

## **WELCOME TO THE DALE CITY FROGS SWIM TEAM!**

The Dale City Frogs Swim Team, or DCST, was founded 32 years ago and is one of 23 summer swim teams that make up the Prince William Swim League (PWSL). We are one of four public teams in the County. We are committed to providing each swimmer with the opportunity to develop strong body, mind and spirit in a team environment. We strive to develop each swimmer to the best of his or her ability. Through daily swim practices and weekly swim meets, we offer each swimmer the opportunity for personal growth and development of team commitment. We encourage each swimmer to work hard, develop self-discipline, and strive to do his or her best. However, we never lose sight of our second rule. We want the team to be fun and exciting and instill life long friendships for our swimmers and their families. *We are glad to have you as part of our Frog family and look forward to a wonderful season!*

The purpose of this handbook is to provide a basic reference to our swimmers and parents and to answer some of the more frequently asked questions.

### **Registration and Fees**

Registration begins March 15<sup>th</sup> and continues in progress until we reach our membership limit of 180 swimmers. However, to insure that each swimmer receives the time and attention, caps are set for each age group. Last year, due to high volume of registration it was necessary to close registration for certain age groups. These caps are set by the BOD and coaching staff and are set to ensure that each swimmer can enjoy the most productive and safe learning experience. Each age group cap is set based upon what is in the best interest of that age group. All paperwork must be completed, and all fees must be paid, before we can allow the swimmer on deck or in the water.

Early registration can guarantee your slot on the team. Early registration begins March 15 and continues through April 18<sup>th</sup>. Contact Lisa Miller via email @ [lisamil@comcast.net](mailto:lisamil@comcast.net) or phone @ 670-2157 to register early. Print the registration form from our website and mail it along with your check payable to DCST to DCST 5171 Waterway Drive #172, Dumfries, VA 22026. You can of course email the registration form to [lisamil@comcast.net](mailto:lisamil@comcast.net) and just send the check. Early registrants can receive 2 free croc buttons.

Due to the support of our families last season of Concessions, Apparel, and fundraising, there will be no increase in fees for this season. 2008 rates

\$100 - 1<sup>st</sup> swimmer plus \$25 raffle ticket pack (one per family) \*  
\$90 - 2<sup>nd</sup> swimmer  
\$75 - 3<sup>rd</sup> swimmer  
\$65 - 4<sup>th</sup> swimmer

The registration fees include pool rental fees paid for each hour of practice and swim meets, County assessed fee per swimmer, Prince William Swim League Fees (team and individual swimmer), insurance, ribbons, coaches' salaries, and all operating costs. The registration fee is non-refundable unless a swimmer can not make the team, or there are dire or exceptional family circumstances. The BOD will decide those situations on a case by case basis. \$25 of each swimmer's fee is a **NON-REFUNDABLE TRYOUT FEE**. Any swimmer not making the team will be refunded the balance less the tryout fee.

\* This is the 4<sup>th</sup> year of our team raffle fundraiser. In lieu of a concession fee, the BOD decided to hold a raffle. The tickets will be given out with registration or thereafter for those who register via email or mail. Each family receives one pack of 30 tickets to sell or keep. The tickets are pre-paid by the family so all moneys collected are kept by the family. The tickets may be sold for \$1 each or 6 for \$5. If you sell the entire pack, you will have

covered the cost to you. The drawing for the raffle will be held on Sunday July 20th at our last Sunday practice to kick off Spirit Week. Winners need not be present to win. First prize is \$400, 2<sup>nd</sup> prize is \$200, 3<sup>rd</sup> prize is \$100.

### Tryouts

The first two weeks of the season, May 27 through June 7, 2008 are our tryout period for new and returning members. The Head Coach (or her designee) will evaluate each swimmer individually and place the swimmer into appropriate instructional groups based on their swimming skills and ability. Speed is definitely not a requirement, but SAFETY is. The purpose of the team is not to provide swim lesson to those children that can not safely cross the pool under their own power. **IF BY JUNE 6<sup>th</sup>, IN THE OPINION OF THE COACHING STAFF, YOUR CHILD IS NOT CONSIDERED WATER SAFE, THEY WILL BE ASKED TO TRY OUT FOR THE TEAM AT A LATER DATE AFTER THEY HAVE RECEIVED ADDITIONAL SWIM LESSONS.** At a minimum, age 10 and under swimmers must be able to swim 25 meters unassisted (1 pool length) without stopping. Age 11 and older should be able to swim 50 meters without difficulty. Any swimmer who is determined by the Coaching Staff not to be water safe or ready for a competitive swim team, due to skill or maturity, will be advised and the registration fee will be refunded, in accordance with above (minus the \$25 non-refundable fee).

