

Shawnee Sharks Swim and Dive Team



2026



Shawnee Sharks 2026 Handbook



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SHAWNEE SHARKS DIRECTORY

Head Swim Coach	Becky Davis	Email: ShawneeSharksSwim@gmail.com Cell: (913) 416-2478
Head Dive Coach	Jeff Mix	Email: ShawneeSharksDive@gmail.com
Aquatics Specialist	Rylan Davis	Email: rdavis@cityofshawnee.org Office: (913) 742-6410
Swim Team Parent Reps	Emily Davies	Email: Emgood80@gmail.com Cell: (913) 708-3809
	Zach Davies	Email: zdavies001@gmail.com Cell: (785) 840-7099
Inclement Weather Line		(913) 815-2122
Thomas A. Soetaert Aquatic Center		(913) 631-0054
Shawnee Civic Center		(913) 651-5200

WELCOME TO THE 2026 SEASON!

Welcome to all swimmers, divers, and families. We hope this season will be exciting and successful! If you are a returning Shark, welcome back! If you are new to the Shark family, we are so happy you are here and look forward to getting to know you and showing all the wonderful things about being a Shark! By focusing on building skills in the pool, spirit, and teamwork, we will have a successful, rewarding, and fun season.

Success can be measured in many ways, but success for the Shawnee Sharks Swim & Dive Team is based on individual effort and improvement, not how many meets we win or ribbons brought home. If we focus on bettering ourselves every day, those achievements will come. For swimming, we race against the clock, not necessarily other swimmers, so a personal best time (regardless of place) is an achievement to celebrate. For diving, learning a new dive, perfecting an existing one, or increasing degree of difficulty (D.D.) is our goal.

Swim and dive meets are fun, family-oriented events. They require considerable effort from everyone, including athletes, coaches, officials/judges, and parents. Athletes learn responsibility, teamwork, and sportsmanship and become healthy, strong swimmers and divers—regardless of speed or D.D.

SWIM & DIVE COACHES

HEAD SWIM COACH

Becky Davis is a lifelong swimmer with over 40 years of swimming experience and nearly 20 years coaching. She started on a team at four years old and swam summer league, age group, and Masters. She has coached summer league, age group, and high school and is certified through the American Swim Coaches Association. This is her fifth year coaching the Sharks, but her first year as Head Coach of both competitive and pre-comp groups. In real life, Becky is better known as “Mom” to her three boys (who are all Sharks) and “Dr. Davis” to her students at UMKC, where she has taught since 2012. She has degrees in History and Education from James Madison University and a PhD in History from the University of South Carolina.

ASSISTANT SWIM COACHES

Mac Herbst has been swimming his entire life, with beginnings on the Shawnee Sharks himself. He swam for Shawnee Mission Northwest High School all four years and earned league titles and state medals as a team captain. Mac is a Freshman at Kansas State University studying Civil Engineering where he also plays a lot of pickleball. This is his first year coaching the Sharks.

Elizabeth Hirt swam competitively starting at age 7 and worked as a lifeguard, swim instructor, and pool manager. She met her husband at KU and they settled down in Shawnee where she taught swim lessons and elementary school. She has 3 young kiddos and a sweet puppy that keep her busy at home. She started coaching for the Blazers last fall and this is her first year coaching the Sharks.

Melissa Knapp came to coaching with a deep appreciation for the sport and a passion for helping swimmers grow in confidence, skill, and connection. She began coaching the Sharks in 2019 and coaches Masters swimmers with a Level 2 Masters Coach Certification. She is also an ACSM certified trainer. Melissa serves as the Head Coach for the girls swim team at De Soto High School. Under her leadership, the Wildcats have earned top-three finishes every season, and she is a three-time UKC Coach of the Year.

Logan Myers is a lifelong Shark who swam on the team from 2011-19, as well at Mill Valley High School, on the Bonner Springs Ducks, and at Barton during his freshman year. Logan has been the head coach for the De Soto High School boys swim and dive team for the past three seasons and currently is an assistant coach for both the Mill Valley and De Soto girls swim teams. This is his fifth summer coaching the Sharks. Outside coaching, Logan is a lifeguard instructor and serves as a manager for the City of Overland Park.

HEAD DIVE COACH

Jeff Mix: bio coming soon...

