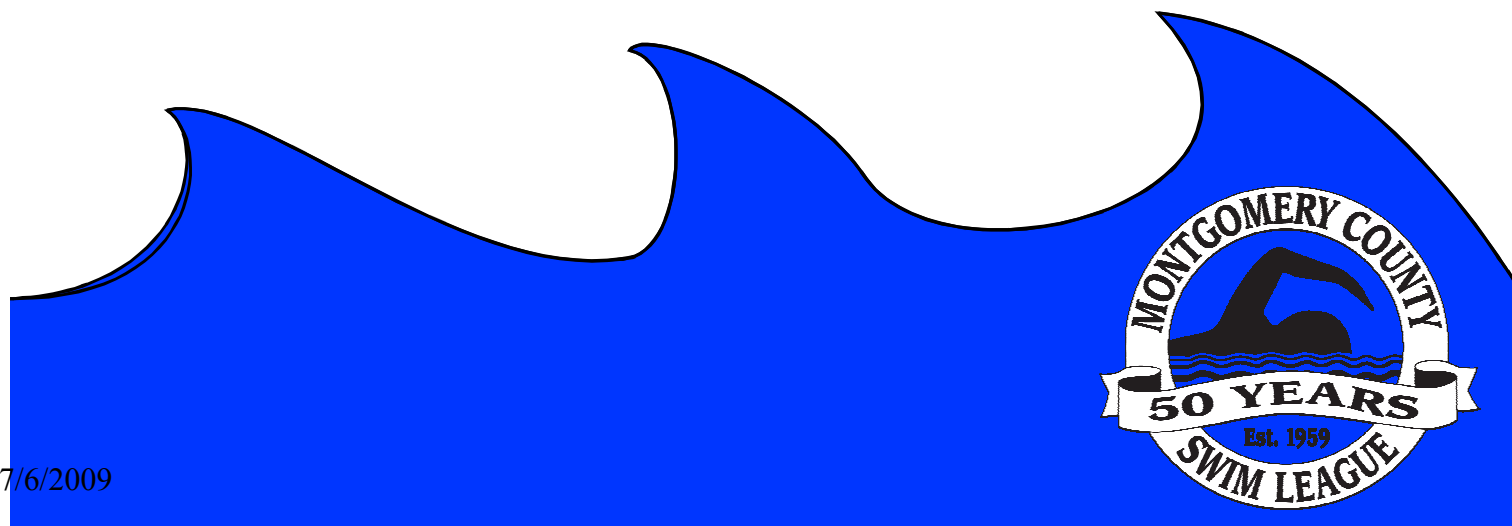


**WOODLEY**

**WAVES**

**HANDBOOK**

**2009**



## SWIM TEAM CONTACT NUMBERS

<http://www.woodleygardenspool.com/swimteam.shtml>

Gary Strand, President	301-340-7731	<a href="mailto:grstrand@sgh.com">grstrand@sgh.com</a>
Clay Miller, Head Coach	301-762-6911	<a href="mailto:hcmiller3@verizon.net">hcmiller3@verizon.net</a>
Steve Beck, Pool Owner	301-340-1012	<a href="mailto:beck@5starbasketball.com">beck@5starbasketball.com</a>
Cindy Graham, Vice President	301-762-7942	<a href="mailto:cbgmd08@yahoo.com">cbgmd08@yahoo.com</a>
Kathleen Klausung, Registration & Treasurer	301-520-3166	<a href="mailto:klausung@comcast.net">klausung@comcast.net</a>
Judy Cline, A Team Rep	301-279-5813	<a href="mailto:j-cline@nga.gov">j-cline@nga.gov</a>
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Julie Bartlett, B Team Rep	301-309-2197	<a href="mailto:juliebartlett@verizon.net">juliebartlett@verizon.net</a>
Jenny Greenville, B Team Rep	301-762-2566	<a href="mailto:jgreenville@comcast.net">jgreenville@comcast.net</a>
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Dorothy Washington, Apparel	301-309-8966	<a href="mailto:thewashington5@comcast.net">thewashington5@comcast.net</a>
James Conway, Website Coord.	301-738-9497	<a href="mailto:jconway824@comcast.net">jconway824@comcast.net</a>
Emily Serway, Banquet Coord.	301-738-9702	<a href="mailto:eserway@gmail.com">eserway@gmail.com</a>
Jen Jones, Winter Swim Coord.	301-251-1113	<a href="mailto:jmbjones01@yahoo.com">jmbjones01@yahoo.com</a>

