

2009 Gator Parent Handbook

WELCOME TO WESTGATE SWIM TEAM

Welcome all Gators! We're delighted to see all our returning swimmers, and we're very happy to welcome new Gator families.

This handbook is designed to assist Westgate Gators' families in understanding summer league swimming. Inside this guide you will find general information about the sport and the team with which you have chosen to participate. We hope that every family, new and returning, will take time to read the handbook and become familiar with its contents. Additional seasonal information will be provided annually. Visit our website at www.westgatecabana.org for updates and calendars.

PARKING AT WESTGATE CABANA

The team's home pool is Westgate Cabana Pool at 4750 Bucknall Road in San Jose. We are guest users of this facility. We have to abide by the City of San Jose rules and regulations for parking according to our operating permit. We can use Baker School parking lots, and Woodglen adjacent to the school. The Bucknall curbside in front of the Cabana is for drop-off and pick-up only. Do NOT park more than 10 minutes for loading and unloading. Do NOT PARK IN RESIDENTIAL AREAS – it is a violation of our permit.

2009 PRACTICE SCHEDULE

PreSeason – April 6 to 24 (Mon-Fri)

Team starts for 8th grade & under – April 27

530-615pm 3rd to 5th grades

615-650pm 5 years to 2nd grade

650-745pm 6th-8th grades

745-900pm 9th grade & up (starts May 11)

Fri. June 12 to July 24

(Morning Mon-Fri– 4 lanes)

640-755am 9th grade & up

750-845am 6th-8th grades

840-925am 3rd-5th grades

920-955am 5 years to 2nd

Evening practice, Mon-Thurs from June 15 to July 23, is **only** for those swimmers with summer school or day camp commitments **unable to attend morning practice**. We only have 2 lanes for the evening practice. You must sign the bulletin board to attend. Limit of 14 swimmers per group.

615-645pm ages 5-8years 645-740pm 9-12 years 740-855pm 13-18 years

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COACHES' CORNER

Tyson Ormonde, 25th year as a Gator, is back as head coach. Steve Perry, a Gator since 1988, will return as our assistant coach. Coach Laura Farley is going to college locally and we are excited to have her coaching with us for her 3rd year. She also swam as a Gator since age 5. Our coaches have extensive training and expertise with competitive swimming, rules of swimming, safety and sportsmanship. We are very fortunate to have such experienced and dedicated coaches! GO GATORS!

SWIM TEAM MEMBERSHIP

Sign-ups for the team are in January for returning swimmers and new Cabana members. If there are any openings in any age group, those on the waiting list will be contacted based on priority. Westgate Swim Team is limited for all meets by Valley Aquatic League to 130 swimmers ages 5-18 years. Because there are many vacations, graduations, weddings, in June and July, we often have 25 to 45 swimmers absent at a meet. We have about 155 on the team for this reason. You must alert the swim team director and coaches of your meet absences so that your swimmer's place can be filled and all the relays can be arranged, preferably at least 4 days before a meet.

New 5-7 year-olds will have teachers in the water during the preseason weeks in April. All new swimmers must be water safe before starting preseason. By the end of May all new swimmers must be able to swim 25 yards UNASSISTED.

COMMUNICATION

The Gators offer a number of ways for parents, coaches and swimmers to share information. A correct email address, home and cell phone is essential. Changes in email addresses should be forwarded to the Director and chairperson who maintain the email list.

Each family is assigned a "mailbox" (a Gator file folder) kept at the pool. Flyers, newsletters and ribbons not picked up at the end of a swim meet are distributed via this system. Check your folder at least weekly .

