

# Attendance – 2023 SSL Coach Clinic



Red Division		Blue Division	
North Star	✓	Arundel	✓
Nottingham	✓	Crestmoor	✓
Oaklands	✓	Drummond Hill	✓
Skyline	✓	Fairfield	✓
Wedgewood		Maple Valley	✓
Western YMCA	✓	Oakwood Valley	✓
Westminster		Penn Acres	✓
Yorklyn	✓	Persimmon Creek	✓
		Sherwood Park	✓

6/13/23

# 2023 SSL Coaches Clinic



- Agenda topics**
1. Introductions & Attendance
  2. Coach Packet
  3. Sportsmanship & League Philosophy
  4. Code of Conduct
  5. Rules
  6. Concussion
  7. TT & Champs

# Introductions & Key Dates



SSL President - Veronica Commodore

[vcorbitt129@gmail.com](mailto:vcorbitt129@gmail.com)

Rules Committee Chair - Fred Polaski

[Polaski5@comcast.net](mailto:Polaski5@comcast.net)

302-588-0554

Webmaster – Ed Burke

[Oaklands.slugs@gmail.com](mailto:Oaklands.slugs@gmail.com)

TT & Champs Chair - Kent Steeves

[officialkent@gmail.com](mailto:officialkent@gmail.com)

302-605-6473

Dual meet Season begins	Saturday, June 17
<b>TT entries due</b>	<b>Monday, July 10 @8pm</b>
<b>TT entries FINAL confirmation due</b>	<b>Wednesday, July 12 @6pm</b>
Dual meet Season ends	Saturday, July 15
TTs 13&O @ Skyline 11-12 @ North Star 9-10 @ Nottingham 8&U @ Wedgewood	Sunday, July 16 Monday, July 17 Tuesday, July 18 Wednesday, July 19
Champs @ Western YMCA	Saturday, July 22

# Coach Information & Packet for Meets



## **Packet from SSL President**

- 100 Roster Change Cards
- 17 Roster Sheet Sets for Dual Meets

## **SSL Website:** [www.SuburbanSwim.club](http://www.SuburbanSwim.club)

Coach Restricted Area

(at bottom of Coach page):

pw: coaches123\$

## **Coach Information**

<https://forms.gle/Q1QR1Fvn38XJQoYx6>



It is essential that Kent and Jessica has your cell phone in case we need to contact you regarding entry errors or issues

# Sportsmanship & League Philosophy (See SSL Rules page 1)



The Rules of the SSL are based upon the following principles:

- 1) The SSL encourages individuals to participate in competitive swimming as a ***member of one of the teams*** in the SSL.
- 2) The SSL wants participation by all swim team members to be a ***fun and rewarding*** experience, conducted in a safe and healthy atmosphere.
- 3) The competitive environment in the SSL is based on ***good sportsmanship, fair play, team spirit***, and participation by all swimmers in all meets, both Dual Meets and SSL Championships.
- 4) The SSL encourages the ***development and improvement*** of a swimmer's competitive swimming skills.
- 5) The competitive environment is not intended to be only at a high level of swimming competition. The SSL encourages ***participation*** by swimmers of all abilities, from the novice swimmer to the elite level swimmer.
- 6) The SSL believes that ***safety*** of swimmers, coaches, officials and spectators is of primary importance.
- 7) The SSL believes that all swimmers, coaches, representatives and parents should conduct themselves with ***integrity, honesty and fairness***

# SSL Code of Conduct



Pertains to ALL team members, coaches, officials, parents and spectators

Un-sporting behavior includes (but not limited to):

- Insulting or derogatory remarks, gestures or acts including taunting
- Trying to influence or showing disgust with the decision of an official
- Use of Obscene language
- Physical abuse or threats
- Any act of vandalism.

Any potential Code violations to be brought to attention of Meet Referee by the Head Coach, the Team Rep or a designee

- For TT & Champs, bring to Champ Chair (Kent)

# SSL Code of Conduct (cont'd)



Repeated violators will be asked to leave the pool property

When appropriate, a 'CofC Resolution form' should be completed and submitted to the League for possible review by the SSL Protest Committee

Any further action will be directed to the Clubs involved

# Protest Committee



	<b>2023 Team Rep</b>		<b>2023 Coach Rep</b>	
<b>Red</b>				
	(alternate)		(alternate)	
<b>Blue</b>				
	(alternate)		(alternate)	



