

# **Waverly Piranhas Swim Club**



## **Handbook**

## INTRODUCTION

Welcome to the WAVERLY PIRANHAS SWIM CLUB (WPSC). The Waverly Piranhas Swim Club is very pleased to have you join us. We feel our club has a lot to offer area swimmers.

By enrolling your child in the Waverly Piranhas Swim Club, you have become a member of the Club. The Club relies on parent volunteers for the operation of the swim club. We need the involvement of all our parents to run the club smoothly. Parents are needed to help at swim meets, serve on committees, raise funds and serve on the club board.

This handbook is intended to provide basic, quick reference information for Waverly Piranhas Swim Club parents and swimmers throughout the year. Please take a few minutes to go over it.

Other information will be given to you through emails, special notices, coach communications, family activity gatherings, and bulletin board postings. Please feel free to call any Board Member if you have specific questions or concerns.

A complete copy of the Club's by-laws is kept on file with the President. For anyone wishing to review it, you may do so by making an appointment.

## TEAM PHILOSOPHY – GOALS – POLICIES

### MISSION STATEMENT

WPSC is a year-round, age group, competitive swim team designed to enhance a swimmer's ability at their own pace, as well as to promote life long physical fitness, water safety, and well being.

### Team Goals

The Waverly Piranhas Swim Team will continually strive to achieve all of the following goals:

1. Swimming should be fun! At every level we expect everyone to do his or her best and work hard, but competitive swimming should be an enjoyable experience.
2. Every swimmer will learn and continually work on all strokes and all types of events.
3. Pressure to overachieve has no place on the team from the swimmer, the coach or the parent.
4. Sportsmanship, learning to win gracefully and learning to lose gracefully will be stressed at all times.
5. Making sure each swimmer knows the value of the words commitment, self-discipline and above all teamwork!

## **Team Philosophy**

The Club teaches and encourages athletes to use their maximum potential to work towards a goal. Through swimming we provide a means to foster high self-esteem, self-motivation, goal setting, goal achievement and personal accountability. The “TEAM” concept and the physical activity of swimming provide the athlete a sound basis for physical and emotional wellness.

Through positive reinforcement and hard work, athletes are encouraged to believe in themselves and their ability to reach goal achievement.

Swimming is not only a sport that provides your child with a fun-filled way to physical fitness, it also provides many life skills that will be with your child as he or she grows and matures. Because of rigorous and demanding practice schedules, swimmers learn time management skills, discipline, and perseverance. Therefore, swimmers are usually the top students and ultimately excellent community leaders.

## **Governing Body**

The club is governed by a Board. The parents or guardians of each member of the Waverly Piranhas Swim Club are recognized as members of the Club. The members elect a volunteer Club Board to supervise and control its affairs.

## **Eligibility**

The Club accommodates various levels of swimmers from the beginning competitive swimmer to the highly motivated and skilled swimmer whose goals include success at the area, state and national level.

**Minimum requirements:** Swimmers should be able to swim one length (25 yards) of freestyle. A parent or guardian must accompany all swimmers at the time of registration. Swimmers will be skill tested and grouped according to their age and ability. The coaching staff determines placement.

## Team Organization and Expectations

- Level 1 Light conditioning with a heavy emphasis on fundamentals and stroke technique. Swimmers will learn competitive stroke skills: for example flip turns, starts, as well as learning new ways to move through the water faster. The most important goal we have for level one swimmers is to teach them to love the sport of swimming.
- Level 2 Swimmers will take the fundamental stroke skills and techniques that they learned in level one and learn to apply them to all four competitive strokes. Level two begins to put more focus on the transition from a recreational swimmer to a competitive swimmer. Practice becomes more strictly structured; while swimmers learn common swimming terms. A stronger desire to race and compete is developed.
- Level 3 Swimmers fully transition to competitive swimmers. Practice times are increased as the emphasis of the level switches from fundamental techniques to conditioning. Swimmers are encouraged to focus on competing and bettering themselves. They follow a pace clock at practice, track best times and begin to consider future goals. These swimmers are highly encouraged to attend USA sanctioned meets and dual meets throughout the season.
- Level 4 As the highest level of the Waverly Piranhas Swim Club, level four is for swimmers with a mastery of all four strokes and a strong desire to compete. Practices are longer than those of previous levels, focusing on conditioning and the maintenance of quality stroke technique as the swimmer gets faster. Competition is the primary focus at this level, with the coaches expecting swimmers to give 100% effort at practice and to participate in every USA and dual meet they are capable of attending.