# 2008 WOODLEY GARDENS SWIM MEET SCHEDULE

## TIME TRIALS \*\*

Only WGST

6/13

Time trials begin at 8am. Check board for details

\*\* All swimmers **must** attend. If you cannot attend please speak to Coach Clay to get timed.

## “A” MEET SCHEDULE

A Meets begin at 9 am on Saturdays.

Reporting times are earlier; please check notices at the pool for swimmer arrival times.

Team	Theme	Away/Home	Date
WGST @ Germantown	Mexican Fiesta	Away	6/20
WGST @ Quince Orchard	Black & Gold	Away	6/27
Relay Carnival @ Westleigh		Away	7/12
Westleigh @ WG	Red, White & Blue	Home	7/4
Flower Valley @ WG, 9am	Luau	Home	7/11
WGST @ Stonegate	Mardi Gras	Away	7/18
Divisionals at Germantown		Away	7/25

## “B” MEET SCHEDULE

B Meets begin at 6 pm on Wednesdays.

Reporting times are earlier; please check notices at the pool for swimmer arrival times.

Team	Theme	Away/Home	Date
Cedarbrook @ WG	Mexican Fiesta	Home	6/24
Potomac Glen @ WG	Black & Gold	Home	7/1
Tilden Woods @ WG	Red, White & Blue	Home	7/8
WG @ Bethesda	Luau	Away	7/15
Relay Carnivals		Home	7/19
B Meet	Mardi Gras		7/22
Mini Meet at Tilden Woods		Away	7/15

## WG PRE-TAM FUN FEST

This fun morning of swimming is held at Woodley Gardens during the morning practice slot.

All pre-teamers are encouraged to attempt to swim a length of the pool and/or new strokes.

Woodley Gardens

Home

7/22

# INTRODUCTION

Welcome to the 2009 Woodley Gardens Pool Swim Team. In this handbook you will find information that will be helpful throughout the season. Please read it carefully and keep it handy as a reference. Additionally, you will find important information on the team website and team bulletin board (located at the pool). Be sure to check these places regularly during the swim season.

Woodley Gardens Pool is the home of the Woodley Gardens Waves, part of the Montgomery County Swim League (MCSL) team since 1961. This year, the Waves will participate in MCSL's 'B' Division.

The Woodley Gardens Swim Team (WGST) provides an opportunity for children and teenagers (up to 18 years of age) to participate in the Montgomery County Swim League (MCSL). You must be a member of the Woodley Gardens Pool to join the Waves. It provides an organized swim program for the beginning swimmer to the most competitive and skilled swimmer. It consists of one unified team, which includes swimmers who compete in weekly swim meets and the pre-team. Woodley Gardens Swim Team members learn the important life-long values of perseverance and sportsmanship.

The Woodley Gardens Swim Team offers its members opportunities to participate in daily swim practices, weekly swim meets, an annual relay carnival and the Divisional Championship. In addition, team members and their families may choose to participate in organized social events and an end of the season banquet.

Our team is led by Clay Miller. This year will be Coach Clay's 28<sup>th</sup> consecutive year coaching the Waves. Coach Clay will be aided, as Assistant Head Coach, swim team alumni, Hank Miller (Coach Clay's son) and Colleen Stewart.. Hank was a Wave swimmer for 14 years and this is his 11<sup>th</sup> year coaching for Woodley. Coach Clay and Hank will be joined by a dozen junior coaches who will assist with the pre-team and the well swimmers. Every junior coach has grown up in the Woodley program and continues to swim in weekly meets for the Waves.