Director's email: cjrsmith@sbcglobal.net Home phone: 408 866-1405

Cell: 499-7710 only for weekends and evenings

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GOOD SPORTSMANSHIP

PARENTS CODE OF CONDUCT

Parents play a key role in developing a positive team and family environment. The following are offered as guiding principles for all parents:

- **Model appropriate behavior for children. Smoking or drinking alcoholic beverages are not permitted at any pool in the League.**
- **Help the athletes recognize that good sportsmanship, personal improvement and honest effort are more important than winning.**
- **Recognize that the pool deck is the coaches' domain and parents must not interfere. Inform the coach of any supplemental coaching being arranged for your children.**
- **Do not monopolize the coaches time at swim meets. Please wait to talk with the coaches after the meet or after practice.**
- **Provide support and a positive attitude for all swimmers, coaches, officials and others.**
- **Readily volunteer for timing, snack bar and other club duties**
- **Ensure punctuality of swimmers at practices and meets – set an example for your children.**
- **Direct all concerns in a positive, constructive manner to the Director or Head Coach.**
- **Accept your role as an ambassador for the Westgate Swim Team at meets and in the community – project a positive image.**

SWIMMER'S CODE OF CONDUCT

One of the main goals of the Westgate Swim Team is to promote good sportsmanship. We believe that each member of Westgate Swim Team should be a role model in this endeavor. Westgate's Swimmer's Code of Conduct lists behaviors considered essential to this goal. This document is intended to be positive, but parents and swimmers need to know that a swimmer's failure to uphold the Code of Conduct may result in a warning, and that repeated failures or a particularly extreme incident may result in suspension or disqualification from participation in swim team activities, including meets. The Valley Aquatic League is serious about curbing poor sportsmanship.

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SWIMMER'S CODE OF CONDUCT

Westgate Gators are expected to:

- Show respect and kindness to everyone on our team.
- Promote team unity and spirit through active participation in practices and spirit events.
- Demonstrate positive and appropriate behavior at all times (profanity, disrespectful language, or poor sportsmanship are not tolerated). This includes language, posters, and actions.
- Show respect to coaches by listening attentively to coaching instructions during meets and practices, discussing concerns directly with the coaching staff, supporting coaching decisions, and maintaining flexibility as swimmers.
- Show respect officials and other volunteers at all times by supporting decisions, recognizing that all volunteers are doing their best, and by assisting as needed.
- Exhibit good sportsmanship toward other teams by choosing positive cheers, friendly words and graciously accepting both wins and defeats.
- Promote team unity by watching and cheering on other teammates during meets and by assisting those younger or newer to the team.
- Demonstrate respect for the Westgate Cabana community and other host communities by keeping their team areas clean and using equipment and facilities safely and appropriately.
- Check my family folder weekly. (Ribbons and items can't be sent in an email!)

SWIMMER PARTICIPATION CONTRACT: print name _____

I, _____ age _____, promise to always show respect and good sportsmanship in my words and actions to my coaches, my teammates, parents and to all other teams in Valley Aquatic League. I will be positive, kind and respectful to all swimmers and adults from every team. I understand that if I have lack respect or good sportsmanship, I may be prohibited from participating.

Parent's signature: _____ date _____ I have read and talked with my child about demonstrating respect and good sportsmanship.

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VALUES OF COMPETITIVE SWIMMING

- **Swimming is healthy.** Injuries are few and mild. The sport has been shown time and time again to be the best sport for overall conditioning of the body. Swimming provides cardiovascular fitness, muscular fitness, and increased flexibility.
- **Swimming provides self-discipline.** The swimmer makes the personal choice to swim. All swimmers must develop an inner sense of discipline to devote themselves to the sport.
- **Swimming is a direct reward system.** In swimming, the harder you work, the greater your rewards. The time clock is an objective judge of the result. There are also judges who help you learn to correct mistakes in your swimming.
- **Swimming teaches the relationship between team and individual.** Neither team nor individual can prosper in swimming without the other. Swimming teaches people to work with others.
- **Swimming teaches organization.** Swimmers have to organize their day to fit in all their activities. They learn to do so, and in so doing, usually become much better students.
- **Swimming teaches people how to win, how to lose with grace, and how to develop a personal philosophy that will make them long-term successes in life.** Swimmers learn to evaluate their efforts, set goals, and achieve. They gain an athlete's mind that says, "I can control my life, and results of it. If it is to be, it's up to me."

