



GLEN BURNIE PARK 2016

DOLPHINS

HANDBOOK

PRACTICES:

Morning Session:	Wednesday, Friday
8:00-9:15 a.m.	11 and over
9:15-10:15 a.m.	10 and under
Evening Session:	Monday, Tuesday, Thursday
7:15 – 8:15 p.m.	10 and under
8:00 – 9:15 p.m.	11 and over

Always bring tennis shoes in case of dry land practice.

Be on time – arriving at 8:00 am is late for the older kids practice!

Parents must stay with 10&Unders. NO BABY POOL during practice (insurance)

Coaches request parents stay off the deck during practice so they may have the swimmer's full attention. Parents are encouraged to ask questions at the end or beginning of practice.

PRACTICE GROUPS: The coaches will decide which group a swimmer should be in. As the swimmer progresses, the coach may move them to another group. The coaches may also decide during the first week of practice that your child is not ready for swim team and would benefit from swim lessons instead.

MEETS:

MEET ARRIVAL: Swimmers should be at the pool by 7:45 A.M. for home meets, and no later than 8:00 A.M. for away meets. **Swimmers are to check in as soon as they arrive.** After warm ups, swimmers should check the matrix sheets to see what events they will be swimming. Swimmers can be entered in up to 4 events.

WHEN IS MY EVENT?: During the meet the announcer will call out the events and instruct swimmers to report to the clerk of course. **It is the responsibility of the swimmer and the parent to get their event card and go to the clerk of course 3 events prior to their event to be lined up. It is not the responsibility of the clerk of course or other parents to find your children and line them up. So, please pay attention and help your child get to their event in time. We would not want children to miss their swim events.**

MEET WORKERS & CONCESSIONS: Due to the small team size ALL parents need to help at the meets. Some may have to work the whole meet. See last page for description of meet jobs. We have concessions at home meets which is one of our main team fundraisers.

MEET SIGN OUT: Any swimmer unable to attend a meet should sign out no later than the **Tuesday** before the meet. Sign out sheets will be posted on the swim team bulletin board. The coaches make up the swim assignments on Wednesday for Saturday's meet and need to know who is available to properly strategize and increase the team's chance of scoring well at the meet.

MEET AWARDS: Heat winners usually receive an award immediately following their event – might be a ribbon or candy. 1st through 8th place finishers of each event will receive a ribbon following the meet. (1st – 3rd for relays).

PERSONAL BEST: Each time a swimmer beats their previous best time, but does not receive a ribbon at the meet, they will receive a personal best ribbon.

INVITATIONAL MEETS (have entry fee): These meets are not funded by CMSL so an entry fee is charged to cover the expense of the meet. The entry fees around \$4 per event. *These fees will be due prior to your child being entered in the meet. Failure to pay prior to when entries are turned in will result in your child not being entered in the meet.*

*Divisionals (July 30): This is the final meet of the season. The 3 fastest times in each event qualify. Each swimmer can only swim in 4 events including relays. Coaches will determine what events each one swims; some swimmers may not qualify for this meet.

*Rock-N-Roll Relays (July 12): Fun evening meet of all relay events.

or

*Anne Arundel County Championships (July 12, 13): This meet draws swimmers from all over the county. It is hosted by SPY (Severna Park Y). There are 3 levels of competition at this meet based on the swimmer's times which allows the swimmer to compete against those with like times and abilities and earn awards accordingly.

*Warrior Classic Novice Championships (July 25): This is a championship meet for those swimmers who usually do not qualify for Divisionals and/or the Straehle meet. To qualify the swimmer must have times *slower than* the time standards for each event. List of qualifiers will be posted on the bulletin board. This is a great meet to give our swimmers a chance to compete in a championship type atmosphere.

*Straehle Invitational (July 27): This is an invitational meet with the highest level of competition of our season. Only our fastest swimmers will be able to qualify. Times submitted must have been swum in a dual meet during the 2016 season and must be equal to or better than the qualifying times. A swimmer may enter no more than 3 individual events and a relay. Each team can enter only 1 relay team per relay event.