The Woodley garden Swim Team is a collection of pool members that have organized in order to provide our children fun, recreational, healthy & competitive opportunities. However, all families electing to participate in WGST activities must be aware that certain risks and dangers may be present and that it is the responsibility of each parent and guardian to properly supervise their children at ALL activities and to inspect the events' settings at all times for potential risks. THE WGST is not responsible for the conduct and behavior of swimmers, parents and guardians in any location. The WGST does not insure or indemnify any swimmers or their parents or guardians. Therefore, it is mandatory that swimmers, parents and guardians be self-insured.

The following facts and information are intended to clarify your understanding about how swim team operates and what you need to know to facilitate you child's successful participation in the Woodley Gardens Swim Team.

## **PRE-TEAM ELIGIBILITY REQUIREMENT**

The purpose of pre-team is to provide a critical stepping stone for children to eventually move onto the regular Woodley Gardens Swim Team. The pre-team assists children in strengthening their swimming skills to the point where they can qualify to swim in the weekly swim meets. *The pre-team is not designed to take the place of swimming lessons.*

Children wanting to participate in the Woodley Gardens Swim Team program should:

- Be at least 4 years old by June 1<sup>st</sup>, 2009
- Be able to put their face under water
- Be able to float on their stomach
- Be able to swim most of the shallow end of the pool with a freestyle-like stroke

# SWIM TEAM PRACTICE SESSIONS

Consistent participation in training and practice sessions are the most important aspect of competitive swimming. Swimmers should attend as many practices as possible in order to improve their stroke technique, self confidence and competitive times.

## After School Practice (May 26<sup>th</sup> - Jun 16<sup>th</sup>)

4:30 -5:30 pm	10 and under
5:30-6:45 pm	11 and over
4:45-5:30 pm	pre-team ** <i>pre-team begins June 1<sup>st</sup></i>

## Summer Schedule of Practice Times

Summer practice schedule begins June 17<sup>th</sup> and continues through July 16<sup>th</sup>.  
Please BE ON TIME!!

**Morning Practices** are held Monday thru Friday:

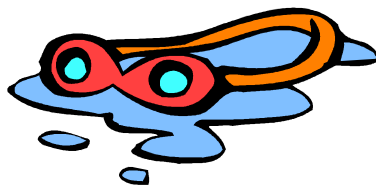
7:30-9:00 am	11 and over
9:00am -10:15 am	9-10 year olds
9:00 am -10:00 am	8 and under in lane and diving well
10:00 -10:45am	pre-team

**Afternoon Practices** are held Monday, Tuesday and Thursday:

Afternoon practices are held as an alternate practice for those who cannot attend morning practices.

5:45 to 6:30 pm	11 and over
5:00 to 5:45 pm	10 and under
5:00 to 5:45 pm	pre-team

When the weather is questionable, PLEASE call the pool to find out whether there is practice. If there is thunder or lightning, the pool must be closed to swimmers for a minimum of 30 minutes. The pool phone number is 301-340-1012.



# THE BASICS OF SWIM MEET PARTICIPATION

## **The Difference Between “A” and “B” meets.**

“A” meets are a formal part of the MCSL and are held on Saturday mornings. Swimmers with top times from the previous week represent the Waves at the “A” meets as follows: In the 12 and under age groups, the 6 fastest freestylers in each age group and the 3 fastest swimmers in all other stroke events will swim. In the 13 and older age groups, only the 3 fastest swimmers in each age group’s stroke events will swim. Score is kept with the top finishers earning points for their team. At the end of the meet the points are tallied and a winning team is declared.

