



City of Buckeye Bullfrog Swim Team



Participant & Parent Information Packet

Welcome the Buckeye Bullfrog Swim Team. As a team member, swimmers will improve their skills in the four competitive strokes, make new friends and learn good sportsmanship. It is our goal to provide our youth with a positive athletic experience in a safe environment where fun, skill development, teamwork and sportsmanship are its foundations. In addition, this program is designed to encourage maximum participation by all, regardless of ability or experience. Skill development is far more important than winning. Please remember the best motivation for our children is ***enthusiasm and positive reinforcement***. If the experience is fun for you, it will also be fun for your kids and the team. This packet includes general information, schedules and a parent code of conduct form. Please bring the code of conduct to your child's first practice.

About the Mar West League

The Buckeye Bullfrogs participate in the Mar West League which is a "sprint league". This means that no child will swim in an event that is longer than 100 yards (4 laps). The league hosts seven (7) west valley member teams, starts mid May and ends with a Mar West League Championship meet in mid July.

Eligibility

All participants are required to be registered with the City of Buckeye prior to participating in practices or meets. Non-registered children are not permitted to play or practice with the Bullfrogs (i.e siblings or friends) and are not allowed in the pool at any time. Children 5 – 18 years of age that can swim the length of the pool (25 yards) are eligible to participate.

Uniforms

Participants are not required to purchase team suits, however we have partnered with Swimoutlet.com for those who would like to. We have a few select suits on the website with our bullfrogs' logo, as well as other merchandise that you may purchase such as suits (without our team logo), shirts, towels, hats, etc. A percentage of what is purchased through swimoutlet.com will go directly back into the swim program. To visit our personal Bullfrog website go to <http://www.swimoutlet.com/buckeyebullfrogs> We also have Bullfrog swim caps available for purchase for \$5 at the pool or the rec center.

Communication

Communication and your involvement is the key to the success of this program. This includes communicating with your child's coaches, other parents and the City of Buckeye staff. Your involvement is welcome and appreciated at all times. A weekly newsletter will be available via email which will include any changes to upcoming meet schedules, practice schedules and any additional information you may need. If you are not able to attend a meet it is very important to notify the swim coaches ahead of time so changes can be made accordingly. The league championships are especially important in this regard, as only four (4) participants can be entered in each event. If a child is entered to swim in the league championships and does not show his/her spot cannot be filled by another swimmer. If your child cannot attend any meet please notify the head swim coach (Kathy Choitz) at 623-349-6390 or kchoitz@buckeyeaz.gov. There will also be a list for each meet at the pool, so putting your child's name on the list will also serve as notification that your child will not be participating in that specific swim meet.

Parent Volunteers

Bullfrog parent support and involvement is very crucial and important to conducting swim meets. Throughout the season The City of Buckeye will be hosting four (4) Mar West swim meets. A total of 19 volunteers are needed for the success of each meet. Volunteers are also needed at away meets to help with passing out ribbons, timing heats, judging and for keeping an extra eye on the participants. During each week of practice there will be a volunteer sign-up sheet at the pool. Please help us by volunteering for a specific job. Below is a list and description of volunteer duties for the Bullfrog Swim Team. No experience is required to volunteer, so please don't hesitate to get involved!