The swimmer's attention span and desire to be part of our team are more important than ability. Swimmers must be motivated to participate in training, practice and meets. The swimmer's willingness to learn and be part of a team will enhance the coaches' capacity to develop each swimmer to the best of the swimmer's ability. This swim team is not a "learn to swim" program and we are not a drop off childcare service. We expect that our swimmers want to be here, are willing to learn, and are ready to participate.

### Practice Schedule

All practices are held at the Birchdale Pool. Although the schedule below is a general outline, ability also plays into which practice your child should attend. Coaches will determine which practice your child will participate in by gauging his/her ability. We rent Birchdale Pool from the County for the exclusive use of the team. Therefore only certain hours are available to us. Generally the younger swimmers swim in the earlier hours with the older swimmers practicing in the later hours. But **ability determines** which hour your child will be assigned. There could be some minor changes, but this is practice schedule for 2008 as we know it now:

May 27<sup>th</sup> to June 13<sup>th</sup> Monday thru Friday 6 – 9pm

June 15<sup>th</sup> to July 25<sup>th</sup> Sun, Mon, Tues, Thurs. 6–9 pm\*\***Tues & Thurs times may be changed by County**  
NO PRACTICE WEDNESDAYS

Friday 8:30 – 11:30 am NOTE THIS IS THE ONLY MORNING PRACTICE and practice is reversed with older kids swimming the 1<sup>st</sup> hour, and youngest kids swimming last hour.

Attendance at each practice is not mandatory and we understand that due to school, other sports, and family commitments, children may have to miss practice. Remember please that for conditioning, stroke development, and to be prepared for competition, swimmers should attend as many practices as possible.

It is the DCST policy that a parent or other responsible adult be available at the pool for children age 10 and under during practice. IF you can not remain at the pool during practice and your child is 10 and under, you must make arrangements for another adult to be responsible for your child, and advise either your child's coach or a Board Member of the identity of this person and how you can be reached. If you have a child 11 or older that you drop off for practice, PLEASE be mindful of the weather and make sure your child knows how to contact you in case of unexpected closing, illness or injury.

***Practices may be interrupted, delayed, or cancelled due to poor swimming conditions such as cold water or inclement weather. Swimmers sometimes get too cold, tired, have muscle cramps, become sick, etc. and can't continue practice. If you, the parent or guardian, must leave the park, please be certain that your swimmers have a way to get home early if it should become necessary.***

## Coaching Staff

We have a dynamic coaching staff for 2008. Missy Hayden is our new Head Coach. She is fantastic. She has been on a swim team since the age of 3. She is the Head Age Group Coach for the year round swim team, Prince William Swim Club. Many of our swimmers and parents already know her. Additionally, most of our Assistant Coaches from last year are returning. Barbara Claybrooks, Sue Mulvehill, and Stephen Schorn are all returning. Our coaches are all experienced competitive swimmers and all have years of coaching experience. Coach Clare & Coach Caitlyn have moved from this area for full time positions, so can not continue to coach with us. They plan to visit their FROGS at some of our meets and to cheer for our team.

A new approach for 2008, is the implementation of the "Coaches in Training" Program. This program is for senior experienced swimmers ages 16-18, who are interested in learning how to teach competitive swimming. They must have been on a year round team for 3 years and the FROGS for 3 years. To be accepted for this program, the swimmers must fill out an application and be fully committed to the job. Those selected will work on deck under the supervision and direction of one of our coaches for set hour(s). They will assist the coach on a daily basis unless otherwise arranged. They will be able to help the coaches in many ways, including showing correct stroke technique, providing "hands on help" to swimmers, provide extra eyes and more attention to swim groups, and help teach the fundamentals of strokes. They will be required to give the full and undivided attention during the assigned coaching time to their swimmers, not their peers. "Coaches in Training" can receive written recommendations for College and future jobs, as well as Community Service credit. Their registration fees will be reduced.

