



Bexley Marlins Parent Information Packet

Summer 2023

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Bexley Marlins Program Description and Requirements

The Bexley Marlins Swim Team is a recreational competitive swim team operated through Bexley Parks & Recreation and a member of the Suburban League (SSCL). The upcoming season will operate May 30-July 10, 2023 and is open to swimmers ages 5-18. Coaches will work with swimmers to develop four competitive swim strokes (freestyle, backstroke, breaststroke, and butterfly).

Program Requirements

The Bexley Marlins team is open, on a space available basis, to any swimmer that meets program requirements (see below); competitive swimming experience is not required.

Swimmer safety is the top priority of the Bexley Marlins Swim Team. Coaches will observe and evaluate swimmers during the first week of practice. To ensure a safe environment for all, swimmers must be able to meet the following minimum requirements:

- Swimmers must be able to enter the water on their own and without a parent on deck
- Swimmers need to be comfortable swimming in deep water
- Swimmers must be able to continuously swim a minimum distance of freestyle without stopping or treading water
 - Ages 5-10: 25 yards
 - Ages 11-14: 50 yards
 - Ages 15-18: 100 yards

If the coaching staff feel that a swimmer does not meet these minimum requirements and is not yet ready for competitive swimming, the swimmer will be referred for additional swimming lessons. We encourage all parents to objectively consider the swimming ability of their child and the program requirements before registering him/her for the team.

Team Divisions & Age Groups:

The Bexley Marlins Swim Team will be divided into two team divisions, Varsity and Junior Varsity. Swimmers will compete within their age groups at meets, but the team divisions will practice separately and have different levels of expectations for practice intensity and attendance.

Junior Varsity:

- Age groups included in this age group:
 - 5&6
 - 7&8
 - 9&10**
- This division will focus on stroke technique and development of appropriate aerobic endurance

Varsity:

- Age groups included in this age group:

- o 11&12
- o 13&14
- o 15-18
- Swimmers in the Varsity division will work on refinement of competitive stroke technique and advancement of aerobic and anaerobic endurance

**Experienced swimmers in the 9-10 age group (e.g., club swimmers) may request an evaluation from the Head Coach if they would like to practice with the Varsity division. The Head Coach will have sole discretion on the assignment of swimmers to the Varsity division and it will be based on a space available basis.

Practice Schedule By Division

Swimmers should arrive at the pool 15 minutes before practice start time to stretch and get ready. Swimmers are expected to enter the water at the scheduled practice start time. The morning practice schedule will begin on Monday, June 6th.

Junior Varsity

- Practices will take place Monday-Friday 8-9am
 - o U6 swimmers will practice on Tuesdays and Thursdays
 - o U8 swimmers will practice on Monday, Wednesdays, and Fridays
 - o U10 swimmers will practice Monday-Friday
- Swimmers should be on deck by 7:50

Varsity

- Practices will take place Monday-Friday 7-8am
- Swimmers should be on deck by 6:50

We will have evening practices May 30-June 1. Junior Varsity will practice 6:30-7:30pm and Varsity will practice 7:30-8:30pm. Swimmers should still be on deck at least 10 minutes before the start of practice and be ready to enter the water at start time.

Swim Meets

Swimmers are encouraged to attend all meets in order to see progress and growth throughout the season. Developmental meets are intended from swimmers ages 5-12 who are new to the sport and need additional time and support to learn how to compete in a meet.

Coaches will determine event assignments for each meet and will strive to give each swimmer a chance to participate in multiple events over the course of the season. Swimmers should be on deck at least 15 minutes before warm-up start time.

- Saturday, June 10 (Morning), Developmental Meet @ Grandview (12 & U)
- Tuesday, June 13 (Evening), Bexley @ Hilliard
- Tuesday, June 20 (Evening), Grandview @ Bexley
- Saturday, June 24 (Morning), Developmental Meet @ Hilliard (12 & U)
- Tuesday, June 27 (Evening), Swim & Racquet @ Bexley

- Saturday, July 1 (Morning), Jenny Nicol Meet @ Bexley (non-League)

Tuesday Meets – Expect swim warmups to start at 4:30 pm, with the meet starting at 6:00 pm.

Saturday Meets – Expect swim warmups to start at 8:00 am, with the meet starting at 9:00 am.

Swim meet registration and event assignments

Parents will receive an email to a link to a Google survey approximately 10 days prior to a meet so they can indicate if their swimmer will attend the meet. Parents with multiple children on the team will need to complete a survey for each.

We cannot guarantee swimmer entry to a meet if the sign-up window is closed.

An entry file will be sent out to parents via email the day before the meet and will list all swimmers entered in the meet and the assigned events. Late entries or changes to the event file cannot be guaranteed.

SSCL Championship Meet

The league championship meet is the final meet of the season and will be held on July 10th at Swim and Racquet (outdoor pool) or Upper Arlington High School (indoor pool). Qualified swimmers may swim up to two individual events and two relays. Championship relays will be formed by taking the top 2023 times from individual events.

Time and pool location will be confirmed early in the season.

