

Oxford Swimming and Diving Team

2020 Team Handbook



Mission Statement

The OSDT is a community-oriented summer competitive swimming and diving team designed to engage participants of all abilities, from 4 to 18 years of age, in an enriching and enjoyable swimming experience.

The goals are to foster the development of physical fitness, positive self-image, commitment, and perseverance, as well as sound swimming and diving skills. As a community-oriented organization, efforts are continually made to maintain the affordability and accessibility of the program.

We are proudly affiliated with the Butler County Swim League (BCSL).

Although an independent corporation, the team is closely associated with the Oxford Parks and Recreation Division and uses the pool and facilities of the Oxford Parks and Recreation.



2018 BUTLER COUNTY LEAGUE CHAMPIONS

Important Dates



May 26	First Evening Practice (11+)	Ages 11+ Swim – 8-9 AM M-F & 8-9 PM M-TH Dive 10-11:45 AM M-F 7-8 PM M-TH
May 26	First Morning Practice	Ages 5 – 10 Swim – 9-10 AM M-F Dive – 10-11 AM M-F Optional: 7-8PM M-TH
May 26 – June 4	Trial Week for new swimmers – Only \$20	
June 4	Luau Dinner Mock Meet	Park Gazebo 5:00pm Pool 6:30pm
June 4	Team Suit Sale. Caps, goggles and T-Shirts too	Park Gazebo 5:00 – 6:30pm
June 5	Registration Fee Must be paid	Treasurer (Sandy)
June 5	Oxford Aquatic Center pass must be purchased by all OSDT members	Oxford Park and Rec Office
June 11	Forest Hills	Away
June 18	New London	HOME
June TBD	Preble County Invite	(Optional - \$10 additional)
June 25	Rolling Hills	HOME
June 30	Wildwood	Away
July 7	Hy-Crest	Away
July 9	Open	-----
July 20	Diving Championships	HOME
July 21	Psych – up Party	TRI Shelter
July 22-23	Swimming Championships Wed – Prelims Thurs -Finals – Top 16 finalist and Both Relays	@ Rolling Hills Prelims: 11&cup – 7:00am, 10&un - 12:00pm Finals: 4:30pm
July 24	Rain Date	
July 24	OSDT Banquet	TMS 5:30pm
July 24	Pool Party	Pool 8:30-10:30pm



A trial week is offered for new swimmers and divers to see how they adapt to the practices and to give the coaches an opportunity to evaluate their abilities. **The trial week is offered at a price of \$20.00.** Registration and payment will be required before the swimmer can enter the water. If the swimmer or diver decides to join the team, full payment of the remaining balance will be due no later than June 8 along with the purchase of the TRI pool pass.

Registration and Payment Options

1. On-line registration. Complete the registration on-line then bring the payment and signed forms the first day of practice.
(<http://swimosdt.com>)
2. Checks should be made payable to Oxford Swimming & Diving Team. (OSDT)
 - Registration forms and payment must be received before your swimmer / diver can enter the water.
 - Registration fee will only be refundable in a season ending emergency.

Cost

	Swim Team	Dive Team	Both
1 st Child	\$125	\$100	\$145
2 nd Child	\$110	\$85	\$130
3 rd Child	\$110	\$85	\$130
4 th Child	Free	Free	Free

TRI Pool Pass – Purchased Separately at the TRI

Each OSDT athlete / family is required by the city and league to buy a pool pass. This covers the pool rental, lifeguards, liability, etc.

Pool Passes	Resident	Non Resident
Family passes (4 or less in a family)	\$210	\$231
Additional family member	\$25	\$28
Adult (18+ yrs)	\$100	\$110
Youth (3-17yrs)	\$80	\$88

OSDT website: <http://swimosdt.com>

Information During the Season: _____

Mailbox

To keep up-to-date, collect ribbons, and communicate with coaches and board members, please utilize the team “mailbox.” A clear plastic box with a folder for each family will be on deck during all practices. Either a parent or athlete should check the box daily.

Swim Suits and Apparel

- OSDT will be using a new same suit design as this year.
- Members are not required to wear a team suit, but it does help with team spirit and unity.
- Girls must compete in a one-piece swim suit per BCSL rules.
- Goggles are **REQUIRED** by OSDT. Tinted goggles are best for outdoor swimming.

Suit Sale: SwimVille USA will be at the TRI Shelter on Thursday, June 4th 5:00 – 6:30 P.M. to take orders and assist with sizing. Goggles, Caps and Team T-Shirts will also be available. Team Caps will be for sale throughout the season. If you miss the sale, contact SwimVille: (800) 595-1193

Practices

Team unity is important to the OSDT. Swimmers of OSDT are expected to attend practices with the team on a regular basis through Championships.

