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Poolesville Piranhas Swim Team 2008 Handbook



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www.poolesvilleswimteam.us

Poolesville Piranhas Swim Team 2008 Organization

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Piranhas Swim Team! In this booklet you will find information that will be helpful throughout the season. Please read it carefully and keep it handy as a reference.

Team membership is available to any child, and membership to the pool is not required. Swimmers should be able to swim one length of the pool (25 meters) unassisted on front and back.

Every child is an important part of the swim team. The parents are equally important. Please support your children by giving them lots of encouragement and by volunteering to help the program run smoothly. At each meet, we need at least 30 volunteers. Therefore, it is required that each family provides an adult to work at a minimum of three meets.

There is a team bulletin board at the pool and each family has a file in the swim team file box, which is available during practices. In addition, the team reps are available by phone or e-mail and during meets to answer questions.

Please visit our team website – www.poolesvilleswimteam.us. The web site is updated frequently and provides information about schedules, announcements, results and much more.

Enjoy the season -- let's make it fun and worthwhile for all our children!

Suggestions always welcome!

OUR MISSION

*The Poolesville Piranhas swim team is dedicated to the development of its members as swimmers/athletes.

*It seeks to foster the respect of each team member for the other members of the team, other athletes, officials, and for the sport of swimming.

*The team will emphasize the concept of teamwork. The team will strive to provide fun, meaningful competition for all its members.

This swim team is part of the Montgomery County Department of Recreation Aquatics Program.

MONTGOMERY COUNTY SWIM LEAGUE (MCSL)

The MCSL is made up of approximately 90 teams divided into 15 divisions (A through O), with 6 teams per division. The teams are seeded into the divisions according to the prior year's performance. For 2008 we have moved up to B division, ranked 10th in the county! You can follow all the teams in MCSL by visiting the website at www.mcsl.org.

There are two swim meets each week. The IAn meet is typically held on Saturday mornings. The roster for the IAn meets is determined by the coaches and is generally made up of the three fastest swimmers (or in some cases, the six fastest) in each event. The IBn meet is typically held on Wednesday evenings. The IBn meets are open to all team members. Please see the section on the IBn League meets for specific rules. The IBn meets are also open to pre-team members once the coach's approval is acquired.

MCSL "A" MEETS – SATURDAY MORNINGS

The coaches decide who will be in the Saturday morning lineup based on the times swimmers swam during time trials held at the beginning of the season, as well as times swam in both Saturday and Wednesday night "B" Meets. In addition, a swimmer's practice attendance and attitude may be taken into consideration. Meet lineups are made entirely at the coaching staff's discretion and may change from week to week. The coaching staff will select which event a swimmer will swim and who will swim in the relays.

A swimmer in a Saturday morning MCSL Meet may participate in a maximum of five events, including IM and relays, and may not swim more than three individual strokes. Individual strokes include freestyle, backstroke, breaststroke, and butterfly.

The 2008 Poolesville Piranhas Schedule is available on the website.

"B" LEAGUE MEETS – WEDNESDAY EVENINGS

The "B" League competes on Wednesday evenings against five other teams in the Upper Montgomery County area. The "B" League was organized to provide an opportunity for all swimmers on teams to swim in organized meets.

All swimmers are eligible to swim in the "B" Meets as long as they have mastered the mechanics of the stroke they will swim. In addition, the following eligibility rules apply:

1. General:

In a swimming week (Saturday – Friday), a swimmer is eligible to Swim:

1. An individual event (including the I.M.) only once in an A or B meet.
2. A total of three individual strokes and the I.M. per week.

2. Restrictions:

A swimmer is not eligible to swim in a Wednesday night meet (i.e., for place or ribbon) if he/she scored in two or more events on the previous Saturday. This swimmer is only eligible to swim exhibition.

3. Exhibition:

- a. A swimmer who has scored in two or more events the previous Saturday may swim exhibition in one of the two off-strokes or I.M., if there is an available lane.
- b. At the coach's request (i.e., he needs a time), a swimmer may swim any stroke as exhibition. (This rule is to be used with discretion by coaches and team representatives.)
- c. Exhibition swimmers must wear an orange cap.