ASSISTANT DIVE COACH

TBD



IMPORTANT DATES



Date	Time	Event
Wed, 4/29	5:30-7:00pm	Parent Meeting at Shawnee Civic Center with team suit try-on
Sat, 5/16	5:00-7:00pm	Team suit try-on (5-6pm) followed by Pre-Season Swimmer Evaluation (6-7pm) at Shawnee Mission Northwest High School pool **any swimmer/diver can come for suit try-on, but the evaluation is for all new swimmers and 2025 pre-comp swimmers wanting to move up to comp**
Tues, 5/26		1 st day of swim and dive practice
Sun, 5/31		Last day to register for season
Wed, 6/17		2027 Team T-shirt Design entries due
Fri, 6/19		Picture Day during practice
Fri, 6/26		Last day of pre-comp practice
Wed, 7/8	8:15am	All-City Swim Meet at the Jewish Community Center (warmups at 7:00am)
Thurs, 7/9	8:15am	All-City Swim Meet rainout date
Fri, 7/10	5:00pm	All-City Dive Meet (7U, 9U, & 11U divers) at Leawood (warmups at 4:00pm)
Sat, 7/11	8:00am	All-City Dive Meet (13U, 15U, & 18U divers) at Leawood (warmups at 7:00am)
	5:00pm	Swim & Dive Team Awards Banquet, Pool Party, & Movie Night
Sun, 7/12	8:00am	All-City Dive Meet rainout date



TEAM SUIT, T-SHIRTS, & EQUIPMENT



Team Suit

- Order the team suit through [our SwimOutlet team store](#). There are different style options to meet athlete preference. The team suit is optional but recommended since it is essentially our team uniform. Sample suits will be available for try-on for sizing at the parent meeting as well as from 5-6pm on Saturday, May 16 before the pre-season evaluation at Shawnee Mission Northwest High School.

Team Swim Cap

- Team swim caps are highly recommended for swimmers, especially those with longer hair. Purchase during registration or at the Civic Center.

Team T-Shirt

- Every Shark athlete receives one free team T-shirt. You can purchase additional shirts when you register.

Equipment

- **All swimmers need a pair of goggles** (fair warning—swimmers misplace their goggles All.The.Time. Check the lost and found if you lose yours or need to borrow a pair, but having backup goggles is always a good plan). The [team store](#) has recommended brands/styles.
- **Advanced Competitive Swimmers need a pair of fins designed for lap swimming** (not huge stiff ones for snorkeling/scuba diving). They range in price and quality and [there are options in the team store](#). Email Coach Becky if you need help picking. We know swimmers (and their feet!) grow quickly, so we will have a fin trade each season so swimmers can find a used pair from a teammate without having to buy a new pair every year.



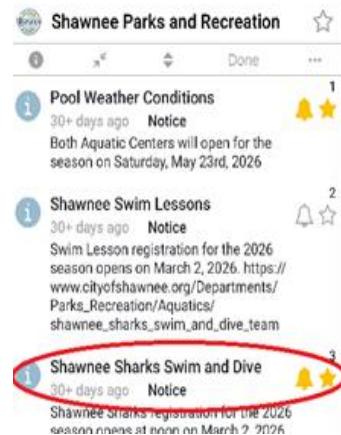
INCLEMENT WEATHER POLICY



Notification System

Stay informed about pool closures and practice/meet cancellations or delays by:

- **Calling (913) 815-2122 (press 3 for Swim/Dive Team)**
- **Checking the Statusfy app.** To download/set up:
 - Download from [Google Play](#) or [App Store](#)
 - Once in app, search “Shawnee Parks and Recreation.”
 - Find “Shawnee Sharks Swim and Dive” from list of programs.
 - Click the star to make it a favorite and the bell for alerts.
- **Checking email** for updates from coaches.



For Practice

- The start of the season often comes with chilly mornings and cold water, but our season is **SHORT** and we need to maximize practice times even when the weather is uncomfortable. We hold practice if the air temperature is at least **60 degrees** by the start of practice. Use your discretion as a parent and keep your athlete home if that is too cold for them. If they come to practice, however, coaches expect full participation. Swim practice can happen in the rain if it is not too heavy and there is no lightning or thunder. Rain may cancel dive practice, however, since slippery diving boards can be hazardous.
- Track notifications through inclement weather notification system outlined above. Weather cancellations and delays are often last-minute decisions. If in doubt—come to the pool.
- The pool uses a lightning detection device and lifeguards clear the pool if lightning is present. If bad weather is forecasted, make a plan for how to get your athlete if practice is called early or cancelled.

For Meets

- We make every attempt to hold meets as scheduled since they are not rescheduled (All-City meets do have rainout dates, though). This may mean a delay while a storm passes until we can safely start/resume. The host pool makes the final call on whether to cancel. Safety is the primary concern. Always report to the meet, regardless of weather. Check Statusfy and email for updates.

