



The Talbot Swim Club

2008 Summer Swim Team

Parent Manual

DRAFT June 5, 2008

(Note: Updates will be posted on our website)

Dear Talbot Swim Club families,

We are excited to welcome you all to the 13th season with the Talbot Swim Club. This year launches after much work by many to further develop the club since last season:

- We strengthened our partnership with Talbot County Parks and Recreation department. I am happy to report that we have a new electronic scoreboard this year. Please take some time to write or call Rick Towle to personally thank him for his generous support. Our relationship with the department is extremely important. Please let him know what you think.
- I say with complete confidence and knowledge that our coaching staff is the finest in the entire Delmarva Swim League. We have strength not only in numbers, but in quality and experience. Please take some time to review the coaches' biographies on our website. Our lineup includes:
 - Adam Friedman – Head Coach. Following Adam's successful debut as Head Coach last season, Adam continued as an assistant coach with TCY and also offers private instruction.
 - Sherye Hathawaye – Assistant Coach. Sherye returns for her 2nd season with TSC. A former recipient of the Delmarva Swim League scholarship and a college swimmer, Sherye still competes with the TCY masters team.
 - Brian Loveland – Assistant Coach. Brian returns after a 1-year hiatus, this time as an assistant coach. Brian swam for Gettysburg College and is currently a coach for TCY masters.
 - Sarah Chapman – Assistant Coach/swimmer. Sarah returns for another season as a swimmer/coach. In her senior year at Easton High School, Sarah has recently joined the TCY masters team and plans to swim next year for Salisbury.
 - Glenn Mills – A former Olympic swimmer, Glenn routinely works with the world's elite swimmers, including Brendan Hanson and Aaron Peirsol, among many others. Glenn provided individualized instruction and video recording at our clinic, and he will periodically provide stroke technique coaching to the team throughout the season.
- We have a committed and experienced Board of Directors. New this year:
 - Kelly Aylward – Meet Manager.
 - Patti Bohonowicz – Accounting Systems and Invitational Planning.
- We seriously considered all the input received from our 2007 end-of-season survey. Many of the changes we've implemented were aimed at addressing feedback we received through that survey.

We want the summer swim team to be a fun and rewarding experience for the swimmers. We've tried to strike the right balance between a laid-back enjoyable atmosphere while at the same time providing superior instruction. We hope we have achieved that goal.

The TSC Board of Directors.

WHO WE ARE

President	Mark Oliphant	410-253-2800
Vice President	Don Morris	410-829-0319
Secretary	Kim Nichols	410-829-7532
Treasurer	Lavee Cauffman	410-714-2893
Meet Manager	Kelly Aylward	410-533-4816
Concessions Chairman	Bevia Patrick	410-829-1481
Publicity Chairman	Liz Bruce	410-924-8157
Invitational Planning	Patti Bohonowicz	410-271-0953
Head Coach	Adam Friedman	410-714-9018
Assistant Coach	Brian Loveland	
Assistant Coach	Sherye Hathaway	
Assistant/Swimmer Coach	Sarah Chapman	
Technique Specialist Coach	Glenn Mills	
Timing System/ Computer Operations	Marc Cauffman Bill Dennison	

Talbot Swim Club

George Murphy Community Pool
501 Port Street ~ Easton, MD 21601
410-820-7306



<http://www.talbotswim.org>

TSC Mission Statement

To develop the character, self-confidence, and physical fitness of our community's youth through the lifelong sport of swimming.

Our Core Values

- Individual progress is emphasized over championship qualification
- Teaching stroke technique is highly important
- Each swimmer will have individual encouragement from the leadership team
- Swimming is wholesome, fun and enjoyable, lifetime sport and recreational activity
- Peer and family interaction is woven into the fabric of the team
- Our team exhibits honesty, integrity, and good sportsmanship - both within the team and other clubs

Announcements will be communicated via email and will be posted on our website. Please make sure you join the "google" group list by following the instructions on our website. The team email address is TSC1@googlegroups.com

TSC is a member of the Delmarva Swim Association (DSA). To learn more about our league and the 24 member teams, visit www.delmarvaswim.org. There is an annual championship meet held at the end of the season. In 2008, the meet will be held Saturday, August 2nd in Dover. Participation in the meet requires achievement of qualifying times, which can be found at the DSA website.

Team Fees

The board strives to keep the team fees as low as possible while providing a high-quality experience consistent with our mission statement and core values. This year, after much discussion, we decided to raise our base fees and eliminate the separate "concession" fee. Among other things, the extra fees cover the cost of adding the 4th coach.

The cost of the swim team is \$150 for the first swimmer in your family, then \$100 for each additional family member. For swimmers age 15-18, the team fee is \$75. Lifeguards employed by Talbot County Parks & Recreation may join for free.

