

Regency Estates Swim Team

2019

Parent and Swimmer Manual



Welcome to the Regency Estates Swim Club Swim Team and the 2019 Season!

We are looking forward to another fun season of summer swimming! Our swim team consists of more than 150 swimmers, an expert coaching staff led by head coach Erin O'Connor, and a dedicated crew of parents who share a commitment to a swim season filled with competitive swimming, team spirit, friendships, and fun!

Our focus continues to be on swimmer development, sportsmanship and camaraderie. Our culture is one of enthusiasm, encouragement, learning and team spirit. Our swimmers are competitors, mentors, athletes and friends. We offer a unique competitive, athletic, learning, and social experience for all of our swimmers, from tots to teens.

Jessica Roth & Patti Wang, RESC Swim Team Representatives, May 2019

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SCHEDULE OF MEETS, PRACTICES AND SOCIAL ACTIVITIES

A and B Meets

	Saturday "A" Meets Saturdays, 9 a.m.	Wednesday "B" Meets Wednesdays, 6 p.m.
Week 1	June 15 – AWAY at Robin Hood	June 12 – HOME at Cedarbrook
Week 2	June 22 – HOME v Daleview	June 19 – HOME at Wildwood Manor
Week 3	June 29 -- HOME v Old Farm	June 26 – HOME at Potomac Glen
Week 4	July 6 – AWAY at Clarksburg Village July 7 – Relay Carnival @ TBD	July 3 – AWAY v Old Georgetown
Week 5	July 13 – HOME v Bannockburn	July 10 – HOME at Chevy Chase Rec
Week 6	July 20 – Divisionals @ TBD	July 14 – Potomac Invitational B Relay Carnival at Tally Ho
	July 27 – All-Star Relays July 28 – Individual All Stars	July 17 -- HOME RESC Mini Meet

Other Meets

Saturday, June 8: RESC Time Trials – 8:30 a.m. warm-up; 9:00 a.m. start.
 Tuesday, July 9: Coaches' Long Course Invitational @ Rockville

Practice Schedule

May 28 – June 14 (No Practice June 6, 12 and 14)		
	Mornings	Afternoons Monday-Friday
Swim Team	None	4:00 - 5:00 pm – 13 and over 5:00 - 5:30 pm – 8 and under 5:30 - 6:15 pm – 9-10 6:15 - 7:00 pm – 11-12
Pre-Team	Sunday June 2 and June 9 9:00 am - 10:00 am	None
June 17 – July 12 (No practice July 4)		
	Mornings	Afternoons
Swim Team	<i>Monday – Friday</i> 7:30–9:00 am 11 and over 9:00–10:00 am 10 and under	<i>Monday, Tues, Thurs</i> 4:30–5:30 pm 10 and under 5:30-6:30 pm 11 and over
Pre-Team	None	4:00-4:30 pm Mon, Tues, Thurs & Friday 6:30-7:00 pm Mon, Tues & Thurs
Divisionals Practices July 16-20		
	8:30 – 9:30 a.m. – 10 and under 8:30 – 10:00 a.m. – 11 and over	
All-Stars Practices July 23-27		
	9:00-10:00 a.m. – All-Stars	

Social Events

In addition to the meets and practices, the RESC Swim Team has numerous social events throughout the season.

- Each Friday at 6:00 p.m., the swim team (including pre-team) will join the dive team for a pep rally at the pool. Dinner is provided for team members. (The pep rally before Divisionals will be on Thursday night.) All team members and pre-team members, whether they are swimming on Saturday or not, are invited and strongly encouraged to attend!
- After most Saturday meets, the team will designate a local venue at which we'll meet for a team lunch. Ribbons from the week will be distributed at these lunches. All team members and pre-team members, whether they are swimming on Saturday or not, are invited and strongly encouraged to attend! Please check the website calendar for updates.
- We also will schedule social outings during the summer such as a movie, bowling, a baseball game and/or Hershey Park outings. We have tentatively scheduled the following events:
 - Bethesda Big Train Game (June 6)
 - Hershey Park (July 16)
- There is also our "epic" Lock-in, where team members (with their parents) are invited to camp out at the pool overnight on a Saturday. This is scheduled for June 29. Check the website calendar for any updates.
- On Saturday evening, July 20, the swim team will join with the dive team for their annual banquet at a TBD location.

