

Austin Ridge Rapids Swim Team

Mission Statement

Our mission is to create a fun and competitive environment where every swimmer is encouraged to excel, be recognized for individual commitment, and rewarded for personal and team achievement.

Vision Statement

Our enduring goal is to be recognized by the Rappahannock Swim League for our quality swim program as measured by both our league competitiveness and the satisfaction of our swimmers and parents.

Coaching Staff:

POSITION	NAME
Head Coach	Julie Bates
Assistant Coach	Georgia Rathje
Swimmer Coach	TBD

Board of Directors:

POSITION	NAME	E-MAIL	PHONE
President	Wuzzer Rader	pres@arrst.org	659-7888
Vice President	Torry Clark	vp@arrst.org	658-0077
Secretary	Camilla Tierney	secretary@arrst.org	295-4201
Treasurer	Sara Simmons	tres@arrst.org	658-1544
RSL Representative	Kent Wineinger	rslrep@arrst.org	720-2310
Volunteer Coordinator	Lisa Garrity	vc@arrst.org	659-0659
Member- At-Large	Michelle Hudson	mal@arrst.org	720-4097
Webmaster	Kent Winenger	webmaster@arrst.org	720-2310

Committee Members:

Spirit Committee	Terry Monahan
	Lisa Ansley
Concessions Committee	Barb Jones
	Cathy Manno
	Melanie Sheets

Practice Schedule

The team is divided into three practice groups according to age or, in some cases, swimmer ability:

Tuesday, May 27 - Monday, June 16 (Mon. - Fri. practices):

6 and under:	5:30 – 6:30 pm
7-11:	6:00 – 7:00 pm
12 and over:	7:00 – 8:00 pm

Tuesday, June 17 - Friday, August 1 (Mon. - Fri. practices):

12 and over:	8:00 – 9:00 am
7-11:	9:00 – 10:00 am
6 and under:	10:00 – 10:30 am

Meet Schedule

Wednesday, June 18	HOME	Austin Ridge vs Hampton Oaks *
Monday, June 23	AWAY	Dahlgren vs Austin Ridge *
Thursday, June 26	HOME	Austin Ridge vs Fawn Lake
Wednesday, July 2	HOME	Austin Ridge vs Dahlgren
Wednesday, July 9	AWAY	Lee's Hill vs Austin Ridge
Wednesday, July 16	AWAY	College Heights vs Austin Ridge

FINALS: Saturday, August 2 - location to be determined

(* - exhibition meet – results do not count towards RSL standings)

All meets begin at 6:00 p.m.

Home team warm-ups begin at 5:00 p.m.

Visiting team warm-ups begin at 5:30 p.m.

Swimmers are requested to be on deck 15 minutes prior to warm-ups.

Directions to away meets can be found at www.arrst.org under "Meet Schedule and Directions".

Thank you for supporting concessions!

Mock Meet

A mock meet will be held **Saturday, June 14, 8:00 – 10:30 a.m.** at the Austin Ridge pool. This will be especially beneficial to new swimmers and new swim parents!

Team Party

The season end Team Party will be held at the Austin Ridge pool on **Saturday, August 2, 7 - 10 p.m.** More information will be forthcoming. Please mark your calendars!

Communication

The Rapids are on the web! We will extensively use our website and email to keep you updated on Rapids information. Visit us at www.arrst.org. Please let the Secretary know if you don't have access to a computer/email. Every family will have a folder in the ARRST file box, which will be on deck during practice. Please check it regularly for news from the coaches or feel free to use the box to correspond with the coaches or the Board of Directors. The ARRST bulletin board is mounted on the wall near the restrooms to keep you informed of team information.

Inclement Weather

Practices and swim meets are held rain or shine! When swim meets are postponed due to thunder/lightening, they are usually rescheduled for the next evening. We will do our best to keep the website updated during inclement weather. You may also call the Austin Ridge community pool at **657-5808**.

Recommended Clothing/Gear

ARRST team colors are red and black. Team swimsuits and caps are encouraged, but not mandatory. Goggles are highly recommended.

What to Take to a Swim Meet

Suit - Swim cap - Goggles - Towels - Sweats for cooler evenings - Sharpie to mark your swimmer's events - Deck chairs - Healthy snacks - Water - Water - Water - Money for concession stand - Team Spirit- Good sportsmanship
We recommend that you mark all suits, goggles, team shirts, towels and other common items!

Division Finals

Our Division Finals are scheduled for Saturday, August 2. Start time has not yet been determined. Because entries are limited and substitutions are prohibited, swimmers unable to participate in Finals should advise the coaching staff in writing as far in advance as possible. Entries are typically “locked in” one week before the Finals meet. Additional information about Finals will be forthcoming. **We will be having an Austin Ridge Pep Rally Friday, August 1 at the Austin Ridge Community Center - 4-7 pm.**

Rapids Team Rules

The same safety and conduct rules that are enforced by lifeguards at the pool will apply to all swim team practices and events, whether at home or away. These include, but are not limited to: NO running on the pool deck; NO profanity or objectionable language; NO horseplay, pushing or fighting.

