



**PEARLAND
PIRATES**

**Pearland Swim Team
Handbook**

2009

Table of Contents

Mission	3
Letter from the President.....	4
The PST Board.....	5
The Clear Creek Swim League	5
About the Coaches.....	6
Parent and Swimmer Responsibilities	6
Volunteering and Team Service	6-7
Tryouts/Team Membership	7
Registration and Fees	8
Scholarships.....	8
Swim Suits and Equipment	8
Practices and Practice Schedule.....	8
Swim Meets and Competition.....	8-9
Events	9
Order of Events	10
Awards and Ribbons	11
Swim Meet Schedule.....	11
Championship and Reserve Qualifying Times	12-13
Maps to Meet Pools	14-16
Codes of Conduct	17-18

Mission

The purpose and mission of the Pearland Swim Team is to sponsor competitive and developmental swimming and diving events and activities in the Pearland area and between other communities in the Houston area; to develop in team members a love for the sport, advanced aquatic skills, teamwork and the principles of good sportsmanship.

Letter from the President

Welcome to the 2009 Swim Season!

This will be the eighth season for the Pearland Swim Team and hopefully its best yet. We have been fortunate to have dedicated boards of directors in the past, and this year is no exception. We also have great parents that have been willing to donate their time and expertise. Although it can be tough to find time for everything, we must always keep in mind that we do this for the 200+ wonderful kids that are the Pearland Pirates.

Most details concerning the season can be found on the website, 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 Blake Henry and Assistant Coach Lauren Partridge. We anticipate great things from this experienced and friendly coaching staff. We are fortunate this year to be swimming again in the Silverlake Pool on Southwyck Rd. along with the Southwyck I and IV neighborhood pools.

Please feel free to contact myself and the other board members throughout the season with question, comments, and ideas.

Go Pirates!

Catherine Southerland
President, Pearland Swim Team

The PST Board of Directors

The Board governs the activities of the PST, and is in turn bound by the PST By-Laws (available from the PST website). All Directors are volunteers who serve a one-year term, extendable to two in the same position. A new Board is elected at the close of the season at the awards party. Please address all concerns and comments to a Board member rather than the coaches. This allows them to focus on training our swimmers.

President: Catherine Southerland

Vice-presidents: Ellen Shoet
Dave Wilson

Secretary: Rhonda Paz

Treasurer: Lynn Tackett

Members at Large: Jennifer Stinnett
Genine Burchell

The Website

Our primary means of communication between the board, coaching staff, and swimmers this year will be the website, WWW.PEARLANDSWIMTEAM.COM. Please check the site frequently for updates and important team information. We will try to post changes in practices, especially cancellations, daily.

The Clear Creek Swim League

The Clear Creek Swim league (CCSL) is a non-profit organization formed in 1964 to promote competitive and developmental swimming in the Clear Creek/South Houston area. All teams in the CCSL follow USA Swimming rules and regulations. There are currently 20 teams in the league, divided into four size classes. The PST is a member of the CCSL in the Medium-Large Team Division.

Division 1: Deer Park, Friendswood, Harbour Tide, PineBrookWood, League City

Division 2: La Porte, Pearland, Baytown, Nassau Bay, Clear Lake City

Division 3: Seabrook, Pineloch, South Belt, Brooks, Heritage Park

Division 4: Clear Lake Forest, Dickinson, Timber Cove, North Channel, El Lago

Each team competes in four regular season meets within its division, and one interdivision meet. An additional Final league Meet is held at the end of the season, with three separate sessions: Novice, Champ and Reserve. Qualifying cut-off times for Reserve and Championship meets are published at the end of the season to determine eligibility for participation.

About the Coaches

Head Coach: Blake Henry

Coach Blake swam competitively for about 12 years in both summer league and later in high school. He went to college at Lamar University for four years, where he received a double major in Health and Biology. While there, he also trained to be an Athletic Trainer. After graduating, he went on to get a Masters at Northwestern State University in Louisiana. In two years, he completed a master's degree in Sports Administration and continued working as an Athletic Trainer. After graduating, he moved back home and began teaching and coaching swimming at Dickinson High School, where he's been for four years. He had been the assistant coach for the Pearland Swim Team for two years. This is his third year as the head coach for the summer league.

