

**2010**  
**Waterstone Swim Team**  
**Parent Handbook**  
**[www.waterstonewaves.org](http://www.waterstonewaves.org)**

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**Summary of Dates to Remember**

<b>June 1</b>	<b>Practice Starts</b>
<b>June 1</b>	<b>Stroke Judge Meeting @ Woodgate Pool at 7PM</b>
<b>June 2</b>	<b>Stroke Judge Apprentice Session @ Woodgate Pool at 7PM</b>
<b>June 8</b>	<b>Intersquad Time trial (if your swimmer cannot attend this, please have them timed by the coaches prior to their first meet)</b>
<b>June 4</b>	<b>Last Day to Sign-up for Ponds meet</b>
<b>June 10</b>	<b>Home meet with Ponds</b>
<b>June 11</b>	<b>Last Day to sign-up for Woodgate and Merrimac meets</b>
<b>June 15</b>	<b>Meet @ Woodgate</b>
<b>June 17</b>	<b>Meet @ Merrimac</b>
<b>June 18</b>	<b>Last Day to sign-up for Brookshire meet</b>
<b>June 22</b>	<b>Bye</b>
<b>June 24</b>	<b>Home meet with Brookshire</b>
<b>June 29</b>	<b>Bye</b>
<b>July 2</b>	<b>Last Day to Sign-up for Village of West Clay meet</b>
<b>July 6</b>	<b>Home meet with Village of West Clay</b>
<b>July 8</b>	<b>Make-up Swim meet date</b>
<b>July 9</b>	<b>End of Season Party @ Waterstone Pool</b>

# WATERSTONE SWIM TEAM 2010

Welcome to the Waterstone Swim Team. Please keep this handout throughout the season as it will answer many of your questions and be a handy reference. You may also find this information updated throughout the year on our team website ([www.waterstonewaves.org](http://www.waterstonewaves.org)).

All children ages 6 and under will be evaluated during the first 3 days of practice to determine if they are ready to be on the swim team. If the coaching staff determines that your child is not ready for the swim team, you will receive a partial refund of your registration fee (\$80). No refunds after 6/11.

**Swim Practice Schedule:** Swim practice will run from June 1- July 5 or 7. We have seven practice times available each week and encourage swimmers to attend *at least 4* practices a week. However, the more practices your child attends; the more they will get out of their swim team experience. Below is our practice schedule:

	<u>Mon-Wed-Fri</u>	<u>Mon-Tue-Wed-Thu</u>
6 years old and under	10:00-10:30 AM	6:00-6:30 PM
7-9 year olds	8:45-9:15 AM	6:30-7:15 PM
10+ years old	9:15-10:00 AM	7:15-8:00 PM

The times listed above are the times the children will be practicing in the water. All children should arrive to the pool at least 10 minutes prior to the start of practice to stretch on deck. It is very important to warm up with stretches to help avoid muscle injuries.

Please plan on attending as many practices as your schedule allows. Attendance will not be taken. If the weather is iffy (below 68 degrees) please make sure your child has tennis shoes. If it is too cold to get in the water, the coaches will have the kids do fun on deck exercises and games where tennis shoes will be needed. When in doubt, please go down to the pool.

A parent of the children in the 6 and under group needs to be on deck during the entire practice time. Other age group parents are welcome to attend practices as well. However, please keep in mind that it is difficult for the swimmers to hear during practice. Therefore, we need to keep the noise at a respectable level as a way to show courtesy to all swimmers. It is awesome that so many parents come down to watch, but it would be helpful if parents don't sit too close to the practice pool. If a child is not listening/misbehaving, please allow the coaches to handle the situation and remove the child if necessary without interrupting the flow of practice for the other swimmers. Thank you for your cooperation.

If you need to talk to the coaches for any reason, please do so outside of swim team practice times. They end one practice group and immediately start up with another practice group.

## **Swim Suits:**

All swimmers are to wear the Waterstone team suit at the swim meets. These suits are available at Kast-A-Way Swim Wear (848-5263), located on 86<sup>th</sup> street across from North Central High School.

**Stoke Judge Meeting:** Anyone interested in being a stoke judge during the swim meets this summer **must** attend the officials clinic which will be held on Tuesday 6/1/10 at 7:00 PM at Woodgate pool. A stroke judge apprentice session will be offered this year on Wednesday 6/2/10 at Woodgate pool. This session is for all new stroke judges and an alternative to the clinic for returning judges. Please contact Anne Nichols if you are planning to attend.

**Coaching Staff:** Mark Kremer and Taylor Kelsch will lead our coaching team with Marissa Lowe, Erin Moorman and Jim Vinyard assisting.

**July 9: Tentative Date of End of Season Party:** Details to follow

**Questions:** Please check out [www.waterstonewaves.org](http://www.waterstonewaves.org) or contact Anne Nichols at 437-1021 or [coordinator@waterstonewaves.org](mailto:coordinator@waterstonewaves.org)

The Swim Team Committee Members include: Jeanne Adaniya, Casey Alexander, Michelle Carmichael, Leigh Moorman and Susan Woodhouse.