Beginning May 26, 2020

- 10 years old and under:
Swimming 9 A.M. - 10 A.M.** Monday - Friday
Diving 10 A.M. - 11 A.M., Monday – Friday,
Optional Dive practice: 7:00 P.M. – 8:00 P. M
- 11 years old and up:
Swimming 8 A.M. - 9 A.M. Monday - Friday
And 8:00 P.M. - 9:00 P.M. Monday – Thursday
Diving 10 A.M. – 11:45 A.M. Monday – Friday
And 7:00 P.M. – 8:00 P.M. Monday – Thursday

**6&UN swimmers will practice from 9:00 – 9:30 or 9:30 – 10:00.
9:00 – 9:30 – 6&UN's who can complete 1 lap of the pool freestyle.
9:30 – 10:00 – Developmental swimmers who are unable to complete 1 lap of the pool freestyle.
Coach will form the groups during the first week. Please arrive at 9:00am till divided.

Attendance Policy

To be in good standing and eligible for full participation in dual meets and championships, 10 and under athletes are expected to attend a minimum of 3 practices per week and 11 and over athletes a minimum of 5 practices a week.

- This attendance policy is designed to provide a realistic opportunity for the coaching staff to work with the swimmer and make informed meet line-up decisions.
- Flexible enough to allow swimmers to participate in other summer activities and family vacations, while maintaining sufficient presence in the OSDT program to promote team cohesiveness.
- In some instances, at the coach's discretion, swimmers may be allowed to practice outside their normal age group times.

Parent's Responsibilities

- Support the coaches in every way possible. Please do not try to talk with coaches during practice; please allow them to focus on the swimmers. Coaches are available before and after practices.
- Ensure swimmers and divers arrive at practices and meets on time.
- Notify the coaches and update the "Meet Attendance Log" on the bulletin board, when your child will miss a swim meet at least 72 hours in advance.
- Volunteer to work at our meets. It takes, at least 50 parents to run a successful swim meet. Each family are required to work at least 2 meets. Please sign up to work at:



<https://www.signupgenius.com/go/20F0E48A4A629A1F49-osdt3>

If you do not meet your obligation there may be a penalty.

- Read the notices placed in your mailbox, team bulletin board, email or team website. Like our Facebook page.
- **Chaperon your children at swim meets. We want them to have fun, but everyone must behave safely and respect pool property.**
- **No Alcohol is allowed at any of the team functions.**

Swimming and Diving Meets

The measure of the team's success is in the development of its individual athlete's skills and positive attitudes towards swimming and diving, not just winning swim meets.

All involved in OSDT want to see the team win, but such success is a team effort and is achieved when all athletes, parents and coaches strive to do their part with positive and supportive attitudes and actions. Parents have a special responsibility to show understanding and support, not only for their swimmers and divers, but also for the coaches and the team.

Team unity is important to the OSDT. As a member of this team it is hoped that all swimmers and divers will be at all meets. If you have a conflict, please update the “Meet Attendance Log” on the bulletin board, at least 72 hours in advance.

OSDT completes with 6 other teams in the BCSL.

- Regular season dual meets are held on Tuesday and Thursday evenings. Home meets are held at the Oxford Parks and Rec. pool.
- Oxford Parks and Rec does not allow outside fast food or alcohol within the gates.
- Diving normally begins at 5:30 P.M. Divers arrive at 4:15 P.M.
- Swimming warm-up begins at the conclusion of diving. Swimmers arrive at 6:15 P.M. (Please stay quiet.)
- Walnut Grove, Wildwood and Forest Hills don’t have diving at the meet. Home team warm-up at 6:00 and visitors at 6:15; the meet starts at 6:30.
- Only Timers, Coaches and 6&8 and under helpers are allowed behind the blocks during meets.
- Meets proceed in the rain. Come to the pool regardless of the weather conditions. Meets may be delayed or canceled due to lightning. Both teams must agree.
- Swim meets offer a wonderful time for the team to socialize and build spirit by cheering for their teammates. Consider attending both home and away meets.
- **Please help clean up the team area before going home.**
- Younger divers and swimmers may leave once they have completed all their events. Older swimmers are encouraged to stay and cheer on teammates.

