



Quarterly Newsletter Summer 2018

CITY OF MIDLAND 73RD ANNUAL FROST BANK INVITATIONAL

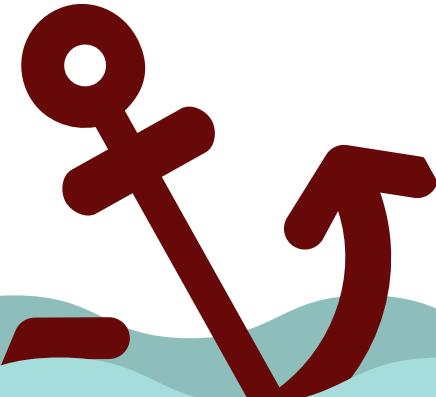
This June, we took 27 swimmers to Midland, TX for the COM 73rd Annual Frost Bank Invitational. The swimmers had a blast over this four day, prelims–finals, long course swim meet. Not only was it a fun first-time travel meet for several of our swimmers, but we had awesome swims all weekend long. We saw several new BB and A times across the board, with Oliver Geheb picking up a couple new TAGS qualifying times. Maguire Sheppard had a spectacular weekend, coming in second place overall in High Point for 13–14 boys, and several Sectionals bonus qualifying times!

We want to give a special shout-out to Wendy Jones for volunteering her time as a chaperone on the trip. Big thanks to all the parents and families who came all the way to Midland with us to cheer on our COPS kids as well. The City of Midland Swim Team was a gracious host, and they are a great example of what we aim to accomplish by building our own pool. We hope to have a successful and fun trip again next summer!

SPLASH BASH 2018

To celebrate the beginning of our Fall season, we will have a back-to-the-pool party at Jack Carter Playground on Sunday, August 26. We will provide dinner, have a parent meeting to preview the season ahead, and finish up the evening with fun in the new Jack Carter Pool. The pool will be closed to the public, so our team will have free reign on the new slides, lazy river, wave rider, and water volleyball and basketball.

The event will begin at 7:00 PM at Jack Carter Playground (2300 Maumelle) in Plano. Wristbands for the pool will be handed out after dinner and the parent meeting, and we will get to play in the pool until 10:00 PM.



Athletes play for free, while all parents and siblings will be \$10 each. The \$10 fee grants each person entry into the pool and dinner, which we will provide.

Please keep an eye on our homepage and on our newsletters for more updates and information. To register, [CLICK HERE](#).

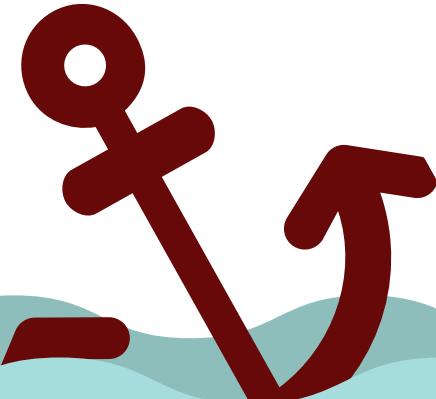
VOLUNTEERING: WHY IT MATTERS

Here at COPS we ask every family to spend some time volunteering at our hosted swim meets and team functions. While we understand that schedules get busy and it's hard to squeeze in a few hours of volunteer time, every helping hand is very much appreciated and necessary.

It's all hands on deck (pun intended) to host a swim meet. First and foremost, we need two timers behind every block during every race. We use an electronic timing system to get times, but as we all know, technology isn't always 100% reliable. The timers are there as a failsafe on the off chance that the timing system fails. Without timers, swimmers may not get an official time, which would render their swim pointless. Not to mention, you get the best seat in the house to watch your swimmers race!

Safety Marshals are extremely important on deck as well. As a part of USA Swimming, we are very mindful of keeping our sport safe. Safety Marshals are in charge of several things, including keeping people off of the pool deck who are not supposed to be. They monitor the deck to make sure our athletes are behaving in appropriate and safe manners, and they are there to direct any parents or swimmers in the event that they have any questions or concerns. Plus, you get to wear an extremely fashionable bright orange vest. Who doesn't love that?!

Hospitality is another huge piece of running meets, as we like to keep all of our officials, coaches, and volunteers well-fed and happy. Hospitality volunteers make sure the food is available on time and make rounds taking snacks and drinks to our hard-working volunteers and coaches.



We are always in need of an announcer, as that position is generally the hardest for us to fill. You're our main source of information and reminders for all of our parents, athletes, and coaches, who without which may not know where to go and when to be there. Your voice matters!