Watch the team emails for updates on social activities throughout the season!

SWIM TEAM BASICS

Registration. Online registration begins in April. Swimmers must be registered and fees paid to take part in practice.

Practices. Regular team practices begin on May 28, which is the Tuesday after Memorial Day. Morning practices begin on Monday, June 17.

Pre-team practices start on Monday, June 17 (with Sunday practices on June 2 & 9)

Gear. Each registered swimmer receives a Regency Swim Team t-shirt (subject to availability for late registrants). Additionally latex caps and silicone caps are available for purchase during the online registration process and during the season.

Visit the new Regency store at <https://www.swimoutlet.com/regency>. Our swim team gets 10% back from ALL money spent on the entire swimoutlet website if you follow this direct link. The team suit (black with red logo), custom gear, and general swim accessories in the “Regency Swim Team” site.

Goggles are recommended for team swimmers. Goggles may be purchased at Swim Outlet or any sporting goods store. They are also sold at the county indoor aquatic centers.

Meets. Swim meets begin in mid-June and continue through mid-July, ending with the Divisional Championship and All-Star meets in the last two weeks of July. Additional information about the various meets in which RESC participates is set out above.

Communications. Email is our main line of communication with swim team families. Please be sure to provide a valid email address on your registration form, and check that email regularly throughout the season. Also, please follow us on Twitter -- @Regency_Swim for late breaking news and updates. Information also may be posted on the Swim and Dive Team bulletin board on the bathhouse wall, but email is the single, comprehensive source of team information. Other unofficial sources of communications include Instagram (@regencystateswimclub) and Facebook (Regency Sailfish).

We also post team information, news, results, records, and photos on the RESC web site at www.rescswimpool.org.

Other Sources of Information. Specific information about swim meet rules and regulations is in the MCSL Handbook at www.mcsl.org. The MCSL website also contains meet results, directions to pools, All-Star nominating times, records, and other useful information.

The Washington Post’s Reach for the Wall website (www.reachforthewall.com) posts swimmers’ times and results in MCSL and other swim leagues in the area.

The Potomac Valley Swimming website (www.pvswim.org) and the USA Swimming Website (www.usaswimming.org) are good sources of information about higher-level swimming in the Potomac Valley and throughout the United States.

PARENT VOLUNTEERS

The RESC Swim Team relies on our parent volunteers to make our season happen. This is essentially an all-volunteer endeavor and all of our parents are volunteers.

You can choose from many volunteer opportunities—from flipping burgers at B meets to judging flip turns, or from timing to preparing results and ribbons. You can also help with the social and other events that make our swim team experience so memorable and enjoyable for our kids.

Each family is expected, at a minimum, to have one parent serve as a volunteer for one position at each meet in which their child participates, or to take on a season-long “off deck” role.

Sometimes the thought of more “volunteering” is daunting, but being part of the parent “Deck Crew” is fun, social, and worthwhile. If you’re not sure how to jump in, our veteran volunteers and swim team reps will be happy to get you started.

➤ **Here are some of the volunteers needed at each A and B swim meet:**

Concessions Support	Food preparation, concessions sales, shopping, set up & clean up
Timing	Standing at the pool and operating a stopwatch, recording times
Automation/Computer Operations	Entering data into computer, printing and posting result reports, generating labels for ribbons
Ribbon Writing	Putting swimmers’ names and events on appropriate ribbons
Clerk of Course	Lining up swimmer to send them to the start of races
Announcer	Announces the races and swimmers
Head Timer	Serves as an extra timer for all races, instructs timers to clear watches and get ready for the next heat
Runner	Picks up timers’ sheets and gives them to the automation specialist

➤ **In addition, at each meet we are required to provide the following certified officials:**

Starter	Operates the Colorado Starting Equipment and starts the swimmers in each race
Stroke & Turn Judge	Watches swimmers to ensure all are using legal strokes and turns
Referee	Generally runs the meets, supervises and reviews disqualifications

These three certified positions are critically important to our team. These are the officials at the meets who ensure that swim strokes are legal, start the races, and make sure the meet runs smoothly. You can become a stroke and turn judge after one training session with the Montgomery County Swim League (MCSL) or Potomac Valley Swimming (PVS). Once you are certified, we will ensure you have ample opportunity to learn the ropes, shadow more experienced officials, and generally get comfortable with your role. All parents are encouraged to become officials.