AGE GROUP CLASSIFICATION

Age groups are determined by the athlete’s age on **June 1, 2026**.

7&under (not used in competitive swim)	13&under
9&under	15&under
11&under	18&under

Coaches may compete an athlete in a higher age group to help the team and/or give them more opportunities to compete (such as a swimmer in a relay or to give a diver more dives to compete).

SWIM TEAM COMMUNICATION

Communication From Coaches

Expect a weekly email with an overview of upcoming meets, reminders, and team events. Coaches also use email to announce practice cancellations for inclement weather and other last-minute things. ***Subscribe to the appropriate team email below so you are informed (this is a new email distribution list, so subscribe even if you already receive emails).*** Follow these steps:

1. Sign in to groups.google.com. If you do not use Gmail, you can register with whatever non-Gmail email address you like (e.g., Outlook, Yahoo, Hotmail, or work email) to join the group.
2. Search for the group.
 - a. **Pre-comp group name:** sharkswimprecomp
 - b. **Competitive group name:** sharkswimcomp
3. Click "Join group," then "Apply to join" to request access.
4. If you have pre-comp AND competitive swimmers, join both groups.

Communication to Coaches

Coaches are happy to answer questions, discuss concerns, and talk about your swimmer(s). We prefer talking before or after practice or via phone/text/email, but NOT during practice since we need to focus on coaching. Becky prefers email, but—if you need to reach her quickly (your swimmer is sick and you need to scratch them from the meet, for example)—calling or texting is perfectly fine (email anytime, but please do not call/text after 9pm. Expect a response within 24 hours, except on weekends).

You do NOT need to inform us if your athlete will miss an occasional practice, but it is helpful to inform us if there is something serious going on and/or it will be an extended or recurring absence .

We are busy during meets and ask parents to avoid calling on us unless it is absolutely necessary (such as your swimmer cannot make it to a meet after all, they become sick or are injured during the meet and need to leave early, there is a mistake in the results—like incorrect time/placement/DQ—and you have evidence to challenge it). Whenever possible, solicit help from the parent reps, other parents, or experienced swimmers.

POOL ADMITTANCE POLICIES

Our pool:

- **During practices:** Swimmers/divers should be inside the fence during their assigned practice times and then exit the pool area. Parents, grandparents, siblings, babysitters, etc. must stay outside the fence. This provides a more focused atmosphere for athletes and coaches. The facility also has many other concurrent programs and this policy maintains proper surveillance and patron safety.
- **During meets:** only meet participants (swimmers/divers competing, pool staff, and volunteers) are allowed on deck. Everyone else must remain in designated viewing areas. If you want a better view, sign up to volunteer (like being a timer, stroke judge, runner, or hospitality).

Other pools in our league:

- Each pool establishes its own rules. Some allow spectators within the gates during meets while others do not. Please comply with each host location's guidelines. Some facilities have areas that remain open during meets, such as indoor pools and water slides. These facilities are NOT open to our athletes or families when we are a guest team.

PRE-COMPETITIVE SWIM TEAM

The pre-competitive (pre-comp) team is for swimmers ages 5-13. Swimmers **MUST** be able to swim 25 meters of freestyle and backstroke at the start of the season (this does not have to be continuous and swimmers can hold onto the lane line for a quick break as needed). Swimmers need to have the skills necessary to be safe in water that is at least 5 feet deep. Coaches often get in the pool for demonstrations and stroke instruction, but **if the swimmer *requires* a coach in the water with them to ensure their safety, they are not ready for swim team and should consider enrolling in swim lessons.**

Coaches teach all four strokes (freestyle, backstroke, breaststroke, and butterfly), safe diving from the side and blocks, and help build confidence, strength, and endurance. Pre-comp's primary emphasis is introducing young swimmers to competitive swimming and increasing endurance. **Coaches assess swimmers during the pre-season evaluation on Saturday, May 16 from 6-7pm at the Shawnee Mission Northwest High School pool** (12701 W. 67th St; Shawnee, KS 66216) and determine if the swimmer is ready for swim team, which group is best (comp or pre-comp), and then which practice (advanced or beginner) they should attend. **Bring your swimmer(s) to this evaluation if they are new to the Sharks or they swam pre-comp last year and want to move to competitive this year.** Coaches will evaluate any swimmers who did not attend the pre-season session during the first week of practice to ensure proper placement.

Practices/meets are held in short course 25 yard/meter pools. Swimmers are only eligible to compete in pre-comp meets if they have not scored points in a competitive meet.

PRACTICE SCHEDULE:

We practice Monday-Friday. The first day of practice is Tuesday, May 26 and our last day is Friday, June 26.

