

Union County  
High School &  
Middle School



Swim Team Handbook

2015-2016

**Union County High & Middle School**

**2015-2016 Swim Team**

**Head Coach: Kathy Mancuso (706) 897-2162 kmancuso@ucschools.org**

**Assistant Coach:**

Welcome!

For some of you this is a totally new experience, while for others, swimming has been a part of your lives for many years. I hope that, no matter your level of experience, this year proves to be an enjoyable one.

I'm very excited for the season to get underway! Get ready to refocus, recharge, and reload for an awesome season! I am expecting good things and I want all of us to focus on our own personal bests! As always, we will focus on team. Get ready for a fast, highly competitive, and very fun season.

Please feel free to contact me with any questions, or suggestions, you might have about the season. I look forward to working with all of you this year.

**Practice:**

Purple and Gold team assignments will be announced after Fall Break

Tuesday      4-5 pm Purple team dry land training, Gold team in the pool  
                  5-6pm Purple team in the pool, Gold team go home

Wednesday   4-5pm Purple team in the pool, Gold team dry land

Thursday      4-5 pm Purple team dry land training, Gold team in the pool  
                  5-6pm Purple team in the pool, Gold team go home

Friday          4-5pm All swimmers in the pool, MS and HS

**Location:** Union General Wellness Center 762 Deep South Farm Rd Blairsville, GA 30512 (706) 781-1008

**Start:** mid October – mid December

In order to participate in meets, you are required to be at 90% of all practices.

**BRING WATER TO ALL PRACTICES AND MEETS.** I cannot stress this enough. Just because you are in the water does NOT mean you aren't sweating!

## **Attendance Policy**

In addition, the following bullet points are INCREDIBLY important to be aware of.

- Swimmers must attend 90% of practices in order to be allowed to compete in meets. This is not applicable for things such as family vacations, school breaks etc.
  - Practice starts at 4:00pm.
  - Meets are a must. Barring an academic conflict or illness, you will be in attendance at all meets. You are a member of a team and whether you are swimming or not, you are expected to support that team.
  - If you have a conflict that you are aware of in advance, PLEASE let me know **in writing** when you will be gone and when you will be back. This will help keep my sanity as well as benefit the team as a whole.
  - Respect practice time. I will be at practice every day committed 100% to working with you. I expect the same from everyone on the team.
- \*Although there is a 90% attendance minimum, all swimmers are expected to attend **ALL** practices unless they cannot due to illness or conflict

## **Requirements:**

1. To be a member of the Union County High & Middle School Swim Team, you need to
  - a. Be a student at UCHS or UCMS **AND**
  - b. Be able to swim 50 yards (2 lengths) of the pool without stopping.
2. Turn in a current physical by the first practice

## **Athletic Swim Fee:**

The total swim fee is \$80 and is non-refundable after the equipment has been ordered. The fee covers the following equipment:

### **Equipment (provided with Athletic Swim Fee)**

1. Competitive Swim Suit
2. Goggles
3. Swimming cap with school logo

You can offset the swim fee cost of \$80 by selling Dominos Pizza Cards. The cards sell for \$10 each and you earn \$5 off your fee for each card sold.

Pay the Athletic Swim Fee of \$80 less \$5 for each Dominos Card Sold (check or money order payable to ***Union County Swim Booster Club***)

## **Policies**

1. Team apparel is expected to be worn during meets and events and includes:
  - a. Purple team swim suit (included in team fee)
    - i. girls = 1 piece racing suit
    - ii. boys = jammer or brief
  - b. Team swim cap during meets (included in team fee)
  - c. Goggles (included in team fee)
2. Swimmers are expected to be on time (15 minutes prior to the start of practice) to all practices, meets and team functions.
3. Emergencies, illnesses and unexpected absences occur; swimmers are expected to communicate to the coaches as soon as possible their absence. If a swimmer knows in advance he/she can't attend a meet, the coach must be notified via e-mail.
4. If a swimmer needs to leave the pool deck for any reason during practice, the coach must be made aware.
5. To allow the staff time to observe and coach your children, and for their safety, please hold questions for the coach(es) until after practice. Questions, comments or concerns regarding swimming may be also be communicated via e-mail to [kmancuso@ucschools.org](mailto:kmancuso@ucschools.org).

**Team Travel:**

1. Swimmers must provide their own transportation to afternoon practices at Union General Wellness Center. The team will travel on school buses to scheduled Middle School & High School Swim Meets.
2. It is important to look like a team at all meets. Swimmers are expected to wear their team apparel at and during meets.
3. Swimmers are expected to demonstrate sportsmanlike conduct while representing their school and swim team. Cheer on your teammates. Swimmers are expected to remain with the team until the conclusion of the meet unless they obtain permission from the coach to leave early.

**What to Expect at a Meet:**

Bring the following to meets:

1. Clothing
  - a. Competitive swim suit
  - b. Goggles (one pair is provided, an extra pair is recommended)
  - c. Team swim cap
  - d. All jewelry must be removed, including hair ties worn like bracelets.
2. Nutrition
  - a. Stay Hydrated (water, water, water; limited sports drinks)
  - b. Healthy snacks prior to and during the meet.
3. Sweatshirts and sweat pants to stay warm in between races.
4. Two towels and a change of clothes to go home in.

