

GMMO

Swim Team

Handbook 2019



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Introduction

Welcome to the GMMO summer swim team! You have joined a great program, and we want you to have the best experiences possible this season. Please take the time to carefully read through this handbook. Inside you will find a season calendar, practice schedule, information on swim meets, and general meet and swim team guidelines and rules. If you have any questions regarding the program, please feel free to contact any member of the GMMO Swim Team Coaching Staff.

Through swimming, one can learn self-discipline, goal setting, and confidence. Our goals as a team are to create a safe atmosphere in and around the water, foster a true sense of team among all club participants, and to have fun!

To stay updated, “like” our GMMO Swim Team Facebook page at <http://www.facebook.com/GMMOSWIMTEAM>.

About GMMO

The GMMO Swim Team is comprised of swimmers from four private clubs (Golden Valley Country Club, Minneapolis Golf Club, Medina Golf and Country Club, and Oak Ridge Country Club) who unite each summer to compete under the GMMO team name in the Western Swim League. Other teams in the Western Swim League include, Woodhill/Lafayette, Interlachen/Minikahda, Wayzata, Bearpath, and Edina.

GMMO Club Contact Information

Golden Valley Country Club

7001 Golden Valley Road
Golden Valley, MN 55427
(763) 732-4100 (Clubhouse)
(763) 732-4176 (Pool)

Minneapolis Golf Club

2001 Flag Avenue South
Minneapolis, MN 55426
(952) 544-4471 (Clubhouse)
(952) 525-2541 (Pool)

Medina Golf and Country Club

400 Evergreen Road
Medina, MN 55340
(763) 478-6021 (Clubhouse)
(763) 478-9760 (Pool)

Oak Ridge Country Club

700 Oak Ridge Road
Hopkins, MN 55305
(952) 935-7721 (Clubhouse)
(952) 939-5462 (Pool)

GMMO Administrator

Lindsey Palasek – gmмосwimteam@gmail.com

Sign Ups

Registration forms for all clubs can be completed at
<https://goo.gl/forms/kCj15cgazObSVHiF3>

Swim Team Apparel

Each swim team member participating in meets must have a GMMO Swim Team suit and a team cap. GMMO Swim Team t-shirts will be given to each GMMO swimmer and are included in the registration fee. There will be several other swim team items available for purchase (sweatshirts, sweatpants, backpacks, etc). Informational flyers containing a link to submit apparel orders online will be available at all pre season meetings and at all club pool locations. Links will also be sent out by email. To ensure the arrival of your apparel by the first meet, orders must be submitted by May 1st. A second round of late orders will be placed the first week of the season. Please contact Lindsey Palasek with any questions.

Weekend Clinics

We will offer optional stroke and skill clinics every other weekend throughout the season. Clinics are from 10:00AM - 11:00AM at all GMMO clubs. Swim Team members are welcome to attend weekend clinics at any GMMO club.

Saturday, June 15th @ Golden Valley Country Club

Saturday, June 29th @ Minneapolis Golf Club

Saturday, July 20th @ Medina Golf and Country Club

Weather Closings

There is no practice if there is severe weather in the area. *You will be notified by e-mail if practice or a swim meet is canceled for any reason.* If you have a question regarding practice times or cancellations, please contact the club pool where practice is being held.

Golden Valley Country Club Pool	763.732.4176
Minneapolis Golf Club Pool	952.525.2541
Medina Golf and Country Club Pool	763.478.9760
Oak Ridge Country Club Pool	952.939.5462

Practices Times and Locations

Regular summer practices begin on Monday, June 10th and continue through Tuesday, July 23rd. All GMMO Swim Team members are welcome to attend practice at any of the four club locations. Following is the regular weekly practice schedule for each member club:

Golden Valley Country Club

Pre-Season Practices June 4th & June 6th 7:00PM – 8:00PM

Mondays, Tuesdays, Thursdays, and Fridays

Swimmers 9 to 17 years old (or as directed by a coach) 8:30AM-9:30AM

Swimmers up to 8 years old (or as directed by a coach) 9:30AM-10:30AM

Medina Golf and Country Club

Pre-Season Practices June 4th & June 6th

11 to 17 years old 4:30PM – 5:30PM

Up to 10 years old 5:30PM – 6:00PM

Mondays, Tuesdays, Thursdays, and Fridays

Swimmers 11 to 17 years old (or as directed by a coach) 8:30AM-9:30AM

Optional extended practice for swimmers ages 11-17 8:30AM-10:30AM
looking for a more competitive experience

Swimmers up to 10 years old (or as directed by a coach) 9:30AM-10:30AM

Minneapolis Golf Club

Mondays, Tuesdays, Thursdays, and Fridays

Swimmers 11 to 17 years old (or as directed by a coach) 9:00AM-10:15AM

Swimmers up to 10 years old (or as directed by a coach) 10:15AM-11:00AM

Oak Ridge Country Club

Mondays, Tuesdays, Thursdays, and Fridays

Swimmers of all ages 4:30PM-5:15PM

Jr. Swim Team (June 11th – July 23rd)

Tuesdays and Thursdays 4:00PM-4:30PM

Swim Meets

All GMMO Swim Team Members are encouraged to attend swim meets. They are a positive competitive experience in a friendly atmosphere.