- 10:15-11:15am: *Advanced pre-comp*¹
- 11:15am-12:00pm: *Beginner pre-comp*²

MEET SCHEDULE:

Date	Opponent	Location	Strokes Completed
Sat, June 6	Leawood & Overland Park	HOME—Thomas A. Soetaert A.C. (13805 Johnson Dr; Shawnee, 66216)	FR & BK
Sat, June 13	Jewish Community Center	AWAY—Jewish Community Center (5801 W. 115 th St; Overland Park, 66211)	FR, BK, & BR
Sat, June 20	Overland Park & Lenexa	AWAY—Young's Pool (8421 W. 77 th St; Overland Park, 66204)	FR, BK, BR, & Fly
Sat, June 27	Merriam	HOME—Thomas A. Soetaert A.C. (13805 Johnson Dr; Shawnee, 66216)	FR, BK, BR, & Fly

- **Arrive at pre-comp meets by 7:45am. Warm-ups start at 8:00am and meets start at 8:30am.** Meets go quickly and could be done by 9:00am, but 10:00am is possible for tri-meets and/or when we compete all four strokes.
- Pre-comp swimmers are never disqualified and every swimmer receives a ribbon for every event.
- There are no relays (though we like to do a fun coaches relay at the last home meet)
- Coaches may opt to move a pre-comp swimmer to the competitive team as their skills improve.

¹ Advanced Pre-competitive: can swim a strong 25 meters without assistance.

² Beginner Pre-competitive: not as strong but can still swim 25 meters without assistance.



COMPETITIVE SWIM TEAM



Competitive swim team is for swimmers ages 5-18 with a higher level of skill and endurance and are ready to compete in a recreational swim league against surrounding city teams. Our practices or (most) meets are in long course (50 meters). Some years we have a short course meet in a 25 meter/yard pool, but not this year. Coaches design workouts to increase speed and endurance with stroke instruction and racing strategies, plus ensure safe diving from blocks (though swimmers can dive from the side if desired).

PRACTICE SCHEDULE

We practice Monday-Friday. The first day of practice is Tuesday, May 26 and the last day for those not competing in All-City is Friday, July 3. Practice for All-City swimmers is Monday-Tuesday, July 6-7.

- *Advanced:* 7:30-9:00am
- *Beginner:* 8:40-10:00am

Competitive swimmers should bring a water bottle and running shoes for conditioning and dryland, especially the first couple of weeks when we have cooler temperatures.

OPTIONAL EVENING PRACTICE FOR 15U AND 18U SWIMMERS

If there is enough interest, 15U and 18U swimmers who have morning conflicts due to work and/or other sports can attend optional evening short course practices on **Mondays and/or Wednesdays from 6:30-8:00pm** (the schedule will vary by week depending on coach availability and swimmer needs). Coaches may discontinue these practices if attendance is routinely light. Talk with Coach Becky if you are interested and she can also provide workouts for independent practices. As swimmers get older and more involved, it gets more challenging to balance everything, so we want to try to keep our Shawnee Sharks as long as possible.

MEET SCHEDULE

Date	Opponent(s)	Location	Relay Type
Thurs, 6/4	Prairie Village	AWAY—Prairie Village (7711 Delmar Rd; Prairie Village, 66208)	Free
Thurs, 6/11	Olathe	AWAY—Black Bob Bay (14570 W. 151 st St; Olathe, 66062)	Medley
Thurs, 6/18	Fairway & JCC	HOME—Thomas A. Soetaert (13805 Johnson Dr; Shawnee, 66216)	Free
Thurs, 6/25	Merriam	HOME—Thomas A. Soetaert (13805 Johnson Dr; Shawnee, 66216)	Medley
Thurs, 7/2	Overland Park	AWAY—Young's Pool (8421 W. 77 th St; Overland Park, 66204)	Free
Wed, 7/8	All-City Meet	AWAY—Jewish CC (5801 W. 115 th St; Overland Park, 66211)	Free & Medley

- Competitive meets (except All-City) begin at 6:00pm, with first call to the Clerk of the Course at 5:50pm. Plan to arrive early for warm-ups (5:00pm for home and 5:15pm for away meets).
- Competitive meets typically end by 9:00pm, but can go later, all depending on who we are swimming and how efficiently the host pool runs their meet. We are a big team, so swimming another big team often means a longer meet.
- **It is impossible to run a fast meet without parent volunteers.** If you want to get home by 10:00pm (like we all do), volunteer to help make that happen.
- Swimmers are limited to three individual events, plus one relay. For larger or tri meets, teams may agree to reduce that to two individual events and one relay to run a faster meet.