See the website for up-to-date info about our coaching staff!

Parent and Swimmer Responsibilities

Parents are an important component of the PST who must be involved at multiple levels, from helping and encouraging their children to contributing essential volunteer hours to the team. A Code of Conduct is included at the end of this handbook that must be signed and returned for your child to participate in PST activities. It is also important to realize that the team relies heavily on parents to make it work.

One of the most important responsibilities for swimmers is to be ON TIME for meets, and to follow the check-in procedures (see **Swim Meets and Competition** on p. 10). Swimmers must commit to practices and meets, and maintain a high level of sportsmanship and conduct at all times. A Code of Conduct form must be read, agreed to, and signed by each swimmer prior to formal team membership.

Volunteering and Team Service

This season, all parents will be required to volunteer in some form. Failure to meet this requirement will result in your child being excluded from meets. There are multiple ways to contribute your time, and we will work to find something that fits within your schedule. There are three levels of service: no experience required, some experience required, and CCSL training required. We will have designated area directors to help assign volunteers to specific tasks.

No/some experience required:

- 1) Timers – we usually need 15-30 timers for a meet. Each timer is provided a stop watch and swimmers' times are recorded on the entry cards. An experienced head timer will coordinate all timers and the runners.
- 2) Runners – 2-4 people per meet to run entry cards back and forth to the clerk of course.

3) Scorers – Record swimmers' finishing place and time, as well as disqualifications and scratches. Works closely with clerk of course. An experienced head scorer will coordinate all scoring.

4) Ribbon writers – we regularly fill out more than a thousand ribbons per meet as rewards for swimmers' performance. Usually requires staying a little later at meets, but always in the shade. An experienced writer will oversee.

5) Ready area – to keep the meet flowing smoothly, 2-4 parents per meet must corral and organize swimmers before their races.

6) Heat announcer – 1-2 parents per meet roam the meet grounds announcing upcoming races with a bullhorn to get swimmers to the ready area.

7) Concessions – 5-10 parents work to coordinate food and drink donations from all parents, and to run the concession stand during the 2-3 home meets. This is an essential fundraising mechanism for the team and allows us to keep registration costs in check. A concessions coordinator will oversee all volunteers.

8) Setup and cleanup – at home meets, 20-30 parents are essential to prepare the pool for the races. This requires 2-3 hours of setup the preceding Friday evening, and another 1-2 hours the morning of the meet. It's nice to have a separate group of 20-30 parents to break everything down and clean up after the meet. Cleanup is required to continue holding meets at any of the community pools. For away meets, 4-6 parents are needed to set up team tents. Whenever possible, separate experienced coordinators for setup and cleanup will manage the volunteers.

CCSL training required:

1) Clerks(s) of course – each team has one or more clerks who are the top administrative authority. The clerks organize the race schedule, process scores, scratches and substitutions, and are ultimately responsible for swimmer eligibility.

2) Starters – calls swimmers to their blocks, starts each race. Usually the same person for every home meet.

3) Referees – designated officials responsible for all decisions and rule interpretations. The starter can assume both these roles.

4) Stroke and turn judge – 4-6 required per meet to ensure swimmers' strokes are in accordance with league rules. Communicate disqualifications to clerks of course

Tryouts/Team Membership

Although we encourage all swimmers interested in competitive swimming, we hold tryouts FOR NEW MEMBERS ONLY to guarantee your swimmer is ready. Swimmers must be able to complete a 25 yard freestyle lap, on their own, to be eligible for competition. Coach Blake will be happy to talk with parents regarding their child's skill level and options.

