

# 2022 SSL Coaches Clinic



## Agenda topics

1. Introductions & Attendance
2. Coach Packet
3. Sportsmanship & League Philosophy
4. Code of Conduct
5. Rules
6. Concussion
7. TT & Champs

# Introductions & Key Dates



SSL President - Greg Arif

[president@ssls swim.org](mailto:president@ssls swim.org)

Rules Committee Chair - Fred Polaski

[Polaski5@comcast.net](mailto:Polaski5@comcast.net)

302-588-0554

Webmaster - Joe Faccenda

[webmaster@ssls swim.org](mailto:webmaster@ssls swim.org)

TT & Champs Chair - Kent Steeves

[officialkent@gmail.com](mailto:officialkent@gmail.com)

302-605-6473

Dual meet Season begins	Saturday, June 18
<b>TT entries due</b>	<b>Monday, July 11 @8pm</b>
<b>TT entries FINAL confirmation due</b>	<b>Wednesday, July 13 @6pm</b>
Dual meet Season ends	Saturday, July 16
TTs 13&O @ Penn Acres 11-12 @ Crestmoor 9-10 @ North Star 8&U @ Oaklands	Sunday, July 17 Monday, July 18 Tuesday, July 19 Wednesday, July 20
Champs @ Wedgewood	Saturday, July 23

# Coach Information & Packet for Meets



## **Packet from SSL President**

- 100 Roster Change Cards
- 17 Roster Sheet Sets for Dual Meets

**SSL Website:** [www.ssslswim.org](http://www.ssslswim.org)

Coach Restricted Area

(at bottom of Coach page):

coach

coach123



## ***Rules***

[SSL 2022 League Rules](#)

[USA-S Technical Rules - 2-Page Summary](#)

[Stroke and Turn Rules Summary](#)

[SSL Stroke & Turn Rules Interpretations](#)

[Safety Procedures / Unofficial Heats](#)

[Conduct of Meet Guidelines](#)

## ***Dual Meets***

[Printable Schedule](#)

[Roster Sheet - Dual Meet](#)

[Change Cards - Dual Meet](#)

[Dual Meet Order of Events](#)

[Link to Dual Meet Schedule & Results](#)

# Coaches (attendance)



If you do **NOT** want your cell phone or email included in the restricted coach section, email Joe Faccenda [webmaster@sslswim.org](mailto:webmaster@sslswim.org)



# SSL Code of Conduct



Pertains to ALL team members, coaches, officials, parents and spectators

Un-sporting behavior includes (but not limited to):

- Insulting or derogatory remarks, gestures or acts including taunting
- Trying to influence or showing disgust with the decision of an official
- Use of Obscene language
- Physical abuse or threats
- Any act of vandalism.

Any potential Code violations to be brought to attention of Meet Referee by the Head Coach, the Team Rep or a designee

- For TT & Champs, bring to Champ Chair (Kent)



# SSL Code of Conduct (cont'd)



Repeated violators will be asked to leave the pool property

When appropriate, a 'CofC Resolution form' should be completed and submitted to the League for possible review by the SSL Protest Committee

Any further action will be directed to the Clubs involved

# Protest Committee



	<b>2022 Team Rep</b>		<b>2022 Coach Rep</b>	
<b>Red</b>	Shakyra Freeman	WW	Aleecia King	
	Cory Fisher (alternate)	NS	Craig Young	
<b>White</b>	Jessica Brown	DH	Bryan Stambaugh	
	Ed Burke (alternate)	O	Ethan Easterby	
<b>Blue</b>	Lisa Boyer	A	AJ Shepherd	
	Diane Rineer (alternate)	OV	Dylan Palma	



# “Mini” Rules Clinic



Dual meets are back to ‘Normal’ = 2019

## Rule Changes 2022

- Rosters must include lane assignments
  - Changes to lane assignments with Change Cards
- The Visiting team must provide a “Clerk of Course” for the Ready Bench
  - An adult or experienced assistant coach