## PRACTICE INFORMATION

All practices are held at the Waverly High School Pool, unless otherwise notified. You will receive a current term practice schedule.

There is a positive correlation between regular attendance at practices and performance. We encourage all swimmers to participate as often as they can.

There are four terms per year:

- Fall Term: Early/Mid-September to early/mid-December (12-14 weeks)
- Winter Term: Early/Mid-January to mid/late-March (12-14 weeks)
- Spring Term: Early/mid-April to end of May (7-8 weeks)
- Summer Term: Mid-June to late July/early August (7-8 weeks)

### **Change and cancellation of practice**

If there is a need to cancel swim practice, the following policy will apply:

- If indoor youth activities for Waverly are cancelled, the practice sessions for our team will also be cancelled. If school has been cancelled due to inclement weather, a notification will be sent out as soon as we get word from school officials regarding practices.
- If the Waverly area goes into a tornado warning, practice is cancelled. If the all clear is to expire before regular practice hours we will swim. If the all clear is to expire during or after practice hours we WILL NOT SWIM.

### **Costs**

Fees are determined by the Board of Directors of the Waverly Piranhas Swimming Club. Fees are based on the length of the term and vary by level.

**Refunds can be given if a swimmer drops before the posted refund date. To receive the refund you must contact the Treasurer. The refund will be prorated based on days swam.**

WPSC offers a 10% discount for additional children in the same family. The discount applies to practice fees only and is taken off the lower fee.

**USA Swimmer Registration.** All team members must be registered with USS-M (United States Swimming – Michigan). The annual fee is determined by USS-M and is a pass-through for our club directly to USS-M. Seasonal registration is offered at a reduced rate; however, a swimmer with a seasonal registration is not eligible for Zone Championship Meets. An Athlete Outreach registration option is offered at a reduced rate for swimmers who qualify for Federal free/reduced lunch or families who receive food stamps. Appropriate documentation must accompany the application form.

**Fundraising.**

- Texas Hold ‘em events: WPSC participates in 3-4 events per year. Every family is expected to participate in these events. When we have an event, we will have two shifts per day for a four day event. We will need three volunteers per shift.
- Other fundraising efforts will be announced throughout the year. For example: Swim-a Thon

**Meet Fees.** The team attends various types of meets that may require additional fees paid by parents prior to a swimmer being entered. Dual meets are free.

**Team wear.** The team suit, when applicable, may be ordered through the Club. All swimmers participating in team meets should wear these. Optional team wear is available from time to time (T-shirts, ball caps, goggles, etc.)

**Team Swim Caps.** For female swimmers caps are mandatory. For male swimmers caps are optional. When swimming in a dual meet or USS-M swim meet with the Piranhas Swim Club and wearing a swim cap, it must be a Piranhas swim cap. If a swimmer does not have a Piranhas swim cap the coach will provide one for the swimmer and the swimmer’s account will be charged for the swim cap.

**Goggles.** Goggles are required and can be purchased from any local sporting goods store.

**Lock for Locker.** Swimmers should have a lock for a locker at practice and meets to discourage theft, or their belongings should be brought out onto the pool deck. Neither Waverly High School nor the Waverly Piranhas Swim Club is responsible for lost or stolen articles. Locks and contents must be removed from lockers after every practice.