Benefits of the team include a season's pass to the pools operated by Talbot County Parks & Recreation (George P. Murphy pool, St. Michaels pool) for the swimmer(s) in your family PLUS one parent/guardian for each registered swimmer. The value of the adult pass is \$85 per adult alone.

We've also worked closely with Talbot County Parks and Recreation to provide scholarships for those with financial needs. We never want to turn away a swimmer. Contact Ginna Tiernan at Talbot County to apply for a scholarship.

Minimum Requirements

All swimmers must be able to swim one length (25 meters) of the pool in two (2) different strokes - unassisted. During the 2nd week of practice, the coaches will make assessments. If your child does not meet the minimum requirements, we will advise you and offer suggestions for swimming lessons, and you will receive a full refund.

For new swimmers only: TSC has a 2-week trial period. If, after the end of 2 weeks (by June 7th, 2008), the new swimmer

decides that the team is not right for him or her, then TSC will make a full refund of team fees.

Practice Times - Beginning Tuesday, May 27:

Monday, Tuesday and Thursday evenings 7:00-9:00 p.m.
11 and under 7:00-7:50 p.m. 12 and up 7:50 - 9:00 p.m.

Friday evenings from 7:00-9:00 p.m. 11 and up only.
Saturday mornings from 8:30 - 9:30 a.m.

Drop-off policy: A parent must remain on deck during the entire practice if they have a child who is 11 years old or under. A child 12 years and older may participate in a practice without a parent in attendance. This same policy applies to all meets.

It is very important to exit the Murphy complex as close to 9:00pm as possible. If parents or children linger past 9:00, we may lose valuable pool time and need to stop practice earlier. The pool staff needs to cleanup and perform closeout activities after we are through with our practice.

Note: we may need to make additional adjustments to our schedule due to the large size of the team this year. All changes will be communicated via email and will be posted on our website.

Meet Times: All Meets begin at 6:00 p.m.

Home meets - arrive at the pool at 4:30 to help get the pool area ready. Warm-ups run from 5:00 - 5:30.

Away meets - arrive at the pool deck by 5:15. Warm-ups are at 5:30. Directions to away meets can be found at <http://www.delmarvaswim.org> .

We are also working with Talbot Parks & Recreation to provide bus service to the 2 longer-distance away meets at Riptide and Elks. There will be a fee for this service if we are able to provide it. Announcements will be made later in June.

Cancellation Information

If you have a question about a weather delay or cancellation please call the George P. Murphy pool 410-820-7306. The staff will always have the latest information regarding the plans for a meet. If a meet is cancelled, the Board will work to reschedule if possible.

Equipment Needs

Metro Swim Shop www.metroswimshop.com
443-891-0800 (Pam or Virginia)

The 2008 suit is Speedo Kosmic Khaos (same as 2007).

Female \$43.75

Male Jammer \$32.25

Buying a suit for swim team is not like buying a suit for the beach,
Metro will be at the pool for suit sizing on Tuesday, June 10th.

Swim caps \$7.50 - \$18.25

Swim fins \$29.95 - \$49.95

Pull buoy (optional) \$6.95

Goggles (2-3 pair) \$10.50 - \$20

Drag suit (11+ required for practice)

Family File Folder

Each family will have a file folder. The File Folder Boxes will be available during all practices, but not during a meet. This folder system was developed as a way to communicate with all swimmers and families. Any ribbons awarded to swimmers will be distributed respectively via this method. Notices for photo night, team party, etc., will also go into your folder. It is your responsibility to check this box frequently for new information.

Swim Meets - General Information

Dual Meet:

A **Dual Meet** is a swim meet between two teams; the 'home' team and the away (traveling) team. There are no entry fees. These meets last approximately four hours (including warm-up). Swimmers are limited to a maximum of three (3) individual and two (2) relay events per meet. The coach will decide the individual and relay events as well as the heat and lane assignments. The home team usually has a concession stand available. Please remember to notify the coach if your swimmer is unable to attend any of these meets. (Parents will be asked to complete a form notifying the coaches of attendance at meets.)

At our home meets, we have arranged concessions by Darnell's Grill & Catering. Meals may be pre-ordered or purchased on deck during the meet.

Invitational:

More than three teams attend an **Invitational Meet**. One team 'hosts' the event and invites several teams to participate. Participation by a swimmer in an Invitational Meet is completely voluntary. Swimmers are required to pay for the individual events they would like to swim (entry fees) and one fourth of the cost of a relay. The host team determines the number of events a swimmer may swim. The host team has a concession

stand available for food items. Vendors are usually at the site to sell swim related items. These events may last up to six hours or sometimes longer (including warm up). Information regarding invitational meets, entry fees, and fee submission dates will be provided to parents by our Individual Meet Coordinator. Costs vary by event, relay, and/or the hosting team.

