



www.swimpsc.org

New Swimmer Handbook

Welcome to Pueblo Swim Club!

We are excited to have you as a new swimmer on our team! There are so many new things for you to learn and to help alleviate any frustrations on your part; we have put together some information to help you feel informed and prepared for this new venture!

We are excited that you have chosen Pueblo Swim Club to teach your child how to swim competitively. Your child will find out that they will receive more than an education in swimming. Forming friendships, developing work ethic, discovering discipline and earning a sense of self-worth will be some of the benefits they will learn as they accomplish their goals.

Please feel free to ask any one of us any questions you may still have after reading this or as time goes on.

Sincerely,

Pueblo Swim Club

Board Members:

President: Denise Wedel

566-1713 hm 251-5600 cell

Vice President: Marcy Shokranifar

242-5042

Treasurer:

Secretary: Robin Steranka

821-3158

Member-At-Large: Kathryn Duren

251-9273

Coach: Susanne Divelbiss
248-8762 cell 647-0241 home

Susanne Divelbiss Swimming Bio:

I am the 7th of 8 children. My mom taught Red Cross swimming lessons in our backyard pool in El Cajon, California (San Diego County). So I grew up swimming on a regular basis. When I was 8 years old I followed my siblings to the pool and began swimming on a year round age group team. At age 12 I broke my leg in a skiing accident and was out of the pool for 3 months. When I returned I was behind and became frustrated with not being able to keep up (I am very competitive). At the time, a new synchronized swim team was being introduced to our community, and with the swimming connections in our family... my sisters and I were asked to pose for a picture to promote the program. Disenchanted with my competitive swimming, I decided to try synchronized swimming. I competed at local, regional, and state levels for 2 ½ years in the sport, until I entered HS, then decided to go back to competitive swimming. The skills I learned and developed in synchronized swimming enhanced my competitive strokes and made me a better swimmer. In high school I achieved championship status in the 100yd and 50yd freestyle and was a leader on my high school team at Grossmont H.S. I went on to compete at Grossmont Junior College for two years, was named Athlete of the Year and was state champion in the 100yd free, placing 2nd and 3rd in the 50yd and 200yd free, respectively.

From there I entered the University of California, Berkeley as a sophomore (15 units short of junior status due to credits not transferring) and walked on to the swim team, coached by Karen Moe Thornton. My plan was to swim on a team where I was not the best swimmer, so that I could continue to learn and improve, which is what happened. I made the travel team as a sprinter (my first year) and middle distance and breaststroker (my second year). Even though I was not the fastest swimmer, my coach recognized my leadership skills and appointed me co-captain with Mary T. Meagher. I graduated with a BA degree in Social Sciences with an emphasis in Criminal Justice (prelaw) in 1987. My training at CAL was a tremendous learning experience, from which I gained a lot of knowledge about stroke technique, aerobic and anaerobic, dryland training, and the value of sheer hard work! (Our team finished 4th at NCAA (Div. 1) during the two years I swam.)

All of my summer vacations while in high school were spent swimming and working at the local swimming pool. I taught swimming lessons for all ages, including developmentally challenged students. At age 18 I began assistant coaching my swim team, under the supervision of Mike Smith, the head coach. During my college summer breaks I began swimming with the local Masters team, the same team my mom joined when she turned 50. While living in Oakland, I swam with the Manatee Masters, and after a week in the water I was asked to join the coaching team. I coached the Manatee Masters and another Masters team in the area until my family (husband and three children) and I moved to Pueblo in 1996.