ALL-CITY SWIM MEET

- All-City is on a Wednesday. It starts in the morning (warm-ups at 7:00am and first event at 8:15am) and typically goes until 2:00 or 3:00pm. It is an all-day thing on a weekday. In July. Come with your chair, a book, snacks, A LOT OF WATER, a vat of sunscreen, and all your patience.
- Per League rules, every team must supply All-City volunteers (the bigger the team, the more volunteer commitment required). Teams that do not meet the required allotment can be penalized. We know it is hard to take off in the middle of the week, but expect a call/text/email (likely all three) from coaches/parent reps asking for help if your swimmer is in All-City.
- Each team is allowed three entries per individual event and one entry per relay event. Since this is a championship meet, coaches pick swimmers with the fastest times to represent our team. Swimmers can swim up to three individual events and two relays. If a swimmer has one of the fastest times in more than three individual events, coaches decide which three events to enter them in and then take the next fastest swimmer in the other event(s). Coaches only consider fastest times swum for the Shawnee Sharks during the current season.
- Per League rules, a swimmer must compete in at least two regular season meets to be All-City eligible.
- Coaches send out the All-City roster the day after the last regular season meet.
- Practice on Monday-Tuesday, July 6-7 is only for All-City swimmers.
- The All-City Swim rainout date is Thursday, July 9.

SWIMTOPIA

[We use the SwimTopia app](#) for competitive meets (**pre-comp does not use SwimTopia**). You will receive a link after registering where you fill out family information and declare the swimmer's level of competition. At this point, your registration will pause pending approval. After city staff confirms full payment, you gain access to SwimTopia. **It is CRITICAL that you declare for every meet (even if your swimmer cannot be there) by the deadline (typically the Sunday before every meet)** otherwise be prepared for emails, texts, phone calls, and general pestering from coaches and/or parent reps:

- **For every meet, declare if your swimmer will be there. We need to know either way.** If there is a chance they will be there, declare yes. It is easier to scratch a swimmer from an event/the whole meet than add them later. If your swimmer needs to arrive late or leave early, put that in the notes and enter events you *think* they can compete in. If swimmers are undeclared by the deadline, coaches will not enter them in the meet. We can *try* to add them after entries are set, but there are no guarantees.
- If your swimmer will be at the meet, **you select the events they want to swim (no more than 3 individual)**. Coaches may adjust if we notice a mistake or need more coverage in other events. We might encourage swimmers to try a new event (even the 200 IM!!) if we feel they are ready. If a swimmer is declared for an event we know they cannot swim legally, we may remove them from that event until they demonstrate correct technique in practice with more coaching.
- **Indicate if your swimmer is available for relays.** Note: saying your swimmer is available does NOT guarantee them a spot. We include as many swimmers in relays as we can, but last-minute changes (a sick swimmer, for example) can scratch an entire relay if we do not have a replacement.
- SwimTopia is also where you sign up to volunteer at meets. Remember, **all families must volunteer at a minimum of two meets.**



Dive team is for all levels, from beginner to year-round athletes, who are ages 5-18. Participants should know how to dive from the side of the pool and be able to swim comfortably in 14 feet of water. Coaches teach safe and proper technique, introduce new dives/skills when the diver is ready, and select dives for competition. Swim and dive coaches work together to accommodate overlapping practice times so athletes can be on both teams. Coaches may recommend lessons before joining the team during the first week of practice.

PRACTICE SCHEDULE

We practice Monday-Friday. The first day of practice is Tuesday, May 26 and the last day for divers not going to All-City is Tuesday, July 7. All-City divers practice on Thursday-Friday, July 9-10.

- Advanced: 10:00-11:00am
- Beginner: 11:00am-12:00pm

MEET SCHEDULE

Date	Opponent	Location
Tues, June 9	Merriam	AWAY—Merriam Community Center (6040 Slater St; Merriam, 66202)
Tues, June 16	Leawood	AWAY—Leawood Aquatic Center (10601 Lee Blvd; Leawood, 66206)
Tues, June 23	Prairie Village	AWAY—Prairie Village (7711 Delmar Rd; Prairie Village, 66208)
Tues, June 30	Lenexa	HOME—Thomas A. Soetaert A.C. (13805 Johnson Dr; Shawnee, 66216)
Tues, July 7	Overland Park	HOME—Thomas A. Soetaert A.C. (13805 Johnson Dr; Shawnee, 66216)
Fri-Sat, July 10-11	All-City Meet	AWAY—Leawood (10601 Lee Blvd; Leawood, 66206)

- Dive meets begin at 6:00pm (except All-City). Arrive by 5:15pm for warm-ups, which start at 5:30pm. There is typically a second (shorter) warm-up for 13U, 15U, and 18U divers after the younger divers finish.