The Wednesday evening “B” league is a great opportunity for swimmers to experience friendly competition in a more relaxed setting. A swimmer must be able to swim a legal stroke to participate in “B” meets. Through our “B” league, full team participation and team spirit is assured. The “B” league is a very important element of the Woodley Gardens Swim Team.

*A swimmer is not eligible to participate in the Wednesday meet if they have already participated in 3 individual events and the Individual Medley (IM) event at the previous Saturday meet. In addition a swimmer who swims a stroke in an A meet may not swim the same stroke in the following Wednesday’s “B” meet. This is a league rule.*

## **How do I know whether my child swims on Saturday or Wednesday?**

Whether a child swims in the “A” meet on Saturday, or the “B” meet on Wednesday depends on the top times from the previous week’s Time Trial, “B” meet, or “A” meet. The first determination comes from a Time Trial, which is a competitive internal swim meet (for Woodley Gardens swimmers only) held at Woodley Gardens, at the beginning of the season. This meet establishes a starting point from which each swimmer can measure their progress. The times established in the time trial meet will determine the swimmers up for the first “A” meet. “A” meet qualifiers are posted on Thursday morning. Swimmers not qualifying for the “A” meet can then swim in the next Wednesday “B” meet. *Please check with Coach Clay for any questions or concerns about “A” team selections.*

## **Signing up for meets**

There is a designated bulletin board located outside the coaches’ office which is used for posting current and new information on swim meets. Find this board and check it each day at swim practice for swim meet information and sign-up sheets.

### “B” Meet Sign-Up

“B” Meet swimmers must be signed by 10am the Tuesday before each Wednesday “B” Meet! It is the responsibility of the swimmer, not the coaches, to physically sign up for the B Meet. Swimmers should sign up on the poster located near Coach Clay’s office. Swimmers must be signed up by noon Tuesday. All members of the WGST are encouraged to participate in B Meets. If you have any questions about what strokes to sign up for, please see your coach. If you have any questions about registering for B meets, please talk to the Automation Coordinator.

## “A” Meet Sign –Up

Each Thursday morning the “A” meet list is posted as to who qualifies to swim that Saturday. This is not a sign-up sheet, but rather a list of swimmers expected to represent the Woodley Gardens Swim Team at the Saturday meet. Parents or swim team members themselves should check this list each Thursday, as sometimes swimmers are unaware that their previous times have qualified them to swim in the “A” meet. *Any swimmer who is listed as qualifying for the “A” meet, who is unable to swim that Saturday, must notify the coach immediately, so that the next qualifying swimmer can be notified and asked to swim on Saturday.*

***It is important to let Coach Clay know ASAP if you are going to be away for any meet, as his lineup is based on the assumption that the swimmer will be present. Please write any meets you will miss on an index card and give to Coach Clay at least one week before the missed date. Index cards are available in the swim team office.***

## **Glossary of Swim Meets and Events**

### **“B” Relay Carnival**

Each summer Woodley Gardens hosts the “B” Relay Carnival. This is an especially fun meet with swimmers competing on teams of four against other “B” league teams.

### **Big Buddies**        **\*\*\*\*Must be registered by June 6<sup>th</sup> to get a Buddy\*\*\*\***

Before the first swim meet swimmers are assigned buddies. The older swimmers are “matched up” with younger swimmers. The purpose of buddies is to provide encouragement for each other. Often at the beginning of a meet buddies exchange cards or small posters with sayings such as “SWIM FAST”, “YOU RULE THE POOL” etc. It is not necessary to spend money on gifts but just to be supportive of each other. Be sure to cheer on your buddy when it is their time to swim. This is an important part of developing a happy, united team as mentioned in the Introduction.

### **Coaches Invitational Long Course Meet**

The MCSL sponsors this meet which will be held in mid July. This meet involves the top eight swimmers in each event, from the entire MCSL. This is an individual invitational event and signifies quite an honor when any of our swimmers compete.

