Monona Swim and Dive Team Handbook

"GO MO!"

MONONA SWIM & DIVE

2023 Season

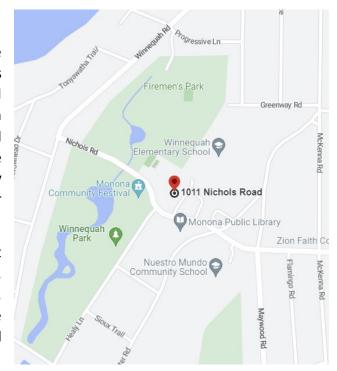# Table of Contents

Introduction

Welcome to Monona Swim and Dive (MO)! This handbook is intended to be a resource for all things MO. Additional information can be found on the team website:

https://www.mononaswimanddive.com/page/home

About MO

We are a recreational swim team and a member of the Madison All-City Swim and Dive League. Our home pool is the Monona Community Pool, located at 1011 Nichols Road in Monona. The Monona swim team (nicknamed MO) began with Schluter Beach as our "home course", racing back and forth between two wooden piers before moving to the community pool in 1965. MO joined the Madison All-City Swim League that same year and has been competing ever since.

MO is unique in the All-City league in that we are not officially affiliated with our home pool. Monona Swim & Dive is a non-profit club that rents pool time from the City, which owns the pool. We partner with the City to schedule practice times and meets, working around other pool activities and community open swim.

Our Goal

MO aims to offer an opportunity for any kids ages 4 – 18 interested in competing in the sport of swim and/or dive. We welcome kids of all abilities, aiming to provide a fun, safe environment to be a part of a swim team, competing against kids of similar age from across the Madison area. All-City swim teams are often kids first introduction to competition swimming and/or diving and we aim to make it a great experience!

MO Organization and General Information

MO is a registered 501(c)(3) non-profit organization. Registration fees go toward renting pool time from the City of Monona, paying our coaching staff, purchasing equipment needed to run practices and meets, and other miscellaneous items. MO is run by a volunteer board of directors. As is the case with many youth sports, swim and dive depend on the volunteer contributions of member families.

2023 MO Board of Directors

The Monona Swim and Dive board of directors is completely volunteer lead, with the exception of the head swim coach and head dive coach. Board members serve as long as they have interest and are able to execute the duties of the position. Positions on the board and current members are as follows.

Position	Current Board Member	Email
President	Rob Beuthling	rob.beuthling@gmail.com
Vice President - Swim	Josh Dietsche	jsdietsche@gmail.com
Vice President - Dive	Gillian Fink	my.red.rainboots@gmail.com
Head Dive Coach	Jan Lanser	lanserjan2@gmail.com
Head Swim Coach	Kelly Chadish	kchadesh@gmail.com
Team Apparel	VACANT	---
Meet Concessions	Wendy Sarrubi Dana Hendricks	sarubbiw@charter.net danajhendricks@yahoo.com
Team Communications	Myra Brauner	myralilia@yahoo.com
Registrar	Angela Jenkins	acjenks@live.com
Secretary	Katie Ganshert	hullrat@yahoo.com
Treasurer	Liz Glynn	liz@thorps.org
Volunteer Coordinator	Matt Dunning Abby Dunning	mcdunning83@gmail.com alconrad@uwalumni.com
Site Logistics	Shawn Campbell	Shawn.Campbell@afics.com
Personnel	Rhonda Holler Steenhagen	rhollersteenhagen@gmail.com
Social Activities Coordinator	Whitney Laufenberg	wlaufenberg55@yahoo.com
Awards Coordinator	Maggie O'Malley	maggie.a.omalley@gmail.com
Computers/Scoring	Kinda Salzmann	4800mckennaroad@gmail.com
Head Timer	VACANT	
Second Harvest Representative	Chris Remington	chris.a.remington@gmail.com

For more information on roles and responsibilities for the board of directors, please contact the President or Vice President.

2023 MO Coaching Team

The team is coached by a head coach, assistant coaches, and junior coaches. Junior coaches help coach younger kids, while still competing on the team themselves.

Position	Coach	Notes
Head Swim Coach	Kelly Chadesh	15 – 18s
Assistant Head Swim Coach	Chris Tatsuguchi	15 – 18s
Assistant Swim Coach	Katie McClintock	9 – 10s
Assistant Swim Coach	MacKenzie Friedman	9 – 10s
Assistant Swim Coach	Madeline Pitcock	8 & Under
Assistant Swim Coach	Jennifer Keller	9 – 10s and 13 – 14s
Assistant Swim Coach	Sierra Leek	13 – 14s
Assistant Swim Coach	Jonah Elfers	8 & Under and Unified
Assistant Swim Coach	Eli Kuzma	9 – 10s
Assistant Swim Coach	Ainsley Parvin	8 & Under
Assistant Swim Coach	Angelique Steenhagen	8 & Under
Assistant Swim Coach	Connor Keith	11 – 12s
Assistant Swim Coach	Hunter Harried	8 & Under
Assistant Swim Coach	Nicole Scheunemann	Unified
Assistant Swim Coach	Jennifer Johnson	Unified
Assistant Swim Coach	Caleb Jondle	8 & Under and Unified
Junior Swim Coach	Macy Ganshert	8 & Under and Unified
Junior Swim Coach	Audrey Garrett	9 – 10s
Junior Swim Coach	Lucy Stodola	8 & Under
Junior Swim Coach	Maia Grant	11 – 12s
Junior Swim Coach	Ella Kaseman-Wold	11 – 12s
Junior Swim Coach	Danny O'Malley	8 & Under
Junior Swim Coach	Morris Salzmann	9 – 10s
Junior Swim Coach	Sam Steenhagen	8 & Under

Junior Swim Coach	Felix Saloma	8 & Under
Junior Swim Coach	Greta Dietsche	8 & Under
Junior Swim Coach	Kadee Ryan	9 – 10s
Junior Swim Coach	Jordan Sarrubi	9 – 10s
Junior Swim Coach	Dominic Puccio	8 & Under
Junior Swim Coach	Blake Cooke	8 & Under
Junior Swim Coach	Audrey Schoenherr	9 – 10s
Junior Swim Coach	Ava Nault	9 – 10s
Junior Swim Coach	Kennedy Johnson	Unified
Head Dive Coach	Jan Lanser	
Assistant Dive Coach	Gavin Larson	
Assistant Dive Coach	Kathy Anderson	
Junior Dive Coach	Maya Forcier	
Junior Dive Coach	Mya Howe	
Junior Dive Coach	Izzy Schiefelbein	
Junior Dive Coach	Karsyn Nelson	

2023 Club Fees

Club fees for swimming and diving are set annually by the board. The fee will cover club costs, City of Monona charges, and all other expenses as the Board may decide.

No swimmer may get in the water, practice, or compete with the team until all fees have been paid in full. There are no exceptions to this rule.

For more information on club fees, please see the registration page on the team website.

https://www.mononaswimanddive.com/page/team-registration

MO Parent Volunteering Requirements

Monona Swim and Dive (MO) is a volunteer-run organization. We need parent volunteers to be able to run our meets, plan our social events, and support our coaches and athletes. For dual meets hosted by MO at the Monona Community Pool, we need about 70 volunteers for swim meets and 12 volunteers for dive meets. The numbers vary for social events and coach support positions.

For away meets (meets not hosted by MO), there are generally no volunteer requirements. The All-City Championship Swim and Dive Meets are an exception. MO is required to provide timers and clerk of course volunteers throughout the swim meet. There are similar volunteer requirements for the All-City Dive meet. Any official volunteer position filled at an away pool, either at a dual meet or All-City, will count towards your volunteer commitment.

The overall goal of our volunteer requirements is to ensure that we have enough people to run our meets, host and execute our social events, and support our coaches and athletes all summer long. This policy helps spread the effort amongst all MO families. Volunteering is also a great way to meet and connect with other MO families.

For specific information on volunteer requirements, please see the team website:

https://www.mononaswimanddive.com/page/about-us/volunteer-requirements

MO Parent Requirements

It's the kids who practice in the pool and compete in our meets, but it is the support of all parents that makes the organization work! As part of the swim community, parents also have responsibilities to the team:

- Make sure swimmers/divers get to practice and meets on time, ready to compete. During swim meets, it's important to know what event/heats your child is swimming so they can get to the start area on time.

- Respect the MO coaching staff. If you need to communicate with your child's coach, please do so when they are not actively coaching at a practice or meet.

- Find ways to recognize individual improvement and teamwork in the kids.

- Be a vocal booster for the swimmers and divers at meets!

- Volunteer! This is a parent-run, non-profit organization. Each family should have a parent involved in some aspect of running home meets. Arrive at your assignment on-time, ready to work. If you need a replacement, please make arrangements well ahead of your assigned meet/time.

- Help new swim/dive families if you are a veteran parent. Ask questions if you are new.

- We really are a community of swimmers, divers, and parents. Enjoy the chance to meet a lot of other terrific kids and parents!

Although we compete as a team, the Club recommends parents focus on the improvement of your swimmer/diver and avoid focus on what place the swimmer came in. We want each swimmer/diver to improve their times/scores from week to week. The improvement is what we want to recognize as each athlete works towards his/her full potential.

