

Creekside Cudas Swim Team Handbook 2022



www.creeksidecudas.com

Creekside Cudas Swim Team

The Creekside Cudas swim Team is organized to provide fun and recreation for the young members of the Creekside Cabana Club. The swim season provides parents with the opportunity to reacquaint themselves with old friends and to make new friends. This handbook is provided to illustrate the roles we all play in making.

Creekside Cabana Goal

The goal of the swim program is to enable our children to learn competitive swimming and to compete at a similar level to the rest of the Cabana League in an environment that builds self-esteem and confidence. The Swim Team also serves as a focus for social interaction for both children and parents.

Summary of the Swim Season

The Cabana League swim season is from April through mid July. Our first meet is Time Trials where we create two teams of our own swimmers and allow them to compete against each other. This meet serves two purposes: to familiarize the parents and swimmers with swim meet procedures and to allow the coaches to see how well our swimmers will do in dual meet situations. Dual meets are held with each of the other five teams over the next five or six weeks. These meets start at 8:30 am and are usually over by 2:00 pm. We host approximately half of the meets and the other teams host half. The grand finale of the year is Champs where all six teams compete against each other for the league championship.

What Should Parents Expect?

- Your child to have a fun filled, active summer
- Your child's swimming progress to improve
- To be treated with respect and courtesy by swimmers, other parents, and coaches
- To help run our meets by volunteering at Time Trials, home meets, away meets, Champs and at a fundraiser and social events
- To help in raising funds for the Cabana Club Swim Team

What Should Your Child Expect?

Be at practice as often as possible

Be at practice on time

Treat coaches and fellow swimmers with respect and courtesy

Set a good example for all swimmers

Participate appropriately in coaching sessions

To have fun, make friends, and enjoy being an important part of the team

Swimsuit and Apparel

Swimsuits

Swimmers should wear:

- Team suit*
- Team cap
- Goggles to prevent eye irritation

*League rules, only one suit to be worn on race days

Fittings are available, see calendar for details. Swimsuit Coordinator is listed on Contact page of Handbook, if needed.

Swim Apparel

Swim apparel are available for purchase at beginning of the season. Items vary from year to year which may include: swim bag, parka, tee shirts, sweatshirts, sweat pants and towels. The Swimsuit & Accessories Coordinators are listed on the Contact page in Handbook

Fundraising

Creekside Cudas hosts fundraising efforts throughout the season. See the Calendar of Events for a list of events and fundraisers that you can attend.

Raffle and auction items are donated by Creekside families and local businesses. All monies go directly to the swim team.

The fundraisers offset costs of pep rallies, replacement of equipment and other overhead costs.

Social Events

The focus of the swim team is not only to have the fastest team in the league, but to have a team where everyone feels welcome. In years past, we have been labeled the “Most Spirited” team in the league.

Social events we typically schedule include:

- Root Beer Float Social - Friday prior to Time Trials
- Swim Team Rallies - Friday prior to meets
- Swimmer Social - Fun event for all swimmers
- Parent Mixers
- Raffle Dinner & Social

Swim Team Breakfast

Coach Tarryn Knight began this tradition in 1998. This breakfast is planned for the Friday morning before the Championship meet. It is a Cuda tradition to finish the practice season with this event.

Pasta Dinner

The Thursday before the Championship meet, swim team members and families gather poolside to enjoy a pasta dinner together which culminates in a slideshow presentation.

Swim Team Awards & Pizza

After a long day at the Championship meet, the Cabana Club is open late for Cudas Swim Team families to relax and enjoy. The day after the Championship meet an award ceremony is held poolside.

Service Hours Policy

Parent participation on the Creekside Swim Team is a very fun but significant commitment from our swimmers' families. Our swim meets and social/fundraising events rely on family participation in order to run successfully.

For the current service hours requirements please see the Service Hours Policy under the Documents tab of the website.

Media Information

By registering for the Creekside Cudas Swim Team, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation on the swim team this season to be used for Creekside Cudas Swim Team newsletters, events and marketing. Such information and imagery may include, but is not limited to, photographs, video, heats sheets and live meet results.