## **MEET INFORMATION**

The Waverly Piranhas Swim Club is one of several swim clubs in the Greater Lansing area offering the opportunity to participate in the sport of competitive swimming. A swimmer can choose to be somewhat competitive or extremely competitive.

**Team Membership.** The club is a Team member of the following Leagues and/or Associations:

- CASL (Capital Area Swim League) – Throughout the year we participate with other clubs in the Capital City area in dual/tri meets, and a yearly league championship meet.
- USS-M (United States Swimming – Michigan) – United States Swimming is an organization that governs amateur competitive swimming in the USA. The local swim committee for USA Swimming is Michigan Swimming, Inc., which administers and promotes USA programs at the local level.

## Types of swim meets

Intra-squad Meet. This is done on an occasional basis to familiarize new swimmers and parents with how a meet is run. Only our team members compete and it is very informal. There is no additional cost for this type of meet.

Dual/Tri Meet. This type of meet involves the Piranhas team and one/two other team(s) from the surrounding area. Dual/Tri meets are rather informal and participation is highly encouraged. Parents are only allowed on deck if they are assisting in meet management. There is usually no additional cost for this type of meet.

USS-M. This meet will have swimmers from many teams coming from a larger area of the state. This type of meet is more competitive and requires prior registration and payment of meet fees. Parents are not allowed on deck at USS-M meets.

### Swim meet age classification

Swimmers are typically divided into the following groups for competition:

8 & Under Boys	8 & Under Girls
10 & Under Boys	10 & Under Girls
11 & 12 Boys	11 & 12 Girls
13 & 14 Boys	13 & 14 Girls
13 & over Boys	13 & over Girls
15 – 18 Boys	15 – 18 Girls
Open (any swimmer)	

USS-M meets further divide swimmers in “AA”, “A”, “B”, and “C” by a system of time standards.

Meet Entries. Meet entry information will be posted on the bulletin board at the high school pool and on our website. There is a special folder in the “Mailbox” bin that contains meet entry forms. USS-M meets require entry forms and payment to be submitted in the “USS-M Meet Returns” bin located on the desk in the coaches’ office by the deadline. Meet entries turned in after the deadline will be refused. Meet entry information questions can be directed to the meet coordinator or the coach(es). Please fill out the form (see attachment 1). Attach a check made out to WPSC. Your payment must accompany the entry form prior to the deadline before being entered into the meet.

Dual and Intrasquad meets only require swimmers to return a meet entry sheet by the listed deadline (see attachment 2). There usually is no charge for these meets.

Relay Teams. When there are enough swimmers to be eligible for a relay, the coach (es) shall determine the relay team(s).

Warm – up and check-in at Meets. Swimmers should arrive at the time specified in the meet packet for warm-up. Most USS-M meets require the swimmer to ‘check-in’ upon arrival and by a certain time. This time is indicated in the meet packet.

Scratching from a Meet. The coach (es) must be notified if a swimmer will not swim a scheduled meet. If a swimmer is ill on the day of the meet, please notify the coach (es). (Entry fees cannot be refunded)

## **GENERAL INFORMATION**

### **Information Dissemination**

Communication with our WPSC families is essential to our club. We communicate through the following ways: Email, website, bulletin board and periodically text alerts.

We make every effort to inform our families of any changes/updates in our schedule as quickly and timely as possible. However, there are times when our communication systems do not work properly. **It is the swimmer and parent’s responsibility to utilize as many of our communication systems as possible to alleviate a situation of miscommunication.**

### **When to talk to coaches**

Coaches are usually at the pool 15 minutes before the first scheduled practice and 15 minutes after the last scheduled practice. Should you have something to discuss with the coach (es), please utilize this time. You can also set up a private meeting with the coach by contacting the coach through email (via our website) or other arrangements.

