

### **MISSION STATEMENT & HISTORY**

The Vicksburg Swim Association, Inc. seeks to discipline, motivation, and character development, for the youth of our community through the sport of competitive swimming.

The team was founded in 1972 and has matured and changed over the years. Starting as a three-month summer activity, the team is now a year-round program for a large number of swimmers who compete in meets with swimmers from several other states. The Vicksburg Swim (VSA) team has boasted many state champions and Mississippi Swimming record holders. Parents have supported Mississippi Swimming by serving as officers in the state organization as well as becoming certified as meet officials.

The team has recruited members for years by stressing swimming as a lifetime skill. All team members are reminded that every Olympic swimmer started out just like they are -- having fun, getting fit and making friends.

### **TEAM PHILOSOPHY**

The sport of competitive swimming has much to offer, and the Vicksburg Swim Association was formed to provide these benefits to as many young people and their families, as possible. Swimming provides one of the best forms of exercise for cardiovascular and overall fitness, and this exercise can be enjoyed throughout one's life. Through competitive swimming, you and your child will meet new people here in Vicksburg and throughout the State. The camaraderie between swimmers and swimming families is unique. Possibly, the greatest benefit of participating in an organized swim program is the set of life skills your child will develop. These skills include time management, the process of continuous individual improvement, self-discipline, and sportsmanship. Your child will continue to exercise these valuable skills long after his or her participation ends. Our sincere desire is that your family will reap the rewards of competitive swimming; and that through your active participation; the sport will continue to grow and flourish for the benefit of others.

### **COACHES AND VSA BOARD MEMBERS**

For a list of current coaches and VSA Board members see Appendix A. A list of all positions, along with the responsibilities involved with each of these positions, is found in the Bylaws (see Appendix B) of the Vicksburg Swim Association.

## CODE OF CONDUCT

The Vicksburg Swim Association is dedicated to providing wholesome exercise and a training/competitive environment for swimmers and their families. In order to ensure continuation of the athletic, recreational, and social qualities associated with participation in VSA, the Association's Boards of Directors have adopted the following Rules of Conduct:

- 1) Do not run in the pool area, dressing room, or elsewhere in the facility.
- 2) Do not jump into the water and/or begin swimming prior to the official start of practice.
- 3) Do not fight, push, poke, or become involved in other similar but unacceptable forms of horseplay. Keep your hands to yourself!
- 4) Do not use foul or otherwise abusive language.
- 5) Do not shout, scream, yell etc., in the pool area, dressing room, or elsewhere in the facility.

Violation of any of the listed rules will result in the following disciplinary action:

- 1) First Offense - Coaches warning and/or brief time out.
- 2) Second Offense - Disciplinary action at Coaches discretion.
- 3) Third Offense - Suspension from practice for one week. If suspended, the coach will provide written documentation of the offense, as well as a return date for the swimmer. Notes will be sent home with the swimmer. If a parent or guardian is not present at the time the note is given to the swimmer, then the Coach will contact the parent or guardian directly, to explain the nature of the offense.

Parents, should any problems occur at swim practice which creates discomfort for you or your child (children), **please notify the VSA Board**, not the On-Deck Coach.

## VSA PRACTICE POD OUTLINE

### Definition of a Pod:

Killer whales live in cohesive long-term social units called *Pods*. A *pod* is a group of individuals that travel together the majority of the time. The size of a pod usually varies from 5 to about 30 individuals.

### Pod Progression:

<b>VSA POD PROGRESSION</b>	<b>WHITE</b>	<b>BLACK</b>	<b>BRONZE</b>	<b>SILVER 2</b>	<b>SILVER</b>	<b>GOLD</b>
SWIMMER AGE	4- 8 YRS	8-10	9 -11	11-14	13 - 18	13 & UP
ATTENDANCE REQUIREMENTS	NONE	NONE	NONE	NONE	NONE	NONE
ATTENDANCE RECOMMENDATION	2 TIMES PER WEEK	3-4 TIMES PER WEEK	4-5 TIMES PER WEEK	5-6 TIMES PER WEEK	ALL AVAILABLE PRACTICES	ALL AVAILABLE PRACTICES
GROUP REQUIREMENTS	10 -15 YARDS OF A FRONT CRAWL SWIM. GENERAL CONCEPT OF SWIMMING. BACK FLOAT	SWIM LEGAL BACKSTROKE AND FREESTYLE. HAVE A GENERAL CONCEPT OF BREAST & FLY STARTS & FLIPTURNS.	10 X 50 1:15 LEGAL 100 IM, 200 FREE WITH PROPER FLIP TURNS & STARTS, GENERAL CLOCK AWARENESS	8 X 100 2:00 1 X 200 IM 4:15 PRACTICE & CLOCK MANAGEMENT SKILLS, KNOWLEDGE OF INTERVAL TRAINING & PHYSICAL PREPARATIONS FOR ENDURANCE TRAINING.	10 X 100 1:40 2 X 200 IM 3:45 100 % PHYSICAL & MENTAL DEVOTION TO PRACTICE AND THE SPORT OF SWIMMING, GOAL SETTING, SEASONAL PLANNING, NUTRITION MAINTANCE.	12 X 100 1:30 3 X 200 IM 3:15 100 % PHYSICAL & MENTAL DEVOTION TO PRACTICE AND THE SPORT OF SWIMMING, GOAL SETTING, SEASONAL PLANNING, NUTRITION MAINTANCE.
TRAINING EQUIPMENT	BAG, GOGGLES, FINS, KICK BOARD	BAG, FINS, PULL BOUY, KICK BOARD, WATER BOTTLE	BAG, FINS, PULL BOUY, KICK BOARD, WATER BOTTLE	BAG, FINS, PULL BOUY, KICK BOARD, SNORKEL, WATER BOTTLE	BAG, FINS, PADDLES, PULL BOUY, KICK BOARD, SNORKEL, WATER BOTTLE	BAG, FINS, PADDLES, PULL BOUY, KICK BOARD, SNORKEL, WATER BOTTLE
DAILY YARDAGE	400- 600	800 -1,000	1,000- 1,500	2,000-3,200	3,000-4,500	5,000 +
BASIC GOALS	BRING GOGGLES EVERYDAY, LEARN PROPER BILATERAL BREATHING ON FREESTYLE, LEARN BACKSTROKE AND STROKE COUNT FROM FLAGS, BASIC DIVE AND FLIPTURN, AND INTRODUCE BREAST AND FLY AND ELEMENTARY FREE DRILLS.	BRING AND PICK UP EQUIPMENT, CONTINUED WORK ON FREE AND BACK, REFINE BREAST AND FLY, LEGAL BACK AND FREE TURNS AND RACING STARTS, INTRODUCTION OF SWIMMING "DRILLS", CLOCK AND TIME RELATION	100% LEGAL STROKES, TURNS AND STARTS ALL THE TIME, CONTINUED REFINEMENT ON ALL STROKE WORK THROUGH DRILLS,CLOCK WORK, INCREASED CONDITIONING, OVERALL GENERAL KNOWLEDGE OF THE SPORT INCLUDING STATE QUALIFYING TIMES ETC	INCREASED PHYSICAL TRAINING, INTERVAL WORK WITH THE CLOCK, REFINE STROKES AND TURNS, IMPLEMENT DRYLAND AND NUTRITION, STEADY PRACTICE ATTENDANCE, AN INCREASED COMMITMENT TO TRAIN AT THE NEXT LEVEL, GOAL SETTING	HIGHLY DEMANDING PHYSICAL TRAINING INVOLVING: RUNNING, CIRCUIT TRAINING, WEIGHTS, AND ENDURANCE SWIMMING. SWIMMERS NEED TO BE 100% COMMITED, SWIMMERS NEED TO BE KNOWLEDGEABLE ABOUT NUTRITION AND SEASONAL TRAINING PLANS INCLUDING TAPER MEETS.	HIGHLY DEMANDING PHYSICAL TRAINING INVOLVING: RUNNING, CIRCUIT TRAINING, WEIGHTS, AND ENDURANCE SWIMMING. SWIMMERS NEED TO BE 100% COMMITED, SWIMMERS NEED TO BE KNOWLEDGEABLE ABOUT NUTRITION AND SEASONAL TRAINING PLANS INCLUDING TAPER MEETS.
MEET REQUIREMENTS	VSA HOME MEET	2 MEETS PER YEAR	AS MANY LOCAL MEETS AS POSSIBLE AND STATE MEET	ALL MEETS, INCLUDING STATE, SECTIONALS, ZONES, ETC	ALL MEETS, INCLUDING STATE, SECTIONALS, ZONES, ETC	ALL MEETS, INCLUDING STATE, SECTIONALS, ZONES, ETC
END OF SEASON TAPER MEETS	8 & UNDER STATE	8 & UNDER STATE, STATE MEET	STATE MEET, SECTIONALS	STATE MEET, SECTIONALS, ZONES	STATE MEET, SECTIONAL, ZONES, JUNIOR NATIONALS	STATE MEET, SECTIONALS, ZONES, JUNIOR NATIONALS, SENIORS

