



2010 Parent Meeting Summary

- I. Welcome
 - a. Coaching Staff
 - i. Ken Heis, Todd Billhimer, Mark Sullivan, Stephanie Waldbillig, Katie Jeaneret, Mike Tomes, Ginger Tomes, Trish Schoenlein, Lauren Bogan, Matt Clements, Craig Buken, Allyson Marsteller, Megan Davenport, Mellissa King.
 - ii. Stable Core—For Swimmers, Mark Daasch, PT
 1. Study Gold, Platinum, & National Swimmers
 2. Injuries care for entire team. (See flyer by mailboxes).
 - iii. Dr. Barbara Walker Ph. D. , CC-AASP
 1. Performance Psychologist
 2. CenterForHumanPerformance.com
 3. (See flyer by mailboxes).
 - b. History of the Manta Rays
 - i. Team Founded by the City of Mason in August 2003
 1. Goal: Develop a first class USA Swimming program a for a state-of-the-art competitive pool facility.
 2. Philosophy: Develop great people who swim well through hard work and having fun.
 - a. Teach children to work hard, to work together, to cooperate, to be part of a team, to compete fairly, to respect others who do likewise, to learn positive lessons about delayed gratification, etc.
 - c. Practice and Attendance Policies
 - i. Practice Group Changes
 1. Just in case we have placed some swimmer in the wrong group, we may ask for them to switch groups (up or down) through the end of October. Please be open to these changes.
 2. Practices the first few weeks may be a little crazy because there are water polo games going on during practice and because our attendance is very high.
 - ii. Goal Packets
 1. We encourage all swimmers to set goals. Each group will have goal setting meetings appropriate for each level.
 - iii. Attendance
 1. The more your swimmer comes the better they will become.
 2. Please bring your swimmer on time and pick them up after practice. If they are going to be late, please give them a note or drop us an e-mail to let us know the reason. Late swimmers disrupt the whole practice group.

- a. All swimmers need to check in with their Community Center pass.
 - 3. Swimmers are expected to use the restroom before and after practice. If a swimmer needs to go during practice, they should ask the coach.
 - 4. PARENTS: Please stay off the pool deck during practice.
 - 5. We plan on having two coaches on deck for most groups. This may not be the case for every practice. Also, your swimmer's coach may not be at every swim meet or every session. Another Manta Ray coach will coach your swimmer if this happens.
 - iv. Building strokes for long term
 - 1. During the first four weeks of practice we are going to review/introduce a stroke a week—freestyle, backstroke, breaststroke, and then butterfly.
 - 2. Everyone needs fins by Sept 30. Each coach for each practice group will go over everything they need
 - v. Proper Dress To and From Practice
 - 1. Cold Weather: Dress Appropriately
 - a. For example: If the weather is under 40 degrees, everyone should be changing out of their suits and wearing a coat & warm hat.
 - vi. Weather, Pool Problems, Last minute changes
 - a. If the Mason Community Center is closed, we will not have practice. Call the weather hotline 229-8502 opt 5. Check e-mail and www.masonswimming.org,
 - vii. Locker Room Etiquette
 - 1. Remind swimmers to behave in locker room.
- d. Communication
 - i. IF YOU ARE NOT GETTING EMAILS FROM THE TEAM, PLEASE EMAIL COACH TODD tbillhimer@masonoh.org. We will make sure your address is updated in the system so you can log on the web site.
 - ii. Please feel free to contact any of the coaches via e-mail. Their e-mail addresses are listed in the handbook as well as on the web site.
 - iii. Practice Group Parents Meetings---Week of Sept 20—Times and dates are posted in the September Calendar & online.
 - iv. Please do not talk to the coach while on deck.
 - v. Family Files, Emails, Web Site

We are pleased to announce the deployment of our team website and team management system which includes powerful email communication. This toolset will enable our coaches and team administrators to better communicate and manage our team.

Please visit: www.masonswimming.org to check out our new website.

Soon, you will be sent a system generated email with your login credentials to your own private account and email. This email will grant you access to your own secure account. **Please login and update all of your contact information.** Please contact Todd Billhimer tbillhimer@masonoh.org with any difficulties you may have logging in to your account or questions

- e. Team Suit and Manta Gear Sale on September 16 (today).
 - i. Still can order spirit wear by using form online.
 - ii. IF YOU CANNOT MAKE THE SUIT FITTING DATE, YOU CAN PURCHASE YOUR SUIT AT THE KASTAWAY SWIMWEAR STORE AT ANYTIME (777-7967).

- f. Meets
 - i. Schedule may change
 - 1. Meets may be added or dropped during the season
 - ii. Meet Expectations/Explanation
 - 1. Most of our meets the entire team will be able to attend; however, there will be some meets that will cater towards certain ages/abilities. A meet explanation sheet has been placed online and by the family files at the pool.
 - a. Some meets have certain time standards
 - 2. Sign-up Process
 - a. Online only: Simply Click "Attend this Event" and follow the directions. Please note: once entered "Attend this Event" does not go away on the web site.
 - b. If you have to cancel out of a meet after the scratch/add deadline, please let us know via e-mail or phone. *Meet fees cannot be refunded at this time because fees must be prepaid to the meet host.*
 - iii. Meet Attire
 - 1. Manta Ray Suit and MANTA RAY Swim Cap
 - a. Fast Suits should only be worn, if at all, at the MAKOS meet, Mid-Winter Clipper Meet, and Championships. The Manta Ray team suit and swim cap should be worn at meets.
 - 2. Three Manta Ray t-shirts are included with registration fees. We will wear a certain shirt on each of the three days of the meets.
 - a. Shirts will hopefully be in by October 9
 - iv. Encourage your swimmer to come talk with the coaches after each race and BEFORE he or she talks with you.
 - 1. Parents need to parent, coaches need to coach.

- g. Incentive Awards (see online for details)
 - i. Ironman, A-Team, Attendance Pizza Party

- h. Team Activities
 - i. Social Activities will be planned about once a month. Bowling, Pump it Up, Pizza Parties, Psych Dinners, Reds Games, Laser Tag, and more will be announced throughout the season on the website and through e-mail. Please contact Christine Carter at clcarter@cinci.rr.com if you are interested in helping with social activities.

- i. Volunteering

Volunteer Options

Officials: If you are interested in becoming an official, please contact Rich Decker at rdecker@fuse.net.

Volunteer Sign-up: Online only

Email with instructions will be out in the next week. If you have questions about volunteering, please feel free to contact Susan Mechler at susan@mechler.net.

DATABOARD (Runs the Scoreboard and touch pads)

Training and sign-up will be emailed out soon.

COMPUTER TABLE (Compiles the data for results)

Please contact Mrs. Chris Freds at chris.freds@ymail.com

Photos for new banner in fitness area (permission may be needed)

I .Billing

- i. Questions or concerns please contact coach Todd Billhimer
tbillhimer@masonoh.org
- ii. All fees, including meet fees from last season, must be paid.

j. Questions