Running a Home Swim Meet

Seeding the Meet

The coaches provide a list of all the swimmers and their events to the computer person. This person sets up our team for the next meet. This consists of using the Team Manager software and placing our swimmers in the events they are scheduled to swim. If this is an away meet, the software is delivered to the host team via internet or storage device by 9:00pm on the Wednesday prior to the meet.

If this is our meet, the computer person will receive the entry file via the internet or storage device from the other team. The contents of this file are merged with our team's data and then the meet is seeded in the Meet Manager software.

Pre-meet Rally

Before each of our meets the coaches and swimmers get together for a pre-meet rally. At the rallies the Swim Team Captains lead our swimmers with team cheers. Swimmer prepare posters for our home meets. These meetings are an important part of building team spirit and motivating our swimmers for the next day's meet.

Any additional instructions for the next days meet will be provided at this time. Rallies are held on Friday night before the swim meet on Saturday.

Home Meet and All Meets Registration Table

Check-in for the meet will be handled prior to the start of the meet outside each Cabana Club. Each swim team will have their team specific sign-in tables. Swimmers check-in for their individual Events/ Heats. Volunteers check-in for their volunteer positions.

Functions to Run a Swim Meet

Clerk of the Course

The Clerk of the Course is responsible for creating an efficient meet. The Clerk arranges swimmers into the predefined swimming order and ensures that the swimmers are ready at their starting positions when their heat is ready.

Computer Manager

The Computer Manager is instrumental in running all our swim meets. The Computer Manager is responsible for entering & seeding swimmers, creating swimmer reports as well as providing season summaries.

Announcer

The Announcer is responsible for announcing the swimmers in each event. He/she also makes special announcements.

Starter

The Starter is responsible for starting all races. The starter waits for the Head Timer to verify that the timers are all ready, has the swimmers step up on to their respective blocks, then starts the race as follows:

“Swimmers step up please”- Swimmers stand on the starting blocks. Their toes should be about 6” back from the front of the block. Younger swimmers may decide to dive from the side of the pool. In this case they would move forward to about 6” back from the edge of the pool.

“Swimmers take your marks”- Swimmers now move a foot or both feet to the front of the block depending upon their starting style. The swimmer takes up a crouched position with their weight shifted back and their hands holding on to the front of the starting block to provide support. The Starter waits for all swimmers to be motionless then starts the race with an electronic starting device that issues a shrill beep.

The Starter also checks for “False” starts. This is a situation where swimmers attempt to get an advantage over their fellow competitors by getting a start prior to the actual start of the race. Should a swimmer fall into the water prior to the starting gun, the swimmer is charged with a “False start”. Swimmers are disqualified after a second false start.

The Starter watches the start to ensure that no swimmer has “beaten” the start and gained an unfair advantage. Should this occur the Starter would press and hold the starting button on the starting system and the False Start rope will be released. Swimmers should stop swimming and return to the starting blocks

Stroke and Turn Officials

Stroke and Turn Officials are responsible for ensuring that swimmers adhere to the Cabana League rules. These rules define how the various strokes should be swum. Our rules are the same as U.S.A Swimming rules, except for some small modification for our 6 and under swimmers. A complete list of the Cabana Laws can be found at the end of this document.

The coach of the team can contest any DQ. Should a DQ be contested the official must demonstrate that they can describe what they saw, describe where they were standing when the infraction occurred, and what rules was broken. Should the Stroke and Turn Official not be able to answer any one of these questions the benefit of doubt goes to the swimmer.

Head Timer

The Head Timer is responsible for ensuring that all stopwatches are functioning correctly. Prior to the start of the meet the Head Timer will conduct a stopwatch check. This check will consist of the Head Timer gathering all timers and going through a simulate race. The Times on the stopwatches are compared to ensure

they are functioning correctly. This also helps timers to become familiar with the operation of their stopwatches.

The Head Timer also ensures that all timers are ready after a heat, once they are, the Head Timer informs the Starter, and the next event can continue.

The Head Timer also starts two watches as a backup, in case a timer does not manage to get their watch started at the correct time.

Timers

There are three Timer to each lane. The Timers all start their stopwatches when they see the strobe on the Colorado Starting System flash. When the swimmer touches the wall the Timer stop their watches.