Parents **MUST** volunteer at every swim meet in which their swimmer is participating. If a family does not volunteer, it creates an undue burden on other families. Consequently, swimmers will be restricted from participating in swim meets if parents/guardians do not fulfill their volunteer requirement.

There is no open swim during practice. All parents and siblings not involved in the practices must remain out of the pool and the baby pool.

Parents should not interrupt or interfere with the coaches during swim meets or practices. Parents are encouraged to consult with coaches before or after practice sessions/meets. Written messages may also be left in the coach's folder in the swim team file box.

Team members will NOT be allowed to stay at the pool if they are not actively participating in the practice schedule for the day.

Swimmers must leave the pool area immediately after practice. Parents are expected to be prompt about picking up their children.

Parents and swimmers must pick up their own trash.

Swimmers are expected to attend as many practices as possible. Please notify the coach if you are practicing with another swim team or will be missing practice due to family vacation, summer school, camp, or illness.

Parents are responsible for their children during a swim meet. This includes making sure they get to the Clerk of the Course on time. If timing or officiating please be sure that another adult is supervising your swimmer(s).

Swimmers need to notify the coach if they will be unable to attend a meet. Sign the "Missing a Meet" board at practice or write a note to the coach.

Respect for other swimmers, coaches and adults is expected. Swimmers and parents must demonstrate good sportsmanship.

Have fun and swim fast!

Volunteering

As many of you know, and some of you will soon learn, volunteers are critical to the running of our swim meets. Each home meet requires more than 70 dedicated volunteers (from our team) to properly execute all the necessary positions. We cannot run these meets without the assistance of **every** family. Away meets require 38 volunteers from our team to support the meet. Your generous gift of time and effort will help make your child's swim team experience a pleasant and memorable one. If your work schedule is such that you cannot be at a meet until 7 p.m. or later, please let the Volunteer Coordinator know so you will be assigned to work the second half of the meet. Likewise, if your child only swims freestyle (among the first events in every meet); you might want to request to work the first half of the meet.

Free two-hour training sessions for particular volunteer positions are available through the RSL prior to the beginning of our season. These volunteer positions are not difficult and can be a lot of fun. Please contact an ARRST Board member if you are interested in attending an RSL training session. Volunteer positions which require training are marked (*) on the following page.

Volunteer Descriptions

*Clerk of Course: Assembles all the swimmers into their correct lane/heat and distributes deck cards to each swimmer.

*Head Timer: Gives instruction to all the timers before the meet and assigns them to lanes. The Head Timer's watches are used for back-up.

*Referee: An experienced official that authenticates disqualifications and determines if a heat is ready to begin.

*Scorer: Oversees the entire scorekeeping process.

*Starter: Signals the start of each race.

*Stroke and Turn Official: Observes the swimmers during a heat to ensure their strokes and turns are legal according to USA swimming rules.

Announcer: Announces the upcoming events to the swimmers and also makes general announcements.

Card Runner: Collects deck cards from timers/recorders after each heat and deposits them at scoring table.

Clerk Runner: Distributes deck cards to the timers.

Concessions: Works in concession stand during home meets.

Data/Scoring: The scoring table is where the official times are determined and entered into the computer.

Heat Ribbons: Distributes ribbons to the heat winners of every "10 and under" event.

Relay Parent: Gathers relays together and ensures they get to the blocks/lanes.

Ribbon Writer: Labels and sorts the ribbons.

Timer: Uses stopwatch to get accurate times for each swimmer.

☐ Safety Marshall: Ensures RSL safety measures are followed during team warm-ups.

Setup/Takedown: Helps setup/takedown tables, chairs, canopies, lights, and other necessary meet equipment.

Walker: Walks the younger swimmers from the Clerk of Course to the starting blocks.

*You must receive or have had training to volunteer for these positions. RSL Training dates are listed below.

Dates to Remember

Saturday, 5/ 31	9-11 am	RSL Training	Regency Park
Wednesday, 6/4	5:30-7:30 pm	RSL Training	Eden Estates
Saturday, 6/7	9-11 am	RSL Training	Hampton Oaks
Tuesday, 6/10	7-9 pm	RSL Training	Fburg Country Club
Saturday, 6/14	8-10:30 am	Mock Meet	Austin Ridge
Wednesday, 6/18	6pm -	Meet	Austin Ridge
Monday, 6/23	6 pm-	Meet	Dahlgren
Thursday, 6/26	6 pm -	Meet	Austin Ridge
Wednesday, 7/2	6 pm -	Meet	Austin Ridge
Wednesday, 7/9	6 pm -	Meet	Lee's Hill
Wednesday, 7/16	6 pm -	Meet	College Heights
Friday, 8/1	4-7 pm	Pep Rally	AR Community Ctr
Saturday, 8/2	TBD	Finals	TBD
Saturday, 8/2	7-10 pm	Pool Party	Austin Ridge