Age Groups

Swim practices are organized based on age groups. Swim meets are organized based on age group and gender. Your swimmer's "swim age" is their age on June 1. Age groups are as follows:

- 8 and under (10 and under for diving)
- 9 – 10 (10 and under for diving)
- 11 – 12
- 13 – 14
- 15 – 18

Dive practices are organized by age groups and experience. Age groups are as follows:

- 10 and under
- 11 – 12
- 13 – 14
- 15 – 18

Monona is also proud to host a Unified swim team! According to the Special Olympics, "...Unified Sports joins people with and without intellectual disabilities on the same team....inspired by a simple principle: training together and playing together is a quick path to friendship and understanding...teams are made up of people of similar age and ability. That makes practices more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away."

Inclement Weather Policy

There is no practice or meets if thunder or lightning are in the near vicinity of the pool. Should thunder or lightning arise during a meet or practice, the head coaches or their delegate will consult with the head lifeguard whether swimmers and divers must vacate the pool for 30 minutes or as determined by the pool manager. If the weather clears after 30 minutes, swimmers and divers may return to the pool. Stay tuned to MO communications for information about practices or meets if inclement weather is in play.

In general, practice or meets will continue as planned in light/moderate rain but stay tuned to MO communications for additional information.

Swimming for MO

Monona swim and dive has a similar make-up and goals as many other youth sports programs; structured practices aimed at improving conditioning, strength, and technique in preparation for competition…all while having fun! The MO swim team competes in 7 dual meets throughout the summer and ends with the All-City Swim meet at the end of July.

Eligibility Requirements

The primary eligibility requirement is an interest in swimming and swim racing! While we encourage swimmers of all skill levels to join, **MO is not intended to be a substitute for swimming lessons**. Children 8 and younger must be able to swim one length of the pool, front crawl, with their faces in the water. Swimmers 9-14 years old must be able to swim two lengths of the pool front crawl, with their faces in the water. Swimmers 15-18 years old must be able to swim four lengths of the pool front crawl, with their faces in the water. Your swimmer doesn't have to be fast or have perfect technique. We have these requirements in place for safety purposes and to stay consistent with our mission to promote and grow competitive swimming in our community.

Any boy or girl that can meet the minimum skill requirement may apply for membership in the Monona Swim and Dive Club by completing the registration form, the medical information/release form, and payment of club fees in full.

Monona Swim & Dive Club does not discriminate based on race, religion, creed, gender, disability, or sexual orientation.

Scholarship funds may be provided by the Board for those unable to make some or the entire membership fee.

Swim Practice Expectations

All Club fees must be paid in full before a swimmer or diver can practice.

During practices, Coaches need to give 100% of their attention to the children's practice and their safety. For that reason, all parents need to plan conversations with coaches before or after practices.

Attendance at every practice is not required, but **swimmers should plan on attending practice at least three times a week**. Practice 4 or 5 days per week may be appropriate for competitive swimmers looking to maximize improvement. There's simply no substitute for practice when it comes to getting faster and building relationships with fellow swimmers and coaches. Attendance is taken because it is a primary criteria used in determining placement on relay teams for weekly meets and the All-City Championship Meet. Attendance is also a key factor when awarding post-season honors at our end of season team banquet.

If you have a medical or personal reasons for not attending practice, please communicate with your coach.

For ages 10 and under, MO offers both morning and afternoon practice sessions to make coming to practice as easy as possible. Information on practice times can be found on the team website.

https://www.mononaswimanddive.com/page/swimming/swim-practice-schedule

Consequences for not meeting practice requirements for all or a portion of the season are at the discretion of the MO coaching staff and may include:

- Not being placed on a relay team.
- Not being allowed to swim in a meet or meets.
- Not being allowed to swim at the All-City Championship meet.
- Losing priority registration privileges for the following season.

NOTE: MO IS PHASING THESE REQUIREMENTS IN FOR THE 2023 SEASON; THE INTENT IS SIMPLY TO HAVE A TEAM OF KIDS REGULARLY PRACTICING AND SWIMMING MEETS. IF YOU HAVE ANY CONCERNS, PLEASE REACH OUT TO YOUR COACH OR THE PRESIDENT/VICE-PRESIDENT OF THE MO BOARD.

Participation in swim camps, stroke clinics, and club team practices may count for a portion of your swimmers attendance but attending MO practice is crucial for the team atmosphere we strive to build. Please communicate with your coach/coaches if you know you will miss a practice. If you have questions, please discuss practice expectations with your coach.

Swim Meet Expectations

The objective of the Monona Swim team is to prepare team members to compete against other All-City teams in meets. Swimmers at all skill levels are welcome to join the Monona Swim and Dive Club, but please note: we are a swim team – not a conditioning program. You wouldn't join a baseball team just to attend practice and skip the games; don't do that with swim team, either. We expect all members to make a commitment to the team. MO has had a waiting list to join the team for many years. Regardless of skill level, we want to give preference to kids interested in practicing AND competing in meets over those interested only in practice.

In 2023, MO has three home meets and four away meets. The swim meet schedule can be found on the team website.

https://www.mononaswimanddive.com/page/swimming/swim-meet-schedule-and-results

All team members are expected to sign up for and compete in as many regular-season meets (both home and away) as possible, and especially the All-City Meet. The MINIMUM REQUIREMENT for competing in All-City is three meets. If you are not interested in participating in meets, then the Monona Swim and Dive Club is not for you. Parents are asked to take these dates into consideration in planning summer vacations.

If you have a medical or personal reasons for not attending a meet, please communicate with your coach.

Consequences for not swimming in meets for all or a portion of the season are at the discretion of the MO coaching staff and may include:

- Losing priority registration privileges for the following season.
- Being asked to leave the team.

NOTE: MO IS PHASING THESE REQUIREMENTS IN FOR THE 2023 SEASON; THE INTENT IS SIMPLY TO HAVE A TEAM OF KIDS REGULARLY PRACTICING AND SWIMMING MEETS. IF YOU HAVE ANY CONCERNS, PLEASE REACH OUT TO YOUR COACH OR THE PRESIDENT/VICE-PRESIDENT OF THE MO BOARD.

Swim Meet Information

Swim Meet Basics

- Swim meets are generally dual meets; one All-City Swim team competing against another at one of their home pools. Occasionally, there are "triple-dual" meets; three teams competing in the same meet at the home pool of one of the teams. The 2023 MO team schedule is on the team website:
  - https://www.mononaswimanddive.com/page/swimming/swim-meet-schedule-and-results
- Each swimmer can compete in up to two individual events and up to two relays.
- Individual events are selected by the swimmer.
- Relays are determined by the coaching staff. See the "Relays" section below for more information.
- Individual events are freestyle, backstroke, breaststroke, butterfly, and individual medley.
  - The individual medley, or IM, consists of one leg of each of the four strokes.
- The distance for each event is based on stroke and age group.

Event Distances (yards or meters, depending on pool)						
Event	**8 & Under**	**9 – 10**	**11 – 12**	**13 – 14**	**15 – 18**	**Unified**
Freestyle	25	50	50	100	100	25 & 50
Backstroke	25	50	50	100	100	25
Breaststroke	25	50	50	100	100	---
Butterfly	25	50	50	50	50	---
Individual Medley (IM)	100	100	100	100	200	---

Warm-ups

Teams and age groups are assigned a warm-up time before a meet. These times will be communicated via email in the days leading up to the meet. Warm-ups are a chance for swimmers to loosen up their muscles, practice strokes one final time before the meet, practice starts and turns, talk to their coaches, work out any pre-meet nervousness, and hang out with friends.

Swimmers competing in the meet are expected to attend warm-ups, even if they aren't swimming until later in the meet.

Signing up for Swim Meets

Parents are responsible for signing their child up for individual events. Coaches will assign relays. Event options are noted above, and the order of events is noted below. Sign-up is through the MO team website. A tutorial on how to sign up for events is also available on the team site.

https://www.mononaswimanddive.com/page/how-to

Event Options and Schedule of Events

The schedule of events for dual meets is shown in the graphic to the right. As you can see events are generally arranged in order by stroke and age group. Girls and boys compete separately, with the girls of the given age group swimming first, then the boys. A few things to note:

- Unified events are Event 12A (25 freestyle), 12B (50 freestyle), and 22A (25 backstroke). These events are combined girls and boys.
- All of the medley relay events are swum at the beginning of the meet.
- Freestyle relays are generally swum at the end of the meet; HOWEVER;
- Note that the 8 & under freestyle relay are Events 31/32.
- Also note the 8 & under individual medley is swam near the end of the meet, Events 61/62.

Heat Sheets

Heat sheets are your swim meet "program". They are a listing of all the events, the swimmers in each event and their heat and lane assignments. There is a tutorial on reading a heat sheet on the MO website.

https://www.mononaswimanddive.com/page/how-to

Arm Marking

To help with getting younger swimmers to their events, they are required to write their event, heat, lane, and stroke on their arms in marker. For example, if your swimmer is an 11-year-old girl and swimming the freestyle event, you would consult the heat sheet to find their heat and lane. If they are in Heat 2, Lane 6, You would mark their arm as follows:

15 | 2 | 6 | FR

Typically, a swimmer will swim in 2 individual events and up to 2 relays; other events would be marked in similar fashion.

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

Heat/Lane Assignments

Swimmers are assigned heats and lanes based on their seed times. Seed times are the fastest time your swimmer has previously swam for that event and distance. If your swimmer has never swam an event before, they will appear as "NT" – No Time.

Events are staged starting with the slowest swimmers and ending with the fastest.