The Timer read their times to the recorder who will log the information down on the recording sheet for that event and heat.

the Timers then reset their watches and wait for the next race.

Recorders

Recorders are responsible for recording the times presented to them by the Timers. The Recorders should take the median (middle) time and mark it as the official time. If there are two Timers, this usually only happens in Time Trials, the Recorders should average the time.

Ribbons

Prior to the meet a set of labels for all participants is created. If a swimmer receives a ribbon for the event or heat, their label is removed from the 'participant sheet'.

Once the results from the races start being posted, ribbon labels will arrive at the ribbon table. These labels are placed on to the appropriate ribbons and sorted in to each team's ribbon box.

A swimmer winning a heat will receive a "Heat Winner" ribbon.

Participant ribbons will be provided to swimmers who have swam in at least 1 event and has not received either an event or heat winner ribbon.

Runner

Runners are responsible for picking up the filled out lane sheets from the Recorders in each lane then handing them in to the computer desk. The sheets should be sorted by lane before giving to computer people.

Spectators

Spectators are responsible for cheering their team on. The louder the cheering, the better our swimmers perform!

Concessions

Concessions are available for purchase at the Cuda Café. Items such as: hot & cold breakfast, BBQ lunch and a variety of snacks can be bought through-out meets.

The concessions stand always needs a helping hand serving, preparing, cooking up hotdogs and burgers and with clean-up. Cuda Café is a great way to complete your volunteer shifts at home meets. Contact the Volunteer Coordinator who is listed in the Leadership section of the website. Refreshments

Refreshments are served to the people working at the meet. Lunch is served to the Coaching Staff for both teams. This function is managed by the Concessions staff.

Clean-up after Meet

Every family is asked to help with clean-up after home meets.

- Lane lines are removed by the swimmers and placed on the rack on the Yerba Buena Side of the Club.
- Barrier rope, false start rope, etc. are stored in the storage room near the diving pool pump house.

Setting up a Home Meet

Set-up at the pool begins at about 6:00 am. Some set up may occur during the rallies the night before. Setting up the pool consists of the following tasks:

Clear Pool Deck

- Can be done the night before during or after the rally

- Place lounge chairs around the kiddie pool end-to-end 2-3 high
- Place umbrellas by the tool shed, leave an umbrella base on each side of the pool by coach's table for drop line
- Install the lane lines after the pool is cleaned and before the pop-ups for the timers are set up.
- Place 4 chairs at the end of each lane at both ends of the pool for timers and recorders, leave them stacked up away from the pool until warm-ups are over to keep them as dry as possible. Leave a towel at each end to dry them after warm-ups.
- Set up chairs:
 - 3 chairs side by side and one behind each lane at both ends of the pool.
 - 3 chairs for each coach's tables
 - 3 chairs for announcers
 - 2 chairs for ribbons

Cuda Café Area

- Clear Cuda Cafe area picnic tables to the side by the sand pit
- Please try to lift the tables and not drag them, neighbors will appreciate this.
- Place table by fenced patio area for the cashier

Pop-ups

- Open shed and pull out pop-ups. A team of 4 people should place and set up each of the pop ups:
- 3 for the Cuda Cafe, bring over and set them up
- 2 at the Clerk of the Course •2 for the Starter/ Announcer area
- 1 each side of the pool for the coach's tables
- 1 for apparel by the kiddie pool
- 3 for the timers at the block end of the pool
- Find black mats, place one at each corner of the pool for the stroke and turn judges.

Banquet Tables

- Bring tables out of storage area in the clubroom:

- Set up 2 for check in
- Set up 3 for the starter/announcer
- Set up 2 for the computer by the windows of the clubhouse facing the pool
- Set up 1 for Ribbons near the post outside the boys restroom
- Set up 1 under each pop ups for the coaches to sit
- Set up 3 in the Cuda Cafe

After check-in is closed:

- Bring the tables to the computer area
- Remove the team list
- Bring one table out to set up for apparel by the kiddie pool
- Bring the three folding banquet tables from the storage shed to the fenced patio for the Cuda Café

Setting-up the Ropes

Ropes are located in the swim team shed. Please see Setup Lead for complete details.

