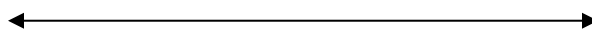


2025 SUMMER SWIM LEAGUE

PARENTS MANUAL



City of Myrtle Beach Parks, Recreation and Sports Tourism



AQUATICS

"Pepper" Geddings

Recreation Center

3205 Oak Street

Myrtle Beach, SC 29577

Phone: (843) 918-2280

Fax: (843) 918-2293

MISSION STATEMENT

The City of Myrtle Beach Recreation Department is committed to creating community through people, parks, and programs.

SUMMER SWIM LEAGUE MISSION

The Summer Swim League is committed to teach children proficiency in the four competitive strokes and enjoy the fun of competition.

We will promote and facilitate a safe, positive, and fun introduction to competitive swimming.



We c.a.r.e: “connect, assist, recreate, educate”

JOIN REMIND TO GET UPDATES THROUGH THE SEASON!

REMIND.COM OR IN YOUR APP STORE

CODE: @2025SSL

LEAGUE POLICY & PROCEDURES

Practice Times

The team you sign up for will determine the time you practice.

Team	Practice Time
PG TEAM CAPRICORN	Mon, Tue & Wed 8:00-9:00am
PG TEAM LIBRA	Mon, Tue & Wed 12:30-1:30pm
MCC TEAM PISCES	Mon, Tue & Wed 4:00-5:00pm
PG TEAM ARIES	Mon, Tue & Wed 5:30-6:30pm

Meets

All swim meets will be held at "Pepper" Geddings Recreation Center, 3205 Oak Street, Myrtle Beach. The meet schedule is attached. Please have your child at the pool on time so they do not miss any of their swimming events. Family and friends need to view the meets from the balcony. **Google Forms will be sent through the Remind App to all participants in order to let the Aquatics Department know if your swimmer(s) will be attending the meet.**

Athlete Eligibility

1. The following will be the age divisions for each event: **Ages:** 8 & Under, 9-10, 11-12, 13-18 and will be **awarded:** 5-6, 7-8, 9-10, 11-12, 13-14, 15-18
2. The swimmers age for the entire year will be determined by his/her age as of June 20, 2025.
3. Swimmers must be able to swim at least their age appropriate distance unassisted.
4. Swimmers may compete for only one Summer Swim League Team in a given season.

Conduct

1. The following activities will result in expulsion from a meet or practice
 - Unsportsmanlike conduct
 - Use of tobacco products anywhere within the facility
 - Use of drugs or alcohol anywhere within the facility
 - Being under the influence of drugs and/or alcohol anywhere within the facility
 - The use of foul or obscene language anywhere within the facility
 - Verbal or physical abuse towards deck officials, volunteers, or coaches
 - Interfering with the competition
 - Violation of the facility Rules and Regulations
 - Damage caused to the facility

- Other activities deemed by the Aquatic Supervisor to be outside the realm of sportsmanship and safety to our patrons
2. Any athlete or patron, who demonstrates any of the above actions at “Pepper” Geddings Recreation Center, may be suspended for up to 6 months by the Recreation Supervisors or the Myrtle Beach Police Department.

Safety

1. Swimmers should immediately notify their coach of an injury sustained during a practice or meet.

Inclement weather policy: The City of Myrtle Beach will make every effort to hold safe swim meets and team practices. The Summer Swim League will hold practice and swim meets through storms as long as they are not severe. During a swim meet we will wait a half hour, before canceling a meet. It will be up to the coaches and parents as to whether their swimmers wait to attend the meet/practice. Since storms tend to pass quickly in the Myrtle Beach area, we will always try to wait out the bad weather instead of canceling the swim meets.

Participant Awards

1. All registered participants in our Summer Swim League will receive a ribbons, swim cap, water bottle, and sport bag.
2. All swimmers who successfully complete a race during the *regular season* will earn a ribbon, 1st – 6th, based upon the place they finish in their heat.

The following awards will be given to swimmers on each team:

- Perfect Swim Meet Attendance
- Most Valuable Swimmer (Boy & Girl)
- Most Improved Swimmer (Boy & Girl)
- Team Spirit Award (Boy & Girl)
- Sportsmanship Award (Boy & Girl)

Volunteers

The success of this program relies heavily on volunteers. All timers will be provided with a battery powered digital watch designed for timing purposes. We ask that all parents consider volunteering to be a timer, as it is the “best seat in the house”. **Two volunteers from each team is required at each meet. All timers will need to fill out a background check prior to volunteering. Please click the button on the Google Form to let us know if you can volunteer at the meet(s).**

Before the meet starts

1. Always arrive at least 15 minutes prior to your warm up time.
2. Upon arrival, find your team and a place to put your swimmer's swim bag, towel, etc. Parents and family/friends should then go to the balcony to watch the meet.
3. Next the swimmer should get his/her cap and goggles on and report to the coach for warm-up instructions. If the coach has not arrived yet wait in your team's area until he/she does. It is very important for all swimmers to warm-up with their team.
4. After warm-up, your swimmer will go back to their team's area where his/her towels are and sit there until their event is called.
5. The meet will begin immediately after warm-ups are over.