Meet line-ups:

The OSDT Head Coach, assisted by the Assistant Coaches set meet lineups in order to:

- assess athlete's abilities, and encourage them to extend those abilities
- provide them with success for positive reinforcement,
- develop self-discipline to compete as members of a team, to contribute to the team's success.
- All team members in good standing will be scheduled to swim / dive in all meets unless they are marked as not attending on the “Meet Attendance Log”
- In order to be eligible for Championships, BCSL rules require that a swimmer / diver has participated in a **minimum of 2** league dual meets.
- Every effort will be made to allow swimmers to swim events they enjoy and to contribute to the team. However, for a swimming program to fairly develop skills for all swimmers, swimmers will be swimming events beyond their preferences.

Order of Events (Dual Meets).

Diving (New London & Hy-Crest only)

1. Long Freestyle (200 meters)
2. Medley Relay (Back, Breast, Fly, Free) OR Free Relay
3. Freestyle – (25 for 6&UN and 8&UN, 50 for all other age groups)
4. Individual Medley (IM) – 25 Each: Fly, Back, Breast, Free
5. 6&Under 25 Backstroke
6. Butterfly – (25 for 8&UN and 9-10, 50 for all other age groups)
7. Backstroke – (25 for 8&UN, 50 for all other age groups)
8. Breaststroke – (25 for 8 & UN, 50 for all other age groups)
9. Free Relay (Normally held at the beginning of the meet)

Diving:



Everyone is welcome on the diving team, no experience is needed. All members will receive excellent instruction of basic diving skills.

1. All diving is completed on the 1-meter spring board
2. 10 & under compete in 3 dives, 1 voluntary and 2 optional
3. 11-18 year olds compete in 4 dives, 1 voluntary and 3 optional
4. Diving team score is added to the Swimming team score to decide the winner of the dual meet.
5. 11&Over Swimmer-divers who attend evening practices are responsible for dividing practice times equally throughout the week (for example: dive practice on Monday, swim practice on Wednesday).
If a swimmer-diver chooses to practice diving more often than swimming, the swim meet line-up for that swimmer may be affected.

Relays:

Participation in relay events is one of the most important team building activities in swimming and one in which all swimmers desire to participate and enjoy. BCSL rules allow teams to swim multiple relays in dual meets. No swimmer is guaranteed a spot on any given relay. The assignment of swimmers to relays is the responsibility of that age group coach within the parameters of these guidelines.

1. Relays will be constructed to be competitive, to provide opportunities for all swimmers to participate, and to share in the team's success. The coach will consider such factors as attitude, work ethic, regular attendance, and improvement as factors in determining which swimmers deserve an opportunity to participate on a relay team.
2. On occasion, a swimmer may swim on a relay one age group higher, as permitted by BCSL rules, to complete a relay as needed. The 6 & under age group does not have relays. Those swimmers may be asked to swim on an 8 & under relay if needed.
3. Championships: BCSL rules allow only one relay entry, per event.

What to bring to a swimming/diving meet

- Sweats and sweatshirts and a couple towels. Evening will be cool.
- Lawn chairs, blanket, sleeping bag or towels for kids to sit on.
- Cards, books or other toys to occupy kids while they wait.
- Plenty of healthy snacks and drinks.
- Cash for concessions. Swimmers get hungry during meets.
- At championships, there is an admission fee and heat sheets are sold.

Coaching Staff Responsibilities

The Head Coach bears the responsibility for the daily activities in the operation of the swim team program, including the implementation of the policies and procedures of the OSDT and the applicable O.P.R.D. Municipal Pool Rules.

The coaching staff:

- Develops realistic instructional and practice regimens for all age groups and ability levels of the swimmers/divers on the team.
- Recognizes that there are many levels of abilities in each age group, from year-round, high-ability swimmers and divers to novices. Each athlete will receive the attention necessary to give that athlete a realistic program which will provide for their growth.
- Develops line-ups for each meet.
- Attends ALL practices and meets and provides leadership and positive, constructive feedback to athletes on their performance.
- All athletes are to be treated equally without favoritism shown toward any group or individual.
- Enforces fairly and without favoritism the team's policies and requirements for practice attendance, meet participation, relay selection and conduct in conjunction with the Board of OSDT.
- The OSDT Board affirms the prerogative of the coaching staff to ask any team member to leave a practice or meet for any disruptive or unsafe behavior.
- Coaches are required to have current CPR/First Aide certifications.
- Team members or parents who wish clarification of these policies and guidelines or have problems or grievances are strongly encouraged to address their concerns immediately to the Board through the President or President-elect as soon as possible. The Board will serve as mediator in such situations. Parents should avoid as much as possible direct interaction with the coaches on such matters without Board knowledge and involvement.