- ❖ Volunteer Coordinator: (1 home volunteer needed / 1 away volunteer needed)
Assist the head coach with the overall organization of volunteers.
- ❖ Assistants: (6 – Home / 4 – Away)
Responsibilities are to assist swim coaches by keeping an extra eye on swimmers/participants when they are not swimming or competing, providing water for coaches and volunteers and replenish ribbons as needed. Duties include checking bathrooms, concession areas; distribute water when needed and making sure patrons/participants are following facility rules. Assistants are also responsible to assist with the set up and break down of the pool at home meets.
- ❖ Timers: (4 – Home / 4 – Away)
Timers will be assigned one lane to time and record race times for each swimmer in that lane. It is important that each child's time gets recorded so that they are put in a heat with other swimmers of about the same speed. We don't want a child discouraged by being placed in a heat that is too fast for them. This job puts you in the middle of the action!
- ❖ Award Assistant: (4 – Home / 4 – Away)
An award assistant will pass out the appropriate ribbons to the swimmers as each race is finished.
- ❖ Finish Judge: (1 – Home)
Finish judge will watch for the swimmers in each heat to finish and report the finish order by lane numbers.
- ❖ Finish Recorder: (1 – Home)
Finish Recorder will listen to the finish judge and record the swimmers lane numbers in the appropriate finish order.
- ❖ Starter: (1 – Home)
Once the meet has started the starter calls each heat to the blocks and starts each race as well as making other announcements (i.e parking in fire lanes, inclement weather instructions) as necessary.
- ❖ Stroke and Turn Judges: (2 – Home / 2 – Away)
Stroke and turn judges will observe swimmers and ensure they do not start early, perform the strokes correctly and perform the appropriate turns during each race. This job requires a little training, but don't worry. The swim coaches will help. This job is an important part of the learning process for the swimmers and a crucial part of each meet. Each meet requires two (2) stroke and turn judges.

Swim Team Practice Schedule: Practices are Monday – Friday with swim meets on Thursdays and Saturdays see schedule below. (Any athlete participating in any swim program outside the Mar-West League for more than 2 weeks during the period of August 1st to May 1st must swim up one age group for the summer season. Exceptions: 8 years and under and all 15 years and older.)

There will be both a morning and evening (ages 5-12) swim team. Children in this age group must register for either a morning or evening practice time to attend for the entire season starting the week of May 27. See tables below for May 13-24 and regular season practices times.

<u>FIRST 2 WEEKS PRACTICE SCHEDULE</u>		
Age Group (as of 6/1)	Practice Times	Everyone (Mon-Fri)
5 - 6 years	5 - 5:30 pm	5/13 - 5/24
7 - 8 years	4:15 - 5:00 pm	5/13 - 5/24
9 - 10 years	5 - 5:45 pm	5/13 - 5/24
11 - 14 years	5:45 - 6:45 pm	5/13 - 5/24
15 - 18 years	6:45 - 8:00 pm	5/13 - 5/24

<u>REGULAR MORNING PRACTICE SCHEDULE</u>		
Age Group (as of 6/1)	Practice Times <u>Mon-Thur</u> Starting 5/27	Practice Times <u>Fridays</u> Starting 5/31
5 - 6 years	10 - 10:30 am	9-9:30 am
7 - 8 years	11 - 11:45 am	10-10:45 am
9 - 10 years	10 - 11 am	9-10 am
11 - 12 years	9 - 10 am	8-9 am
13 - 14 years	8 - 9 am	7-8 am
15 - 18 years	7 - 8 am	7-8 am

<u>REGULAR EVENING PRACTICE SCHEDULE</u>	
Age Group (as of 6/1)	Practice Times <u>Mon-Fri</u> Starting 5/27
5 - 6 years	5:15 - 5:45 pm
7 - 8 years	6:15 - 7 pm
9 - 10 years	5:45 - 6:45 pm
11 - 12 years	5:15 - 6:15 pm

Payments and Refunds

Payments are due at the time of registration. No **REFUNDS** will be issued after the start of the season (May 13th). Refunds must be requested at least four (4) business days prior to the start of the season. A \$2.00 processing fee will be added to all requests per registrant.

Facility Guidelines

Pets (unless service animals), musical devices with speakers, use of open flames, alcohol, drugs, tobacco products, glass containers of any kind, gum, skateboards, skates, bicycles (must be parked in designated bike area) are prohibited at all aquatics facilities.

Behavior such as being under the influence of drugs or alcohol, smoking or chewing any tobacco products, solicitation of funds, gambling, religious promotion, use of facility for monetary gain, use of abusive, profane language or improper conduct, any act which would endanger staff or other patrons, loitering, removal or damage of property at the center and posting of any outside advertisement not authorized is grounds for removal and possible revocation of privileges for the duration of the Bullfrog season.