**If you decide you want to watch practice, and we encourage you to do so, we would like you to sit up in the balcony. This will help keep congestion, confusion and distractions on deck to a minimum. It is also a requirement of our liability carrier that only coaches, board members, and those working meets are permitted on the pool deck.**

## Requirements of special awards

Team Jackets (or other comparable item of the Club's choosing). Team Jacket Requirement Forms are available at the pool and on the website to explain the eligibility and to record the information as these requirements are achieved. Jackets are awarded once per year at the Spring Awards banquet. The requirement form must be turned in by the end of January to receive a jacket that year. Tracking the requirements is the responsibility of the swimmer/swimmer's parent(s) or guardian(s).

Incentives for Making Time Standards. When swimmers achieve specific time standards such as an USS-M "JO" time, USS-M "A" time or USS-M State time at a sanctioned USS-M meet an incentive of the Club Board's and/or the coach's choosing may be presented to swimmers. At this time these incentives include a swim bag for a USS-M "JO" time or USS-M "A" time and a warm-up suit for a USS-M State time. These incentives are contingent on the financial standing of the club during any given term.

A swimmer must meet the following requirements or the following must apply to be eligible for either of these Waverly Piranhas sponsored incentives:

1. Currently registered through USA Swimming with the Club (WPSC) at the meet in which the new time was achieved.
2. Currently registered as an active member in the Fall, Winter, Spring or Summer term with the Club (WPSC) and not registered as a 'Middle School' or ' High School' only swimmer, i.e. must have swum with the Piranhas in the term immediately prior to the Middle/High school season or swim in the term immediately following the Middle/High School season.
3. Incentives are awarded based on first time achievements for the duration that the swimmer is a member of the club. With respect to the swim bag, a gym bag will be awarded one time only for either a "JO" time or a USS-M "A" time, whichever the swimmer achieves first.
4. Once a swimmer has earned an incentive, they may purchase the same or comparable replacement item(s) through the club.
5. Timing of the event is to be in accordance with USS-M rules and regulations of timing.
6. USS-M time standards for "JO" times, "A" times and State times for the appropriate age level and gender will be used.

7. The qualifying time must be from a sanctioned USS-M swim meet, with the following exception:
  - 7.1 During terms when the WPSC is sponsoring the Waverly Middle School team through the WPSC, only the times from the Middle School League Championship meet and/or the Middle School League State Championship meet may qualify swimmers (while USS-M recognizes these meets). Only USS-M time standards for "JO", "A", and State times will be used and all other requirements must be met.
8. In accordance with USS-M, typically, the age is determined by the swimmer's age on the first day of the meet.
9. Qualifying times are for individual events only with the exception of the leadoff leg of a relay.
10. A swimmer must swim the actual event that is qualifying them for the incentive, i.e. a swimmer would not be allowed to swim a 100 Fly in the 100 Free event and qualify for the incentive.
11. Long course times cannot be converted to short course and vice versa to achieve a qualifying time.

Team Record Board. A swimmer must meet the following requirements to be eligible for a new team record to be posted on the team record board located at the high school pool.

1. Currently registered through USA Swimming with the Club (WPSC) at the meet in which the new time was achieved.
2. Currently registered as an active member in the Fall, Winter, Spring or Summer term with the Club (WPSC) and not registered as a 'Middle School' or 'High School' only swimmer, i.e. must have swum with the Piranhas in the term immediately prior to the Middle/High school season or swim in the term immediately following the Middle/High school season.
3. Timing of the event is to be in accordance with USS-M rules and regulations of timing.