Swimmers are placed in lanes based on seed times and team affiliation. In an 8-lane pool, the home team will swim in the even-numbered lanes and the visiting team will swim in odd-numbered lanes. The lanes are staged fastest to slowest, as follows:

- Home team: Lane 4, Lane 6, Lane 2, Lane 8
- Away team: Lane 5, Lane 3, Lane 7, Lane 1

Events may not strictly these lane assignments when there are an imbalanced number of swimmers between teams participating in the dual meet.

Relays

There are two relays at each dual meet: the medley relay and freestyle relay. Each consist of 4 swimmers.

For the medley relay, each swimmer swims a different stroke. The strokes must be swum in a specified order; backstroke, breaststroke, butterfly, and ending with freestyle. For the freestyle relay, each of the 4 swimmers swims freestyle. Distances are as follows:

- 8 and Under: Each leg is 25 yards/meters, 100 yards/meters total.
- 9 – 10, 11 – 12, 13 – 14, and 15 – 18: Each leg is 50 yards/meters, 200 yards/meters total.

Relays are assembled by the coaching staff. Based on the number of swimmers present, it may not be possible to place everyone in a relay. If your swimmer is assigned a relay, it is important to show up as assigned. If your swimmer is absent, you are affecting the ability of the other 3 swimmers in the relay to participate.

If you have questions about your swimmer's placement on a relay, please communicate with your swimmer's coach **after the meet**. During the meet, coaches are busy trying to coach swimmers and make sure everyone gets to their events and time to talk is limited.

Clerk of Course

With the number of events and swimmers at a typical meet, it's important to be organized and efficient so that the meet can finish in a reasonable amount of time. Swimmers 11 and older are expected to get themselves to the starting area behind the blocks with sufficient time ahead of their heat/event so that they are ready to step up on to the starting blocks when their heat is called.

Understanding that our younger swimmers may need some additional assistance. Clerk of course is a pre-race staging area used for swimmers 10 and under. These swimmers are required to report to clerk of course ahead of their event. In clerk of course, the swimmers are arranged by heat and lane so they are ready to swim when called.

Scoring and Awards

Swimmers and relays score points for the team based on their order of finish, fastest to slowest. Disqualified swimmers or relays cannot score points. For individual events, points are awarded as follows:

- 1st Place: 6 points
- 2nd Place: 4 points
- 3rd Place: 3 points
- 4th Place: 2 points
- 5th Place: 1 point

HOWEVER, there is one caveat to awarding points. One team can only be awarded points for 3 of the 5 places.

Scoring for relays is as follows:

- 1st Place: 8 points
- 2nd Place: 4 points
- 3rd Place: 2 points

As with individual events, there is a caveat to awarding points. One team can only be awarded points for 2 of the 3 places.

At every regular season dual meet, ribbons are awarded to top finishers for age groups 12 and younger. For individual events, ribbons are awarded to the top 6 finishers by time. Ribbons are awarded to the top 6, regardless of team affiliation; one team could win ribbons for each of the top 6 positions. Ribbons are available at the awards table after the event has been officially scored. Ribbons not claimed by the end of the meet will be placed in the family folders after the meet.

Both points and ribbons are awarded FOR THE WHOLE EVENT and based on times, not finish place within the individual heat. An individual event may contain many heats. Your swimmer may win their heat, but their time may not put them in the place to score points or win a ribbon.

For age groups 12 and younger, heat winner ribbons are awarded to the fastest swimmer in each heat.

It's important to note that all events are hand-timed using stop watches by parent volunteers. There are two timers per lane, so there is some level of redundancy, but as with most sports, there is an element of human error. **Official times and order of finish decisions are final as shown in the event results are final.**

Disqualification

While it may seem harsh, swim meet officials watch swimmers of all ages to ensure that technique is done correctly. Violating technique results in a disqualification. **Disqualification is common, especially amongst younger swimmers and especially for the more difficult/technical strokes.** Please work with your swimmer to make sure that they don't get discouraged. Every swimmer has been disqualified many, many times in their swim career. While more rare, even Olympic-caliber swimmers are sometimes disqualified!

Below are the most common causes of disqualification for each stroke. Officials are the only ones who identify stroke infractions for disqualification. As with other sports, officials may not see all infractions.

Freestyle

1. Failing to touch the wall on the turn (50 yard/meter and up races only).

2. Grabbing and pulling on the lane line to gain advantage.

3. Pushing off the bottom to continue swimming. Standing on the bottom is legal but pushing off is not. Freestyle is the only stroke when a swimmer is permitted to touch the bottom.

4. Two false starts: Swimmers may not move from his/her starting position before the starting horn sounds. If a swimmer has two false starts, he/she will be disqualified.

Backstroke

In addition to the items noted for freestyle, the following are disqualification criteria for the backstroke.

1. Turning shoulders past vertical towards the stomach before completing a 25 yard/meter race, or on the finish of a race longer than 25 yards/meters, is cause for disqualification. This is defined as turning past the vertical. If you are flat on your back, you can't roll more than 90 degrees, or you are more on your stomach than on your back.

2. The Turn. This is tricky, but the rule is that swimmers may roll to their stomachs, take one arm stroke and, IN ONE CONTINUOUS MOTION, do a freestyle flip turn and then push off the wall on their back. The "one continuous motion" part of the rule is at the discretion of the official. A guideline: If a swimmer rolls over, takes their one allotted arm stroke and then has to kick into the wall before they turn, they will likely be disqualified.

Butterfly

1. Butterfly can be a challenging stroke, especially for younger swimmers who haven't yet developed sufficient upper body strength to propel themselves through the water with force.

   Both hands must touch simultaneously at the turn and finish. They do NOT have to be on the same level (i.e., one hand could be under the water the other could be above.)

2. The feet must kick together. They can be separated, but they must stay that way. If the feet start crossing, it's no longer a dolphin kick, it is a flutter kick and will result in a disqualification.

3. Arms must be recovered OVER the water. If you pull down and then recover your arms for the next stroke underwater, you're essentially swimming breaststroke, not butterfly. Arms must be recovered simultaneously OVER the water. This can be challenging for younger swimmer who haven't yet mastered the technique required to effectively swim the butterfly stroke.

Breaststroke

The most technical stroke and probably least intuitive to new swimmers.

1. Both feet must be turned OUT during the propulsive part of the kick. Some swimmers tend to turn out one foot, but not the other. This ends up being a scissors kick. If both feet are turned in this is considered a butterfly kick. Both the scissors and dolphin kicks are illegal.

2. Both hands must touch the wall simultaneously, at the finish and at the turn. Like butterfly, they do NOT have to be on the same level.

3. Swimmers cannot take more than one stroke and kick underwater. Only one pull-down stroke and one kick are allowed at the start and after a turn. The head must break the calm surface level of the water BEFORE the hands turn inward at the widest part of the second arm pull. Multiple underwater strokes will result in a DQ, because the swimmer's head must be above the surface of the water at some point during each stroke cycle. In other words, swimmers can't go underwater for two or more strokes at a time, during the start, turn, or during the race.

4. Hands may NOT pull beyond the HIP line except once on the start and once after a turn.

5. Incorrect stroke cycle. The stroke cycle must be one arm pull followed by one leg kick. You cannot pull twice then kick or vice versa. At the start or after a turn the swimmer must start with an arm pull then a leg kick. This cycle must be continued throughout the race, i.e., no double pulls or double kicks. Breaststroke is the only stroke where a stroke cycle is specified.

6. Dolphin kick at start or turn BEFORE arm pull has started. A swimmer is permitted to take ONE dolphin kick DURING or at the end of the first pull down stoke at the start or after a turn. "During" occurs once the hands have moved outward from the streamline. If the dolphin kick is taken before the hands move, a disqualification will result.

If your swimmer is disqualified and you have questions, please talk to your coach…when they're not actively coaching at a practice or meet, of course😊

Yards, Meters, and Seminole

In swimming, you will hear the terminology Short Course Yards (SCY), Short Course Meters (SCM), or Long Course Meters (LCM). Meets in the All-City League are all swam as short course, either yards or meters, depending on the pool. Some interesting notes:

- Monona is a Short Course Meters (SCM) pool. Lanes are 25 meters long.

- Shorewood is the only pool in the league with the capability to swim either Long Course or Short Course. In one direction, the Shorewood pool is 50 meters long. In the other direction, it is 25 yards. Meets at Shorewood in the All-City league are always swum in the 25-yard configuration.

- Seminole was constructed with lanes 26.5 meters long – an atypical distance.

- Though the measurements are close, yards and meters are different and your swimmers times will reflect that difference! For example:

  o 25 meters = 27.34 yards (an extra ~7 feet to swim)

  o 50 meters = 54.68 yards (an extra ~14 feet to swim)

  o 100 meters = 109.36 yards (an extra ~21 feet to swim)

If you think there is an error in your swimmer's seed time, it very likely may be an issue of yards vs. meters.

What to Bring to a Swim Meet

First, think about what your swimmer will absolutely need for their races:

- Suit
- Cap (and spare cap if you have one)
- Goggles (and spare goggles if you have them)
- Towel (and maybe an extra)
- Water bottle – staying hydrated is important!
- Snacks – most swimmers will want to eat something between their breakfast and the end of the meet. Concessions are also available for purchase, but if your swimmer prefers something specific, best to bring it yourself.
- Sharpie, for arm marking

After that, consider that you'll be at a typical dual meet will start around 8:00 (with warm-ups first) and end around noon. For that amount of time, below are some items that may be nice to have.