TIPS FOR THE SWIMMERS

- **Rain or shine:** We will hold practice and meets in any weather, unless there is lightning!
- **Be early and check in:** Check in at the attendance table for every practice. Remember to allow time to do any flexibility work and fix your cap and goggles before practice begins.
- **Drink plenty of water:** Bring a water bottle to practice and meets.
- **Don't splash, wrestle, or grab another swimmer.**
- **Don't try to pass.** . . . faster swimmers are chosen to go first to avoid collisions. Leave enough space between swimmers by leaving on the

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correct interval, about 5 seconds apart. Don't stop in the middle, don't walk or stand up. Swim wall to wall.

- **Use of facilities:** We are guests of ALL the facilities we use. Please clean up any food or trash items. Never bring glass items to a pool.
- **Dress:** Success is dependent upon staying healthy. Take care to dry well, especially your hair, and to dress appropriately for the weather.
- **Teammates:** This is your team; make it enjoyable for everyone on the team. Offer encouragement to at least one other swimmer each day. A "good job" or "nice swim" helps make the practice time nicer.
- **Valuables:** Do not leave valuables in the restrooms. Please keep them out on the deck, where you can keep an eye on them.
- **Problems:** If you have any questions or problems, talk to the director or one of the coaches. But, please do not disturb coaches while they are coaching.
- **Fun:** Make sure you always have lots of fun!

PHILOSOPHY AND EXPECTATIONS

The Westgate Swim Team philosophy is to develop in your children the love for the sport, improved aquatic skills, teamwork and the principles of good sportsmanship. The coaches' philosophy is for the swimmers to have fun as they develop stamina and fitness. They want to help each swimmer improve and be the best they can be. Most of all, the coaches will ensure that a swimmer does not prevent someone else from doing their best.

The swim team provides many wonderful benefits to the children and families of our community. Summer swimming is unique in that there is a place on the team for kids of all ages and genders. How many other youth sports have children spanning such a wide range in age participating on the same team? In addition, the Gators offer the only sporting activity that is truly neighborhood based. All swimmers are offered the opportunity to compete, improve their performance, and have fun. It provides parents, friends and neighbors the chance to join together and cheer for the Gators.

As a team, we expect that:

- Gators (parents and children) must abide by the Codes of Conduct

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found in this handbook.

- Gators must keep their commitments. The team tries to be flexible and accommodating, but if you've told us that you're available (to swim, or to work at the meet) please know that we're counting on you!
- Gators swimmers should DO their best – it's much more important than being the best.
- Gators should have fun!

TIME TRIALS

Time Trials are held the first Saturday of June at the Westgate Cabana Pool. The purpose of this meet is to provide an opportunity for the swimmers and the parents to participate in a trial run of a meet. Each swimmer's goal is to obtain times in all events that will be used for forming relays and as a base for improved time ribbons. There are no relays at time trials. The parents receive hands-on training in the volunteer position they have selected.

EVENT SELECTION

All swimmers swim in all meets, but the events they swim will vary. Often the coach is looking for how much progress a swimmer is making in different strokes. The younger swimmers may not swim the same 3 events every week. The older swimmers may have established their best events with little or no fluctuation. Please make any requests to both the head coach and to the director, Claudia Smith. The Head Coach is responsible for developing the "meet sheet entries" each week for the following Saturday's dual meet. The director emails entries to the host team. The "meet sheet" is then emailed to all families and posted on our bulletin board at the Westgate Cabana Pool.

How does a coach decide who is going to swim what? The coaches try to put an equal number of swimmers in each event and almost all swimmers will do freestyle. The coaches also know which stroke a child may need more work on before competing in it so that he is not disqualified. The director and coaches keep track of best times are relay split times.

The Valley Aquatic League has a limit of 130 swimmers at each swim meet.

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PARENT PARTICIPATION

Volunteers are the KEY to success of our swim team. Unlike other youth sports, where generally a handful of people can run the team, a swim program simply can not be run without parental help and participation, and lots of it. That's why every Gator family is REQUIRED to volunteer a minimum of 10 hours of time per child over the course of the season. There are many ways in which this commitment may be met.