ALL-CITY MEET

- League Rules limit the number of divers we can take to All-City (2 per event with 1 alternate). Coaches will send out the All-City roster the day after the last regular season meet.
- Practice on Thursday-Friday, July 9-10 is only for All-City divers and one of those practices will be at the All-City host pool.
- All-City is split over two days:
 - Friday, July 10: 7U, 9U, and 11U age groups (warmups at 4:00pm; meet starts at 5:00pm)
 - Saturday, July 11: 13U, 15U, and 18U age groups (warmups at 7:00am; meet starts at 8:00am)
 - Sunday, July 12: rain makeup date

PARENT VOLUNTEERS

PARENT REP(S)

Each season has 1-2 designated parent reps for swim team who assist coaches with logistics (recruiting parent volunteers for meets, meet set up like getting heat/timer/stroke judge sheets ready, ribbons, and end of season awards. Talk to the current parent reps and Becky if you are interested for next season.

SWIM MEETS

Swim meets require more parent participation than many sports. We cannot run fast, efficient meets without help from all swim families. **Every swim family is therefore required to volunteer for at least two meets.** Most jobs are easy and require little/no training. All jobs are fun, plus most get you close to the action to see your swimmer(s) compete. We want to spread duties evenly so the burden does not fall on the same volunteers and families every week.

Volunteering for a pre-comp meet commits you to the entire meet (which is typically very short). Competitive meets are longer and divided into two shifts (1st half and 2nd half of the meet). Volunteer duties include:

- **Head Timer:** Signal starter when ready for next heat, assign timers to lanes, review timing/recording times process, check sheets to match swimmers, and backup timer (1 per home comp meet)
- **Timers:** Assigned a lane with 2 other timers. Time the swimmer in your lane, record time on the sheet and hand it to the runner. (12 per shift for home and away competitive meets; 6 per precomp meet)
- **Clerk of Course:** Check swimmers in for their events based on the heat sheet, combine heats as needed, and send them to the blocks. (1 per home comp meet)
- **Stroke Judge:** Observe swimmers to assure that starts, strokes, turns, and finishes comply with USA Swimming rules. Disqualify ALL swimmers not in compliance (yes, even the cute little ones). (2 per shift for home and away comp meets) ***Mandatory training (online videos plus session at practice with lead stroke judge)***
- **Positive Check-In:** Arrive early (approximately 4:45pm for home meets, and 5:00pm for away meets) to check in swimmers and volunteers. Alert coaches/parent rep of anyone missing. Job typically done before meet even starts! (2-3 for home and away comp meets)
- **Table Workers:** Organize and enter data for results. Note: this job is inside out of the sun and in the A/C. Table workers also can step away to watch their swimmers (2 for home competitive meets)
- **Runners:** Collect timer sheets and DQ cards and deliver to table workers. (4 per shift for home and away comp meets)
- **Hospitality:** Deliver water to volunteers and coaches (3 per shift for home comp meets)
- **Shark Den helpers:** Monitor Shark Den and call swimmers to Clerk of Course (paying special attention to 9U swimmers to make sure they make events) (2 per shift for home and away comp meets)

Do not be afraid to jump in and get involved. Learning the jobs helps you to understand the process, appreciate the sport, makes the meet more fun (plus it goes faster!), plus most jobs get you the best view of the pool and your swimmer! Getting to know the swimmers and watching them improve is truly rewarding. Thank you for contributing your time and effort in support of a positive season. See a parent rep to volunteer.

DIVE MEETS

Dive meets have two sessions (7U/9U/11U divers first followed by 13U/15U/18U divers). Each session requires four volunteers to work the table and/or announce dives/scores. These jobs are easy and require no training (if you can add and multiply using a calculator, you can work a scorers' table!!), plus they give you a great view of the meet and are in the shade. Email the coach to volunteer.

SWIM MEET PROCEDURES

For both pre-comp and comp:

1. Arrive on time!!!
2. Warm up following coach instructions.
3. Stay in Sharks team area and be ready for your events. Do not sit with parents. If we cannot find you, you may miss your event.
4. Come see the coaches after you swim. We want to talk about your race, celebrate a great performance, and/or offer suggestions on how to improve!
5. Pick up trash in our team area (even if it is not your trash). You are responsible for your belongings. Avoid bringing valuables.
6. We always expect appropriate and respectful behavior and there could be individual or team consequences if there are issues. At home meets, be helpful and make the visiting team feel welcome. At away meets, be polite guests.