- Lawn chairs (most pools have space to accommodate)
- Shade tent – on a hot day, it's nice to have a place to escape the sun
- Sunscreen – for when you're not in the shade 😊
- Food – parents should remember to take care of themselves at the meet, too 😊
- Playing cards, books, music, a ball to throw around – swim meets have a fair amount of downtime between events. That time is great for bonding with your teammates!
- Possibly a sweatshirt, sweatpants for cooler mornings
- Change of clothes for after the meet

All-City Swim Championship Meet

The All-City Swim meet is the end-of-season meet for all 13 teams in the All-City league. To be eligible to swim at the All-City meet, your swimmer just must have competed in at least 3 dual meets. **This should be the goal for all MO swimmers!**

The All-City meet is run like a dual meet…only much bigger! In a typical year, over 2000 swimmers will compete at All-City, making it one of the largest recreational meets in the nation! But don't let the size of the meet intimidate you; it's a ton of fun! The entire team, the entire league come together for one meet, at one site to compete against each other. Each team has a huge tent set up on site to gather between events.

The 2023 All-City meet will be hosted by Goodman for the first time in the history of their pool. All-City is a "prelims-finals" format. All swimmers will swim their event in preliminaries. The top 16 swimmers will swim in finals, with 2 alternates. The schedule for All-City 2023 is as follows:

- Thursday, July 27th: Preliminary swims for age groups 11-12, 13-14, and 15-18.
- Friday, July 28th: Preliminary swims for age groups 8 & under, 9-10
   - Finals for 8 & under relays are on Friday, as well.
- Saturday, July 29th: Finals for the top 16 of all individual events, relays for 9-10, 11-12, 13-14, and 15-18.

You must make finals to score points for the team in an individual event. For individual events, points are awarded as follows:

Place	Points	Place	Points
1st	20	9th	9
2nd	17	10th	7
3rd	16	11th	6
4th	15	12th	5
5th	14	13th	4
6th	13	14th	3
7th	12	15th	2
8th	11	16th	1

For relay events, scoring is doubled and only one relay team from each pool can score. Relay points are awarded as follows:

Place	Points	Place	Points
1st	40	8th	22
2nd	34	9th	18
3rd	32	10th	14
4th	30	11th	12
5th	28	12th	10
6th	26	13th	8
7th	24		

Swim Meet Volunteer Position Descriptions

- **Announcers**: Reads the names of swimmers in each event, event results, and other public announcements as needed. Also works with Starter/Referee to keep the meet moving quickly and smoothly.

- **Awards**: Receives labels from the scoring table and fills out ribbons for the top 6 winners of each race (for age groups 12 & under). Distribute ribbons to swimmers as they come to collect them. At the end of the meet, gives any remaining ribbons to coaches.

- **Clerk of Course**: Helps the swimmers line up in the staging area by event, heat, and lane. As their event approaches, help direct the swimmers to the starting area. Only swimmers 10 and under are required to report to clerk of course ahead of their events.

- **Computers/Scoring**: Works on the computer using the meet manager software. Before the meet, the computer operator will make any necessary changes and will print timing sheets for timers and heat sheets for coaches, officials, and announcers. During the meet, the computer operator will collect timing and finishing sheets from the runners and enter results into the meet manager software. At the end of each event, the computer operator will print the results to give to scorers and labels to give to ribbons.

- **Timers**: Uses a stopwatch to record the time for the swimmer in your assigned lane. There are 2 timers per lane. There is a brief information meeting before the meet begins to give instructions and answer questions.

- **Runners**: Collect timing results after each event from the timers in each lane and take them to the computers/scoring volunteer(s).

- **Heat Winners**: The winner of each heat (ages 12 and under) receive a heat winner ribbon as they exit the pool. This position is responsible for watching the order of finish and giving each heat winner their ribbon.

- **Concessions**: Help with sales and distribution of meals and snacks.

- **Set up**: These individuals are responsible for getting the pool ready for the meet. Work is done early in the morning, before and during warm-ups. This includes moving and stacking pool chairs, moving bleachers into place, setting up shade tents, setting up plastic chairs for clerk of course, and other activities as needed.

- **Take down**: The work needed to return the pool to its pre-meet state and have it ready to open to the public for open swim. This includes taking down shade tents, returning plastic chairs to the storage tent, re-arranging pools chairs on the pool deck, and other activities as needed.

Swim Team Dictionary

- **Age Group**: Division of swimming according to age. In the All-City League, ages are determined by your swimmers' age on June 1.

- **Anchor**: The nickname for the last swimmer of a relay.

- **Backstroke**: This is the only stroke swam on the back and that starts in the water. It can be the easiest for most new swimmers due to it being on the back. Backstroke is done by bringing one arm up and over the head at a time. It's paired with a freestyle (or flutter) kick. Backstroke is the second leg of the individual medley and first leg of a medley relay.

- **Backstroke Flags**: Series of flags stretched out across the width of the pool at both ends to notify swimmers that they're approaching a wall. More experienced swimmers count their strokes from the flags to the wall to perform a flip turn or a finish.

- **Blocks (or Starting Blocks):** The platforms behind each of the lanes.

- **Breaststroke**: The kick for the breaststroke looks like a frog kick. Your heels come up together towards your buttocks and then push out/back in a single motion. The arms typically stay just under the water or right at the surface, depending on the swimmer. The arms move forward together and pull back through the water together. Breaststroke is the third leg of the individual medley and the second leg of a medley relay.

- **Breaststroke Kick**: Unique to the breaststroke, the kick looks like a frog kick. Your heels come up together towards your buttocks and then push out/back in a single motion.

- **Butterfly**: In this stroke, the legs stay together and form a kick much like a dolphin. The arms swing forward over the water together. The butterfly is the first leg of the individual medley and the third leg of a medley relay.

- **Circle Swimming**: During practice or warm-ups, multiple swimmers are swimming in the same lane. Swimmers swim on the right side of the lane to avoid colliding with swimmers swimming in the opposite direction.

- **Clerk of Course**: A staging area for swimmers 10 & under to assist with getting them to the starting area on time and in the correct heat and lane.

- **Cool-Down**: Period of time at the end of a practice or workout dedicated to flushing out the remaining lactic acid in the muscles. This ensures a better recovery and helps prevent stiffness and injury. *Also called a warm down*.

- **Deck**: The area around the pool. Some designated areas of the deck are reserved for swimmers, coaches, and officials.

- **Dolphin Kick**: In this stroke, the legs stay together and move up and down in the water, much like a dolphin.

- **DQ'd**: Disqualified. The swimmer was judged to have not completed the stroke, turn, or finish correctly. Times and score do not count. Reasons for disqualification are listed above.

- **Dryland**: Nickname for workouts or exercise out of the pool. Swimmers may supplement their time in the pool with stretching, lifting weights, body weight exercises, or running. All of these would be referred to as dryland.

- **Dropped Time**: Swimming a time faster than your previous best.

- **Dual Meet**: A swim meet between two teams in the All-City League.

- **Event**: A stroke over a given distance. 25-yard freestyle or 100-meter backstroke are examples of events.

- **False Start**: When all swimmers are ready, the starter will announce "take your mark". At this point, the swimmer must get into their starting position and remain still until the starting horn. If a swimmer moves after being set but before the horn, it is considered a false start.

- **False Start (Relay):** When either the 2nd, 3rd, or 4th swimmer in a relay leaves the starting blocks before the previous swimmer has touched the wall.

- **Flip Turn**: Technique used by swimmers during specific strokes to reverse the direction in which they are swimming. Usually done when the swimmer reaches the end of the swimming pool but still has a lap(s) to swim. Like a somersault under water. Flip turns are optional for all strokes.

- **Flutter Kick**: A type of kick in which the legs are held straight and alternately moved up and down rapidly in the water. The flutter kick is used in freestyle and backstroke. Flutter kicks are prohibited for breaststroke and butterfly.

- **Flyover Start**: For a flyover start, swimmers from the previous heat remain in the water, holding on to the wall underneath the starting blocks. The swimmer in the next event will dive into the water above them. After that swimmer has completed their dive to start the race, the swimmer at the wall may exit the water. Flyover starts help the meet run more efficiently.

- **Freestyle**: Also known as a front or forward crawl. Freestyle is the most common stroke for beginners to learn. It is always last leg in the individual medley and medley relay.

- **Heat Sheet**: A program that lists all of swim events and the participating swimmers along with their heat number and lane number. Heats sheets are available for purchase at each meet (usually at concessions) and are typically posted on a wall or board in a common area.

- **Kickboard**: A floatation device used by swimmers during practice to avoid using their arms and focus on improving their kick.

- **Lane**: The section of the pool a swimmer is assigned to (i.e., Lane 2 or Lane 5). As the swimmers stand behind the blocks, lanes are numbered from right (Lane 1) to left (Lane 6 or Lane 8, depending on the size of the pool)

- **Lane Lines**: Floating markers attached to a cable stretched from the starting end to the turning end to separate each lane and quiet the waves caused by racing swimmers.

- **Lap**: Two lengths of the pool; swimming from one end of a lane and back to the starting point. At Monona, one lap is 50 meters.

- **Length**: Swimming from one end of a lane to the other is a length. At Monona, one length is 25 meters.

- **Long Course**: A pool that is 50 meters (Long Course Meters, or LCM). The All-City League does not swim any long course meets.