4. The new time is to be a published time in the official USA meet results of a USA sanctioned swim meet in which the time was achieved for that event, with the following exception:
  - 4.1 During terms when the WPSC is sponsoring the Waverly Middle School team through the WPSC, only the times from the Middle School League Championship meet and/or the Middle School League (MISCA) State Championship meet may qualify swimmers (while USS-M recognizes these meets).
5. In accordance with USS-M, typically, the age is determined by the swimmer's age on the first day of the meet. Refer to USA Rule 205.2 (Eligibility) for further explanation. In the event that there is a conflict between "Team Record Board" Rule #5 and USA Rule 205.2, USA Rule 205.2 shall take precedence except when referring to the specific instance of WPSC Rule 5.1 and the exception of USA Rule 205.2.4.
  - 5.1 To allow a WPSC swimmer to qualify for a record board entry at the swimmer's age, when aging up in an event (i.e. swimming in an event that has an age classification higher than the swimmer's actual age), Team Record Board Rule #5 will apply with the exception of USA Rule 205.2.4. For example, if a swimmer is 11 years old and swims an open event, that swimmer will qualify for a record in the 11 year old event.
6. Times may be established in the leadoff leg of a relay.
7. If new events are added i.e. 200 Fly for the 11-12 year old and there was no prior record then in order for the record to go on the board it must be a current Junior Olympic standard or better for that age.
8. Long course times cannot be converted to short course. The boards are only for 25-yard increments.
9. A swimmer must swim the actual event s/he is trying to break, i.e. a swimmer would not be allowed to swim a 100 Fly in the 100 Free event and qualify for the record board.

Upon verification of the information, the swimmer, event, time, and year will be posted on the team record board.

Howard Comstock Award. The Howard Comstock Award is located at the high school and bears the names of those long-term Piranhas swimmers judged annually by the coach(es) as best meeting the “Leadership and Sportsmanship” qualities displayed by Howard Comstock as the organizer and developer of the Piranhas. This award is presented at the annual Spring Awards banquet. This award is chosen primarily by the Head Coach, however, subject to approval by the WPSC President.

Frank Krupiarz Award. The Frank Krupiarz Award is located at the high school and bears the names of those long term Piranhas swimmers judged annually by the coach(es) as showing the best all around “stroke technique” during the year. This award is presented at the annual Spring Awards banquet. This award is chosen primarily by the Head Coach; however, subject to approval by the WPSC President.

Capitol Area Swim League (CASL) Swimmer of the Year. This award is given out yearly at the CASL swim meet typically held in July. This award is given to 2 CASL swimmers per year and is determined by all area clubs nominating their club’s swimmers of the year. Our head coach nominates two swimmers, a 12 and under swimmer, and a 13 and over swimmer to represent WPSC for this honor. Once all swimmers have been nominated, each club has a vote in the process. The WPSC swimmers are chosen primarily by the Head Coach; however, subject to approval by the WPSC President.

Banquet Awards. Various awards and trophies are presented to swimmers at the annual Spring Awards banquet.

## **Other Helpful Tips**

1. Unless otherwise instructed, please enter pool from the parking lot on the east side (Snow Rd-Athletic Commons) of the High School.
2. Please do not drop off children more than 15 minutes before practice unless you want to come in and talk to the coaches. In addition, it is preferred that you escort your children to the pool rather than dropping them off.
3. Please pick up your swimmer within 10-15 minutes from the end of practice. Our coaches need to concentrate on those in the pool and extra children on deck could be a distraction to other swimmers.
4. Website. Check it often for updated schedules, sign up for text alerts and other useful information.
5. Email. Please check your email in-box for notifications from us. We try to send reminders once a week.

6. Mailboxes. Each swimmer will have a mail folder at the pool. If we have ribbons or any other items to be sent home, it will be in your swimmer's mail folder. Please check these periodically.
7. If you decide you want to watch practice, we would like you to sit up in the balcony. This will allow our coach(es) to focus on the swimmers.
8. Our board members are just an email or phone call away. Talk to the coaches about how your child is progressing in the water. Any other concerns should be addressed to a board member.
9. When we host dual meets, we need volunteers to help run the meet.
10. It is also important that our kids swim in our dual meets. It is great experience for our younger swimmers. Check with the coach on what your child should swim. For USS-M meets, check with the coach.
11. Neither the Piranhas nor the high school is responsible for lost or stolen articles. Feel free to use a lock in the locker room. However, you can not leave it there over night. Please remind your child about horseplay in the locker room. It will not be tolerated. Please keep track of your own things.
12. We will have a team picture in fall or winter term. Information will be distributed.
13. We will not have practice on the days when the high school swim teams have a home meet. Come and watch a high school meet with your child and see how exciting a swim meet can be and support the older Piranhas. Someday, maybe it will be your swimmer in the high school meets.
14. In the Spring term when the high school teams have home basketball games we may not be able to use the locker rooms adjacent to the swimming pool. Please keep an eye out for notifications.
15. When we go to swim meets, it's nice to see all our parents in Piranhas t-shirts. It's also nice to have everyone sit together when at a meet.