We also hope to have a "FLIES" program to help our swimmers, if there is enough interest. "FLIES" stands for Future Leaders and Instructors for Excellence in Swimming. The FLIES will consist of returning swimmers aged 11-15, who have at least 3 years of year round competitive swim team experience and at least 3 years on the FROGS. They will be asked to assist our Coaching Staff in the first hour of swim practice with the young and new team members who need extra help and support to learn competitive swim strokes. They will also be mentors for the new members to help them feel welcome, alleviate their fears of concerns, and give them the extra support to develop to their fullest in the swim team experience. "FLIES" need to fill out application and submit it to Terri Owens.

You will be provided with your child's coach's email and/or phone number. Please do not interrupt any of the coaches during a practice session. They are available before and after practice or leave a message with one of the Board of Directors with your name and number and they will pass along to the coach to contact you. This allows each coach to focus on the swimmers during practice & provide instruction without distraction.

## Team Pictures

Team pictures are tentatively scheduled for June 16<sup>th</sup> for everyone at 6pm. Various packages of team and individual pictures will be available to order. Individual swimmer or family pictures are available as part of these packages. Please have your swimmer(s) wear their DCST team suit or team shirt for the picture. We will distribute order forms in advance. Please bring your form with you, already filled out. We have a large group and patience and preparedness helps to speed the process.

## Time Trials and Swim Meets

To help the swimmers and their parents learn about a competitive swim meet, we swim a practice meet called "Time Trials". This is the Saturday before our first competitive swim meet. Time Trials allows each swimmer to get a baseline time in each stroke he or she can swim. Time Trials also serve as a dress rehearsal for all our swimmers, deck officials, timers, concessions, and meet support personnel in the operation of an actual swim meet. We will be asking for parent volunteers to help run time trials and all of our upcoming meets, both home and away. Our regular season consists of six dual meets that is, DCST versus one opponent. We

will host three of these at our Birchdale Pool. We will be guests at other pools for the other three. The season finale is Divisionals, which will be DCST and two other teams. The swimmers truly enjoy the competition with classmates and friends. Please try and arrange your schedules to support as many of the swim meets as possible so that our swim team can do its best in competition.

If for some reason, your swimmer cannot be present for the meet, **PLEASE PUT THEIR NAME ON THE ABSENT SHEET** located on the activity table inside the front entrance. Also, email [lisamil@Comcast.net](mailto:lisamil@Comcast.net) and she will advise the Head Coach & Clerk of Course. We don't want to enter your child in a meet you know they are not available for. The Absent Sheet is posted for the entire season. **Meet entries are completed by mid-week** and substitution on Saturday is not allowed. Also check with your coaches to determine if your child will be swimming in any relay events at the meet and make plans accordingly. All of our opponents this year are good teams, about our size or larger, and very competitive. The meets will be very close, and relays will likely determine the winner. Relays are the biggest point maker in scoring. It is one reason it is essential that you advise us if your swimmer will miss a meet. We do not want to plan on their participation in a relay and then forfeit the relay at the meet due to lack of swimmers.

**SATURDAY MEET SCHEDULE**  
(Warm-ups 6:00am & Start Time approximately 7:00am)

June 7	Time Trials at home (Birchdale)	June 14	HOST Old Bridge at home
June 21	HOST Lake Ridge at home	June 28	AWAY at Montclair
July 5	HOST Victory Lake at home	July 12	AWAY at Ben Lomond
July 19	AWAY at Veterans Park	July 26	AWAY DIVISIONAL* at Old Bridge with Montclair

Your child's coach determines all final entries. Entries will be posted at each Thursday practice. Please check the entries for your swimmer's events for the upcoming Saturday meet. If you have a particular request, please email your coach before Tuesday of the meet. The age of each swimmer on June 1 determines the age group he/she will swim throughout the season, regardless of the swimmer's birthday.

\*Divisionals Swimmer Eligibility. A swimmer is eligible to swim at the 2008 Divisional if they have participated in that stroke at a minimum of two 2008 PWSL sanctioned meets and obtained at least one legal time in that stroke. Does NOT include time trials or previous year's times.

