



2018

# PARENT HANDBOOK

Forest Park Swimming Association

1766 Mendocino Dr.

686-1333 #2

[www.forestparkswimteam.com](http://www.forestparkswimteam.com)

### Important Dates to Remember:

- April 9-----First Day of Practice
- April 7-----Flip Turn Clinic
- May 26-----Time Trials
- June 30-July 1-----Battle of Ages
- July 14-15-----Invitational
- July 20-21-----Crossings Challenge
- August 3-5-----Concord City Meet
- August 10-12-----County Championships

## 2018 FPST Board of Directors

Swim Team President	Sue Hernandez	890-0579
Swim Team Vice President	Amy Ragland	
Secretary	Jessica Lucia Eric Reinig	
Treasurer	John Canesa Tina Huynh	689-2731
Fundraising Coordinator	Lily Newton Marina Ware Margaret McCarty	510-604-6099
Parent Worker Coordinator	Christina Bonner Kristine Cortes	435-3500
Incentives/Awards Coordinators	Amy Ragland Amanda Shinn	
Membership	Tina Huynh Jin No	510-912-2316
Hospitality/Spirit Coordinator	Hillary DeStefano Tracy Dawson	510-685-3778
Merchandising	Jenny Hix Jennifer Farmer	
Meet Director	Lanette Stanziano Amy Ragland	
Head Coach	Jeff Mellinger	788-7265

**2018: Join the board and get credit for 2 dual meets.**

## Forest Park 2018 Calendar

DATE	OPPONENT/ACTIVITY	A/B	LOCATION
Thursday, March 8	Sign Ups		Forest Park Pool 6 - 8 pm
Sunday, March 11	Sign Ups		Forest Park Pool 2 - 4 pm
Saturday, April 7	Flip Turn Clinic 10-11 OR 11-12		FP
Monday, April 9	Swim Practice Begins		
Thursday, April 12	Swimmer BBQ after practice		
Friday, April 13	<b>NO PRACTICE</b>		
Friday, April 20	<b>NO PRACTICE</b>		
Thursday, May 3	<b>NO PRACTICE</b>		
Saturday, May 26	Time Trials	A/B	FP
Saturday, June 2	Walnut Country	A	FP
Monday, June 4	<b>NO PRACTICE</b>		
Wednesday, June 6	SpringBROOK	A/B	SpringBROOK
Friday, June 8	<b>NO PRACTICE</b>		
Saturday, June 9	Antioch Delta Skimmers	B	Buchanan Park
Monday, June 11	Swimmer Breakfast--1 <sup>st</sup> day of summer practice		FP
Wednesday, June 13	Rancho Colorados	A/B	Rancho Colorado
Saturday, June 16	Dana Hills and Ygnacio Wood	A/B	Dana Hills
Wednesday, June 20	Ygnacio Wood	B	Ygnacio Wood
Saturday June 23	Walnut Creek	A/B	FP
Wednesday June 27	Gehringer Park	B	FP
Friday, June 29	Team Pictures		FP
Friday, June 29	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun, June 30/July 1	<b>Battle of Ages</b>	A/B	Pleasant Hill Middle School
Monday, July 2	Beach Trip - No Practice		TBD
Wednesday, July 4	FP Swim Club July 4 <sup>th</sup> Picnic		FP
Thursday, July 5	Rancho San Miguel	A/B	FP
Saturday, July 7	LMYA	A/B	FP
Wednesday, July 11	Sun Valley	A/B	FP
Friday, July 13	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun July 14-15	<b>Invitational</b>		TBD
Week of July 16	Torture Week 11 & up		FP
Wednesday, July 18	Ygnacio Wood	A	FP
Fri/Sat, July 20-21	<b>Crossings</b>	A/B	Walnut Country
Saturday, July 21	Buddy Night		FP
Week of July 23	Torture Week 10 & Under		FP
Wednesday, July 25	Aquaknights	A/B	FP
Friday, July 27	Triathlon		FP
Fri/Sat , July 27-28	15-18 Campout		TBD
July 30 - August 3	<b>SPIRIT WEEK</b>		<b>SHOW YOUR SPIRIT!!</b>
Monday, July 30	Waterworld		waterworld
August 3-5	Concord City Meet		Cowell Pool
Wednesday, Aug 8	City Awards/Fiesta Night		FP
August 10-12	County Meet		Acalanes High School
September	End of Year Awards		TBD

## Directions for Away Meets

### **Antioch, - Pittsburg**

ADS - 4150 Harbor St (Buchanan Pool)

Mendocino to Right on Concord Blvd, Concord Blvd to Left on Kirker Pass, Kirker Pass becomes Railroad Ave, Railroad to Right on Buchanan, Buchanan to Left on Harbor St.