Registration and Fees

Registration fees this year will be \$130.00, for the first swimmer in the family, each additional swimmer will receive an additional \$10 discount. This fee includes a regulation swim cap and team T-shirt. Competition suits must be purchased separately. Current USA swim team members will receive a \$20 discount. Only one discount per child. High school swimmers' fees will be \$50.00. Refunds will be pro-rated at \$25/week of practice prior to the first meet. No refunds will be provided once the season begins.

Financial Aid

A limited number of scholarships are available to cover part or all of the cost of registration based on financial need. Please visit the website for application instructions.

Swim Suits and Equipment

All swimmers are required to purchase competition-grade swimsuits in the team colors, and wear them and their team caps for all meets. We have contracted with Swim Shops of the Southwest to obtain the best pricing on our chosen design. Girls must wear a one-piece suit. Swim Shops will be on site to sell suits and gear at a time to be determined. Swim caps and goggles are highly recommended and will also be available for purchase.

Practices

Practices are essential for training swimmers in stroke technique, form, and speed. This year, we will be holding practices at the Morgan Road Pool, Silverlake Pool and Northfork Road Pools within the Southwyck IV, Silverlake and Southwyck neighborhoods, respectively. PLEASE CHECK THE WEBSITE FOR PRACTICE SCHEDULES, WHICH MAY CHANGE DURING THE YEAR! Attendance at four practices per week is strongly suggested.

Practices will begin May 5 and run through the season. Check the practice schedule on the website to determine when your pool is closed for cleaning. Afternoon practices will be held until school lets out. After that we will have morning practices only. Practices are NOT cancelled on account of rain, but will be cancelled in the event of thunder or visible lightning. Check the website!!

Swim Meets and Competition

Swim meets begin EARLY on Saturday mornings, and rotate among the different participating teams' home pools. These are big events, with up to 500 swimmers and sometimes again that number of associated family. Also, all the meets are held in the heat of early summer. Punctuality and patience are the two most important requirements for the meets to work well. Meets typically start at 7 AM and finish by 2 PM. Swimmers will swim between 2-4 races, spread throughout the day, thus resulting in LOTS of free time! Families will usually bring pop-up tents or shade awnings and "camp-out" for the day at away meets. We are fortunate to have an air-conditioned gym for our home meets. We ask all parents to observe parking and other rules at away meets, and to contribute their time and energy to home meets.

When arriving, swimmers MUST check-in before 7:15 AM to be eligible for that day's meet. After check-in, you will report to the ready area and coaching staff for your race assignments,

given as numbers that will be written on the swimmer's arms. Swimmers are responsible for listening for their races to be called and getting to the staging areas promptly. A brief warm-up period before the meet begins is essential to loosen up before racing.

At away meets, parents should supervise their children and ensure that swimmers get where they need to be. At home meets, we all need to pitch in to help setup and take down the meet equipment, as well as clean up the pool area. By agreement with the school, we must leave the area in as good condition as when we found it. Failure to do so could result in revocation of our swim privileges.

Events

Swimmers compete within six different age groups, each separated by gender: 6 and under, 8 and under, 9/10, 11/12, 13/14 and 15-18. There are seven event types; five individual and two relay. Individual: freestyle, backstroke, breaststroke, butterfly and individual medley (IM). The two relays are freestyle and medley. Swimmers under 9 years of age do not swim IM, and 6 and unders only swim freestyle, backstroke and freestyle relay. Swimmers under 15 may compete in up to four events, 15 and older may swim five.

Swimmers are judged according to USA Swimming rules and regulations. The starter, stroke and turn judges, and meet referee all work together to evaluate swimmers. Swimmers may be disqualified in a given race for executing an illegal start, stroke or turn, or early takeoff in relays. The referee may also disqualify swimmers for poor sportsmanship and conduct. While it is unfortunate that swimmers are sometimes disqualified from a race, please address concerns or grievances through a PST Board member and treat all officials with respect and courtesy.