First, ALL families, with the exception of both parents at work or out of town, must help out at meets. It takes more than 100 individuals to set up, clean up, check in, officiate, line up kids, work snack bar, team store, time, write ribbons and enter and post results for a typical meet. Additionally, there are numerous other "behind the scenes" jobs, including both meet and non-meet activities that may match your interest or schedule, including pool set-up and take down, arranging for social activities, swimathon, fund raising and other non-swimming team activities. In this handbook you will find a description of various committees and swim team jobs and activities. We expect parents to select a committee or position on which to serve during the season. If you have any questions, please contact the Team Director or Committee Chairs. They will be at the parent meeting and their names and telephone numbers will be published mid-May.

Lastly, the swim team cannot survive without fundraising activities. All families are required to donate 4 items to the snack bar during the season, 1 item per meet, or 2 items per 2 meets (if you are absent). Other fundraisers are the swimathon and championship ads.

SUITS, CAPS, GOGGLES, SUPPLIES

1. SWIMSUITS

- Team identity and spirit are important. Team members are encouraged to wear team swimsuits to all meets but this is optional. Team suits and caps can be purchased from our team store.
- Boys are requested to wear racing-style swimsuit to practices and meets. Big baggy shorts can make learning the strokes more difficult, but the older swimmers will often wear them to create "drag" which works the muscles harder.

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- Girls are requested to wear one-piece suits for practice and that suit must be tight enough not to bag. For swim meets, the girls' suits must be very snug. To tell if they are too loose, pinch the suit in the tummy area – if you can pull it away more than a couple of inches, then it's too loose. New suits get looser with age, so don't buy them with room to grow!
- Competition Suits should be **one size smaller** than a practice suit. They should be very snug, no wrinkles, maybe even a little uncomfortable! Don't wear your competition suits to practice every day!
- Practice suits should be more comfortable fitting. The practice suits will have a little more drag in the water which helps build up the muscles. Many swimmers will wear 2 practice suits for even more drag in the water. If a little hold develops or the seat wears thin, just put on another suit over it! When you see the older, high school swimmers with their layered suits, you will understand why.

CARE OF SWIMSUITS

- RINSE, rinse, rinse immediately after swimming! Getting rid of all the chlorine and chemicals helps the suit last longer.
- Wash by hand only with mild soap. Hang dry.
- Do NOT use the washing machine nor dryer.
- Wear shorts over the swimsuit during the meet to keep the seat from wearing thin.

2. SWIM CAPS

- Anyone with hair long enough to get into the face needs to wear a swim cap for every practice. It is good to wear a cap to protect hair from the sun and chlorine and for competition - it helps one swim faster!
- Practice and racing caps can be purchased from our team store.
- Rinse immediately after swimming! Getting rid of all the chlorine and chemicals helps the cap last longer.
- Pat dry with a towel.
- Use cornstarch or talcum powder on the inside of the cap.
- Keep out of the sunlight when not in use.

3. GOGGLES

- Goggles are meant as an aid to training. They protect the swimmer's

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eyes from chlorine and enable them to see clearly under the water and during the race.

- Goggles should fit well enough that swimmers do not have to keep adjusting them or draining water from them. Goggles are worn more tightly for racing than during practice. Many new swimmers lose their goggles the first time they dive because they are too loose.
- Have an extra pair on hand, since this is considered the most common item in any pool's "lost-and-found" box.
- You can purchase several types of goggles, or goggle repair kits from our team store.

4. OTHER IMPORTANT ITEMS

- Don't forget sunscreen, towels, water or sports drink and healthy snacks. Stay hydrated!

SWIM MEETS

COACHES GUIDELINES:

- There are no league nor team requirements for attendance at practice but our coaches request that swimmers attend practice daily unless they have other commitments. If a swimmer is out of town until the day before the meet, they can still attend the swim meet.
- To help meets run smoother and faster, it is imperative that the director and coaches be informed of anticipated absences from swim meets. Please let the director know both in writing and by phone at the earliest opportunity if you will be gone for all or part of a meet and make sure you sign "the absent meet list" posted on the bulletin board at the Westgate Cabana Pool. Some phone messages can be very unclear, so an email and written note on the bulletin board is best.
- For the relay events, coaches will select relay members. Selection is based on individual times, relay splits and the ability to do the stroke correctly. We try to have all children swim in a relay, sometimes not enough children are present to make a full relay team. Some pools have enough lanes to run A, B, and C relays so 12 swimmers can

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participate. Other pools only have 4 lanes for A and B relays. Only 1 heat per age group is allowed. Be sure to arrive on time, before warm up time and make sure that the age group parent knows your child is present. Medley relays are the first events at each meet, so please know who is on your swimmer's relay team and stay together.