TEAM EVENTS:

SWIM-A-THON: Fundraiser for our swim team that challenges the swimmers and is a lot of fun. This year we will have the Sleep Over to reward those who participate and won the prizes.

SLEEP OVER: Fun time at the pool! Team camp out. You may stay until 11:00pm to play games or spend the whole night and leave by 8am.

PEP RALLIES / BREAKFAST: Occur Friday nights before home meets. This is a time to make posters and practice cheers for the meet. It is another fun event that builds team unity.

BIG BUDDIES: Older, experienced swimmers are matched with the younger swimmers. The big brother/sister helps his little brother/sister get used to swim team by being their special friend. No gifts - only cards and encouragement please.

AWARDS BANQUET: The end of the season event. There will be a pot luck dinner followed by the presentation of awards by the coaches. Each swimmer is recognized for their accomplishments this season.

OTHER STUFF:

COMMUNICATIONS: There will be three methods used to convey information this year. **Email** message will be sent to help to keep you up to date. I will try to send an email if practice is cancelled due to weather. **Text** messages for reminders and schedule changes. The **bulletin board** will contain announcements of upcoming events, meet sign-out sheets, and meet results. The **GBP web page** will also have upcoming events and meet results www.gbpswim.com. If you have any other questions, you can email the swim team director at gbpswimteam@gmail.com. If you do not have either email or texting, you will need to connect with another swim team parent who can forward the messages to you.

SWIM TEAM BOX: File box kept at the pool which is used to distribute handouts to the team and ribbons. There will be a folder for each swim team family and the coaches. **Be sure to check your folder at least weekly.**

SWIMMER and PARENT CONDUCT: Swimmers are expected to be kind and courteous to all teammates and swimmers from opposing teams. Swimmers are required to be respectful to the coaches under all circumstances. Swimmers and parents need to read, sign, and follow our code of conduct to participate on the team. Parents are expected to treat all swimmers, parents, spectators, officials with courtesy and respect regardless of the circumstances.

PARENT JOBS AT SWIM MEETS

The swim team is a **TOTAL** volunteer effort except for paid coaches. We need the participation of **EVERY PARENT** for the season to run smoothly.

Here is a list of the many volunteer jobs that need to be done. If all help out most volunteers will only have to work ½ of each meet. Those jobs are marked with an asterisk may need the same person working the entire meet.

***CARD PERSON:** This person hands the swimmer the card for his event which he then takes to the Clerk of Course to line up to swim. Eventually the swimmer will give his card to the timer of his lane before he swims his event.

***CLERK OF COURSE:** At home meets this person lines up both home and away swimmers by heat and lanes. At away meets he assists the home team's clerk of course as needed. This job takes a lot of patience!

STROKE AND TURN JUDGE: This person works with the paid official to officiate the swimming races.

TIMERS: We need between 6-9 timers, depending on how many lanes are at the pool. There are 3 timers per lane.

TABLE WORKERS: At the table, the swimmer's times are recorded, the meet is scored and the ribbons are made. This included 1 computer person and 2 others to verify the results.

RIBBON WORKER: This person attaches the ribbon labels and sorts the ribbons for each team.

Only at home meets:

***ANNOUNCER:** This is the person who announces the events at home meets and keeps it fun.

CONCESSION STAND: Two volunteers coordinate the concession stand. This involves planning and purchasing before the meets. Also, volunteers to work the concession stand during the home meets.

HEAT WINNER AWARDS: This person gives an award to the winner of each heat of each event.

RAFFLE TICKETS: We will sell 50/50 raffle tickets at each home meet. This person walks around and sells raffle tickets. The winner is announced before or during the relays at the end of the meet.

HEAD TIMER: This person organizes the timers and is the back up timer.

RUNNERS: Two volunteers who collect the swimmer's cards from the timers and deliver them to the scorer's table after each event. It is a team effort for 25 meter events.

SET-UP: We need volunteers to get our pool ready for our home meets. Arrive at 7:00 A. M. on Saturdays.

CLEAN UP: We need everyone to pitch in and help make the pool presentable for our members at the end of meet.