### **Battle of Ages - Pleasant Hill Middle School, 1 Santa Barbara Rd., Pleasant Hill, 94523**

From Forest Park, take Mendocino towards Wilson Ln. Turn left on Wilson. Turn right on Denkinger.

Denkinger turns into Treat. Turn right on Contra Costa Blvd. Turn left on Oak Park Blvd. Turn right on Monte Cresta Ave. Turn right onto Santa Barbara Rd.

### **Concord Community Pool (Cowell Pool) - 3501 Cowell Road, Concord**

From Forest Park, turn east on to Concord Blvd., after approximately 1/2 mile, turn right onto Denkinger.

Travel about 2 miles (Denkinger turns into Treat Blvd.) and turn right onto Cowell Road. Approximately 1 mile will be Concord Community Park on the right. Big pool, can't miss it.

### **Dana Hills - 298 Mountaire Circle, Clayton**

From Forest Park go to Clayton Rd. Turn Left on Clayton Rd. Right on Marsh Creek Rd. Right on Mountaire Pkwy. 3<sup>rd</sup> Right on Mountaire Cir. Pool is on the left.

### **Rancho Colorados - 3016 Rohrer Dr, Lafayette, CA 94549**

Mendocino (southwest) to Clayton Road Right, Left onto Concord Blvd., Merge onto HWY 242 south (toward Oakland), Merge onto 680 South, Take Olympic Blvd EXIT 45B, Turn right onto Olympic Blvd, pass through 1 roundabout, Left onto Reliez Station Road which becomes Glenside Drive, Straight onto Burton Drive, Second Right onto Silverado Drive, Second Left onto Rohrer Drive, Swim club is on the left (parking is limited)

### **ECI - TBD (instructions will be posted when location is determined)**

### **Springbrook Pool - 3200 Stanley Road, Lafayette**

Mendocino Dr to Concord Blvd, Left Concord Blvd becomes Clayton Rd, Merge onto 242 South, Merge onto 680 South, Merge onto 24 West, Exit Pleasant Hill Road (Exit 14), Right, Pleasant Hill Rd to Stanley Blvd, Right (before Acalanes HS), Continue on Stanley Rd, 3200 Stanley Road is on the left

### **Walnut Country - 4465 Lawson Ct., Concord, CA**

turn right on to Concord blvd. right onto Denkinger Rd. left onto Cowell Rd. turn left onto Limeridge Dr. Turn right onto S Larwin Ave.

### **Ygnacio Woods - 3124 San Gabriel, Concord**

From Forest Park, head west on Treat Blvd. towards Walnut Creek. Turn left on San Simeon, which is the stoplight before Oak Grove Rd. Turn Right on San Gabriel and the swim club is at the end on the left.

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Team information is available on the Forest Park Swim Team website:  
[www.forestparkswimteam.com](http://www.forestparkswimteam.com)

## 2018 Practice Schedule

### 2018 Spring Practice Schedule Clarification:

For a long time now, Forest Park has been one of the only teams to start its season on the first day allowed under County rules. The earlier the start, the more time the swimmers get in the water and the more prepared they are when meets begin. We've been extremely lucky and blessed to have had such an available staff in our preseasons. Most teams don't start their seasons until late April or early May or not until Time Trials. **Due to Coach Jeff's commitment to Northgate Swimming as well as the high school practice times of our swimmer coaches, the schedule below for the preseason is tentative.** We realize this may affect the schedules of many of our families, but this is the only option if we want to get the kids swimming before May. We have also split the 8-under practice. It will run much as it does when it is split in the summer. Mini-Flyer tryouts are on Saturday March 24<sup>th</sup> and on Friday, March 30<sup>th</sup> by appointment only; contact membership to schedule a time slot. Sometime after mini-flyer tryouts on March 30<sup>th</sup>, a list will be emailed out detailing which practice time each swimmer has been placed.