- In any one meet, swimmers may participate in only three of the five individual events (freestyle, backstroke, breaststroke, butterfly and individual medley)
- After the meet each swimmer is awarded a ribbon for every event they swam, either 1st through 8th place, improved time or participant.
- If a swimmer must leave early, the coach must be notified so they will know who is available for alternates in the final relays.

VALLEY AQUATIC LEAGUE

Westgate Swim Team (Gators) is a member of Valley Aquatic League, along with 4 other swim teams that we compete against. They are Pala Rancho Swim Team (Flying Fish) – 6-lane pool in San Jose near Raging Waters, Los Ranchitos Swim Team (Sharks) – 4 lane pool in Campbell, Encore Swim Team (Dolphins) – 6 lane pool at Oak Grove High School , and Los Gatos (Aquatics) Swim & Racquet Club – 5 lane pool on Oka Road. The Westgate Cabana Club San Jose Conditional Use permit will not allow the team to host a meet at our facility as we do not have sufficient parking without being a nuisance to the neighborhood. Westgate Swim Team rents a pool for our home meets.

SCORING MEETS

Dual meets relays are scored 8, 4, and 2 points for 1st, 2nd, and 3rd place. A team can not score both 1st and 2nd place. Individual events are scored 7, 5, 4, 3, 2, and 1 point for 1st to 6th places.

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ORDER OF EVENTS FOR VALLEY AQUATIC LEAGUE

EVENT NUMBER		AGE GROUP	EVENT DESCRIPTION
GIRLS	BOYS		
1	2	15/18	200 yard Medley Relay
3	4	13/14	200 yard Medley Relay
5	6	11/12	200 yard Medley Relay
7	8	9/10	100 yard Medley Relay
9	10	8 & under	100 yard Medley Relay
11	12	15/18	50 yard butterfly
13	14	13/14	50 yard butterfly
15	16	11/12	50 yard butterfly
17	18	9/10	25 yard butterfly
19	20	7/8	25 yard butterfly
21	22	6 & under	25 yard butterfly
23	24	15/18	50 yard backstroke
25	26	13/14	50 yard backstroke
27	28	11/12	50 yard backstroke
29	30	9/10	25 yard backstroke
31	32	7/8	25 yard backstroke
33	34	6 & under	25 yard backstroke
35	36	9/10	100 yard Individual Medley
37	38	7/8	50 yard Free
39	40	11/12	100 yard Individual Medley
41	42	13/14	100 yard Individual Medley
43	44	15/18	100 yard Individual Medley
45	46	6 & under	25 yard breaststroke
47	48	7/8	25 yard breaststroke
49	50	9/10	25 yard breaststroke
51	52	11/12	50 yard breaststroke
53	54	13/14	50 yard breaststroke
55	56	15/18	50 yard breaststroke
57	58	6 & under	25 yard freestyle
59	60	7/8	25 yard freestyle
61	62	9/10	25 yard freestyle
63	64	11/12	50 yard freestyle
65	66	13/14	50 yard freestyle
67	68	15/18	50 yard freestyle
69	70	6 & under	100 yard freestyle Relay
71	72	7/8	100 yard freestyle Relay
73	74	9/10	100 yard freestyle Relay
75	76	11/12	200 yard freestyle Relay
77	78	13/14	200 yard freestyle Relay
79	80	15/18	200 yard freestyle Relay