**PARENT/GUARDIAN GUIDELINES**

Have your child(ren) to practices and meets on time & ready to swim (i.e., fed, well-hydrated and in their swimsuits/caps with goggles in hand). Swimmers **MUST** report to meet warm-ups on time, ready on deck to swim, as each team has a pre-assigned warm-up period. Home teams warm-up first.

Be supportive of your child(ren)'s efforts and **PLEASE** do not reprimand your swimmer(s) if they have a bad day at a meet.

You may watch practice from behind the pool fence, but **PLEASE** do not coach your child in any way during practice or at meets. This interferes with the coaches' efforts and strategy.

Please make sure your seating area at each meet is completely cleaned up before leaving for the day. Because we are in a Park Authority Pool, the area **MUST** be ready for general use by 12:45pm. That means we must all take an active role in helping out!

## Conduct

The DCST Board of Director and coaching staff expect that all swimmers want to be competitive and are ready to participate fully in all practices and team functions. Sportsmanship and mature conduct are qualities of winners. These qualities will be expected of all team members in and out of the pool. Swimmers should know the rules of conduct and are expected to do what is in their best interest.

1. Swimmers are expected to remember that at practice, during swim meets and in public they are representing DCST. Swimmers, coaches and parents should represent DCST with team spirit, good sportsmanship and courtesy to others.
2. Swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone, or assistant at practice or meets. Disrespect or failure to obey instructions will not be tolerated from any swimmer.
3. Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
4. Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to removal from the team.
5. Swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property or theft of property will not be tolerated.
6. No non-active or unregistered swimmer will be permitted to swim any event during a meet.
7. Anyone who becomes aware of a posted final result for an event, which incorrectly identifies a participant/swimmer, or other error shall immediately report the error to DCST Clerk of Course or Head Official.
8. Disruption of practice by a swimmer will be grounds for removal. Minor offenses will be addressed by the coaching staff on the pool deck. A first warning from a coach will result in the swimmer sitting on the edge of the pool until the coach decides they are ready to reenter the water. A second warning will cause the swimmer to report to the head coach for discipline and exercise. A third warning will cause the swimmer to be removed from practice and a parent/coach/board member meeting to address the issues. More severe offenses may warrant a one-day suspension from practice and the notification of the swimmer's parents. A second offense may warrant a three day suspension from the team, and the swimmer and parents will have to meet with a member of the Board of Directors and the coach at the coach's earliest convenience to be reinstated. A third offense may result in expulsion from the team. Our goal is to maintain a learning, team-oriented atmosphere, where all swimmers benefit from their practice time.

## Behavior

As a member of DCST, this behavior will **NOT** be tolerated:

Pushing others into the pool	Pushing, hitting or towel snapping
Running on deck/horseplay	Dunking or holding someone under the water
Smoking in or adjacent to the Pool Area	Foul or discriminatory language
Excessive splashing	Harassment of any kind
Destruction of any pool/locker room property	Chewing gum in pool/spitting

The following behavior **IS** encouraged:

Positive attitude	Hard work
Helping others	Good Sportsmanship
Cheering during races	Making new friends

## Communication

**Frog Hotline.** From now until August 1, you will be able to call (703)738-6047 to get information on cancellations, updates, and meet information. You can leave a message with questions or concerns and your call will be returned.

**Email.** Email is our primary means of communicating with our Dale City parents. Please be sure that you provide your email on the registration form and update it with Lisa Miller if it changes during season.

**Mail Folders.** Each DCST family will have a file folder mailbox that will contain important information, flyers, and swim meet ribbons.

**DCST Website.** Check out our team's website for updated information at [www.dalecityfrogs.org](http://www.dalecityfrogs.org). Contact computer representative Dave Quinn (703-580-5359) if you have new ideas or questions.