### PRACTICE IS CANCELLED ON THE FOLLOWING DATES:

- |                    |                    |                   |
|--------------------|--------------------|-------------------|
| * Friday, April 13 | * Friday, April 20 | * Thursday, May 3 |
| * Monday, June 4   | * Friday, June 8   |                   |

### SPRING PRACTICE SCHEDULE \* THIS SCHEDULE IS TENTATIVE \*

#### April 9-June 8

Monday - Friday	3:45 - 4:30	9-10
	4:30 - 6:00	13-Up
	6:00 - 6:30	Mini Flyers (advanced)
	6:00 - 6:30	8-Under (beginners)
	6:30 - 7:00	Mini Flyers (beginners)
	6:30 - 7:00	8-Unders (advanced)
	7:00 - 8:00	11-12

Spring Mini Flyers will end on June 1<sup>st</sup> so the swimmer coaches can concentrate on finals during the last week of school.

### SUMMER PRACTICE SCHEDULE

#### Beginning Monday, June 11<sup>th</sup>

##### Mornings:

Monday - Friday	7:15 - 8:15	11-12
	7:15 - 8:30	13-14*
	8:15 - 10:00	13 & UP*
	10:00 - 10:30	Mini Flyers (advanced)
	10:30 - 11:00	Mini Flyers (beginners)
	10:00 - 10:30	8 & under (beginners)
	10:30 - 11:15	8 & under (advanced)
	11:15 - 12:15	9-10

\*In 2014, we had such a large group of 13-ups, their practice was often overcrowded. In the event we retain similar numbers in 2018, we will be having some 13-14's practicing 7:15-8:30 and some 8:15-10. This will help **ALL** swimmers by giving them more lane space. If this ends up as the case for 2018, a list of what practice each swimmer should attend will be posted after Time Trials. Special scheduling accommodations may be made upon request. However, bear in mind this is being done for the benefit of **ALL** swimmers.

##### Aftnoons:

Mondays, Tuesdays, and Thursdays	4:30 - 5:00	8 & under
	4:30 - 5:15	9-10
	5:00 - 6:00	11 & UP

Afternoon is not a substitute for morning. It's for those unable to attend mornings due to a prior commitment. Those wishing to attend double practices need to clear it with Coach Jeff before summer to make sure there will be adequate room.

## Introduction

### Welcome back or welcome to the Forest Park Flyers swim team!

The Swim Team Board has been working hard this winter to organize a great season filled with fun events and activities, wacky, wet and wild spirit, and good times to share with our Forest Park Swim Team family. A reminder from the Association: the Insurance Policy asks that everyone vacate the premises when not at practice, lessons, swim meets, or working. We also encourage comments and suggestions as to how the team can work better together. Feel free to contact any Swim Team Board member with any concerns you may have as to the team's progress.

### **Jeff Mellinger, Head Coach:**

Jeff returns for his Nineteenth season as our head coach with many exciting ideas for fun swim team activities. Jeff is a graduate of Ygnacio Valley High School and U.C. Berkeley. He also graduated from the film program at Academy of Art College. Jeff swam for the Las Juntas swim team, Ygnacio Valley High School swim team, and was a member of Ygnacio Valley High School's boy's water polo team. In high school, he participated in the Terrapin Pre-Senior 2 program. After graduation, he coached the Ygnacio Valley High School swim team and was an assistant coach for their water polo team. He helped get Concord High's inaugural water polo season off the ground in fall of 2003. He was an assistant coach for Valley Vista swim team in 1999 and head coach at Forest Park the past nineteen years. We look forward to Jeff returning this season!