All food and beverages are to be consumed in designated concession areas.

Closure of the Aquatics Facility

Management reserves the right to close the center due to inclement weather or unforeseen circumstances at any time if the Aquatics Center becomes unsafe or if health issues arise.

Safety / Emergency Procedures

Actions such as running, rough or horse play (i.e. acrobatics, excessive splashing, dunking, and towel snapping) are prohibited. Pool toys, arm floaties, rafts, balls, fins, inner tubes, inflatable toys or objects, noise making devices (i.e. whistles, horns, and sirens) are prohibited.

Parents should be aware that coaches are not babysitters. Parents you are encouraged to attend all practices and meets. It is very important to keep your children hydrated before, during and after events. If your child has any pre-existing medical conditions (i.e. allergies, asthma, medication, physical or psychological impairments, etc.) please notify your child's individual coach and the Recreation Coordinator. All information will be kept confidential.

Any injuries are required to be reported to staff immediately. If at any time a real or simulated emergency should occur all guests are required to comply with staff directions and stay clear of any person involved in the emergency.

Special Dates

AM/PM Team Photos – June 7th (No Practice this day, all pictures taken in the morning)

7am / 15-18 yrs

7:30am / 13-14 yrs

8am / 11-12 yrs

8:45am / 9-10 yrs

9:15am / 7-8 yrs

9:45am / 6 and under

Parent Meeting: Monday, May 13th during your child's first regularly scheduled practice time at the Buckeye Aquatic Center.

Coaching Staff

The Buckeye Bullfrogs have an experienced and very knowledgeable coaching staff. All coaches are all trained in current stroke techniques and come with a lot of swim development knowledge as all of them have swam competitively.

❖ Head Coach – Kathy Choitz

This will be Kathy's 20th year coaching the Buckeye Bullfrogs. Kathy is certified through American Swim Coaches Association and the American Federation of High School Coaches. She is an ASCA Level 2 Coach as well as a Red Cross Lifeguard Instructor. Kathy swam for 2 years with the Arizona Swimming Gaucho's Master Team and is currently the Buckeye Union High School swim coach.

Swim Meets

There will be a minimum of five dual meets, one 10 & under, one 11 & over, and league finals. These meets are to promote swimming technique and skills to advance league swimmers.

Dual Meets: A dual meet is a meet is between 2 teams only. The home team will warm up 1st for 20 minutes, and then the away team will warm up for 20 minutes. Dual meets will start at 5:00 pm with warm-ups from 4:00 to 4:50 PM. 10 years old and under will swim first and 11 years old and up will swim at approx 7:00pm, or at the conclusion of the early session.

Saturday Meets: Start at 8:00 am with each team assigned one lane. In a meet with fewer than 8 teams the larger teams may be assigned 2 lanes. Warm-ups shall be permitted from 6:30 to 7:45 am. The last warm-up time will be for the team that is the greatest distance from the site of the meet.

In the Mar West League, swimmers compete according to age. See below for distance requirements by age. See below for stroke and distance requirements for each age group.

- ❖ Participants 8 years old and younger will swim 25 yards (1 lap) of all strokes.
- ❖ Participants 9 years old and 10 years old will swim 25 yards (1 lap) backstroke, 25 yards (1 lap) butterfly, 50 yards (2 laps) freestyle, 50 yards (2 laps) breaststroke and 100 yards individual medley.
- ❖ Participants 11 years old through 14 years old will swim 50 yards (2 laps) of all strokes and 100 yards (4 laps) individual medley.
- ❖ Participants 15 years through 18 years old will swim 50 yards (2 laps) backstroke, 50 yards (2 laps) breaststroke, 50 yards (2 laps) butterfly, 100 yards (4 laps) freestyle and 100 yards (4 laps) individual medley.
- ❖ Swimmers who participate on another swim team during the rest of the year are required to swim up an age division. Notify your coach if this applies.