Assist Audio Set-up

- Bring out audio equipment from the storage shed to the Announcer’s table.
- Bring speakers and stands from the shed
- Find the starter’s box, bring it to starter area
- Bring starter stand and set up

Cabana Club Swim League

Member Teams

Almaden Dolphins	Creekside Cudas	Crossgate Gators
Pinehurst Piranhas	Santa Teresa Sea Otters	Shadowbrook Sharks

Swim Meet Schedule

Dual meets will be held with a championship meet closing the season. The schedule of meets for each season, documenting the dates of each meet and

order of competition, shall be established at an annual meeting of the league board of directors to be held in January.

Swimmer Eligibility

1. Swimmers must be members of their respective clubs, meeting all normal requirements for membership and pool rights of the club. One parent or legal guardian of each swimmer must be a club member.
2. Roster lists must be exchanged among member teams PRIOR to the first meet of the season. Roster may be updated as necessary during the season. More than one roster change for the same individual must be approved by a majority vote of the league. All roster changes must be forwarded to the League Commissioner prior to the next scheduled dual meet. Failure to comply may result in forfeiture of meet(s).
3. Roster lists must include names, ages, and birth dates.
4. Eligibility for the championship meet requires swimming in at least one 1 individual event in at least 3 dual meets of the current year as a registered member of their respective swim team. This requirement may be waived for special circumstances (such as major illness, injury, or death in the immediate family) by a majority of silent votes cast by parent representatives at the annual seeding meeting.
5. In all meets a swimmer MUST swim in at least one (1) INDIVIDUAL EVENT to be eligible to swim a freestyle relay.

Swimmer Age Groups

6 & Under 7/8 9/10 11/12 13/14 15/18

1. A swimmer's age is determined by his/her actual age on ***May 31st*** of each year. Swimmers may swim up one age group but MUST compete at that age level for the ENTIRE meet, except 6 & under, who may 7/8 Fly and Breaststroke and still remain 6 & under for the remainder of the meet.
2. To be eligible to swim for a season. 18 year old's must still be 18 as of ***May 31st*** of the current swim season.
3. If a club does not have four swimmers listed on their current roster in a given age group (not counting scratches), a swimmer may swim up one age group for that relay event without have to swim up all events.

Required Events

6 & under - Freestyle and Backstroke only. A 6 & under swimmer may swim up one additional stroke (Butterfly or Breaststroke) and receive points if placing first, second or third.

Required for each age group and will swim in the order listed below (except 6 & under, who are only required to swim Freestyle and Backstroke):

- Medley Relay - In the following order: Backstroke, Butterfly, Breaststroke and Freestyle.
- Butterfly
- Backstroke - Backstroke flags must be provided by the host team and placed exactly 15 feet from each end of the pool.
- Breaststroke
- Freestyle
- Freestyle Relay - 6 & under may be mixed boy and girls.

Distance

Required events and relays:

- 6 & under- One (1) length per swimmer
- 7/8 - One (1) length per swimmer
- 9/10- One (1) length per swimmer
- All others- Two (2) length per swimmer

Scoring & Awards

Dual Meets

Individual Events:

First	5 Points	Blue Ribbon
Second	3 Points	Red Ribbon
Third	1 Point	White Ribbon
Fourth-Sixth	0 Points	Ribbons

Relay Events:

First	18 Points
Second	14 Points
Third	12 Points
Fourth	10 Points
Fifth	8 Points
Sixth	6 Points

Dual Meet Championship Trophy

The dual meet champion is the team with the most dual meet wins. In case of a two-way tie, the champion shall be the team winning the dual meet between the tied team. In case of a three-way tie, the champion shall be the team scoring the greatest total number of points against the other two tied teams. The team hosting the championship meet will purchase the dual meet trophy and the Commissioner will award it at the final meet.