GIRLS		AGE	BOYS
EVENT #			EVENT
1	100 yd Individual Medley	9 & 10	2
3	100 yd Individual Medley	11 & 12	4
5	100 yd Individual Medley	13 & 14	6
7	200 yd Individual Medley	15 - 18	8
9	100 yd Freestyle Relay	6 & under	10
11	100 yd Medley Relay	8 & under	12
13	100 yd Medley Relay	9 & 10	14
15	200 yd Medley Relay	11 & 12	16
17	200 yd Medley Relay	13 & 14	18
19	200 yd Medley Relay	15 - 18	20
21	25 yd Freestyle	6 & under	22
23	25 yd Freestyle	8 & under	24
25	50 yd Freestyle	15 - 18	26
27	50 yd Freestyle	13 & 14	28
29	50 yd Freestyle	11 & 12	30
31	50 yd Freestyle	9 & 10	32
33	100 yd Freestyle	15 - 18	34
35	100 yd Freestyle	13 & 14	36
37	200 yd Freestyle	Open Age Group	38
39	25 yd Backstroke	6 & under	40
41	25 yd Backstroke	8 & under	42
43	50 yd Backstroke	9 & 10	44
45	50 yd Backstroke	11 & 12	46
47	50 yd Backstroke	13 & 14	48
49	100 yd Backstroke	15 - 18	50
51	25 yd Breaststroke	8 & under	52
53	50 yd Breaststroke	9 & 10	54
55	50 yd Breaststroke	11 & 12	56
57	50 yd Breaststroke	13 & 14	58
59	100 yd Breaststroke	15 - 18	60
61	25 yd Butterfly	8 & under	62
63	50 yd Butterfly	9 & 10	64
65	50 yd Butterfly	11 & 12	66
67	50 yd Butterfly	13 & 14	68
69	100 yd Butterfly	15 - 18	70
71	100 yd Freestyle Relay	8 & under	72
73	100 yd Freestyle Relay	9 & 10	74
75	200 yd Freestyle Relay	11 & 12	76
77	200 yd Freestyle Relay	13 & 14	78
79	200 yd Freestyle Relay	15 - 18	80

Awards and Ribbons

Swimmers not disqualified will be awarded a ribbon in all heats during regular season meets, with the event and time recorded on the back. The ribbons will be available for pickup during the next meet. Awards (trophy or medallion) will be given at the end of season party.

Swim Meets

Home meets this year will be held at Alvin High School.

Regular Season Meets (home meets in bold)

May 17	PST at Baytown
May 31	Clear Lake City at PST
June 7	PST at La Porte (will swim at Alvin HS)
June 14	Nassau Bay @ PST
June 21	PST @ Deer Park

Post-season Meets

??	Last Chance Meet
??	Novice & Reserve Meets at Texas City
??	Champ Meet at Texas City

Girls' Champ Times

Event	2008	
	Yards	Meters
8 & Under		
25 Free	0:20.27	0:22.16
25 Back	0:24.48	0:26.77
25 Breast	0:28.65	0:31.34
25 Fly	0:25.97	0:28.40
9 & 10		
50 Free	0:37.90	0:41.45
50 Back	0:46.13	0:50.45
50 Breast	0:49.72	0:54.37
50 Fly	0:45.32	0:49.56
100 IM	1:37.69	1:46.84
11 & 12		
50 Free	0:32.22	0:35.24
50 Back	0:39.69	0:43.41
50 Breast	0:43.72	0:47.81
50 Fly	0:38.06	0:41.62
100 IM	1:25.52	1:33.53
13 & 14		
50 Free	0:30.99	0:33.89
100 Free	1:09.56	1:16.07
50 Back	0:37.48	0:40.99
50 Breast	0:42.16	0:46.11
50 Fly	0:35.43	0:38.75
100 IM	1:20.49	1:28.03
15 & 18		
50 Free	0:30.13	0:32.95
100 Free	1:07.33	1:13.63
100 Back	1:19.62	1:27.07
100 Breast	1:31.60	1:40.18
100 Fly	1:21.87	1:29.53
200 IM	2:53.31	3:09.53
Open		
200 Free	2:35.33	2:49.87

