



Quail Valley  
Swim & Racquet Club

# Swim Team Handbook 2019

[www.quail-valley.org/swim-team/](http://www.quail-valley.org/swim-team/)

1336 Country Squire Drive Columbia, SC 29212

Mailing address: PO Box 65 Irmo, SC 29063

(803) 781-2984

*Co-Head Coaches Alec Rutkowski and Cindy Sommers, along with their assistant coaches, teach new swimmers the basics and help advanced swimmers improve their competitive strokes.*

*The Quail Valley Swim Team competes in the Columbia Swim League (CSL) and is consistently on the medal stand at the CSL City Championship meet. Last summer, Quail Valley **WON** City Meet and is the 2018 Columbia Swim League Champion!*

#### **Handful of award highlights earned by the [Quail Valley Swim Team](#)**

- ◆ **Winning record 16 of the last 17 seasons**
- ◆ **Finished in the top 5 in the City Championship Meet 13 of the last 14 years**
- ◆ **2018 City Meet Champions**
- ◆ **2017 2nd Place Team at City Meet**
- ◆ **2016 3rd Place Team at City Meet**
- ◆ **2015 3rd Place Team at City Meet**
- ◆ **2015 Sportsmanship Award**
- ◆ **2014 3rd Place Team at City Meet**
- ◆ **2014 Sportsmanship Award**
- ◆ **2013 Sportsmanship Award**
- ◆ **2013 winner, Splashpoint City Championship**
- ◆ **2013 West Large Division Sportsmanship Award**
- ◆ **2011 Division Champions**
- ◆ **2011 Winner, Splashpoint City Championship**
- ◆ **2008 Runner-up, Splashpoint City Championship**
- ◆ **2006 Division Champions**

# Contact Information

## Head Competition Coach

❖ Alec Rutkowski

## Head Coach/Manager

❖ Cindy Sommers

## Assistant Coaches

◆ Claire Ouzts

◆ Reanna Wrecsics

◆ Erin Medlock

◆ Hannah Nates

◆ Jack Wright

◆ Ike Mayall

◆ Caroline Culbreath

◆ Sally Ouzts

◆ Addy Strickland

## Swim Team Coordinator

❖ Jennifer Barkevich

[qvswimteam@gmail.com](mailto:qvswimteam@gmail.com)

## Swim Instructors Available to teach One-on-One Private Swim Lessons

◆ Alec Rutkowski

◆ Claire Ouzts

◆ Reanna Wrecsics

◆ Erin Medlock

◆ Ike Mayall

◆ Caroline Culbreath

◆ Addy Strickland

## **Little Quails Program**

*For Developmental Swim Team Members – \$185 for the 4 week program*

- For Little Quails Program information – contact Coach Cindy Sommers

### **Little Quails**

- **Pre-swim team** developmental program
    - **Swimmers 3 to 5 years old** working on water adjustment and beginner swimmer skills.
  - Columbia Swim League does not allow 3 year olds to participate in the meets.
    - All 3 year olds will participate with Little Quails
    - 4 and 5 year olds will be screened on **Monday, May 6<sup>th</sup>**
      - Determine if they should participate with 6 and under swim team practice starting on **Tuesday, May 7<sup>th</sup>**
- \*\*\* OR \*\*\*
- Begin with the Little Quails pre-swim team program starting on **Monday, June 10<sup>th</sup> at 10:00 am**
  - Little Quails do NOT participate in swim meets
    - 4 and 5 year old Little Quails may be moved up to the 6 and under practice if their progress warrants.
    - 4 and 5 year old swimmers comfortable putting their faces in the water for FIVE or more seconds, blowing bubbles and performing front and back floats will be placed in the **6 and under swim team practice**.
  - **Tuesday, May 7<sup>th</sup>** is the first full practice for swimmers age 8 and under.
    - Swimmers ages 4 to 6 may participate in swim meets as soon as they can swim an entire length of the pool independently.

### **Little Quails**

- Practices begin **Monday, June 10th continuing through Wednesday, July 10th**
    - Monday to Friday
      - 10:00 to 10:30 am
- \*\*\* OR \*\*\*
- 10:30 to 11:00 am