Three good reasons to be certified for an official position:

1. The team needs you! We must have a certain number of certified officials at each meet.
2. You will learn swim skills and information about meets that will allow you to help your child become a better swimmer. (Imagine knowing more than your kid!)
3. You will be poolside and able to see the whole, entire meet.

Upcoming Officials Certification Training Sessions

Dates and locations for one of the mandatory classes are listed below. You can only take one class at each session. If you are new to officiating, you should start with Stroke & Turn.

- 6/2 – 8:00 am Olney Swim Center Stroke & Turn, Starter and Referee
- 6/3 – 6:00 pm Flower Hill Stroke & Turn
- 6/5 – 6:00 pm Connecticut Belair Referee and Starter
- 6/9 – 8:00am Olney Swim Center Stroke & Turn, Starter, and Referee
- 6/11 – 7:00pm Germantown Swim Stroke & Turn

Clinics run approximately 3 hours (new S&T clinic runs about 3 hours 15 minutes).

You must sign up for volunteer opportunities that fit your interests and schedule **ONLINE!** Just go to [Volunteer Sign Up](#) and sign up today (early and often ☺)

➤ **In addition, we need volunteers to help us with all of the other activities that make swim season so enjoyable for our children.**

- Organizing pep rally activities
- Helping with the banquet
- Awards
- And more!

Speak with your swim team reps about these and other opportunities.

PRE-TEAM

Pre-team is a developmental program that teaches young and novice swimmers legal strokes, and introduces them to the camaraderie and fun of summer swimming. Pre-teamers are: (i) part of the swim team; (ii) included in all swim team social activities, including Friday pep rallies; and (iii) encouraged to cheer on the “big kids” at swim meets. Many RESC swimmers started on the pre-team. Pre-team is the place for kids who:

- Work well in a group setting and generally follow instructions;
- Are comfortable in the water, which generally means they are willing to stick their head under water, and can swim in some fashion across the width of the pool;
- Are ready to learn the various strokes;
- Aren't ready for swim team because they can't swim a legal stroke the length of the pool or participate in an hour-long practice; and
- WANT TO BE PART OF THE TEAM.

Note: Pre-team practices partially take place in the deep end of the pool.

The goal is for each swimmer on the pre-team to improve throughout the year and, by the end of the season, be able to complete 25 meters (one length) of freestyle and backstroke. Most pre-teamers move up to the swim team after a summer or two on the pre-team.

Pre-teamers also are encouraged to participate in a RESC Mini-Meet, for 8 and under swimmers. Pre-teamers not yet ready to compete in one or more of the four strokes can participate in kickboard races.

SWIM TEAM

Swim team is comprised of swimmers of any age up to 18 (as of June 1, 2019) who represent RESC at swim meets. These swimmers are proficient enough in one or more strokes to fully participate in organized practice sessions and take part in competitive races.

Swim team members receive instruction throughout the season from our professional coaching staff. Swim practices are offered both mornings and afternoons, Monday through Friday. Swimmers are strongly encouraged, but not required, to practice every day. Swimmers are grouped by ages and ability level at practices. Sessions focus on strokes, drills, endurance, speed, open turns, flip turns, racing starts and finishes.

Practice is where swimmers get better and the more practices swimmers attend, the more they will improve.

SWIM MEETS

RESC is a member of the Montgomery County Swim League (MCSL), which consists of around 90 teams in Montgomery County that are split into 15 divisions based on performance during the previous season. In 2019, RESC is in Division E with Bannockburn, Clarksburg Village, Daleview, and Old Farm. RESC participates in MCSL meets against opponents in our division, leading to the crowning of a divisional champion. Swimmers for the MCSL meets are selected by the coaches. MCSL also holds “All-Star” meets for the swimmers and relay teams with the fastest times in MCSL.

RESC also participates in Wednesday night meets with teams from other Montgomery County pools and a relay carnival at Tallyho pool. These meets are open to all RESC swimmers.

