

Attendance – 2024 SSL Coach Clinic



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

2024 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 – Andrea Cushing
crestmoorswimteam@gmail.com
 302-757-0092

Rules Committee Chair - Fred Polaski
Polaski5@comcast.net
 302-588-0554

Webmaster – Ed Burke
Oaklands.slugs@gmail.com

TT & Champs Chair - Kent Steeves
officialkent@gmail.com
 302-605-6473

Coach Reps
 Bryan Stambaugh (O)
 Mike Morton (WW)

Dual meet Season begins	Saturday, June 17
TT entries due	Monday, July 8 @8pm
TT entries FINAL confirmation due	Wednesday, July 10 @6pm
Dual meet Season ends	Saturday, July 13
TTs 9-12 @ North Star 13&O @ Oakwood Valley 8&U @ Nottingham	Sunday, July 14 Monday, July 15 Tuesday, July 16
Champs @ Western YMCA	Saturday, July 20

Dual Meet Season



Two Divisions

- 8 teams in the Red
- 9 teams in the Blue (Ninth dual meet to be competed)

Additional Meets

- Stars & Stripes
- Other?

Coach Information & Packet for Meets



Packet from SSL President – NO PACKET IN 2024

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

SSL Website: www.SuburbanSwim.club

Coach Restricted Area

(at bottom of Coach page):

pw: coaches123\$

Coach Information

<https://suburbanswim.club/coaches-corner/coaches-corner-private/>



It is essential that Kent has your cell phone in case he needs to contact you regarding entry errors or issues

Transgender Swimmers



- SSL allows members of SSL teams to participate in accordance with his/her/their gender identity
- Swimmer must swim in the girl's or boy's events of the gender they identify with for the entire SSL season
 - The gender they identify with at the first dual meet that they participate in is the gender they must compete in for the entire season
- All pools should be prepared for transgender swimmers and know how they will handle use of changing facilities and bathrooms.
- The recommendation is that all the pools should do this in case they have any transgender people at their pool, not just for SSL swim meets.
- The team with a transgender swimmer should communicate that to their opponent between the Reps without disclosing the identity of the transgender swimmer

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)

Protest Committee



	2024 Team Rep		2024 Coach Rep	
Red	Kevin Kotowski	O	Aleecia King	WY
	(alternate)		Bryan Stambaugh (alternate)	O
Blue	Lauren Simione	FFC	Dylan Palma	OV
	Colleen Doyle (alternate)	A	Aaron Shepherd (alternate)	A

“Mini” Rules Clinic

Dual Meets 2024



- Normal dual meets
- Rule Changes 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

Dual Meet Entries



- 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 & Championships – Renewed Approach



- TT entry counts continue on a downward trend
- Combining 9-10 & 11-12 TTs this year
- Philosophy regarding TTs

Time Trials (TT) & Champs



			Warm-ups	Start
9-12 @ Penn Acres	Sunday, July 14	6 lane, M	2:15, 2:30, 2:45, 3:00, 3:15	3:45
13&O @ Oakwood Valley	Monday, July 15	6 lane, M	3:15, 3:30, 3:45, 4:00 (4:15, 4:30, 4:45, 5:00)	4:30** (5:30)
8&U @ Nottingham	Tuesday, July 16	5 lane, M	4:15, 4:30, 4:45, 5:00	5:30
TT Rain date	Wednesday, July 17			
Championships @ Western YMCA	Saturday, July 20	8 lane, M	7:30, 7:45, 8:00, 8:15	9:00

** Will change to 5:30 ONLY IF entry count is low

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 has 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

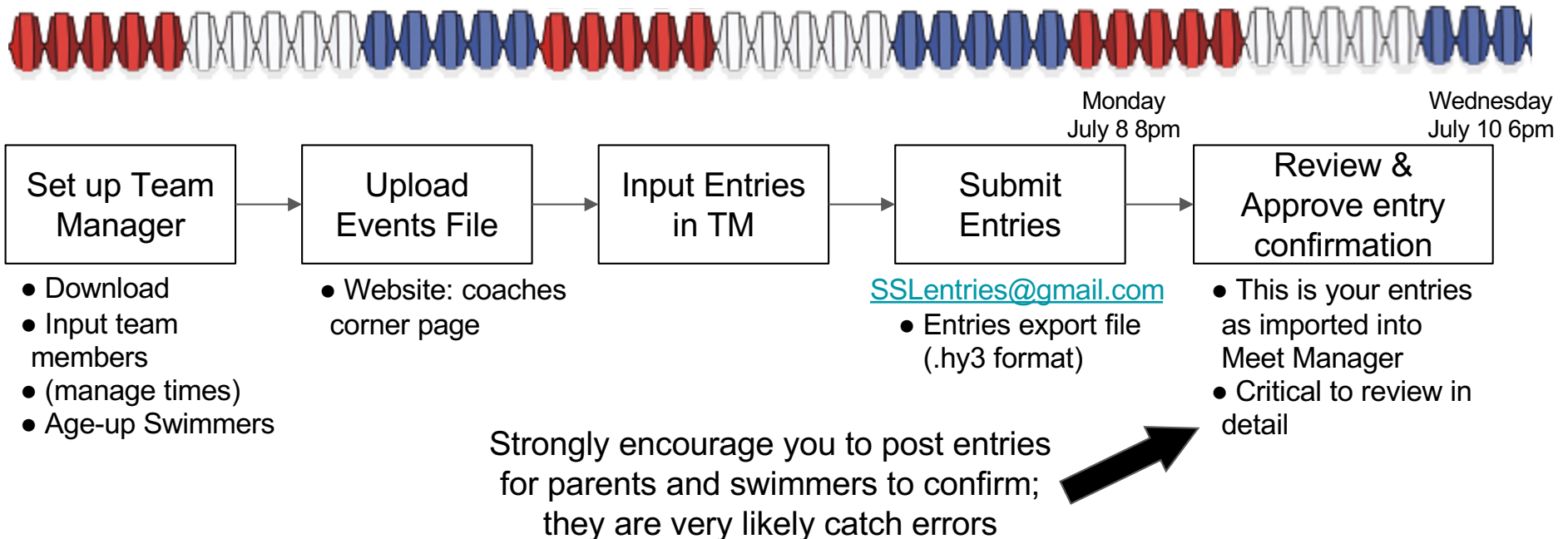
Swim Attire

- 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



- Kent Steeves 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

Team Manager



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

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 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