



2019 Crooms Swim Team Practice Schedule

Practices are held at Seminole High School Pool. Attendance required and transportation not provided.

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:45am	2:45-5:00pm	2:45-5:00pm	2:45-5:00pm	OFF

2019 Meet Schedule

Date & Time	School	Location
Wednesday, September 11th Warm ups: 3:30pm Meet starts: 4:00 pm	Lyman High School <i>Spectator admission fee</i>	865 S Ronald Reagan Blvd, Longwood, FL 32750
Tuesday, October 1st Warm up: 5:30pm Start: 6pm	Cornerstone Charter <i>Spectator admission fee</i>	Wadeview Pool, 2177 S. Summerlin Ave., Orlando, FL 32806
Wednesday, September 25th Warm up: 3:30 pm Meet Start: 4:00 pm	Orangewood Christian <i>No spectator admission fee</i>	Heathrow Racket Club 150 Tournament Dr, Heathrow, FL 32746
Wednesday, Oct 16th Warm ups: 2:30pm Start: 3:30pm End: 7:30pm	SAC Meet all SCPS high schools	Lake Howell High School 4200 Dike Rd, Winter Park, FL 32792
Saturday, October 26th TBA	District Meet <i>\$6 spectator admission fee</i>	Trinity Prep School 5700 Trinity Prep Ln, Winter Park, FL 32792
urday, November 2nd	Regional Meet (individual swimmers must advance from Districts to compete) <i>\$7 spectator admission fee</i>	Lake Highland Prep 901 Highland Ave, Orlando, FL 32803

Team Dinners

- 1. Optional team dinner immediately after the 9/11 Lyman swim meet at Culver's Casselberry** (3920 S US Hwy 17 92, Casselberry, FL 32707). Swimmers cover their own meal costs.
- 2. End of the year celebration and award ceremony.** Immediately after the district meet on October 26th at Tijuana Flats Oviedo (3635 Aloma Ave #1021, Oviedo, FL 32765). The Crooms Swim Team is covering the cost for the meals of the swimmers! Family members of swimmers are welcome, but should purchase their own meals.
- 3. Chipotle Swim Team Spirit Night Tuesday, 8/27 (see below).**

Fundraisers

- 1. Chipotle Swim Team Spirit Night, Tuesday, 8/27,** 1805 WP Ball Blvd, Sanford, 32771. 33% of entrée proceeds benefit the Crooms Swim team IF YOU MENTION CROOMS SWIM TEAM AT CHECKOUT.
- 2. Sanford Riverwalk 5K- October 12th, 2019, at 7:30am at Fort Mellon Park in Sanford. All swimmers must register to run and their families are encouraged to run as well! Register to run at <http://riverwalk5k.croomsweb.org/>** We invite you to become involved in this community event. Meet potential customers by setting up a booth. Advertise in our race packets. Publicize your name as you contribute to a worthwhile celebration of healthy outdoor activity. Contact Dr. Angela Miller at Crooms Academy, 407-320-5723 for more information (mention you are with the Swim Team).

Swim Team Fees

Each swimmer is responsible for paying the Swim Team fee of \$20, which pays for your team t-shirt, swim cap, end-of-the year celebration, and our meet fees. Swimmers must purchase their own team swim suits. You have the option to purchase a team hoodie for \$25; place your order with Coach W. by August 15th. Make checks payable to Crooms.

Crooms Swim Team Uniforms

Crooms team suits and caps are required for meets, not daily practices. Please order your own team suit prior to our first swim meet.

Boys Team Suits- TYR Alliance Splice Jammer Swimsuit in Black/Orange (\$24-45)

Suggested sites for ordering:

1. Swim Outlet https://www.swimoutlet.com/p/tyr-alliance-splice-jammer-swimsuit-3303/?utm_source=google&utm_medium=cpc&utm_campaign=google-shopping&color=9606&size=9278&gclid=CjwKEAjuwXIBRDV7-SDvdiNsUoSJACITqI5OAx9pl0IarwAK35FMaxCKzOnFRzYPnFq7PPypCkfRoCeInw_wcB
2. Amazon https://www.amazon.com/TYR-Alliance-Splice-Jammer-Swimsuit/dp/B000QREBZC/ref=sr_1_1?ie=UTF8&qid=1494609513&sr=8-1&keywords=TYR+Alliance+Splice+Jammer+Swimsuit+black%2Forange
3. TYR <https://www.tyr.com/shop/men-s-alliance-splice-jammer-swimsuit.html>

Girls Team Suits- TYR Alliance T-Splice Maxfit One Piece Swimsuit Black/Orange (\$48.99-69.99)

Suggested sites for ordering:

1. Swim Outlet https://www.swimoutlet.com/p/tyr-alliance-t-splice-maxfit-one-piece-swimsuit-17018/?q=1&richrelevance&CategoryTopProducts&category_page.responsive
2. Swim 2000 http://www.swim2000.com/20/product/tyr-alliance-t-splice-maxfit-female/34,155/?utm_source=google&utm_medium=cpc&scid=scplpMALIT1A-062-28&sc_intid=MALIT1A-062-28&gclid=CjwKEAjuwXIBRDV7-SDvdiNsUoSJACITqI-xc4wMj7ICGKdqCUkpxBpMUfkiqpgqnlG0O-ZIO697BoCMHPw_wcB#.WRX3euXyvIU
3. TYR <https://www.tyr.com/shop/women-s-alliance-t-splice-maxfit-swimsuit.html>

2019 Swim Athlete/Parent Contract

As a member of the Crooms High School Swim Team, you will agree to abide by the team policies listed below for the duration of the swimming season. Violations of a policy can result in consequences up to and including dismissal from the team.