Time Trials

Time Trials is the first RESC swim meet of the season and will take place this year on Saturday, June 8. The main purpose of Time Trials is to obtain times for each swimmer in each of the individual events (freestyle, breaststroke, backstroke, butterfly, and individual medley). Time Trials also helps the swimmers become accustomed to meet competition.

Time Trials are run like any other meet, with timers, stroke and turn judges, a referee, a clerk of course, announcer, and starter. This allows our volunteers to become accustomed to meet logistics.

All swimmers are expected to participate in Time Trials. Parents are required to sign up their swimmers for this first meet. Swimmers who are not able to participate in Time Trials will be timed in their strokes by the coaches at the first B meet, which is the following Wednesday night.

Because Time Trials is RESC-only meet, we will need to provide all of the timers, officials and table workers, plus the usual volunteers in the other positions. It truly is an “all hands on deck” event for parents and other volunteers and all swimmers. It also is a good trial run for running a meet and a fun event to start the season. Join us!

RESC Mini Meet (For 10 & Unders)

RESC plans to host a Mini Meet, which is an informal take on a “real meet” and is intended to introduce our youngest swimmers, aged 10 and under, to the fun of competition, complete with ribbons for all! There also is a kickboard race for those not yet ready to swim the length of the pool and a 50M freestyle and IM for our more advanced minis. This meet is open to all RESC members aged 10 and under. There are no disqualifications at the Mini Meet. Check the website for updated information on the Mini Meet.

Many of RESC’s standout swimmers make their first splash at the RESC Mini-Meet!

Open Meets (“B” Meets)

B Meets, or Wednesday evening meets, are open to all RESC swimmers as an opportunity to participate in formal swim meets and develop their competitive strokes. These meets are less formal than A meets, but with the same team, fun, and competitive elements. Although these meets are not MCSL-sanctioned, they are conducted to the same standards as an MCSL meet. Unlike A Meets, swimmers and their parents decide which events to enter. A swimmer may swim the individual medley plus up to three additional strokes. A swimmer who was the first or second place swimmer for RESC in a given event at the most recent A Meet may not sign up for that event at the B Meet. Signups are done online using Active Works. **Each swimmer must sign up by the required deadline to take part in these meets.**

More information about B Meets:

- Swimmers should be able to swim the stroke legally before signing up for that event. If in doubt, ask the coaches;
- Meets start at 6 p.m. (unless provided otherwise on the RESC website);
- Swimmers arrive at 5 p.m. for home meets, and as directed by the coach for away meets
- B Meets usually last around 3 hours;
- Events are identical to those in A Meets except there are no relays and may include a kickboard event;
- There are unlimited heats in B Meets, so everyone can swim the events they choose (subject to the aforementioned rule limiting certain A Meet swimmers);
- Evening meets are more prone to cancellation due to thunder/lightening (check Twitter and/or the RESC home page);
- Warm clothing and an extra towel are good ideas—evenings can get cool, even in July!
- B Meet times are considered in formulating upcoming A Meet and Divisional lineups;
- B Meet times may not be used to achieve entry into the MCSL All-Star Meet or Coaches' Longcourse Meet, or provide seed times for Divisionals.

Disqualifications. As in an MCSL meet, any swimmer who performs an illegal stroke or turn in a B Meet will be disqualified from the event. The coaches will inform the swimmer of the reason for the disqualification and work with the swimmer to correct the issue. DQs can be upsetting (often more so for the parents), but DQs are a normal learning experience that help the swimmer improve.

“B” Relay Carnival

RESC will participate in the B Relay Carnival at Tallyho on July 14. This fun and exciting meet will give all RESC swimmers a chance to participate in a team relay meet. Relays are one of the most exciting aspects of swimming. All RESC swimmers who did not swim, or swam only one event, at the Divisional Relay Carnival are eligible to participate in this meet.

MCSL Meets (“A” Meets)

These are meets that are sanctioned by MCSL. The lineups for these meets are determined by the coaches.

These meets are formally scored, so it is essential that each selected swimmer take part. It is imperative that you notify the coaches if your child will be absent from any A Meet as soon as you know they cannot participate. We cannot add swimmers to the roster for these competitive meets at the last minute, so a no-show swimmer means an empty lane and lost points for the entire team.