Swimmers wishing to swim during a "B" Meet must sign up. Sign-up occurs with the coaches at the pool beginning Friday morning for the upcoming Wednesday meet. Swimmers must sign up by Monday of each week in order to be included in the line-up. The IBn Meets will be automated just as the "A" meets are, therefore no late entries will be accepted, and no "deck entries" (last-minute during-the-meet entries) will be accepted. Each swimmer is responsible for ensuring his or her wishes are indicated in the sign-up book. If you are unable to sign up at the pool, swimmers will also be allowed to sign up by sending an e-mail to the Kasners at Automation@PoolesvilleSwimTeam.us

8 and Unders – check with the coaches to get approval to swim in the B Meet.

REGISTRATION FEE

The Western County Pool is owned and operated by the Montgomery County Recreation Department. The County provides, among other things, the coaches, the pool staff, ribbons, and so on. The registration fee is \$175.00 per swimmer and all the money goes directly to the MCRD to pay for those items. There is an additional fee of \$10.00 per swimmer for each non-county resident.

SOCIAL FEE

The team has added expenses that are not covered by the county. To help offset these expenses, each family is asked to contribute \$20.00 for one swimmer or \$25.00 for 2 or more swimmers at the beginning of the season to the Swim Team. Funds collected are used for additional place ribbons, pep rally supplies, end-of-season awards, equipment, and the initial stocking of the concession stand.

8 AND UNDERS

8 and under swimmers can vary widely in their experience, abilities and mechanics of swimming. As a result, all new 8 and under swimmers will be evaluated and placed in a practice group that offers them the blend of stroke work and conditioning which the coaches feel will most benefit that group of swimmers.

For the younger swimmers in the group, we will have two practices which don't begin until after school gets out, giving the pool 2 more weeks to warm up so they are not as cold. Practices consist of thorough stroke instruction, with one week devoted to a single stroke at a time. The groups may be adjusted somewhat during the beginning of the season as the coach becomes familiar with the abilities and needs of the individual swimmers.

Meet participation is highly recommended, but only after a particular stroke has been effectively demonstrated by the swimmer. Once the swimmers gain extra confidence and are reminded or taught proper stroke techniques, they may be invited to move to a different practice with the goal being all the 8 and Unders swimming the same practice by the last week of the season. The coach will advise parents when their child is ready to move groups.

For the more experienced swimmers, we will continue to develop a swimmers stroke, especially in the 8-and-Under practice, but increasing endurance is the other major focus area. This is the main difference among 8 and Under practice groups. Some groups focus more on stroke technique to properly swim on the swim team and others use the strokes you have learned for conditioning and to help you become a better swimmer.

8 and Under team members are an important part of the team and are invited to participate in team pictures, pep rallies and other social events. Remember – **They are the future of the swim team!**

OFFICIALS CLINICS

Every MCSL and B League team must have starters, stroke-and-turn judges and referees who have been trained and certified at a clinic. It is strongly urged that as many parents as possible attend at least one clinic. Clinics last approximately 2 hours.

VOLUNTEERS

As noted earlier in this booklet, parent volunteers are critical to the success of the swim season and each family will be asked to volunteer for a duty during at least 3 meets. For each meet, each team must provide:

- 1 Referee/Starter
- 2-3 Stroke and Turn officials
- 1 Head Timer/ Assistant Head Timer
- 9 - 12 Timers
- 2 Clerk of Course
- 6 - 8 Concessions (home meets)
- 1 Announcer (home meets)
- 1-2 Computer Operator
- 2 Runners
- 1 Ribbon Organizer

Parents will be called to fill a variety of jobs and it is asked that you readily agree to help whenever you can. Those families whose children participate in additional events during the season (Relay Carnivals, Divisionals, All Stars, etc.) will be asked to fill additional jobs, as necessary. Remember, without parent volunteers, there can be no meets.

In addition to jobs during meets, there are a number of "behind-the-scenes" positions that must be filled. These include organizing and working the social events and the spirit committee. Some of the work can be done from home. Please sign up at swim team registration or contact one of the reps,

PRACTICE SCHEDULE AND POLICIES

The 2008 practice schedule is located on the team website. Copies are also available during team registration. Swimmers are expected to attend all practices.

Exceptions are made on an individual basis and should be discussed with the coaching staff.

High school swimmers will be excused from practice in the event they have a conflict with employment.

Swimmers should be on time for practice. This means being on deck and ready to swim at the scheduled time. Practice will be held during inclement weather unless lightning has been spotted.

Parents are not permitted on deck during practices unless there is an emergency. Please wait in the snack bar area while practice is underway and hold questions for the coaching staff until after practice.

MEETS

Parents are responsible for the behavior of their children during meets. Swimmers should remain in the designated team area and inform a coach should it become necessary to leave. Everyone is encouraged to cheer for Poolesville swimmers, and to have fun. In addition, all swimmers are responsible for the clean-up of the team area at the end of the meet.