Girls' Reserve Times

Event	2008	
	Yards	Meters
8 & Under		
25 Free	0:23.48	0:25.67
25 Back	0:26.78	0:29.28
25 Breast	0:31.48	0:34.43
25 Fly	0:29.86	0:32.66
9 & 10		
50 Free	0:40.22	0:43.99
50 Back	0:50.86	0:55.62
50 Breast	0:54.41	0:59.51
50 Fly	0:53.75	0:58.78
100 IM	1:50.36	2:00.69
11 & 12		
50 Free	0:34.81	0:38.07
50 Back	0:44.82	0:49.01
50 Breast	0:47.20	0:51.62
50 Fly	0:45.45	0:49.70
100 IM	1:34.76	1:43.63

Meters = 1.0936133 x Yards

Boys' Champ Times

Event	2008	
	Yards	Meters
8 & Under		
25 Free	0:19.41	0:21.23
25 Back	0:25.99	0:28.42
25 Breast	0:28.22	0:30.86
25 Fly	0:27.30	0:29.86
9 & 10		
50 Free	0:36.83	0:40.27
50 Back	0:47.46	0:51.90
50 Breast	0:50.91	0:55.68
50 Fly	0:48.34	0:52.87
100 IM	1:38.76	1:48.01
11 & 12		
50 Free	0:32.57	0:35.62
50 Back	0:40.45	0:44.24
50 Breast	0:45.13	0:49.35
50 Fly	0:40.36	0:44.14
100 IM	1:26.06	1:34.12
13 & 14		
50 Free	0:29.49	0:32.25
100 Free	1:06.59	1:12.82
50 Back	0:37.71	0:41.24
50 Breast	0:39.86	0:43.59
50 Fly	0:34.64	0:37.89
100 IM	1:17.04	1:24.25
15 & 18		
50 Free	0:25.51	0:27.89
100 Free	0:57.06	1:02.40
100 Back	1:12.28	1:19.04
100 Breast	1:19.09	1:26.50
100 Fly	1:08.65	1:15.07
200 IM	2:36.57	2:51.22
Open		
200 Free	2:20.44	2:33.59

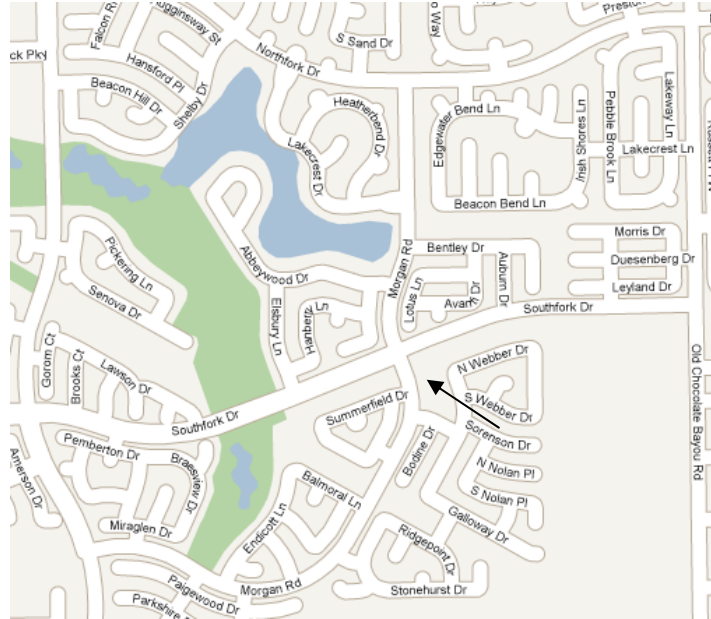
Boys' Reserve Times

Event	2008	
	Yards	Meters
8 & Under		
25 Free	0:22.88	0:25.03
25 Back	0:27.74	0:30.34
25 Breast	0:35.92	0:39.29
25 Fly	0:32.64	0:35.70
9 & 10		
50 Free	0:45.30	0:49.54
50 Back	0:55.45	1:00.64
50 Breast	0:59.40	1:04.96
50 Fly	1:05.14	1:11.24
100 IM	1:58.36	2:09.44
11 & 12		
50 Free	0:36.90	0:40.35
50 Back	0:47.67	0:52.13
50 Breast	0:50.44	0:55.16
50 Fly	0:54.34	0:59.43
100 IM	1:45.19	1:55.04