### **Inclement Weather**

Our weather policy is simple – the Birchdale Pool Operator and Head Lifeguard, employees of the County not DCST, will decide **at the pool, at practice time**, whether to hold practice. As fast as the weather can change, it is not always possible to decide ahead of time what conditions will exist at practice time. The Pool Operator and Head Lifeguard will make every effort to start practice or suspend practice for the time required by County rules: **Thunder - 20 minutes; Lightning -30 minutes; Heavy rain obstructing view of bottom of pool - until pool bottom can be seen.** One of our typical late afternoon thunderstorms with the last lightning flash or thunderclap at 7:00 pm can still have us in the water by 7:30pm allowing us to salvage an hour and 1/2 of valuable training time. Call the Hotline 703-738-6047, we will update cancellations there as soon as we know.

### **Team Suits**

Team suits are not required, but competition suits are strongly recommended, especially for our young ladies, where, in order to protect both performance and modesty, less sturdy, casual, or high fashion swimsuits won't be allowed. Please also keep in mind that competition suits are designed for performance in the pool, not for rough and tumble play. You may want to have shorts available to cover the suit or have a second practice suit for practices. Girls are required to wear a one piece suit.

We have a new suit this year, from TYR. You may pre-order your suit. Contact Lisa Miller to try on the swim suit and place your preorder. Since we are using TYR this year, we will have most sizes available for purchase when you try them on or place your order. You can stop by a local store such as Sports Authority or Sunny Ann (formerly Tees to Please) and try on a TYR suit. We will also have suits available to try on at Registration on April 19<sup>th</sup> and you will be able to purchase and take home your suit then. Team swimsuits will also be available for purchase at our evening practices during the first two weeks.

### **Concessions and Team Apparel**

We will operate a concessions stand during home swim meets and make available coffee, cold drinks, donuts, bagels, hot dogs, pasta salad, chips, candy, fruit, baked goods, and hopefully hamburgers and cheeseburgers for sale. You may be asked to volunteer to bring an item or assist with the sales. Please help out. The profits generated during these home meets at concessions allow the team to enhance your child's swim team experience, and keep our registration fees lower. ***Please support concessions.***

We will operate a small snack stand at practices if weather permits. We will have water, Gatorade, sodas, chips, cereal bars, lollipops, and a few snack items.

Team apparel and accessories are sold during most evening practice hours and during home meets and possibly away meets. Stop by the **FROG POND** to purchase goggles, caps, T-shirts, shorts, sweatshirts, polo shirts, jewelry, and some other frog paraphernalia. We also have sharpees and glass markers. Please stop by and take a look at the team apparel that is available. This year we will be offering a new selection of spirit wear. ***SUPPORT THE TEAM AND SHOW YOUR FROG PRIDE!!*** It will help keep our fees down.

### **Official / Meet Operator Training Clinics**

The Prince William Swim League has scheduled training clinics for all of the meet operations positions including Referee, Starter, Stroke & Turn Judge, and Clerk of Course. Clinic dates are listed in the Calendar of Events. If you are interested in learning any of these jobs, please attend one of the clinics. If you would like further information before you decide, talk with one of the board members or contact Mark Owens our Head Referee at [markaowens@comcast.net](mailto:markaowens@comcast.net). Mark can answer all your questions. Being trained and qualified as an official is one of the best positions on the team. You have the best view and you are visible to your child showing them your support of their hard work and effort. Swimming truly becomes a family event.

## Volunteers

We are completely dependent upon parent volunteers to make this a successful season for our swimmers. Other than our coaching staff, we are all volunteers. A typical swim meet requires more than 60 support positions to run smoothly. If everyone decided to just sit back and watch, there would be no swim meet to watch. We need adult help from every single family. The reward for volunteer activities is that you get to meet and accomplish important tasks with other adults from the team. Additionally, your children become very aware of your involvement in THEIR team and the entire effort becomes a family enterprise. It's a great way to meet others, most activities are fun and interesting, and most do not require training. **Each family is required to volunteer 12 hours during the season.** Please help the team by signing up for meet operations and concessions positions early in the week preceding the meet. Anyone interested in meet officiating should attend one of the Officials Clinics run by the league, mentioned above. If you have any questions, please contact our Meet Manager, Terri Owens at 703-969-8125 or email [terriowens@comcast.net](mailto:terriowens@comcast.net). Opportunities also exist for those families that can not work at swim meets. Please contact Terri ASAP to make arrangements for your volunteer hours outside of the meets.