**Meet Procedures:**

1. Bus will depart from Union County High or Middle school and will arrive at least 15 minutes before Warm-ups begin. Swimmers will change into team suit, cap and goggles and be ready to get in the water when warm-up starts. Warm-up generally lasts 30 minutes and includes practicing starts, turns, stroke counts (for backstroke events) and general warm up. Get race ready!
2. Events will be posted for swimmers at the meet in a "heat sheet". Heat Sheets tell the swimmer in which event, heat and lane they will swim. Events run quickly. Be on time for your events! It is the swimmer's responsibility to pay attention to the order of events and be behind the starting blocks for their race. Each swimmer may swim *up to* 2 individual events and up to 2 team relay events in a meet.

**Order of Events at a Swim Meet:**

200 Medley *Relay* (4 swimmers race, 50 yds each. Order of swims: Back, Breast, Fly, Free)  
200 Freestyle  
100 Individual Medley (IM) (one length of each; Fly, Back, Breast, Free)  
50 Freestyle  
50 Butterfly  
100 Freestyle  
200 Free *Relay* (4 swimmers swim 50 yards of freestyle each)  
100 Backstroke  
100 Breaststroke  
400 Free *Relay* (4 swimmers swim 100 yards freestyle each)

**UNION COUNTY SWIM TEAM INFORMATION SHEET**  
**(Return this form together with check payable to Union Co. Swim Booster Club for \$80 less \$5 for each Dominos Card Sold by Friday 9/25/15)**

SWIMMER NAME: \_\_\_\_\_

Swimmer Email \_\_\_\_\_

Swimmer Cell or Home Phone \_\_\_\_\_

Parent Name (Father) \_\_\_\_\_

Parent Email (Father) \_\_\_\_\_

Phone (Father) \_\_\_\_\_

Parent Name (Mother) \_\_\_\_\_

Parent Email (Mother) \_\_\_\_\_

Phone (Mother) \_\_\_\_\_

Team Jacket Size (circle) Adult Small Adult Medium Adult Large Adult X-Large

Team Sweat Pant Size (circle) Adult Small Adult Medium Adult Large Adult X-Large

Swim Suit Size: (circle) Boy Girl Size (see size chart below) \_\_\_\_\_

| <b>TYR SIZE CHART SWIM SUIT FEMALE</b> |           |           |           |           |           |           |           |           |           |           |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>SIZE</b>                            | <b>22</b> | <b>24</b> | <b>26</b> | <b>28</b> | <b>30</b> | <b>32</b> | <b>34</b> | <b>36</b> | <b>38</b> | <b>40</b> |
| <b>Women's Size</b>                    | n/a       | n/a       | n/a       | n/a       | n/a       | 6         | 8         | 10        | 12        | 14        |
| <b>Girl's Size</b>                     | 6         | 7         | 8         | 10        | 12        | n/a       | n/a       | n/a       | n/a       | n/a       |
| <b>Chest</b>                           | 23        | 24        | 26        | 28        | 30        | 32        | 34        | 36        | 38        | 40        |
| <b>Waist</b>                           | 21        | 22        | 24        | 25        | 23        | 24        | 26        | 28        | 30        | 32        |
| <b>Hips</b>                            | 24        | 25        | 27.5      | 30        | 32        | 34        | 36        | 38        | 40        | 41        |

  

| <b>TYR SIZE CHART SWIM SUIT MALE</b>   |           |           |           |           |           |           |           |           |           |           |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Measure waist about 1" above natural waist or just above the hip bone</b> |           |           |           |           |           |           |           |           |           |           |
| <b>SIZE</b>  | <b>22</b> | <b>24</b> | <b>26</b> | <b>28</b> | <b>30</b> | <b>32</b> | <b>34</b> | <b>36</b> | <b>38</b> | <b>40</b> |
| <b>Waist</b>   | 22        | 24        | 26        | 28        | 30        | 32        | 34        | 36        | 38        | 40        |

**VOLUNTEER OPPORTUNITIES** We ask each family to donate 1 case of water/powerade.

If you are interested in any of the following opportunities to volunteer, please put a mark and the chairperson for that committee will contact you.

\_\_\_\_\_ Hospitality (drinks/snacks at swim meets)

\_\_\_\_\_ Equipment (help organize and distribute suits, shirts, caps, etc.)

\_\_\_\_\_ Fund Raising (help organize and come up with fund raising ideas)

Check list for items to be returned by Friday 9/25/15:

(High School: Return to Mrs. Bridges; Middle School: Return to Mrs. Mancuso)

1. Union County Swim Team Information Sheet
2. Dominos Order Sheet (together with money collected for cards)
3. Consent to Participate and Acknowledgement of Risks
4. Check for \$80 less \$5 for each Dominos Card Sold  
payable to Union Co Swim Team Booster Club
5. Students must have a 2015 physical on file with Athletic Dept.