One of the first things I did after moving was to find a team to swim with. I was frustrated by the lack of swimming options for adults in the community, so I contacted Bob Haley (my husband's former age-group coach) to see if he had something available. This began my quest to establish a Masters Program in Pueblo. I began coaching the team which was originally under the Aquanut age-group program. We broke away in 1997 and established the Pueblo Masters Swim Team. I coached the team, encouraging our swimmers to compete in local and regional swim meets, helping triathletes become better swimmers, and teaching adults how to swim and be comfortable in the water. When my children were old enough to swim (2002), they joined the Pueblo Swim Club, coached by Tim and Kathy Howard. Soon after I began assisting with coaching duties, and have been working with the Howards ever since. In 2003, about a year after working with the PSC, I turned over the Pueblo Masters Team to Melissa Kralik to be able to devote more time to PSC and spend more time with my kids.

I look forward to years of coaching and swimming, with the goal of passing on my passion swimming to young and old alike.

PSC Addresses:

Team email: puebloswimclub@hotmail.com
P.O. Box 1466, Pueblo, CO 81002

Mission Statement:

The mission statement of the Pueblo Swim Club is to offer various swimming programs, encouraging participants to develop positive life skills and achieve goals.

Vision Statement:

Our vision is to offer various water activities including swim lessons, pre-competitive, competitive, and cross training programs for beginners through elite athletes.

We also offer an environment where the athlete can have fun, work hard, achieve goals and develop important life skills: leadership, team work, self- discipline, healthy living and competition.

These skills will help them succeed throughout life.

We believe proper technique with training and conditioning are the keys to a positive, successful swimming experience. Therefore, we have organized our team into progressive groups so that our swimmers have the opportunity to develop their skills and conditioning level in an environment suitable to their needs and commitment level.

Code of Conduct:

As a member of PSC, it is agreed that all will conduct themselves in an appropriate manner at all times. All will behave appropriately while on the premises of Pueblo South High School (as well as any other facility that PSC may use), before, during and after all practices and when representing the team at swim meets, during team sponsored social events and at all team related traveling events. It is agreed that all will be respectful and supportive to the coaches, officials and fellow swimmers and parents at all times.

Swimmers will act courteously while in the locker rooms. They will clean up after themselves. They will understand that rowdy behavior (towel fights, throwing clothes, yelling, etc) in the locker rooms reflects poorly on themselves, the team, and their coaches and will not engage in such behavior. The swimmer will understand that their behavior in the club and at meets is a reflection on the coach/es and the team.

Important Websites:

- Pueblo Swim Club: www.swimpsc.org

All information regarding our calendar, meets, registration, parent info. Qualifying times, contact info. Links and a login where you can pay your bills can be found on this website.

Please register your child and mark what your payment method will be.

- Colorado Swimming Inc.: www.csi.org

Here you will find all kinds of information ranging from your child's results to nutritional information.

- USA Swimming: www.usaswimming.org

This website will help you find the most updated info about your swimmer.

- MI Sports: www.swimmisports.com

We use MI Sports to order our suits, equipment and other necessities. Tell them you are with PSC and they will give you a discount.

Fees:

The following will be a yearly fee:

Swimmer's Insurance:

USA registration \$58 (There is an Outreach Membership Program where the swimmer will pay \$5.00 if qualifies. See a board member for more information.) Make check payable to PSC.

Non-competitive swimmers (PLTS and some LTS) \$30. Make check payable to PSC.

PSC annual fundraising requirement:

Each family is responsible to raise either \$150 or \$250 via our 3 fundraisers (Pies & Poinsettias, Swim-a-thon and through the *Schools of Fish Sponsorship Program*). The amount needed to be raised will be determined by the highest level of swimmer in the family. Orange \$150 and White/Blue \$250 (LTS is excluded from this requirement, but they can participate if they wish)

The following are monthly fees billed at the 1st of the month, due by the 15th:

- Pre Learn to Swim \$30
- Learn to Swim group \$60 *
- Orange group \$70*
- White group \$85*
- Blue group: \$100*
- High School group: \$35

*If there is a financial need, please inquire with a board member for more information.