AWARDS

Ribbons are awarded for 1st through 6th place for "A" Meets and for 1st through 8th place for "B" Meets. Heat winner ribbons and participation ribbons are also awarded for home IBn meets.

TEAM SUIT

All swimmers are encouraged to wear the designated team suit and cap during meets. You may order suits during team registration or on the day designated by the swimsuit coordinator. The suit is also available throughout the season at Underwater Wear in Germantown.

To care for your swimsuit, rinse with cold water after EVERY practice and swim meet. If your child showers at the pool, he/she should shower in the swimsuit. Do not wash in the washing machine. Hand wash with cold water in the sink, using no soap or mild soap. NEVER put the swimsuit in the dryer.

VACATIONS

Each year, vacations and camps make it difficult for the coaches to know who will be available to swim in a given meet. Coaches do the line-ups and must provide this information to the opposing team in advance of the meet. Please help us do the best possible job scheduling the meets by e-mailing your vacation dates to the coach or by putting a note in Coach Gretchenms folder in the swim team file box as soon as your plans are known – the sooner the better!.

TEAM SOCIAL EVENTS

There will be team social events and pep rallies scheduled during the season. Some of our past events have included movies, hikes, Shadowland tag, tie-dyeing T-shirts, and our annual spaghetti dinner. Please check e-mails and the team website for information. Following A Meets, the team usually distributes ribbons at Whalen Commons (for home meets) or a fast food restaurant near the pool (for away meets).

END-OF-SEASON CELEBRATION AND AWARDS

Each year the team has an end-of-season celebration, which is an ice cream social, and the distribution of awards to swimmers. Details on the celebration and awards will be provided toward the end of the season.

SWIMMING EVENTS DURING THE SEASON

Dual Meets: The regular MCSL "A" Meets and "B" League "B" Meets. Two teams compete, swimming a specified order of events.

Coaches Long Course Meet: An individual meet for the 8 fastest swimmers in each event from the entire MCSL League. The meet is swum in a long course pool (50 meters), so all events are twice the usual length.

Relay Carnival: Each MCSL Division hosts a Relay Carnival in the middle of the swim season. All six teams in each division race one another in special relay events. We also participate in a IBn Relay Carnival.

Divisionals: An MCSL meet at the end of the season in which the six teams in each division race their two fastest swimmers in each event. Final selection of the swimmers for this event is at the coaching staff's discretion, and may only include swimmers who swam in an IAn meet during the current season.

All-Star Relays: An identical meet to the Relay Carnival, except that it is made up of those relay teams placing first in their respective MCSL division Relay Carnival, or had the fastest time during the season in the 200 Medley (open) and the 175 Free Relay.

Individual All-Stars: An invitational meet for the 16 fastest swimmers in each event from the entire MCSL. A list of All-Star nominating times follows.

MCSL All Star Nominating Times

Boys	Event #	Event	Event #	Girls
1:20.00	1	12 & U 100M Individual Medley	2	1:21.00
18.85	5	8 & U 25M Freestyle	6	19.20
35.80	7	9-10 50M Freestyle	8	36.35
28.40	9	13-14 50M Freestyle	10	31.00
31.40	11	11-12 50M Freestyle	12	32.70
58.00	13	15-18 100M Freestyle	14	1:04.60
1:12.60	15	13-14 100M Individual Medley	16	1:17.60
24.00	17	8 & U 25M Backstroke	18	24.45
20.10	19	9-10 25M Backstroke	20	20.40
1:08.00	21	15-18 100M Backstroke	22	1:15.00
38.10	23	11-12 50M Backstroke	245	39.00
34.30	25	13-14 50M Backstroke	26	36.30
1:07.00	27	15-18 100M Individual Medley	28	1:14.00
26.00	29	8 & U 25M Breaststroke	30	26.60
22.25	31	9-10 25M Breaststroke	32	22.25
43.30	33	11-12 50M Breaststroke	34	43.40
38.20	35	13-14 50M Breaststroke	36	41.20
1:16.25	37	15-18 100M Breaststroke	38	1:25.00
23.20	39	8 & U 25M Butterfly	40	23.40
18.70	41	9-10 25M Butterfly	42	18.60
36.30	43	11-12 50M Butterfly	44	37.20
32.00	45	13-14 50M Butterfly	46	34.10
29.20	47	15-18 50M Butterfly	48	33.00