Maps to Meet/Practice Pools

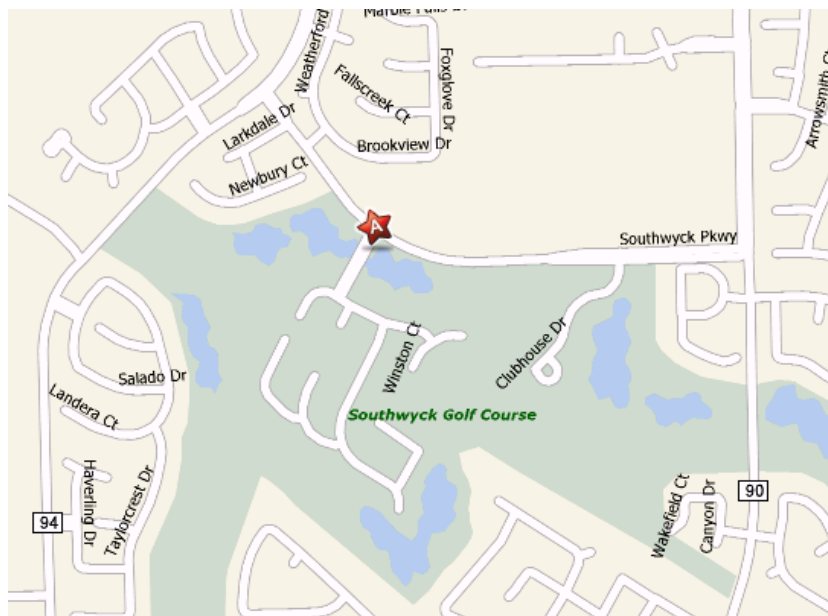
MORGAN ROAD PRACTICE POOL

3131 Morgan Rd and Southfork near Huntington Park subdivision



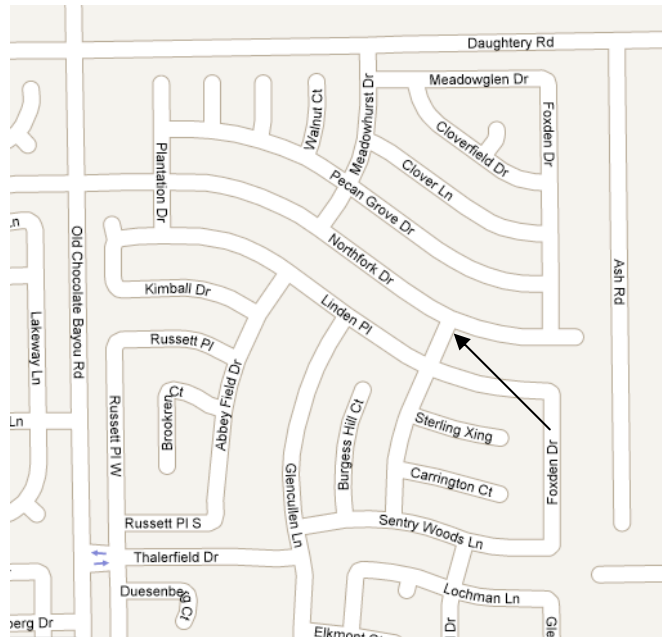
SILVERLAKE PRACTICE POOL

2715 Southwyck Parkway, Silverlake, Pearland