## **DUES STRUCTURE**

There is no cost during a “try it” period of three consecutive sessions. After that, there is a calendar year charge for registration with United States Swimming (VSA’s national parent organization, see Appendix C for current charges). If a swimmer joins in June, for example, then the registration fee must be paid at that time for the current year (there is a half year fee) and then again in September for the upcoming year. VSA has an initial \$25 enrollment fee and there is a monthly dues charge that pays for coach’s salaries, facility rental, and equipment purchases. See Appendix C for the current registration and monthly dues. VSA will work to provide assistance to needy families.

In order to function as a year-round program with a qualified coach, VSA has established the policy that membership dues are expected to be paid whether a child swims at every practice or none at all during a month. This policy holds even if the child misses practices due to illness or other commitments. Dues will be paid in advance by automatic depot from your checking or saving account rather than in arrears (i.e. If you wish to pay the year in advance there is a discount or if you do not have a checking or savings account the VSA treasurer will try to work with you to find some means of payment.) The coach’s salary is paid twice a month, and VSA depends upon prompt payment of dues for this salary.

## **PRACTICE INFORMATION**

A general schedule of practices will be established by the Head Coach, with the understanding that this is subject to change due to weather, team numbers, and pool availability. PRACTICES TIMES AND LOCATIONS WILL BE AVAILABLE AT THE BEGINNING OF EACH SEASON.

## **RESPONSIBILITIES**

### Swimmers:

- 1) Obey team rules, the code of conduct, and the coaches. On deck, the coach is in charge. Help out, when asked.
- 2) Support the team through regular practice attendance and meet participation. Never forget that you are part of a team.
- 3) Arrive for practice and meets on time with all necessary equipment, including water or sports drink.
- 4) Set challenging but achievable goals for yourself, and make a commitment to achieve them. Write your goals down and post them in a prominent location; one that you

see often. Go to practice and swim meets with your goals in mind. Swim meets are the forums where you measure your progress toward your goals. The best goals are those that focus on self-improvement and are measurable, not those that depend on how someone else performs (e.g. finishing a certain place, or winning a medal). You can't control what others do, but you can control what you do. Good goals might be a practice attendance goal, learning to swim a stroke legally, swimming a new event, or achieving a certain time in an event. The United States Swimming National Time Standards provided in Appendix D provide an excellent progression of increasingly more challenging goals.

- 5) Strive to give your best effort (mentally and physically) at practice and in competition. You owe it to yourself to give nothing less. It is your valuable time being spent in the pool. (Those who are able to consistently practice at the 100% effort level make much greater strides in improvement than those who practice at a more typical 70% level of effort. In practice and in competition, the body can accomplish great things if only the mind will allow it to happen.)
- 6) Display good sportsmanship at all times.
- 7) At meets you represent yourself, your sport, your family, your team, and your community. Dignify them all by your actions.
- 8) Manage your time well. Juggling swim practice along with homework and other extracurricular activities requires planning and discipline. But remember, schoolwork comes first.

Parents:

- 1) Help your children set good, measurable goals, encourage them to work hard to achieve them, and monitor their progress toward those goals. The positive encouragement they receive from you along the way has far greater and longer lasting value than any ribbon or medal they might win. Be supportive of their effort and achievement.
- 2) Get your swimmers to practice on time. It sets a great example for them. Promptly pick up your swimmers after practice.
- 3) You are urged not to stay on deck during practice. This is a distraction to the coach and swimmers, particularly the younger ones.
- 4) Refrain from coaching and instructing. That is the job of the coaches. Two sets of instruction only serve to confuse swimmers.
- 5) Don't seek out the coach for information right before or during practice. While this may be the most convenient time for you, it isn't for the coach. The swimmers are the ones who get cheated out of the coach's time and attention. The best time for

consultation would be after practice or some other time that you arrange with the coach.