Standing Rules

Dual Meets

1. All required events will be swum; optional events will be decided at a coach's meeting prior to the meet.
2. A listing of the individual participants by age and event must be provided to both teams on or before the WEDNESDAY evening preceding the start of the meet.
3. A scratch session will be held prior to the start of the meet. ONLY SCRATCHES MAY BE EFFECTED at this session and NO ADDITIONS OR OTHER CHANGES may be made. Failure to provide the listing by either team will result in forfeiting the upcoming meet. If there is a dispute between two teams, the dispute shall be settled by the Commissioner if asked upon on or before 9:00 PM, the Friday before the meet.
4. Scratches for the BUTTERFLY will be accepted up until 8:15 AM, the morning of the meet. Scratches for the BACKSTROKE will be accepted up until the start of the first Butterfly event. Scratches for the BREASTSTROKE will be accepted up until the start of the first BACKSTROKE event. Scratches for the FREESTYLE will be accepted up until the start of the first Backstroke

5. Once the team line-ups are set and the meet starts, failure to swim an agreed event constitutes a forfeit. In case of a forfeit, points are awarded to the opposition with the race being swum according to league rules and ribbons awarded.
6. There will be no limit on number of heats.
7. A relay must have four (4) different swimmers to be official and count for points.
8. Only one relay per age group shall be official. This relay must be designated before the event is swum.
9. A swimmer does not lose their right to participate in the remainder of the meet by missing any of their scheduled events; except that one (1) individual event must be swum to establish eligibility for swimming the Freestyle relay.
10. The maximum number of events per swimmer will be three (3) individual events plus two (2) relays. One (1) individual event must be swum to be eligible for the Freestyle relay at dual meets.
11. In dual meets, the order of events shall be slowest to fastest with the slowest heat swum first.
12. All heats are official for individual events
13. The starter will allow up to one false start per swimmer per event. A swimmer will be disqualified on a second false start.

Championship Meet

1. All required events will be swum; optional events will be decided at the seeding meeting prior to Champs. Eligibility: a swimmer must swim 3 dual meets with 1 individual event at each.
2. Team line-ups with the fastest individual competitive times from the current year's dual meets will be submitted at a seeding meeting held on or before the SECOND TUESDAY EVENING PRIOR TO THE MEET.
3. There will be no limit on the number of heats. All heats will be official with the swimmers pre-seeded in accordance with their fastest competitive times achieved in accordance with rule 2 above.
4. A swimmer does not lose their right to participate in the remainder of the meet by missing any one of the scheduled events.
5. The maximum number of events per swimmer per meeting shall be three (3) individual events plus two (2) relays. In the Championship Meet, the

- order of events shall be slowest to fastest, with the fastest heat swum last.
7. All heats are official for individual events.
 6. Only one relay per age group shall be official. This relay must be designated before the event is swum.

Stroke and Turn Judging

1. Stroke and Turn Judging will be based on the current United States Swimming rules. It is the responsibility of each team to ensure that the individuals designated by them as Stroke and Turn Judges are qualified and competent. Clubs shall encourage Judges to attend USS training clinics annually. Each swimmer must make an attempt to swim the proper stroke. Each coach has the responsibility to train each swimmer to do the strokes and turns properly.
2. Interference with another swimmer, breaking stroke (one complete odd stroke), or the second false start constitutes a disqualification. Crossing lanes shall constitute a disqualification only if there is interference with another swimmer. In the event of interference, the event will be terminated and rescheduled after a reasonable rest period. Disqualified swimmer will not swim in the rescheduled event. Deliberate use of the lane lines poolside, or bottom of pool to gain advantage constitutes a disqualification.

Starting Sequence

Dual Meets

1. Swimmer placement shall be determined by three timers per lane, plus a head (or roving) timer. The head timer's time shall be official in a lane only if an assigned timer has missed the start of a heat or in the event of equipment malfunction.
2. Place judging shall not be used for swimmer placement in dual meets.
3. With three times available, the median time shall be recorded as the official time. If, due to a malfunction, only two times are available, the average of the two remaining times shall be official. In case of dispute, the referee's decision shall be final.

4. After the initial start on relays, false starts will be determined by assigned judges who will position themselves so that they may observe both the touch of the finishing swimmer and the feet of the starting swimmer.

Championship Meet

1. Swimmer placement and official times will be the same as dual meets. The Colorado Automatic Timing System may be used in place of manual timing.
2. With the Colorado Automatic Timing System, the official timer is started with the starting horn and is manually stopped by three timers per lane. Official placement and times are automatically recorded. Each lane will also have one manual time recorded on the swimmers entry card, to be used only in case of a malfunction to the automatic timing system.

