

State Tournament

Keys to success - Every year there are 3-4 teams that have enough quality individuals to potentially win the State Championship. Most teams in contention usually have 3-4 athletes who can be depended to make the Finals in their individual events. These teams also have another 4-6 athletes who have the potential to earn points or contribute on relays. From my past 18 years of observation there are 3 key elements that have allowed teams to win a State Championship. The “best” team has not always been the Champion, it has often gone to the team that

- 1) made NO costly errors or mistakes
- 2) had 2-3 individuals rise to the occasion and swim best times for season
- 3) had the majority of their athletes healthy and ready to perform

To help eliminate the possibility of making costly errors, I have typed up a list of High School swimming rules as a reminder. Please take time to read through them so that you will not make a mistake because you were unaware of rules. Most of the following rules are being pointed out to you because they are actual rules that have cost Brookwood, Westminster, Chattahoochee, and Parkview in past years. It has happened to each of these teams at critical times that ended up being quite costly. Let this be our year of no costly mistakes.

Key High School rules

* false starts - you are disqualified on your 1st false start. You do not get a second chance. This goes for relays also.

* missed event - if you miss your event you are disqualified for the rest of the meet. You will not be allowed to participate in Relays. If you are ill and unable to swim I can do a “declared false start” as long as I do it at least one event before you would swim. This would allow you to continue to participate in the rest of the meet if needed.

* No jewelry - this includes watches, earrings, necklaces, etc. Hair bands which you accidentally leave on your wrist will also count as jewelry. Remove it all and leave it off!

* Relay exchange - the swimmer who just completed their leg must leave the pool immediately. You could potentially be DQ'd if you have not left the pool by time the swimmer reaches far wall. Make sure to completely exit the pool. At Riverside there is a little overflow/drain area under the blocks. One year a team was DQ'd because the swimmer exited pool and sat in the ‘drain area’. This is obviously very picky but not worth risking - so exit pool entirely.

* reentry into pool - if you reenter (or enter) pool without officials permission then you or your relay will be DQ'd. Therefore keep any celebrations away from edge of pool so as not to risk accidentally falling into pool.

* shaving - if any of you plan on shaving for the meet it must be done beforehand or away from the site of the meet. Shaving is not permitted on site of any meet due to health concerns.

* caps - caps must be either blank or have school logo and name. Using any other type of cap will result in being DQ'd. I will have extra Brookwood caps with me if you need them. If your cap rips and you can't find me to get another - your best option is to borrow a teammate's cap or you could use another cap and turn it inside out so that any logos cannot be seen.

* suits - suits that have anything other than school logo on it may potentially result in being DQ'd. If you want to you may wear your black 'racing suits' at the State meet. Make sure that it does not have any writing on it other than the brand name. If unsure ask me beforehand. Make sure to remove any dragsuits. The dragsuits with big Nike swoosh are illegal if used in meet.

* foot forward on start - you must have at least one foot forward for the start of each race. If the officials notice you without it forward then they should ask you to "check your feet". This should not result in a DQ unless you do something the official views as not following directions or intentionally slowing down meet - for example if you place foot forward when asked to and then remove it and return to original wrong position.

* meet participation - each athlete may participate in only 4 events during the meet. If you swim 2 individual events and 2 relays in the prelims then that is all you can swim in the Finals. I cannot change you to swim in the 'other relay' because that would be considered your 5th event of the meet and would result in DQ of relay.

* unsportsmanlike conduct - will result in DQ or possibly removal for rest of meet. The following may be deemed by an official to be 'unsportsmanlike' conduct

* showing disgust with officials decision - if there is any sort of controversy I need to be the one to discuss it with officials - not you. If it is something I am unaware of you need to **let me know** - not the officials.

* taunting, insulting remarks or gestures- let your actions speak-not your words

* interfering with other swimmers or not swimming in lane - if you follow proper swimming etiquette and stay in the pool until everyone has finished the race then this should not be a problem

* body markings - if deemed to be offensive or obscene may result in DQ

* other rules to keep in mind

* back and fly finish & swim - you must break the surface by the 15m mark.

* all finishes - race is not finished until you contact the touchpad. On backstroke your arm hitting the top of gutter or top of touch pad does not count.

* scoring - individual events score as follows. Relays points are double this.

How many points will you earn for the team?

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1