

Swim and Dive Team Information

Sunset Hills Pool
9601 Walnut Street
402-391-9285

Sunset Hills Pool Board Members
contactus@sunsethillspool.com

Swim Team Coaches
swimteam@sunsethillspool.com

2021 Practice Schedule

Swim Team

8:00-8:45 ages 8 and younger
8:45-9:30 ages 9-10
9:30-10:30 ages 11 and older

Dive Team

8:00-8:45 ages 11 and older
8:45-9:30 ages 8 and younger
9:30-10:15 ages 9-10

If it is raining or the temperature is below 65°, both swim and dive practice may be cancelled. Notification will be sent via *TeamSnap* at least 20 minutes before practice start time.

*****A swimmer/diver **MUST** compete in two different dual meets to be eligible for Prelims/Finals.*****

Swim Team Overview

- In order to participate, children must be able to swim one length (25 yards) of the pool on his/her own, without stopping, without assistance.
- Swim Team is open to all swimmers/divers that have a full paid membership and an interest in competitive swimming & diving and/or in developing their competitive strokes.
- The purpose of the Sunset Hills Swimming & Diving Team is to provide children with an opportunity to experience competitive swimming/diving in a positive, encouraging and rewarding atmosphere, while improving stroke technique, building team unity and new friendships.
- During practices, coaches provide age and ability appropriate technique, strength and endurance.
- Swim/Dive Meets are scheduled throughout the season on Wednesday evenings. The Head Coach coordinates registration for competitions. We encourage all swimmers/divers to compete in meets, but it is not required.

Swim/Dive Meets

Meet Participation

In order for your swimmer/diver to be entered into meets, YOU MUST enter their availability into TeamSnap. You can do this for the entire season as soon as possible, but **no later than 8:00 a.m on the Monday before any meet**. Coaches determine which events swimmers will be entered in.

- Swimming Warm-up 5:00 p.m.; Meet begins at 6:00 p.m.
- Diving Warm-ups: times TBA, possibly around 1:30 p.m.

Team Area

After warm-ups, swimmers sit with their teammates in a designated team area. Because the location of this area will vary from facility to facility, coaches will inform the swimmers of where to sit during the meet.

Ready Area

The clerk of course assigns swimmers to their individual heat (race) and lane. Swimmers enter the Ready Area and are grouped with those swimming the same event. Lane numbers are assigned and swimmers are escorted to their lanes by meet officials. *We ask that parents stay clear of the clerk of course area so that clerk officials can assign lanes.*

Team Swimsuit

The official team swimsuit is any style of suit that is solid black. This is not required.

Meet Programs

Meet programs are generally available for purchase (cash only). Programs list heat and lane assignments. The program is organized by event in the order they occur at the meet. Highlighting your swimmers in the program is a helpful way to keep track.

What to Bring

- Suit – the Team is encouraged to wear black suits to meets, but not required.
- Goggles
- Team cap
- Team t-shirt (marked with your name)
- Towel
- Warm clothing - if weather is chilly
- Sunscreen
- Chairs or blankets to sit on

- Cooler for fruit, juices, water, snacks, etc.
- Cash for program
- Highlighter for program
- Arrive early-at least 15 minutes prior to warm-up time and check in with coaches prior to warm-ups.

Swim/Dive Meets

At the Meet

- Swimmers should stay in or close to team area. Listen for your event and be ready to go to the clerk of course with your goggles and swim cap in hand.
- Parents: please know where your swimmer is at all times. If you are working the meet please assign another parent who is willing to watch out for your child.
- It is ultimately the swimmer's responsibility to get to the blocks on time.
- Check with the coach before you leave the meet. **You may be on a relay at the end of the meet!**

HAVE FUN!

Prelims and Finals

Due to a limited number of entries and the size of our team, unfortunately everyone will not be entered to swim in the prelim and finals meets. Swimmers will be selected by the coaches based on fastest times, as timed in practice, hardest workers, attendance, good attitude and sportsmanship. Thanks for understanding.

Greater Omaha Swim League

Rules and Regulations

1. **AGE GROUPS:** 8 & under, 9-10, 11-12, 13-14 and senior (age 15-19, but cannot compete beyond the summer following high school graduation).
2. **ORDER OF EVENTS:** Individual Medley, Medley Relay, Butterfly, Backstroke, Breaststroke, Freestyle and Freestyle Relay
3. **ELIGIBILITY:**
 - A. The GOSL is a private pool league. Only swimmers and/or divers that have a full paid family membership to the pool they are competing for can participate in the GOSL.
 - B. Each swimmer and/or diver must compete in two different dual meets during the season in order to compete in Preliminaries and Finals. In the event of a meet cancellation due to weather or other reasons the two meet rule may be waived. Event sheets or programs shall be used to confirm intended participation in a meet.
 - C. The age of the participant on June 1st will determine his/her age for the rest of the season.
 - D. All violations of the above eligibility rules will be acted on by the Board of Directors.
4. **ENTRIES:**
 - A. Each swimmer may enter two individual swimming events. Each swimmer may swim only one Medley Relay and one Free Relay.
 - B. Swimmers may swim in two different age groups; they may swim in their age group and/or any age group above their age in any meet as long as they don't exceed the limits of 4 or swim in the same event.
 - C. The Individual Medley counts as an individual swimming event and will only be swum in the following age groups: 10& under, 11-12, 13-14, 15-18.
 - D. In each event the scoring heat will swim first followed by exhibition heat(s). The home team will have the odd lanes and the visiting team will be assigned to the even lanes. It is the responsibility of both teams to have the meet entry sheets filled out prior to the start of the meet.
 - E. 3 swimmers and 2 relays from each team will score.
5. **STARTING TIMES AND WARMUPS:**
Warm-ups 5:00 pm; Meet begins at 6:00pm