WHAT TO BRING:

- swim suit
- goggles
- at least two towels
- extra clothing/toiletries
- items to entertain swimmers (cards, books, games)
- blanket/large towel to sit on

PARENTS MAY WANT TO BRING:

- folding chairs (if the pool does not have adequate seating)
- permanent marker to write events on swimmer's arm/hand
- highlighter to mark meet program

All families are expected to be at home meets to help set up and/or clean up. Parents will be assigned jobs at swim meets. You are responsible to find a substitute if you cannot fill your job. The Meet Manager will setup a process for parents to volunteer and be assigned job duties.

TSC VOLUNTEER JOB DESCRIPTIONS

- Starter:** Announces the events and runs the race starting system at home meets (league training required) (1 volunteer)
- Referee:** Watches swimmers for correct form. Disqualifies swimmers and notifies DQ runner, uses league DQ sheets. (league training required) (2 volunteers)
- Timer:** Uses stopwatches and/or plungers to time races. (6-10 volunteers)
- Runner:** Takes recorder sheets from the score table to ribbon writers. If there is a problem at the computer table, runner may need to get race information from the lane timers.
- DQ Runner:** Watches referees for raised hand indicating DQ. Collects DQ sheets and immediately takes them to the score table. (1 volunteer)
- Computer:** Inputs information from recorder sheets/plungers into the computer. Keeps track of the score of the meet. Prints out labels for ribbons (2-3 volunteers)
- Ribbon Writer:** Uses computer labels or hand-writes TSC ribbons from computer printout. Gives ribbons and timer sheets/labels to opposing team for them to write. (2-3 volunteers)
- Angel:** Helps keep swimmers 6-12 in focus. Age group divides Boys/girls. Gets swimmers to starting blocks for races. Writes events on swimmers' hands. (8-10 volunteers) See 'Tips for Angels'
- Concessions:** Sets up concessions area, sells food and drinks during meet, cleans up area at end of meet. (6-8 volunteers)

TIPS FOR ANGELS

Upon arrival at the pool, check in with the meet manager to get supplies.

1. Wear correct bandana. (on the upper arm, around neck, etc. some place visible)
2. Select a designated spot as 'home base' for your kids to be located during the meet. They can spread out their towels here. Families may sit near this area.
3. Do a head count to make sure all your kids have shown up. Check with meet manager who is keeping a 'check in' sheet.
4. Write the full names of each child on their back shoulders (this helps the timers immensely and ensures that the child is in the correct lane).
5. WRITE on all children's hand ALL the event information s/he is swimming in. EXPLAIN what it means to the child, emphasizing the stroke(s) they will be swimming in each event. It should look something like this: (Event/Heat/ Lane)

E / H / L Stroke
 14 / 1 / 4 Fly
 53 / 1 / 3 F Relay
6. Walk kids to their events, ensuring they are in correct lanes for the correct event and heat. If this is a relay, for anyone 10 or younger, two swimmers need to be at other end of the pool.
7. Make sure they have their goggles on.
8. Remind them that for the BACKSTROKE they must stay on their backs until they touch the end. Otherwise they will be disqualified - DQ'd.
9. Remind them if it is a 25 or 50 meter event.
10. Remind them to swim as fast as they can (as if there is a shark chasing them).
11. Remind them of the order of strokes: IM - fly, back, breast, free
 Medley Relay - back, breast, fly, free. Shallow end - cannot dive. For in-water starts (breast, free), 1 hand and both feet on wall until incoming swimmer has touched the wall.

SCHEDULE

May 27 (Tues):	Mandatory Season Kick-off Meeting @ 7:00p
June 10 (Tues):	Metro Swim Shop on deck for equipment orders
June 12 (Thurs):	Mini-meet and Time Trials (part 1)
June 14 (Sat):	Mini-meet and Time Trials (part 2)
June 17 (Tues):	Team Pictures @ 7:00p
June 23 (Mon):	Riptide (AWAY - Middletown, DE)
June 26 (Thurs):	Dorchester (HOME)
July 7 (Mon):	Chesapeake Spirit (HOME)
July 10 (Thurs):	Cloverfields (AWAY - Kent Island)
July 14 (Mon):	Miles River Yacht Club (HOME)
July 21 (Mon):	ELKS (AWAY - Salisbury, MD)
July 24 (Thurs):	Green Hill (HOME)
July 28 (Mon):	End-of-Season Party (raindate: Tues, July 29)
Aug 2 (Sat):	Delmarva Swim Association Championships (AWAY - Dover)

INVITATIONALS

- June 28 (Sat):** Choptank Challenge (Dorchester)
- July 12 (Sat):** Sho'Men (Chestertown)
- July 19 (Sat):** Kent County
- July 20 (Sun):** ELKS (Salisbury)
- July 26 (Sat):** Miles River Yacht Club (St. Michaels)
- July 27 (Sun):** Marlin Jr. Championships

Patti Bohonowicz will communicate more information about invitationals. Visit the DSA website for more details at <http://delmarvaswim.org>

