

DEVENGER SWIM TEAM HANDBOOK 2011



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<http://www.devengerplace.org/dolphins/>

Dolphin Meet Schedule

<u>Date</u>	<u>Team</u>	<u>Where</u>	<u>Time</u>	<u>***Clean-up</u>
June 2	Neely Farm	Home	5:30	8& U/9-10
June 9	Orchard Farms	Away	5:30	
June 16	Pelham Falls	Home	5:30	11/12
June 23	Stonehaven	Away	5:30	
June 30	Forrester Woods	Home	5:30	13-18
July 9 & 10	Divisionals	Forrester Woods	TBD	
July 16	Championships	Westside Aquatics		
July 17	Classics	Westside Aquatics		

***Clean-up duties entail getting the pool completely ready for regular use the next day. It does not take long and is very important for at least one adult from each family from the assigned age group to help. Do not leave if your age group has clean-up. The more hands the quicker the work!

***Also if anyone can help set up during the afternoon, it would be GREATLY appreciated!!! We start about 2:00.

***Concession workers 1st half please come at 4:00 to help set up. If you work 2nd half your job is not done until it is cleaned up.

REMINDER: Bring one 8 pack Gatorade, 6 pack of water, or 12 pack of name brand soda/diet soda, to practice the day before each home meet. Also bring snacks to sell at the home meet.

GUPPY MEET SCHEDULE*

<u>Date</u>	<u>Team</u>	<u>Where</u>	<u>Time</u>
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TBA

*More meets may be added you will receive and updated schedule if there any changes

TEAM PHOTO

TBD AT 9:00 a.m. IN THE MORNING AT THE POOL. They will be taken in this order: (1) Dolphins, (2) Individuals.

Guppy pictures will be taken on TBD at 10:00 am.

COACHES

Head Coach: Kevin Treu

Assistant Coaches: Mary Lewis, Alex Vallance, Sherie Wilson

PRACTICE SCHEDULE

Guppies start Friday, June 3 and end Friday, July 8

Monday –Friday 10:15-10:45 a.m. Group A (to be assigned)

Monday- Friday 10:45-11:15 a.m. Group B (to be assigned)

Guppies will be divided into smaller groups. You will be told which group your child will assigned to after the first practice.

Dolphin Practice Schedule Beginning May 11 through June 1, 2010

3:30 – 4:15 Mon - Fri → 8&unders and 9-10's

4:15 – 5:00 Mon - Fri → 11-12's,

5:00 – 5:45 Mon - Fri → 13-14's, 15-18's

Dolphin Practice Friday, June 3 through Friday, July 8, 2010

Mornings- Monday through Friday

8- 8:45 a.m. → 8&Unders, 9-10s

8:45- 9:30 a.m. → 11-12s

9:30- 10:15a.m. → 13-14s, 15-18s

Afternoon Practice:

3-4 p.m. Mon-Wed → 8&Unders and 9/10s

4-5 p.m. Mon. → only 11-12s

5 p.m. Mon → Weekly coach's meeting with parents

4-5 p.m. Tue only → 13-14s

4-5 p.m. Wed only → 15-18s

**Please note that the morning practices will be held on Thursdays and Fridays throughout the season. These will be important workouts, so please help us by reminding your swimmers how important they are. The afternoon workouts will be lower intensity, but no less important. They'll be used for stroke work, turns and take-offs.

Policies

1. Parental involvement is a prerequisite for a successful team! The Swim Team Board solicits your help and attendance at each swim meet.
2. Age group classification is determined by the swimmer's age at the end of the day on May 31st.
3. Attendance and participation at the practices and swim meets are essential.
4. The coaches have the authority to dismiss children from practice and/or swim meets as a disciplinary measure.
5. **INFORM THE COACH IN WRITING ONE WEEK IN ADVANCE** if your child will not be able to attend a swim meet. Please use the online form found at <http://www.devengerplace.org/dolphins/forms/missingmeet.php>
Swimmers who fail to attend a swim meet without giving advance notice will not be entered in the meet immediately following.
6. You must be a full or associate member of the Devenger Place Family Center to be on the swim team.
7. To qualify for Championships and Classics, a swimmer must participate in Divisionals. To qualify for Divisionals, a swimmer must swim in at least TWO dual meets.
8. The PARENTS must tell the coach prior to the start of the Divisional meet if their child will not be able to swim in Championships or Classics. There is a form that will have to be signed (http://www.devengerplace.org/dolphins/forms/Intent_to_swim_2010.pdf). There is a \$25 fine per event on the swimmer for a scratch without a valid excuse (medical, death in the family, etc). The swimmer will not be allowed to participate in SAIL as a competitor or coach from the point of infraction until the fine is paid. Family members will not be allowed to swim or coach in subsequent years until all family fines are paid in full. This is a SAIL rule.
9. Swimmers are responsible for reporting to their events on time.
10. Swimmers must stay with the team in the designated team area during the meet.
11. Please do not leave a meet without checking with the coach first. There is always the chance your child may be needed for a relay event to replace another swimmer who did not come to the meet, or may be ill.
12. No swimmer may scratch themselves from an event without permission from a coach. Doing so will result in the swimmer not competing in the next meet.
13. After morning practice on the day of the meet, swimmers are expected to stay away from the pool and out of the sun until after the meet.
14. Clean up after the home meets is the responsibility of a particular age group of swimmers and their parents. If you have swimmers in more than one group, you get to help more than once!
15. Alcoholic beverages are not allowed at swim meets.
16. Any writing on bodies must be done in a positive, team spirit way. You may ONLY write: Go Dolphins, We're #1, Go Devenger, Dolphins Rule, etc. Under no circumstances of off color writing will be acceptable. Consequences will be: you may not swim the rest of the meet or participate in the following Friday activities including donuts and the social activity.
17. In the final *home* meet of the season, the 15-18 year old boys and girls *only* may plan something creative for the final freestyle relays. They may not do anything dangerous, or interfere with other swimmers in any way. (The opposing coach will be made aware that the event might not be swum with complete seriousness.) Races at all other times by all swimmers must be conducted with serious intent and a good-faith effort. Failure to adhere to this rule will result in a swimmer being left out of the next meet.

