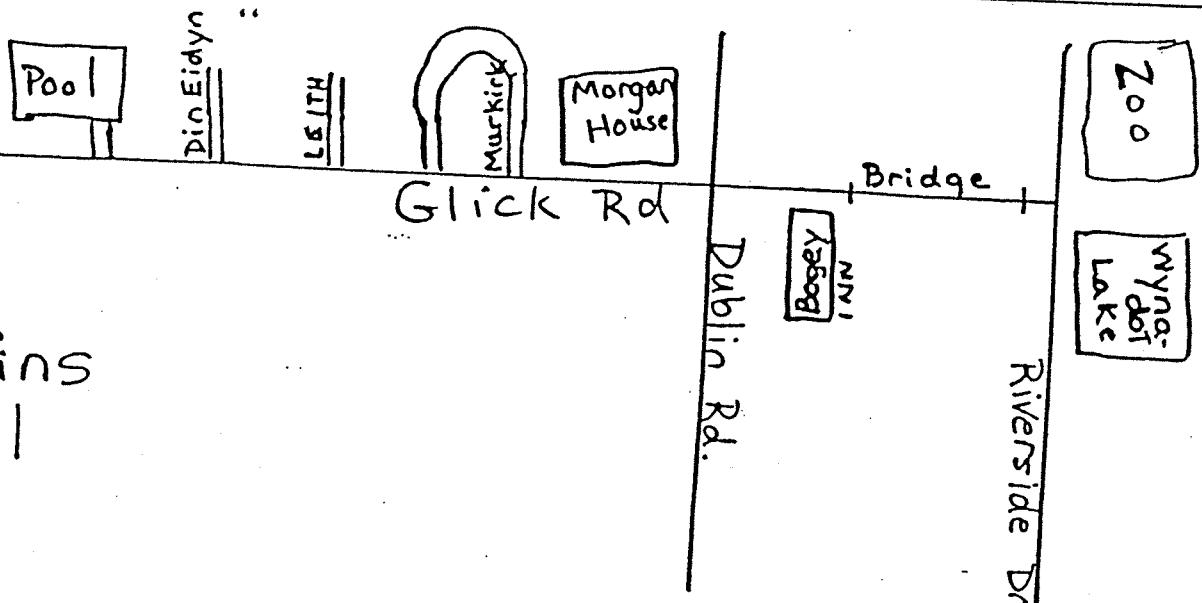
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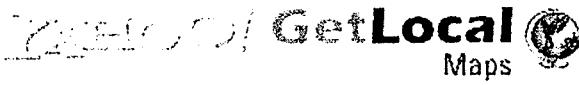
Swim
&
Racquet
Club



Muirfins
Pool



Hilliard Pool West



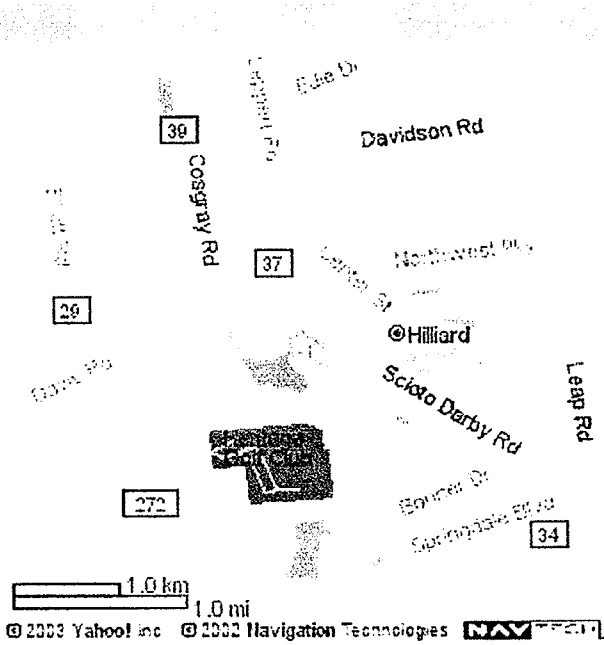
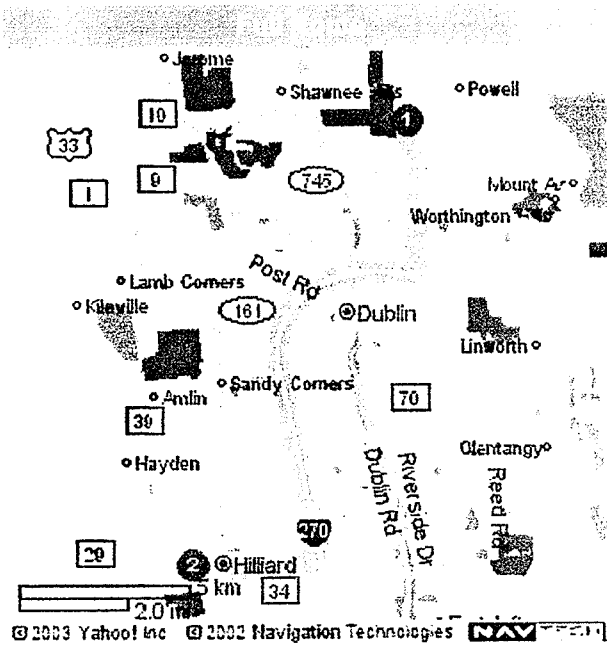
Yahoo! Maps

876-4296

[Back to Directions](#)

Starting from: ① Sawmill Road, Powell, OH 43065
Veterans Memorial Drive
Arriving at: ② 3800 ~~Cherry Tree Drive~~, Hilliard, OH 43026-1348

Distance: 12.5 miles **Approximate Travel Time:** 18 mins



Directions

1. Start on **SAWMILL PKY**
2. Continue on **SAWMILL RD**
3. Take the **I-270 WEST** ramp towards **INDIANAPOLIS**
4. Merge on **I-270 WEST**
5. Continue on **I-270 SOUTH**
6. Take the **CEMETERY RD/FISHINGER RD** exit, exit #13
7. Turn Right on **CEMETERY RD**
8. Bear Right on **SCIOTO DARBY RD**
9. Turn Left on **~~CHERRY TREE DR~~ VETERANS MEMORIAL DR**

Miles

- 1.0 ↑
- 2.0 ↗
- 0.3 ↗
- 2.4 ↗
- 4.3 ↑
- 0.3 ↗
- 1.9 ↗
- 0.3 ↗
- 0.0 ↖

Distance: 12.5 miles **Approximate Travel Time:** 18 mins