

Swim & Racquet Club

Sea Dog Swim Team



Parent Handbook

Summer 2009

To: Our Parents and Swimmers
From: the Coaching Staff
Re: 2009 Helpful Hints

Dear Sea Dog Parents and Swimmers,

Included in this packet is some helpful information that will answer a lot of your questions, help to make this summer go smoothly, but most importantly ensure that this summer will be FUN for all involved.

Please read the following information carefully, and discuss as a family. Any questions – feel free to see a member of the coaching staff!

Thanks, and here's to a GREAT Sea Dog Summer!!!!

Coach Laura

Coach Andrew

Coach Kelly

Coach Ben

Coach Molly

2009 Sea Dog Swim Meet Schedule

Date	Meet	Where	Time
June 8 Monday	Blue & Gold Intersquad	Swim & Racquet	6:00 pm
June 15 Monday	vs. Hilliard	Hilliard	6:00 pm
June 20 Saturday	Developmental	Muirfield	9:00 am
June 22 Monday	vs. Muirfield	Swim & Racquet	6:00 pm
June 27 Saturday	Hilliard Relay Invitational	Hilliard	9:00 am
June 29 Monday	vs. OSA	OSA	6:00 pm
July 2 Thursday	Developmental	Hilliard	6:00 pm
July 13 Monday	Championships	Swim & Racquet	TBA
<i>July 14 Tuesday</i>	<i>Champs (Rain Date)</i>	<i>Swim & Racquet</i>	<i>TBA</i>

****Meet Warm-up Information****
Weekday Home Meets at 4:30 pm
Weekday Away Meets at 5:00 pm

Saturday Home Meets at 7:30 am
Saturday Away Meets at 8:00 am

Please arrive at each meet at least 1/2 an hour BEFORE warm-ups.

Swim and Racquet Club
Sea Dog Summer Swim Practice Information

MORNING PRACTICE SCHEDULE

Monday, June 8th - End of Season

GOLD:

Monday-Friday.....7:30-9:00 am

Saturday.....9:00-10:00 am

BLUE:

Monday-Friday.....8:00-9:00 am

Saturday.....9:00-10:00 am

SEA DOGS:

Monday-Friday.....9:00-9:45 am

Saturday.....9:00-10:00 am

SEA PUPS:

(Developmental Group)

M/W/F.....9:45-10:15 am

**We will be doing evaluations to designate practice groups
the first two weeks of practice. You will be notified of any change asap.**

AFTERNOON PRACTICE SCHEDULE

Tuesday, June 9th - End of Season

GOLD & BLUE ONLY PLEASE (or otherwise arranged with Coach):

T/W/Th.....5:00-6:00 pm

**We are requesting that you check with the Coaching staff
before you attend an afternoon practice. **

Attendance:

Regular attendance at practices and meets is strongly encouraged. We are asking that each swimmer attend at least three (3) practices per week to compete in our weekly meets.

Attendance will be taken, and attendance awards will be given at the end of the season. As a family, please understand that the biggest benefit of regular practice attendance is the improvements your swimmers will make throughout our short summer season.

If practice is cancelled more than once during a given week due to weather, you will not be penalized for participating in less than three practices.

If you are unable to attend three practices a week, due to other commitments please discuss this with the coaching staff. If you practice and compete with a year round swim team, you will be excused from regular practice attendance, but please notify the coaching staff of the meets you will be attending.

**In order to compete in championships, each swimmer MUST participate in two (2) meets – no exceptions.

Behavior Expectations:

The Swim & Racquet Club has a large team of Sea Dog Swimmers this summer, we are asking for cooperation from each family to help maintain a safe and happy environment for all of our big and little Sea Dogs.

Some behavior expectations will be:

- ✓ Zipping your lips, and turning on your listening ears when a Coach is talking
- ✓ Following the directions given by the coaching staff, including swimming the events assigned at our dual meet and Championships
- ✓ Walking feet at all times on the pool deck, including at practice and swim meets
- ✓ No pushing into the water, dunking or rough play during swim team activities

- ✓ Parental support is always welcomed on our pool deck, but Q&A time will be available BEFORE and AFTER practice – please do not approach a coach during practice times or while a meet is going on. Our responsibility is to the swimmers, and making sure that there is always a safe environment for the swimmers – we cannot be distracted.
- ✓ Tom Hanks said: “There is no crying in baseball”. We will do our absolute best to be sure there is not any crying at Sea Dog Swim Team events – swimming is supposed to be fun, summer swimming should always be fun!! Parents please help us send this message to everyone involved: our swimmers, other teams, the coaching staff, lifeguards and our team parents!!

