



2007 AASSL Division Champions

N o r t h e r n H i l l s

NADADORES

2011 Swim Team Handbook

A guide for swimmers and their parents

Contents

Our Mission	3
Our Goal	3
Alex Spalding – Head Coach.....	6
Brittany Thomas – Assistant Coach	6
Landon Colson – Assistant Coach.....	6
AGE GROUPS.....	8
PRACTICE.....	8
INFORMATION REGARDING MEETS	9
VOLUNTEER JOBS - The Nadadores need your help!.....	9
Available Positions for Swim Meet	9
ADDITIONAL INFORMATION and EVENTS.....	10
Communication	10
Concession Stand.....	11
Team Pictures.....	11
Meet Attendance.....	11
Team Equipment	11
Swim-a-thon	11
Divisional Meet.....	11
Social Events.....	11
Strokes and Meet Events	12

Our Mission

The Northern Hills Nadadores Swim Team, located at 13114 Scarsdale, San Antonio, Texas, is formed to encourage friendly team competition and provide young people with the opportunity to participate in team competition during the summer, in a safe, fair and encouraging environment, in order to develop athletic skills, sportsmanship, and teamwork, and to foster an appreciation of the relationship between effort and success. In addition, non-swimming events will be organized to promote team spirit.

Our Goal

Our goal is to instill in our team a love for the sport, respect for our teammates and coaches, teamwork and the principles of good sportsmanship and ultimately bring each swimmer back next year.

Letter from the President

Welcome to the 2011 Swim Season!

We are very excited for the new swim season to begin for the Nadadore Swim Team and hopefully it will be the best yet. We are fortunate again to have dedicated coaches and swim team board. We also have great parents that have been willing to donate their time and expertise. Again, we will need your help this year. Although it can be tough to find time for everything, we must always keep in mind that we do this for the 100 wonderful kids that are the Nadadores.

Up-to-date events concerning the season can be found on the website (www.northernhillspool.org), thanks to our dedicated webmaster. The website should be looked at frequently, as this is where most communication between the board and parents will take place.

We are pleased to welcome back Head Coach Alex Spalding and Assistant Coaches Brittany Thomas and Landon Colson. We anticipate great things from this our coaches this year.

Please feel free to contact me or any other board members throughout the season with questions, comments, and ideas.

Go Nadadores!

Richard Moralez

President, Nadadore Swim Team

CONTACT INFORMATION

Northern Hills Swimming Pool 655-0681

Pool Manager – Alex Spalding 488-4010 northernhillspool@gmail.com

Nadadores Swim Team Board

President - Richard Morales 653-7302 richard@satx.rr.com

VP Meets - Greg Golden 393-8021 snggolden@sbcglobal.net

Concessions – Tish McPhail 216-4815 tishintexas@gmail.com

Secretary – Debbie Royder 669-4926 debraroyder@yahoo.com

Treasurer - Clem Spalding 862-0843 clemspalding@gmail.com

Team Rep - Teresa Spalding 862-4575 teresamspalding@gmail.com

Team Official/Starter – Don Royder 669-4924 donroyder@hotmail.com

Northern Hills Neighborhood Swim Club

President - Clem Spalding 862-0843

Vice President - Roger Martinez 862-9005

Secretary - Debbie Royder 669-4926

Treasurer - Steve Foster 340-1717

The Northern Hills Nadadores Swim Team operates as a program of the Northern Hills Neighborhood Swim Club.

The Northern Hills Swim Club has Summer Season memberships available. Just ask the coaches or lifeguards for details.

Our Coaches

Alex Spalding – Head Coach

Alex has been swimming competitively for about 15 years. He started at the age of six as a summer league swimmer for Northern Hills. He has been a member of Northern Hills pool and the swim lessons program since the age of two. He continued on to swim club for AAAA and eventually he swam for James Madison high school for four years. His senior year he was Captain of the swim team for Madison. He now attends the University of the Incarnate Word where he proudly represents the Cardinals men's swim team who are the top ranked, division 2 team in the nation. Alex has been coaching at Northern Hills for two years, officially. But he has helped out for over 4. This will be his fifth summer lifeguarding at the pool where he grew up.

Brittany Thomas – Assistant Coach

Coach Brittany swam competitively for 9 years including summer league and high school swimming. She goes to college at UTSA and is majoring in mechanical engineering. This will be her second year as an assistant coach for the Northern Hills Swim Team.

Landon Colson – Assistant Coach

Landon has been swimming competitively for about thirteen years. The first swim team he had joined was at Northern Hills Country Club for summer league. He met head coach Spalding during that summer. From there he joined AAAA for club swimming and training. Next summer he moved to Thousand Oaks Racquet Club with Coach Duin as head coach. After years of swimming under Coach Duin he followed him to James Madison High School to swim on his high school team. Once again Coach Spalding and he were reunited as team mates. For senior year he transferred to Douglas Mac Arthur High School to graduate and swim under Coach Walker. Landon is very excited for this next upcoming season of summer league swimming for the Nadadores.