Policies

1. All swimmers are responsible for respectful behavior at swim practices and meets towards teammates, opponents, coaches, officials, and fans.
2. Foul Language: The use of repeated profanity, vulgarity, or other offensive language toward teammates, coaches, opponents, and/or fans can result in dismissal from the team.
3. Swimmers will remain alcohol, drug, and tobacco free during the swim season as these behaviors are unhealthy, illegal, or both.
4. The Seminole County Code of Conduct is in full effect during swim practices and swim meets.

Attendance Policy

All team members are required to arrive on time for practices (plan on arriving 5 minutes early to change and stretch). All team members are expected to attend all practice sessions and swim meets at their designated times.

If for some reason (illness or family emergency) a swimmer cannot attend his/her designated practice or meet, he or she must notify Elaine Wiedemer **BEFORE** practice or the meet begins. Swimmers must call Coach Wiedemer (407-459-3339) directly to provide notification. Do not send messages with other swimmers. Attending school club meetings at Crooms is not a valid excuse. Failure to comply with this rule will result in an **unexcused absence** for the swimmer.

Any swimmer with **two unexcused absences** will be **suspended** from the next team competition. Any student-athlete with more than five unexcused absences may face dismissal from the team.

Driving Policy

All swimmers are required to provide their own transportation to practice. To get home students may take the School Activity bus which leaves SHS at 5:15pm Mon-Fri to visit each

Seminole County High School. Alternatively, parents may pick up students from Seminole High School Pool. Once practice is over, swimmers must shower, change, and head to the supervised area at the Seminole High bus ramp. Swimmers are expected to behave while waiting for the bus.

Students may not participate in any practice or team activity until this contract has been signed by both the swimmer and his or her parent or guardian.

I have read the Athlete/Parent Contract and agree to abide by the team rules, policies, and expectations.

Swim Athlete Name: _____

Swim Athlete Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Return to Coach Wiedemer in Room 01-204

Swimming Order of Events

Below you will find the order of events. Please keep in mind that the girl's events will precede the corresponding boy's events. So girls are the odd numbered events and boys are the even numbered events.

Events #1 and #2: 200-yard medley relay

Events #3 and #4: 200-yard freestyle

Events #5 and #6: 200-yard individual medley

Events #7 and #8: 50-yard freestyle

Events #9 and #10: Diving (N/A)

Events #11 and #12: 100-yard butterfly

Events #13 and #14: 100-yard freestyle

Events #15 and #16: 500-yard freestyle

Events #17 and #18: 200-yard freestyle relay

Events #19 and #20: 100-yard backstroke

Events #21 and #22: 100-yard breaststroke

Events #23 and #24: 400-yard freestyle relay

2 Entries by individual: A competitor will be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. The coach will make final decisions as to what events and/or relays each swimmer will race.

Stroke Rules

Each stroke in swimming has specific rules for starts, turns, and finishes. These specifics will be taught and reinforced during practice.

Freestyle

Start: From the starting block

Turn: Flip turn (similar to a somersault)

Finish: One hand touch on the final wall

Backstroke

Start: From the water (on back)

Turn: Roll from back to front, flip, and push off on your back.

Finish: One hand touch. MUST be on your back.

Breast

Start: From the starting block

Turn: Simultaneous two hand touch

Finish: Simultaneous two hand touch

Fly

Start: From the starting block

Turn: Simultaneous two hand touch

Finish: Simultaneous two hand touch

During bigger meets there will be officials who will be watching for the correct starts, turns, and finishes. If a swimmer does not complete any 3 of the above elements correctly during these meets, it will result in the swimmer being disqualified (DQ). Any athlete who is disqualified will not be awarded points or allowed to participate in finals. Throughout the remainder of the meets, there will not be officials and coaches will be watching for any incorrect elements and address them specifically with the swimmer so they can be corrected during practice, Districts, Regionals, and States.

Each school in the state of Florida is placed into either Class 1A, 2A, or 3A based on the school's size. Within each class, schools are then placed into one of 12 Districts. Finally, the 12 districts are placed into 4 Regions. This system is how athletes for the State competition are determined. Crooms is in Class 1A, Region 2, District 4; therefore, during the District meet we compete against other schools in District 4. States competition is against the swimmers who qualified from the 4 regions from Class 1A only. All swimmers participate in the District meet but must qualify for Regionals and States. See more information at:

<https://www.fhsaa.org/sports/swimming-diving%20>