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SWIM MEET OFFICIALS AND OTHER KEY PERSONNEL

- ◆ Director (1 per meet): chief official for each meet. He/she ensures that the meet is properly conducted within the League rules, and that swimmers have uniformly fair competitive conditions.
- ◆ Starter (1 per shift): the only official with direct contact with swimmers. The starter makes sure that all swimmers are given a fair and equitable start. The starter informs the swimmers of the stroke and distance to be swum. After all swimmers are ready and motionless, the starter starts the race.
- ◆ Stroke and turn judges (4 per shift): ensure that swimmers abide by the rules for the stroke that they are swimming, including the appropriate turn or finish designated for the event. If a stroke and turn judge observes improper technique, they may warn or disqualify (DQ) a swimmer in that event. All DQ's are submitted to the scoring table. Warnings are given to 10 & unders at the first meet. 8 & unders are judged more leniently in Valley Aquatic League than in U. S. Swimming.
- ◆ Head Timer (1 per meet): The Head Timer holds the backup watch for any lane timer that misses a start.
- ◆ Runners: responsible for delivery of all official times to the computer table.
- ◆ Timers (3 per lane): responsible to record the times for the swimmers. By starting their watches at the direction of the Starter and stopping their watches when any part of the swimmer touches the wall, they record a swimmer's official times. There are 3 timers per lane, and one lane timer records all 3 times. The middle or average time is the official time.
- ◆ Clerk of the Course (2): Swimmers must check in with the clerks and may have a new lane assignment if a swimmer is absent.
- ◆ Announcer (1): announces the events and other information. Through close coordination with the Clerk of the Course, the Starter and the Meet Director, the Announcer controls the tempo of the meet.
- ◆ Results Recorders: enter the times from the lane sheets on the computer and print labels for the ribbon writers. They post results periodically.
- ◆ Ribbon Writers: receive the labels, check for improved times, select the appropriate award and file the ribbons.
- ◆ Snack bar workers, team store, name tags, swimathon lap counters, locker room monitors, set up, clean up, recycling, etc. are other volunteer opportunities.

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AWARDS NIGHT

The Sunday evening following Champs from 600 to 900pm, the Westgate Cabana Pool is reserved for the end of the season pot-luck dinner and the presentation of awards. Team trophies are presented to all swimmers who have swum in at least one meet, and many other awards including ribbons and medals are distributed. The coaches spend a great deal of time and effort to recognize each swimmer's special qualities.

What to bring for the potluck? It changes each year.

- Last name: A through F – main dish and dessert
 G through O – main dish and bread
 P through Z – main dish and salad
- Bring your own lawn chairs, plates, forks, knives, napkins, beverages
- Don't forget your cameras and towels... yes, there will be a night swim for all Gators, parents and coaches.
- Please no pushing anyone in the pool! No horseplay!

GATORS' SWIM MEET CHECK LIST

WHAT TO BRING TO A SWIM MEET FOR PARENTS AND SWIMMERS

- ✓ **Map** Know the location of the meet and have a map with you—please arrive on time.
- ✓ **Cell phones** with friends' phone numbers just in case you get lost.
- ✓ **Food** Please patronize our snack bar—it is an important source of revenue for our team. Limit your swimmers to high-energy food that digests easily like fruit, vegetables, water and juice (doughnuts, sodas, hamburgers, chips, candy, etc. are not suggested or encouraged during the meet) Save the treats for celebrating after the meet!
- ✓ **Gator Team suit, cap & goggles**
Extra goggles are key—bring extra team swimsuits if you have them. Warm-up gear is essential: sweatpants, sweatshirt, parka, blanket, or sleeping bag. Mornings are chilly and your little ones will be cold after they get out of the water.
- ✓ **Extra towels** 2 to 4 towels per swimmer (don't count on the sun to dry)

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- ✓ **Slip on shoes / flip-flops**
- ✓ **Sunscreen & hat or visor** Watch the nose and shoulders, wear a shirt between events.
- ✓ **Games, books, cards, etc.**
- ✓ **Lawn Chairs**
- ✓ **Tent, tarp, or umbrella (Most pools will not allow tents on the deck.)**
- ✓ **Pencil/pen & paper** to record your swimmers events, times, etc.

Know your swimmers' events. They are posted at the meet.

Participate in warm-ups, team meeting, and 'Gator cheer before each meet.

