

The Stingray Swim Team Handbook 2012

2008-11 League Champions

Collins Hill Aquatic Center
Home of the Stingray Swim Team
2200 Collins Hill Road
Lawrenceville, GA 30043
770.237.5647

Coaching Staff

Returning for their twelveth year, our 2012 coaching Staff:

Head Coach:	Brian Silva	404-218-0325	ice4cube@charter.net
Assistant Head Coach:	Debbie Silva	770-682-3155	silva2595@charter.net
7-8 and 15-18 Coach:	Aubrey Vinke		
9-10 and 11-14 Coach:	Ryan Silva		

Board Members

The county has instituted rules and regulations for each Gwinnett team. One rule states that sports have a board with officers. The following people were elected last summer at our general meeting, which was held at the Aquatic Center in August:

President	Charissa Bright	678-577-4588
Vice-President (Spiritwear)	Jennifer Tennant	678-462-2472
Secretary	Marybeth Montini	770-841-3147
Treasurer	Lisa Curry	770-314-2455
Coach	Brian Silva	770-682-3155 (Home #)

Non-Voting Members at Large

Meet Volunteer Coordinator	Bernadette Lorton	706-654-1277
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Introduction

The Stingray Swim Team handbook is provided for a reference and guide to the swim season. Review it carefully and refer to it often during the swim season as it contains information you will need from week to week. If you need more than one copy per family or lose the handbook, a copy is on the website, www.stingrayswimteam.org.

The **Stingray Swim Team** is a member of the **North Georgia Swim League** (NGSL) and part of the **Gwinnett Parks and Recreation Association** (GPRA). The purpose of the swim team is to introduce swimmers to competitive swimming, improve the swimming skills of the participants and enhance their general physical well being with a focus on doing their best and showing good sportsmanship.

While this is an introduction to competitive swimming, it is not a substitution for swim lessons. Your child must be a competent swimmer in the opinion of the coaches in order to participate. New swimmers will undergo a basic evaluation during registration to be sure they are ready for competitive swimming. The basic objectives are development and fun. Parents will work with the coordinators and coaches to meet these goals. The Stingray Swim Team is a competitive team and has earned first place in 2000, 2008, 2009, 2010 and 2011 League Championship meets and second place every year in between.

New Swimmer Evaluation

During registration the coaches will evaluate new swimmers. Though we are proud that the Stingray Swim Team is a developmental team, the swim team is not a substitute for swim lessons. Many new swimmers make tremendous improvements over the course of the season. Additionally, it is understandable that some experienced swimmers may experience decreased endurance over the winter months. However, in some cases, swim lessons are more appropriate for inexperienced swimmers. In this case, the coach will advise accordingly. Please reconsider swim team once the swimmer is more skilled.

Refunds

Refund requests for special circumstances must be submitted in writing to the Stingray Swim Team Board for approval.

If you cancel prior to the start of the preseason practice in April, you will receive a 100% refund. If you cancel by May 15th, you will receive a 50% refund. If you cancel after May 30th, you will not be eligible for a refund. All cancellations are subject to a \$15.00 processing fee (that is only slightly less than 10% of registration fee – so a 50% refund would actually be \$65.00. A full refund would actually be \$145.00).

Please note that non-compliance with the parent pledge could result in expulsion from the team with no refund. . Season ending injuries will be considered by the board on a case-by-case basis.

The Stingray Swim Team will offer no full refunds due to administration costs as well as coaching fees. This policy has been set to deter swimmers from quitting prematurely and to promote hard work when practices become difficult.

Communication

The website, www.stingrayswimteam.org is a major tool of communication. It should have up-to-the date information once the season starts including meet dates, swimmer times, final results, coach's notes and any changes in schedule. Please check it when you have a question or wish to check team events

Communication with parents will mainly occur through the use of "Mailboxes", E-mail, and the Meet Commitment Forms.

Each swimmer will have a file folder to be used as a mailbox during the season. Crates containing these folders will be

located on the table in the pool lobby during practices. The mailboxes are used to distribute papers, volunteer schedules, ribbons, pictures, etc. Please check your swimmer's mailbox on a regular basis.

Should you need to contact the coaches or the Board, please use the email option listed on the team website.

You will receive an e-mail reminder each Friday prior to our Saturday meet to remind you of warm-up times. This is an inexpensive, effective way to communicate reminders.

