

Meadowbrook Makos Swim Team



Handbook Summer 2010

Web: www.pwcweb.com/makos
E-mail: meadowbrookmakos@hotmail.com

*All swimmers are expected to have their passes
when coming to swim practices.*

Welcome to the Meadowbrook Makos Swim Team!

Whether you are a first time swimmer with us or you have been a team member for years, we hope this handbook will provide an easy reference for all the important information that you will need to have a fun and successful season!

The Meadowbrook Makos started in 1999 with approximately 60 swimmers. The team has grown in the past 8 seasons into a large and competitive summer swim program with numbers the last few years averaging around 180. The Makos have placed in the top 10 (of 23 teams) in overall ranking, based on size and performance at the end of the year meet, for the last 4 years!

Our mission has always been to provide a safe and fun environment for swimmers of all experience levels to learn proper swimming techniques, good sportsmanship and experience team competition. We stress individual improvement within the framework of the team setting.

The Meadowbrook Makos are a part of the Prince William Swim League (PWSL). The PWSL was founded in 1972 to sponsor swimming in and among the communities in Prince William County. All policies and procedures of the PWSL are centered on providing a safe, fair, and athletically challenging program for all swimmers while developing the principles of good sportsmanship, advanced swimming skills, and teamwork.

The PWSL is divided into eight divisions:

Division 1 - **BLUE:** Sudley Seahorses, Kingsbrooke Sea Lions, Braemar Blasters

Division 2 - **RED:** Lake Ridge Lancers, Victory Lakes Piranhas, Ridgewood Barracudas

Division 3 - **WHITE:** *Bridlewood Bridlewaves, Ashland Stingrays, Wellington Dolphins*

Division 4 - **YELLOW:** Montclair Seahawks, Dale City Frogs, Dominion Valley Sharks

Division 5 - **GREEN:** *Old Bridge Breakers, Meadowbrook Woods Makos, Piedmont Tsunamis*

Division 6 - **BLACK:** *Brookside Hurricanes, Virginia Oaks Sea Devils, Stonewall Park Explosion*

Division 7 - **ORANGE:** Ben Lomond Flying Ducks, *Veteran's Park Marlins, Westridge Waves*

Division 8 - **PURPLE:** Urbanna Otters, Lake Manassas Blue Dolphins, Stonebridge Fighting Seals

(Teams in italics are on our competition schedule.)

Important People

Swim Team Board of Directors

President	Craig Kaucher	craig.kaucher@comcast.net
Vice President	Jeanine Cudahy	JCuday@brtrc.com
Vice President	Colleen Sterling	sterling1024@hotmail.com
Treasurer & League Rep.	Bill Curry	currymagic@gmail.com
Secretary	Kim Sargent	sargefamily@verizon.net
Communications	Jeanie Ingram	jmsingram@comcast.net
Computers	Mike Koob	meadowbrookmakos@hotmail.com
Meet Manager	Kathy Meltzer	va.meltzers@comcast.net

Swim Team Coaches

Head Coach	Tessa Jarrett	makoscoach@hotmail.com
Ass't. Coaches	Eric Sargent, Rachel Severson	makoscoach@hotmail.com
Swimmer Coaches:	Sean Gambarani, Rachel Lund, Alycia Rouffa, Lindsay Sterling, Mary Kate Sterling	

Other Key Positions

Head Official	Craig Kaucher
Head Timer	- VOLUNTEER NEEDED -
Head Scoring	- VOLUNTEER NEEDED -
Clerk of Course	- VOLUNTEER NEEDED -
Concessions	- VOLUNTEER NEEDED -
Spirit Wear/Suits	- VOLUNTEER NEEDED
Newsletter	Jim Loper
Website	Jeanie Ingram
Ribbons	- VOLUNTEER NEEDED -



Volunteer Opportunities

There are many ways for families to participate in the success of the swim team program. First and foremost, support your swimmer(s) by getting them to practices on time, encouraging them to do their best, and showing up when they swim in a meet.

Beyond that, a swim meet is a huge volunteer effort. It takes approximately 100 person-hours to run a meet and **every family is expected to help out** in some way. The following is a partial list of the opportunities to lend a hand. Ask Craig or Colleen if you want to know more!