- 6) Any problems you have with a coach concerning his or her disciplinary measures, or feedback concerning the coach's performance, should be directed to the Board of Directors, not to the coach directly. Never confront the coach on deck in front of the swimmers. Even off the deck, refrain from criticizing the coach in front of swimmers. Remember, what you say will be repeated. The negative comments you make only serves to undermine the relationship between coach and swimmer.
- 7) Promptly meet your financial obligations and meet sign-up responsibilities.
- 8) Get involved in the association! Volunteer your time to serve on committees and help at our meets. Our program ceases to exist without volunteers.

## **SWIM MEETS**

### Notification of Upcoming Meets and Sign-up

The tentative schedule of meets for the upcoming year is provided on our website – [www.vsaswim.org](http://www.vsaswim.org) these meets are subject to change at the Board of Directors and/or coaches' discretion.) A few weeks before each meet, a notice about the meet will be emailed to parents and swimmers, depending on the amount of advance notice provided by the host team. The meet information will include the date and location of the meet, starting times for warm-ups and competition, information about which age groups swim in the morning and afternoon sessions, perhaps some information about events held on Friday afternoon, and the due-date for emailing the Coach if you are going to participate. Parents or swimmers should indicate in the email which days of the meet they plan to attend.

The coach will determine which events each swimmer will participate in, depending on what days the swimmer is attending. Our coach takes great care in selecting the appropriate events for each swimmer. Events are selected to benefit the development of the swimmer and performance of the team. If you feel that your child should swim different events, or not swim certain events, or be included in a relay, consult with the coach. The coach will provide a rationale for the decisions. Respect the coach's decisions, even if you disagree with them.

### Invitational Meets

There are two swimming seasons each year. The Fall/Winter season begins in September and extends through early March. The Spring/Summer season begins in March and ends in late July or early August. Our team participates in ten to twelve invitational meets scattered throughout the year, about once a month on average. The meets are a little more concentrated in the

summer during May, June, and July. All USS-registered swimmers may compete in these invitational meets. VSA swimmers are expected to attend two invitational meets each season in which they participate. Unless out of town or injured, all team members will be entered in our annual meet, the Stamm Family Invitational which is held in June.

The meets we attend most frequently are held in Cleveland, Jackson, Hattiesburg, Tupelo, Biloxi, Meridian, Laurel and Monroe, LA. We also host an invitational meet in Vicksburg each summer. The Fall/Winter season is a "short course" season for all swimmers, and all meets during this season are held indoors in short course (25- yd) pools. The Spring/Summer season is a "long course" season. Meets during this season are usually held outdoors in both short course and long course (50-m) pools.

Invitational meets are held over a weekend, usually beginning late on Friday afternoon with a small number of the longer events for older swimmers. The majority of the events are held on Saturday and Sunday, with each day "split" into morning and afternoon sessions. Younger swimmers (usually the 6 & Under, 7-8, and 9-10 age groups) swim in the morning sessions, and older swimmers (11-12, 13-14, and 15 & Over age groups) swim in the afternoons. Parents should carefully read the meet information, it will list the age groupings for morning and afternoon. In some instances the 11-12 age group will swim in the morning. Boys and girls compete in separate events. Warm-ups for the morning session usually begin around 7:30 a.m., with the competition ending about 12:00 p.m. Warm-ups for the afternoon session usually begins immediately following conclusion of the morning session, around 12:00 p.m., with competition usually ending around 4:00 p.m. Again, carefully read the meet information. Morning warm-ups can begin as early as 7:00 a.m. Most meets, but not all, follow this general format in terms of days, times, and sessions. Most meets adopt these age groups; however, some meets use single year age groups instead of two-year age groups for the younger swimmers. Information for each meet is provided prior to the meet.

### Championship Meets

Each season concludes with a championship meet(s). To be eligible for the championship meets, swimmers age nine and above must meet certain criteria. Swimmers who qualify to participate in the championship meets are expected to attend. Championship meets are "bid" on by prospective hosts, and they move around the state from year to year.

The Fall/Winter season concludes with a Short Course Championship that is usually held at the end of February or beginning of March. The meet usually begins on a Thursday afternoon and continues into Saturday and Sunday. Mississippi Swimming, Inc.(MSI), the local swim committee of United States Swimming, has decided that, to be eligible to swim an event in this championship meet, a swimmer must have achieved a MSI State Championship qualifying time standard in that particular event. United States Swimming has established various time standards by event, for all age groups, for both boys and girls. The time standards are provided in Appendix D, and are also given in the USS Handbook of Rules and Guidelines. The time

standards are based on percentages of swimmers, nationally, who swim faster than each time standard. Qualifying times must have been swum since the Age Group Championship the previous summer (the championship meet at the end of the Spring/Summer season).

The Spring/Summer season concludes with two championship meets in late July usually held in Cleveland at Delta State University.

The Age Group Championship has two components, a one-day 8 & Under Developmental Championship held on Thursday morning, and a Long Course Championship held on Thursday afternoon, Friday, Saturday, and Sunday. The 8 & Under Developmental Championship is swum in a short course (25-yd) pool, and there are no qualifying times. This is divided into 6 & under, 7, and 8 year age groups.

The Long Course Championship portion of the meet is held in a 50-m pool. There are qualifying times for the Long Course Championship. Mississippi Swimming, Inc. the local committee of United States Swimming, has decided that in order to be eligible to swim an event in this championship a swimmer must have achieved a MSI State Championship qualifying standard in that particular event (see Appendix D for time standards), and that swimmers must have swam the qualifying times since the Age Group Championship of the previous year. The Long Course portion of the meet begins on Thursday afternoon with a few longer events for older swimmers, with full sessions on Friday, Saturday, and Sunday. Swimmers in all age groups (10 & Under, 11-12, 13-14, 15-16, 17-18, 19 & Over) swim in the morning. The morning session serves as finals for all 10 & Under events. For the 11 & Over age groups, the fastest 16 swimmers in each morning event (the preliminaries) swim in the "finals" in the evenings.

### Zone Championship Meet

Each Summer, after the Age Group Championship, there is a Southeastern Zone Championship meet. At this championship, a team from Mississippi competes against teams from other states in the southeastern United States. The meet is held in a different city each year. The Mississippi Zone Team consists of no more than seven boys and seven girls in each of the following age groups: 11-12, 13-14, and 15-18. To be eligible for the Team, a swimmer must achieve a National "AAA" Time Standard in an event (see Appendix D for time standards). But doing so does not necessarily guarantee a spot on the Team. If there are more than seven eligible swimmers in an age group, a set of criteria established by Mississippi Swimming, Inc. is applied to narrow the number of swimmers down to seven. Zone team selections are announced after the Age Group Championship. The Zone meet begins on a Wednesday and concludes on a Saturday. The cost for a swimmer to participate is partially paid for by Mississippi Swimming, Inc. (which covers some meals, team apparel, a portion of the transportation), and the rest is the responsibility of the swimmer (some portion of the transportation, hotel, a meal out, any special entertainment, and spending money). The total out-of-pocket costs for the swimmer are usually \$250-300.

