

**WESTWOOD
COUNTRY CLUB**

**SWIM TEAM
HANDBOOK**

Last Updated March 2020

Welcome to the Westwood Country Club Swim Team – the “Whirlwinds.” Westwood has had a competitive summer youth program since 1967. We are members of the Dominion Country Club League (DCCL), which was formed in 1972 to develop, promote and conduct swimming competition between children of Northern Virginia Country Club members. The goal of the DCCL is to develop competitive skills, good sportsmanship and love of the sport among its participants. Other country clubs belonging to the DCCL are: International, Riverbend, Fairfax, Evergreen, Mount Vernon, Mount Vernon Yacht Club, Trump National, Springfield and Hidden Creek. The league is divided into divisions as determined by the DCCL Board taking into consideration historical team size and competitiveness.

This handbook is intended to give you an overview of the swim team and hopefully help you understand the operation of swim team.

Westwood Swim Team Mission Statement:

The Westwood Whirlwinds promote good sportsmanship, swimming excellence, and self esteem in all swimmers through individual progress, team unity and family participation. The Swim Team is committed to a structured yet fun-oriented program that provides swimmers the opportunity to develop to their fullest potential. We encourage open communication and good sportsmanship, which lead to team spirit. Swimmers will develop self-esteem through the accomplishment of individual goals. The Swim Team offers an environment for a safe, healthy and memorable swim team experience ultimately fostering a lifelong love for the sport of swimming.

Qualifying for Swim Team

To qualify for swim team, a swimmer must meet the age requirements set by DCCL. Swimmers must be able to swim freestyle for 50 meters (down and back) unaided, swim an additional 25 meters freestyle in under 50 seconds as well as swim 25 meters of backstroke in under 1 minute. Because the safety of our swimmers is our first priority, new Whirlwinds must have the stamina to participate in practice as well as be coachable. Final decision on qualifying for the swim team is coaches' discretion.

Practices

Practices are held after school beginning the day after Memorial Day. Once Fairfax County Schools are out for the summer, practices are every morning with an evening practice offered Tuesday – Thursday for those swimmers attending day camp or in day care. The Practice Schedule is listed on the swim team calendar as well as under the Practice Info tab of Team Unify.

Attendance at practices is strongly encouraged. Swimmers who attend practices on a regular basis (daily) will develop their swimming skills more rapidly. In addition, practices are fun! Team members are requested to be at the pool 5 minutes before scheduled practice times. During swim team practice, parents should stay off the deck adjacent to the swim team practice area. Parents may observe from the upper deck.

Weather

In general, we swim rain or shine. Practices and meets will be canceled or postponed for thunder and lightning. Always assume practices and meets will be held unless you are notified to the contrary. If you have doubts about the weather, call the pool to check the status of practices. In the event of thunder and lightning make sure your child is aware of how to reach you, as the pool deck must be cleared.

Fees

Swim team registration fee is \$210 per swimmer from March 29th to May 5th. Starting May 6th, registration fees increase to \$235 per swimmer. Each swimmer who swam in a dual meet during the season will also receive a trophy or medal. There is a \$30 fee for canceling swim team registration to cover the cost of the cap, t-shirt and administrative fee. There are various social events that are optional during the season that may require additional fees should you choose to attend.

Supplies

All on-time registrations between March 29th and May 5th will receive a Westwood swim team t-shirt and Westwood latex swim cap with their registration fee. The reason for the May 5th deadline is due to ordering requirements and turn around times from our vendor. We will place one order immediately following the May 5th deadline. If you register after that date, you are absolutely on the team and ready to participate in all of our activities but will not receive a team t-shirt or latex swim cap.

Swimmers should wear their team suit for all dual swim meets. **NEW RULE added to 2019 DCCL handbook** – Tech suits cannot be worn during dual meets. Tech suits may be worn ONLY for Championship meets (Relay Carnival, All Star Qualifies, All Star Finals). If you have any questions about your suit, please ask the coaches before the meet. Team swimsuits will be available for purchase at the swim team Kick-off event. Team suits and equipment can also be purchased at Metro Swim, 11215 Lee Hwy K, Fairfax, VA 22030, (703) 865-4230.

We prefer all swimmers wear a Westwood Whirlwinds cap during meets. A latex Whirlwind cap is provided with your on-time registration fee. If your child prefers a silicone cap, you can either purchase a Whirlwind Silicone cap or “double” cap on meet days. Simply place the Whirlwind latex cap over top of your choice of silicone cap. **NEW RULE added to 2019 DCCL handbook** – swimmers may not wear caps from Potomac Valley Swim Club – Machine, NCAP, York etc. during dual meets. If you have any questions about your swim cap, please ask the coaches before the meet.