Timer	Purchase Concessions	Stroke & Turn Judge
Recorder	Sell Concessions	Referee/Starter
Runner	Grill for Concessions	Clerk of Course
Heat Ribbons	Friday Donuts/Posters	Fundraising
Water Runner	Organize Team Socials	Team Pictures
Scoring/Verifying	Coordinate Team Spirit	Setup or cleanup for meet
Meet Marshall	Awards Banquet	End of Season Pool Party
Awards/Certificates	Caps/Goggles	Mini-Makos program

Important Dates and Times

Practice Schedule

June 1 to June 17, Monday through Thursday*

<u>8 & Under:</u>	6:00 - 6:30
<u>9-12 years old:</u>	6:30 - 7:15
<u>13-18 years old:</u>	7:15 - 8:00

The Mini Makos will be getting together on Wednesday evenings while school is still in session from 6 6:30 p.m. Meet at the tennis courts.

June 21 to end of season, Monday through Friday*

<u>9-12 years old:</u>	7:45 - 8:45 a.m.
<u>8 & Under (no Minis):</u>	8:45 - 9:30 a.m.
<u>13 & Older :</u>	9:30 - 10:30 a.m.
<u>Mini Makos:</u>	10:25 - 10:55 a.m.

Tuesdays and Thursdays – 7:00 pm to 8:00 pm – Stroke & Turn Clinic
Swimmers **must sign up** for this time slot by Monday before the Tuesday of each week.
Sign up can be by email or during the Monday practice with head coach Tessa.

***Practice times may be altered according to the coaches' or community needs.**

2009 Meet Schedule

The Makos will swim in the GREEN DIVISION:

June 12	Time Trials*	Home
June 19	Wellington	Away
June 26	Bridlewood	Away
July 3	Brookside	Away
July 10	Ashland	Home
July 17	Stonewall	Home
July 24	Veteran's Park	Home
July 31	Divisionals w/ Piedmont, Old Bridge	Piedmont

*Time trials are run similar to a meet and provide a chance for swimmers to establish entry times for meets. This is also an opportunity for new swimmers to experience how a meet is run. By establishing entry times, the coaches can place your swimmer into a heat with other swimmers of comparable ability.

Other Important Dates

May 27: Parent's meeting	6:00 p.m.	MBW Clubhouse
June 1: First practice	See schedule	MBW pool
June 5: Stroke & Turn/Officials Clinic	9:00 to 12 noon	Bristow Run Elementary
June 12: Time trials	8:00 a.m.	MBW pool
June 14: Stroke & Turn/Officials Clinic	7 – 9:30 p.m.	Bristow Run Elementary
Banquet/Pep Rally	TBA	
End of Season Party	TBA	

Coaching and Practices

The Makos' coaching staff is dedicated to helping every swimmer be their best. To achieve this goal, coaches, swimmers and family members must all work together as a team. Here are a few rules to follow:

1. Practice time is precious. If you need to talk with a coach, leave a note in the coaches' message book and they will call or visit with you at a later time.
2. Please make sure that practice is actually being held (inclement weather) before dropping swimmers at the pool for their scheduled practice time.
3. Swimmers should have cap and goggles in hand and be ready to swim at the start of their scheduled practice. Swimmers should not enter the water until the coach begins their practice time.
4. During practice, swimmers are the responsibility of the coach. They should not leave the pool area without informing the coach.
5. Follow all posted safety rules.

Non-Resident Passes

All non-resident swimmers will be provided with a pass to enter the pool for practices that are held while the pool is open. Non-resident swimmers are only allowed access to the pool for their specific practice.

Inclement Weather Policy

Practices may be cancelled due to thunderstorms, air temperature or water temperature. It is not always possible to decide even an hour ahead of time whether or not practice can be held. The decision to cancel practice will normally be made by the coach at the pool at practice. If we have advanced knowledge, we will e-mail the team as soon as we can.

Communication

Coaches' message book: This book is the best method for parents and swimmers to communicate with the coaching staff. Please indicate if you or your swimmers have any questions or concerns about practices or meets. If you wish to schedule a telephone call to discuss your swimmer's progress, please enter your request in the book. The coaches review the book daily.

If you know you will not be at a meet, please enter it in the book no later than Monday before the meet – it is very important for scheduling all the individual events and relays. Data entry is done Tuesday night.

Ribbons

Ribbons will be handed out at the Tuesday practice following the meet, with recognition from the coaches and the older swimmers assigned to help the younger team members at the meets. Achievement ribbons are presented to swimmers that better their previous best times. Good Swim ribbons are awarded to swimmers who compete in a meet and do not fall into the preceding categories.

PWSL Meets

PWSL dual meets are comprised of 67 events: 19 relays and 48 individual events. The individual events are Freestyle, Backstroke, Breaststroke, Butterfly, and Individual Medley. Swimmers compete in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1. Each swimmer may compete in three individual events and two relays. Ribbons are awarded to the top 12 legal finishers, regardless of team, based on time. (A team may collect points for no more than 6 team members in each individual event.) Ribbons are also awarded to the top twelve 6 & under swimmers who finish legally in Freestyle and Backstroke events based on time. Ribbons are awarded to each relay swimmer in the first, second, and third legal swims based on time.