### Junior and Senior Nationals

There are Junior and Senior National Championship meets each year. These meets have very demanding qualifying times that are listed in the United States Swimming Handbook of Rules and Regulations.

### **CONDUCT AT SWIM MEETS**

Swimmers should wear team apparel at the meets (suits, caps, and other common items). It helps create a good team atmosphere.

Arrive at the pool before the scheduled warm-up time. Swimmers should report to the Coach before warm-ups to learn the warm-up lane assignment. The time will be listed in the meet sign-up information provided in advance of the meet, and will be announced at practice by the coach. Parents, please get your swimmers to the pool for warm-up on time. Athletes of all ages should be properly warmed up to avoid the risk of injury. Also, the arrival of late swimmers is a major disruption to the other swimmers who are in the middle of an orchestrated warm-up designed to achieve specific things at specific times during the warm-up period. For example, when a coach has to accommodate late arrivals, and start them on a long, slow, easy first step of the warm-up, it is impossible for other swimmers to engage in the sprint portions of their warm-up. When this happens, the rest of the swimmers suffer. Late arrivals hurt everyone. After warm-ups, swimmers should return to the team area and await their events.

Find a place to sit and put the items you brought. Look for familiar faces. Swimmers and parents should sit together in the team area (which is wherever the early birds were able to stake out for the others). Sitting together builds camaraderie between swimmers and helps parents get to know each other. Sitting in a common area also makes it easier for parents, and if need be coaches, to locate swimmers and get them to the starting block at the right time.

It is very important for the swimmer to know what event/heat/lane he or she is swimming in. Parents should invest in a heat sheet at the start of the meet. The heat sheet lists all the events in the order in which they will be held, and lists the heat and lane assignment for each swimmer. The heat sheet can help parents track the meet's progress and help their children get to their events on time and in the proper heat and lane. Most meets announce upcoming events via the public address system, but sometimes these announcements cannot be heard. Take an active role in seeing that your child is at the right place at the right time. Younger and inexperienced swimmers may need a helping hand to get to the right starting block at the right time.

Swimmers should report to the starting area at least one event prior to the event he or she is about to swim. Swimmers should know what stroke and distance they are swimming. On the way to the starting area, swimmers should stop and see the coach (who is usually at the coaches' table) to get final instructions before they swim.

After they swim, on the way back to the team area, swimmers should again stop and see the coach in order to get feedback about their swim. After a swimmer has swum all his or her individual events, check with the coach to inquire about inclusion on any relay teams. Swimmers should not leave the pool deck to get dressed until the coach has given them the okay to do so.

Any swimmer wishing to scratch (delete) an event at the meet should do so only with the coach's permission. If approved by the host team, and at the discretion of the coach, a child can also be entered as a late entry. This is done based on availability of events. The charge to enter late is usually at double the cost of a normal event. Also, if you see a problem with the posted results, such as your child has been disqualified and you don't know why, or you question some other aspect of the conduct of the meet, see the coach. The coach can provide an explanation or will help resolve the issue with the meet officials. It is not appropriate for parents to approach meet officials directly.

### **ENTRY FEES FOR MEETS**

Meet costs depend on the number of events entered by a swimmer. There is a surcharge per swimmer per meet, and an event charge for each event that is entered, including relays. See Appendix C for current charges. All of this is subject to change as rates change.

### **TEAM WEAR**

Swimmers are requested to wear team suits and team T-shirts during all meets. The team will have new styles periodically when the Board and VSA members see a need. See the coach for information about ordering team suits and other items.

### **TEAM AWARDS & REQUIREMENTS**

See Article XXI in the Bylaws (Appendix B).

## APPENDIX A

Coaches: Head Coach: Matthew Mixon (601 629-7392)  
[mixonmatthew@yahoo.com](mailto:mixonmatthew@yahoo.com)

Assistant Coach: Tere DeMoss (601 994-3585)  
[t\\_demoss@bellsouth.net](mailto:t_demoss@bellsouth.net)

### VSA Board Members 2010-11:

President: Heather Butler  
[hbutler@diamondjacks.com](mailto:hbutler@diamondjacks.com)

Vice President/  
Webmaster: Ana Mari Clark  
[anamariclark@yahoo.com](mailto:anamariclark@yahoo.com)

Treasurer: Sabrina Kingston-Miles  
[kingstonmiles@bellsouth.net](mailto:kingstonmiles@bellsouth.net)

Directors: Libby Nunnelee  
[libbynunnelee@yahoo.com](mailto:libbynunnelee@yahoo.com)

Cathy Juve  
[mom2jandj@yahoo.com](mailto:mom2jandj@yahoo.com)

Dirk Copelin  
[dcopelin@diamondjacks.com](mailto:dcopelin@diamondjacks.com)

Sherri Wallace  
[rwallace@byu.net](mailto:rwallace@byu.net)

## **APPENDIX B**

### **BY-LAWS of the VICKSBURG SWIM ASSOCIATION, INCORPORATED**

Adopted September 1997

Amended August 2009

**ARTICLE I - TITLE:** The title of this association shall be the Vicksburg Swim Association, Incorporated (VSA).

**ARTICLE II - PURPOSE:** The purpose of this association shall be to:

Section 1: Foster and improve competitive swimming in the Vicksburg area in accordance with the standards and under the rules prescribed by United States Swimming (USA), and its local swim committee, Mississippi Swimming, Inc.

Section 2: Promote and protect the mutual interests of its members.

Section 3: Provide for recognition of achievement in competitive swimming among its members.

**ARTICLE III - FUNCTIONS:** The functions of this association shall be to:

Section 1: Provide facilities for the practice of competitive swimming.

Section 2: Secure the services of a qualified coaching staff.

Section 3: Provide opportunity for participation in competitive swim meets.

Section 4: Provide representation for its members to the Local Swim Committee of USA, Mississippi Swimming, Inc.

Section 5: Institute, regulate, and present the awards of this association.

**ARTICLE IV - MEMBERS:**

Section 1: The members of this association shall be USA-registered swimmers and their parents.

Section 2: The presentation to this association of the completed USA swimmer registration application, and full payment of registration fees, shall establish the swimmer and his or her parents as members of this association.