During the parent meeting, each family will receive a Meet Commitment Form (*MCF1*) for each swimmer. The form lists each meet, date of the meet and the last day Meet Commitment Change Forms (*MCF2*) will be accepted. Please complete the availability of your swimmer and return completed forms to the Volunteer Coordinator's mailbox (Bernadette Lorton) by May 16th. Incomplete forms will not be accepted or returned to you. If you are unsure of a date, please mark "No" then later file a Meet Commitment Change Form. (*MCF2*).

Meet Commitment Change Forms must be completed eight (8) days prior to the meet. The forms must be signed by the coach and brought to the file folder (in the section labeled "Coaches") in the lobby of the Aquatic Center for posting. Please check the carbon copy of your Meet Commitment Form (*MCF1*) or refer to the Meet Descriptions portion in this manual for deadlines.

Practice

*See overview sheet for pre-season practice that is offered (not mandatory)

Practices will be held on Monday and Wednesday evenings, from 7:15 PM to 8:15 PM for the 10 and under age groups, and 8:15 PM to 9:15 PM for the 12 and under age group and up. Friday morning practices will be held from 8:30 AM to 9:30 AM and 9:30 AM to 10:30 AM. Coaches may rearrange some swimmer's schedules after the first couple of weeks, so please be flexible until then. Swimmers may also be placed in particular lanes by the coaches, according to ability and not solely according to age. If you have two children close in age and wish to have them swim in the same time slot, please speak to or email the coaches, and they will try to accommodate you.

Please be on time. It is important that your child be ready to swim 5 to 10 minutes before the specific session. Keep in mind that coaches will gladly discuss any issues concerning your swimmer prior to or after practice, by phone or e-mail. **Please refrain from discussing issues with the coaches during practice so they may focus on instruction during our limited practice sessions.** In addition, we maintain a certain level of discipline during practice since we have up to 70 children per session. Please reinforce with your child that practice should be fun but it is hard work as well. The only way to improve your time is to improve your stroke and build up strength and endurance. Working hard and listening in every session is the only way to get these results. The coaches may make changes in your child's stroke when appropriate. Sometimes these changes may seem awkward or could slow the swimmer down at first, but should result in a better performance. Please encourage your child to work on these changes.

Rules

It has not been necessary to use the following disciplinary options; however, to ensure the safety of all swimmers, the following actions will be taken for those members who disregard pool rules and safety and/or display disrespect for the coaches, teammates and/or lifeguards:

1. 5 to 10 minutes time-out depending on the infraction.
2. Sent home from practice.
3. If the behavior continues, parental attendance will be mandatory at practice.

If young children, not on the team, are brought to practice and are on the pool deck, they must be supervised at all times by their parents. It is required to keep noise to a minimum out of respect for other activities running simultaneously with practice. The only people permitted in the pool are the coaches and swimmers.

Parent Pledge Form

The Parent Pledge Form is an essential part to the success of our team and is required for swimmers to participate in a swim meet. This form will be reviewed at the parent meetings and must be signed by each family as a record of attendance to the parent meeting.

Banquet

The team will meet at the Collins Hill Aquatic Center on Saturday, August 11th from 6:30 until 9:30 pm for a family night/banquet. Each swimmer will receive a trophy and any ribbons or medals won at the League Championship. All-Star ribbons and team awards will also be distributed. A meeting will be held to elect next year's officers. Details regarding refreshments will be announced at a later date, closer to the event. The pool is open to all family members during the banquet. Please note this event is for swimmers and their immediate family only.

Fees

Registration fees cover the cost of trophies, t-shirts, swim meet fees, and coaching fees. While meet entry fees are prepaid by the team, you may be charged a \$10 No Show fee should your child be unable to attend a meet to which they previously committed.

Pictures

Both team and individual photos will be taken on June 11th @ 6:30 pm. We will have two photographers to expedite the process. Each swimmer should be dressed in his/her swimsuit and ready for the photo shoot at the designated time. More details to follow.

Concessions

Concessions will be offered at our home meets. Parent volunteers will be notified of our staffing needs.

Volunteers

The success of The Stingray Swim Team depends upon parental support and involvement. All families who participate will have work assignments - we make every effort to distribute the workload fairly. The coaches and board will be asking for your help at both "home and away" meets. Work assignments will be posted on the website and a hard copy distributed through the mailbox system. **Family members are prohibited from timing their own swimmer.** If you are timing in a lane in which your child is swimming, please switch with another volunteer. Please review the work assignment list and note the dates and times you are assigned to work. If you are unable to work the position or time you have been assigned, it is your responsibility to find a replacement. Thank you for making the Stingrays a success.