### **County All Star Relay Meet**

The MCSL sponsors this meet which will be held the week after divisionals. This meet involves the top 16 swimmers in each event from the entire MCSL. This is an individual invitational event.

### **Divisional Relay Carnival**

This is a special meet with all the “A”-meet teams in the division competing against one another in relay races. The coaches will select relay swimmers for this event based on times and other MCSL regulations.

### **Mini Meet**

This meet is for swimmers 8 and under. It is designed to give young swimmers experience and confidence in a meet setting without being disqualified for stroke violations. Participants must be able to complete a length of the pool for each stroke in which they compete.

# COMMUNICATION

There are three methods used to provide swim team members with information: Bulletin Boards, E-mails, and the team Web Site. Please check these sources DAILY.

## **Bulletin Boards**

Swim meet entries and sign-up sheets, directions to away swim meets, information on social events, details on team activities, opportunities for private lessons, and other very important information are posted on the bulletin boards outside Coach Clay's office. Since these notices are sometimes the only opportunity to receive particular information please pay close attention.

Meet results, individual swimmers times and top times for the team are also posted on the team boards.

## **E-mails**

The Woodley Waves Yahoo listserve is used to distribute important information through the swim season. If you already joined the Waves Yahoo group, you will continue to receive these important emails. If you are new or have not yet joined, please visit the [Woodley Website](#) and click on the Yahoo link on the left column of the main page. This will take you to the sign up page. You may also join by going directly to [www.sports.groups.yahoo.com/group/woodleywaves](http://www.sports.groups.yahoo.com/group/woodleywaves). You will then start receiving emails containing information on swim meets, directions, social events and more.

## **Woodley Gardens Web Site**

Our web site, [www.woodleygardenspool.com/swimteam.html](http://www.woodleygardenspool.com/swimteam.html), contains a wealth of information including photos, schedules and events.

## **How to communicate with the swim team coaches.**

If you have questions for the coaches, it is best to approach them before or after practices. During practice, they will be focused on the swimmers in the pool and should **not** be disturbed. Those needing to inform coaches of absences, changes in plans, etc. should inform coaches before or after practice. If you intend to miss a swim meet, please make sure you communicate this to Coach Clay. There is a list outside his office where you must indicate what meets you will be missing.

## **Inclement Weather Policy**

According to County regulations, we are unable to swim for 30 minutes after the sound of thunder. If in doubt call the pool. Do not drop off your child without confirming there is practice or a meet.

## **Pictures**

Team and individual pictures are taken each season. Your child must wear either a team suit or a black and/or gold suit if she/he is going to be in the team picture. You will have the opportunity to purchase them. Please watch the bulletin board and web site for further information.

# PARENTAL INVOLVEMENT AND RESPONSIBILITIES

## Swim team parents responsibilities to the team

Woodley Gardens Swim Team parents are required to volunteer time during the year by helping to either organize and conduct the various swim team events outside the meets and/or participate at the meets by doing one of several jobs (see below for descriptions). A sign up sheet for all home and away meets is posted outside the WGST office.

Parents are also asked to donate food items that can be sold at our home meet food concession stand. A sign up sheet for food contributions is posted on the bulletin board prior to each swim meet. *If you have a swimmer swimming at a home meet, you must provide a food item.*

Volunteering for swim team duties and fund-raising efforts is not only your responsibility as a swim team parent, but is a great way to get to know other swim team families- a really rewarding part of Woodley Gardens Swim Team membership!

## Volunteer Opportunities:

- \* Good way to get involved for new families
- + MCSL training required

### **Announcer**

Announces all the events for the meet as well as all check-ins to the Clerk of Course. Works closely with the Starter to keep the meet running.

### **Apparel Helpers \***

Assists with the sale of WGST apparel during home meets.

### **Automation Coordinator +**

Uses MCSL Meet Management Software to prepare meet entry sheets and record swimmer times and heat scoring. Also, prints ribbon labels, event score sheets and the final meet summary.