For competitive only:

1. **CHECK IN WITH PARENT VOLUNTEER AT CHECK-IN TABLE WHEN YOU ARRIVE.**
2. Track what event we are on. Listen for when your event is called and report to the Clerk of the Course. Pay attention so you do not miss your event. **It is the swimmer's responsibility to get to their events on time!** Our Shark Den volunteers help get swimmers (especially younger ones) to the Clerk.
3. SwimTopia has team scores and individual results.
4. Sometimes mistakes happen where a swimmer is incorrectly DQed or has the wrong time recorded (which results in the wrong place). If you notice an error and want to challenge it, bring it to one of the coaches (do not wait until the next day. League rules require that coaches initiate challenges before the meet is over. It is difficult to overturn things without evidence, so a video of your swimmer's race helps a lot! Most DQs are legitimate and will stand (and coaches can explain them to you and your swimmer after the meet or at practice), but we want to help correct errors and get swimmers the times and places they deserve.
5. **Do not leave a meet without checking with a coach to see if we need you for a relay!!!**

Safety Rules for Meets

- NO glass containers.
- NO use of ANY tobacco products.
- NO alcoholic beverages ANYWHERE on premises (including parking lot).
- NO weapons of any kind.
- NO foul language, bullying, or discriminatory behavior allowed. Ever.
- NO recreational swimming during a swim meet (swimmers or siblings). If we are guests at a facility with another pool or slide, these are NOT available to Shawnee Sharks.
- ALWAYS be positive, cheer on your teammates, and be respectful and helpful to coaches, volunteers, and pool staff. If you are a seasoned swimmer, help a new swimmer in their first year so they feel supported and welcome. It can be overwhelming!!

COMMON DQ'S

During competitive swim meets, stroke judges disqualify (DQ) swimmers who use improper techniques, which means the swimmer's time does NOT count and will not be scored. DQs are common, especially with younger and new swimmers and those trying a new event. They should NOT be a source of embarrassment.

Event:	Common Infraction Resulting in DQ's:
All Strokes	<ul style="list-style-type: none"> ● False start (more common during relays). ● Not breaking the surface of the water by the 15-meter mark off the start or turn ● Pulling on lane line to advance position.
Free	<ul style="list-style-type: none"> ● Not touching wall on a turn. ● Walking/pushing off bottom of pool.
Back	<ul style="list-style-type: none"> ● Does not stay on back ● Turn <ul style="list-style-type: none"> ○ Swimming on breast (taking 2+ freestyle strokes on breast before initiating turn) ○ On the breast, but kicks towards wall (turns too soon and kicks to advance position) ○ Does not touch wall ○ On or toward the breast when feet leave wall. ● Finish <ul style="list-style-type: none"> ○ On/toward breast BEFORE touching wall (make sure you STAY ON YOUR BACK until you touch the wall!)
Fly	<ul style="list-style-type: none"> ● Kick <ul style="list-style-type: none"> ○ Non-simultaneous leg/feet movement (flutter or breaststroke kick). Feet must move up and down simultaneously (they CANNOT alternate) ● Stroke <ul style="list-style-type: none"> ○ Non-simultaneous arm movement (freestyle, doggy paddle, breaststroke pull) ○ Arms not coming out of water (need to see elbows) ○ Underwater recovery (takes additional strokes underwater) ● Turn/Finish <ul style="list-style-type: none"> ○ One hand touch ○ Non-simultaneous touch ○ Underwater recovery (takes additional stroke underwater prior to touch)
Breast	<ul style="list-style-type: none"> ● Kick <ul style="list-style-type: none"> ○ non-simultaneous leg movement (flutter, dolphin) ○ both feet NOT turned outward during propulsive part of kick (scissor, dolphin) ○ exception: one dolphin kick allowed after start/turn before initial breaststroke kick as part of underwater sequence (see coach to learn this. It can be tricky) ● Stroke <ul style="list-style-type: none"> ○ non-simultaneous arm movement ○ pulling past hipline (exception: allowed during the 1st stroke after the start/turn) ● Turn/Finish <ul style="list-style-type: none"> ○ Non-simultaneous hand touch ○ One hand touch
Individual Medley (IM)	<ul style="list-style-type: none"> ● Swims strokes out of sequence (correct order is Fly, Back, Breast, Free) ● Backstroke to Breaststroke turn—on or toward the breast BEFORE the touch ● Rules for individual strokes apply in swimming the individual medley.

TEAM T-SHIRT DESIGN CONTEST



Be famous in Shawnee Shark history by winning the T-shirt design contest for next year's team shirt!!! Get creative and enter this contest!

