

Itasca Country Club Mako Sharks Swim Team Handbook



Introduction

Welcome to the Itasca Country Club Mako Sharks Swim Team! If your child is comfortable in the water and is looking to have fun, learn different strokes, increase their skill level, and compete, our swim team is just what you're looking for!

We compete in the West Suburban Country Club Conference. Teams in the conference are: Dunham Woods Riding Club, Eagle Brook Country Club, Elgin Country Club, Itasca Country Club, Royal Fox Country Club, and St. Charles Country Club.

Coaching Staff

Head Coach	Alex Kozak
Assistant Coach	Brook Schenck

Swim Team Readiness

It is assumed that children who join the Swim Team are comfortable swimming in deep water. Children needing instruction in such basic swim skills, such as putting their faces under water, jumping in the pool, floating, etc., should sign up for swim lessons with the Club.

Children who are beyond needing basic swim instruction, but still would prefer working with a coach in the water on strokes in order to succeed on the Swim Team should attend Polliwog practice.

Practice Schedule

The regular practice schedule will start Monday, June 10th and end Friday, July 26th.

Monday:	Practice	8:30am-10:00am
Tuesday:	Polliwogs	4:30pm-5:15pm
	Practice	5:15pm-6:30pm
Thursday:	Practice	8:30am-10:00am
	Polliwogs	4:30pm-5:15pm
	Practice	5:15pm-6:30pm
Friday:	Stroke Clinic*	8:30am-10:00am

*Optional

What does Polliwog mean?

A Polliwog is a swimmer that is comfortable in the pool but requires assistance in the water such as floatation devices and/or an older swimmer that is swimming alongside the Polliwog. There is no maximum age for polliwogs and the polliwog swimmers may move out of the group when the swimmer is able to complete a lap (25 yards) without assistance. If your swimmer is not comfortable in the pool we recommend personalized swim lessons at the Club.

What is a stroke clinic?

A stroke clinic is a unique opportunity for swimmers to work closely with the coaches to further enhance a swimmers stroke technique and teach drills that will enable the continued refinement of the strokes. This will be a much more personalized experience.

What makes your swimmer prepared for practice?

It is very important for all swimmers to be on time. You may wish to include the following in your swim bag: 2 towels, sweats (in case of inclement weather), goggles, swim cap, and swim suit.

Swim Meets

With the exception of our Conference meet, all meets will take place on Wednesday nights in the months of June and July. The meets begin at 6:00pm and are typically 1.5 hours long. The home team warm-ups begin at 5:00pm and the visiting teams begin at 5:30pm. Swimmers should show up 30 minutes before their warm-up time to prepare and get organized for the meet. Below is further in-depth information about the swim meets.

Eligibility

- All swimmers must be members of their respective clubs according to their club's guidelines.
- The age of the swimmer is determined by his/her age as of June 1st.
- The summer after a swimmer's senior year in high school is his/her final year to compete and provided they are age 18 or younger by June 1st.
- All swimmers must participate in at least two regular season meets to compete in the conference meet.

Age Groups

- Polliwogs
- 6 and under
- 8 and under
- 7-8
- 9-10
- 11-12
- 13-14
- 15-18
- Swimmers may swim up but not down in age groups.

Events

- Mixed 100 medley relay
- Polliwogs – freestyle exhibition
- Freestyle
- Polliwogs – backstroke exhibition
- Backstroke
- Butterfly
- 100 IM
- Breaststroke
- Mixed 100 free relay

Event Information

- All polliwog, 6 and under, 8 and under, and 7-8 events shall be 25 yards. All 9-10 events shall be 25 yards, except freestyle, which shall be 50 yards. All 11 and up events shall be 50 yards except the 15-18 freestyle which shall be 100 yards.
- All swimmers can compete in a total of four events – either two individual and two relays or three individual and one relay.
- A maximum of six swimmers from each club can swim in each event. If lanes are available, a team may enter exhibition swimmers. Exhibition swimmers do not score points and must be designated prior to the start of the meet.
- Each club can enter a maximum of three relay teams per relay event. All relays must be mixed and both boys and girls must be represented in each team (ex. 3 boys/1 girl, 2 boys/2 girls, etc.)
- Free relays will be filled youngest to oldest.