6. DISTANCES:

10 & Under	Individual Events 25 yards	Relays 100 yards
11 & Up	Individual Events 50 yards	Relays 200 yards
Individual Medley	100 yards for all age groups	

7. SCORING

Dual Meets	Individual 7, 5, 4, 3, 2, 1
	Relays 10, 5, 3, 1
Championship Meet	Individual 7, 5, 4, 3, 2, 1
	Relays 14, 10, 8, 6, 4, 2

8. **STROKE RULES:** USA rules will govern all swimming competition. Each host team must have at least one stroke and turn official for each dual meet. USA certified officials are recommended but not required.

Amendments:

- A. Disqualification on the **first false start**. A false start is defined as forward movement by a swimmer prior to the start which gives an advantage to that swimmer. The start of the race is when the Starter says "Take your mark."
- B. All backward starts must have some part of both feet in the water and on the wall. Stand up starts are NOT allowed.
- C. 8 & Under/9-10 swimmers will NOT be disqualified the first meet of the season. They will receive warnings.
- D. Swimmers need to be told when disqualified. DQ sheets must be used in each disqualification and must be given to the coaches.
- E. Backstroke turn rules will follow high school federation rules not USA swimming rules.

Overview of Competitive Strokes

Freestyle: This is the fastest stroke in competitive swimming. The arms move in an alternating motion through the water. The head turns for inhalation in time with the backward thrust of the breathing arm. The flutter kick is used and is also a constant alternating motion of the feet.

Backstroke: This stroke is performed on the back. The arms alternately enter the water behind the shoulder; elbow straight, little finger first. The flutter kick is used.

Breaststroke: This is a prone stroke using symmetrical motions of the arms and legs. This kick, called the whip kick, resembles the kick of a frog and the arms move simultaneously to create an inverted heart-shaped pattern. 2-hand touch on turns and finish.

Butterfly: This stroke is done with the body in the prone position using symmetrical motions of the arms and legs. The arms are brought out of the water behind the body, enter the water out front and pull back together. The kick, called a dolphin kick, is an up and down wave-like movement of the hips, legs and feet. 2-hand touch on turns and finish.

Individual Medley: One length of each stroke in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Backstroke must finish on the back. Fly and Breast 2-hand touch on turns.

Medley Relay: Four swimmers per team, each swimmer swimming an equal length of a different stroke in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

Freestyle Relay: Four swimmers per team, each swimmer swimming an equal length of freestyle.

Greater Omaha Diving League

Rules and Regulations

1. **AGE GROUPS:** Same as Swimming
2. **ORDER OF EVENTS:** Diving will be the first event of each dual meet.
3. **ELIBIBILITY:** Same as Swimming
4. **ENTRIES:** Same as swimming with the following modifications:
 - A. A diver may only compete in one diving event per meet.
 - B. Divers may dive in their age group or dive in one age group above their age.
 - C. In dual meets divers that are diving exhibition must be declared before the event.
 - D. 3 divers from each team may be entered and scored in each dual meet event.
5. **STARTING TIMES AND WARM-UPS**
Warm-up: TBA
Meet start: TBA
6. **SCORING:** Dual and Championships: 7,5,4,3,2,1

7. DIVING REQUIREMENTS:

Age Group	Required Dive	Dives Required
8 & Under	Forward Group	3
9-10	Forward Group	3
11-12	Backward Group	4
13-14	Inward Group	4
Senior	Twist Group	5

Rules and Regulations

Each diver must do the required dive first. The required dive will have a 1.8 Degree of Difficulty. The remaining dives can be from any of the 5 dive groups with out repeating a dive group. Seniors only have to include 3 out of the 4 optional dives from different dive groups. A diving referee should be assigned to interpret the diving rules. Divers that do not meet these requirements must be declared as exhibition and cannot score. Divers **MUST NOT** be assisted by coaches or parents on the diving board.

JUDGING RULES FOR DIVING

DUAL MEETS: Three judges one of which should be a referee.

CHAMPIONSHIP MEETS: Each division team must provide one judge. The panel must include at least five judges. Judges do not judge their own divers. A referee must be assigned to declare failed, unsatisfactory and deficient dives.

POINT SCALE FOR JUDGING DIVING

Exceptional	9-10
Excellent	7.5-8.5
Good	6-7
Satisfactory	4.5-5.5
Deficient	2.5-4
Unsatisfactory	0.5-2
Failed	0