Meet Start

A swimmer's event will be called over the PA system. Swimmers should report to the area behind the starting blocks with his/her cap and goggles. Generally, the girl's events are odd-numbered; followed by the boy's events, which are even-numbered. The coach will help the swimmer's report to their events on time, but each swimmer should be aware of the events they are swimming so as not to miss their swim. **Swimmers may swim up to 3 individual events in each meet.**

After The Meet

1. Provide positive reinforcement to your child and encourage them! The team coaches will discuss stroke technique with them.
2. The swimmer's times for each event will be posted in the hallway, if ready. You will receive a program book, use the personal times sheet in the book to record your swimmers time for each of their events. If you find a discrepancy pertaining to your swimmer's time, please discuss it with your child's coach after the meet is over.

What To Take To The Meet

1. *Most important:* Swim suit, goggles and cap (if your swimmer uses them)
2. For a swimmer with long hair who chooses not to use a swim cap, provide something to pull the hair back away from the face.
3. Towel – you may want to bring two, one to sit on and one to dry off or shower with.

Sportsmanship

1. Teach your child sportsmanship. Require him/her to demonstrate sportsmanship before, during, and following competitive activities. Teach and encourage him/her to...
 - Learn and follow the rules
 - Accept that the nature of competition is seeking to get what others are seeking, and results in both winners and losers

- Be pleasant and nice toward other participants, spectators, program officials, judges, supporters, and others
- Congratulate winners
- Never gripe, complain, or make excuses when he/she does not perform well
- Take the things that happen at the program, and the results, with grace and good temper
- Be happy but not gloat, brag, act conceited, or downplay his/her accomplishments
- Thank leaders, program organizers, sponsors, judges, and others

2. Applaud for your children, your friends' children, your team, and others to express appreciation and admiration.

3. Do not boo, heckle, make disparaging remarks, or make insulting comments about or to anyone – including competitors from rival teams, and program officials and organizers.

4. Listen, act interested, and be quiet when program officials are talking or making announcements, and when other comments are being addresses to the audience.

5. Encourage your child to politely ask questions if he/she has them, express concerns he/she may have, and make helpful suggestions to program officials and organizers.

6. If you have questions, concerns, or suggestions, please be polite in expressing them.

7. Show courtesy toward others. For example:

- Do not sit or stand in aisles
- Do not jump and block the view of others behind you in moments of high excitement
- Do not block other's view when taking pictures or videos.
- Leave the chairs and bleachers where you find them
- Throw away litter. Do not leave programs, drinking cups, or other trash for someone else to clean up

10. Enjoy Summer Swim League, and accept our appreciation for setting a good example for today's youth.

2025 SUMMER SWIM LEAGUE

SWIM MEET SCHEDULE

Day	Date	Meet #	Format	Time
Friday	June 20	Meet 1	Format A	5:00 pm (No DQs)
Friday	June 27	Meet 2	Format B	5:00 pm
Friday	July 11	Meet 3	Format A	5:00 pm
Friday	July 18	Meet 4	Format B	5:00 pm
Friday	July 25	Meet 5	Format A	5:00 pm
Friday	August 1	Championship Meet		5:00 pm

* Warm-ups begin 60 minutes prior to meet times. Each team will get a warm-up time that will be in 30 minute increments. **Warm-up times will be posted on the Remind App.**

*All Swim Meets will be held at the "Pepper" Geddings Recreation Center

Weather Policy: The Recreation Division will make every effort to hold a safe swim meet. In the event of a severe lightning storm, we will wait a maximum of a half hour from the meet start time before canceling the meet.



Mister Softee will be at all of the swim meets!

Check out their truck any time during the meets to purchase ice cream!

DATES AND UPDATES TO REMEMBER

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 First Day of Summer Swim League Practices	10	11	12	13	14	15
16 Fill out Google form on sent through Remind	17	18	19	20 SSL Meet #1	21	22
23 Fill out Google form on sent through Remind	24	25	26	27 SSL Meet #2	28	29

JULY

Monday	Tuesday	Wednes day	Thursday	Friday	Saturday	Sunday
<i>JUNE 30</i> Fill out Google form on sent through Remind	1	2	3	4 No swim meet this week	5	6
7 Fill out Google form on sent through Remind	8	9	10	11 SSL Meet #3	12	13
14 Fill out Google form on sent through Remind	15	16	17	18 SSL Meet #4	19	20
21 Fill out Google form on sent through Remind	22	23	24	25 SSL Meet #5	26	27
28 Fill out Google form on sent through Remind	29	30	31	<i>AUGUST 1</i> Championship Meet	2	3

- Marlin Free Week – August 4-6th

South Carolina Youth Sports

OUR PROMISE TO KIDS

The City of Myrtle Beach recognizes the value of youth sports on publicly owned facilities and as a community working together we will do our best to deliver on these promises to our kids.