- **Medley**: An event where each of the four strokes is used; backstroke, breaststroke, butterfly, and freestyle. In a medley relay, four swimmers compete as a team, each swimming one of the strokes. In the individual medley, one swimmer swims each of the four strokes. Distances vary by age.

- **No Time (NT):** If your swimmer has never swam an event before, they will be listed as a No Time (NT) the first time they swim it.

- **Official**: The referees of the swim meet. Meet officials are responsible for calling each heat to the starting blocks, starting the race, and watching for disqualifications on the start, stroke, and turns.

- **Open Turn**: An open turn is where the swimmer touches the wall, with one or two hands depending on the requirement for the stroke and brings legs to the wall in a tuck-like position. The swimmer then turns to face the opposite end of the pool and pushes off in a streamline position to begin a new lap. Open turns are optional for freestyle and backstroke and are required for breaststroke and butterfly.

- **Seed Time:** The best time your swimmer has previous swam for a given event. When your swimmer signs up for an event, they will be placed in a heat and lane based on their seed time.

- **Short Course**: A pool that is 25 yards (Short Course Yards, or SCY) or 25 meters (Short Course Meters, or SCM).

- **Streamline**: The action of pushing off the wall or starting from the block with both arms extended and pressed tightly against each side of the head.

- **Taper**: The resting phase for a more-experience swimmer at the end of the season before the championship meet.

- **Triple-Dual:** A meet where three teams are competing against each other. Events and heats are swam identical to a dual meet. In a triple-dual with Team A, Team B, and Team C, there will be three final results; Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C. In each of these one team's swimmers are removed from the list of results and the remaining two teams' swimmers are scored.

- **Two-Hand Touch**: Simultaneous touch with both hands used at the end of a pool to change directions to swim more laps or finish a race. Required in breaststroke and butterfly.

- **Underwaters**: The time spent during a stroke completely submerged underwater, either off the start or off the turn.

- **Wall**: Place in the pool where a swimmer will start, finish, and turn during a practice or a meet. Walls also allow a safe place for swimmers to rest in between sets and get into the water without getting in the way of other swimmers.

- **Warm-up**: Period of time at the start of a practice or a meet dedicated to loosening up the muscles to help prevent injuries and work on strokes and turns.

Diving for MO

Monona swim and dive has a similar make-up and goals as many other youth sports programs: structured practices aimed at improving conditioning, strength, and technique in preparation for competition...all while having fun!

The Monona Dive Team is part of the All-City Swim and Dive League and competes with other All City Dive teams from mid-June through the end of July. The dive team consists of boys and girls of all abilities and is a great place to have fun and improve diving skills. The dive team competes in 7 dual meets throughout the summer and ends with the All-City Dive meet at the end of July. Each diver must compete in at least 3 meets to dive at All-City. MO wants each athlete to develop new diving skills each week.

MO expects divers to attend as many of the scheduled practices as possible with the goal of moving each day towards completing their "dive list" and participating in at least four, dual meets plus the All City meet too for a total of 5+ meets during the season. MO expects athletes to participate/compete in dive meets because they are on the roster excluding a diver on the waitlist who is not able to join because we are at capacity.

Divers are grouped by boys and girls in the following age groups for competition: 10 and under, 11-12, 13-14 and 15 and up. Divers in the 10 and under group perform 5 dives in a meet. Divers 11 and over perform 6 dives in a meet.

Dive meets are typically held on Friday evenings beginning at 5:00pm with warm-ups at 3:00pm for home meets. Warm-ups are typically at 4:00pm when we're hosted by another team at their pool.

Monona Diving is committed to developing the fundamentals of competitive diving. Dryland, conditioning, drills, and practices are geared towards building a strong foundation where divers develop core strength, flexibility, air and body awareness, as well as respect for the sport of diving. Some of the key components include:
- Head position from the start of the approach through the completion of the dive.
- Power through the hurdle on front approaches.
- Strong arms drive the diver upward on both forward and backward approach dives.
- Core strength encourages proper body position in the air and safe entry into the water.
- Eyes open develops air awareness.
- Twisting requires the use of wrapping to increase rotation speed and accuracy.
- Flexibility of hamstrings, lower back, shoulders are essential for obtaining optimal body position in the air and for entry into the water.

Eligibility Requirements

The Monona Dive Team is part of the All-City Swim and Dive League that competes with the surrounding Madison All-City Swim and Dive teams from mid-June through the end of July. The dive team consists of boys and girls of all abilities and is a great place to have fun and improve diving skills. This is a **competitive diving team** and while experience is not necessary, divers are expected to progress towards competition requirements. The primary eligibility requirement is an interest in diving and competing! While we encourage divers of all skill levels to join, **MO is not intended to be a substitute for diving lessons**.

If your child meets the description above, they may apply for membership in the Monona Swim and Dive Club by completing the registration form, the medical information/release form, and payment of club fees in full.

Monona Swim & Dive Club does not discriminate based on race, religion, creed, gender, disability, or sexual orientation.

Scholarship funds may be provided by the Board for those unable to make some or the entire membership fee.

Dive Practice Expectations

Notes for parents of a beginner diver

For safety and a fun learning experience, the MO Dive coaching staff will assess each diver's abilities during the MO Swim & Dive pre-season.

Our dive coaching staff will assess if your beginner diver:

- Consistently demonstrates safe behavior on the diving board,
- Has a genuine interest in diving and the grit to develop new skills each week,
- Swims comfortably in deep water, and
- Easily dives in head-first off the side of the pool/diving board.

If your beginner diver does not meet these criteria, the MO Dive coaches will discuss options with you. One option is that your diver may be invited to small-group diving lessons taught by the MO Head Dive Coach via the Monona Parks and Recreation aquatics program. If your diver is invited, dive lessons will be offered when the regular season practice schedule begins and will be scheduled after dive practice at TBD times. If this is best for your diver and the Dive Team based on the dive coaching staff's assessment, the MO Swim & Dive Registrar will assist in refunding your dive fees based on our policy, and you will be responsible to register your diver in the small-group lessons.

All Club fees must be paid in full before a diver can practice. Attendance at every practice is not required, but **divers should plan on attending practice at least three times a week**. Practice 4 or 5 days per week may be appropriate for competitive divers looking to maximize improvement. There's simply no substitute for practice when it comes to getting better and building relationships with fellow divers and coaches. Attendance is a key factor when awarding post-season honors at our end of season team banquet. The dive practice schedule can be found on the team website.

https://www.mononaswimanddive.com/page/diving/dive-practice-schedule

Participation in dive camps or clinics will count for attendance.

Some expectations for dive practice:

- Arrive on time, ready to dive!
- Stay until the end of practice or until dismissed by a coach.
  - **Parents** – please notify coaches if a diver needs to leave early or will be coming late.
- Bring a positive attitude and be willing to try new things.
- Show respect to all coaches, junior coaches, and mentors. They will do the same.
- Wait your turn in line, on deck while waiting to attempt your next dive.

- - o If it is too cold for waiting out of the water, wait in the water along the side (must always have one hand on the wall). Always keep head above water.
- Give full effort on all drills/exercises assigned between dives.
- No game playing while waiting in line.
- Know your next dive so you are ready to dive.
- Respect the diver on the board.
- Avoid standing directly behind the board, especially if the diver is doing a back press.
- Keep quiet. Diving takes concentration, so do not distract the diver on the board.
- Watch other divers to learn.
- NO DIVING off the side of the pool unless you are working with one of the coaches or mentors.
- After completing your dive, swim to the side where the coach will provide feedback.

Dive Meet Expectations

The objective of the Monona Swim team is to prepare team members to compete against other All-City teams in meets. Divers at all skill levels are welcome to join the Monona Swim and Dive Club. We expect all members to make a commitment to the team and compete in dive meets. In 2023, MO has three home meets and four away meets. The dive meet schedule can be found on the team website.

https://www.mononaswimanddive.com/page/diving/dive-meet-schedule--results

All team members are expected to sign up for and compete in as many regular season meets (both home and away) as possible, and especially the All-City Meet. The minimum requirement for competing in All-City is three meets. THIS IS A MINIMUM. If you are not interested in participating in meets, then the Monona Swim and Dive Club is not for you. Parents are asked to take these dates into consideration in planning summer vacations.

Some expectations for dive meets:

- Arrive on time for warmups.
- Be respectful of the facilities of away pools as well as the Monona Pool.
  - o No running or horseplay on pool deck, locker rooms, or parking lots.
  - o Pick up after yourself including trash and personal items.
  - o Listen and obey the lifeguards, pool attendants, and any other pool workers.
  - o Wait your turn in line behind the board during warmups.
- During the competition:
  - o No yelling, screaming, or excessive cheering.
  - o Wait for the diver to finish their dive before applauding.
  - o Watch and cheer on teammates and competitors alike.
  - o Pay attention! Be ready when it is your turn.
  - o Listen to the announcer to be sure the correct dive is announced; if not, say something to the coach BEFORE attempting the dive.
  - o Look to your coach, assistant coach, or mentor after each dive.
  - o Do not distract the judges during an event.
- Do not approach the score table - if you have questions, ask a coach!
- Use each meet as a learning experience, trying to improve throughout the season.
- Show good sportsmanship always. This means being courteous to others, treating others as you wish to be treated.

Dive Meet Information

Dive Meet Basics

For each meet, you need to *declare* yes or no, my diver is available to participate in our next dive meet by the Wednesday before at noon.