**ARTICLE V - BOARD OF DIRECTORS:**

Section 1: There shall be a Board of Directors (the Board) which shall consist of four Officers and three Directors. All Board members must be members of the association.

Section 2: Monthly meetings of the Board shall be held. The President shall establish a date, time, and place for each meeting, with at least seven (7) days advance notice given to Board members. A Board member shall notify the President within 24 hours of the meeting if he/she will not be able to attend. Four members, which must include the President or First Vice President, must be present to constitute a meeting.

Section 3: Special meetings of the Board may be called by the President upon the request of four Board members, or at his/her discretion. The president shall establish the date, time, place, and purpose for the special meeting, giving a minimum of two (2) days advance notice to Board members.

Section 4: Board decisions will be made based on a majority vote of a quorum of members (ref. Article XVIII, Section 1) in attendance, except as otherwise indicated in these by-laws.

Section 5: In the interval between meetings questions/issues requiring immediate action may be handled by phone-call referendum requiring a majority vote of the Board.

Section 6: The Board will normally operate in closed sessions, but may operate in open session at the discretion of the President.

**ARTICLE VI - OFFICERS:**

Section 1: The officers of this association shall be a President, First Vice-President, Second Vice-President, Treasurer, and Webmaster. Officers are members of the Board.

Section 2: Officers of this association shall perform the duties as specified in these by-laws or designated by the Board.

Section 3: There shall be an Executive Committee composed of the President, the First Vice-President, and Treasurer. This committee shall have the power to transact business of an emergency nature between meetings of the Board of Directors.

**ARTICLE VII - DUTIES OF OFFICERS:**

Section 1: The President shall:

- a) Preside at all meetings of this association.

- b) Serve as chairperson of the Board and Executive Committee, preside over all Board and Executive Committee meetings, and serve as exofficio member of all committees.
- c) Set the date, time and place for all Board meetings in accordance with Article V.
- d) Serve as representative of this association at meetings of Mississippi Swimming, Inc., or appoint a representative to attend in his/her place.
- e) Ensure that all duties and responsibilities of this association are carried out.
- f) Appoint committee chairpersons and any others in capacities as shall be necessary to carry out the duties and responsibilities of the association.
- g) Serve as a Director on the Board for the year following his/her term as President.
- h) Serve as Coach Liaison between association members and the Coaching staff to address any concerns, dissatisfaction, and conflict between association members and the Coaching staff.
- i) Appoint a Nominating Committee prior to each election.

Section 2: The First Vice-President shall:

- a) Assume the duties of the President in the absence of the President.
- b) In the event of a vacancy in the office of President, serve as President until the beginning of his/her own term as President.
- c) Serve as President for the year following his/her own term as First Vice-President.
- d) Serve in one of the capacities listed in Article VIII.

Section 3: The Second Vice-President shall:

- a) Assume the duties of the First Vice-President in the absence of the First Vice-President.
- b) In the event of a vacancy in the office of First Vice-President, serve as First Vice-President until the next election.
- c) Serve in one of the capacities listed in Article VIII.

Section 4: The Treasurer shall:

- a) Maintain all financial records of the association.
- b) Disburse all funds for routine and special expenses of the association. Special expenses shall have the approval of the board.
- c) Collect and receive all funds of the association, including monthly dues, registration fees, swim meet entry fees, equipment charges.
- d) Upon request, submit to the board all association monies, accounts, books, vouchers, and records.
- e) Prepare monthly billing statements for distribution to association members.
- f) Submit a full written report to the association at the end of his/her term in office.
- g) When directed by a majority of the Board, submit the books to an approved certified public accountant for review.
- h) Shall remain in office until the end of the fiscal year following expiration of his/her term, and at that time deliver to the newly elected Treasurer all association monies, books, vouchers and records in his/her possession.
- i) All payments shall be made by check, signed by two unrelated Board members.
- j) Shall make a monthly Treasurer's report at each monthly meeting of the Board.

Section 5: The Webmaster shall:

- a) Maintain the clubs website finances.
- b) Post current events and record swim results monthly
- c) Shall remain in office until the end of the fiscal year following expiration of his/her term, and at that time deliver to the newly elected Webmaster all association records or passwords.
- d) Attend board meetings and report on Website needs.

**ARTICLE VIII - DUTIES OF THE BOARD OF DIRECTORS:**

Section 1: The Board of Directors shall:

- a) Transact the general business of the association in the interim between general meetings of the association.
- b) Establish major administrative policies governing the affairs of the association, and devise and enact measures that facilitate the association's growth and development.
- c) Shall have the sole power to hire, and dismiss swimming coaches, define duties, and fix compensation of such position.
- d) Decide the date, time place, and focus of meetings of this ssociation.
- e) Have the power to suspend or expel association members for disciplinary reasons (a two-thirds vote required).
- f) Determine the number and locations of swim meets in which the team shall participate.

Section 2: As Board members, the First Vice-president, Second Vice-President, and the three Directors shall be appointed by the President to assume responsibility for fulfilling the duties of one of the following positions:

- a) Secretary. Document the minutes of all meetings of the association, the Board, and the Executive Committee; and distribute minutes to association, Board, and Executive Committee members as directed by the President. Read minutes from previous board meeting to be approved by a majority of Board members and entered into the permanent record. Assume responsibility for dissemination of pertinent team information to association members, including billing statements, fliers, handbooks, notices of upcoming functions, newsletters, etc., as directed by the Board. Coordinate with the Coaching staff and submit information to the Mississippi Swimming, Inc. newsletter.
- b) Swim Equipment Sales Chairperson. Coordinate selection of team suits and other apparel items (such as caps, fins, goggles). Communicate equipment ordering process to association members. Order team suits and other apparel items. Distribute ordered equipment to association members. Communicate changes for equipment purchases to Treasurer for billing purposes.
- c) Registration and Swim-a-Thon Chairperson: Assume responsibility for acquiring USS registration forms from the Mississippi Swimming, Inc. registration chairperson; disseminating them to current and prospective association members; retrieving completed forms with fees; coordinating with the Treasurer to arrange lump payment; returning registration forms and payment to the

Mississippi Swimming, Inc. registration chairperson in a timely manner; and maintaining current registration rosters and files, including USS swimmer registration cards. Assume responsibility for all aspects of planning, publicizing, executing, and properly closing the association's annual USS- sponsored Swim-a-Thon.

d) Equipment and Facility Chairperson: Assume responsibility for all association-owned pool equipment, coordinating use of pool facilities for practice and meets with the facility owners, arranging for servicing of equipment, repair of damaged equipment, storage and transportation of equipment, and pricing and ordering new equipment (in coordination with the Coaching staff and the Board) Assume responsibility for preparing the pool facility for swim meets hosted by the association, including making arrangements for acquiring all necessary equipment in advance of the meet.

e) Special Function Chairperson: Assume responsibility for all aspects of planning, publicizing, and executing the end-of-year association awards banquet. Assume responsibility for coordinating with the Coaching staff and Board (who determine award winners), and procuring all official awards of the association to be presented at the annual awards banquet.