There are additional costs as follows:

- swim meet surcharge and event charges
- any travel
- any equipment

What to pack in practice bag:

- Practice suit
- Water bottle
- Towel
- Goggles
- Swim cap (mostly for girls)
- Shampoo

As swimmers achieve a more competitive level, you will be expected to bring:

- Fins
- Pull buoy
- Hand paddles
- Kick board
- It is recommended that you purchase a mesh sport bag to hold these items.

*You can purchase these items at any local store that carries swim items. (Johnson's, Big 5, Sports Authority, etc.)

**Fins, pull buoys, and hand paddles can be ordered through MI Sports. Sometimes, however, we will order in mass amounts and will take orders. We will notify if we are making an order.

***Please check with coaches for appropriate equipment for your swimmer.

What to pack for a swim meet:

- Competitive suit (If you purchase a suit for the 1st time, leave tags on and have coaches check for proper fit. A suit that is too large will slow down your swimmer.)
- Cap
- Goggles
- You may want to bring an extra suit, cap and goggles as sometimes these items break at the meet.
- An extra pair of underwear
- Warm-ups
- Water bottle or Gatorade type drink
- Snacks (fruit, power bars, peanut butter and jelly sandwiches etc.)
- 2 or more towels per day
- Shampoo
- Cash for program and concessions
- Fold out chairs for adults and blanket for kids (some pools have bleachers, but they tend to fill up fast. Also, the team tries to sit together.)

Practices:

At the PSC website, you will find a Calendar tab where each group's practice times will be listed on this calendar. Practice schedules are also posted at the pool. (There is an example of a practice schedule included at the end of this packet.)

Your swimmer is expected to come prepared to get into the water on time. Please come 10-15 minutes early so your swimmer has enough time to get into the locker room to get their suit on and be by their lanes on time.

Information Board:

You will find a PSC information board at South High School by the boy's locker rooms. Here you will find:

- A reminder of when Swim meet sign ups are due (sign up for meets will be done online on PSC's website)
- Practice schedule
- Team activities and the signup sheet
- Fundraising info.
- Board member info.

There is a board closer to the girls' locker rooms where you can find Qualifying Times posted.

How to know if you should sign up for a swim meet:

Swim meets are a successful and positive experience for swimmers who have been training. If you think your child is ready to swim in meets, please check with their coach for a meet that is appropriate for their level.

Then once you have decided to sign up for the meet:

- You will go online and register your swimmer for the swim meet.
- Read the meet information posted on the information board.
- You will be required to pay for that meet. You will make your payment directly online or pay by check. Please mark in the memo what the amount is for, and then drop into the payment box.
- Write down location of the meet and warm-up times

Swim Meets:

Home meets:

You will be expected to help run our home meets. There are various entry level jobs that are easy to learn. This is a great way to help the team as well as get to know other swim families. Some of these jobs are:

- Concession stand: selling food and drinks-shifts or entire meet
- Meet set-up: the night before, we set-up all equipment needed to run meet (1-2 hrs)
- Meet tear-down: after meet is over, we put everything back into the trailer and clean up pool area (1-2 hrs)
- Hospitality: take food around pool in basket/tray and hand to timers, officials, coaches and workers
- Runners: will work with computer people bringing lane timer sheets
- Lane timers: will sit/stand at start end of pool with stop watch and record swim times on paper

You have signed an agreement to contribute to a minimum of 20 hours (over the course of the swim season) of volunteer work. We will have a parent meeting before our swim meet where a sign-up sheet will be available. You will also receive a phone call to donate an item for the concession stand.

We want meets to be positive for the parents as well. Be assured that you will be able to step away from jobs which keep you from seeing your child swim. It can be arranged for parents to cover one another while their child swims, but you must return to your job so other parents can do the same.

Away meets:

At some meets, we are required to provide 1-2 timers for the length of the meet. We assign shifts to those parents who are attending the meet. They usually last anywhere from ½ hr to 1 hr shifts.

It is important for you to check meet information (posted on our website as well as the information board) to find out location and what time to be there for warm-ups.