Volunteer Job Descriptions

League meets are approximately 6 hours and are divided into two halves (with the exception of the League Championships which will have three sessions). The morning session is for the 6 and under, 8 and under and 10 and under age groups. The second half or afternoon session is for the 12 and under, 14 and under and 18 and under. The only exception to that will be the League Championships which will be divided into 3 parts.

First Half - Events 1 - 44

Second Half - Events 45 - 86

Meet Set Up - Arrive at the pool no later than 7:00 AM or designated time to set out chairs, banner, tables, etc.

Ribbon Table - Distribute ribbons to swimmers after each heat.

Runner - Run place judge finish sheet to the ribbon table after each heat.

Timers - (Paired with a time recorder.) Time swimmers using stop watch.

Time Recorders - (Paired with a timer.) Write down swimmer's time as reported by the timer.

Head Timer - Start stopwatch for every heat to serve as back up for timers.

Starter - Calls events and starts heats of each stroke.

Stroke/Turn Judges - Observe swimmer's strokes, turns, and finishes; disqualify swimmers who do not abide by USA Swimming Rules and Regulations. *Certification required.

Place Judges - Record place finishes of swimmers.

Concessions - Sell food items to swimmers and families.

Sanctioned Meet Volunteers - You will time, work the bullpen, or perform any other duties requested by the officials running the meet.

Bullpen Director – Keeps swimmers organized before each event.

Bullpen Assistant – Helps locate children and get them to the Bullpen area.

PLEASE REMEMBER: If you are unable to work your assigned job you are responsible for finding a replacement.

MEET INFORMATION

The event, distance, and order of events for both girls and boys will be uniform at all meets with the exception of the Pentathlon which has no relays and no long free style. The number of events and order of events may be changed by the coaches at the official's meeting prior to each meet due to time constraints preventing the entire meet from being held.

Swimmers should plan to attend all the sanctioned meets; the Invitational or Pentathlon, North Georgia Splash meet, and the League Championship. Only at these electronically timed events can your child earn an official All-Star Time. Dacula will host the Invitational. Francis Meadows Aquatic and Community Center in Gainesville will host the North Georgia Splash Meet. Winder YMCA will host the Pentathlon and Francis Meadows Aquatic and Community Center in Gainesville as well as Habersham will host the League Championship. The Stingrays will host the Gwinnett Parks and Recreation Association (GPRA) District Qualifier at Collins Hill Aquatic Center (CHAC). For more information on individual meets; please check in this handbook under Meet Descriptions.

Please keep in mind it is unrealistic for a child's time to drop at each meet. It is true that some new swimmers may improve each time they swim, but this is rare. It is possible they will swim their fastest in the first meet and not be able to duplicate that until the end of the season. As practice becomes more difficult in mid season, times sometimes increase or a stroke enhancement could also increase a swimmer's time. Our goal is to peak and swim our fastest times at the League Championship. **Positive reinforcement from parents is key to a child's success and self-esteem. Let the coaches give the criticism at the appropriate time. If you have a performance concern, discuss it with the coaches privately or send an email.**

Events

The coaches enter as many relay teams as possible at each meet. Swimmers are placed on teams based on their best times. If you are sick the day of the meet, please call Coach Brian at 404-218-0325 so a substitution can be made. Please do not leave a meet early if your swimmer is scheduled to swim a relay at the end of the meet. This prevents other swimmers from participating in their relay and they are counting on you!

THE FOLLOWING ARE THE STANDARD EVENTS AT OUR MEETS:

6 & Under

25 yd/m – Free Style
25 yd/m - Backstroke
Free Relay
(They may swim other strokes with 8 & under.)

8 & Under and 10 & Under

25 yd/m – Free Style
25 yd/m - Backstroke
25 yd/m - Butterfly
25 yd/m – Breaststroke
50 yd/m – Free Style
100 yd/m – I.M.
Free Relay
Medley Relay

12 & Under, 14 & Under, 18 & Under

50 yd/m Free Style
50 yd/m Backstroke
50 yd/m Breaststroke
50 yd/m Butterfly
100 yd/m Free Style
100 yd/m I.M.
Free Relay
Medley Relay

Look for official sanctioned order of events in the NGSL Rules section.

