

Junior Bullfrogs Handbook

Practices, Swim Meets, and everything in between!

Summer 2018

Butterfield Bullfrogs Swim Team



Table of Contents

Welcome to the Junior Bullfrogs	2
Practice Schedule	2 & 3
Meet Information	4
Swim Meet Event Sheet	5
Swim Meet Event Terms	6
Glossary	7 & 8

Welcome to the Junior Bullfrogs!

The “Junior Bullfrogs” is a swim team based program that provides prospective swimmers a chance to see what being on the Butterfield Bullfrogs Swim Team is all about! Your child will have the opportunity to learn, practice, and even experience swim meets just like the other kids on the Bullfrogs Swim Team. This is your child’s chance to really see if the Butterfield Bullfrogs is something they would want to participate in!

Questions for the coach?

Email: bullfrogs@butterfieldpd.com

Practice Schedule

Junior Bullfrogs practice three times a week beginning on May 29

PRESEASON: May 29, May 31 and June 1 - 5:45-6:45pm

REGULAR SEASON PRACTICE

Junior Bullfrogs practice will be Monday, Tuesday & Thursday every week. Practice starts promptly at 9:30am and ends at 10:15am. It is imperative that swimmers come to practice prepared and on time. Swimmers should meet on the pool deck with necessary supplies. This will help your child get into the routine of things and it will make the practice more beneficial and fun!

Each swimmer should come to practice with:

- Swim suit
- Cap (for girls)
- Goggles
- Towel

What Junior Bullfrogs do at practice?

Your Junior Bullfrogs coach will guide each practice with workouts to provide the following:

- Build endurance
- Learn technique
- Learn Strokes- Butterfly, Freestyle, Backstroke and Breaststroke
- Learn turns, starts and finishes
- Fun and safe environment for all swimmers!!

**Practices are very rarely cancelled. If the weather is unsuitable for swimming, swimmers will exercise inside the Park District Building.*

IMPORTANT

**Make sure to login to our team website <https://butterfieldbullfrogs.swimtopia.com/>
for up to date team information.**

****Note: login information will be emailed to the email address we have on file with registration information. Please make sure you RSVP for the home swim meets you would like your child to participate in.***

Meet Information

The Junior Bullfrogs will participate in selected meets throughout the season. During these meets they will be able to swim in **exhibition** races which will give them the opportunity to see what races will be like. We would like to have each Junior Bullfrog swim in at least one home meet so they will be able to participate in “B” Conference if they so choose.

What to do at a Swim Meet

1. It is important that you check in on the **Bullpen** line-up sheet by writing a check mark next to your child’s name or crossing out your child’s name. This helps us make sure everyone is at the meet and able to swim in their scheduled races.
2. Check the team **line-up** for your events at the beginning of each meet. Make sure you write the numbers of each **event** on your hand and the back of your swimmers hand to help you remember what races they are in.
3. After you swim, get out of the pool as quick as possible; ask the timer for your time, then go immediately to your coach.
4. When the coach is finished talking with you, go directly to the Team Bullpen. We should always be able to locate your child during a meet. It will help the Bullpen parent when getting the swimmers to the **Clerk of Course**.
5. If you are near the pool and you hear “Quiet for the start!” make sure you quiet down so the swimmers and timers can hear the start.

****It is very important for you and your swimmer to pay attention to the races that are being called. It will keep the meet running efficiently if your child is on time to their race. ****

What to Bring to the Meet

- Multiple Towels (one for each race)
- Cap
- Goggles (maybe an extra pair)
- Warm Clothes
- Healthy Snacks
- Activity (something to do while you wait)

SWIM MEET EVENT SHEET**Highlighted events are the events your child will be participating in**

Girls Event #	Age Level	Event	Boys Event #
1	8 and Under	100 Yard Medley Relay	2
3	9 -10	200 Yard Medley Relay	4
5	11-12	200 Yard Medley Relay	6
7	13-14	200 Yard Medley Relay	8
9	15-18	200 Yard Medley Relay	10
11	8 and Under	25 Yard Freestyle	12
13	9-10	50 Yard Freestyle	14
15	11-12	50 Yard Freestyle	16
17	13-14	50 Yard Freestyle	18
19	15-18	50 Yard Freestyle	20
21	8 and Under	100 Yard Freestyle Relay	22
23	9-10	100 Yard Individual Medley	24
25	11-12	100 Yard Individual Medley	26
27	13-14	100 Yard Individual Medley	28
29	15-18	100 Yard Individual Medley	30
31	8 and Under	50 Yard Freestyle	32
33	9-10	100 Yard Freestyle	34
35	11-12	100 Yard Freestyle	36
37	13-14	100 Yard Freestyle	38
39	15-18	100 Yard Freestyle	40
41	8 and Under	25 Yard Butterfly	42
43	9-10	50 Yard Butterfly	44
45	11-12	50 Yard Butterfly	46
47	13-14	50 Yard Butterfly	48
49	15-18	50 Yard Butterfly	50
51	8 and Under	25 Yard Backstroke	52
53	9-10	50 Yard Backstroke	54
55	11-12	50 Yard Backstroke	56
57	13-14	50 Yard Backstroke	58
59	15-18	50 Yard Backstroke	60
61	8 and Under	25 Yard Breaststroke	62
63	9-10	50 Yard Breaststroke	64
65	11-12	50 Yard Breaststroke	66
67	13-14	50 Yard Breaststroke	68
69	15-18	50 Yard Breaststroke	70
71	9-10	200 Yard Freestyle Relay	72
73	11-12	200 Yard Freestyle Relay	74
75	13-14	200 Yard Freestyle Relay	76
77	15-18	200 Yard Freestyle Relay	78

SWIM MEET EVENT TERMS

Event#- The event numbers indicate the race that you will be swimming. Boys swim even numbered races and girls swim odd. Pay attention to these numbers that way you know when you will be swimming.