Email information about absences as soon as possible to the coach (emoc92@hotmail.com) and swim team representatives (rescswim@gmail.com).

A Meets, or Saturday morning meets, are dual meets where RESC competes against one of the other teams in our MCSL division, either at RESC or at our competitor’s pool.

There are five A Meets during the season. The top RESC swimmers for each event (six in freestyle; and three each in breaststroke, backstroke, butterfly, and individual medley) in each age group (8 and under, 9-10, 11-12, 13-14, and 15-18) swim at A Meets. There are also four relay events. A swimmer may swim a total of five events, but not all four individual strokes. These are competitive meets with team scoring. The coaches determine which swimmers participate based primarily on times, but also in consideration of performance trends, attendance and participation levels, potential team point opportunities, and the legality of a swimmer’s stroke.

A swimmer competes at the age that they are as of June 1 of this year. (For example, if a swimmer turns 9 on June 2 or after, he or she will compete as an 8 year old throughout the MCSL season.) On occasion, the coaches may ask a swimmer to “swim up” in races for older age groups. If fewer than four swimmers in an age group are available for a meet, the coaches may swim a younger swimmer in the older age group to help the team gain points. (A swimmer may never swim in a younger age group.)

The A Meet lineup is sent by email to the team mailing list. Approximately 30 boys and 30 girls typically swim in an A meet. However, ALL swimmers are encouraged to attend A Meets to cheer on their team.

Home Meets

- Swimmers arrive at 7:30 a.m.
- Meet starts at 9 a.m.
- Duration is approximately 2.5 hours

Away Meets

- The team assembles at RESC to “caravan” to the opposing pool
- Participating in the caravan is optional but encouraged so the team can make an impressive entrance at the away pool
- Caravan departure time is determined based on distance to the away pool

MEET ABSENCES

Parents, it is very important that you notify the swim team head coach of any dates your child will be absent from A meets. The coaches need an accurate roster to make up the lineup. Email absences as soon as possible to the coach (emoc92@hotmail.com) and/or swim team representative (rescswim@gmail.com). The coaches start strategizing about the roster one week before each meet. When you notify the coaches in advance, they can give another swimmer the opportunity to swim – and Regency will not forfeit points at the meet.

“A” Meet Events

8 and Under

- 100 meter Individual Medley (IM) (note: this is a 12 & under event)
- 25 meter freestyle
- 25 meter backstroke
- 25 meter breaststroke
- 25 meter butterfly
- One 25 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 9-10

- 100 meter Individual Medley (IM) (note this is a 12 & under event)
- 50 meter freestyle
- 25 meter backstroke
- 25 meter breaststroke
- 25 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 11-12

- 100 meter Individual Medley (IM) (note this is a 12 & under event)
- 50 meter freestyle
- 50 meter backstroke
- 50 meter breaststroke
- 50 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 13-14

- 100 meter Individual Medley (IM)
- 50 meter freestyle
- 50 meter backstroke
- 50 meter breaststroke
- 50 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Heats. In an A Meet, there is one heat for each individual event, with the exception of freestyle, which has two heats.

“A” Meet Event Order

A Meets are comprised of 50 events:

Event #		Age Group	Event
Boys	Girls		
1	2	12&U	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
3	4	Open	200M Medley Relay (Back, Breast, Fly, Free, 2 lengths each)
5	6	8&U	25M Freestyle
7	8	9-10	50M Freestyle
9	10	13-14	50M Freestyle
11	12	11-12	50M Freestyle
13	14	15-18	100M Freestyle
15	16	13-14	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
17	18	8&U	25M Backstroke
19	20	9-10	25M Backstroke
21	22	15-18	100M Backstroke
23	24	11-12	50M Backstroke
25	26	13-14	50M Backstroke
<i>10- Minute Break</i>			
27	28	15-18	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
29	30	8&U	25M Breaststroke
31	32	9-10	25M Breaststroke
33	34	11-12	50M Breaststroke
35	36	13-14	50M Breaststroke
37	38	15-18	100M Breaststroke
39	40	8&U	25M Butterfly
41	42	9-10	25M Butterfly
43	44	11-12	50M Butterfly
45	46	13-14	50M Butterfly
47	48	15-18	50M Butterfly
49	50	One from each age group except 15-18	175M Freestyle Relay 2 lengths 9-10 2 lengths 11-12 2 lengths 13-14 1 length 8&U