#### **ARTICLE IX - TERMS OF BOARD POSITIONS:**

Section 1: The terms of Officers are as follows:

- a) President - one (1) year
- b) First Vice-President - one (1) year
- c) Second Vice-President - one (1) year
- d) Treasurer - two (2) years
- e) Webmaster – two (2) years

Section 2: One of the Director positions on the Board is filled by the past-President. Terms of the other two Director positions are two (2) years each. These two positions are staggered; i.e. only one position is filled each year. Section 3: Terms of office shall commence immediately following the election with the exception of the Treasurer and Webmaster positions, as noted in Section 4 of Article VII.

**ARTICLE X - ASSOCIATION MEETINGS:**

Section 1: This association shall hold two (2) general meetings each year, one following the conclusion of the Fall/Winter swimming season, and one following the Spring/Summer swimming season.

Section 2: Special meetings of this association may be called by the Board of Directors. Members shall be notified of the date, time, place, and purpose of the meeting by the Board at least three (3) days in advance of the meeting.

Section 3: The order of business at all meeting shall be determined by the Board's Executive Committee.

**ARTICLE XI - REPRESENTATION AT ASSOCIATION MEETINGS:**

Section 1: Individual association members may request an audience with the Board at one of its meetings, at any time, by directing their request in writing to the President. The President shall approve or disapprove, and schedule, such requests.

Section 2: Association members may attend any general association meetings.

Section 3: The voting body of this association at all general association meetings shall be the member families in attendance at the subject meeting, represented by either member parents or swimmers and by proxy with an email or letter received before the subject meeting starts.

Section 4: Member families shall be entitled to one (1) vote per swimmer in that family.

Section 5: Member families that have not met their financial obligations as outlined in Section 5, Article XVI, are not eligible to vote at association meetings.

**ARTICLE XII - ELECTIONS:**

Section 1: Elections for Board members and Officers shall be held at the association meeting following the Spring/Summer season.

Section 2: The following positions will be filled via the election process each year:

First Vice-President  
Second Vice-President  
one Director  
Every two years:  
Treasurer  
Webmaster

Section 3: Elections shall be carried out by those members in attendance by secret ballot.

Section 4: Tellers shall be appointed by the President and shall receive from the Board a list of eligible voting families and the number of ballots each should receive.

Section 5: A plurality vote of those voting shall constitute an election.

Section 6: In the event of a tie, the election shall be decided by lot.

Section 7: All ballots and other records of the election shall be destroyed by the Board (Incoming President) immediately upon adjournment of the meeting.

Section 8: In the event any elected position becomes vacant in mid-term and can not be filled through the succession procedures outlined in Article VII, the Board shall call for a special election.

Section 9: Nomination and voting procedures for special elections shall follow the same procedures as specified in the by-laws for regular elections.

#### **ARTICLE XIII - NOMINATIONS:**

Section 1: On or before August 1, in preparation for the upcoming election, the Nominating Committee (appointed by the President) shall submit to the President a ticket with the candidates for the offices of First Vice-President, Second Vice-President, and Director (and Treasurer if applicable).

Section 2: The ticket should include, in-so-far as possible, at least two (2) candidates for each position.

Section 3: The ticket shall be presented at the annual meeting at which time additional nominations may be made from the floor. Voting shall be limited to the nominees.

Section 4: A Nominating Committee member who accepts nomination for office shall resign from the Nominating Committee.

Section 5: Nominees for First Vice-President and Treasurer must have been association members for the previous two (2) years.

Section 6: Nominees for Second Vice-President, Director, and Webmaster must have been association members for the previous one (1) year.

Section 7: Nominees for all Officer and Director positions from families who have failed to meet their financial obligations, as outlined in Section 5 of Article XVI, shall not be accepted.

**ARTICLE XIV - COACH(ES), COMMITTEES, AND THEIR CHAIRPERSONS AND EMPLOYEES:**

Section 1: The Coach(es), committees, and their chairpersons and employees, shall assume such duties as may be assigned to them by the Board, and shall be directly responsible to the Board.

Section 2: The following suggested positions and committees, and their duties outlines herein, shall serve as guidelines and shall be subject to modification, addition, or deletion at the discretion of the Board of Directors.

a) The Coach shall be responsible for developing a well-rounded competitive swimming program for this association, and toward that end shall:

- (1) Assess the capabilities and potential of team members and see that their potential is maximized through instruction and feedback.
- (2) Reinforce with swimmers the process of individual continuous improvement, involving goal setting and hard work to achieve his/her goals.
- (3) Effectively arrange, and conduct the practice schedule for the swim team.
- (4) Attend and effectively lead the swim team at competitive meets and team functions.
- (5) Keep accurate records of swimmer's times and specific training and instructional needs.
- (6) Determine the events in which swimmers shall be entered at swim meets, and see that entries are properly completed and submitted in a timely manner.
- (7) Present meet awards and recognize quality meet performances.
- (8) Select and provide input to team awards and present those awards to the swimmers.
- (9) Be generally responsible for the discipline of the team, in accordance with the provisions outlined in Section 5, Article XVII.
- (10) Have the power to suspend swimmers from the team, in accordance with the provisions outlined in Section 5, Article XVII.

(11) Have the authority to delegate some of his/her duties to paid or volunteer assistant, but shall retain responsibility for the actions of such assistants.

(12) Maintain current USS Coach certification, and ensure a currently USS certified coach is on deck at all times.

(13) Be responsible for the general safety and well being of swimmers while performing on deck coaching duties.

(14) Develop and implement plans to use the news media to promote interest in competitive swimming and recognize the accomplishment of the team and its members.

b) The Meet Director shall:

(1) Be responsible for making all arrangements for executing such swimming meets, as designated by the Board, and hosted by the association, in compliance with Mississippi Swimming, Inc. rules and guidelines.

(2) Seek committee chairpersons as necessary to expedite preparation and execution of the meet.