Bexley Marlins Code of Conduct

The Bexley Marlins Swim Team will help swimmers to enhance technical skills, competitive ability, and personal enjoyment of the sport of swimming. Coaches, parents, and swimmers all carry responsibility to ensure that the season is a success and the team is a positive environment for all participants.

Coach and Board Responsibilities:

- Be positive role models and be an example of good sportsmanship at all times
- Teach rules and proper technique to the sport of swimming
- Provide clear and timely communication
- Give all swimmers a chance to participate in relays and individual events
- Foster a positive and supportive team environment

Swimmer Responsibilities:

- Show kindness and respect to coaches, officials, fellow swimmers, and yourself
- Arrive on time to all scheduled practices and be ready to enter the water at the scheduled start time
- Take practices and meets seriously and give coaches your full attention
- Have a positive attitude and encourage yourself and teammates
- Demonstrate the values of good sportsmanship, to those from our team and to those from other teams

Parent Responsibilities:

- Ensure swimmers arrive on time to all practices and meets
- Be respectful to all coaches, officials, and swimmers
- Be a positive role model of sportsmanship to all swimmers and encourage swimmers to be kind to themselves and to others
- Allow the coaches to work during practices by observing from the upper deck

- In the event of a concern or an issue, approach coaches in a private manner and in a polite and respectful way

Team Communication

Communication is an essential component to our team. We will do everything we can to provide all relevant information in a clear and timely manner to all parents.

Email Communication

Weekly emails will be sent from the bexleymarlinsswimteam@gmail.com email address. During registration, please include all email addresses that you would like to receive updates, including meet registration emails.

Meet Registrations

Approximately ten days before a meet, parents will receive an email with a Google survey link. This survey has been simplified and will allow parents to indicate whether a swimmer will attend the meet.

- Surveys must be completed within 72 hours of the meet to allow coaches adequate time to make meet assignments
- Parents of multiple swimmers will be asked to complete one survey for each child

Weather or Emergency Communications

We will use the TeamSnap app for all weather related and emergency communications. This will include notifications about practice cancellations or meet delays/cancellations. TeamSnap will send push notifications via an app when there are updates for the team.

Invitations for TeamSnap will be sent to all parent email addresses after registration completes.

Social Media

Facebook: Bexley Marlins Swimming (<https://www.facebook.com/groups/253243638949886/>)

Website: www.bexleymarlins.com

Parent Volunteer Expectations & Opportunities

Swim meets require lots of coordination and they would not be possible without the help of our parent volunteers. We are asking each swim team family to volunteer at each meet.

Parents will have the opportunity to select which volunteer role(s) they would be interested in when signing their swimmer up for meets. We will use that information to coordinate. A Sign Up Genius will be emailed to parents at least a week before each meet. To run the meets smoothly and efficiently, we need to be able to fill all volunteer shifts.

No experience is necessary for most roles. Volunteer positions available:

Timers

- We need to provide timers for each; home meets have 2 Marlins timers per lane and away meets require fewer.
- Each timer has a stopwatch, and will start the watch on the beep, and stop when the swimmer touches the wall at the end of the race.
- Timers also record the times on clipboard and sheets to the Runners.

Runners

- Card Runners: Collect time sheets after each race
- Child runners: Helping young swimmers move from the bullpen to the blocks

Bullpen

- The Bullpen helps the young age groups to line up and get to the blocks for each event to give a consistent flow and to the meets
- Bullpen volunteers will line up swimmers in order, locate missing swimmers, manage crowd control in the bullpen and handle questions or concerns that young swimmers might have

Ribbons and awards

- Attach printed labels to the ribbons and file them in each swimmer's folder

Announcer

- Announce event prior to each race
- Communication with runners and the bullpen to be sure everyone is working at the same speed.

Meet Setup / Teardown

- Help setup or tear down home meets; primarily getting meet equipment out and putting it away

Officials¹

- Requires training – which will be provided by SSCL
- Each meet needs at least 3 officials to run efficiently

Computer Entry¹

- Requires training – which will be provided by SSCL
- Inputs the times for each swimmer from the cards brought to them by the card runner

For more details, go to <http://www.bexleymarlins.com/volunteers/>.

Questions? Contact bexleymarlinsswimteam@gmail.com.

- 1) Volunteers interested in becoming an official or being trained to manage the computer during meets should email bexleymarlinsswimteam@gmail.com to coordinate

Team Suits

All swimmers will receive a latex swim cap and a team shirt as part of their registration.

Team suits will be royal blue and examples are linked below. We will not have Marlins branded suits this year due to supply chain constraints.

- Girls: [TYR Royal Blue Swim Suit](#)
 - Girls' suits should be one piece and with a racerback, v-back, or open back style
 - Suits with ties (i.e., JOLYN) are not recommended for competition but may be worn at practice
- Boys: [TYR Jammers Swim Suit](#)
 - Boys's suits can be jammer or brief style
 - Trunks are not recommended

Practice suits and other supplies (e.g., goggles, silicone caps) are also available to purchase online through Swim Outlet or by visiting Swimville USA at their store:

Swimville USA
837 Bethel Road, Columbus 43214
(614)591-7946