Personal improvement within the team framework is emphasized. Please remember that heats are seeded so swimmers compete against athletes of similar ability. The coaches teach our swimmers to concentrate on their own races and times. Swimmers who try their hardest are always appreciated and rewarded regardless of where they place in their respective heats and events.

Swim Meet Events

Swim meets are organized around *events*. An event is a race in a given stroke and distance for a specific age group and gender (example: Girls 8 & under 25 meter breaststroke). Events are divided into what are called *heats*. Swimmers are assigned heats and lanes based on their seed times (fastest official time). The fastest swimmers are in the final heat of an event and the fastest swimmers in a heat are assigned the center lanes. Each week, the coaches enter your child in the events they will swim at the meet on Saturday. To place your child in events, the coaches look at the child's strengths and weaknesses, overall athletic ability, and the number of times the child has swum the event. A swimmer is allowed to compete in up to 3 events and 2 relays each meet.

Each meet is run in the same order every week. A meet program, also known as a *heat sheet*, lists all the swimmers and their associated events, heats, and lane assignments. Each swimmer and their best time in that event is listed. If a swimmer is swimming the event for the first time, it will be entered as a "no time" or "NT".

Disqualification (DQ)

Our league complies with USA Swimming rules - the same rules used at all national meets like the Olympic Time Trials. Rules of competition are in place to ensure uniform standards of performance and "Fair and equitable conditions of competition...so that no swimmer shall obtain unfair advantage over another." Trained (volunteer) stroke and turn officials watch the swimmers' performances to verify compliance with the rules during all events. If a swimmer fails to comply with the stroke and turn rules, a Stroke & Turn Judge will raise their hand, write up a disqualification (DQ) slip, and present it to the referee for approval. A swimmer is not disqualified until the referee accepts the report. This should be viewed as a learning experience and not a failure. Swimmers should discuss the DQ with their Coach after the race, and together they will work on a plan to correct the mistake. Any parents interested in becoming officials or who would simply like to learn more about the rules of competitive swimming are invited to attend clinics sponsored by the PWSL.

MEETS: What you Need and What will Happen

Team Uniform

Team suits and caps are required at swim meets. Suit measurements and orders will be taken at one of the first practices. The team suits are red and black with the Meadowbrook Makos shark logo. Suits and spirit wear will be on sale during registration and the first week of practices.

What to Bring

1. Meet suit, cap and goggles.
2. Two or more towels.
3. Something to sit on or under, such as lawn chairs or blankets, and tarps or sunshades.
4. Sunscreen and hats, for both swimmers and parents.
5. Sweat suits to wear after warm-ups and a T-shirt to wear later in the day.
6. Games, deck of cards, coloring books, etc. No Frisbees or balls, please.
7. Food – a small cooler with water, drinks, and healthy snacks. Concessions may be available.

Arrival at the Meet

1. Arrive at the pool 15 minutes before the scheduled warm-up time.
2. Upon arrival, look for the Makos section and check in with the coaches.
3. Team members should sit together for management sake (we don't want them to miss their events) and it encourages friendships between teammates.
4. Older, responsible swimmers will be assigned to assist and line up the younger ones.

Warm-ups

1. Listen for the Makos warm-up announcement. All swimmers should warm up with the team, to reduce the chance of injury and familiarize the swimmer with the pool and the backstroke flags.
2. After warm-ups, swimmers go back to the team area and wait until their events are called.
3. This is a good time to get something to eat, drink, some water, and use the restroom. Relays are the first events, so don't go too far!!!
4. It is important for all swimmers to know what events they are swimming. Many swimmers write their events on their hand.

Swimming the Meet

1. When a swimmer's event is called, they report to the Clerk of Course area.
2. After swimming each event, swimmers should get their time by asking the timers.
3. Parents are not allowed on deck during a swim meet unless in a working capacity.

Results

Event results (official times) are posted outside the pool area as soon as they become available. Call any errors to the attention of the coaches immediately. Heat Ribbons will be handed out after each heat. Place Ribbons will be handed out at the Tuesday morning practice following the meet.

The Ten Commandments for Parents of Athletic Children

Reprinted from "The Young Athlete"
By Bill Burgess

- 1** Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
- 2** Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
- 3** Be helpful but don't coach him on the way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
- 4** Teach him to enjoy the thrill of competition, to be "out there trying," to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
- 5** Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked out at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
- 6** Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
- 7** Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
- 8** Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
- 9** Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- 10** Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."