

Swim Team Guide

Welcome to summer league swimming! Monte Sano Pool is a member of the Rocket City Swim League (RCSL). RCSL is referred to as a “summer swim league” because the season runs from the end of May through mid-July when the “City Championship Meet” is held. There are three (3) divisions within RCSL; “A”, “B”, and “C”. Each division consists of six (6) teams. The “A” division comprises the highest scoring teams, followed by “B”, then “C”. The overall points earned per team at the City Championship Meet places each team in the appropriate division for the following year.

The practice schedule will be announced at the beginning of the season. Each practice focuses specifically on technique, starts and turns.

SWIM MEETS: Prepare your swimmer for their upcoming swim meet

- ➡ Team suit, cap, goggles (bring extra pair)
- ➡ Water bottle, sports drink, healthy snacks
- ➡ Black Sharpie, highlighter, and a pen/pencil
- ➡ 2-3 towels per swimmer ; Sweats, t-shirts or a deck coat for cold, wet swimmer
- ➡ Toiletries and clothing your child may need for changing after the meet
- ➡ Medication your child may need during the meet
- ➡ Cards, games, books - entertainment for lag time between events
- ➡ Folding lawn chair
- ➡ Money to purchase a Heat Sheet / visit the Concession Stand

WHAT TO DO:

- ➡ Don't skip the warm-up, it is important! Not only is it important to warm up your swimmer's body, but this is also the time for the coach to see who is present/absent.
- ➡ Buy a Heat Sheet. Locate your swimmer's event numbers, etc. Some people write their swimmer's event(s), heat, and lane assignments on their arm or leg with a sharpie. It helps not only the swimmer know what they are swimming, but also the coaches and parent volunteers organizing swimmers prior to their event.
- ➡ Encourage your swimmer; leave the critiquing to the coaches!
- ➡ Volunteer to help! We need lots of help each meet.

Swim Meet Order of Events - Dual Meet events are swum in the following order, youngest to oldest, girls before boys:

- Medley Relays (Comprised of all 4 strokes in one relay team)
- Freestyle (including Freestyle exhibition) (“Free”)
- Breaststroke (“Breast”)
- Mixed Relays (2 girls and 2 boys on each relay; they swim Freestyle)
- Backstroke (“Back”)
- Butterfly (“Fly”)
- Freestyle Relays

If you have any questions, reach our Swim Team reps or check us out on Facebook: Monte Sano Makos