June 2023

# “Mini” Rules Clinic

Jack Novak

# Dual Meets 2023



- Normal dual meets
- Rule Changes 2022 are retained
  - Rosters must include lane assignments
    - Changes to lane assignments with Change Cards
  - Both teams provide a Clerk of Course at the Ready Bench – an adult of assistant coach who knows the swimmers
- SSL Rules are on the website. Please review to refresh your memory and see administrative changes

# USA-S Rule Changes



- Breaststroke
  - The arms do not have to be in the same horizontal plane during the arm pull
  - The legs do not have to be in the same horizontal plane during the kick
    - Scissors kick is not allowed
- Backstroke
  - When approaching the finish, once some part of the swimmer's head has passed the backstroke flags, the swimmer does not have to remain on the surface. They may resubmerge before the finish.
  - This applies to backstroke in the Individual Medley. Finish rules apply at the end of each stroke
- Starting Command: Take Your Markss

# SSL 2023 Rule Changes



- Rule 8.b - Swimmers in both the Red and the Blue Divisions may enter swim in any combination of three (3) events, or may enter and swim in four (4) events providing two (2) of the four events are relays.

This previously applied to the White and Blue divisions. This change allows the larger teams to have 2 or 3 entries in relay events.

# SSL Stroke & Turn Rule Interpretations



- See SSL guideline Stroke & Turn Interpretations 2023 – no changes from 2022
- 6 & Under and 8 & Under Swimmers
  - Applies to dual meets only, not Time Trials and Championships
  - Applies to all dual meets – the entire season



## Exhibition Swimmers and Exhibition/Unofficial Heats at SSL Dual Meets



- Each team is allowed 6 exhibition heats during a meet
  - Exhibition races should be run after the official event
  - A team may not use Exhibition Heats that the opposing team does not use
- Exhibition heat options
  - A team may combine together swimmers of different ages and different genders during an exhibition event
  - A team may not combine together different strokes or distances during an individual event (see exception for freestyle relays)
  - Empty lanes in an exhibition heat may be filled by swimmers from the opposing team
- Relay Exhibitions
  - Exhibition Heats of 100 y/m relays may be swum after the last 100 y/m relay. These relays may combine age groups and genders (boys and girls can swim on the same relay team) and may be swum as Freestyle Relays during the Medley Relays. The same applies for 200 y/m relays.
  - Exhibition Relays result in 4 times as many splashes as exhibition individual events.
  - Exhibition Freestyle Relays for younger swimmers swum with the Medley Relays allow the younger swimmers on Wednesday night meets to get home at a reasonable time, rather than after 9:00 PM

## Exhibitions (cont'd)



- 5 lane pools
  - Exhibition lane should be shared between the 2 teams
  - If the visiting team has a 6 lane pool, the host team should have priority using the exhibition lane because the visiting team has use of 3 lanes in their home meets
  - Coaches and Team Reps should agree on the use of the exhibition lane before the meet
- Swimmer participation
  - Swimmers may swim in an unlimited number of exhibition races, HOWEVER, Exhibition heats are intended for swimmers that are not participating in official events
  - Exhibition swims do NOT count toward the official entry limits per swimmer
- Scoring
  - Exhibition swims do NOT earn points for the overall meet scoring nor for the age group scoring
  - Do NOT make swimmers exhibition to avoid running up the team score as that will influence an age group score. The maximum team score that is reported or published is 340



# Weather related meet postponements or Cancellations



- It is intended that all weather-related meet postponements are competed on an alternate date
- A Cancellation is NOT a forfeiture
  - Team W-L and age-group are NOT recorded
- Postponing due to Rain
  - Should only be done if rain is so heavy that the bottom of the pool cannot be seen (safety issue)

# Concussion Protocol



- Information on Concussions is on the SSL Reps Page - “Concussion Training”
- Concussions can occur in swim meets and practices
  - Circle swims that overlap
  - Backstroke and butterfly finishes
  - Backstrokers swim into the corner of L shaped pools
- Concussions may not manifest symptoms for several days
- Notify parents
- If symptoms occur, clearance by a qualified medical professional is needed
- If in doubt, sit them out

# Time Trials (TT) & Champs



			<b>Warm-ups</b>	<b>Start</b>
13&O @ Skyline	Sunday, July 16	6 lane, M	2:15, 2:30, 2:45, 3:00, 3:15	3:45
11-12 @ North Star	Monday, July 17	5 lane, Y	4:15, 4:30, 4:45, 5:00	5:30
9-10 @ Nottingham	Tuesday, July 18	5 lane, M	4:15, 4:30, 4:45, 5:00	5:30
8&U @ Wedgewood	Wednesday, July 19	6 lane, Y	4:15, 4:30, 4:45, 5:00	5:30
TT Rain date	Thursday, July 20			
Championships @ Western YMCA	Saturday, July 22	8 lane, M	7:30, 7:45, 8:00, 8:15	9:00