### **A message from Coach Jeff:**

In 2017, Forest Park had more entrants at County than 2016, but returned to Division 2. We finished 3<sup>rd</sup>; still among the top 12 overall. We completed back-to-back 3<sup>rd</sup> place finishes at Battle. 8 straight championships in the "A" division at ECI. In our first year at Devil Mountain Pentathlon, we walked away with 1<sup>st</sup> place. We maintained our success at City with 2<sup>nd</sup> place in "A" and 1<sup>st</sup> in "B". After 7 straight years of being undefeated in "B" dual meets, we just barely lost our last one of the year. At the 5-team League Meet, we dominated in both divisions. That would turn out to be the final CCVSC League Meet.

Without a League in 2018, we go into uncharted waters as an independent. Yet, we are buoyed by the good rapport we have built with so many teams outside our league. We filled our schedule with a lot of great dual meets. While we won't have a League Championship Meet this year, we will be attending the Crossings Challenge for the first time. City is now our main **BIG MEET** for our entire team.

Dual meets are great for working on the little things that go with races. However, most dual meet pools are not built for the fastest racing. The pools that host the big meets are where you'll really see the **BIG** time drops. Everyone goes to City meet; yet attending some of the other big meets is crucial to seeing big improvements.

We have proven how well we do at Battle of the Ages when we get enough sign-ups. Battle is a great way to see how you're doing early in the season. It's a fast pool and you only swim against people your own age. There are three events each day, so even swimming one day means you can get in 3 swims. In July, we get to swim in a meet where swimmers swim all 5 events.

City is our mandatory meet. This is where you really see your times drop significantly. Every measure needs to be taken for swimmers to be available for these meets.

The coaches train, plan, and prepare ALL YEAR so that the swimmers will be at their peak at the end of the year. **EVERY** swimmer must attend City. AUGUST is what we work for all season. We taper you so that you are fully rested for City. Torture Week only pays off if you have a meet to swim in after your taper. The taper is vital to be at your best. After four long months of training, your body needs the easy swimming to perform at its peak in the two big meets.

The coaching staff wants to help you become the swimmers you can be; but it starts with you. Ask us how you can get better!

We encourage parents to attend and watch practices. However, we can't have parents interrupting swimmers during practice. The coaches need to be able to coach and the swimmers need to be able to swim, without distraction.

Just like every other thing in life, what you get out of swimming is what you put into it. Being late or only coming a couple times a week will not pay off. Your times in August should be much faster than earlier in the season. But only if you have put in the work.

Afternoon practice is a good replacement if you have to miss the morning, but it is not a total substitute. You also have to make an **effort** at practice. Remember, practice doesn't make perfect. Perfect practice makes perfect. If you're not actively working to get better, you are going to get worse.

**ONE** swimmer ALWAYS makes a difference! Close meets come down to only a few races or a swimmer or two. Too often we hear "I'm only one swimmer, it doesn't matter if I swim." That couldn't be any further than the truth. **EVERYONE** and **EVERY** swim matters!! Simple things like getting enough sleep before meets, eating right, and working hard go a long way in helping to achieve your goals.

Let's see what a different 2018 has to offer, while maintaining our championship effort!

Coach Jeff

#### Attention Parents and Swimmers:

Please remember you can sign up to have private lessons with any of our coaches. For a fee you can get personal and individual instruction at the pool. Coaches are available for either competitive Private or Group swim lessons. Swim lessons are a complement to swim practice, not a substitute. Swim lessons allow swimmers to expand upon and receive more specific and individual instruction. Practices provide for both technique and endurance training, while lessons are designed for individual swim technique training. Look for sign up books by the family folders.

#### Forest Park Expectations of Coaches

The main focus of the Forest Park Swim Team is to teach correct stroke and turn technique. Often at the Rec. level, time improvements are the result of stroke improvements rather than strength gained from training. The goal is for all Flyer swimmers to become proficient in all four strokes and turns, and enable each swimmer to understand methods of self-correction while in the water.

A primary focus will be to teach sound workout habits. This involves concentration, attentiveness, effort, and discipline. The swimmers will learn how to listen and focus on the coaches' instructions and comments. In this way, they will be able to gain the most understanding out of each practice.

The Forest Park Coaches will also stress that all swimmers enjoy their experience and learn the proper integration of work and play. The program will include activities that are non-athletic in setting and will be supportive of other activities such as soccer, baseball, school functions, etc. We want this to be a positive and memorable experience for all swimmers on the team.

