



## **BAC SHARKS TEAM HANDBOOK**

Welcome to BAC Sharks Swim Team! Established in 1967, the Sharks have helped thousands of children of any skill level develop into confident and skilled swimmers. Summer swimming is a sport like no other. Your child will have memories and friendships that will last them a lifetime. We offer various programs where any child of any age and any skill can participate and have a blast! We are looking forward to a fun and exciting swim season. Please use this handbook, [www.bacsharks.com](http://www.bacsharks.com), and Commit Swimming as helpful resources throughout the summer. If at any time, you should have questions and/or concerns, please reach out. We are here to help. Let's make it a fun season! Go Sharks!

### **BAC SHARKS TEAM MISSION**

Our goal is to offer various programs where any child of any age and any skill can participate and have a great summer. At the same time, we want to be a competitive swim team in MICSA (Michigan Inter-Club Swimming Association) and win championships. We will accomplish this goal by challenging your children to be better swimmers, better teammates, and better members of our community. This is a philosophy supported by the board of directors and the swim committee.

### **SWIM TEAM LEADERSHIP**

**Head Coach:** Paul Ellis

**BAC Board Member:** Jeff Stafeil

**Swim Chair:** Alyson Lauer

**Team Engagement Chair & First Year Swimmer Liaison:** Laura Shullman

**Finals and Meet Chair:** Beth LaBelle

**For General Questions either ask in-person or Email: [swimteam@bacmi.net](mailto:swimteam@bacmi.net)**

## **PARENT SERVICE**

Our swim community thrives because of the time and energy our families contribute. Volunteering ensures that our meets run smoothly, keeps costs down, and builds a strong, supportive team environment. We typically ask families to volunteer 1-2 shifts per season depending on the total number of families that sign up at registration and the determined number of volunteer slots we need for the season.

## **TECHNOLOGY & COMMUNICATION**

Our team hosts a team website at [www.bacsharks.com](http://www.bacsharks.com) . This website holds all important information regarding the Sharks. During the swim season, a weekly blog post will be posted on the website which will outline key dates, times, and important information regarding the swim season. Please sign-up for our newsletter so these weekly communications will be sent to your email.

Commit Swimming will be the technology platform we will use for team registration, volunteer sign-up, and meet sign-ups. We will also utilize Commit messaging to notify you of last minute changes or practice cancellations.

## **BAC SHARK SWIM SEASON**

### **SWIM PRACTICE**

- Swimmers are encouraged to attend scheduled practices when possible. Your swimmer will benefit from attending practice regularly. If you will be on vacation or at camp for an extended period of time, please communicate this to Coach Paul in advance.
- Please arrive 15 minutes before your scheduled start time for both dry land exercises and to ensure you are ready to go in the water at practice start time.
- Practice will be canceled if weather does not permit swimming. If practice is canceled, an alert will be sent out via Commit Swimming. If weather appears to be questionable, it is advisable to check prior to leaving your house for practice.
- Please bring the following equipment to each practice: Swimsuit, Cap, Goggles, Towel, Water bottle. Tigersharks, Hammerheads, and Jaws need sneakers so they can do dry lands before practices.

## **BAC Practice Groupings:**

Jaws, Hammerheads, Tigersharks, Fins, and Pre-Team

Please reference [www.bacsharks.com](http://www.bacsharks.com) for more detailed information regarding practice group descriptions.

\*We offer practice groupings for all ages and skill levels. Please reach out to Coach Paul if you have questions or concerns.

## **SPRING TUNE UP**

Spring tune up is the opportunity for Sharks to get in the water before the Summer season starts. We offer practice M-Th and Sa mornings. Please refer to our Blog and Commit for the most up to date information regarding practice times.

## **STROKE CLINICS**

Stroke Clinics give swimmers an opportunity to get more personalized help on their stroke technique with a 5:1 athlete to coach ratio max. Please refer to the BAC App or Online Member portal for clinic times and sign-up.

## **PANCAKE BREAKFAST**

A fun way for swimmers to bond outside the pool is to stay Wednesdays after practice for pancake breakfast in the Shark Tank. Chef serves pancakes and bacon. We highly encourage swimmers to attend and spend time with the team outside of the pool.

## **APPAREL**

More info to come soon on how to purchase swimsuits and BAC Sharks gear. First look and online ordering will be available at the swim team kick off event.

## **TEAM PHOTOS**

Team photos will take place at a morning practice with a team breakfast to follow. Links will be provided to purchase individual and team photos. Please check [www.bacsharks.com](http://www.bacsharks.com) for more information.

## **BAC SHARKS MEET OVERVIEW**

### **MICSA LEAGUE - Michigan Inter-Club Swimming Association**

The Michigan Inter-Club Swimming Association was formed in 1940 as a result of interest in competitive summer swimming by several area Clubs. The league is comprised of 14 clubs from the Detroit area:

Birmingham Athletic Club, BAC  
Country Club of Detroit, CCD  
Dearborn Country Club, DCC  
Detroit Golf Club, DGC  
Detroit Yacht Club, DYC  
Edgewood Country Club, ECC  
Great Oaks Country Club, GOCC

Grosse Ile Golf & Country Club, GICC  
Grosse Pointe Yacht Club, GPYC  
Lochmoor Club, LC  
Oakland Hills Country Club, OHCC  
Plum Hollow Country Club, PHCC  
Red Run Golf Club, RRCC  
Western Golf & Country Club, WGCC

### **DUAL MEETS**

A dual meet is BAC vs. one other MICSA team in our league. Warm-up schedule for HOME MEETS (please ensure your swimmer is ready to be in the water at the respective time below). For AWAY MEETS, we have a bus transport the kids TO the meet. Parents are responsible for rides home afterwards. Keep in mind that all swimmers are expected to arrive 15 minutes before scheduled time. Coaches philosophy is early is on-time and on-time is late. A team meeting will be held after the meet to provide feedback to the swimmers.