- Meets are held every Wednesday throughout the season
- Meets begin at 11:00AM and last between 3-4 hours
- “Home” meet warm-ups are from 10:00–10:20AM and “away” meet warm-ups are 10:20–10:40AM
- All swimmers will be given a list of their individual and relay events upon arrival at the meets
- There will be NO practices on the Wednesday of meet days at any GMMO club
- All swimmers need to bring their team suit, cap, goggles, sunscreen, water bottle, towel, as well as extra clothing and additional sun protection. Some swimmers choose to bring books, games, and other activities, as swim meets can get long
- Swimmers must find their own transportation to and from all meets
- Before all regular season home swim meets, there will be an all-team breakfast at Medina Country Club from 8:30-10:00AM

Meet Schedule

Wednesday, June 12th – Mock Meet @ Medina Golf and Country Club

Wednesday, June 19th – Wayzata @ GMMO, Medina Golf and Country Club

Wednesday, June 26th – Woodhill/Lafayette @ GMMO, Medina Golf and Country Club

Wednesday, July 3rd – GMMO @ Bearpath

Wednesday, July 10th – Interlachen/Minikahda @ GMMO, Medina Golf and Country Club

Wednesday, July 17th – GMMO @ Edina Country Club

Wednesday, July 24th – Junior Champs @ Wayzata Country Club

Friday/Saturday, July 26-27th – Champs @ Bearpath Country Club

Championship Meet / Junior Championship Meet

At the end of the season, the Western Swim League holds two Championship Meets (Champs and Junior Champs). Three swimmers per age category per individual event are invited to the Championship Meet based on the season’s top times. Because timing is done by hand using stopwatches and times from certain meets must be converted from meters to yards for comparison purposes, swimmers’ times are not always precise. As a result, coaches may use their discretion when creating the meet lineup based on what they believe to be best for the team overall. Relay lineups will be based on the fastest combination of swimmers, using season-best times. Under Western Swim League rules, no swimmer is allowed to participate in more than four events at the Championship Meet. Consequently, some swimmers will not be able to participate in as many events as they may have qualified for. In such instances, the coaches will determine in which events the swimmer will be entered, based on what they believe to be best for the team. At certain times, the coaching staff may elect to ask swimmers to swim above their age group on relays in order to collect relay placements and the associated points. In such instances, priority will be given to swimmers who have only qualified for one event at the Championship Meet, in order to give them an additional opportunity to participate. All swimmers that do not participate in the Championship Meet will be invited to attend the Junior Championship Meet.

Meet Events

Below is a traditional list of swim team age categories and events. All swimmers are **REQUIRED** to swim in their appropriate age category unless moved up by a member of the coaching staff. Swimmers with the top times will be chosen to swim in team relays. In some circumstances, GMMO will enter more than one relay team (B, C, etc.). In this case, there is a chance more swimmers with higher times could be chosen to participate in relays. A list of relays will be posted at the meet check in board. All swimmers placed in a relay can choose up to 3 additional individual events. Swimmers not chosen for relay events may swim up to four individual events. Swimmers are encouraged to swim in all four individual events but **MUST NEVER** swim more than four events in one meet. As a reminder 25 is one length of the pool and 50 is two lengths of the pool. Pool lengths are measured in both meters and yards. Times are converted in our swim meet records software system.

INDIVIDUAL EVENTS:

6 and Under	25 fly	25 back	25 breast	25 free	
8 and Under	25 fly	25 back	25 breast	25 free	
10 and Under	25 fly	25 back	25 breast	25 free	
12 and Under	25 fly	50 back	50 breast	50 free	100 IM
14 and Under	50 fly	50 back	50 breast	50 free	100 IM
17 and Under	50 fly	50 back	50 breast	100 free	100 IM

RELAY EVENTS:

Crescendo Relay (Freestyle Event - swimmers ages 8 to 17 swim in age order from youngest to oldest)

100 Free Relay (All Swimmers swim freestyle)

10 and Under Medley Relay (4 Swimmers swimming in order backstroke, breaststroke, butterfly, freestyle)

12 and Under Medley Relay (4 Swimmers swimming in order backstroke, breaststroke, butterfly, freestyle)

200 Mixed Relay (4 Swimmers swimming in order backstroke, breaststroke, butterfly, freestyle – males and females swim together – can have up to two male swimmers)

General Swim Meet Rules

Please email the team Administrator or a member of the coaching staff if you are going to be absent from a meet. **It is VERY IMPORTANT that we know when swimmers will be absent from a meet AT LEAST the Monday before the meet date.**

Please arrive **BEFORE** the warm up time. Check in at the check in board by highlighting your name.