Officiating

- Safety will take precedent for the start of each event. All shallow water starts will be in the water with a no diving policy.
- No running dives will be allowed.
- In all 8 and under events, the strokes must be recognizable from start to finish.
- In all 9 and up events, the applicable IHSA rules shall apply. A DQ will result if the event is swum in a blatant illegal manner or the swimmer is afforded an unfair advantage.

Scoring

Individual events

1 st	7 points
2 nd	5 points
3 rd	4 points
4 th	3 points
5 th	2 points
6 th	1 point

Relays

1 st	14 points
2 nd	10 points
3 rd	8 points
4 th	6 points
5 th	4 points
6 th	2 points

Summer 2019 Meet Schedule:

Wednesday, June 19 th	Itasca @ Dunham
Wednesday, June 26 th	Itasca @ Eagle Brook
Wednesday, July 3 rd	St. Charles @ Itasca
Wednesday, July 10 th	Elgin @ Itasca
Wednesday, July 17 th	Itasca @ Royal Fox
Wednesday, July 24 th	Rain Date
Sunday, July 28 th	Conference (host TBD)

Please make sure you fill out the attendance meet sheet to the best of your abilities with the sign-up form. This will allow the coaches to be better prepared for each meet.

How do I get to the meets?

Home meets are held at the Itasca Country Club pool. Each family must provide transportation to and from the home meets.

Away meets are held at various country clubs in the area. Club information is included in this booklet. Each family must provide transportation to and from the away country clubs.

What do I take to the meets?

- Towels (2)
- Team Swimsuit
- Goggles
- Nutritious snack
- Swim Cap
- Sweatshirt and/or sweatpants
- Playing cards, books, etc.

- Please make sure all personal items are marked with the swimmer's name.
- Most pools prohibit food on deck as well as loud radios during meets.

What is a Conference Meet?

A conference meet is the final competition meet against all the teams in the conference. This is where swimmers try their best to beat their personal records and teams compete for the conference champion title. The atmosphere of this meet is very fun and any/all members of the family should come out to help cheer their swimmers on!

What can parents do to help?

Every meet, whether it is away or at home, there's always a need for parent volunteers. Although it is not required by the Club, volunteer help is greatly appreciated by the Coaches and the Club! Parent volunteers are needed for timing and helping out the coaches. There are a couple different types of volunteers. If you are a timer, you will receive a stopwatch and a clipboard and time the kids. Coach assistant volunteers will help the coaches find swimmers or guide swimmers to their lanes. The volunteer times are split in half, meaning your time as volunteer would only last for half of the total meet time.

End of Year Awards and BBQ

At the conclusion of the season, the team will celebrate and recognize each of the swimmers for their accomplishments in swimming as well as share memorable moments. Similar to any awards night with a fun twist to make it a very fun pool party for the swimmers and their families. Swimmers and their parents will have the opportunity to swim against each other in a friendly mock-meet style. Parents are also invited to swim against each other in relays! Any parents or swimmers that feel lucky can even challenge the coaches as well!

West Suburban Country Clubs

Dunham Woods Riding Club

Address: 33W333 Army Trail Road, Wayne, IL 60184

Phone: (630) 584-0045

Eagle Brook Country Club

Address: 2288 Fargo Boulevard, Geneva, IL 60134

Phone: (630) 208-4653

Elgin Country Club

Address: 2575 Weld Road, Elgin, IL 60124

Phone: (847) 741-1716

Itasca Country Club

Address: 400 East Orchard Street, Itasca, IL 60143

Phone: (630) 773-1800

Royal Fox Country Club

Address: 4405 Royal and Ancient Drive, St. Charles, IL 60174

Phone: (630) 584-4000

St. Charles Country Club

Address: 1250 Country Club Road, St. Charles, Illinois 60174

Phone: (630) 377-9000