We promise to provide you the opportunity:

- For a Fun, Safe, Positive environment in which to participate
- To participate under the supervision of positive role models that will help focus on developing skills, teamwork, sportsmanship and how to win and lose graciously
- For all participants to play regardless of skill or ability
- To build self-confidence and self-esteem while respecting oneself and others
- To make new friends
- To continue to improve and enhance the quality of your youth sports experience

Everyone associated with this youth sports program will do their part in keeping these promises to our kids.

AGREED: Amanda Payne Date: January 15, 2025

To make good on these promises:

1. Each youth sport league/program must agree to abide by the policies and procedures that are established by the public entity.
2. All professionals, volunteer administrators, coaches and parents must successfully complete an orientation/training program that includes an understanding of the community's philosophy, policies and procedures, and specific knowledge required for each position.
3. Everyone associated shall be held accountable for his or her actions and behaviors.

Partners in promoting a positive youth sports environment





Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports events.

I will place the emotional and physical wellbeing of my child ahead of my personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will support the coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.

I will remember that the game is for youth – not adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

© National Alliance For Youth Sports

PERSONAL TIMES

Record your swimmer’s times each week to keep a record of their accomplishments.

Results will be posted in the hallway throughout each meet.

Swimmer’s Name _____

Stroke	Free	Back	Breast	Fly	IM
Example	25YD/50YD/100YD Time: 25.31	25YD/50YD/100YD Time: 26.30	25YD/50YD/100YD Time: 1:02.36	25YD/50YD/100YD Time: Did not swim	25YD/50YD/100YD Time: Did not swim
Meet 1	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:
Meet 2	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:
Meet 3	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:
Meet 4	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:
Meet 5	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:
Champs	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:	25YD/50YD/100YD Time:

SWIM MEET FORMATS

FORMAT A MEET #1, 3 & 5

GIRLS EVENT

BOYS EVENT

1	8 & Under	25 Yard Freestyle	2
3	9 & 10	50 Yard Freestyle	4
5	11 & 12	50 Yard Freestyle	6
7	13 - 18	50 Yard Freestyle	8
9	8 & Under	25 Yard Backstroke	10
11	9 & 10	50 Yard Backstroke	12
13	11 & 12	50 Yard Backstroke	14
15	13 - 18	50 Yard Backstroke	16
17	8 & Under	25 Yard Butterfly	18
19	9 & 10	50 Yard Butterfly	20
21	11 & 12	50 Yard Butterfly	22
23	13 - 18	50 Yard Butterfly	24

FORMAT B MEET #2 & 4

GIRLS EVENT

BOYS EVENT

1	8 & Under	25 Yard Freestyle	2
3	9 & 10	50 Yard Freestyle	4
5	11 & 12	50 Yard Freestyle	6
7	13 - 18	50 Yard Freestyle	8
9	8 & Under	25 Yard Backstroke	10
11	9 & 10	50 Yard Backstroke	12
13	11 & 12	50 Yard Backstroke	14
15	13 - 18	50 Yard Backstroke	16
17	8 & Under	25 Yard Breaststroke	18
19	9 & 10	50 Yard Breaststroke	20
21	11 & 12	50 Yard Breaststroke	22
23	13 - 18	50 Yard Breaststroke	24

Awards will be given to top 6 participants in each heat

CHAMPIONSHIP MEET

Friday, August 1, 2025

Girls Event #

Boys Event #

1	8 & Under	25 Yard Freestyle	2
3	9 & 10	50 Yard Freestyle	4
5	11 & 12	50 Yard Freestyle	6
7	13-18	50 Yard Freestyle	8
9	8 & Under	25 Yard Backstroke	10
11	9 & 10	50 Yard Backstroke	12
13	11 & 12	50 Yard Backstroke	14
15	13-18	50 Yard Backstroke	16
17	8 & Under	25 Yard Breaststroke	18
19	9 & 10	50 Yard Breaststroke	20
21	11 & 12	50 Yard Breaststroke	22
23	13-18	50 Yard Breaststroke	24
25	8 & Under	25 Yard Butterfly	26
27	9 & 10	50 Yard Butterfly	28
29	11 & 12	50 Yard Butterfly	30
31	13-18	50 Yard Butterfly	32

Awards will be given to top 6 participants per event



Marlin Try Outs - August 4, 5 & 6th

4:30-6pm

No pre-registration

Contact Head Coach

Lisa Updyke at 843-918-1536 or lupdyke@cityofmyrtlebeach.com



CAMP ATLANTIS



August 4-8th from 9-2pm

Ages 6-8

For more information - contact

Kaitlyn Holmes 843-918-2288 or kholmes@Cityofmyrtlebeach.com