

Meadowbrook Mini-Makos Developmental Program



Parent 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.)

Swim Team Board of Directors

President & League Rep.	John Lund	(703) 791-2292	njlundra@comcast.net
Vice-President	Howard Olsen	(703) 794-9005	olsenart@verizon.net
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Meet Manager	Kathy Meltzer	(703) 791-0239	va.meltzers@comcast.net

Mini-Mako Coaches

Makos Head Coach John Gullickson makoscoach@hotmail.com
Howard Olsen, Kathy Meltzer

Team 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 & Under (no Mini-Makos):</u>	8:30-9:30 am
<u>13 & 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

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!