

# **Meadowbrook Makos Swim Team**



**Handbook  
Summer 2009**

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# 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 seven divisions:

Division 1 (Blue) Sudley Seahorses, Kingsbrooke Sea Lions Lake Ridge Lancers

Division 2 (Red) *Ridgewood Barracudas*, Braemar Blasters, Victory Lakes Piranhas

Division 3 (White) Montclair Seahawks, Wellington Dolphins, Bridlewood Bridlewaves,

Division 4 (Yellow) Ben Lomond Flying Ducks, *Dale City Frogs*, *Old Bridge Breakers*

Division 5 (Green) **Meadowbrook Woods Makos**, *Dominion Valley Sharks*, Ashland Stingrays

Division 6 (Black) Brookside Hurricanes, Urbanna Otters, Piedmont Tsunamis

Division 7 (Orange) Stonewall Park Explosions, Virginia Oaks Sea Devils, *Westridge Waves*

Division 8 (Purple) Veteran's Park Marlins, Lake Manassas Blue Dolphins, Southbridge Sharks

*(Teams in italics are on our competition schedule.)*

# Important People

## Swim Team Board of Directors

President & League Rep.	John Lund	(703) 791-2292	<a href="mailto:njlundra@comcast.net">njlundra@comcast.net</a>
Vice-President	Howard Olsen	(703) 794-9005	<a href="mailto:olsenart@verizon.net">olsenart@verizon.net</a>
Treasurer	Bill Curry	(703) 791-6066	<a href="mailto:currymagic@gmail.com">currymagic@gmail.com</a>
Secretary	Kim Watkins	(703) 791-3722	<a href="mailto:meadowbrookmakos@hotmail.com">meadowbrookmakos@hotmail.com</a>
Communications	Jeanie Ingram	(703) 794-9880	<a href="mailto:jmsingram@comcast.net">jmsingram@comcast.net</a>
Computers	Mike Koob	(703) 791-6591	<a href="mailto:meadowbrookmakos@hotmail.com">meadowbrookmakos@hotmail.com</a>
Meet Manager	Kathy Meltzer	(703) 791-0239	<a href="mailto:va.meltzers@comcast.net">va.meltzers@comcast.net</a>

## Swim Team Coaches

Head Coach	John Gullickson	<a href="mailto:makoscoach@hotmail.com">makoscoach@hotmail.com</a>
Ass't Coach	Megan Baner	<a href="mailto:makoscoach@hotmail.com">makoscoach@hotmail.com</a>
Swimmer Coaches	TBD	

## Other Key Positions

Head Official	John Lund
Head Timer	Steve Ferrone
Head Scoring	Colleen Cornwell
Clerk of Course	- VOLUNTEER NEEDED -
Concessions	- VOLUNTEER NEEDED -
Spirit Wear/Suits	- VOLUNTEER NEEDED
Newsletter	Jim Loper
Website	Jeanie Ingram
Ribbons	Anne Baumstark



## 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 John or Howard 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

### May 26 to June 17, Monday through *Thursday*\*

8 & under + Mini Makos	6:00 - 6:30
9-12 years old	6:30 - 7:15
13-18 years old	7:15 - 8:00

### June 18 to end of season, Monday through Friday\*

<u>9-12 years old:</u>	7:30-8:30 am
<u>8 &amp; Under (no Mini-Makos):</u>	8:30-9:30 am
<u>13 &amp; Older :</u>	9:30-10:30 am

6:30 pm to 7:00 pm Mini-Makos (Monday through Thursday)

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 John.

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

## 2009 Meet Schedule

The Makos will swim in the GREEN DIVISION:

June 6	Home	Time Trials* at 8:00 am
June 13	Away	Old Bridge
June 20	Home	Dale City
June 27	Away	Westridge
July 4	NO MEET -- HOLIDAY	
July 11	Home	Dominion valley
July 18	Home	Ridgewood
July 25	Divisionals	Dominion Valley

\*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 21: Parent's meeting	7:00 pm	MBW Clubhouse --
May 26: First practice	See schedule	MBW pool
May 30: Stroke & Turn clinic	11:00 am	Bristow Run Elementary
June 6: Time trials	8:00 am	MBW pool
June 10: Stroke & Turn clinic	7:00 pm	Bristow Run Elementary
Banquet/Pep Rally	TBA	
End of Season Pool Party	TBA	MBW Pool

## **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."