# “Mini” Rules Clinic



## Changes to Rule Interpretations 8 & Under

- Backstroke finish - may roll slightly past vertical prior to the touch - more restrictive to align with breaststroke and butterfly - trying to be finish legal is acceptable
- 4th swimmer (freestyle) in Medley Relay may roll onto their back to breath. May kick or scull but may not swim backstroke - e.g. no alternating strokes
- Relay swimmers who remain in the pool at the completion of their leg will not be DQ'd because they did not exit the pool immediately.
  - If they interfere with another swimmer who violates stroke rules or early relay take off, there will be a DQ

# Triple Dual Meets



- Three triple dual meets in Blue Division
  - Coaches must submit 4 rosters - each team swims in 2 meets
  - Lane assignments: 1-4, 2-5, or 3-6. By lot, or coaches decide prior to the meet
  - Each event is contested only once
  - Each team can swim 6 exhibition heats - empty lanes can be filled by other teams
  - Scoring is the same as a dual meet. Scorers have received information on the “how to” score three meets at once.

# Exhibition Swimmers and Exhibition/Unofficial Heats at SSL Dual Meets



- Each team is allowed 6 exhibition heats during a meet
  - Exhibition races should be run after the official event
  - A team may not use Exhibition Heats that the opposing team does not use
- Exhibition heat options
  - A team may combine together swimmers of different ages and different genders during an exhibition event
  - A team may not combine together different strokes or distances during an individual event (see exception for freestyle relays)
  - Empty lanes in an exhibition heat may be filled by swimmers from the opposing team
- Relay Exhibitions
  - Exhibition Heats of 100 y/m relays may be swum after the last 100 y/m relay. These relays may combine age groups and genders (boys and girls can swim on the same relay team) and may be swum as Freestyle Relays during the Medley Relays. The same applies for 200 y/m relays.
  - Exhibition Relays result in 4 times as many splashes as exhibition individual events.
  - Exhibition Freestyle Relays for younger swimmers swum with the Medley Relays allow the younger swimmers on Wednesday night meets to get home at a reasonable time, rather than after 9:00 PM

## Exhibitions (cont'd)



- 5 lane pools
  - Exhibition lane should be shared between the 2 teams
  - If the visiting team has a 6 lane pool, the host team should have priority using the exhibition lane because the visiting team has use of 3 lanes in their home meets
  - Coaches and Team Reps should agree on the use of the exhibition lane before the meet
- Swimmer participation
  - Swimmers may swim in an unlimited number of exhibition races, HOWEVER, Exhibition heats are intended for swimmers that are not participating in official events
  - Exhibition swims do NOT count toward the official entry limits per swimmer
- Scoring
  - Exhibition swims do NOT earn points for the overall meet scoring nor for the age group scoring
  - Do NOT make swimmers exhibition to avoid running up the team score as that will influence an age group score. The maximum team score that is reported or published is 340



# Concussion Protocol



- Information on Concussions is on the SSL Reps Page - “Concussion Training”
- Concussions can occur in swim meets and practices
  - Circle swims that overlap
  - Backstroke and butterfly finishes
  - Backstrokers swim into the corner of L shaped pools
- Concussions may not manifest symptoms for several days
- Notify parents
- If symptoms occur, clearance by a qualified medical professional is needed
- If in doubt, sit them out

# Officials



Only 74 have attended clinics so far this year

- Had 163 last year and 187 in 2019
- 5 teams do not have enough officials to host a meet
- 4 teams with only 3 officials

3 classes this week

- June 13, June 14, June 15

# Time Trials (TT) & Champs



			<b>Warm-ups</b>	<b>Start</b>
13&O @ Penn Acres	Sunday, July 17	6 lane, M	2:15, 2:30, 2:45, 3:00, 3:15	3:45
11-12 @ Crestmoor	Monday, July 18	5 lane, M	4:15, 4:30, 4:45, 5:00	5:30
9-10 @ North Star	Tuesday, July 19	5 lane, Y	4:15, 4:30, 4:45, 5:00	5:30
8&U @ Oaklands	Wednesday, July 20	5 lane, Y	4:15, 4:30, 4:45, 5:00	5:30
TT Rain date	Thursday, July 21			
Championships @ Wedgewood	Saturday, July 23	6 lane, Y	7:30, 7:45, 8:00, 8:15	9:00