GENERAL INFORMATION

1. The swim team defrays some of our costs by selling donated items at the concession stand at home meets. Each family is to donate a baked item and a pack of **NAME BRAND SODA, DIET SODA, GATORADE, OR BOTTLED WATER** for each home meet. **Prepackaged purchased snack items and/or baked goods need to be wrapped singly and ready to sell. Please do not send anything with icing.** Baked items need to be brought on the day of the meets so they will be fresh. Drinks, the day before.
2. Swim team news will be e-mailed and posted on the website (www.devengerplace.org/dolphins/). Some signs will be posted on the covered board outside the pool.
3. All volunteers and officials should check the bulletin board the day before each meet for your assignments.
4. Swim practice WILL be held in the rain. Only lightning will stop practice.
5. Many people meet at the pool and caravan to the away meets. This is encouraged.
6. Parents, not the coaches or swim team board, are responsible for getting their children to away meets. Please do not drop them at the pool and expect them to find their own ride. Arrange a ride ahead of time.
7. A records board was started in 1988. Be sure to check it and look for your or your children's names.
8. During Friday morning practices, the swimmers get "munchkins" with their ribbons. These are donuts or other goodies. *This is a special treat **in addition to practice on Friday mornings!*** Please do not allow your swimmer to skip practice and show up for the treats and ribbons.
9. Do's and Don'ts for swimmers: DO eat a high-carbohydrate supper the night before a meet (spaghetti, lasagna, macaroni and cheese, etc)

DO eat lunch on Thursdays before the meets; the best time is around 2 p.m., but not later than 3 p.m.

DO bring snacks such as trail mix, fruit, sports drinks, and granola bars.

DO NOT bring carbonated drinks, candy, or anything in glass containers.

DO bring two towels, sweats, swim caps, and goggles to meets.

10. Safety alert: there may be poisonous snakes in the creek, please warn your children.

SOCIAL ACTIVITIES

All swimmers are invited to join in the fun! Social activities will be announced at the beginning of the season.

All 8 and under swimmers (Dolphins and Guppies) must be accompanied by an adult or sitter.

Friday socials will be announced each week.

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|-----------------|--|
| JULY 8 | Pasta Pump-Up 6:30 (Pasta Dinner to get ready for Divisionals; Pep rally to follow; Swimmers are expected to stay out of the pool in order to rest – Please support us in this.) |
| JULY 10 | “Bloody Sunday” Party (Adults only) |
| Week of July 11 | Classic and Championship Qualifiers’ dinner |
| JULY 17 | End of the Year Banquet and Party! (Guppies, Dolphins, and families are invited) |

Directions to away meets can be found on the web page

SWIM TEAM BOARD

President	Kathy Nelson	292-3199
	nurse_nelson@hotmail.com	
Vice-President	Marco DeMaria	609-0079
	mad4jen@msn.com	
Secretary	Bev McCord	254-0707
	mbeverly310@aol.com	
Treasurer	Jan Geyer	297-0130
	geyer@bellsouth.net	
SAIL Reps	Kathy Kramer	630-1699
	kathyhotzkramer@gmail.com	
	Lori Mooney-Smith	322-8087
	lorimooneysmith@gmail.com	
	Kim Davis	230-1321
	kimdavis@charter.net	
Computer Support	Kevin Treu	292-8765
	ktreu@alum.allegheny.edu	
Guppy Moms	Carol Rabinovitch	244-9893
Concessions	Jayne Stewart	322-9263
	Caron Vallance	244-0934
Ribbons/Records	Jennifer Fox	
	Jeannine Rodgers	350-5940
Socials	Susan Lyness	322-8508
	sulyness@charter.net	
Munchkin Mom	Bev McCord	
Team Photo	Cindy Stewart	244-7262
Team Handbook	Kathy Nelson	292-3199
Publicity	Kevin Treu	
Team Gift	Jeannine Rodgers	
Pasta Pump-up		
End of the Year Banquet		

As you can see it takes many people to operate our successful swim team season. **All swim team parents are invited to the monthly board meetings and we solicit your help!**

Some Tips About the Strokes:

In General: Swimmers must not push forward off the bottom or pull on the lane ropes at any time.

Backstroke: Swimmers must remain on their backs at all times. When doing a backstroke turn they must keep their body in continuous motion. They may not glide to the wall.

Breaststroke: Hands and feet must always move simultaneously. Feet must kick out together in a frog kick. Both hands **MUST** touch the wall simultaneously at the ends. Elbows do not come out of the water.

Butterfly: Both hands and feet must move simultaneously. Feet must move together at all times. Elbows must come out of the water for each pull. Both hands **MUST** touch the wall at the ends simultaneously.