1. This is administrative and signals that your diver is available for the upcoming dive meet.

2. After reviewing the list of declared divers, the coaches evaluate if your diver is ready to compete in the meet or not. Readiness means that your diver has their complete "dive list" committed to memory and means that each of their dives is safe, consistent, and diver-directed. The decision if your diver is ready to compete happens on Wednesday or Thursday before each meet.

If your diver is not ready to compete, they're still on the team. We expect between 5 and 15 of our divers each summer are not quite ready for dive meets and are actively working towards getting their dive list ready. We look forward to these divers coming to each practice and working towards participating in a meet (when their dive list is ready).

See the information below on the basic format of an All-City dual dive meet. All information below can be round on the All-City website: https://allcityswimdive.org/wp-content/uploads/2022-All-City-Rules.pdf

Entries

*   There is no limitation on the number of divers in any single age group.
*   Each diver shall submit a Madison All-City Diving score sheet which includes the number, written description, position, and degree of difficulty with the number of voluntary and optional dives circled and the order in which the dives will be attempted. The dive number and position shall be the official description of the dive and take precedence.

Events

*   The competition for ten and under shall consist of one required dive and four optional dives. For eleven and up, the competition shall consist of one required dive and five optional dives.
*   The required dives for each age group will be determined by lot by the host team by Wednesday of that week. A required group must not be repeated throughout the four age groups.
    o   For 12 and under, the required group shall be a forward, back, inward or twist.
    o   For 13 and older, the required group shall include those listed above plus the reverse group.
    o   The required dive for each of the age groups will be assigned its DD up to 1.8. Any required dive with a DD greater than 1.8 will be assigned a DD of 1.8.
    o   Any diver failing the required dive, who then goes on to score enough points from the remaining dives to place in the top five positions, will score points and receive awards following the rules in section VII F.
*   Competition for 10 and under divers shall consist of one required and four optional dives. Divers must use three of the five dive groups within the five rounds. The required dive will count as one of the three dive groups. For 11 and older divers, the competition shall consist of one required and five optional dives. Divers

must use four of the five dive groups within the six rounds. The required dive will count as one of the four dive groups.

Managing Diving Competition

- Warm-ups shall consist of one hour session in dual meets with the host team warming up at 3 PM and the visiting team warming up at 4 PM.
- Practice dives are permitted only prior to each session of the diving meet. This includes an additional practice approach, with or without a water entry, immediately prior to the start of diving competition.
- Younger divers dive first.
- Girls precede boys.
- Age/sex groups can be combined at the discretion of the meet director if there are only a few divers in a group. The awards and scoring are still separate for each age/sex group.
- The order of events and/or the events may be changed by mutual agreement of the coaches during dual meets.
- If a diver fails to appear for a dive, it will count as a failed dive. The diver will be allowed to dive for his/her remaining dives.
- To ensure the safety of divers and promote fairness in competition, pools should be closed during diving competition.
- Coaches having divers requesting special accommodations shall send the request to the All-City Swim and Dive Rules Committee. If the Rules Committee does not issue a decision by the start of the meet, Coaches shall notify the Host Pool's head official or designee at least 30 minutes prior to the start of the first event of the day for which an accommodation is requested. The Host Pool's head official shall determine if the requested accommodations are appropriate and can be met. The Host Pool's head official shall communicate any approved accommodations with all dive officials.

Officials

A judging panel of three judges shall be positioned on one or both sides of the diving board with an unobstructed view of all diving competition. The host team will provide two of the three judges; the visiting team is responsible for providing one judge. Every attempt should be made to provide a three-judge panel (having a coach dive early, using two visiting team/one host). Judges should be limited to coaches listed on each team's roster. If unable to provide three-judge panel, two judges (one from each team) should be used. The sum of the scores added and then multiplied by 1.5. The total is then multiplied by degree of difficulty for total score. Upon mutual agreement of coaches of all affiliated pools at dual and triple-dual meets, the number and position of judges, as well as the order of events, may be modified.

Awarding Points

- A dive is deficient if, in a judge's opinion:
  - A diver enters the water in a "cannonball" on dive 104.
    - For 10 and under a maximum award of four will be given.
    - For 11 and older a maximum award of three will be given.

- A diver fails to square out of a twist before entering the water (same rules apply for age groups and awards as listed above in VII.E.1.a)
- The diver uses the tuck position on a twisting dive listed in the free position other than dives 5221, 5231, and 5331.

Scoring and Awards

- Dual meet point awards for diving: 6-4-3-2-1-0 with no more than three individuals per team scoring per age group.
- Ribbons will be awarded for 1st through 6th places for each age group for both boys and girls.
- The limit on the number of individuals eligible to score described in section VII.F.1. applies to the manner in which points are awarded but not the manner in which ribbons are awarded. Ribbons are awarded based on actual finish place. Points remaining to be awarded after application of the limits described in section VII.F.1. shall be awarded to the non-sweeping team if and to the extent that team has a legal finisher or legal finishers (as the case may be) in the age group to which the limit is applied and if the non-sweeping team does not have a legal finisher for the remaining place(s) to be scored, then the points for such places(s) shall be eliminated from the scoring for the age group.

Signing up for Dive Meets

Parents are responsible for signing their child up for dive meets. Sign-up is through the MO team website. A tutorial on how to sign up for events is also available on the team site.

https://www.mononaswimanddive.com/page/how-to

Divers choose dives from the five categories. No more than two dives may come from the same category. The first dive must be the "required" dive. The required dive will change from meet to meet.

Not all age groups are expected to do dives in all 5 categories. For All-City Diving competitions, 10 & under divers perform 5 dives, and then the 11/12, 13/14 and 15/18 divers perform 6 dives. The required dive for the ALL-CITY Championships will be announced mid-June.

Building a Dive

The two main elements that go into constructing a dive are categories and positions.

There are 5 basic categories of dives for springboard diving. The first four are named according to the direction of the dive relative to the diving board. These are forward, backward, reverse, and inward. The 5th category can be done in any of the 4 previous positions but involves a twisting component.

The category is the starting point of the dive. Divers then utilize different positions within the dive – straight, pike, tuck and free – to complete different dives.

Below is a more detailed description of each category.

- **Forward Category (Front)**: The diver faces forward, towards the end of the board and rotates towards the water.

- **Backward Category (Back)**: The diver stands at the end of the board with their back towards the water. Rotation is away from the board.

- **Reverse Category (Reverse sometimes referred to as "Gainer")**: The diver begins facing forward using a front or forward approach and then rotates back towards the board.

- **Inward Category (Inward):** The diver stands on the end of the board with back toward the water and rotates toward the board. The earlier term for these dives was "cutaways".

- **Twisting Category:** Any dive with a twist is included in this group. There are four types of twisting dives: front, back, reverse, and inward. Because of the many possible combinations, this group includes more dives than any other.

The second component of a dive is the position. The diver uses one of the 4 positions listed below for springboard diving.

- **Straight (Lay out):** This position requires no bend at the waist or knees. Depending on the dive, however, there may be an arch in the back. Arm placement is either the diver's choice or is defined by the dive performed.

- **Pike:** The legs are straight with the body bent at the waist. Like the straight position, arm placement is either the diver's choice or is defined by the dive performed.

- **Tuck:** The body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks.

- **Free:** This is not an actual position, but a diver's option to use any of the three positions, or combination thereof when performing a twisting dive. A combination of straight and pike is common while tuck is rarely used.

Dive Numbers

Dives are described by their full name (e.g., forward 1-1/2 somersault with 1 twist) or by their numerical identification (e.g., 5132D), or "dive number." Dives and dive numbers are created based on the categories and positions noted above. When divers submit their list of dives for a round of competition, they identify each dive by number. A dive has three or four numbers followed by a letter. The numbers correspond to the categories or positions that make up a dive.

Three-Digit Dives

The first number of every three-digit dive corresponds to a category:

1. A forward dive

2. A back dive
3. A reverse dive
4. An inward dive
5. A twisting dive (only four-digit dives begin with a "5")

The second number of every three-digit dive specifies the initial position. This number is almost always zero (unspecified position and occasionally a 1 (for a dive begun in the straight position).

The third number of a three-digit dive signifies the number of half somersaults that will be performed.

- 1 = ½ somersault (or just dive)
- 2 = 1 somersault
- 3 = 1 ½ somersault
- 4 = 2 somersaults
- 5 = 2 ½ somersaults, etc.

The letter: After the three digits of the dive number, a letter is added to signify the dive position:

A. Straight position
B. Pike position
C. Tuck position
D. Free position

Four-Digit Dives

Some dives need four numbers to describe the dive. Dives that begin with "5" mean twisting dives. In these cases, the fourth number indicates the number of half twists:

- 1 = ½ twist
- 2 = 1 full twist
- 3 = 1 ½ twists
- 4 = 2 twists, etc.

Degree of Difficulty

The Degree of Difficulty (DD) is the relative level of difficulty assigned to each dive. This number is multiplied by the added scores for the dive to determine the overall score of the dive. The following are the standard tables of DDs used in diving.