## TEAM RULES

1. Be on time and prepared for practice. This includes caps, goggles, or any other equipment that is required for practice. **You should start stretching at least 15 minutes before your practice time.**
2. For safety and security reasons please spend as little time in the locker room as necessary to shower and change. Always use a lock on the lockers, or **bring your things in a bag on deck. The Club is not responsible for lost or stolen items.**
3. Be honest with yourself, your coaches and your teammates.
4. When the coaches are talking, your eyes and ears are focused on the coach. This is not the time to be talking to a teammate. If you have something to say, raise your hand.
5. When the coaches are giving stroke tips, make sure you listen because you might be able to use that information too. Pay attention at all times.
6. Always try your best. Don't be afraid to make a mistake because that is how we learn! Always try!
7. Treat your coaches with the utmost respect. Be on your best behavior everyday and you will learn much more and become a better swimmer. Always treat others as you would like to be treated. Remember, this is not goof-off time - - this is practice!
8. Always use appropriate language.
9. Unsafe behavior is a bad idea. Always think safety at the pool. Running and goofing around on the pool deck is definitely the wrong choice.
10. Always sit and slide into the pool. **Diving is permitted only in the deep end and only when you are told to do so by your coach**
11. Remember that you are part of a team. Always use encouraging words with teammates and cheer each other on! Put-downs and negative comments to your teammates are not allowed.
12. Come to practice with a good attitude and prepared to give it your very best!

## Supporting your swimmer

Many factors will determine the success an individual will have in swimming but you as a parent will be a major factor in your athlete's success. As parents you will invest a lot of time, emotion and money into your athlete's swimming career. Be patient with the progress of your athlete and be sensitive to their smaller successes. These short-term goal achievements are stepping stones for their long range, future goals.

1. Make sure your child knows that whether they win or lose, you love them, appreciate their efforts, and are not disappointed in them. This allows your child to do their best without fear of failure. Be the person that your child can look to for constant positivity.
2. Try your best to be honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful, but don't coach your child at home or at the pool, regardless of how much you may know about swimming. You are paying someone else to coach your child. Your child needs you as a parent. They already have a coach.
4. Teach your child to enjoy the thrill of competition, to be "out there trying" and keep on trying, to be working to improve skills and attitudes. Help your child to develop the feel for competing, for trying hard and for having fun.
5. Get to know the coaches so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership. Avoid criticism of the coaches in front of your child. Your swimmer needs to trust the coach and look upon the coaches as an authority figure to get the most benefit from swimming.
6. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.

## GLOSSARY OF TERMS

Course - Designated distance of competition.

- SCY – 25 yards short course
- LCY – 50 yards long course
- SCM – 25 meters short course
- LCM – 50 meters long course

Cut-off Time - Competitors' time must be equal to or faster than the time standard listed for each event in order to compete in that event.

Event - Any race or series of races in a given stroke or distance.

Finals - Concluding heat of an event where the top 6 or 8 (depending on number of lanes available) qualifiers compete for final positions.

Freestyle Relay - A team comprised of four swimmers each swimming an equal distance of freestyle.

Heats - Term used when there are more swimmers than there are swimming lanes, swimmers are broken into groups called heats.

Individual Medley (IM) - An event where the competitor must swim an equal distance of each of the four strokes (fly, back, breast, and freestyle).

Leg - (relay) the part of a relay event that is swum by a single team member.

Mark - (take your) starting position.

