



Orange County Swim Conference (OCSC) Summer League 2015

Every summer, STOP is an active participant in the Orange County Swim Conference (OCSC) that is a league of 15 teams throughout Orange County. These teams are divided into 4 regions. During June - August, we participate in Dual Meets with other teams in our region, the Pentathlon, Region I Finals, & OCSC Championships. These meets are a great way to bring the whole team together, are perfectly suited for the beginning swimmer to learn about competition, and are a fun for everyone involved. Swimmers who do not participate are left out of a great experience. It is one time in which we can participate as an entire team. At the end of the summer, every swimmer who participates in Division Finals receives a trophy at the end of the year party.

Registration Required Although not required, all STOP swimmers are encouraged to participate. **To participate in OCSC meets, each swimmer must be registered with OCSC and pay a one time \$30 fee to STOP. To register, simply drop a check into the WHITE STOP Box, payable to STOP, in the amount of \$30 per swimmer.** This will allow your swimmer to participate in all 3 dual meets, and OCSC Finals in August.

Please make this a separate check from your Dues and put your swimmer's name in the subject line. I will take care of the paperwork. If you know you are going to participate, please drop your check as soon as possible.

Dual Meets STOP is part of Region I (North) of the conference, along with: Brea Glenbrook (BGST), and Eastlake Rays (RAYS), and the Tustin Dolphins (TD) We will have a dual meet with each team.

To participate in Dual Meets, swimmers need to sign-up for each meet they want to participate in. Families will be notified when it is time to sign up through STOP Notes. To sign-up, swimmers must locate the sign-up sheet, located in the BLACK STOP Box and highlight their name. Only swimmers, who sign-up, will be placed into the meet. If a swimmers signs-up but does not show up to the meet, they will not be allowed to participate in the next meet.

Events: Swimmers are placed into their events by the coaches. Each swimmer may swim a maximum of 2 individual events and 2 relays, or 3 individual events and 1 relay. However, not all swimmers will swim the maximum events. Swimmers are placed into the events in which they can best help out the team as well as what is best for each swimmer. All swimmers who do not get disqualified will receive a ribbon.

Parent Participation Required: For each of the Dual Meets, each family that has a swimmer participating in the meet will be assigned a period of time in which they must fulfill a timing assignment during the meet. Timing assignments usually are 30 – 40 minutes long.

Pentathlon In this event, swimmers compete against other swimmers in their division for awards. At this meet, swimmers must participate in all 5 events, which include the Fly, Back, Breast, Free, and the Individual Medley. Swimmers 8 & under swim 25 yard events, swimmers 9 & up swim 50 yard events (except for the I.M.). Swimmers in the 5-6 age group do not swim the I.M. Swimmers are given a combined score based on their performance of all of their events. This score is then ranked with the other swimmers of the same age

group and region. Swimmers who are ranked among the top 8 get medals. There is also a team award for the Pentathlon Division Champion. This meet will be held on Saturday, July 18th at our pool.

To Participate: Swimmers must sign up for this meet two weeks prior to the meet. This meet is not included in the \$30 fee you paid for OCSC. The additional meet charge of \$23 will be added to your account.

Regional Finals Regional Finals is the “championship meet” for the four teams in Region I. This meet will be held on the weekend of August 8-9 (specific day has not been determined.) At this meet, all four teams compete against each other. The top 8 swimmers in each event are awarded. The team with the most points is honored with the Region I Championship.

To Participate: Like the dual meets, swimmers must sign-up, and are placed into their events by their coaches. At Regional Finals, swimmers may only swim in 2 individual events but may also participate in 2 relays. To participate in Finals, swimmers must have participated in at least 1 dual meet. Only swimmers who participate in Finals, and then Championships if qualified, will receive a trophy at the end of the summer.

OCSC Championships OCSC Championships is the championship meet in which the top swimmers for all the teams in the league (all 4 regions) compete against each other for individual and team awards.

To Participate: Swimmers are invited by the league based on their performance in their events at their Regional Finals. Championships will be held, Tuesday, August 11th

OCSC SUMMER SCHEDULE

Meet Dates	Teams	Where	Warm Up Time	Meet Start Time
Wednesday, June 24 th	Dual Meet: STOP @ BGST	@ Brea Glenbrook	4:30 PM	5:00 PM
Wednesday, July 8th	Dual Meet: TD @ STOP	@ Valencia	4:30 AM	5:00 PM
Saturday, July 18th	OCSC Pentathlon	@ Valencia	7:30 AM	9:00 AM
Wednesday, July 22nd	Dual Meet: RAYS vs. STOP	@ Valencia	4:00 PM	4:30 PM
Weekend of Aug 8 or 9	Region I Finals	@ Costa Mesa	7:30 AM	9:00 AM
Tuesday, Aug 11th	OCSC Championships	@ El Toro High	4:00 pm	5:00 PM

All swimmers (except DP1) are encouraged to participate. Most of our older advanced swimmers started their competitive swimming careers by participating in OCSC. More information will come out as each meet approaches.

STOP's OCSC Championship Record:

2014 2nd
2013 1st
2012 5th
2011 1st
2010 1st
2009 2nd
2008 1st
2007 1st
2006 2nd

Participation Incentives:

- 1) Every swimmer who participates in Regional Finals receives a trophy at the OCSC Pool Party
- 2) 100 % Award; Every swimmer that participates in all 3 dual meets and Regional Finals will earn the opportunity to “smash” a cream pie into the coach of their choices face at the pool party