Make sure your swimmers are a part of this—team spirit is essential.

Stay after the meet for weekly ribbons.

Coaches will also award "Swimmer of the Week" honors--this is a special coaches award that your swimmer will cherish most.

ARRIVE on time! CHECK IN on time! Don't be late for relays – your team counts on you.

- ✓ Check in before warm-ups for all meets, usually 715am for home meets and 730am for away meets
- ✓ Parking may be a problem at some meets, leave enough time for this or carpool whenever possible
- ✓ 6 & Unders will not warm up unless they are assigned to an 8 & under Medley Relay. The first event for 6 & unders starts about 855am, so check-in by 830 at the latest.
- ✓ All meets begin PROMPTLY at 8:00 with Medley Relays

Swimmers are encouraged to attend all meets. Team members enjoy hearing the cheers from their parents and friends on the team.

Parents, please do not talk to the coaches during swim meets. The coaches' responsibilities are with the swimmers. You are welcome to talk to the coaches after practices and swim meets.

Whenever possible, stay for the entire meet to cheer on the relays and receive ribbons. After the meet is over, please help clean up and join the team meeting for ribbons distribution and the "Swimmers of the Week" announcement. Each week six swimmers will receive this special award.

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CHAMPIONSHIP PROGRAM ADS

For the last meet of the season, all five teams compete together, with about 500 to 600 swimmers. Parents, family, friends and supporters have an opportunity to send a personal greeting or advertise a business. Personal greetings are \$10, business card size ads \$15, quarter page ads \$25, half page ads \$40, full page ads \$75 and cover ads on back, inside back or inside front are \$100, full page color is \$300. 50% of the proceeds benefit the Gators and 50% benefit Valley Aquatic League.

GLOSSARY

- **Champs:** Short for Championship Meet. To be eligible, a swimmer must swim in at least 2 league meets.
- **Circle Swim:** To swim on the right-hand side of the lane, except in England and Australia (left side)!
- **DQ:** Short for disqualification. A DQ is given to the swimmer by an appropriate official who observes the swimmer in violation of a stroke requirement or rule.
- **False start:** Movement by the swimmer after taking his/her mark before the starting signal sounds.
- **Fly:** Short for butterfly.
- **FR:** Short for Free Relay. A free relay consists of 4 swimmers all of whom swim freestyle leg (age 10-under swim 25 yards each; 11-up swim 50 yards each).
- **Heat:** Each relay has only one heat. Individual events may consist of several heats. Swimmers are put in heats with others of very similar times and abilities. Unlike U.S. Swimming, Valley Aquatic League swims the fastest heat first, and the slowest heat is the last heat.
- **IM:** Short for Individual Medley. This is an event where swimmers swim each of the four strokes one length of the pool, for a total of 100 yards, in this order: butterfly-backstroke-breaststroke-freestyle.
- **MR:** Short for Medley Relay. A relay consisting of 4 swimmers each of whom will swim a different stroke per leg (10-under swim 25 yards; 11-up swim 50 yards) in this order: backstroke-breaststroke-butterfly-freestyle.
- **Relay cards:** Each relay team (team A, team B, and so on) consists of 4

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swimmers. To make sure each relay team is complete, each team is issued a Relay Card listing their names in the order each will swim. The card has to be given to a timer in the lane assigned for that team, so that the time can be recorded and ribbons issued. If an alternate swims, the missing swimmer's name must be crossed out.

- **Relay team ages 10 & under:** Each of the 4 relay swimmers swims 25 yards (1 pool length). Swimmer 1 and Swimmer 3 will start from the "timer" side of the pool, and Swimmer 2 and Swimmer 4 will start on the opposite side of the pool. Swimmer 2 will start swimming as soon as swimmer 1 has touched the wall (1 pool length), and so on. The Relay race ends when swimmer 4 touches the wall.
- **Relay team ages 11 & up:** Each relay member will swim 2 lengths, 50 yards each, and all start at the same end (starting blocks).
- **Swimming up:** A swimmer may be asked to compete at a higher age group than their chronological age for a relay in order to have 4 swimmers. A swimmer will never swim up in an individual event.

