



*Orange County Swim
Conference (OCSC)
(Different from SCS Meets)*

Summer 2010

Every summer, STOP is an active participant in the Orange County Swim Conference (OCSC) which is a league of 12 teams throughout Orange County. These teams are divided into 3 regions. During June - August, we participate in Dual Meets with other teams in our region, the Pentathlon, the Relay Meet, 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.

In 2009, the Swim Team of Placentia finished 1st in the OCSC Championship after finishing 2nd in 2008, and winning it in 2007.

Registration Required Although not required, all STOP swimmers are encouraged to participate. To participate, each swimmer must be registered with OCSC by returning the attached slip along with a check, payable to STOP, in the amount of \$25 per swimmer.

Dual Meets STOP is part of Region I (North) of the conference, along with: Anaheim Aquatics (AAA), Brea Glenbrook (BGST), and Eastlake Rays (RAYS). We will have three dual meets which will all be held at our pool.

To participate in Dual Meets, swimmers need to sign-up for the meet. 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.

100% Awards: Swimmers who participate in all 3 dual meets will receive a special 100% award from OCSC.

Region I Finals: To participate in Regional Finals, swimmers must have participated in at least 1 dual meet.

Trophies will be awarded to all those swimmers who participate in Regional Finals & OCSC Championships (if qualified).

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 7th & 8th. 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 10th.

Pentathlon The Pentathlon is a meet in which we host. In this event, swimmers compete against other swimmers in their division for awards. Although, teams from all four regions are participating in the meet, our swimmers are only scored against swimmers from teams within our region. 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 10th.

To Participate: Swimmers must sign up for this meet two weeks prior to the meet. This meet is not included in the \$25 fee you paid for OCSC and will have an additional charge.

OCSC 1st Annual Relay Meet This event is new to the OCSC program this year. We, the Swim Team of Placentia, will be hosting the event on Sunday, July 11th. At this meet, all teams in the league are invited to participate.

To Participate: Swimmers are selected, by the coaches, to participate in the relay events based on past performances. Swimmers need to realize that not all swimmers are selected to participate. For each relay a swimmer participates in, a \$2 charge will be added to your account.

OCSC SUMMER SCHEDULE

Meet Dates	Teams	Where	Warm Up	Meet Start	
				Time	Time
Thursday, July 1st	Dual Meet: RAYS vs. STOP	@ Valencia	3:00 PM		4:00 PM
Thursday, July 8th	Dual Meet: BGST vs. STOP	@ Valencia	3:00 AM		4:00 PM
Saturday, July 10th	OCSC Pentathlon	@ Valencia	8:30 AM		10:00 AM
Sunday, July 11 th	OCSC Relay Meet	@ Valencia	8:30 AM		10:00 AM
Tuesday, July 20 th	Dual Meet: AAA vs. STOP	@ Valencia	3:00 PM		4:00 PM
Sa or Su Aug 7-8	Region I Finals	@ TBA	7:30 AM		9:00 AM
Tuesday, Aug 10th	OCSC Championships	@ El Toro High	4:30 pm		5:30 PM

Pizza Party Following all of our dual meets, swimmers and families are invited to join the coaches at Round Table Pizza (Yorba Linda Blvd & Lakeview). This serves as a fund-raiser for the team. When ordering, tell them that you represent the Swim Team of Placentia, and the team will receive a percentage of your order.

More information will be coming out over the next several weeks.

DETACH _____

2010 OCSC PARTICIPATION

If you would like to participate, please return this slip to the WHITE STOP Box along with a check, payable to STOP, in the amount of \$25 per swimmer to cover you registration. Please do not include it with your dues.

Swimmers Name(s): _____