Communicating with the Coaches:

We will always welcome any questions or concerns from our parents and swimmers, when it is delivered at the right time. Please refrain from discussing non-emergencies with the coaching staff during practices or meets. The coaching staff will be available 15 minutes before and after each practice for Q&A sessions if necessary.

Feel free to EMAIL Coach Laura if you have any questions. If there is an emergency, it would be appropriate to call the coaching staff.

Coach Laura’s email address is: LMTRZYBINSKI@YAHOO.COM

If you will not be attending a meet:

“Sign-Out” sheets will be available one (1) week prior to each meet, please be sure to sign your child out of that particular meet. If you are on vacation, and are not able to “sign-out” – please email Coach Laura, and she will do it for you.

If you will not be attending a practice:

You can communicate practice absence to the coaching staff at your discretion. If your child will not be at the required three (3) practices during any given week – then an email to Coach Laura would be appreciated. As long as your child is attending practice regularly, we do not need to be notified of a day missed here or there.

Parent Jobs and Volunteer Opportunities:

We will always, always welcome and need help from the parents at swim meets. Some ways you can help are:

At Home Meets:

Timers (24) (this is flexible, depending on other team) – as a timer you get the best seat in the house, directly behind the lanes! The only requirement is that you are physically able to push a button on a stopwatch!

Officials (4) – Officials watch the swimmers to judge the legality of their strokes during races. They are responsible for issuing DQ slips. Officials attend a brief training session. It is recommended, but not necessary, to have a swimming background.

Bake sale (3) – Responsible for organizing and selling baked goods at the swim meet.

Announcer (1) – Provides the “Voice of the Sea Dogs” at meets. You get to control the microphone and relate score updates, and tell which swimmers are in the water for each race during meets.

Bullpen (4) – Help organize the younger swimmers before they head up to the starting blocks for their races. Parents are especially needed to help keep the swimmers in order and make sure they make it to their races.

Runners (2) – Make sure that the important results and other paperwork make their way to the appropriate places.

Scoring assistant (1) – Assist with the scoring of the meet (no small task). It may help if you are good at math, or at least can operate a calculator.

Ribbons (2) – Make sure that our swimmers get rewarded for their efforts! You will place stickers with information from each race onto appropriate ribbons for the swimmers.

Hospitality (4) – Help keep the coaches and officials hydrated! Provide water and snacks for the coaches and officials during meets.

At Away Meets (see descriptions above)

8 timers

4 bullpen

1 runner

1 scoring assistant

2 ribbons

Coordinator Positions : These are swim parents who will confirm the volunteers for the meets and find help if needed

2 Swim timers

1 Bake sale (\$ goes toward donuts and pancakes, trophies for banquet, etc)

1 Bullpen

1 Ribbon

2 Hospitality

2 Donuts and Pancakes

**The swim parents (generally 12 and under) are responsible for working 3 times during the season, preferably 2 home and 1 away. The charge for not working is \$40.00.

**If you sign up for a Coordinator position or Banquet, that would fulfill your requirement.

Get Involved, It is FUN!!

Practice/Meet Cancellations:

We will hold practice rain or shine – however if there is lightning or thunder we will call off practice at the Head Coaches discretion. A sign will be posted on the front gate if practice has been cancelled due to weather.

Please do not ever assume that a meet has been cancelled due to weather. Feel free to call the club if you have any questions. When in doubt, definitely show up!!

Equipment/ What you need to have:

At Practice:

Swim Suit
Goggles
Swim Cap (preferably)
Towel
Sunblock

At Swim Meets:

Team Suit
Goggles
Team Cap
2 Towels
Blanket
Sweatshirt
Sweat Pants
Dry t-shirts
Shorts
Socks
Shoes/Sandals
Sunblock

***It is not necessary to bring anything expensive to a swim practice or swim meet. ie: IPod, Gameboys, jewelry, etc.
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***Always label your own items!! It will help keep the lost & found empty!

Website:

Please check the website regularly – this is the best way for the coaching staff to communicate with the team: www.swimandracquet.com

We will also post important announcements on the bulletin board!!