Scratches. The lineup for an A Meet should be comprised of swimmers who will be in attendance at the meet on Saturday to compete. If a swimmer is in the line-up and does not show up, RESC forfeits points. More importantly, another willing and able swimmer has missed the opportunity to compete. Of course, emergencies arise and swimmers become ill at the last minute. If something unexpected occurs and your child cannot attend the meet, it is vital that

you communicate that to the coaches. Just prior to the start of the meet, coaches are allowed to scratch (remove from the line-up) three swimmers and enter others who already are on the lineup sheet in their place. Once a swimmer is scratched from a meet, they may not compete in that meet.

Swim meets can be and have been won or lost by one point. Every point counts!

Disqualifications (DQ). A swimmer who performs an illegal stroke or turn in an A Meet will be disqualified from the event. No points are scored, no time is recorded, and no ribbon is awarded. The coaches will inform the swimmer of the reason for the disqualification and work with the swimmer to correct the mistake.

Scoring and Awards. The meet is decided based on the total number of points awarded to each team's swimmers.

Points are awarded to the top five swimmers in each individual event as follows:

- 1st – 6 points
- 2nd – 4 points
- 3rd – 3 points
- 4th – 2 points
- 5th – 1 point

Medley Relay points are awarded as follows:

- 1st – 8 points
- 2nd – 4 points

Freestyle Relay points are awarded as follows:

- 1st – 8 points
- 2nd – 4 points 3rd – 2 points

The volunteer automation team enters the results of each event into the computer and posts the results as they become available. The final score of the meet is announced at the end of the meet. Complete results are posted on the MCSL and RESC websites.

Ribbons. Ribbons are awarded for 1st through 6th places. Participant ribbons are awarded to swimmers aged 10 and under for all other races. Ribbons are distributed after the meet at the team lunches.

Division Relay Carnival

Relay Carnival is an MCSL meet comprised entirely of relay races involving all of the division teams. There are numerous different formats (freestyle, medley, mixed age, mixed gender, etc.) RESC enters one team for each event. This event creates a cheering frenzy unlike any other, and should not be missed! The Relay Carnival roster is determined by the coaches and posted by the Friday prior to the meet. This year Relay Carnival will be on July 7. The location for the meet has not yet been finalized.

Divisional Championship

The Divisional Championship, which occurs the Saturday after the final A Meet, includes all six divisional teams. The team swim same events as in the A Meets. Each team in the division is allowed to enter two swimmers per event and one relay team per relay event.

The lineup for Divisionals is determined by the coaches and emailed to the team email list early during the week of the meet.

A swimmer may compete in a maximum of five events, but not all four individual stroke events.

To be eligible to swim at Divisionals, a swimmer must have competed in at least one A Meet during the current season. Swimmers may compete in events they have not swum at an A Meet, but will be entered as NT (no time) for seeding purposes.

Divisionals are held the Saturday after the last dual meet. This year's Divisionals meet will be held on July 20. The location for the meet has not yet been finalized.

MCSL Coaches Invitational Longcourse Championship

This is an MCSL invitation-only event for the eight swimmers (plus two alternates) from the 71 MCSL teams who have achieved the best time in each event during the first three A Meets of the season. This meet is held the second week in July. Swimmers compete in the 50-meter long course pool at Rockville at twice the distance of the MCSL events.

MCSL All-Star Relay Meet

This meet is held the Saturday after Divisionals at Rockville. The team from each Division that has achieved the top time in each relay event (at the Divisional Relay Carnival meets or during A Meets or Divisionals) (plus one wildcard in certain years) is invited to compete, plus two alternates.

MCSL Individual All-Star Meet

This championship meet is held the Sunday after Divisionals at Rockville. Swimmers who achieve an All-Star nominating time in a given event are ranked based on their best time in A Meets and Divisionals in the current season. The top 16 swimmers plus three alternates from the 71 MCSL teams are invited to compete in each event. Swimmers are limited to two events.