### **Banquet Coordinator**

Plans and coordinates the End of the Season Banquet, includes decorations, entertainment & food.

### **Banquet Program**

Helps write and publish the annual Banquet Program that is presented to each family at the end of the season. This program includes information about the coaches, graduates, team results and photographs.

### **Clerk of Course**

Organizes the swimmers according to the lane assignments, and makes sure they have their time cards to be given to timers and records "scratched" swimmers. Clerk of Course arranges with the Announcer to call the events with adequate time intervals.

### **Handbook Editor**

Updates the WGST Handbook at the beginning of the swim season and as necessary through out the year.

**Head Timer**

Makes sure all timers are in place and ready for each heat, communicates with the Head Judge and acts as 3<sup>rd</sup> timer when a timer's watch malfunctions. The Head Timer works the entire meet. It is recommended that you have been a timer several times before signing up for this position.

**Hospitality Helpers \***

Helps layout and prepare food and snacks for the meet, collects money for purchases and helps clean up the snack bar area at the end of the meet.

**Photographer**

Takes pictures during meets and spirit events. In addition to the main photographers, all parents are encouraged to contribute their digital pictures to the team's online digital photo album.

**Picnic Helpers \***

Assists with purchasing supplies, preparing food, grilling, set up, collecting money, serving food and clean up.

**Pre Team Coordinator**

Attend pre-team practices, keep pre-team roster, work with coaches to track skill levels, communicate with parents, organize pre-team fun fest, and compile pre-team trophy list.

**Referee +**

Serves as the final arbiter of all decisions and questions during the meet and has full authority over all officials, assigning and instructing them. The referee must be thoroughly familiar with all applicable USS rules and MCSL rules, all meet procedures and duties of all officials.

**Relay Coordinators**

Works with Coach Clay to arrange and plan "A" and/or "B" Relays, finds volunteers to work at Relays and speaks with other teams participating in competition.

**Ribbon Writers \***

Attaches labels to the appropriate finish ribbon during meets, then files them in the Family Ribbon envelope.

**Runner \***

Collects the time sheets/cards from the timers and turns them in to the computer operators. A runner also passes out the time sheets/cards to the timers.

**Spirit Volunteers \***

Serves doughnuts, prepares and serves team breakfasts, and passes out food at pep rallies and other social events.

**Stroke and Turn Judges +**

Determines whether the swimmers perform their strokes and turns in accordance with the prescribed rules of MCSL.

**Starter +**

Has complete control over the swimmers from the time the Referee signals the start of the race until after a fair start has been achieved. They call the swimmers to their starting positions, to “take their mark” and indicate if any false starts have occurred.

**Timers \***

Three timers per lane are required for all meets (1/2 from each team). A stopwatch is provided and you are trained before the meet begins. For “A” meets, it is preferred that all timers work the whole meet, with substitutes at half time only if absolutely necessary. An “A” meet generally is about two hours in duration. However, working an entire “B” meet may require standing for a long period of time. Our goal is to have enough volunteers sign up for this position at “B” meets so that our Timers will only have to work for one half of the swim meet.

**Trophy Coordinator**

Selects, purchases and coordinates distribution of trophies for the swim banquet.

**Web Site Coordinator**

Responsible for keeping the WGST website updated during the swim season.

**Winter Swim Coordinator**

Responsible for WGST Winter Swim Program, including registration, coaching staff, communication & scheduling.

**W**ith  
**A**dult  
**V**olunteers  
**E**veryone  
**S**wims!



# SWIM TEAM SOCIAL ACTIVITIES AND EVENTS

## **Friday Night Socials/Pep Rallies 6:00-8:00pm**

This is a chance for swim team families to spend time together. Each social/ pep rally has a specific theme and special activities are planned for the children. Check the swim team bulletin board outside the swim team office for details.

### **Dinner for Children**

Beginning at approximately 6:00pm, spaghetti, meatballs, salad, bread and drinks are served for the swimmers for a small fee. Eight years olds and under are \$2. Nine years olds and up are \$3. Siblings are welcome.