Swim Meets

Time Trials

Time Trials are typically held on the Saturday before the first Dual Meet. The purpose of Time Trials is to get an accurate time recorded for each swimmer in the events where they have a legal stroke. It is run similar to a Dual Meet only with the swimmers competing against their fellow teammates instead of another team. We rely on parent volunteers to run Time Trails, similar to a regular meet, lining up swimmers, serving as timers, etc. This is a great opportunity for new swimmers and parents to get an idea for how the meets are run. For returning swimmers, it allows the coaches to get more current times. The results of Time Trails are used to determine the lineup for the first Dual Meet. If swimmers are unable to participate in Time Trials, coaches will attempt to get recorded times by special arrangement after a practice. But keep in mind that with close to 150 swimmers and 4 strokes, it is not possible for the coaches to time everyone individually.

Dual Meets

Dual meets are held on Saturday mornings between Westwood Country Club and one other DCCL country club. Dual meets are scored meets where everyone participates. The “official” line up is made up of the top three swimmers in each age group. Seeding is designated by the coaches and generally represented by the top three times in each event, with current practice attendance and team attitudes taken into consideration. Seeding for meets is ultimately the coach’s decision. Each child may swim a total of four individual events and two relays (including the mixed age group relay). The coaches determine relay teams. Many factors are considered when selecting relay teams. Your child’s age group is determined by the child’s age as of June 1.

Even if your child does not swim in the official heats, all children can swim free and backstroke “unofficially” and in some cases breaststroke, butterfly and IM as well. This is important for the children to gain experience. Unofficial heats make it possible for all swimmers to participate in dual meets.

The Swim Team Representatives are responsible for limiting the duration of swim meets. This is in the best interest of all swimmers as Saturdays get long and hot. If the Swim Team Representatives note that both teams have a large number of swimmers, they may limit the number of freestyle and backstroke heats to try and stay in a reasonable time frame generally 4 hours or less. Additionally on days of severe heat or poor air quality, the representatives from both teams may limit the number of unofficial heats.

Parents will indicate whether or not their swimmer will participate in each meet using the online Team Unify software. You can do this for all meets at the beginning of the season (recommended) or for each meet, no later than midnight on the Sunday before the meet. If you indicate at the beginning of the season, you can make changes up until midnight the Sunday before the meet. If you have not indicated your swimmer is available, he/she will NOT be scheduled for any events. The line-up for Saturday's meet will be emailed out to the team on Thursday evening of each week. If due to unforeseen circumstances, your swimmer is unable to attend notify the coach, via email, and copy the appropriate swim team rep as soon as possible so that a substitution can be made. Coaches and swim team reps are not able to accommodate last minute additions to the lineup with the exception of unofficial heats, and only when the addition does not introduce additional heats to the meet (in other words, there is a lane that would otherwise be empty).

Please plan on arriving at all swim meets 45 – 60 minutes prior to the start of the meet and report to the coach. This allows opportunity for warm-ups.

Dual meets are scored as follows: first place = 5 points; second place = 3 points; third place = 1 point; relay first place = 7 points.

Monday Night Invitational Meets

Monday Night Invitational Meet can only happen if we can find a team and a date to do this. The purpose of this meet is to allow swimmers who do not ordinarily get the opportunity to swim breast, fly and IM to do so. Additionally, the six and under swimmers will have their own age group and will be eligible to receive ribbons. These are fun and efficient meets. Young swimmers are encouraged to attend. An invitational meet has some restrictions, one of which is a swimmer who has swum officially during the Dual Meet cannot swim in the Monday night invitational meet.

DCCL Relay Carnival

This is an official swim meet that is scored. Generally, if your child swims in official relays at dual meets, your child will swim in the Relay Carnival. The lineup will be announced one day prior to this meet. This is a fun meet, and everyone is encouraged to attend even if they are not scheduled to swim. It is a fast meet and exciting to watch.

All Stars

Prior to determining the lineup for All Stars, all swimmers will be asked to indicate their availability to participate and their preference of events. Often swimmers who are ranked third or fourth on the team are selected to participate, so please do not assume your swimmer will not be selected. For example, let's say your swimmer is third or fourth on the team. The swimmer with the fastest time may be 'Top 6' in the league, so they do not count towards one of WCC's two entries. The swimmer with the second fastest time may choose not to swim that particular stroke (remember they can only swim 3 of 5 individual events). That would mean that the third and fourth place swimmers would be entered into All Stars. With vacation schedules and injuries factoring in, swimmers are often surprised by who is asked to participate. But if you do not indicate availability, your child will not be put in the lineup. If you have questions regarding your child's ranking on the WCC team or in the league, discuss this with the coaches or a swim team rep.