Conduct of Meets

An unlimited number of heats will be conducted in individual events with the exception of the Individual Medley which shall be limited to two heats. Relays for dual meets will have only one heat. At least two swimmers (may be from same team) are required to run a heat. The starting judge has final authority to cancel a swim heat due to lack of swimmers.

Swimmers are limited to three events for the 10 & under meet and 11 & over meet.

Ribbons awarded for dual meets will be 1-8th place (1-6th in 6 lane pools) for every heat.

Once a swimmer finishes their race, they should remain in the water and in their lane, until all other swimmers have completed the race.

Feet first entry shall be enforced during warm-ups. No swimmer may enter the water head first except at the direction of a coach and only into a lane with one way traffic.

Mar-West 2019 Swim Meet Schedule

Date/Time	Home	Away
Thursday, June 6		
Meet begins 5pm	Goodyear	Tolleson & Buckeye
<u>Warm-up Times</u>	Litchfield	YMCA
10 and under: 4pm - 4:25pm Home / 4:25pm - 4:50pm Visitor	Verrado	Wickenburg
11 & Over: At the conclusion of 10 & Under session		
Thursday, June 13		
Meet begins 5pm	Buckeye	Litchfield & Wickenburg
<u>Warm-up Times</u>	Verrado	YMCA
10 and under: 4pm - 4:25pm Home / 4:25pm - 4:50pm Visitor	Tolleson	Goodyear
11 & Over: At the conclusion of 10 & Under session		
Thursday, June 20		
Meet begins 5pm	Litchfield	Verrado
<u>Warm-up Times</u>	Buckeye	YMCA & Tolleson
10 and under: 4pm - 4:25pm Home / 4:25pm - 4:50pm Visitor	Wickenburg	Goodyear
11 & Over: At the conclusion of 10 & Under session		
Saturday, June 22 - 10 & Under Meet		
Meet begins 8am	Goodyear	Verrado & Litchfield
Warm-up: 7am	YMCA	Buckeye, Wickenburg, Tolleson
Warm-up times to be assigned by Host Team		
Thursday, June 27		
Meet begins 5pm		
<u>Warm-up Times</u>	Buckeye	Verrado & Goodyear
10 and under: 4pm - 4:25pm Home / 4:25pm - 4:50pm Visitor	Wickenburg	YMCA
11 & Over: At the conclusion of 10 & Under session	Tolleson	Litchfield Park
Saturday, June 29 - 11 & Up Meet		
8:00 AM	Buckeye	All Teams
Warm-up: 6:30am		
Warm-up times to be assigned by Host Team		
Thursday, July 11		
5:00 PM	Litchfield	Buckeye
<u>Warm-up Times</u>	Goodyear	YMCA
10 and under: 4pm - 4:25pm Home / 4:25pm - 4:50pm Visitor	Wickenburg	Verrado & Tolleson
11 & Over: At the conclusion of 10 & Under session		
Thursday, July 18 - 11 & Over Championships		
Head Coaches report 3pm	YMCA	All Teams
Warm-ups: 3:30pm		
Meet begins 6pm		
Saturday, July 20- 10 & Under Championships		
Head Coaches report 7am	YMCA	All Teams
Warm-ups: 7:30am		
Meet begins 9am		



Mar-West Pool Locations
<p><i>Goodyear</i></p> <p>Pool (623) 932-4809 City of Goodyear 430 Loma Linda Rd Goodyear, AZ 85338</p>
<p><i>Litchfield Park</i></p> <p>Pool (623) 935-9040 100 S. Old Litchfield Rd Litchfield Park, AZ 85340 Fax 623-935-7188</p>
<p><i>Tolleson</i></p> <p>Pool (623) 478-4398 9419 W. Van Buren Tolleson, AZ 85353</p>
<p><i>Wickenburg</i></p> <p>Pool (928) 684-5113 605 North Tegner St Wickenburg, AZ 85390</p>
<p><i>Southwest Valley Family YMCA</i></p> <p>Pool (623) 935-5193 2919 N. Litchfield Rd. Goodyear, Az. 85338</p>