# Time Trials (TT)



## Eligibility

- Must have competed in at least four dual meets during the current season

## Entries

- Swimmer: 3 maximum events; swim in own age group
- Team: 6 maximum events for 6&U, 8&U, 9-10, and 11-12; unlimited for 13 & above
- Relays: **Now unlimited** (was: 2 maximum per event per team); must designate the swimmer names in your entries

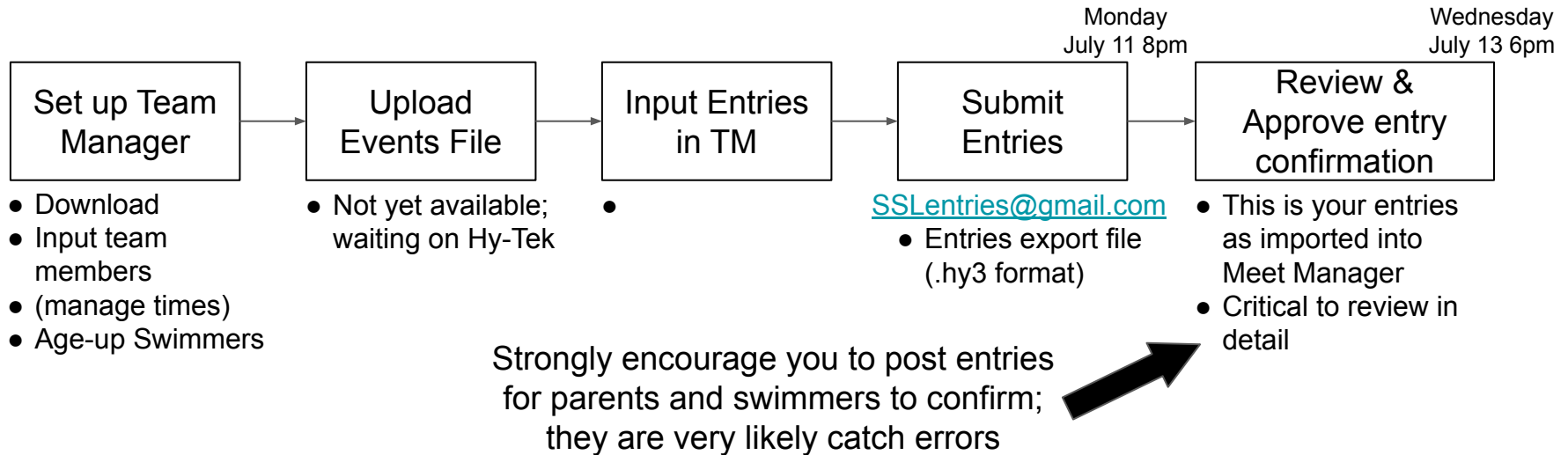
## Swim Attire

- No caps or suits of year-round clubs or HS teams → summer clubs or plain
- Must comply with USA Swim suit requirements

## Volunteers

- Sign-ups are online; do NOT send in with entries!
- Two volunteers per TT; officials do not count

# Time Trials (TT) Entry Process



- Jessica Brown is processing entries
- DO NOT WAIT TO DOWNLOAD TM AND PREP FOR ENTRIES!!!!
- Entry issues & questions will be via email initially and move to Text Messaging
  - Please have your cell phone (and email) available during entry process
- After confirmation deadline, NO CHANGES will be made except clerical / Admin errors

# Championships



Email with more details coming to Coaches and Reps as we get closer to TT & Championships week

Held at Wedgewood Pool

More details to follow regarding parking

Volunteers!!

Questions: contact Kent Steeves [officialkent@gmail.com](mailto:officialkent@gmail.com) 302-605-6473



# Closing



Website

Website

Website

(text & email at entry time!)

Be kind & courteous to our volunteer, nervous, conscientious officials

Exchange of Meet Results – allowed and encouraged. No excluding teams in sharing, No falsifying times (unsportsmanlike)

Good Sportsmanship all season, all the time (including last meet)

Share use of lane 5 for 5-lane pools & only one swimmer per lane

Talk with Referee if questions or concerns; Involve Team Reps as appropriate