Nadadores Code of Conduct

Swimmers are expected to:

1. Always display good character by being respectful and polite to others.
2. Be attentive and listen in practice.
3. Always swim to the best of his/her ability.
4. Display good sportsmanship in practice and at competitions.
5. Follow ALL pool rules – when in doubt, ask.
6. Be on time to practices and meets.
7. To stay in the team area during meets.

Coaches are expected to:

1. Serve as role models.
2. Provide an appropriate vision for the children.
3. Foster sportsmanship, fair play, building of the mind and body in a competitive atmosphere.
4. Provide a proper level of discipline at all practices and at all meets, with emphasis on team enthusiasm.
5. Provide technical direction to the swim team.
6. Plan all practices & communicate to parents the practice and meet times.
7. Maximize both participation and the competitive 'swim to win' philosophy.
8. Be understanding of, empathetic with and sensitive to the emotional and physical developmental needs of children.

Parents are expected to:

1. Support the coaches at practices as well as meets.
2. Provide support that is unconditional of their child's efforts, swimming results/times at competition.
3. Actively participate and volunteer at meets and within the Parents' Committee.
4. Provide general parental guidance to the children.
5. Provide transportation to and from meets
6. Pay all team dues and fees on time.
7. Set an example of sportsmanship, leadership and fair play for the children.
8. Equip your swimmers with suits, goggles, caps, and any other Nadadore team equipment that you feel is helpful to your child's development and performance as a member of the Nadadore Swim Team.

See **Volunteer Jobs** to learn the different ways you can volunteer.

GENERAL INFO

The Nadadores are a member of the Alamo Area Summer Swim League (AASSL). This league currently consists of 27 teams in 4 divisions with 6-7 teams in each division. The Nadadores are currently in Division III, conference E.

AGE GROUPS

Swimmers will be grouped by age (swimmer's age as of June 1, 2010) as follows:

1. 6 and under.
2. 7 & 8 year old.
3. 9 & 10 years old.
4. 11 & 12 years old.
5. 13 & 14 years old
6. 15-18 years old.

PRACTICE

Practices are held daily, in the afternoons until the school year ends, and then in the mornings for the rest of the season. Please see the Nadadores Calendar for your child's age group schedule.

We count on parents to make every effort to have their children at every practice session possible. This will greatly help the child's abilities and will also help the coaches better know each swimmer's strengths and where they need help. You only get out of it what you put into it!

While your child is practicing with the team, you are invited to watch from the sidelines. Find a shady spot, relax, and get to know the rest of the parents. The coaches will let you know if they need your assistance. If you have other children with you at practice, please keep them out of the pool and make sure they do not interfere with the practice. Every swimmer deserves the coaches' undivided attention.

NOTE: The baby pool is ONLY for children under age 6 and each child must be supervised by a parent at all times. Use of the baby pool during swim team practice hours or home meets will NOT be allowed! This rule is to assure your own child's safety. Please help us make sure this important policy is followed by all Nadadore families and our visitors.

Practice sessions will address stroke work, endurance and speed. The coaches will strive to assist all swimmers in meeting their individual goals. Given the diversity of skill level, some swimmers may have a goal to learn to swim at least one new stroke legally, while others may strive to

improve their speed and competitive performance. Swimmers should be realistic in setting performance expectations. A successful season may best be measured by improvement in one area of a swimmer's own performance. Remember, this is a short-term summer recreational league.

The most important thing is that swimmers have fun.

INFORMATION REGARDING MEETS

There are 5 dual against other pool teams in June as well as the divisional and All-Star meets. See the Nadadore Calendar for details. Typically, meets last about 4 hours but can go longer. Make sure that your swimmers arrive at the pool ready to go. Swimmers should check-in with the coaches upon arrival and stay in the team area at all times Swimmers should know which events they are swimming. Swimmers should never leave a meet early without letting the coaches know. Also, let the coaches know as soon as possible if you will not be attending a particular meet so that they can plan the line-ups accordingly. When we are hosting a meet at our pool, we are responsible for the smooth operation of the meet and the comfort and enjoyment of our guests. It is also our chance to earn money for the team by selling snacks and drinks. There is a great need for everyone's help during our home meets. At the end of the season, swimmers will be able to participate in a larger championship meet to test their abilities against the best swimmers in the area.

VOLUNTEER JOBS - The Nadadores need your help!

Every parent is expected to find a job or task here that suits their own schedule and interests. Older siblings not participating in the swim meet are also encouraged to lend a helping hand. If everyone pitches in, nobody has to work too hard and the whole team wins! A parent from each Nadadore family should plan to help in some capacity at each swim meet during the season.

Available Positions for Swim Meet

1. **Stroke and Turn Judges:** (Training - Must attend 1 Stroke and Turn Clinic) – Stroke and Turn Judges determine whether the swimmers perform their strokes and turns in accordance with the prescribed rules of AASSL.
2. **Starter:** (Special training required) –The Starter has complete control over the swimmers from the time the Referee signals the start of the race until after a fair start has been achieved. He/She calls the swimmers to their starting positions and to “take their mark” and indicates if any false starts have occurred.
3. **Automation Coordinator:** (Training Required) Team automation coordinator uses Meet Management Software to prepare meet entry sheets and record swimmer times and heat scoring. The automation coordinator also prints ribbon labels, event score sheets and final

meet summaries. Active coordination with the Head Coach is required during the week preceding swim meet.