Meet Attendance

While we are a developmental swim team, our goal is to prepare your swimmer for competitive swimming. The culmination of our program is the NGSL League Championship. To be clear to new swimmers, our policy makes it mandatory to participate in (1) sanctioned meet (minimum) - either the Pentathlon, Splash meet, or Invitational and the LEAGUE CHAMPIONSHIPS. As a team we work all summer towards the League Championships and everyone needs to commit to that. In order to enter a swimmer in that meet they MUST have participated in one of the three sanctioned meets.

Parents are responsible for keeping the coaches current as to the swimmer’s attendance at each meet by completing the Meet Commitment Form (*MCF1*). If you have a change in your swimmer’s availability, you need to complete a Meet Commitment Change Form (*MCF2*) eight (8) days prior to the meet. **Meet entrees and fees for sanctioned meets are due 1 week prior to the meet. If you sign up for a meet and you are unable to attend, you will be charged a \$10.00 “No Show” fee. Please remember at a sanctioned meet a relay team may be disqualified or eliminated due to a “No Show” swimmer.** Please do not leave early without checking with the coaches, this affects other swimmers, overall team score and causes unnecessary expense to the team.

Below is a copy of the table from the Meet Commitment Form and deadlines for availability changes.

	Date of Meet	Intention of Swimming Y/N	Deadline Changes Due Before
Dual Meet @ TBA	Saturday, June 2nd		Friday, May 27 th
NGSL Pentathlon @ Winder YMCA	Saturday, June 9th	(must qualify) Sanctioned Meet	Friday, June 1st
NGSL Splash Meet @ Gainesville	Saturday, June 16th	Sanctioned Meet	Friday, June 8th
NGSL Invitational @ Dacula	Saturday, June 23rd	(if you aren’t swimming in the pentathlon you will swim here) Sanctioned Meet	Friday, June 15th
Dual Meet @ TBA	Saturday, June 30th		Friday, June 22rd
Gwinnett Co. State Qualifier @ Collins Hill	Saturday, July 7th	(must qualify and be available to attend the State Meet)	
NGSL Championship @ TBA	Friday, July 13th & Saturday, July 14th	Mandatory to Attend	Mandatory
GA Park & Rec State Meet @ Carrollton	Friday & Saturday, July 27th & 28th	(must have qualified at the State qualifier meet 7/7)	

Even if you do not know if your swimmer will qualify let us know if they would be available to swim.

If you have an emergency and your child cannot attend a meet for which they were signed up, contact Coach Brian the night before, or the morning of the meet via his cell phone 404 218-0325.

Heat Sheets

Heat Sheets will be sold at the large sanctioned meets and you can check the schedule for events your child will be swimming. At large meets it is critical your child know his/her stroke, event, heat and lane numbers. This helps organize in the bullpen and prevents swimmers from missing a race.

Graphing Events

One of the great rituals in competitive swimming is graphing your events on your body!! Each swimmer is responsible for graphing the events, heats and lanes for each race s/he is swimming. Please use the following example as the correct way to graph. Remember coaches are preparing for the meet and making last minute changes as needed. **Coaches will not be available to graph each child.** All of the information you need to graph your child can be found on the heat sheets sold at the meets. Begin by checking under your child's age group, then look for his/her name under each event.

Example: **E represents Event, H represents Heat, and L represents Lane**

E	H	L	
4	3	1	50 Free
18	4	2	MR
38	2	7	Breast
48	6	3	IM
60	3	8	Back

What to Bring to a Meet

- Enthusiasm
- Water/Sports Drink
- Stingray T-Shirt
- Money for Concessions and Heat Sheet
- Several Towels
- Healthy Snacks
- Extra T-Shirt or warm shirt
- Chairs
- Sharpie Pen
- Books, travel games
- Sunscreen
- Blanket

What to Eat Before the Meet

Please see that your swimmer eats properly before meets and practices. Heavy meals and milk are not recommended before swimming. Please drink plenty of liquids throughout the meet to stay hydrated.

What/When are Warm-Ups

Warm ups are very important and are critical for a top performance. Warm ups are mandatory for each swimmer, even in times of inclement weather. Warm-ups allow the swimmers an opportunity to warm up their muscles and familiarize themselves to a new pool prior to the meet. Warm-up times vary, and will be posted the week before a meet. Please arrive at least 15 minutes before the scheduled warm-up of any meet. This reduces stress and allows extra time to determine your location in order for your swimmer to find you after warm-ups.