Rules:

1. Use up to **three** colors (black counts as a color).
2. Include the words "Shawnee Swim & Dive Team" and "2027".
3. No A.I. or computer-generated graphics or pictures. Computer fonts may be used for text, but submit only your own original artwork.
4. One entry per person.
5. **Submit entry to coaches by Wednesday, June 17.**
6. Do not forget to put your name on the back!!!!

Voting is on Friday, June 19 and the winner is announced at the Awards Banquet.

SWIM & DIVE TEAM AWARDS BANQUET



Who: All Shawnee Sharks (swim and dive) and immediate family members
When: Saturday, July 11 from 5:00-8:00pm
Where: Shawnee Civic Center for awards, followed by pool party and (from 8:00-11:00pm) City of Shawnee Dive-In Movie Night at the Thomas A. Soetaert Aquatic Center

Each family should bring one dish or item to share. Watch your email for SignUp Genius closer to the date.



SWIM TEAM AWARDS



RIBBONS

- **Competitive Swim:** Awarded 1st through 8th place overall (not by heat). Available in ribbon box by Monday of the following week.
- **Pre-comp Swim:** Every swimmer receives a participant ribbon for every event they compete in. Distributed at meets.

END OF SEASON AWARDS

- **Most Valuable Shark (MVS):** Swimmer who scores the most points during the season (league meets plus All-City). Two for each age group (comp only).
- **Coaches Award:** Swimmer who displays qualities like leadership, commitment, sportsmanship, team spirit, behavior, and attitude. Two for each age group (comp) and two for overall team (pre-comp).
- **Most Improved:** Swimmer shows improvement over the course of the season in time, stroke, attitude, and/or behavior. Two for each age group (comp) and two for overall team (pre-comp).
- **Spirit Award:** Swimmer contributes energy and excitement to team that lifts those around them and demonstrates team spirit and sportsmanship. Two for overall team (pre-comp only).
- **Iron Shark Award:** Swimmer shows grit and determination throughout the season by swimming all five events (all four strokes, plus the 200 IM). No limit to number awarded (comp only)
- **10 Year Award:** Swimmer has been on the Shawnee Sharks for 10 years (including pre-comp and comp). Must participate in at least 2 meets for the year to count. Coaches can consider years on previous summer league teams (not club or high school) on a case-by-case basis. Discuss with Becky.
- **Graduating Senior Award:** Swimmer completes their final season with the Shawnee Sharks and will age out of summer league swimming.
- **Shark Award for Inspirational Spirit:** The most prestigious award given. The essence of what it is to be a Shawnee Shark. Swimmer displayed superior leadership, dedication, loyalty, team spirit, attitude, and behavior. Not an award for swimming ability or speed, but rather a judge of character. One award for overall competitive team.

NOTE: *All unclaimed ribbons and awards are recycled after Labor Day.*

JOHNSON COUNTY MUNICIPAL COUNTY SWIM & DIVE LEAGUE EXCERPTS

Teams in the League:

Fairway Fins (swim only)
Jewish Community Center Jets
Lenexa Lazars
Merriam Dolphins
Shawnee Sharks

Olathe Cyclones
Overland Park Waves
Prairie Village Piranhas
Leawood Lightning

Swimming:

- Events:
 - for 9U, 11U, 13U, and 15U: 50 free, 50 back, 50 breast, 50 fly, 200 relay
 - for 18U: 100 free, 100 back, 100 breast, 50 fly, 200 relay
 - Dual meets:
 - Each swimmer may swim a maximum of three individual events plus one relay.
 - Scoring: Relays 7-0, Individual 5-3-1-0
 - Tri-meets:
 - Each swimmer may swim a maximum of three individual events plus one relay.
 - Scoring: Relays 8-4-0, Individual 6-4-3-2-1-0
- All-City Championships:
 - Each team may enter three swimmers (and two alternates) per event. Each swimmer may swim in three individual events plus two relays.
 - Scoring:
 - Relays 60-54-52-50-48-46-44-42
 - Individual 30-27-26-25-24-23-22-21-19-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Diving:

- Dual meets:
 - Each team may enter 3 divers per event.
 - Scoring: 5-3-1-0
- Tri-meets:
 - Each team may enter 2 divers per event
 - Scoring: 6-4-3-2-1-0
- All-City Championships:
 - Each team may enter 2 divers (and 1 alternate) per event
 - Scoring: Decided by league board each season

Procedure for all league meets is followed as outlined in the league's Competition Regulations. For all issues not addressed in those rules, the current High School Swimming, Diving and Water Polo Rules Book, Boys and Girls Competition is used.