



Quail Valley
Swim & Racquet Club

Swim Team Handbook

2024

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 Cindy Sommers and Erin Medlock, 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, 2022, and 2023 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
- ◆ 2023 City Meet Champions
- ◆ 2022 City Meet Champions
- ◆ 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

❖ Cindy Sommers

Head Coach/Manager

❖ Erin Medlock

Assistant Coaches

◆ Addy Strickland

◆ Caleb Purini

◆ Ryan Ezekiel

◆ Sally Ouzts

◆ Hannah Drum

◆ Wyatt Ford

◆ Hannah Hardaway

◆ Joani Oliver

◆ Ella Black

Swim Team Coordinator

❖ Caroline Culbreath

qvsrmembership@gmail.com

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

◆ Addy Strickland

◆ Hannah Hardaway

◆ Hannah Drum

◆ Joani Oliver

◆ Caroline Culbreath

◆ Hannah Drum

Little Quails Program

For Developmental Swim Team Members – \$200 for non-member and \$85 for members

- For Little Quails Program information – contact Caroline Culbreath

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 old's to participate in the meets.
- All 3 year old's will participate with Little Quails
- 4 and 5 year old's will be screened on **Monday, May 6th**
 - Determine if they should participate with 6 and under swim team practice starting on **Tuesday, May 7th** or start with little quails on **Tuesday, May 7th**
- 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 7th** is the first full practice for swimmers aged 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.

Important Dates

After school practices start: May 6th [Monday]

Ages 8 & under and little quails: 4:30 to 5:15pm

Ages 9 - 11: 5:15 to 6:00 pm

Ages 13 and up: 6:00 to 7:00 pm

Morning practices start: June 3rd [Monday]

Ages 8 & under and little quails: 8:30 to 9:30 am

Ages 9 - 11: 9:30 to 10:30 am

Ages 13 and up: 10:30 to 11:30 am

Swim Meet Schedule

May 30 [Thursday] B meet – Timberlake [HOME]

June 3 [Monday] B meet @ Quail Hollow

131 BLACKHAWK TRAIL WEST COLUMBIA, SC 29169

June 6 [Thursday] A meet @ Murraywood

250 CEDARBROOK DRIVE COLUMBIA, SC 29212

June 10 [Monday] B meet – Carolina Blue Waves [HOME]

June 13 [Thursday] A meet – Governor’s Grant [HOME]

June 17 [Monday] B meet – Topspin [HOME]

June 20 [Thursday] A meet @ Country Club of Lexington (CCL)

1066 BARR ROAD LEXINGTON, SC 29072

June 24 [Monday] A meet @ Golden Hills

100 SCOTLAND DRIVE LEXINGTON, SC 29072

June 27 [Thursday] B meet – Edenwood and Timberlake [HOME]

June 29-30 [Saturday & Sunday] CSL City Meet @ USC Blatt Center

1400 WHEAT STREET COLUMBIA, SC 29201

July 1 [Monday] 6 pm QV Swim Team Banquet @ QVSR Club

What to Expect at Swim Meets

Warmups

❖ Home Meets

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

❖ Away Meets

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

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

A meet [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***

Home Meets – Swim in **ODD** lanes Away Meets – Swim in **EVEN** lanes.

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

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 swimsuits 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!!

Quail Valley Swim & Racquet Club

Pool Drop Off Loop / Clubhouse Address:
1336 Country Squire Dr.
Columbia, SC 29212

Club Parking Lot Address:
254 Hunters Blind Dr.
Columbia, SC 29212

Quail Valley Swim Team Meet Parking



Quail Valley Team Parking

Drop Off Loop

Handicap Parking

No Parking in this Section

Visitor Team Parking

Please do not block driveways

Please park on only one side of the street



Google