100 Yard Medley Relay- The 100 Yard Medley Relay involves 4 swimmers. Each swimmer will swim 25 yards (1 lap) of a specific stroke. The Medley Relay order for strokes is Backstroke, Breaststroke, Butterfly, and Freestyle.

200 Yard Medley Relay- The 200 Yard Medley relay also involves 4 swimmers. Each swimmer will swim 50 yards (2 laps) of a specific stroke. The Medley Relay order for strokes is Backstroke, Breaststroke, Butterfly, and Freestyle.

25 Yard Freestyle- The 25 Yard Freestyle is an individual event in which the swimmer will swim 25 yards (1 Lap) of Freestyle.

50 Yard Freestyle- The 50 Yard Freestyle is an individual event in which the swimmer will swim 50 yards (2 Laps) of Freestyle.

100 Yard Freestyle Relay- The 100 Yard Freestyle Relay involves 4 swimmers. Each swimmer will swim 25 yards (1 Lap) of Freestyle.

100 Yard Individual Medley- The 100 Yard Individual Medley is one swimmer completing 100 yards (4 Laps) of the strokes. The order for the individual medley strokes are Butterfly, Backstroke, Breaststroke, Freestyle.

50 Yard Freestyle- The 50 Yard Freestyle is an individual event where the swimmer completes 50 yards (2 Laps) of Freestyle.

100 Yard Freestyle- The 100 Yard Freestyle is an individual event where the swimmer completes 100 yards (4 Laps) of Freestyle.

200 Yard Freestyle Relay- The 200 Yard Freestyle Relay involves 4 swimmers. Each swimmer will swim 50 yards (2 Laps) of Freestyle.

Glossary

Backstroke- This stroke the swimmers lie on their backs, arms going backwards (in a windmill motion) and the legs kick flutter kick.

Bullpen- The bullpen is the area in which all the swimmers sit during the meet as they wait for their race number. The Bullpen parents are in charge of getting the swimmers from the bullpen to the clerk of course on time for their races. Keeping the younger swimmers in the bullpen is important that way the coaches or bullpen parents can locate the swimmers at all times.

Butterfly- This stroke the swimmers bring both arms down at their sides, back behind them, up and around at the same time. It is important that the swimmers feet stay together and do “dolphin” kicks. Be sure to touch both walls with both hands at the same time.

Breaststroke- This stroke is practiced on the stomach. The swimmers hands push out in front of them, pull around and go out right back in front. It is important that their hands never go past their waist. Their feet will do a “frog” kick where their feet go around in a circle motion. Be sure to touch both walls with both hands at the same.

Clerk of Course- The clerk of course is the station at the swim meet where swimmers receive their time cards and get lined up for their race. It is imperative that the swimmers get here in a good amount of time so they can be placed in the appropriate lanes. Only the swimmers themselves or coaches are allowed to get the time cards of the swimmers.

Event- Event is another term used for race. You will hear both so be aware that they just mean the same thing.

Exhibition- Exhibition races are races in which the swimmer participates in to better their own times. There is no first or last, it’s all about beating their times. Junior Bullfrogs swim in these races due to the fact that they are not actually participating in the actual meet.

Flip Turn- These are the quickest way off the walls during freestyle and backstroke. As you swim towards the wall you do a forwards somersault and push off the wall into a stream line.

Freestyle- Freestyle is the most common stroke that the swimmers will use. It is practiced on their stomachs with both arms moving in a forward motion. The arm goes back behind them, up in the air, and into the water. The feet kick flutter kick, which is just up and down.

Heat- There might be too many people in a race to all swim at the same time, so there can be multiple heats. This makes it possible to get more swimmers into the water.

Lane- These are the different sections of the pool. Each swimmer will have their own lane that they race in.

Line-up- The line-up is the sheet that lists all the races that the swimmers will be racing for that specific meet. It is important that the swimmers check what races they're in before the meet starts that way they can warm those specific stroke up during warm-ups. The line ups are made days before the meet so make sure to let the coaches know if your child will or will not be a meet that you previously stated otherwise.

Streamline- Streamlines are very important for speed and time. After you push off the wall or dive into the pool, put your arms up above your head, hands one on top of the other and squeeze your ears with your arms.

Time Card- The time cards are given to the swimmers at the clerk of course. The cards have their names on them and the timers at each lane will write the swimmers times on them after they swim. These help make it easier to keep track of all the times the swimmer has throughout the season.

Under-Water Pull- These are used in breaststroke. After you push off the wall do a breaststroke arm pull, a breaststroke kick, followed by another pull which brings them up to the surface of the water.

Warm Ups- These are how the swimmers get ready for their races. It is important that all the swimmers are at warm-ups. They are at the beginning of each meet and practice. If a swimmer is not at warm-ups during the meet, they can and will be scratched from the meet.