## General

- Provide for a safe environment around the pool.
- Consistently provide advice and encouragement.
- Consistently exhibit a positive attitude.
- Every coach is encouraged to learn the name of every child.

## Workouts

- Provide instruction to improve strokes, turns, starts/dives, and touches/turns.
- Have a minimum of at least one coach for every two lanes. Each coach shall consistently be providing feedback on the above.
- Coaches of all 10 & under swimmers will spend time coaching in the water, especially at the start of the season.
- The Head Coach or one of the Assistant Coaches is to be available to provide additional instruction where necessary.

## Meets

- Ensure that all 8 & younger swimmers (with shepherd help) are at the starting blocks with adequate time to prepare for their race.
- All 10 & younger swimmers shall have at least one coach in their lane providing encouragement and feedback after the event.
- Should a swimmer be disqualified, the coach shall clearly explain why the disqualification occurred.
- Encourage use of team banners and cheers before and during each meet.
- Participate in swimmer social events.



## 2018 Swim Suit

1<sup>st</sup> Year Agon Swim Suit:  
<http://www.agonswimjulia.com/forest-park.html>

Or, see website to down load order form. [www.forestparkswimteam.com](http://www.forestparkswimteam.com)

## Swim Officials Training

Here is your opportunity to join the ranks where only a few brave and adventurous dare to tread...BECOME A SWIM OFFICIAL!!! We desperately need parents to help officiate our meets by performing the duties of a Starter, Stroke and Turn Official or a Meet Referee. Training will be conducted on deck this year, if interested please E-mail John Stanziano at [jolaevra@astound.net](mailto:jolaevra@astound.net).

## New Family Information

Welcome to all of our new Flyer Families. In an effort to eliminate some of the confusion that comes with being new and to help you "plunge" right in and have fun, we would like to provide you with some basic information which we hope you will find helpful.

Please read the job descriptions enclosed in this packet. Do not worry about not knowing how to do a job. We were all new once and know the anxiety you may feel, so please do not panic. You will find that there is always someone near to help you.

### Practices

Pre-season (spring) practice begins on Monday, April 9<sup>th</sup>. The summer schedule will begin on Monday, June 11<sup>th</sup> and practices will be held in both the morning and the afternoon. Morning practice is considered the primary practice and stresses endurance. Afternoon practice stresses stroke work. Swimmers are expected to attend at least one practice each day.

After meets, practices and lessons: ALL SWIMMERS MUST VACATE THE PREMISES AS PER THE ASSOCIATION'S INSURANCE REQUIREMENTS.

### Dual Meets

"Dual meets" are regular swim meets. They are generally held on Wednesday and Saturday, when we swim against one other team.

Evening meets begin at 6:00 PM. During home meets at Forest Park, swimmers are expected to arrive with adequate time so they can be in the pool at 4:45 PM for warm-ups. For away meets, swimmers are expected to arrive with adequate time so they can be in the pool at 5:15 PM for warm-ups.

Saturday morning meets begin at 9:00 AM. During home meets at Forest Park, swimmers are expected to be in the water at 7:45 AM for warm-ups. For away meets, swimmers are expected to be in the water at 8:15 AM for warm-ups.

Each meet can be designated as an "A" meet or "B" meet or "A/B". These A and B designations are based on the swimmer's official time in each individual stroke. The B meet designation is important because if a swimmer has an A time in a stroke, the swimmer is not eligible to swim that stroke in a B meet. B meets are designed to let those who have not reached an A stroke standard, have a meet where they can swim against a level of competition equal to their own and be recognized for their achievements.

Because our team has grown so much over the past few years, we have had to be more conscious of "A" and "B" swimmers. This does not mean that we are a divided team. What it means is that some swimmers will not swim at both A and B meets. To keep A meets running smoothly, there will be a limited number of extra heats for each event.

## Torture Week

In order to better prepare the swimmers for the big end of season two-day meets, practice is expanded for one week during July. This week is referred to as Torture Week. There are separate Torture Weeks for swimmers ages 10 & under and 11 & up. During Torture Week, swimmers are expected to attend **both** morning and afternoon practices. Friday afternoon practice will be held **only** during Torture Week. Afternoon practices during this time are only for the swimmers participating in Torture Week. As an incentive, swimmers who miss no more than one practice during the week are awarded a special Torture Week T-shirt.

