

First Colony FLYERS General Information

Swim Team Contacts: 2018

Head Coach — Anne Anderson	anneanderswaq@gmail.com	342-6764
President/Pool Rep — Ruth Larson	ruth62@cox.net	259-9237
Treasurer — Meagan Schultz	gfcaca@gmail.com	221-0827
Membership — Ginny Gasink	vgcall@hotmail.com	634-7012
VPSU Rep — Nat Elliott	nyelliott@cox.net	
Concessions —	OPEN	

Suits and Caps—All team members are requested to wear the team suits and caps at meets. Caps can be purchased from the team. Our suit will be a Speedo suit, black with green straps (for thin strap) with our logo on the front. **For sizing and ordering, visit Colonial Sports, 1303 Jamestown Road, Suite #111, or call (757) 253-0277.**

Girls: Style #819015, color #989. Sizes 22-40. Price with printing of logo \$49.00 Plus Tax

Boys: Solid black jammer or brief. Sizes 22-40. Price for jammer with printing is \$36.00 plus Tax. Brief \$28.00 plus tax.

Participation—All swimmers are expected to attend practice every day. If you will be absent due to camps or other scheduled activities, please let the coach know in advance. **Parents and swimmers need to sign out individually for any meets they will miss. You will receive a Sign-Up Genius where you can enter the dates that your swimmer will miss meets. You are also expected to show up on time for every meet.** Failure to show up for a meet without notifying the coach in advance may cause you to be ineligible to swim in the next meet. Remember, this is a team sport. Schedules of which swimmers are entered in each heat and event are due in advance. Last-minute no-shows throw off lots of other swimmer's schedules, not just their own.

GENERAL INFORMATION

The First Colony Flyers, a Division I team, is a member of the V.P.S.U. (Va. Peninsula Swimming Union). VPSU is a competitive organization sanctioning intra-divisional dual swim meets in accordance with the stroke and turn rules of the U.S. Swimming Association. Parents should familiarize themselves and their swimmers with the following rules:

Disqualification (DQ) occurs when a swimmer does not successfully perform the stroke or turn within its legal definition. Disqualification serves to prevent a swimmer from gaining an unfair advantage.

There is no flexibility in judging stroke and turn because of a swimmers age.

Situations where swimmers use an illegal stroke or turn only create unfair advantages. All swimmers, regardless of age, should be able to perform legal strokes and turns for each event in which they are entered.

In all cases, the advantage is to the swimmer, as judges cannot DQ a swimmer unless they actually see the violation. The judge must indicate on a DQ card, the reason for disqualification as it relates to the specific rule. If there is doubt as to the reason for the DQ, the Meet Director may overturn it.

As in many sports, judging is interpretational. Not all judges will see a violation the same way. Additionally, there are varying degrees of expertise. Please remember that judges are your friends and neighbors and not full time swimming judges. Please respect their willingness to do a difficult job.