

# 2023 Orchard Ridge Country Club Swim, Dive & Prep Teams



Where winning is about:

Personal Bests

Positive Attitudes

Good Sportsmanship

Friendships

And *FUN FUN FUN!*

**Head Swim Coach: Julie Anderson**

**Assistant Swim Coaches: Sally Martin, Jessica Howard, Maggie Steward, Austin McGrogan**

**Head Prep Coaches: Maggie Steward, Ripley Merritt**

**Dive Team Coaches: Thomas Davis, Liam Clapper**

**Pool Managers: Julie Anderson, Shelby Crist**

Orchard Ridge Country Club

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# **ORCC Swim, Dive & Prep Team Parent Handbook**

## **OBJECTIVE**

To provide a competitive program that encourages and promotes camaraderie, effort, team spirit, good sportsmanship, and personal best's along with improving overall swimming and diving skills and having fun.

## **FEES**

The participant fee to be on the swim/dive/prep team is \$160. (For registrations received by May 1<sup>st</sup>, the fee is \$130.) To participate on a second team (swim+dive or prep+dive) the cost is an additional \$75. Each team member will receive an ORCC team logo t-shirt and doughnuts each Friday following practice. This fee also covers the costs of coaching, equipment, awards, and spirit week.

## **SPECIAL EVENTS**

- Swimmer/Diver/Prepster of the Week
- Swimmer/Diver/Prepster of the Meet
- Doughnut Day Fridays
- Swim, dive & prep teams pool party and movie night
- Spirit Week
- City Meet breakfast, pep rally, parade and pool party
- Awards banquet

## **GENERAL SUMMER SWIM & DIVE INFORMATION**

The summer swim clubs are assigned to leagues based on the team's strength and performance measured at the City Swim Meet. The leagues are organized in this manner to ensure that the meets are as evenly matched as possible. Boys and girls 18 years of age/just completed senior year in high school and younger are eligible to swim and dive in the summer program.

The 2023 swim team season is approximately 8 weeks long, the prep season is 7 weeks, and the dive season is 7 weeks. Each concludes with a "City" Meet: Prep-July 19, Dive-July 21-22, and the City Swim Meet is July 28-30. Swim team dual meets are scheduled with each team within their league. Multiple team invitational meets are also scheduled during the season. Dive team meets are scheduled with all FWSDL (Fort Wayne Summer Dive League) teams. Prep team meets are far less competitive; they are fewer in number, shorter and sometimes the prep swimmers swim the width instead of the length of the pool. Based upon our 2nd place finish at the 2021 City Meet, Orchard Ridge Country Club will be in League I for the 2023 summer swim season. The breakdown for the other teams is as follows (including point totals from the 2022 City Swim Meet):

**LEAGUE I:** Pine Valley (2,380), Pocahontas (2,248.5), ORCC (2,140), Autumn Ridge (1,916), Arlington Park (1,320), Blackhawk (1,173)

**LEAGUE II:** Columbia City (486), FWCC (303), Sycamore (192.5), GlenAqua (44), New Haven (23)

## **SWIMMING EVENTS**

There are 70 events in a dual swim meet, which lasts approximately 2-3 hours. Dual meets are typically on Thursdays and sometimes on Tuesdays. Invitationals and other non-dual meets are typically Saturday mornings. The order of events for each age group at each swim meet is as follows:

- Medley Relay
- Freestyle
- Breaststroke
- Backstroke
- Butterfly
- Individual Medley
- Free Relay

The coach will post line-ups for meets on the team bulletin board 1-2 days prior to the swim meet/invitational. It is the swimmer's and parent's responsibility to check the line-up to prepare for the meet. The line-up/meet program will also be emailed the day of the meet. Participants may swim a maximum of 3 individual events and 2 relays.

## **AGE GROUPS**

A child's age as of May 31<sup>st</sup> determines the age group that he/she swims and/or dives during the summer. (There are no prep team age groups.) Meets are arranged with the girls and boys participating in the following age groups: 8 & under, 9-10, 11-12, 13-14, 15 & over (participants may compete through the summer of their high school graduation).

## **AWARDS**

Ribbons will be given for the first six places per age group and event in dual swim/dive meets. Awards for larger meets vary and are the responsibility of the host swim/dive club. Other awards will be given out throughout the season to recognize swimmers/divers/preppers of the week and swimmers/divers of the meet.

## **TRAINING GROUPS**

### **Swim:**

**Green Training Group**, 8:00-9:30 a.m. M & W, 8:30-9:30 a.m. T, Th, F

Typically, experienced swimmers 11 and older. Swimmers in this group know all four competitive strokes and should plan to attend four to five times a week (when in town) unless attending club (ie: SCA) practices.