All Star qualifications are held on Saturday. The top six swimmers from qualifications will then go on to the finals held on Sunday. Medals are awarded at finals for first through sixth places.

Banquet

End of season festivities are held each year. An awards banquet is held for the swimmers. **Each child who participates in a Dual swim meet will receive a trophy or medal.** In addition, there are many other awards/trophies/medals based upon the swimmers' achievements throughout the summer. Normally, dinner is served followed by a DJ. This is a fun and rewarding evening for the children.

Ribbons and Awards

DCCL ribbons are awarded to those swimmers in official events placing 1st - 6th. Heat winner ribbons are awarded to age group 10 & under placing first in an unofficial event during home meets. Additionally, personal best ribbons will be awarded after the 2nd week of Dual Meets to those who improve their times from meet to meet. Ribbons will

be placed in the family folder located in the Pool Front Desk area. Ribbons will be available no later than Friday after the previous meet.

Each registered swimmer who swims in at least one official DCCL meet will receive a trophy or medal. Team Member trophies or medals are awarded to those swimmers participating in at least one official DCCL meet. High Point Trophies are awarded to one boy and one girl per age group for earning the most wins (1st, 2nd or 3rd) as determined by team points. Overall High Point Trophies are awarded to one boy and one girl who scored the most individual points for the team. Various other awards are handed out and are up to the coach's discretion. Awards are subject to change at the discretion of the coaches at any time.

DCCL Website

The DCCL website can be accessed at www.dccl.nvblu.com. This website is a useful tool for all families. It has the most updated rules that the DCCL follows. Additionally, it has team schedules, results and rankings and individual results and rankings.

Volunteer Opportunities

Our team depends upon parent participation. There are many opportunities for parents to get involved both on deck and off in their children's swimming experience. Please visit the **Volunteer tab on our Team Unify website** to determine areas where you'd like to volunteer. Many tasks require no experience such as timing and hospitality. Others require some training such as Starters, Referees and Stroke and Turn Judges. Training clinics are held at the beginning of the swim season. Anyone interested is invited and encouraged to attend. Swim team does not work without parent help so please identify how you can help the team. For more questions, please contact team reps at westwoodswimrep@gmail.com

Other activities

Swim team members are eligible to participate in other fun activities. Activities may vary from season to season and may include, movie day, pep rallies and a pasta dinner.

Coaches

Coaches are available to discuss your child's progress after practices. Please do not approach coaches just prior to or during practice, as this is disruptive to everyone. General questions or complaints can be directed to any one of the team representatives for clarification or to avoid misunderstandings and frustrations.

Glossary

Dual Meet	A timed meet in which two teams compete and are assigned even or odd lanes.
DQ	Disqualified. A swimmer may be DQ'd for a number of reasons – turn violations, stroke violation, multiple false start, etc.
Event	Any race or series of races in a given stroke and/or distance.
Referee	Enforces rules and oversees meet.
Starter	Operates electronic starting horn to begin each race.
Clerk of Course	Checks in swimmers for events and escorts to lanes.
Scorer	Records score of meet/operates computer.
Stroke & Turn Judge	Observes swimmers for proper strokes and turns.
Timer	Record time of swimmers in specific lane.

Participating DCCL Clubs

Blue Division

**Country Club of Fairfax
5110 Ox Rd
Fairfax, 22030
(703) 273-3100**

**International Country Club
13200 Lee Jackson Hwy.
Fairfax, VA
(703) 378-7900**

**Riverbend Golf & Country Club
9901 Beach Mill Road
Great Falls, VA
(703) 759-3030 x 226**

**Trump National Golf Club
20391 Lowes Island Blvd.
Potomac Falls, VA
(703) 444-4802**

**Westwood Country Club
800 Maple Ave E
Vienna, VA 22180
(703) 938-2593**

White Division

**Springfield Country Club
8301 Old Keene Mill Road
Springfield, VA
(703) 451-8600**

**Mt. Vernon Yacht Club
4817 Tarpon Lane
Alexandria, VA
(703) 780-8850**

**Mt. Vernon Country Club
5111 Old Mill Road
Alexandria, VA
(703) 360-0776**

**Evergreen Country Club
15900 Berkeley Drive
Haymarket, VA
(703) 754-1270**

**Hidden Creek Country Club
1711 Clubhouse Road
Reston, VA 20190
(703) 437-5222**