### **Parent Socials**

Parent socials take place on the poll deck adjacent to the kiddie pool. Parents are asked to sign up to bring an appetizer to share for at least one social and to always bring their own beverages. No children are allowed on the deck during the parent social. Additionally, the appetizers on deck are for adults only. For safety reasons, please do not bring glass containers.

*\*NO swimming for Saturday swimmers as they need to conserve energy for the swim meet.*

## **Spirit**

A special activity is planned by the spirit committee almost weekly for the swimmers. Some of the past activities have included ice cream social, bowling, tie dye party and movies outings. Please check the bulletin board for activities and times. If your child attends a spirit event, they must have an adult chaperone.

## **Team Breakfast**

Two team breakfasts are scheduled each season. Parents are asked to help cook, serve, set up or clean up. Check the bulletin board for dates and sign up sheets.

## **Doughnut Fridays**

Each Friday doughnuts and juice or milk are served to swim team members after practice. Siblings of swim team members may also participate.

## **Season Beginning Party**

Each year on the last day of school for MCPS, the team has a party to celebrate the beginning on summer. It is held at the Woodley Gardens pool and lunch is served.

## **Meet Themes**

Each week the Spirit Committee decides on a theme for the A meet. All swimmers and their families are encouraged to participate by dressing up and/or accessorizing. Some past examples are Hollywood Glamour, Camouflage, Pirates & Swamp Things.

# WEEKLY RIBBONS AND AWARDS BANQUET

## Ribbons

Ribbons are awarded to swimmers who place 1<sup>st</sup> through 12<sup>th</sup> place in each event at an “A” or “B” meet.

Ribbons may be picked up the day after the meet in Coach Clay’s office. Look for a box with envelopes. Each envelope is labeled with a family’s last name. Inside the envelope are the ribbons. After collecting your swimmers ribbons leave the envelope in the box to reuse for the next week.

## Awards Banquet

All members and their families are invited to a banquet held at the end of the swim team season. This event is held at Woodley Gardens Pool, the banquet offers a casual style dinner, awards ceremony, and a disc jockey and dancing. The banquet is held each year on the Saturday evening after Divisionals. Each family is asked to assist with the Banquet. Please see the bulletin board for sign ups, time and costs.

All members of the swim team and pre team will receive a participation trophy. All swimmers who participate in an A or B swim meet will receive a full size trophy. Additionally, high point trophies will be given in each age/sex category to the swimmer who earns the most points for the WGST during the season.



# FREQUENTLY ASKED QUESTIONS

## **What do I need to bring to a swim meet?**

directions	sandals or shoes
2 pairs of goggles	water bottle
swim suit (team suit is not required)	snacks
Black & gold swim cap ( <b>REQUIRED</b> )	sunscreen
2 towels	cover up
money for concession stand	clothes to wear home
cards or small game (these should have little or no value since they may get lost)	

## **How far in advance do I need to arrive to a home or away meet?**

Please check bulletin board for warm up times and plan to arrive 10 minutes prior to warm ups.

## **Do I need to drive in the caravan to away meets?**

To show our team spirit, families are encouraged to participate in the caravan to away meets. The caravan leaves from the WGSC and travels as a unified group to the meet. Please see the bulletin board for departure time.

## **What do I do when I get to a swim meet?**

Each swimmer should find his/her coach and check in with them. Ask if your swimmer should stay with you or if they should be left with the coach.

## **If my swimmer needs help with specific problems, who helps them?**

Check in with your swimmer often to see if they need help with goggles, bathroom trips, etc.

## **What is the order of events at a swim meet?**

The order of strokes is freestyle, backstroke, breast and fly, interspersed with individual medley and relay events. The exact order can be seen in your [MCSL handbook](#) or at [www.mcsl.org](http://www.mcsl.org).