**Black Training Group**, 9:30-10:30 a.m. M-F

This group is comprised of newer swimmers ages 11-16 and experienced swimmers ages 9-13. Black training group members should attend at least three practices a week (when in town) unless attending club (ie: SCA) practices.

**Blue Training Group**, 10:30-11:30 a.m. M-F

Blue group is for new/newer swimmers ages 7-11. These swimmers may range from new swimmers with basic proficiencies of three of the four competitive strokes to experienced swimmers. Blue group members should attend at least three practices a week (when in town) unless attending club (ie: SCA) practices.

### **Prep Swim Team, 11:30-Noon M-F**

Prep team is a wonderful program for the novice swimmer who has little or no experience as a competitive swimmer, yet is comfortable in the water. The requirement to be on the prep team is that the child (typically ages 5-8) can swim the width of the pool with little or no assistance. (Those not quite ready for Prep Team are strongly encouraged to take ORCC swim lessons.) The focus of our prep team is to have fun while teaching new swimmers the four competitive strokes and prepare them for competition. It is also designed to build technique, stamina, and discipline in the inexperienced swimmer. There will be six fun “mini-meets” scheduled on Wednesdays throughout the season; the swimmers are encouraged, but not required, to participate. Some swimmers may be asked to participate in one or more regular swim team meets for fun and experience (these are children who are proficient in freestyle and backstroke and can swim the length/25 meters without difficulty).

### **Dive Team**

Black Group: 8:45-9:30 a.m. M-F

Blue Group: 9:30-10:15 a.m. M-F

Green Group: 10:15-11:15 a.m. M-F

Dive practices do not interfere with swim practice times so kids may participate on both teams. Dive meets are Mondays with warm-ups at 5 p.m. One/two age groups will compete all dives, then the next age group will compete. The dive coaches will email details about all meets.

\*Note-head coach will make placement decisions for all swimmers and divers.

### **SWIM MEETS: INFORMATION**

This summer ORCC will participate in one invitational, five dual meets and the City Swim Meet. Dual meets begin at 6:00 p.m.; warm-ups are 5:00 p.m. (home) and 5:25 p.m. (visitors). Dual meets last between 2-3 hours. By the first week of practice, you will receive a detailed list of these swim meets, the “Meet Info Sheet.” Each family **must** fill out the form to let Coach Julie know which meets the swimmer will and will not be able to attend. (Please note that each swimmer/diver must participate in a minimum of two meets to be eligible for the city meet.) This information is vital to create the swim meet line-ups and to ensure that the swimmers have the opportunities to participate in various events. Understandably, plans can arise or change. If swim meet availability changes for your swimmer, please put a note in Coach Julie’s file folder or email her as soon as possible. During ORCC swim meets, all parents are asked to volunteer in some way (timers, awards, hospitality, etc.). The Parent Volunteer Positions will be available via SignUp Genius.

### **SWIM MEETS-PREPARATION & ETIQUETTE**

Swim meets are a fun and important part of the swim season. These are where progress can be measured, goals can be achieved and friends can be made. The swimmer and parent should look at the line-ups posted before each meet to know and prepare for the events.

It is very important to get plenty of sleep on the eve of the swim meet and a healthy dinner to load up on lean proteins and carbohydrates. Healthy meals the day of the meet are also important. The day of our swim meet, we will have morning swim practice; but, after practice, swimmers should stay out of the sun if possible and have a low-key day to conserve energy for the evening’s meet. The swimmer’s bag should be packed well in advance of the meet. Be sure the swim bag includes extra clothes/sweats, at least two or three towels, healthy snacks and activities (books, games, music, etc.) to keep busy between events. Sleeping bags or blankets are also a good idea to bring to swim meets.

**Parents should plan on volunteering at 2-3 of our home meets and 1 or 2 of our away meets, in some capacity** (timing, ribbons, finish judge, etc.) Don't worry, no experience required, we'll teach you! (See "Swim Meet Volunteers: Job Description" hand out.) Kidz on the Ridge may be available during home swim meets. Be sure to arrive at the meet at least 20-30 minutes prior to warm-ups so the swimmer can check in with coaches, "set up camp" in the team area, stretch out, have event numbers written on his/her hand. At our home meets, we have dinner and beverages at the snack shack for our members, guests and visiting team. After each event, swimmers must speak with the coaches so we can review the race and prepare for the next one (this is a great opportunity for one-on-one instruction and encouragement!). Remember, parents shouldn't coach their children on the way to or during the meet. Let his/her coach be the one to talk about the swimmer's strengths and areas in which to improve; just be the parent with lots of hugs and encouragement!