Directions to Cabana Clubs

Almaden Dolphins

6975 Bret Harte Drive, San Jose, CA 95120

West on Capitol Expressway over the 101 to Almaden Expressway

South on Almaden Expressway past Blossom Hill and Camden Avenue Left at Via Valiente Right at Brett Harte Drive

Cabana Club on left

Crossgates Gators

1297 Peralta Drive, San Jose, CA 95120

West on Capitol Expressway over the 101 to Almaden Expressway

South Almaden Expressway Right at Redmond

Left on McAbee Road

Left on Paralta

Cabana Club on left

Pinehurst Piranhas

886 Lewiston Drive, San Jose CA 95136

West on Capitol Expressway over the 101 to Pearl Avenue

Left on Pearl Avenue to Lewiston Drive (1st Street on left)

Cabana Club is on the corner of Pearl and Lewiston Drive

Santa Teresa Sea Otters

286 Sorrento Way, San Jose, CA 95119

South on 101 to Blossom Hill Rd

Take Cottle Road turnoff
Follow Cottle Road turnoff
Left on Santa Teresa
Right at first light, Camino Verde
Pool is on left, corner of Camino Verde and Sorrento Way

Shadow Brook Sharks

1079 Shadow Brook Drive, San Jose, CA 95120
West on Capitol Expressway over the 101 to Almaden Expressway
South on Almaden Expressway past Blossom Hill and Camden Ave
Make a U turn at Via Valiente
Go back to Shadow brook Drive Pool will be on your left.

Cuda Code of Conduct

- Be at practice, meets, and in the water on time
- Listen and follow directions from coaches
- Be polite and considerate to everyone
- Keep your hands, feet, and objects to yourself
- Do not swear or verbally annoy others
- No public displays of affection. (i.e. kissing and fondling boyfriend/girlfriend)

Practice - Research has revealed that athletes that are late or miss practice regularly find it difficult to be successful in swimming and any endeavors that they may be engaged in. The more you practice, the more you will succeed.

Positive Incentives - Swimmers are rewarded for their appropriate behavior with Cuda Cash, awards, certificates, best times, and a variety of other “kudos”.

Negative Referrals - Swimmers who do not behave appropriately at Creekside may expect phone calls home, citations, suspension from practice and meets, and expulsion from the team.

Team Safety - Serious discipline action will occur for harassment situations. Bullying will not be tolerated. Words, looks, and/or gestures that result in making someone feel uncomfortable or unsafe will be considered harassment. This

includes actions and comments aimed toward ethnicity, sexual orientation, religion, and physical appearance.

General Parent Notice

This is to give notice that the Creekside Cuda Swim team is a non-profit organization that is operated by volunteers. It is the mission of the team to promote swimming in an atmosphere of fun and consistent with the USA Swimming Rules.

Parent/Guardian(s) Cuda Code of Ethics

We would like to thank you for volunteering your time to involve yourself with a very important role in the Cuda Swim Team. A parent/guardian is very often a major influence in a young swimmer's life. It is often a matter of attitude as well as actions that affect the swimmers. You may choose to take your child's swimming seriously, but don't lose your sense of humor and/or sportsmanship. After all, you are setting an example for not only your child but your child(ren)s teammates as well. **Our parents/guardians primary purpose will be to promote sportsmanship, friendship, and volunteerism while remembering that the kids are swimming to have fun.**

The parents/guardians will:

- Exhibit sportsmanlike conduct at all practices and swim meets
- Maximize praise and minimize criticism
- Make corrections calmly, not screaming at your child, other swimmers or patrons of the pool
- Not ridicule your child/swimmer **nor** allow your child/swimmer to tease or taunt other swimmers
- Not yell at the Stroke & Turn judges, coaches, parents, other children, and/or other patrons of the pool
- Maintain self-control at all times
- Make all practices and swim meets fun for everyone
- Not use profanity towards swimmers, coaches, Stroke & Turn judges, and other parents or spectators

- Follow all rules and regulations of the Creekside Cabana and Cabana Swim League

Anyone not abiding by the above Code of Ethics, will be given a warning, or if the action is severe will be asked to leave the premises and their swimmer(s) removed from the Creekside Cuda Swim Team.