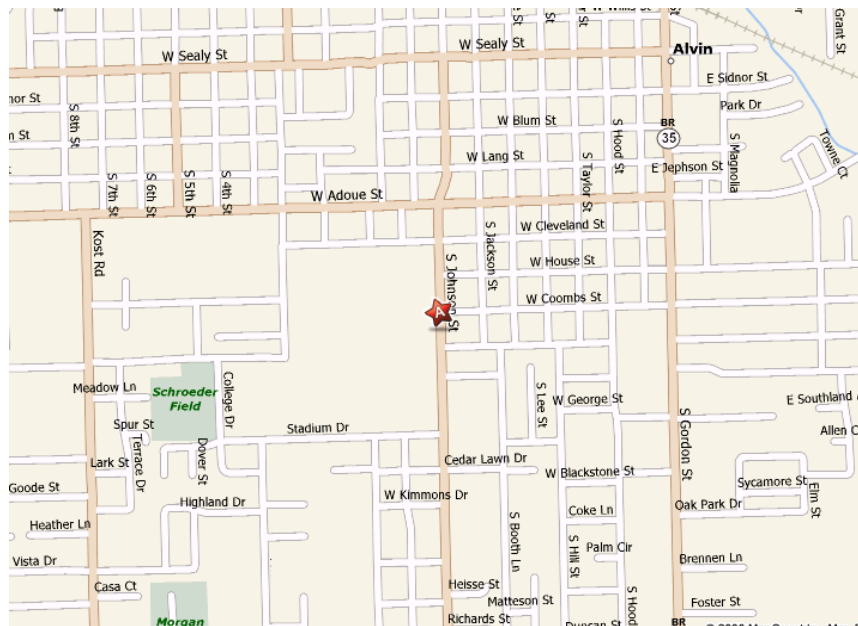
NORTHFORK PRACTICE POOL

Northfork Rd, Southglen Subdivision, Pearland (intersection of Northfork and Huntington)



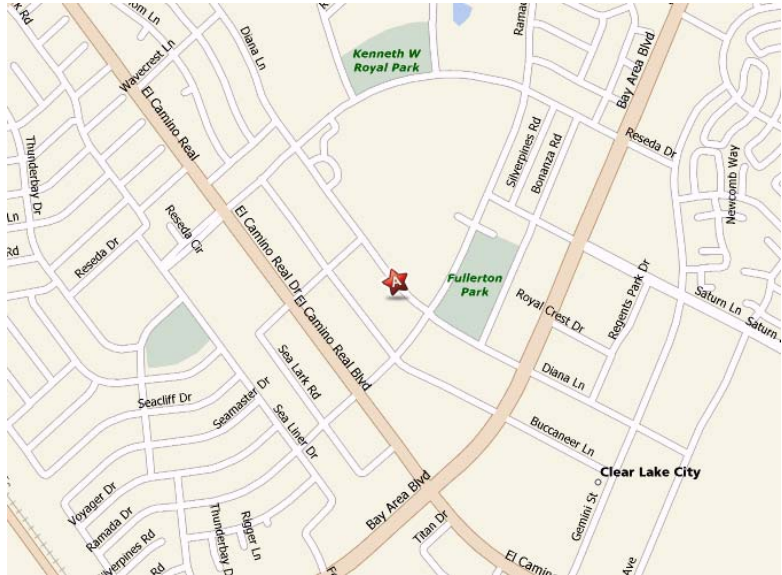
ALVIN HIGH SCHOOL POOL (Home Meets)