(3) Properly close out all sanctioned meets in compliance with Mississippi Swimming, Inc. rules and guidelines.

c) The Finance Committee shall:

(1) Consist of at least three members appointed by the President.

(2) Prepare the annual budget.

(3) Advise as to expenditures of funds and report the same to the Board.

d) The Nominating Committee shall:

(1) Consist of at least three members appointed by the President.

(2) Perform the duties prescribed in Article XIII.

(3) Prepare the tickets for any regular or special election which may be necessary.

#### **ARTICLE XV - MEMBER PARTICIPATION:**

Section 1: Participation by a swimmer in practice or in a meet at any time during a particular month will constitute participation on the part of that swimmer member for that month.

Section 2: Swimmers are expected to participate in two (2) USA-sponsored meets during each season in which they participate. The two seasons are September-through-March (Fall/Winter Season) and April-through- July(Spring/Summer Season).

#### **ARTICLE XVI - DUES AND FEES:**

Section 1: Swimmers or parents will be required to pay USA swimmer registration fees at the time they apply to become members of the association.

Section 2: Dues and other assessments of this association shall be established by the Board of Directors and assessed monthly.

Section 3: Swimmers will have their monthly dues automatically drafted from their checking/savings bank accounts on the 5th or 19th day of each month (defined in Article XV). Notification, in writing to the treasurer, to withdrawal from the swim team or any drafting changes to their account needs to be given 30 days in advance. Swimmers will be responsible for any fees due to their monthly draft (insufficient funds, etc.). If you want to pay for the year in advance, there will be a 5% discount

Section 4: Meet fees shall be assessed on a per-meet basis and payment is due prior to participation in the meet.

Section 5: Association members are expected to meet all financial obligations within thirty (30) days after issuance of a billing statement that reflects their outstanding dues, fees and other assessments.

#### **ARTICLE XVII - DISCIPLINARY ACTION AND RIGHTS OF MEMBERS:**

Section 1: Failure to completely meet all outstanding financial obligations after ninety (90) days following issuance of a billing statement that reflects their outstanding balance due, will result in expulsion of swimmers and parents from the association.

Section 2: Failure to satisfy the seasonal meet participation requirement will result in expulsion of swimmers and parents from the association.

Section 3: Loss of association membership can be appealed to the Board of Directors, and may be rescinded by a two-thirds vote of the Board.

Section 4: The Coach will administer routine disciplinary measures while on deck, at practice, and at meets. The Coach is hired by the Board. Therefore, members shall address questions and concerns related to a Coach's performance, disciplinary measures or the association's disciplinary policies with the Board's Coach Liaison (the President). Members shall NOT raise discipline-related issues directly with the Coach(es), except at a pre-scheduled parent/coach meeting.

Section 5: Swimmers may be suspended from the team for up to a week by the Coach, or longer with approval by two-thirds vote of the Board of Directors, for behavior that detracts from the optimum function or reputation of the team. Such suspension can be appealed to the Board of Directors, and may be rescinded by a two-thirds vote of the Board.

Section 6: Members may be suspended from the association for an appropriate period of time, or expelled from the association, as determined by a two-thirds vote of the Board of Directors, for behavior that detracts from the optimum function or reputation of the association.

#### **ARTICLE XVIII - QUORUM:**

Section 1: Two members of the Board of Directors, one of whom shall be the President or the First Vice-President, and those members present and voting, shall constitute a quorum for the transaction of business at general meetings of this association.

Section 2: A majority of the Board of Directors, including the President or the First Vice-President, shall constitute a quorum at meetings of the Board of Directors.

Section 3: A majority of members of any committee shall constitute a quorum at meetings of that committee.

#### **ARTICLE XIX - FISCAL YEAR:**

Section 1: The fiscal year of this association shall be the calendar year.

#### **ARTICLE XX - AMENDMENTS TO THE BY-LAWS:**

Section 1: The association By-Laws may be amended by first submitting proposed changes to the Board, in writing. The proposed changes shall be signed by the member(s) requesting the change(s).

Section 2: If approved by a two-thirds vote of the Board, the proposed changes shall then be presented for approval at a meeting of the general membership. The general membership shall be notified of the proposed changes in writing no later than ten (10) days in advance of the meeting, by attaching the proposed changes to the

announcement of the meeting. A two-thirds vote of the members present and voting at the meeting shall be required to pass the amendments(s). If not approved by a two-thirds vote of the Board, the Board will document in writing an explanation for its action. This explanation will be signed by the President and delivered to the member making the proposal.

Section 3: Protocols for voting on amendments to the by-laws are the same as those specified in Articles XI and XII.

## **ARTICLE XII - SWIMMER ACHIEVEMENT AWARDS:**

Section 1: The official achievement awards of this association shall be:

- a) The Carol Guider Sportsmanship Award (selected by the Coach(es)).
- b) The Outstanding Swimmer Award (team member who has collected the most team points during the year).
- c) The Outstanding Age Group Swimmer Awards (team members who have collected the most team points during the year, places 2 through 11).
- d) The Most Improved Swimmer Awards (10 & under, 11 & over, for both boys and girls, selected by the Coach(es)).
- e) Continuous Improvement Awards for those swimmers who have actively participated throughout the past year, have met the seasonal meet requirements, and have attended 80% of the practices.
- f) Jackets/sweatshirts to those swimmers who qualified for and participated in their first Mississippi Swimming, Inc. Championship swim meet.

Section 2: Official achievement awards will be presented at the annual awards banquet.

Section 3: The Coach, with approval by the Board of Directors may at his/her own discretion, from time to time, institute, regulate and present other awards.

## APPENDIX C

### Registration:

- \$53 per swimmer per year, made payable to Mississippi Swimming, Inc.
- \$25 enrollment fee per swimmer when joining the team (paid to VSA)
- \$200 per year sponsorship/ads due at VSA June/Aug swim meet.

### Dues Structure (per family):

- \$55 per month for one swimmer
- \$70 per month for two swimmers
- \$80 per month for three swimmers

In order to function as a year-round program with a qualified coach, VSA has established the policy that membership dues are to be paid whether a child swims at every practice or none at all during a month. This policy holds even if the child misses practices due to illness or other commitments.

Dues should be paid by automatic draft from a checking or savings account (ie. September dues should be paid by September 10th). Please notify us in writing (email) when you wish to discontinue auto draft. The coaches salary is paid twice a month, and VSA depends upon these dues for this salary.

### Meet fees:

- \$2.50 - \$4.00 surcharge
- \$2.50 - \$4.00 per event (varies from meet to meet.) Swimmers are generally limited to 4 or 5 events per day.
- \$8.00 - \$10.00 for each relay event divided by the four swimmers. Relays will be determined by the coach, and the charge will be paid by the next month.