During all swim meets disqualifications may be called for all swimmers for the following:

- Touching the bottom of the pool
- Starting too early
- Doing the wrong stroke
- One hand touch on breast and fly
- Rolling over onto your stomach on backstroke
- Doing the wrong kick / hand stroke
- Going off the start block before the start signal (the first instance all swimmers will be called back to “redo”, after that, the swimmer will be disqualified for the false start)

*Please do not approach an official to inquire about disqualifications.

Picture Days

All GMMO Swim Team Members will have the opportunity to have their photo taken as both a whole team and as individual swimmers. We HIGHLY encourage you to come to picture day even if you do not plan on ordering prints so that a true team photo can be taken. **Team pictures for swimmers from all clubs will be held on Wednesday, June 19th at 8:00am at Medina before our first home swim meet.**

Awards

All GMMO Swim Team Members will have the opportunity to earn awards for their achievement.

- Personal best ribbons will be given to each swimmer that improves their personal time after each meet. These ribbons will be handed out during practice the Friday after each meet.
- Heat ribbons will be given to the winner of each heat at every meet. Swimmers are seeded by coaching staff according to times.
- Place ribbons will be given to swimmers placing first through sixth in each swim meet event. These ribbons will be handed out during practice the Friday after each meet.
- End of season awards will be given to each swimmer at their end-of-season banquet.

Banquet

There will be a post-season banquet in which swimmers and families from all four GMMO clubs will get to come together to celebrate their season. It will be a buffet style dinner with awards and a post-season video. We ask that parents, nannies, and friends and family of GMMO take photos during the year to showcase at this banquet. We encourage ALL swim team members to attend this event!

**The all-team banquet will take place at Golden Valley Country Club on
Sunday, July 28th at 6:00PM**

Family Volunteer Responsibility

Swim meets cannot run successfully without the assistance of our member families and friends. We need MANY volunteers at each of our home meets in order for things to run smoothly. **Because of this, each family with a child on the team is required to volunteer for at least ONE volunteer shift.** A volunteer shift consists of one half of one of our three home swim meets. **Families with multiple children on the team are asked to volunteer for TWO volunteer shifts.** This can be at two different meets or two slots within the same meet. Please note that if your child is selected to participate in the Championship Meet, you may also be asked to volunteer here in some capacity. Volunteers can include parents, nannies, older siblings, neighbors, grandparents, etc. Volunteer sign ups will be sent out via email at the beginning of the season.

Any family that does not fulfill their volunteer responsibility or does not show up for a shift they have committed to will be charged an additional fee of \$150 at the end of the season.

Eligibility – Per the Western Swim League Bylaws

Participating club members' children and grandchildren and coaches' children (exhibition only, unless they are members) 17 years and under are eligible to swim in the Western Swim League (swimming age group will be determined by the swimmer's age on May 31st).

Swimmers may not swim or practice on any other team, swim school, or local community program as of June 10th. Swimmers are allowed to participate in two non-WSL meets during the country club season (including MRC's) and may swim attached to their club team. The penalty for an active USA Swimmer that competes in the WSL will be the forfeiting of all points and awards in the WSL that season.

Swimmers are also allowed to attend and participate in one swim camp or clinic outside of their country club team.

On those years when the USA Swimming State Meet falls on the same weekend as the WSL Championship, swimmers may participate in two USA Swimming meets and the USA Swimming State Meet within the country club season.

Swimmers must swim in two WSL dual meets to participate in the championship swim meet.

GMMO Code of Conduct

As a GMMO swimmer, or a parent(s) of a GMMO swimmer, I understand and will abide by this GMMO Code of Conduct and agree that any violation of the rules is subject to disciplinary action.

1. Because our children learn from our example, we as parents, coaches, and fellow swimmers need to exemplify the highest level of sportsmanship by supporting all swimmers, coaches, referees and parents.
2. We will work together to teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of such behavior.
3. At all club functions, whether practice, meets, or social gatherings, we expect each coach, swimmer and parent to behave in such a way that their actions reflect positively on the team.
4. Disrespectful or destructive behavior will not be tolerated.
5. In swimming, all disqualification decisions made by referees are final, regardless of whether such decision was correct. If you have questions about a referee's ruling, please speak with your coach.
6. Coaches must balance what is best for any individual child with the needs of the team. Occasionally, an individual child's interest may need to be subordinate to the interests of the team. In such circumstances, parents and coaches should help swimmers understand the dynamics of team competition.
7. Parents who have comments, concerns or complaints over coaching philosophy or technique should discuss them with their child's coach directly. Alternatively, parents who have concerns about an assistant coach may discuss them with their club's head coach.
8. Any parent or swimmer who has a serious grievance with a coach, another swimmer or parent, or anyone affiliated with GMMO should follow an orderly protocol by first bringing the grievance to their member club General Manager who will resolve the matter or present the grievance to the appropriate committee.
9. A swimmer who does not abide by the GMMO Code of Conduct may be restricted from GMMO events. Swimmers may also be restricted from GMMO events if their parent(s) does not abide by the GMMO Code of Conduct. Any such action will be up to the discretion of the appropriate GMMO Member's club.