Jaws: 3:15-4:00

Hammerheads: 3:15-4:00

Tiger Sharks: 4:00-4:30

Fins: 4:15-4:30

Swimmers will set up their gear along the fence behind the diving well and grass area behind the starting block end of the pool. Feel free to help set up your child for the meet, but then parents are expected to exit swimmers' areas. Coaches are responsible for getting Fins and Tigersharks to their events. Behind the blocks is meant for swimmers, coaches and timers only.

During the meet swimmers are expected to be present and cheer for their teammates. Please do not have your swimmer watch the meet with you, rather encourage them to hang and cheer

with the team. The baby pool is considered off limits during the meet. Please have your swimmer wait to change for the party until after the coaches meeting after the meet.

Heat Sheets are digital and can be downloaded at <http://bacsharks.com/heatsheet>.

### **UNDERSTANDING THE MEET LINEUP**

Each event, except those deemed exhibition, will have only one heat. All non-exhibition heats will count for points. In these heats, there may be up to 3 swimmers from each team competing. If your child is not swimming 'for points', their races still matter! If your swimmer posts a time that is fast enough, they will earn the opportunity to swim for points at a future meet. The meet line-ups can change from meet to meet because of this.

Points are scored as follows:

1st: 7pts      2nd: 5pts      3rd: 4pts      4th: 3pts      5th: 2pts      6th: 1pt

Coaches will fill out the best and most competitive lineup based on who we are swimming against. Our goal is to win each and every meet. Swimmers may only swim in their age group or in an older age group (a 9 year old can swim 9-10 or any of the 11&Up age groups). Since every swim scores points, filling every lane is important. There are some age groups where we are light on swimmers. In this case, the coaches will 'swim up' younger swimmers. Coaches put swimmers in these positions to help the team and because they have confidence in the swimmers ability to do their best and compete.

### **INVITATIONAL/MINI MEET OVERVIEW**

What are these meets?

Any meet on our schedule that is labeled 'Invitational' or Mini-Meet is a meet that is not part of our MICSA dual meet schedule. These are additional opportunities for your child to post times and race against swimmers we may not normally see during our summer dual meet season.

Who can attend?

Generally, these 'invitational' meets are age restricted meets. For example, the Orchard Lake Mini Meet is only for 8 & Unders. Any swimmer 9 and over is not eligible to swim in this meet.

These meets are NOT included in your team fees. They come with a charge per swimmer. They are usually \$25-\$75per swimmer and include a t-shirt and sometimes meal at the meet.

## **WHAT TO BRING TO A MEET**

- Extra towels (no one likes using soaked towels)
- BAC towels are not available for swim meets
- Garbage bag to keep on reserve in case of rain or soggy conditions
- Snacks and water/hydration drinks
- Sun block
- Sharpie Marker (many kids like to write their events on their hands). Example: Event 5, H1, L3 25 Breaststroke (Event 5, Heat 1, Lane 3, 25 BR)
- Comfies including long sleeve and pants if your swimmer runs cold
- 2 Goggles and cap (extra if possible)
- A nicer outfit to wear to the dinner and dance after the meet
- Swimmers are expected to clean up after themselves

## **AWARD RIBBONS**

Ribbons are provided for places first through sixth in all events for points. All swimmers receive participation ribbons in exhibition events with their name, event and the time swam on the back of the ribbon. Ribbons are historically not available until the end of the meet. If you don't pick-up your ribbons at the meet, they will be available at practice under your last name.

## **AFTER MEET**

After the meet coaches will have a meeting to discuss performance and results. Do not have your child change for dinner until after the team meeting. Dinner is included only for swimmers. Coaches typically hand out a meal ticket to swimmers. All parents, family, siblings and guests will be charged. Parents are encouraged to eat with other parents and not their swimmer. Our goal here is that the whole team eats together outside and the parents eat inside with other parents. This encourages team building and self reliance. Actual meets tend to last until 8:00-8:30 with the dinner and dance to follow ending around 10:00 PM. Let's celebrate and have fun!

## **FINALS TEAM**

The selections for the MICSA finals team are as follows:

BAC gets 84 entries to split up amongst all age groups for both genders. Coaches then filter through the top times from all 14 teams in the league to determine which events are best for our entries. Entries are then distributed to our team based on placement amongst top times, meet performance, practice performance, and consistency. Finals team members incur a fee for the finals apparel and MICSA Championships.

### **PAPER PLATE AWARDS, TEAM BANQUET, AND FINALS PARTY**

During Finals week, Paper Plate Awards and swimmer's plaques will be distributed at the Plates, Pasta, Plaques Dinner. Special Awards highlighting the season (E.g. Most Improved, Brutally Aggressive, Sharkmanship, etc.) will take place at the Finals party. The Finals party will be held at the BAC in the evening after Finals conclude. ALL swimmers and families are encouraged to attend these events. Based on member feedback, we have opted to merge our banquet into these two events, in lieu of a standalone banquet event. More information to be provided closer to these events. Families are charged per person.