802 S. Johnson St., Alvin



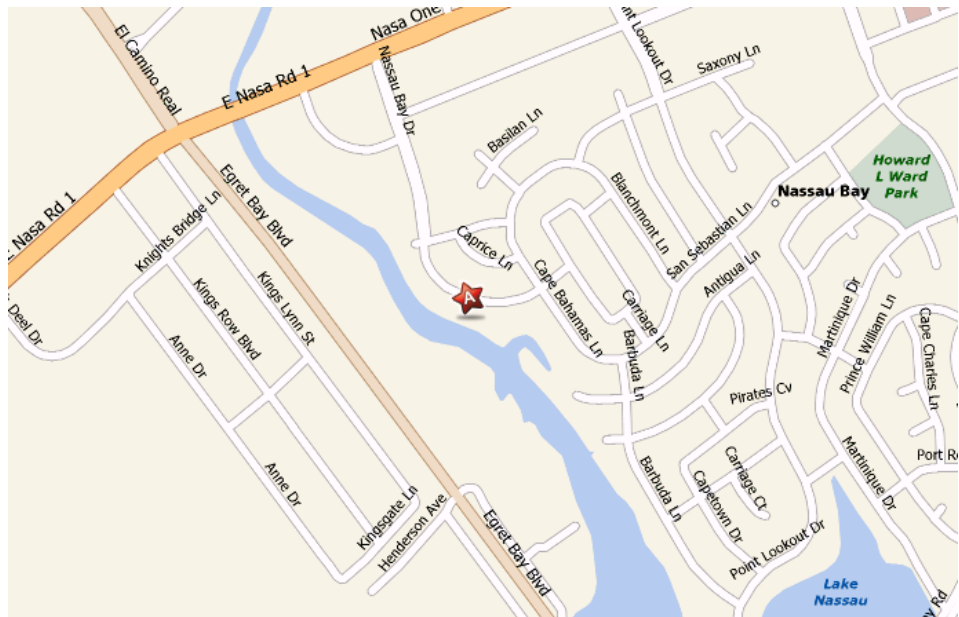
CLEAR LAKE CITY STARS

16511 Diana Lane @ Ramada -Clear Lake Rec Center:



NASSAU BAY NAUTICATS

18250 Nassau Bay Dr. - Nassau Bay Yacht Club



PST CODE of CONDUCT FOR COACHES, SWIMMERS, & PARENTS

Our guidelines are founded on the principles of mutual respect and cooperation

SAFETY

1. Due to drowning risks and other conditions, children not participating in swim practice or competitions must be accompanied by a responsible adult.
2. The baby pool is closed during practice times.
3. Running, pushing, or horse play on the deck area are not permitted.
4. It is unsafe to throw training gear such as pool buoys and kick boards. Swimmers caught throwing such equipment are subject to discipline by the coaching staff.
5. Persons who seem out of place or unfamiliar and activities of an unsafe, unusual nature should be reported immediately to a Board Member or one of the coaches.

CITIZENSHIP = TEAMMANSHIP

1. We will refrain from judging or criticizing others. We will not discuss individuals when not in our presence.
2. We will "PRAISE IN PUBLIC AND CORRECT IN PRIVATE".
3. We will treat all members of the team (coaches, swimmers, parents) and our opponents with dignity and respect.
4. The use of alcohol and tobacco is banned during **practice times or meets**.
5. We are all responsible for the care and proper use of equipment and facilities. Practice is not finished until all supplies are returned to storage. Everyone helps.
6. We will be dedicated and loyal to our team. We will be vocally supportive. We will display our team pride by competing in PST attire at all times. Team caps and suits are to be worn when competing.
7. We will remain silent and make an honest effort to listen and look when coaches are speaking.
8. We will be committed to our best effort everyday.

RESPONSIBILITY

1. All PST families and staff will check the website and e-mail daily for communications.
2. Parents are required to give the coaching staff **written** notice 7days prior to a meet in which their swimmer(s) will not participate.
3. Physically or verbally abusive behavior is unacceptable and will result in immediate disciplinary action by the coaching staff.
4. We will arrive to practice early enough to begin on time. Swimmers arriving to practice more than 15 minutes late will not be allowed in the pool.
5. Swimmers may only attend their assigned practice time at their assigned pool location.
6. Swimmers under 6 must have a parent or responsible guardian on deck during all practices.

DISCIPLINARY ACTION

1. The coaching staff may remove any swimmer(s) from practice or a meet at any time for any rule violation.
2. Only the head coach may remove a swimmer from the team.

Swimmer _____

Parent _____

Date _____