# Time Trials (TT) - Eligibility



- Must have competed in at least four dual meets during the current season
- Can use a team specific time trial to get a time
  - Include a timer and an official to observe the swim(s)
- Impact of a meet cancellation
  - Swimmers must still have competed in four dual meets during the current season
  - A cancellation simply eliminates an opportunity for a dual meet competition
  - If a team as an official Bye (on the SSL schedule), the Bye can count as one of the four meets

# Time Trials (TT)



## Entries

- Swimmer: 3 maximum events; swim in own age group
- Team: 6 maximum individual entries per event for 6&U, 8&U, 9-10, and 11-12; unlimited for 13 & above
- Relays: **Now unlimited** (was: 2 maximum per event per team); must designate the swimmer names in your entries

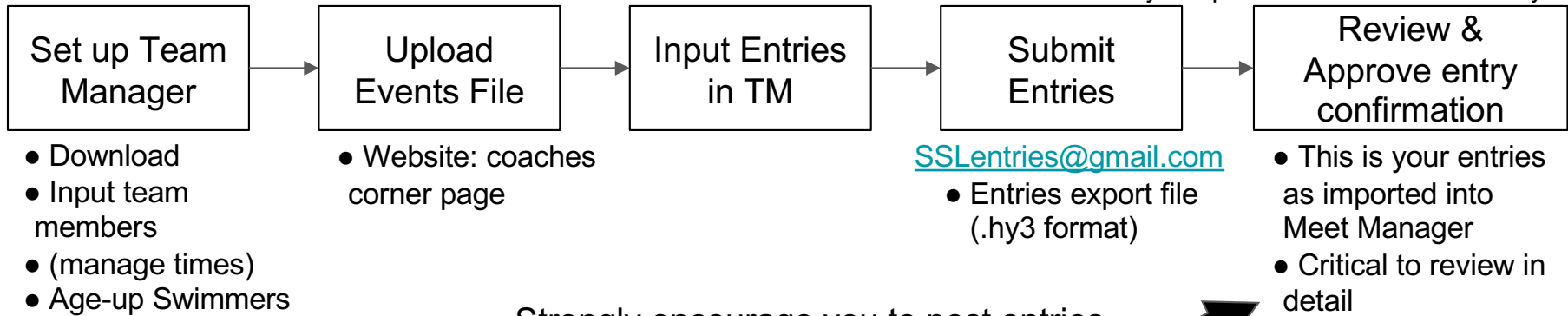
## Swim Attire

- No caps or suits of year-round clubs or HS teams → summer clubs or plain
- Must comply with USA Swim suit requirements

## Volunteers

- Sign-ups are online; do NOT send in with entries!
- Two volunteers per TT; officials do not count

# Time Trials (TT) Entry Process



Strongly encourage you to post entries for parents and swimmers to confirm; they are very likely catch errors

- Jessica Brown is processing entries
- DO NOT WAIT TO DOWNLOAD TM AND PREP FOR ENTRIES!!!!
- Entry issues & questions will be via email initially and move to Text Messaging
  - Please have your cell phone (and email) available during entry process
- After confirmation deadline, NO CHANGES will be made except clerical / Admin errors

June 2023

# Team Manager



[https://hytek.active.com/Updates/TM\\_Lite.pdf](https://hytek.active.com/Updates/TM_Lite.pdf) – general instructions

Hy-Tek Download Center for Team Manager Lite -

<https://hytek.active.com/downloads.html>

Basic package for Full Team Manager \$170

June 2023

# Championships



Email with more details coming to Coaches and Reps as we get closer to TT & Championships week

Held at Western YMCA Pool

More details to follow regarding parking

Volunteers!!

Questions: contact Kent Steeves [officialkent@gmail.com](mailto:officialkent@gmail.com) 302-605-6473



# Closing



Website

Website

Website

(text & email at entry time!)

Be kind & courteous to our volunteer, nervous, conscientious officials

Exchange of Meet Results – allowed and encouraged. No excluding teams in sharing, No falsifying times (unsportsmanlike)

Good Sportsmanship all season, all the time (including last meet)

Share use of lane 5 for 5-lane pools & only one swimmer per lane

Talk with Referee if questions or concerns; Involve Team Reps as appropriate