HISTORY OF WESTGATE CABANA

Westgate Cabana Club's facility was built in 1962 as a nonprofit corporation. The Swim Team began in the 1970s in conjunction with Cloverdale and was known as the Cloverdale Westgate Dolphins. It was then a part of the Mission Oaks Aquatic League where swimmers could only swim 2 individual events. The parents voted in 1986 to become the Westgate Gators. A few years later, they joined the Valley Aquatic League. One of the main advantages was that each swimmer could now swim 3 individual events at a meet. The League has a limit of 130 swimmers ages 5 to 18 years per team.

Westgate Cabana Club's pool and deck were renovated in 2003. Westgate has a 15-year loan for the renovation. The Cabana is open to all neighborhoods and has a goal to increase membership and raise funds to continue renovation of the office and locker rooms.

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WESTGATE SWIM TEAM PHILOSOPHY – adopted in 1985

The Westgate Swim Team supports the development of the skills of each individual. We value the participation of ALL swimmers, every swimmer is a winner. Winning, while valued, is not our primary objective.

SWIM TEAM BY-LAWS – May 1991

WESTGATE SWIM TEAM BOARD

Article 1 -- Membership

Section 1. The Westgate Swim Team Board shall consist of two classes of members.

- a. General Members – parents or guardians of swim team children who have swum for the team a minimum of one season.
- b. Officers.
 - i. The Swim Team Board must have a minimum of two officers: co-directors of the team. They will divide up the following duties.
 - ii. At least one of the officers must be a member of the Westgate Cabana Club from the previous season and act as a liaison from the Swim Team Board to the Cabana Board. This officer is elected at the annual Cabana meeting in September and shall serve a maximum of three consecutive years.
 - iii. One director shall have general supervision, direction and control of the affairs of the swim team subject to the approval of the Swim Team Board, and shall sign on behalf of the swim team all papers necessary for operating the swim team, hiring of coaches and renting facilities for League meets.
 - iv. One director shall prepare annual budgets, maintain accurate records of the checking account, maintain a swim team roster and assist the other director/s.
 - v. One director will coordinate the parent volunteer duties necessary for running the swim meets and the duties required by Valley Aquatic League.

Section 2. Only members of the Westgate Swim Team Board shall be entitled to vote on swim team business. Each member shall have one vote.

Section 3. Removal of an Officer. A majority of the Westgate Swim Team Board members

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present at a special meeting duly called and held for that purpose may remove any officer for just cause.

Article 2 -- Meetings

Section 1. Place of meetings. Meetings shall be held in Santa Clara County at the Westgate Cabana Club or home of any swim team member.

Section 2. Notice of meetings. A notice for the first meeting of the season, usually in May, will be made to all the swim team families at least 7 days in advance of the meeting. Notices of the meeting shall specify the place, date and hour of the meeting.

Section 3. Quorum. The presence of 7 or more members shall constitute a quorum for the transaction of business. In the absence of a quorum, business may be transacted but will not be official until ratified by a majority of the voting members of the Westgate Swim Team Board.

Article 3 -- Miscellaneous Provisions

Section 1. No part of the net earnings, profits or assets of Westgate Swim Team shall inure to the benefit of any private person or member or officer of the Westgate Swim Team Board. Upon dissolution of the Westgate Swim Team, all assets remaining after providing for all debts and obligations shall be donated to the Westgate Cabana Club.

Section 2. The Westgate Swim Team is a member of the Valley Aquatic League. Any action to change leagues must be approved the Westgate Swim Team Board. Two members of the Westgate Swim Team Board are required to attend the Valley Aquatic League meetings and fulfill duties assigned by the League.

Section 3. Amendments. These by-laws may be altered, repealed, or amended and new or additional by-laws adopted by the Westgate Swim Team Board upon 30-day written notice of the changes to be made to members of the Board. These by-laws shall become effective following their adoption by the present Westgate Swim Team Board and the Westgate Cabana Board.

Section 4. The Westgate Swim Team Board may adopt rules and regulations for the conduct of their meetings and management of their affairs as they may deem proper.