Number	Description	Position			
	Front Category	A	B	C	D
101	Front Dive	1.4	1.3	1.2	---
102	Front Somersault	1.6	1.5	1.4	---
103	Front 1 1/2 Somersault	2.0	1.7	1.6	
104	Front 2 Somersault	2.6	2.3	2.2	
105	Front 2 1/2 Somersault		2.6	2.4	
106	Front 3 Somersault		3.2	2.9	
107	Front 3 1/2 Somersault		3.3	3.0	
112	Front Flying Somersault		1.7	1.6	
113	Front Flying 1 1/2 Somersault		1.9	1.8	

Number	Description	Position			
	Back Category	A	B	C	D
201	Back Dive	1.7	1.6	1.5	---
202	Back Somersault	1.7	1.6	1.5	---
203	Back 1 1/2 Somersault	2.5	2.3	2.0	---
204	Back 2 Somersault	---	2.5	2.2	---
205	Back 2 1/2 Somersault	---	3.2	3.0	---
206	Back 3 Somersault	---	3.2	2.9	---
212	Back Flying Somersault	---	1.7	1.6	---

Number	Description	Position			
	Reverse Category	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	---
302	Reverse Somersault	1.8	1.7	1.6	---
303	Reverse 1 1/2 Somersault	2.7	2.4	2.1	---
304	Reverse 2 Somersault	2.9	2.6	2.3	---
305	Reverse 2 1/2 Somersault	---	3.2	3.0	---
306	Reverse 3 Somersault	---	3.3	3.0	---
312	Reverse Flying Somersault	---	1.8	1.7	---
313	Reverse Flying 1 1/2 Somersault	---	2.6	2.3	---

Number	Description	Position			
	Inward Category	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	---
402	Inward Somersault	2	1.7	1.6	---
403	Inward 1 1/2 Somersault	---	2.4	2.2	---
404	Inward 2 Somersault	---	3.0	2.8	---
405	Inward 2 1/2 Somersault	---	3.4	3.1	---
412	Inward Flying Somersault	---	2.1	2.0	---
413	Inward Flying 1 1/2 Somersault	---	2.9	2.7	---

Number	Description	Position			
	Front Twisters	A	B	C	D
5111	Front Dive 1/2 Twist	1.8	1.7	1.6	---
5112	Front Dive 1 Twist	2	1.9	---	---
5121	Front 1 Somersault 1/2 Twist	---	---	---	1.7
5122	Front 1 Somersault 1 Twist	---	---	---	1.9
5124	Front 1 Somersault 2 Twists	---	---	---	2.3
5126	Front 1 Somersault 3 Twists	---	---	---	2.8
5131	Front 1 1/2 Somersault 1/2 Twist	---	---	---	2
5132	Front 1 1/2 Somersault 1 Twist	---	---	---	2.2
5134	Front 1 1/2 Somersault 2 Twists	---	---	---	2.6
5236	Front 1 1/2 Somersault 3 Twists	---	---	---	3.1
5152	Front 2 1/2 Somersaults 1 Twist	3	3.2	---	---

Number	Description	Position			
	Back Twisters	A	B	C	D
5211	Back Dive 1/2 Twist	1.8	---	---	---
5212	Back Dive 1 Twist	2.0	---	---	---
5221	Back 1 Somersault, 1/2 Twist	---	---	---	1.7
5222	Back 1 Somersault, 1 Twist	---	---	---	1.9
5223	Back 1 Somersault, 1 1/2 Twist	---	---	---	2.3
5225	Back 1 Somersault, 2 1/2 Twists	---	---	---	2.7
5227	Back 1 Somersault, 3 1/2 Twists	---	---	---	3.2
5233	Back 1 1/2 Somersault, 1 1/2 Twist	---	---	---	2.5
5235	Back 1 1/2 Somersault, 2 1/2 Twist	---	---	---	2.9
5251	Back 2 1/2 Somersault, 1/2 Twist	---	2.9	2.7	---

Number	Description	Position			
	Reverse Twisters	A	B	C	D
5311	Reverse Dive 1/2 Twist	1.9	---	---	---
5312	Reverse Dive 1/2 Twist	2.1	---	---	---
5321	Reverse Somersault, 1/2 Twist	---	---	---	1.8
5322	Reverse Somersault, 1 Twist	---	---	---	2.0
5323	Reverse Somersault, 1 1/2 Twists	---	---	---	2.4
5325	Reverse Somersault, 2 1/2 Twists	---	---	---	2.8
5331	Reverse 1 1/2 Somersault, 1/2 Twist	---	---	---	2.2
5333	Reverse 1 1/2 Somersault, 1 1/2 Twists	---	---	---	2.6
5335	Reverse 1 1/2 Somersault, 2 1/2 Twists	---	---	---	3.0
5351	Reverse 2 1/2 Somersault, 1/2 Twist	---	2.9	2.7	---

Number	Description	Position			
	Inward Twisters	A	B	C	D
5411	Inward Dive 1/2 Twist	2.0	1.7	---	---
5412	Inward Dive 1 Twist	2.2	1.9	---	---
5421	Inward Somersault, 1/2 Twist	---	---	---	1.9
5422	Inward Somersault, 1 Twist	---	---	---	2.1
5432	Inward 1 1/2 Somersault, 1 Twist	---	---	---	2.7
5434	Inward 1 1/2 Somersault, 2 Twists	---	---	---	3.1

Judges Scoring

The judges are watching the diver from starting position to finishing the dive in the water. Each dive is to be considered without regard to the difficulty figure. There are many factors being evaluated including, but not limited to the following:

- **Approach:** Diver uses the flexibility of the board to project upward and away from the board. The diver's starting position should be fully erect, with arms straight forward, to the sides, or over the head. The approach should be smooth, straight, and forceful. and leading into the hurdle, which is the springing action on the board gaining upward propulsion.
  - Front approach must consist of at least 3 steps and a hurdle, which is the springing action on the board to gain upward propulsion.
    - Hurdle should direct diver upward and slightly away from board.
    - Pointed toes on hurdle.
    - Good use of board to get height to execute the dive.
  - Back approach must consist of a full arm circle before leaving the board.
    - Feet do NOT leave the board during the approach (this is called a balk).
    - Diver uses momentum to get the board bouncing.
    - Finishes arm circle with arms above head and reaching up and slightly back.

Take-off: Divers need to display control and balance to score maximum points. The take-off should be confident, and the diver must clear the board by a safe margin.

Elevation: The amount of lift the diver generates from the take-off greatly affects the appearance of the dive. Since more height means more time, a higher elevation generally leads to greater accuracy and smoothness of movement.

Distance from the board: Should be a safe distance, but not too far away. Usually, 1-2 feet in front of the board is ideal.

Position of dive: Diver must perform the position announced and maintain throughout dive.

- Straight must maintain a straight body throughout the dive.
- Pike is performed with the legs straight and bent at the waist to touching toes.

- Tuck is the easiest with the knees bent and against the chest o Free is used for twisting dives and allows freedom of position, but mostly looking for straight legs and combination of pike and straight with a few exceptions

Pointed toes: Diver should point their toes throughout the dive.

Legs together: Legs should be together from the time the diver leaves the board until the dive is completed.

Entry: Entry into the water is very important and the last thing the judges see before scoring. Judgers are looking for:

- Entering with a straight body (coming completely out of the dive for entry).
- Small splash indicates entering straight.
- Head-first entry; hands enter clean and the rest of the body enters the same hole.
- Feet-first entry; feet enter clean, body upright, and everything enters the same hole.

After each dive, the referee gives a signal. Each judge then independently indicates his or her mark for the dive. For individual events the highest and lowest of the seven scores are discarded and the total of the remaining mark is multiplied by the degree of difficulty of the dive. That figure is multiplied by .06 to determine the final score for the dive. This factor is used so that scores from a competition with three judges may be compared to a competition with five judges.

Scoring Deductions

- **Deduction of ½ to 2 points**:
  - Not stopping the oscillation of the board just before or after the starting position is assumed.
  - Excessive oscillation (more than 4 times).
  - A foot or feet leaving the board prior to a back/inward takeoff.
  - Spreading knees in the tuck position.
  - Not holding straight position on flying somersaults until body is horizontal to surface of water.
  - Entering to the side of the board twisting manifestly from the board.

- **Deduct 2 points from each judge's award for**:
  - Violation of the forward approach (i.e., takes fewer than 3 steps).
  - Balk (starting the approach, stopping, and then starting again).

- **Deficient Dive** (Maximum Award 4.5 points):
  - Partially alters position of diver during flight (i.e., bending knees on pike position).
  - Enters water with one or both hands above the shoulders on a dive requiring feet-first entry.
  - Enters water with one or both hands below shoulders on a dive requiring a head-first entry.

- **Unsatisfactory Dive** (Maximum award 2 points):
  - Dive clearly done in position other than described on scoresheet.
  - Hits the diving board.
  - Diver does not attempt to come out from tucked or picked positions.
    - 10 & under will be awarded max of 4.
    - 11 & ups max of 3.

- o Diver does not attempt to come out of the twist.
- o Does not hold straight position until horizontal to the water on any flying one somersault dive.
- o Does not hold straight position until perpendicular to water on flying 1-1/2 somersault dive.

- **Failed Dive**:
  - o Executes a dive other than the one given on the diving sheet.
  - o Does not assume a starting position.
  - o Diver falls into the water.
  - o Diver is assisted by another person.
  - o Does not execute a pike before the twist for dives 5111B and 5411B.
  - o Feet touch water first on head-first entry.
  - o Twist shoulders 90 degrees more or less than indicated on the diving scoresheet when the diver's feet/hands contact the water.
  - o Twists shoulders past 90 degrees before the feet leave the board.
  - o Repeats a dive.
  - o Steps off board after assuming the starting position.
  - o Uses standing forward position on a forward dive.
  - o Official description of dive not recorded on score sheet.
  - o Commits two balks.
  - o In dual meet, the voluntary dive is not performed first.
  - o Championship meet voluntary/optional dive is not performed first as specified.