Parent volunteer positions are as follows:

1. **Referee.** The official in charge of the meet; the final authority in all matters concerning the conduct of the meet.
2. **Starter.** Starts each heat of the meet. **Prerequisite: must attend Clinic**
3. **Stroke & Turn.** Swim officials assigned by & working for the referee to judge swimmers' conformance with rules for each event. **Prerequisite: must attend Stroke & Turn Clinic**
4. **Clerk-of-Course.** Assembles all swimmers into their correct lane/heat and distributes deck cards to each swimmer.
5. **Mother Hen/Father Rooster.** Gathers & walks 8 & under swimmers from Clerk-of-Course to proper lane for correct heats. **Prerequisite: must be patient with young children.**
6. **Timers.** Use stopwatch to get accurate times for each swimmer.
7. **Recorder.** Works with timers to record all times onto deck cards, then gives cards to deck runners.
8. **Card/Deck Runner.** Collects deck cards from recorders after each heat; deposits them at the scoring table.
9. **Scorer.** Determines official time derived from three times recorded per lane/swimmer and then gives the deck card to the Computer Representative. **Prerequisite: on-the-job training.**
10. **Concessions.** Work concession stand during home meets.
11. **Ribbon Coordinator.** Puts labels on ribbons for the winners of each event and distributes ribbons to mailboxes or the coaches.

## Fundraisers

To be announced. The DCST family did an amazing job in 2007 supporting the fundraising efforts. The result was that even with increasing costs, we were able to keep the registration fees the same as last year. Please continue to help in our efforts. We offer an array of fundraisers to provide several to each and everyone that are easy and fun and actually some benefit to the swimmers, parents or families, such as Carwash, Pampered Chef, Pizza Nites, and Lottery Raffle. **We need parents to join together to take the lead on the fundraising for our team. Any and all ideas will be welcome. It is a great way to meet other parents on the team and help ensure the financial success of our team. Without fundraising, the cost to participate will increase dramatically.**

**SWIM A LAP** is the major fundraising project available to all DCST swimmers, regardless of age or skill level. It promotes team spirit & unity. It also finances a large part of the DCST budget. Every swimmer signs up family, friends, neighbors, businesses, etc. to pledge money for that swimmer's participation in Swim-A-Lap. Pledges are per lap or a straight donation. On the Swim-A-Lap Night - July 8<sup>th</sup> every DCST swimmer enters the pool at their regularly scheduled practice time & tries to complete as many laps as they can in 1 hour. An adult sitting on deck will count & verify the number of laps swum. The swimmers will collect & turn in the money by July 20th. 100% of the funds raised pay for DCST swim team costs

## WEB Site

The team maintains a website at the following address: <http://www.dalecityfrogs.org>

## Board of Directors

The Board of Directors is elected by the team's membership on an annual basis at the end of the year awards party at Waterworks. All Board members are **unpaid volunteers**. The Board welcomes your input and your comments. Please feel free to stop a board member at practice or give them a call to discuss whatever is on your mind. Also, we encourage you to think about becoming a Board member – please feel free to ask us what we do – we are always looking for a relief! In addition to positions on the Board of Directors, we have a number of volunteer committee positions. Please let us know if you are interested in serving on one of the committees.

### Committee volunteers needed: **PLEASE HELP FILL THESE COMMITTEES.**

Events	Kings Dominion Trip	Awards Ceremony
Snacks	Ribbons	Spirit Week Fun
Concessions	Sponsors	Heat Sheets

The DCST Essential Personnel for 2008 are: Communication/Email Suey Nordberg & Lisa Miller  
Computers Dave Quinn & Suey Nordberg

### The DCST Board of Directors need your help. We have Board positions available. IF you are interested please let Lisa Miller know. The Board of Directors for the 2008 Season is:

President	Lisa Miller 670-2157 (H) <a href="mailto:lisamil@comcast.net">lisamil@comcast.net</a>
Vice President	<b>Parent Needed</b>
Secretary	Valerie Regan <a href="mailto:Vsgregan@aol.com">Vsgregan@aol.com</a>
Treasurer	Pam Forshay <a href="mailto:pkforshay@comcast.net">pkforshay@comcast.net</a>
Volunteer & Meet Coordinator	Terri Owens 703-969-8125 (Cell) <a href="mailto:terriowens@comcast.net">terriowens@comcast.net</a>
Fundraising Coordinator	<b>Parent Needed</b>
Officials	Mark Owens 703-216-5861 (Cell) <a href="mailto:markowens@comcast.net">markowens@comcast.net</a>
Board Member at Large	<b>Parent Needed</b>