## Fun

Being a member of the team, you will be sure to have some fun too. Here are some of the planned activities: Swimmer pancake breakfast, beach trip, Waterworld, team movie, pasta feed potlucks before two day meets, pizza and awards after two day meets, as well as Buddy Night. There are also age group activities that are planned by a parent coordinator. Check the calendar in this packet for dates and the pool bulletin board for further details.

### Swimming Buddies:

Each swimmer will be assigned buddies at the beginning of the summer swim practice. This is designed to give swimmers a chance to get to know more of their teammates in different age groups. Each swimmer should spend some time getting to know their buddies over the summer. Cheer for your buddies during swim meets and encourage their progress. Show spirit for your buddy by making posters for them and hanging them up at our two-day meets.

### Buddy Night:

Buddy Night is an evening social event for the swimmers, which will include dinner, dancing, games, and fun. Approximately two weeks before the event, there will be more information posted as well as parent volunteer sign-ups for Buddy Night.

## **Two-Day Meets**

The two-day meets we COULD participate in are:

1. Battle of Ages (self-funded)
2. East County Invitational (ECI) (self-funded)
3. Pentathlon (self-funded)
4. Crossings Challenge (self-funded)
5. City Meet
6. County Meet (Swimmers must qualify)

Two-day meets are fun and good experience for the swimmers, but be prepared, they can be an all day event. Parents will be asked to work one shift during each two-day meet. Job assignments will be posted on the bulletin board a few days prior to the meet. Practices will NOT be held on the Monday following all two-day meets.

## **What to bring to meets**

- Team suit, goggles, deck shoes, swim cap (and a spare).
- At least two towels per swimmer.
- Sun hat, visor, umbrella, sunscreen (for parents too!)
- Lawn chairs, blankets or a sleeping bag to sit or lie down on.
- Jacket, parka, flannels or sweats.
- Diversions - books, newspaper, games, cards, Gameboy, iPod, etc. There is down time between swims.
- Sports drinks, water, juice.
- Ice chest with plenty of healthy snacks - fruit, bagels, Chex Mix, granola bars, etc.
- Pens, to jot down your swimmers times and a camera to record their event.
- Finally, show some team spirit. Wear team apparel and/or colors to the meet for the team. And if you want to make a sign, that would be great, too!

Look around to see what other people are bringing, borrow from their ideas and share your own. Look for information via email and posted at the pool. We are here to help you in any way we can to ensure your experience with Forest Park Flyers is a positive one. Please feel free to call or email us with any questions or concerns.

Welcome and,  
Swim Fast!  
Have Fun!  
Sue Hernandez  
President

## Parent Power Positions

We have many opportunities to be involved in the swim team. Here are a list of parent power positions and some of the open slots. Contact Sue Hernandez if you would like to fill an opening.  
**2018: Chair a Parent Power Position and get 2 job credits off your dual meet requirements.**

### Age Group Activity Coordinator(s)

ages 9/10	<u>OPEN</u>
ages 11/12	<u>OPEN</u>
ages 13/14	<u>OPEN</u>
ages 15/18	<u>OPEN</u>
8 & Under Sleepover	<u>OPEN</u>

Aluminum Can Recycling Engineer	<u>Sarah Mead</u>
Buddy Night	<u>Diana Llatta</u>

Coaches Appreciation	<u>OPEN</u>
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Fundraisers:	
Swim-a-thon	<u>OPEN</u>
Cookie Dough	<u>OPEN</u>

Snack Bar Coordinator	<u>OPEN</u>
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Sponsor Coordinator	Sue Hernandez
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Two Day Meet Coordinator	Lanette Stanziano & Amy Ragland
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### Swimmer of the Week Coordinator

Team Equipment Manager	Erik Kohlmeyer
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Team Slide/Video Show Producer	Jeff Mellinger
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### Waterslide Coordinator

Spirit Week Coordinator	Hospitality Coordinators
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## Parent Power Job Descriptions

### **Age Group Activity Coordinator**

A parent volunteer from each age group will plan and organize an age group party. Each coordinator will pick an activity, put up a flyer for signups and organize the activity.