- **Diver disqualified if**:
  - o Diver does not make a sincere attempt to perform the dive.
  - o When dives listed on scoresheet are obviously too difficult for the diver.
  - o Diver unnecessarily delays the performance of dive.
  - o Fails to submit completed sheet at the proper time and place.
  - o Unsportsmanlike conduct.
  - o Not completing all rounds of dives.
  - o Diver enters water without permission of diving referee.
  - o Diver fails two dives for any reason.

An example WIAA scoring sheet is shown below.

WIAA Diving Score Sheet
2022-23

☐ VARSITY ☐ JV ☐ EXHIBITION

Diver's Name (Print) _____
(First & Last Name)

Diver's Signature _____

Coach's Signature _____

School _____

Date of Meet _____ Location _____

	ORDER	POINTS	PLACE
PRELIMS			
SEMIFINALS			
FINALS			

Order of Dives	Dive No.		Tuck (C)	Pike (B)	Str. (A)	Free (D)
		FORWARD DIVES				
	101	Forward Dive	1.2	1.3	1.4	
	102	Forward 1 SS	1.4	1.5	1.6	
	103	Forward 1 1/2 SS	1.6	1.7	2.0	
	104	Forward 2 SS	2.2	2.3	2.6	
	105	Forward 2 1/2 SS	2.4	2.6		
	106	Forward 3 SS	2.9	3.2		
	107	Forward 3 1/2 SS	3.0	3.3		
	112	Forward Flying 1 SS	1.6	1.7		
	113	Forward Flying 1 1/2 SS	1.8	1.9		
		BACK DIVES				
	201	Back Dive	1.5	1.6	1.7	
	202	Back 1 SS	1.5	1.6	1.7	
	203	Back 1 1/2 SS	2.0	2.3	2.5	
	204	Back 2 SS	2.0	2.3		
	205	Back 2 1/2 SS	3.0	3.2		
		REVERSE DIVES				
	301	Reverse Dive	1.6	1.7	1.8	
	302	Reverse 1 SS	1.6	1.7	1.8	
	303	Reverse 1 1/2 SS	2.1	2.4	2.7	
	304	Reverse 2 SS	2.1	2.4	2.9	
	305	Reverse 2 1/2 SS	3.0	3.2		
		INWARD DIVES				
	401	Inward Dive	1.4	1.5	1.8	
	402	Inward 1 SS	1.6	1.7	2.0	
	403	Inward 1 1/2 SS	2.2	2.4		
	404	Inward 2 SS	2.8	3.0		
	405	Inward 2 1/2 SS	3.1	3.4		
	412	Inward Flying SS	2.0	2.1		
	413	Inward Flying 1 1/2 SS	2.7	2.9		
		TWIST DIVES				
	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	
	5112	Forward Dive, 1 Twist		1.9	2.0	
	5121	Forward 1 SS, 1/2 Twist				1.7
	5122	Forward 1 SS, 1 Twist				1.9
	5124	Forward 1 SS, 2 Twists				2.3
	5126	Forward 1 SS, 3 Twists				2.8
	5131	Forward 1 1/2 SS, 1/2 Twist				2.0
	5132	Forward 1 1/2 SS, 1 Twist				2.2
	5134	Forward 1 1/2 SS, 2 Twists				2.6
	5136	Forward 1 1/2 SS, 3 Twists				3.1
	5142	Forward 2 SS, 1 Twist	2.6	2.7		
	5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2		
	5211	Back Dive, 1/2 Twist			1.8	
	5212	Back Dive, 1 Twist			2.0	
	5221	Back 1 SS, 1/2 Twist				1.7
	5222	Back 1 SS, 1 Twist				1.9
	5223	Back 1 SS, 1 1/2 Twists				2.3
	5225	Back 1 SS, 2 1/2 Twists				2.7
	5227	Back 1 SS, 3 1/2 Twists				3.2
	5231	Back 1 1/2 SS, 1/2 Twist				2.1
	5233	Back 1 1/2 SS, 1 1/2 Twists				2.5
	5235	Back 1 1/2 SS, 2 1/2 Twists				2.9
	5251	Back 2 1/2 SS, 1/2 Twist	2.7	2.9		
	5311	Reverse Dive, 1/2 Twist			1.9	
	5312	Reverse Dive, 1 Twist			2.1	
	5321	Reverse 1 SS, 1/2 Twist				1.8
	5322	Reverse 1 SS, 1 Twist				2.0
	5323	Reverse 1 SS, 1 1/2 Twists				2.4
	5325	Reverse 1 SS, 2 1/2 Twists				2.8
	5331	Reverse 1 1/2 SS, 1/2 Twist				2.2
	5333	Reverse 1 1/2 SS, 1 1/2 Twists				2.6
	5335	Reverse 1 1/2 SS, 2 1/2 Twists				3.0
	5351	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9		
	5411	Inward Dive, 1/2 Twist		1.7	2.0	
	5412	Inward Dive, 1 Twist		1.9	2.2	
	5421	Inward 1 SS, 1/2 Twist				1.9
	5422	Inward 1 SS, 1 Twist				2.1
	5432	Inward 1 1/2 SS, 1 Twist				2.7
	5434	Inward 1 1/2 SS, 2 Twists				3.1

	JUDGES AWARDS							Judges Total	D–D	TOTAL AWARD
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										

VERIFIED BY: _____
Dive List

Diving Referee's Signature _____

Dive Meet Volunteer Position Descriptions

- **Announcers**: Reads the names of divers, dives, other public announcements as needed.

- **Awards**: Receives labels from the scoring table and fills out ribbons.

- **Computers/Scoring**: Works on the computer using the meet manager software.

- **Set up**: These individuals are responsible for getting the pool ready for the meet.

- **Take down**: The work needed to return the pool to its pre-meet state and have it ready to open to the public for open swim.

All-City Dive Championship Meet

The All-City Swim meet is the end-of-season meet for all 13 teams in the All-City league. To be eligible to dive at the All-City meet, your swimmer just must have competed in at least 3 dual meets. **This should be the goal for all MO divers!**

The All-City meet is run like a dual meet…only much bigger! In a typical year, over 300 divers will compete at All-City, but don't let the size of the meet intimidate you: it's a ton of fun! The entire team, the entire league come together for one meet, at one site to compete against each other.

The 2023 All-City meet will be hosted by Shorewood.
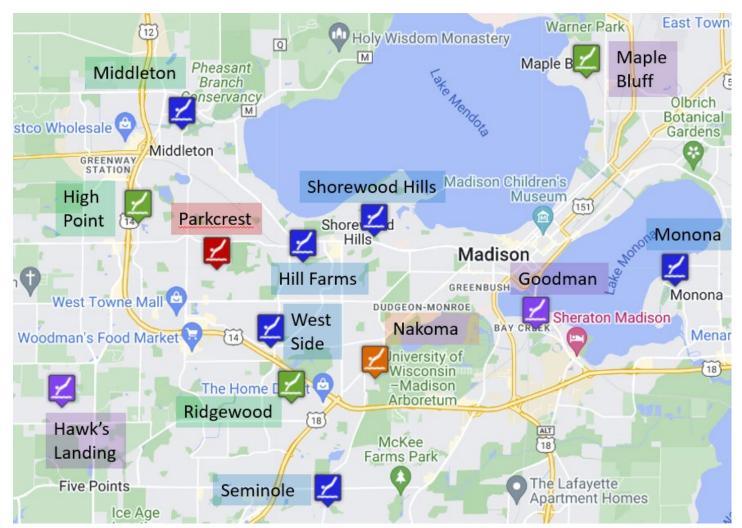
Madison All-City Swim and Dive League

Establish in 1962, the Madison All-City League is a recreational swim and dive league comprised of 13 member pools located in the Madison area. Member pools and locations are shown below. Original member pools are shown in **BLUE**.

Goodman	Middleton	**Ridgewood**
Hawk's Landing	Monona	Seminole
High Point	Nakoma	**Shorewood Hills**
Hill Farms	Parkcrest	**West Side**
Maple Bluff		

Competition consists dual meets throughout the months of June and July, culminating with a league-wide meet to end the season at the end of July. All-City is for any swimmer or diver interested in competing in the sport. All ages, all abilities are welcome. At a given dual meet, you might see a 5-year old giving it their all just to get to the other end of the pool, followed a few minutes later by a future collegiate swimmer/diver or even future Olympian. Not every community has an All-City League and Madison is fortunate to have one 60 years old and still going strong!

The All-City League is governed by a board of directors, consisting of one representative from each pool. They meet on a regular basis to discuss any necessary changes to organization, rules, etc.

More information can be found at the All-City League website: https://allcityswimdive.org/.

All-City and Second Harvest

Each year, the 13 swim & dive teams in the All-City League compete with each other to benefit Second Harvest Foodbank. Since 2008, the league has provided more than 1.9 million meals through funds raised, food donated & volunteer hours given. With food insecurity at a very high level, Second Harvest needs donations more than ever. This year, our funds will stay within the community and benefit the food pantry at Nuestro Mundo School in Monona.

There is a barrel available for food donations at every MO home meet. The "Chuck-a-Duck" contest at every home meet also raises money for Second Harvest. These are just two of the ways that MO pitches in to help Second Harvest.

For more information, please contact the MO Second Harvest Representative, listed in the "MO Board Members" section above.