Medley Relay - A team comprised of four swimmers each swimming an equal distance of one of the 4 strokes (backstroke, breast, fly, and free)

Scratch - (from an event) withdraw an entry from competition.

Seed - Distribute the swimmers among the required number of heats and/or lanes according to their submitted or preliminary times.

Seeding - Pre-Seeded Heats - swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of the competition. Seeded on the Deck - swimmers are called to report to the Clerk of Course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats.

Split Time - Time recorded from official start to completion of an intermediate distance within a longer event e.g. time for 50 yards of a 100 yard event.

Submitted Times - Those filed with an entry, as having been previously achieved.

Time Trial - Swimming against the clock, not paced by another swimmer.

Time Standard - The time standard for any event in a meet is the cut-off time for that event.

Timed Final Heats - Competition in which only heats are swum and final placings are determined by the times performed in these heats.

### **Competitive strokes and their basic rules**

#### Butterfly

- Arms must move simultaneously
- Both legs must move as a unit
- A two-hand, simultaneous touch is required on turns and finish

#### Backstroke

- In doing a backstroke turn, the swimmer may either execute an open turn (stay on your back until the hand has touched the wall and then turn) or a backstroke flip turn (roll over on the stomach and execute a forward flip turn)
- In executing a backstroke flip turn, once the swimmer has rolled over to the stomach, the swimmer may not float, stroke, or kick to the wall – the turn must be one continuous motion.
- Any forward progress by the swimmer while on the stomach is considered a disqualification.

#### Breaststroke

- Arms must move simultaneously
- Legs must move simultaneously and the water may not be propelled by the top of the foot, as in the other three competitive strokes
- A swimmer is allowed one pull and one kick underwater off the start and the turns before the head must break the surface of the water
- A two-hand, simultaneous touch is required on turns and finish

#### Freestyle

- Any method of pulling and kicking may be used
- The only restrictions in the freestyle are that the swimmer must touch the walls at both ends and he/she may never use the bottom of the pool - these restrictions also apply to the other three strokes

## ATTACHMENT 1

**SAMPLE**

**Waverly Piranhas Swim Club**  
**USA Entry Form**

Name: <i>John L. Smith</i>	Age (day of meet)	10
Meet Name/Location: Waverly/Grand Ledge ABC		
Cell Phone number: (in case you are running late to the meet)_____		

**Friday**

Event #	Event	Best Time	Amount Due
4	<i>200 I.M.</i>	<i>2:54.09</i>	<i>\$5.00</i>

**Saturday**

<i>24C</i>	<i>50 Back</i>	<i>48.39</i>	<i>\$5.00</i>
<i>36B</i>	<i>100 Fly</i>	<i>1:49.39</i>	<i>\$5.00</i>

**Sunday**

<i>124B</i>	<i>50 Free</i>	<i>35.89</i>	<i>\$5.00</i>

<b>Sub Total</b>	<b>\$21.00</b>
<b>USA Chrg</b>	<b>\$1.00</b>
<b>Total Due</b>	<b>\$22.00</b>
<b>Cash</b>	<b>Ck#</b>

**Entry fee must be paid at the time you sign up.** Please pay attention to the amount charged per event, it varies from meet to meet. There is also a \$1.00 surcharge for Michigan Swimming per swimmer. Place your entry form along with your payment in the USA Meet return file in the mailbox **by the due date**.

**ATTACH CHECK TO ENTRY FORM. SWIMMER WILL NOT BE ENTERED INTO MEET UNLESS PAYMENT AND ENTRY FORM IS RECEIVED PRIOR TO MEET DEADLINE. MAKE CHECKS PAYABLE TO WPSC.**

ATTACHMENT 2

**SAMPLE**  
**DUAL MEET REGISTRATION FORM**

NAME John Smith

AGE AT MEET 10

EVENTS YOU WOULD LIKE TO SWIM

#2 9 & 10 Medley Relay

#29 9 & 10 Boys 50 Free

#59 9 & 10 Boys 50 Back