Committee Chairs (non board position for 2008)

Apparel Coordinator Kim King

Concessions	Wanda Blevins <a href="mailto:bass1@aol.com">bass1@aol.com</a>
Clerk of Course	Chris McCaffrey & Janet Genari
Spirit Week	Parent Needed
Awards Ceremony	Parent Needed

### SWIM MEET NECESSITIES CHECKLIST

Getting ready for a swim meet can feel like going on a camping trip. Most pools have more shade than ours, so when getting ready for a meet, consider the amount of time you will be spending in the sun and what you will need to stay comfortable. Some swimmers bring tents or large umbrellas. All set-ups will need to stay on the grassy areas at the end of the pool at our home meets. Allow **Walk Thru Path** so visitors can reach their area. Visiting team set-up is on the grassy area adjacent to the diving well. You may set up on the grassy areas outside the pool area, but it may be difficult to hear when events are announced. There is a lot of “down time” between events, so be sure to bring reading material or games to pass the time. Better yet, volunteer to help with the meet! This checklist may assist you with what to pack:

- Swimsuit, goggles & cap (bring two caps just to be safe)
- Money for concessions and heat sheets\*
- Towels (bring two for each swimmer)
- T-shirts & shorts (sweatpants/shirts on colder mornings)
- Baby powder (sprinkle into caps to prevent sticking)
- Ink pen (to mark swimmers' event numbers on their hands)
- Cards, games, toys, etc.
- Water, Gatorade, juice
- Food (see food suggestions list at the back of the handbook)
- Tent, tarp, umbrella
- Sleeping bag or blanket and pillow
- Lawn chairs
- Sunblock

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\* Heat sheets will be on sale near the concession stand. They will include the individual events, the swimmers entered into each event, listed by their best times, fastest to slowest within that particular heat. However, the heats themselves are run slowest to fastest. Swimmers who have never competed in a particular event would be listed as “NT” for “no time” and seeded (ranked) before the other swimmers in that event.

## ORDER OF SWIM MEET EVENTS

<b>BOYS</b>			<b>GIRLS</b>
<b>EVENT #</b>	<b>AGE</b>	<b>STROKE</b>	<b>EVENT #</b>
66	15-18	200 Meter Free Relay	67
1	8 & Under	Mixed Medley Relay	1
2	9-10	100 Meter Medley Relay	3
4	11-12	100 Meter Medley Relay	5
6	13-14	200 Meter Medley Relay	7
8	15-18	200 Meter Medley Relay	9
10	8 & Under	25 Meter Freestyle	11
12	9-10	50 Meter Freestyle	13
14	11-12	50 Meter Freestyle	15
16	13-14	50 Meter Freestyle	17
18	15-18	50 Meter Freestyle	19
20	10 & Under	100 Meter IM	21
22	11-12	100 Meter IM	23
24	13-14	100 Meter IM	25
26	15-18	100 Meter IM	27
28	8 & Under	25 Meter Backstroke	29
30	9-10	50 Meter Backstroke	31
32	11-12	50 Meter Backstroke	33
34	13-14	50 Meter Backstroke	35
36	15-18	50 Meter Backstroke	37
38	8 & Under	25 Meter Breaststroke	39
40	9-10	50 Meter Breaststroke	41
42	11-12	50 Meter Breaststroke	43
44	13-14	50 Meter Breaststroke	45
46	15-18	50 Meter Breaststroke	47
48	8 & Under	25 Meter Butterfly	49
50	9-10	50 Meter Butterfly	51
52	11-12	50 Meter Butterfly	53
54	13-14	50 Meter Butterfly	55
56	15-18	50 Meter Butterfly	57
58	8 & Under	100 Meter Free Relay	59
60	9-10	100 Meter Free Relay	61
62	11-12	100 Meter Free Relay	63
64	13-14	200 Meter Free Relay	65