Some meets will require you to find a hotel to stay in overnight. At times, the team books a block of rooms, giving us a team discount. If that is the case, we will post it on the information board.

General information:

- Most swim meets will last around 4 hours.
- Team usually has extra team caps at swim meets.
- After a meet is over, it is a good idea to write down all final times of the events your swimmer participated in, so as to keep track of their progress at the next meet. These times are posted somewhere around the pool by the host team.
- Swim programs can be purchased at the meet. They run \$2.00-\$6.00 depending on the meet. In the program, you will find each event your swimmer is entered in, what heat and lane they are in, and who they are competing against. (see example)
- You will want to list your swimmer's information on his/her arm or leg:
 - E**=Event (A swim meet has several events that a swimmer may enter and compete in. These events are listed in numerical order in the program)
 - H**=Heat (In each event, the swimmers are broken into groups. These groups are called "heats". There can be anywhere from 1 heat to 11+ heats.)
 - L**=Lane (This will tell the swimmer which lane they will be swimming in for the race.)
 - S**=Stroke (This will tell the swimmer what stroke that event is, 50 free, 25 back, 100 fly, 200 IM etc.)

You will find this information on your meet program:

- FR= Freestyle
- BK=Backstroke
- BR=Breaststroke
- FL or FLY=Butterfly
- IM=Individual Medley (1 or more of each of the strokes all in one race)
- NT=No Time. This means the swimmer has not swam this event yet, therefore does not have a time.
- DQ=Disqualified. During a race, the swimmer performed an illegal move and no time will be recorded for that particular race. (Or if you prefer, the DQ can stand for a Dairy Queen, in which case you treat your swimmer to a treat at Dairy Queen!)
- Q-time=Qualifying Time. A predetermined set of times in which the swimmer will work to achieve in order to qualify for a certain meet.
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Qualifying Meets:

League Level:

- League Championships: This meet is for all swimmers in our league who have Q-times*.

State Level:

- Silver State Championships: This meet is for 14 & under swimmers with Q-times*.
- Senior State: This is an age group championship for 15 & over swimmers with a Silver State Q time*. It is swum the same weekend as the Silver State meet.
- CSI State Championships (JO's): This is a meet for 14 & under swimmers in the winter and all ages in the summer who have Q-times*.

- All Stars: The top 10 swimmers from each gender and following age groups 10 & under, 11 & 12, and 13 & 14 are invited to represent Colorado at this meet. There are no qualifying times. The CSI database top 10 lists are used to compile the team. They compete in a large, prestigious meet in Kansas, swimming against other LSCs (Local Swimming Committees), including Nebraska, Iowa, South Dakota and Kansas.

Regional Level:

- Zones: This is where swimmers who achieve Zone Q-times* can become Team Colorado in order to compete in a meet with other swimmers from other LSC's in a predetermined zone.
- Sectionals: This is where swimmers, who achieve Sectional Q-times*, can attend a meet for those who also have achieved these Q-times*. The meet location varies from year to year. There are 2 sectional meets a year.

National Level:

- Junior Nationals: This is where swimmers, who achieve Jr. National Q-times*, can attend a meet for those who also have achieved these Q-times*. The meet location varies, like the sectional meet does.

*The qualifying times for the following meets can be found on the PSC (Qual Times tab), CSI & USA Swim websites. We also have them posted at the pool on the board closer to the girl's bathroom.

Handbook Agreement

I, _____ have read this handbook.

Print name

I agree to participate in the following areas:

- all PSC sponsored swim meets
- PSC fund-raising events (There are 3 available. Each family is responsible for raising the highest level of swimmer's required amount)

I agree to pay by the 1st of the month my swimmer's swim dues. (A late fee of \$15.00 will be charged to your account if paid later than the 15th of the month.)

Signature

Date

Instructions:

Print handbook (if done at home)

Read agreement

Sign agreement

Give agreement to Welcome Committee Chairperson or Coach