Example: Joe and Jane Smith plan to attend a two-day meet. Joe will swim 3 events each day and Jane will swim 4 events each day. After determining how many swimmers from the team are attending this meet, Coach enters each in 1 relay. This is the calculation of the meet fees the Smith's should turn in with their sign-up form:

Meet surcharge 2 x \$3.00 \$ 6.00  
Joe's events 6 x \$3.00 18.00  
Jane's events 8 x \$3.00 24.00  
\$58.00 paid at sign-up

APPENDIX D



\* Note: these standards take effect beginning for the 2009 LC season

2009-2012 MSI State Championship Qualifying Standards

		10 & Under Girls			10 & Under Boys			
		Long Course	Short Course	Events	Short Course	Long Course		
1/2 B-BB		42.99	37.89	50 Free	37.09	42.29	1/2 B-BB	
1/2 B-BB		1:38.49	1:26.49	100 Free	1:24.59	1:36.39	1/2 B-BB	
1/2 B-BB		3:36.09	3:09.29	200 Free	3:00.39	3:24.79	1/2 B-BB	
1/2 B-BB		7:14.49	8:04.99	400 / 500 Free	8:00.49	7:15.59	1/2 B-BB	
1/2 B-BB		52.99	46.19	50 Back	46.39	53.29	1/2 B-BB	
1/2 B-BB		1:55.69	1:39.89	100 Back	1:42.89	1:58.09	same	
same		1:01.59	53.59	50 Breast	53.59	1:01.59	same	
same		2:17.49	1:59.99	100 Breast	1:55.69	2:13.59	same	
same		55.09	48.79	50 Fly	47.29	52.89	same	
same		2:12.59	1:57.49	100 Fly	1:55.19	2:09.79	same	
1/2 B-BB		x	1:39.39	100 IM	1:41.29	x	same	
1/2 B-BB		3:59.79	3:31.09	200 IM	3:29.49	3:57.79	1/2 B-BB	
		11-12 Girls			11-12 Boys			
		Long Course	Short Course	Events	Short Course	Long Course		
1/2 B-BB		37.79	33.09	50 Free	33.39	37.99	same	
same		1:25.79	1:13.59	100 Free	1:13.09	1:23.29	same	
1/2 B-BB		2:57.19	2:37.39	200 Free	2:33.19	2:54.29	1/2 B-BB	
1/2 B-BB		6:13.99	6:55.49	400 / 500 Free	6:50.29	6:08.09	1/2 B-BB	
same		45.49	39.59	50 Back	39.49	45.69	same	
same		1:38.89	1:27.99	100 Back	1:25.79	1:39.19	same	
same		49.09	44.09	50 Breast	44.29	51.09	same	
same		1:49.99	1:36.39	100 Breast	1:35.09	1:49.19	same	
same		42.39	37.79	50 Fly	38.19	42.99	same	
same		1:38.69	1:27.19	100 Fly	1:25.79	1:37.49	same	
1/2 B-BB		x	1:23.19	100 IM	1:23.69	x	same	
1/2 B-BB		3:22.29	2:57.29	200 IM	2:56.29	3:21.79	1/2 B-BB	
		13-14 Girls			13-14 Boys			
		Long Course	Short Course	Events	Short Course	Long Course		
same		37.89	33.39	50 Free	30.69	35.39	same	
same		1:22.09	1:12.49	100 Free	1:06.99	1:16.99	same	
1/2 B-BB		2:50.79	2:30.59	200 Free	2:20.89	2:41.19	1/2 B-BB	
1/2 B-BB		5:56.19	6:37.09	400 / 500 Free	6:17.19	5:40.69	1/2 B-BB	
1/2 B-BB		12:08.99	13:38.59	800 / 1000 Free	13:03.49	11:48.09	1/2 B-BB	
1/2 B-BB		23:14.79	22:43.69	1500 / 1650 Free	21:40.19	22:25.19	1/2 B-BB	
same		1:30.79	1:19.89	100 Back	1:14.89	1:26.89	same	
1/2 B-BB		3:08.29	2:45.69	200 Back	2:35.59	3:00.79	1/2 B-BB	
same		1:43.89	1:30.59	100 Breast	1:24.09	1:34.89	same	
1/2 B-BB		3:35.99	3:07.69	200 Breast	2:55.89	3:24.79	1/2 B-BB	
same		1:29.19	1:19.09	100 Fly	1:13.29	1:22.89	same	
1/2 B-BB		3:09.29	2:47.19	200 Fly	2:37.89	2:58.59	1/2 B-BB	
same		3:05.69	2:42.99	200 IM	2:31.99	2:55.99	same	
1/2 B-BB		6:46.19	5:57.59	400 IM	5:38.09	6:27.59	1/2 B-BB	
		15 & Over Girls			15 & Over Boys			
		Long Course	Short Course	Events	Short Course	Long Course		
1/2 B-BB		35.79	31.59	50 Free	28.49	32.39	1/2 B-BB	
1/2 B-BB		1:17.29	1:08.39	100 Free	1:02.09	1:10.99	1/2 B-BB	
1/2 B-BB		2:45.69	2:26.69	200 Free	2:15.09	2:34.29	1/2 B-BB	
1/2 B-BB		5:47.59	6:30.79	400 / 500 Free	6:04.89	5:26.49	1/2 B-BB	
1/2 B-BB		11:56.79	13:25.39	800 / 1000 Free	12:36.19	11:17.19	1/2 B-BB	
1/2 B-BB		23:01.89	22:28.29	1500 / 1650 Free	21:08.89	21:37.59	1/2 B-BB	
same		1:28.99	1:17.69	100 Back	1:11.29	1:22.39	same	
1/2 B-BB		3:04.89	2:41.89	200 Back	2:28.89	2:50.19	1/2 B-BB	
same		1:41.09	1:28.29	100 Breast	1:20.39	1:32.99	same	
1/2 B-BB		3:28.89	3:03.19	200 Breast	2:48.89	3:16.09	1/2 B-BB	
same		1:26.59	1:17.39	100 Fly	1:10.09	1:18.99	same	
1/2 B-BB		3:02.99	2:42.59	200 Fly	2:30.09	2:49.49	1/2 B-BB	
same		3:01.19	2:39.29	200 IM	2:26.39	2:48.89	same	
1/2 B-BB		6:34.39	5:48.59	400 IM	5:23.79	6:07.99	1/2 B-BB	