Where should my swimmer go after warm-ups

After warm-ups, swimmers will be dismissed back to their parents. We ask that our parents and swimmers congregate together so that so you are able to hear us call the events for each age group. Swimmers should stay with their teammates during the meet in order to avoid confusion and the chance of a swimmer missing his/her event. Parents are welcome to sit in and around this area as well. Swimmers and parents are all team members.

At the larger meets, it is important for parents to be responsible for having their swimmers to the bullpen or starting area on time. It cannot be the responsibility of the bullpen coordinators or the coaches to find the swimmers for the events in which they are entered. Purchasing or reading a heat sheet will assist with this. Swimmers entered on relay teams must remain until their relay swims, or they will have to pay for the relay team's entry fee.

How long does a meet last

League meets are approximately 6 hours and are divided into two halves. The morning session is for the 6 and under, 8 and under and 10 and under age groups. The second half or afternoon session is for the 12 and under, 14 and under and 18 and under.

What if it rains

The Stingray Swim Team follows the NGSL inclement weather guidelines. If possible we will continue through rain. In the event of thunder, we will wait 15 minutes before re-entering the pool.

What if I have to leave early

It is important to inform your swimmer's coach before leaving. Coaches count on swimmers staying until all events are completed. You never know when a teammate will get hurt or sick and you will be needed.

General Description of NGSL Swim Meets

The swimmer's age as of June 1, will determine the age group for all the NGSL competitions. Swimmers may participate in a higher age group than the date indicates as long as they remain in that higher age group for ALL events that they enter. The 6 & under, however, may swim in both 6 & under and 8 & under events as long as they do not repeat an event. Swimmers may move up to a higher age group to fill relays and still swim individual events in their actual age group. The rules will follow the United States Swimming Rules and Regulations unless otherwise stated. We basically have two kinds of meets. Dual meets are with one other team in the league, NGSL sanctioned meets are all the teams in the league. There are approximately 10 teams in the North Georgia Swim League. **Swimmers must compete in one of the sanctioned meets to compete at the League Championship.**

Dual Meets

These meets are for all swimmers. Dual meets are meant to introduce new and novice swimmers to the competitive part of swimming in a relaxed atmosphere and are far less stressful than league wide sanctioned meets. No team score is kept and additional fun events are sometimes added. There is no "heat sheet" like at the sanctioned meets. Coaches will seed meets with the fastest swimmers swimming in the first heat. Ribbons will be awarded for all heats first through sixth or tenth (depending on the meet location).

NGSL Pentathlon:

This meet is designed for more experienced and/or "all-star" swimmer that can swim all four strokes and an I.M. The coaching staff will notify you via mailbox if your swimmer qualifies for this meet. The Pentathlon is our league's version of the Iron Man's contest. This event is a single session meet. All swimmers will compete at one time starting in the am. Each swimmer swims each individual stroke and an Individual Medley, a total of five events. All event times will be totaled for a final time and scored accordingly. The scoring is based on those combined times. Meet Commitment Change Forms (*MCF2*) is due two weeks before the meet. *Swimmers who sign up and do not participate will be charged a \$10.00 "No Show" fee.*

NGSL Splash (Fun Meet)

This meet is for all swimmers. It is a two-session meet (6u, 8u, 10u in the am, 12u, 14u, 15 –18 in the pm). Based on NGSL swimmer input, this meet will have fun events along with some standard events. *Swimmers who sign up and do not participate will be charged a \$10.00 "No Show" fee.*

NGSL Invitational

This meet is designed for swimmers who do not qualify for the Pentathlon. It is a two-session meet (6u, 8u, 10u in the am, 12u, 14u, 15 –18 in the pm). Each swimmer may enter three individual events and one freestyle relay, and one medley relay. Relay teams are made up by the coaches and are based on current times. This meet is pre-seeded, electronically timed, and scored by computer. This meet is seeded with the fastest swimmers swimming last. Meet Commitment Change Forms (*MCF2*) are due two weeks before the meet. *Swimmers who sign up and do not participate will be charged a \$10.00 "No Show" fee.*

League Championship

This meet is for mandatory for all swimmers. The League Championship brings all NGSL swimmers together for one final meet. This league wide event is the culmination of our season. It is a three-session meet with one session on Friday night and two sessions on Saturday. It is electronically timed and computer seeded and scored. At this meet, team scores and individual high points are also computed and awarded.