CODES OF CONDUCT

RESC Conduct Reminders

Swimmers

During practices, swimmers are to be respectful students as our coaching staff works to develop their skills and competitiveness. Swim team and pre-team practices require our kids' full attention and effort, and courtesy to the coaches and their fellow swimmers. To ensure that all of our swimmers benefit from the wonderful learning opportunity that practices afford them, the coach may remove from the water any swimmer who disrupts practice.

Parents

Swim team and pre-team practices are teaching times, when our coaches are focused on teaching and developing our swimmers. Please help us keep distractions to a minimum during practice times. As with any learning environment, kids generally concentrate better on their teachers' instruction when parents are not in the line of sight or speaking to them. Please give our coaches and swimmers space during practices. If you would like to discuss your child's development, our coaches may be available before and after practices, or you can make an appointment to speak to them.

Montgomery County Swim League Codes of Conduct

Parent/Guardian's Code of Conduct Parents and guardians will understand that MCSL and its activities are for the benefit of children. The goals of the league include helping young people establish a love for the sport of swimming, while developing advanced aquatic skills, teamwork, and the principles of good sportsmanship. To accomplish these goals, parents/guardians must conduct themselves in a manner consistent with creating a positive experience for children and their families.

As a Parent or Guardian of a child registered with an MCSL member team, you are responsible for the conduct of your guests and other family members. MCSL teams will not tolerate a parent or guardian yelling at or belittling a child, an official, coach or other parent or guardian in any way.

As an adult and role model, children are influenced by my words and actions. I agree to the following:

1. I will remember that all children participate to have fun and that competition is for youth, not adults.
2. I will be a positive role model for children and will encourage them to reach the

- highest levels of sportsmanship and to follow the rules.
3. I will be respectful and courteous of others, and will support and encourage swimmers, officials, team representatives, and coaches through my positive actions and attitude.
 4. I will recognize that meet officials are volunteers and will treat them with the same respect that I would expect if I were in that position.
 5. I will not engage in any kind of unsportsmanlike behavior with an official, coach, swimmer, or parent/guardian such as arguing, booing, taunting, or using profane language or gestures.
 6. I will teach my child to treat other swimmers, coaches, team representatives, and officials with respect regardless of age, race, creed, color, gender, or ability.
 7. I will not be aggressive or hostile towards another individual and will teach my child to resolve conflicts without resorting to violence or argument.
 8. I will not ridicule or yell at my child or any other participant for making a mistake and will not hold a specific child responsible for losing a competition.
 9. I will respect and support the team representatives', officials' and coaches' authority during meets and will never argue with, question, discuss, or confront officials or coaches.
 10. I will support a swimming environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all team events.
 11. I promise to help my child enjoy the summer swimming experience by doing whatever I can, such as being a respectable fan, volunteering at meets, and helping with other team activities.
 12. I will do my best to make swimming fun for all children.

Swimmer's Code of Conduct

1. I will do my best to listen and learn from my coaches.
2. I will attend every practice and meet that I can and will notify my coach if I cannot.
3. I will treat my coaches, other swimmers, officials and fans with respect regardless of age, race, creed, color, gender or abilities and I will expect to be treated accordingly.
4. I will not engage in any kind of unsportsmanlike behavior with any official, coach, swimmer or other parent/guardian such as arguing, booing and taunting; refusing to shake hands; or using profane language or gestures.
5. I will encourage my own parents or guardians to engage in good sportsmanship.
6. I will expect to be treated fairly over the course of a season with regard to meet entries and recognize that certain meets are more competitive than others.
7. I deserve to have fun during my swimming experience and will alert parents/guardians or coaches if there are problems or it stops being fun.
8. I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all swim meets.
9. I will remember that meets are an opportunity to learn and have fun.

RESOURCES

Regency Estates Swim Team Reps

Jessica Roth

Patti Wang

rescswim@gmail.com

RESC Head Coach

Erin O'Connor

emoc92@hotmail.com

Regency Estates Swim Club

<http://rescswimpool.org/>

Montgomery County Swim League

<http://mcsl.org/>

USA Swimming

<http://www.usaswimming.org>