2020 OSDT Coaching Staff



Head Swim Coach: Steve Pasquale

Head Dive Coach: KongRong Li (KR)



Terminology and Tips



IM: Individual medley; swimmer swims all the strokes: Fly, Back, Breast, Free.

Medley Relay: Each member of the relay team swims a different stroke in the following order: Back, Breast, Fly, Free.

D.Q.: Disqualified. The swimmer fails to make a proper touch or turn, uses an illegal stroke or had a false start. The swimmer's time for the event does not count.

Legal Touch: Freestyle—any part of the body.

Backstroke—hand/head/arm before the body turns over at the finish.

Breaststroke—two hands at the same time. Butterfly—Two hands at the same time.

Entries: Swimmers need to check the lists in the team area to see which events the coach has assigned to them and listen to the announcements for reporting to their lanes. The entire relay team must report for the team to swim.

Age Groups: BCSL rules establish June 1 as the date on which a swimmer's/diver's age is determined for assignment to an age group. If a swimmer turns 13 on June 2, then they swim as a 12-year old in the 11-12 group.

2020 OSDT Board Members



President:	Amy Macechko	wheelea4@yahoo.com
Vice-President	Tonya Rogers	tonyalrogers@gmail.com
Treasurer	Sandy Payne	sjpayne1@fuse.net (513)756-0360
Publicity	Amy Moser	
Fund Raising	Jamie Anzano /Angie Mondello	
Secretary		
Meet Director	Shawn Burt	shmburt@gmail.com
Equipment	William Sparks	
Diving		

Directions to BCSL Pools



Rolling Hills (approx. 35 min.)

5650 Kingsbury Rd, Fairfield, OH 45014

(513) 829-9497

Go South on US 27 to West Kemper Exit. Turn Left at Exit and Right on West Kemper. Turn Left on US-127/Hamilton Ave. Continue on US-127/Pleasant Ave. Turn Right onto Rolling Hills Blvd. Turn right on Kingsbury, the pool entrance is the first left off Kingsbury, down the hill.

Forest Hills Country Club

491 Forth Ave., Middletown, OH

Take OH-73 E. Turn right onto US-127 S. Slight left onto OH 73 E. Turn left onto S Main St. Turn left onto 4th Ave. The entrance to Forest Hills will be on your right at 791 4th Ave. There is overflow parking above the first lot if you follow the lane between the pool and the clubhouse to lot behind the pool and around the tennis club. (approx. 35 min.)

Wildwood Golf Club (approx 45 min.)

601 Aberdeen Dr., Middletown, OH 45042

(513) 422-7138

Go east from Oxford on Rt 73 through Trenton and across the Great Miami River. Take the Rt 4 North Exit. Follow RT. 4 to 14th Ave., also called Martin Luther King, Jr. Blvd. Turn right on 14th, just past the Woodside cemetery on your right. Turn left onto University (Stay Left at fork) Turn right onto Aberdeen. Pool is on the left at the top of the hill across from Inland Dr.

Walnut Grove

810 Pierson Rd, Trenton, OH 45067 (513)988-0401

Go east from Oxford on Route 73 to just before Trenton. Turn right on Wayne-Madison Rd. (just past Edgewood High School). Head south on Wayne-Madison Rd. to first light. Turn left on Hamilton-Trenton Rd. (it may not say Hamilton-Trenton Rd.) and go to Pierson Rd. Turn right on Pierson. Pool is on your left after you cross the railroad tracks. (approx. 25 min.)

New London Hills Swim Club (approx. 20 min.)

1400 Hamilton New London Rd., Hamilton, OH 45013 (513)868-9026

Go South on US 27 to Millville. Continue straight through the light (Ohio 129) to Santa Maria. Turn right on Santa Maria then left on Hanover Road to New London Road. Turn right on New London and proceed just over one mile to Heartwood, which intersects New London Road from the left. Continue on New London Road just beyond Heartwood and turn left onto the access road to the Club and Pool.

Hy-Crest Swim Club (approx. 1 hour)

8370 Grinn Dr., Westchester, OH 45069

(513) 777-9902

Go to Hamilton and proceed through downtown. Cross Rt. 4 and get on the new Fox Regional Highway. Get on I-75 S. to Tylersville Rd. Exit on Tylersville and go east (left). Proceed to Cox Rd. (past most of the restaurants). Turn right at the 3rd light onto Cox. Turn right at 1st light onto Barrett. Turn right at stop sign onto Grinn. The pool is on the right-hand side of Grinn. (This pool is the furthest from Oxford, allow one hour esp. during rush hour.)

Maps to all pools can be found on our Team Website: <http://swimosdt.com>

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OXFORD SWIMMING & DIVING TEAM**

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