

Meadowbrook Mini-Makos Developmental Program



Parent Handbook
Summer 2010

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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 NOTE: The Mini Makos program does not offer swimming lessons. This program is to groom and encourage future competitive team swimmers. Swim tests will be given prior to the season. Based on coaches recommendation, your swimmer may be required to have lessons before returning to the team.

Swim Team Board of Directors

President	Craig Kaucher	craig.kaucher@comcast.net
Vice President	Jeanine Cudahy	JCuday@brtrc.com
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Meet Manager	Kathy Meltzer	va.meltzers@comcast.net

Mini-Mako Coach

Makos Head Coach	Kathy Meltzer	va.meltzers@comcast.net
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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.

***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	

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About Mini-Makos

Mini-Makos is a developmental program designed to prepare younger or inexperienced swimmers for the regular swim team. Each child works at his or her own pace and care is taken so their first swim team experience is not scary or traumatic. Freestyle and backstroke are the 2 strokes on which we focus. Proper body position, kicking, breathing, and streamlining are stressed.

Entry requirements are that a child is comfortable with submerging underwater and has the ability to swim without floatation devices for 3-5 yards on top of the water. Mini-Makos is NOT intended to replace regular swim lessons.

Occasionally they will practice starts with the equipment used at the meets. This gets the swimmers used to the process of stepping up to the pool edge, taking their mark, and going at the right time with the starting tone. *Properly fitting goggles are very important.*

Mini-Makos can swim at regular swim meets as soon as they have the interest and can swim freestyle across the pool in under a minute. Usually they are physically ready before they are mentally ready (parents and coaches discuss readiness.). All swimmers competing in an actual meet get at least a good swim ribbon and possibly a time improvement ribbon. Ribbons are 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.

It is possible to get a first place as the fastest 6 year old, another ribbon for placing in the top 12 among all 8 and unders, a time improvement ribbon, and heat ribbon, all for one race! There is a Mini-Mako meet towards the end of the season. This allows children who haven't made the jump to actual meets to get a taste of multi-lane racing. Awards are presented to all swimmers and refreshments are provided. Mini-Makos who have advanced to regular meets are included.

At the end of the season, Mini-Makos get the same trophies as the rest of the team, regardless of whether they swam in a regular meet.

IMPORTANT NOTICE: Parents must be present at the pool during Mini-Makos practice times!