4. **Head Timer:** While you do not have to be certified, it is recommended that you have been a timer several times, before signing up for this position. The Head Timer makes sure all timers are in place and ready for each heat, communicates with the Head Judge and acts as 3rd timer when a timer's watch malfunctions. Head Timer works the entire meet.
5. **Timers:** 3 timers per lane are required for all meets (1/2 from each team). A stopwatch is provided and you are trained before the meet begins. Our goal is to have enough volunteers to sign up for this position, so that our Timers will only have to work for one half of a swim meet.
6. **Ready Bench:** All swimmers report to the Ready Bench when called for their event. The Clerk(s) of Course organizes the swimmers according to lane assignments and makes sure they have their time cards to be given to timers. He/She arranges with the Announcer to call the events with adequate time intervals. The Clerk of Course also records "scratched" swimmers.
7. **Assistant Ready Bench:** The Assistant Clerk of Course will help assign children to lanes and monitor the children's whereabouts. (Experience herding wild animals helps with this job!)
8. **Announcer:** (Experience helpful) Announces all the events for the meet as well as all check-ins to the Clerk of Course. Works closely with the Starter to keep the meet running.
9. **Runner:** The runner collects the time sheets/cards from the timers and turns them in to the computer operators. A runner also passes out the time sheets/cards to the timers.
10. **Ribbon Writers:** 2 Ribbon Writers per team are needed for each meet. The job is to attach labels to the appropriate finish ribbon.
11. **Concessions:** Volunteers help layout and prepare food and snacks for the meet, collect money for purchases, sell programs, and help clean up the snack bar area at the end of the meet.
7. **Scorers/Verifiers:** Work with computer operator to input meet results, verify score and prepare result sheets.

ADDITIONAL INFORMATION and EVENTS

Communication – The primary method of communication used by the team is email. The secretary is responsible for maintaining the email group. If your email changes or if you have more than one email address you want information communicated to, please inform the secretary. If you don't have email, please let the secretary know the best way to contact you. Emails will be used to let you know of practice status in case of bad weather, any updates or

changes to schedules, etc. General information is also posted to our website, which is part of the NH Pool's website: www.northernhillspool.org/nadadoresswimteam.html. We will also post meet results on a companion page. A Summer League Website page is maintained on the Alamo Area Aquatic Association website at www.aaaa-sa.org.

Concession Stand – Concessions are sold at our home meets. We ask all families to make donations as requested to stock the concession stand we run during the season. The pool also allows us to open a concession stand at special pool events such as Opening Day and Fourth of July. The money raised is used to offset costs of trophies, awards, social event expenses, etc. Volunteer help is also needed to staff the concession stand during the home meets and special events.

Team Pictures – We schedule individual and team pictures sometime during the season with a reputable sports photographer. Once the date for pictures is arranged, team members will be notified. Pictures are usually scheduled on a practice morning.

Meet Attendance - It is very important to let coaches know well in advance when a swimmer will not be able to make a meet. We know things come up last minute such as illness, but coaches plan their lineups on who they think is available. Relay teams cannot swim with only 3 members and it's not always possible to find a replacement at the last minute.

Team Equipment – Team suits are recommended but not required. New team swimsuits are chosen every two years. Fins are helpful in practice to build endurance and leg strength. The swimmer, if desired, may also use goggles and caps.

Swim-a-thon – Our major source of fundraising each season is our swim-a-thon. Team members are asked to swim lengths of the pool and collect pledges or flat donations for number of lengths swam. Swimmers have a one-hour period to swim. Awards are given at the end of the year banquet for swimmers who swam the most lengths by age groups and swimmers who raised the most money.

Divisional Meet – The divisional meet is held at the end of June or beginning of July at one of the natatoriums in town where our team will swim against several other teams in our division. The top finishing swimmer in each single age group of each event and the top finishing relay team in each relay event at the division meet will receive special recognition.

Social Events – The team organizes several optional social events during the season. These currently include, but are not limited to a pizza party to kick off the season, an ice cream social, a fun team trip and an end of year award banquet.

Information regarding these events is distributed prior to the event.

Strokes and Meet Events – The four strokes used in swim meets are freestyle, backstroke, breaststroke and butterfly. Meet events are broken down by age group, gender and stroke. The recognized age groups for AASSL are 8 and under, 9 & 10 years, 11 & 12 years, and 13-15 years. Younger swimmers (10 and under) swim 25 meters (or 1 length of pool) and older swimmers (11 and up) swim 50 meters (or 2 lengths). Individual meet events for all age groups are freestyle, breaststroke, butterfly and backstroke. Individual medley (IM) is an event where 1 swimmer swims a length of all 4 strokes. Relays are held in the freestyle and the medley. The medley relay is where 4 different swimmers each swim a length using their assigned stroke.