This is the pinnacle for our season as a team; it is critical that all swimmers be available for this Championship meet.

GRPA Gwinnett District Qualifying Meet and GA State Championship

This is a qualifying meet for all the top swimmers in Gwinnett County (no matter what summer league they swim in) to go to GRPA State Meet. The coaching staff will select swimmers based on the All-Star time standards to attend this meet. At the District Meet, the top three swimmers in each event are selected to attend the GRPA State Meet. A swimmer may only compete in (2) events no matter how many they qualify for. They will need to make their final selection after the times are posted. Several Stingray swimmers qualify each year for the State Meets.

All-Stars

All-Star recognition is truly a high achievement in the North Georgia Swim League. It recognizes the top swimmers in our League based on a time standard. Due to their accuracy, the electronic timing systems used at sanctioned meets qualify swimmers for their All-Star awards. **All-Star ribbons will be awarded at the end of the year once the swimmers best time per event has been established, (one ribbon per event).** We look forward to awarding many ribbons at the banquet this year. All-Star times can be found at the back of the handbook and on our website, www.stingrayswimteam.org.

Directions

Collins Hill Aquatic Center

Phone: 770-237-5647

Address: 2200 Collins Hill Road Lawrenceville, GA 30043

Type: Indoor Pool

Directions: From I-85, take exit 111 (Lawrenceville-Suwanee Rd.) in Suwanee and travel east for .2 miles. Turn left onto Horizon Road. Follow Horizon Road for 1.1 miles and turn right at on Old Peachtree Road. Continue for .5 miles, then turn right onto Collins Hill Road. The Aquatic Center entrance in 1.5 miles on the right.

Francis Meadows Aquatic and Community Center

Phone: 770-533-5850

Address: 1545 Community Way, NE, Gainesville, GA 30501

Type: Indoor Pool

Directions: (off Jesse Jewell Parkway between South Enota and Limestone Parkway)

From Downtown Gainesville and the Intersection of Jesse Jewell Parkway:

Go north approximately 1 mile on left.

From I-985 N:

Take Exit 24. Go left on Jesse Jewell Pkwy approximately 1 mile on right.

From I-985 S:

Take Exit 24. Go right on Jesse Jewell Pkwy approximately 1 mile on right.

Jefferson Recreation Dept. (Sea Dragons)

217 Memorial Drive, Jefferson, GA 30549

706-367-5126 (Pool Phone)

706-367-5116 (Department Phone)

Jefferson City Pool is just east of I-85 at exit 137. Exit 137 is Highway 129.

The location is behind Jefferson High School.s football/track stadium

From Atlanta take I-85 north to exit 137.

From the north, take I-85 south to exit 137.

From Gainesville, travel on Highway 129 east until you pass I-85.

From I-85 (exit 137) at Highway 129, travel east five miles until you come to OLD SWIMMING POOL ROAD. Left on Old Swimming Pool Road. Travel one block to stop sign, turn right at stop sign to pool.

Winder-Barrow Brad Akins YMCA

Phone: 770-868-2917

Address: 50 Brad Akins Dr., Winder GA 30680

Type: Outdoor

Directions: Take Collins Hill Road south for 1.3 miles. Turn left onto Russell Road for 1.6 miles. Turn right onto SR-20 (Buford Dr.) for 2 miles. Turn left onto SR 316 (University Pkwy) for 3.5 miles. Keep straight onto US-29 (SR-316) for another 7.8 miles. Turn left onto Patrick Mill Rd until it dead ends (about 2 miles). Turn right onto Hwy 8 and the YMCA sign will be on your right at about 1 mile. The YMCA is located directly behind Akins Ford off Hwy 8 in Winder. (Travel time approximately 30 minutes from CHAC)

Dacula Park Pool

Phone: 770-822-5410

Address: 205 Dacula Road, Dacula, GA 30019

Type: Outdoor Pool

Directions: Take Collins Hill Road south for 1.3 miles. Turn left onto Russell Road for 1.6 miles. Turn right onto SR-20 (Buford Dr.) for 2 miles. Turn left onto SR-316 (University Pkwy.) for 3.3 miles. Turn left on Fence Road for 1.7 miles. Turn right on Dacula Road for .5 miles and the pool is on the left. (Travel time approximately 15 minutes from CHAC)