### **BEST TIMES**

An important aspect of swimming is measuring progress through swim meet times for each event. It is therefore also important to keep track of times so you and your swimmer can monitor improvement. Many families find creative ways to display their times with graphs, charts, etc. Remember, times are not the only indicator of improvement. Learning how to perform the strokes, starts, and/or turns correctly may, at first, cause times to increase, but later, when the task is mastered, times will decrease.

### **DIVE MEETS**

Much like a swim meet, the coach will speak with the diver about which events/dives he/she will be performing before the meet. Again, it's very important to get a good night's sleep on the eve of the dive meet, eat healthy and stay hydrated. The day of our dive meets (usually Monday), we will have morning dive practice; but, after practice, divers should stay out of the sun if possible and have a low-key day to conserve energy for the evening's meet. The diver's bag should be packed well in advance of the meet. Be sure to include extra clothes/sweats, towels and healthy snacks.

There are 7 FWSDL teams, all in one league. Dive meets begin at 5:00 p.m. and last between 1-2 hours, depending on the size of the other team. Parents should plan on volunteering half of the meet in some capacity (table, ribbons, etc.): and don't worry, no experience is required, we'll teach you! Please be sure to arrive at the meet at least 10-20 minutes prior to warm-ups so the diver can check in with coaches and prepare for the meet.

### **PREP MEETS**

Prep meets are a fun way for the preppers to show what they have been working on in the water. Prep meets are very relaxed, non-competitive, and fun with lots of cheering and encouragement. Typically prep meets last between 30-40 minutes. Most teams will have the prep swimmers swim one length of the pool (some teams swim widths) of all four strokes (butterfly, backstroke, breaststroke and freestyle). No times will be kept and there will not be any disqualifications. Participants will all get treat bags and lots of high fives. Parents are not required to volunteer at prep meets, but Coach Maggie and Coach Ripley will ask for helpers to pass out treats. There will be morning practices on all Prep Meet days unless the meet is in the morning.

## **PRACTICES**

While there is no set attendance requirement for ORCC swim/dive/prep practices, your swimmer/diver is encouraged to attend as many practices as possible to get the most out of our summer season. Be careful, however, not to force your child to go to practice. It is his/her sport and should be fun! Swim bags should be packed and ready to go well before it is time to leave, and it's always a good idea to have an extra pair of goggles, cap and suit (these should each have the swimmer's initials in permanent marker on the inside of each) for emergencies. As with most other activities, it's a good idea to arrive 10 minutes before practice begins.

**\*Note-Coach Julie is supportive of family vacations, camps, and other activities throughout the summer, just do not schedule these during the weekend of the City Dive Meet (7/21-22), or the City Swim Meet (7/28-30). These meets are what your child has been working so hard on all summer, so you don't want to miss it!**

## **TALKING WITH COACHES**

Communication between parents and coaches is important. The best time to speak with your swimmer's coach is before or after practice, or you may always put a note in her/his mailbox. Remember, the coaches want to give as much attention as possible to the swimmers during practice; chatting with the coaches during practice compromises their ability to watch and instruct the swimmers.

## **TEAM COMMUNICATIONS**

The team website, (the ORCC site, under the SWIM tab), pool message board, your family's file folder, the Clubster App, and Coach Julie's email [JulieAnderson95@frontier.com](mailto:JulieAnderson95@frontier.com) are the most important means of communication. Practice schedules, swim meet info, line-ups, and team activities will be posted on the message board. Please check the board and your family's file folder weekly.

## **TEAM SPONSORSHIP**

If you, your business, or someone you know would be interested in supporting our fantastic programs, we have excellent sponsorship opportunities! Orchard Ridge had over 150 kids on the swim, dive and prep teams in 2022. We are self-funded and looking for sponsors to help with the costs of our team shirts, awards and equipment for 2023.

Sponsorship opportunities begin at \$300 for the Bronze Level; \$500 for the Silver Level; and \$750 for the Gold Level. All sponsors will have their logo on the team shirt; Gold Level sponsors will also have their logo/advertisement in meet programs. Hundreds of people will see the team sponsors. The deadline is May 1st. Please contact Julie Anderson for more information.

## **PRACTICE CANCELLATIONS**

In the event of bad weather (ie: thunderstorms, temp. not expected to be above 65 degrees) or pool maintenance problems, we will not swim outside. I will make every effort to send out a Clubster announcement and/or send out a team email if we will NOT have practices. You may call me at 260.615.2362, the clubhouse at 260.747.3117 or the guard office at 260.747.3118, if you have a question about the morning plan. REMEMBER, NO NEWS MEANS WE ARE ON!

Thank you for supporting your child, the teams, the coaches and Orchard Ridge Country Club. We hope this information has been helpful! If you have any questions or concerns, please feel free to speak with your child's head coach.

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***GO ORCC!!!***