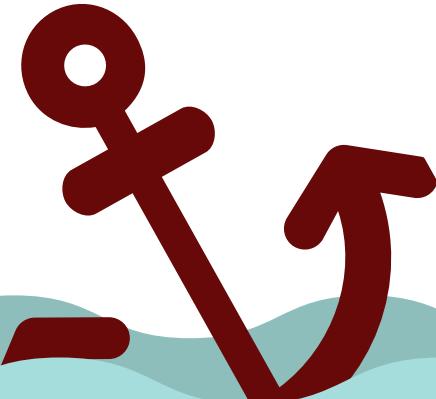
If you're tech-savvy, we'd love to have you working on the computers and helping with the timing system. It takes a village to make sure results are correct and printed up in a timely manner, to log in disqualifications, and to make sure the timing system is running smoothly. If it's something you decide you really enjoy doing, you can get certified to work on the timing systems at meets all over the DFW area!

We have several other important jobs at swim meets. Clerk of course handles awards and event scratches. Runners make sure results are posted and timing sheets are brought to the computer. Plus, you'll definitely reach your daily step goal and get a good workout!

If being on the pool deck doesn't appeal to you, we also need plenty of help running things on the dry side of the team. We need help in our COPS office every so often, which requires several helping hands. We are always looking for volunteers to help sort and hand out ribbons and medals to our swimmers.

Group parents are a great and fun way to earn your volunteer points. Several times each season (Fall and Summer) you get to plan group parties or get-togethers for all of your group swimmers. This can be anything from post-workout snacks to a group movie outing. The kids love these little social events outside of the pool where they can hang out with their swim friends in a more relaxed environment.

We like to think of the parents, coaches, and swimmers as a team. The swimmers do their work in the water, the coaches do their work on the pool deck, and the parents lend that extra help that allows our team to operate at full capacity.



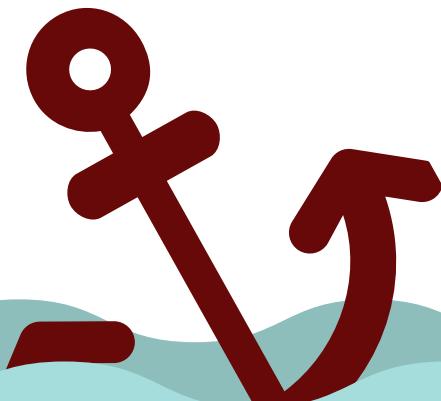
As a team, we need many more volunteer officials in order to provide the best officiating at all levels of swimming. As a volunteer official, you will receive extensive training and certification through USA Swimming. In your early stages of officiating, all of your calls will be processed through the deck referee, admin referee, and meet referee. Therefore, the volunteer official is not subjected to parental input, verbally or through video review on the deck.

For those of you who are interested in volunteering and would like more detailed information about each position, please visit our homepage, hover over the drop down "MEMBER POLICIES," and select "COPS VOLUNTEERING." As always, we are ever thankful for your time and hard work on and off the pool deck. See you all at the pool!

SUMMER SWIMMER EVALUATIONS

This summer, we will be starting a new system of evaluations and move-ups. We have experimented with this evaluation process, and have had great feedback from our beta-group this Spring. Please keep in mind that this is a new process, and we will be working to perfect it over the course of the next few seasons. Our coaches will be writing up an evaluation sheet for each swimmer in their group(s) based on move-up criteria agreed upon by our coaching staff.

This evaluation sheet will give every swimmer an idea of what they need to accomplish in order to move up, what they need to improve upon, and what they've been doing well. On the evaluation sheet will be the swimmer's projected group for the Fall season so that you will know what group to register for. Thank you all for your patience and we hope that this new system provides more feedback and information regarding your swimmer's performance in the group.



FALL SCHEDULE

We are working hard on our upcoming Fall Schedule and we aim to have it completed in the next couple weeks. The Fall Schedule will be different than our previous Fall and current Summer Schedules. The Fall Season will begin Tuesday, August 21. We will let you all know as soon as registration for our Fall Season opens.

SUMMER BREAK

After Medal Madness (August 4–5), we will take a two-week break from swimming before beginning our Fall Season. We will be out of the water from August 6–20, and will return on Tuesday, August 21. We as coaches believe it is very important for all of our swimmers to spend this time out of the water and doing other activities. Without taking time off, it is very possible for a swimmer to burn out and lose interest in the sport. We encourage your swimmers to take this time as a mental and physical break so that when we return on August 21, they are well rested and excited to get back in the water.