Habersham's Ruby Fulbright Aquatic Center

Phone: 706-754-3650

Address: 120 Paul Franklin Rd, Clarkesville, GA 30523

Type: Indoor

Directions: Take I-985 towards Gainesville. At mile marker 25, I-985 will become US 23. Continue on US 23 until mile marker 49, where you will take the exit for Highway 197. At the stop sign, turn left towards Clarkesville. Go approximately 3.5 miles and you will come to a 4-way stop. Stoney's restaurant will be on your left. Turn right onto Highway 17 and after 1 mile, you will see a burgundy sign on your right for "Habersham Recreation and Ruby Fulbright Aquatic Center." Turn right immediately after the sign onto Paul Franklin Rd and you will see the Aquatic Center on your right. (Travel time approximately 1 hour 10 minutes from CHAC)

NORTH GEORGIA SWIM LEAGUE DUAL MEET ORDER OF EVENTS

<u>Girls Event Number</u>		<u>Boys Event Number</u>
1	8 & Under - 50 Free	2
3	10 & Under - 50 Free	4
5	12 & Under - 100 Free	6
7	14 & Under - 100 Free	8
9	18 & Under - 100 Free	10
11	6 & Under - 100 Free Relay	12
13	8 & Under - 100 Medley Relay	14
15	10 & Under - 100 Medley Relay	16
17	12 & Under - 100 Medley Relay	18
19	14 & Under - 100 Medley Relay	20
21	18 & Under - 100 Medley Relay	22
23	6 & Under - 25 Free	24
25	8 & Under - 25 Free	26
27	10 & Under - 25 Free	28
29	12 & Under - 50 Free	30
31	14 & Under - 50 Free	32
33	18 & Under - 50 Free	34
35	8 & Under - 25 Breast	36
37	10 & Under - 25 Breast	38
39	12 & Under - 50 Breast	40
41	14 & Under - 50 Breast	42
43	18 & Under - 50 Breast	44
45	8 & Under - 100 I.M.	46
47	10 & Under - 100 I.M.	48
49	12 & Under - 100 I.M.	50
51	14 & Under - 100 I.M.	52
53	18 & Under - 100 I.M.	54
55	6 & Under - 25 Back	56
57	8 & Under - 25 Back	58
59	10 & Under - 25 Back	60
61	12 & Under - 50 Back	62
63	14 & Under - 50 Back	64
65	18 & Under - 50 Back	66
67	8 & Under - 25 Fly	68
69	10 & Under - 25 Fly	70
71	12 & Under - 50 Fly	72
73	14 & Under - 50 Fly	74
75	18 & Under - 50 Fly	76
77	8 & Under - 100 Free Relay	78
79	10 & Under - 100 Free Relay	80
81	12 & Under - 100 Free Relay	82
83	14 & Under - 100 Free Relay	84
85	18 & Under - 100 Free Relay	86

North Georgia Swim League All Star Times

<u>6 & Under</u>	<u>Girls</u>	<u>Boys</u>
25 Free	27.69	28.05
25 Back	31.09	32.11
<u>8 & Under</u>	<u>Girls</u>	<u>Boys</u>
25 Free	20.56	20.45
50 Free	44.76	44.37
25 Back	24.49	24.97
25 Breast	28.63	28.12
25 Fly	26.10	26.29
100 IM	1:52.60	1:54.02
<u>10 & Under</u>	<u>Girls</u>	<u>Boys</u>
25 Free	17.7	17.12
50 Free	36.74	35.64
25 Back	21.81	21.11
25 Breast	24.38	23.65
25 Fly	20.6	19.47
100 IM	1:35.17	1:33.30
<u>12 & Under</u>	<u>Girls</u>	<u>Boys</u>
50 Free	33.46	33.13
100 Free	1:11.90	1:10.50
50 Back	40.67	41.16
50 Breast	45.19	42.71
50 Fly	39.47	35.99
100 IM	1:24.16	1:18.50
<u>14 & Under</u>	<u>Girls</u>	<u>Boys</u>
50 Free	30.61	27.76
100 Free	1:04.38	1:02.55
50 Back	37.94	34.74
50 Breast	41.94	38.87
50 Fly	34.85	31.84
100 IM	1:17.96	1:10.54
<u>18 & Under</u>	<u>Girls</u>	<u>Boys</u>
50 Free	28.84	25.74
100 Free	1:01.88	56.12
50 Back	35.59	31.02
50 Breast	38.91	35.34
50 Fly	33.17	31.02
100 IM	1:14.52	1:06.49