# Swim Meets

## **Swim Meet Schedule:**

**June 8** (Tue) Intrasquad time trial at Waterstone. Arrive by 4:15, warm-up starts at 4:30, time trial starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and markers.

**Concession Stand:** All summer swim teams sell concession food as their only fundraising activity. Our team will be selling pizza, hot dogs, hamburgers, sodas, waters, candy, etc. The profit we make from our home meets is used to purchase medals for all the swimmers and goes towards coaches' gifts. Please help support our team by purchasing items from the concession stand during our home meets!

**June 10** (Thurs) meet w/Ponds at Waterstone. Arrive by 3:45, warm-up starts at 4:00, meet starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and markers.

**June 15** (Tues) meet at Woodgate. Arrive by 4:15, warm-up starts at 4:30, meet starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and marker.

**June 17** (Thurs) meet at Merrimac. Arrive by 4:15, warm-up starts at 4:30, meet starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and markers.

**June 24** (Thurs) meet w/Brookshire at Waterstone.. Arrive by 3:45, warm-up starts at 4:00, meet starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and markers.

**July 6** (Tues) meet w/ Village of West Clay at Waterstone. Arrive by 3:45, warm-up starts at 4:00, meet starts at 5PM. Wear your team suit, cap and t-shirt. Bring a towel, goggles, and markers.

## **How to sign up to attend a swim meet?**

There is a specific sign up procedure that every swimmer needs to follow, if they wish to attend a swim meet. This is very important so please read carefully.

At the pool is a 3 ring binder labeled "WATERSTONE SWIM TEAM". In that binder will be forms listing all the children's names. By your name, you need to write the word "YES" if you want to attend that particular swim meet or "NO" if you do not want to attend that meet. You need to do this for every single swim meet. The deadline to sign up for a meet is 10 AM on the Friday before that meet. If your child does not have a "YES" by their name, they will not be entered to swim in that meet and therefore cannot participate. We also want to see the word "NO" after your name if you are choosing not to participate. This helps us to know that you are aware of the meet and are not coming.

Here is an example: The first meet is Thursday, June 10. The deadline date to sign up for that meet is 10:00 AM on Friday, June 4. At 10:00, the sign up sheet for that meet will be taken out of the swim team binder. Every swimmer should have a YES or a NO by their name; there should be no blanks after any of the names. All the children who indicated they were coming by writing YES will be able to participate in the meet on June 10. Anyone who wrote NO by their name or left their name blank will not be able to participate.

The Swim Team binder will be at the pool starting Monday 6/1 so you may sign up at your convenience. If you have any questions while signing up, the coaches should be able to assist you.

## **Order of Events at Swim meets:**

Groups 11/12 and 13/14

Events 1-4 Individual Medleys

6 and under group:

The 6 and under group will swim events 5 - 10 (backstroke, breaststroke and then freestyle). The coach will only assign your child to swim strokes that they are ready and prepared for.

Groups 7/8, 9/10, 11/2 and 13/14:

Events 11-18 Medley Relays for each of the groups

Events 19-26 Individual butterfly

Events 27-34 Individual backstroke

Events 35-42 Individual breaststroke

Events 43-50 Individual freestyle

Events 51-58 Freestyle Relays

Swimmers do receive a ribbon for every event that they swim. These will be handed out at the next practice.

## **Parent Volunteer Requirements**

Swim meets are run entirely by parent volunteers. If you have a child on the team, you **MUST** work a minimum of 3 volunteer slots. Susan Woodhouse (566-1466) is coordinating volunteers this year. You will have the first opportunity to sign-up for your shifts at the mandatory meeting. If you did not have an opportunity to sign-up at the mandatory meeting, please sign-up during the first week of practice (Susan will have the book with her) or after 6/5, feel free to contact Susan Woodhouse to sign-up for your shifts.

There are lots of slots to fill, the following lists the positions that are needed:

- \* Announcer – announces the events and starts the races
- \* Ribbon Writer – write name of swimmer on the back of the ribbon earned
- \* Filer – place ribbons in alphabetical order
- \* Concession stand – sell soda, pizza, candy
- \* Timer – sit at end of pool and record the swimmers times
- \* Score Keeper – keep track of points earned by both teams
- \* Recorder – write down name of swimmer in your lane
- \* Runner – take the recorder sheets to the scoring table
- \* Finish Judge – determines the swimmers finish position
- \* Clerk of Course – assist in lining up the kids
- \* Stroke judge- make sure swimmers use proper stroke technique. (must be trained to be a stroke judge)

Check-in time for all shifts, except concessions is 4:30PM

### **\* \* \* \* \* Paid Substitutes \* \* \* \* \***

If you are unable to work your shift, YOU are responsible to find a replacement. This replacement must be at least 14 years old and capable of fulfilling the duties of the position. The following industrious, young people in our neighborhood have expressed an interest in being a paid substitute. The cost is \$40 per shift, you are responsible to pay and coordinate schedules. Please contact [coordinator@waterstonewaves.org](mailto:coordinator@waterstonewaves.org) by email or call Susan Woodhouse (566-1466) for the current list.

If you are scheduled for a shift and you do not show up, or call Susan Woodhouse (566-1466), you will be charged a fee of \$50.00.