## **If my swimmer is not swimming in an "A" meet can we still come to Friday Night Socials and Pep Rallies?**

Absolutely, you are welcome and encouraged to come. This is an evening that is fun for everyone on the swim team. It is a great way to get to know the other families on the team.

## **Where do I buy Woodley Gardens logo apparel?**

The Woodley girl's suit will be TYR Torch. The Woodley boy's suit is TYR Elixir jammer. Woodley Gardens team suits can be purchased at [Underwater Wear in Gaithersburg](#). It is located at 615 S. Frederick Avenue - Lower Level B & C. The phone number is (301) 527-TEAM. We receive a group rate for purchasing our suits here. Additionally, they will assist you in purchasing a properly sized suit. Other Woodley Gardens apparel such as shirts, hats, swim caps, etc. can be purchased at home meets and picnics.

**What telephone numbers do I call with questions?**

Please refer to the inside of the front cover for telephone numbers.

**How do I get direction to the away meet?**

Directions to all the pools that WG will swim at this season are located on the MCSL website. See <http://www.mcsl.org/teamdiv/directions.html>.

**Who can be on the team?**

- You must be a pool member.
- You must be under the age of 19 on June 1.
- You should be able to swim one length of the pool freestyle without touching bottom and should feel comfortable in the deep water. Parents who are uncertain as to whether their child is ready for the team should direct their questions to the head coach. Pre-team is the option for students unable to meet these guidelines.

# PRE-TEAM FREQUENTLY ASKED QUESTIONS

## **When does pre-team begin?**

Pre-team begins once the water has a chance to warm up. This year pre-team will begin on June 1st. Until school gets out, pre-teamers will practice Monday through Friday from 4:45 to 5:30pm. Pre-team will meet in the shallow end of the pool.

## **School is out, why are there now two pre-team practices a day?**

With school getting out, that brings a change in our practice schedule. The practice schedule from June 16 - July 16 will be as follows: Mornings: 10:00 to 10:15am (M-F) Evenings: 5 to 5:45 pm (M,T, TH). Coach Clay prefers that swimmers come to the morning practice if possible. For families that are new to the swim team this year - during morning practice, the pool is closed to all swimmer except the swim team. This is a bit more peaceful and less distracting for our new swimmers. For those times when the morning practice can't be made, evening practices are available three times a week. Only one practice should be attended per day.

## **How come my child isn't in the same group as his friends?**

For practices, pre-teamers are divided into groups based on the skill-set which needs more practice. As the swimmers master each skill, it will be recorded. When all skills within the skill set are mastered (determined by their coach), the swimmer will be moved to the next group/skill-set.

## **Do I need to stay during practice?**

You are encouraged to allow your child to work with his coach independently during practice. If your child needs to leave the pool to use the rest room, becomes too cold to continue or any other reason, you will need to supervise your child as the coaches must be focused on the children in the water.

## **How do I know when my swimmer is ready for a meet?**

Pre-team coaches determine when the swimmers are ready to register for a B meet event. Swimmers must swim one length of the pool using a "legal" stroke – with confidence. The mini meet can be a great opportunity for pre-teamers to swim in a meet.

## **My child is ready to swim in a meet, do I need to purchase a team suit?**

Pre-teamers are not required to purchase a team suit or swim cap. If they are ready to swim in their first meet, a racing type suit (one piece without skirt or ties for girls; clinging long trunks for boys) may give the swimmers more confidence but is not required.

## **Will my pre-teamer receive a trophy if she did not swim in a meet?**

All pre-teamers will be recognized at the end-of-the-year banquet with a participation trophy. For those who have successfully swam in at least one B meet (dual meet with another team), a full sized team trophy is awarded.

## **My child is on the pre-team, what spirit events can she/he/we participate in?**

Your swimmer and your family are welcome to participate in all social and spirit events. You are also welcome to come to all swim meets. You should pick the events that you find enjoyable and that work with your family's schedule. You are always welcome!