**\*\*Note: NO practice on July 4 for the Independence Day holiday\*\***

## **Important Dates**

### After school practices start:

**May 6<sup>th</sup> [Monday]**

**10 & under:** 4:30 to 5:15pm

**11 & up:** 5:30 to 6:30pm

### Morning practices start:

**June 10<sup>th</sup> [Monday]**

**10 & under:** 9:00 to 10:00am

**11 & up:** 10:00 to 11:00am

**Little Quails:** 10:00 to 11:00am

## **Swim Meet Schedule**

**June 10 [Monday]**    B meet – Topspin [**HOME**]

**June 13 [Thursday]**    A meet – Murraywood [**HOME**]

**June 17 [Monday]**    B meet @ Edenwood  
300 NORTH EDEN DRIVE    CAYCE, SC 29033

**June 20 [Thursday]**    A meet @ YMCA Seals  
1501 KENNERLY ROAD    IRMO, SC 29063

**June 24 [Monday]**    B meet – Governor’s Grant [**HOME**]

**June 27 [Thursday]**    A meet – Quail Hollow [**HOME**]

**July 1 [Monday]**    A meet @ Country Club of Lexington (CCL)  
1066 BARR ROAD    LEXINGTON, SC 29072

**July 8 [Monday]**    B meet @ Golden Hills  
100 SCOTLAND DRIVE    LEXINGTON, SC 29072

**July 13-14 [Saturday & Sunday]** CSL City Meet @ USC Blatt Center  
1400 WHEAT STREET    COLUMBIA, SC 29201

**July 15 [Monday] 6 pm** QV Swim Team Banquet @ QVSR Club

**Other dates:**            **June 14 [Friday]**    Team pictures at QV pool    9:30 to 10:30am  
   **TBD**                            Kids Kick Cancer at QV pool    [Donations due by 7/7/19]

## **What to Expect At Swim Meets**

### Warm ups

#### ❖ Home Meets

- ◆ On deck at Quail Valley by 4:45pm
- ◆ Warm up 5:00 to 5:30pm

#### ❖ Away Meets

- ◆ On deck at Quail Valley by 5:15pm
- ◆ Warm up 5:30 to 6:00pm

\*\*\* ALL meets start at 6:00pm \*\*\*

### **A meets [Dual Meets] and B meets [Exhibition Meets]**

- Age groups for girls and boys
  - 6 and under exhibition
  - 8 and under
  - 9 and 10
  - 11 and 12
  - 13 and 14
  - 15 through 18
- Order of events
  - Butterfly
  - Backstroke
  - Medley relay [Butterfly, Backstroke, Breaststroke, Freestyle]
  - Breaststroke
  - Freestyle
  - Freestyle relay
- Distances for events
  - **6 and under:** Exhibition freestyle events at start of the meet
    - Swim 1 length of the pool
  - **8 and under**
    - Individual events: Swim 1 length of the pool
    - Relay events: 4 swimmers
      - Each swim 1 length of the pool
  - **9 through 18**
    - Individual events: Swim 2 lengths of the pool
    - Relay events: 4 swimmers
      - Each swim 2 lengths of the pool

\*\*\* Swimmers may participate in MAX of 3 individual events and 2 relay events\*\*\*

## **A Meets [Dual Meets]**

### **Roles needed to conduct A Meets [Dual Meets ] – Scored Meets**

**Officials** – Provided by each team as follows:

- **Referee**
  - Provided by the **HOST/HOME** team
  - All referees must re-qualify **each year**
- **Starter**
  - Provided by the **HOST/HOME** team
- **Scorer**
  - **ONE** scorer provided by **EACH** team.
  - **HOST/HOME** team is responsible for ensuring that an appropriate computer and printer are available for use in scoring the meet
- **Stroke and Turn Judges**
  - **Two** qualified judges provided by **EACH** team.
  - All stroke and turn judges must re-qualify **each year** by attending at least one officials' clinic at the beginning of the season
- **Timers**
  - **ONE** head timer
  - **TWO** timers per lane provided by **HOME** team
  - **ONE** timer per lane provided by **VISITING** team to record for lane

## **B Meets [Exhibition]**

### **Roles needed to conduct B Meets [Exhibition Meets] – Unscored Meets**

**Officials** – Provided by each team as follows:

- **Starter**
  - Provided by the **HOST/HOME** team
- **Timers**
  - **ONE** head timer
  - **ONE** timer per lane provided by **HOME** team
  - **ONE** timer per lane provided by **VISITING** team to record for lane

**STROKE & TURN CLINICS:**

**May 22 [WEDNESDAY] at 6:00pm**

Harbison Recreation

May 29 [WEDNESDAY] at 6:00pm  
June 8 [SATURDAY]

Country Club of Lexington  
Quail Valley

### **What Is Needed for Swim Meet?**

#### **Swimmer List:**

- Quail Valley swimsuit [order info below]
- Quail Valley swim cap
- One pair of goggles [2 pair preferred in case one breaks]
- Towel for warm-up and meet
- Sunscreen
- Snacks or cash for purchase at Quail Valley
- Water bottle
- Chair

#### **Parent List:**

- Cash – for swim meet concessions
- Snacks
- Sunglasses and/or a hat
- Chair
- More sunscreen
- *Voice for cheering* 😊
  - The louder the crowd, the more exciting swimming!

### **Swimsuit and Equipment Orders**

Order swim suits and equipment directly from supplier, **August Swim Supply**.

To order: Access via website below and click on Team Login

<http://augustaswim.com/>

Team Login:  
Username: **qv**  
Password: **1234**



# Thank you to 2019 Quail Valley Swim Team Sponsors!

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