### **Aluminum Can Recycling Engineer**

Responsible for collecting all the aluminum cans from the various bins around the pool and taking them to a recycling business. All money collected is given to the team treasurer.

### **Buddy Night**

Responsible for organizing the activities of buddy night. Coordinates entertainment, games, pizza, and drink order, decorations, chaperones, coordinates water polo game and cleans-up at end of evening. A flyer should be put in everyone's box about three weeks before buddy night with specific information about the evening.

### **Coaches Appreciation**

Responsible for organizing the activities and gifts for Coaches Appreciation breakfast and lunches, organizing by day age groups on different weeks.

### **Fundraisers**

Coordinate miscellaneous fundraising events including contacting vendor, advertising, taking and distributing orders.

### **Snack Bar Coordinator**

Recruits snack bar crew. Supervises all snack bar activities, barbecuing, Wednesday night meals, Saturday burritos, purchasing and stocking of snack bar. Sets up and closes the snack bar at all home meets. In charge of cash box, making change and working with Treasurer concerning snack bar finances.

### **Sponsor Coordinator**

Responsible for recruiting sponsors for the team t-shirts. Must collect sponsorship funds, logo information, coordinate with t-shirt vendor. Update sponsorship board as needed.

### **Swimmer of the Week Coordinator**

Once the coaches have chosen the swimmer of the week, the coordinator takes photos and posts them on a bulletin board at the pool. Orders swimmer of the week caps and awards certificates.

### **Team Equipment Management**

Monitors the swim team's equipment, makes repairs, and informs swim team board when major repairs or purchases need to be made.

### **Waterslide Coordinator**

Sets up a trip to the waterslides for the team.

## Team Financial Obligations

### SWIM TEAM DUES

#### Associate Members (Swim team only):

\$350.00 for the 1st swimmer of each family (\$310.00 after 7/01/18 with no fundraising)

\$340.00 for the 2nd swimmer of each family (\$300.00 after 7/01/18 with no fundraising)

\$330.00 for the 3rd swimmer of each family (\$285.00 after 7/01/18 with no fundraising)

\$320.00 for each additional swimmer (\$275.00 after 7/01/18 with no fundraising)

#### NOTE:

Associate Members are those that join the pool for the exclusive purpose of participating on the Swim Team.

- They can use the pool and facilities only for practice and Swim Team Events. No Recreation swimming or use allowed. Those that are associate members may not stay for recreational swimming after practice or meets.
- Associate Members are not allowed guests
- They have no voting rights.

The Insurance Waiver must be signed before a swimmer can begin practice.

Dues that must be paid for swimmer to begin practice (\$175.00)

Balance due prior to May 31st (an additional \$175.00)

For first year swimmers, we offer a one-week trial period before requiring payment; however the date of joining the team is the first day the swimmer is in the water. If a swimmer joins after June 1, all fees are due at time of sign-up (or the completion of the one-week trial if applicable).

#### Pool Members:

If the swimmer is an FPSA pool member, a discount of \$100/swimmer applies as shown below

\$250.00 for the 1st swimmer of each family (\$210.00 after 7/01/18 with no fundraising)

\$240.00 for the 2nd swimmer of each family (\$200.00 after 7/01/18 with no fundraising)

\$230.00 for the 3rd swimmer of each family (\$185.00 after 7/01/18 with no fundraising)

\$220.00 for each additional swimmer (\$175.00 after 7/01/18 with no fundraising)

The Insurance Waiver must be signed before a swimmer can begin practice.

One half of dues must be paid before a swimmer can begin practice (\$125.00)

Balance due prior to May 31st (an additional \$125.00)

For first year swimmers, we offer a one-week trial period before requiring payment; however the date of joining the team is the first day the swimmer is in the water. If a swimmer joins after June 1, all fees are due at time of sign-up (or the completion of the one-week trial if applicable).

For 2018, the swim team is offering a \$50 family discount for new swimmers who are pool members in good standing joining the Forest Park Swim Team or summer session Mini-Flyers for the first time.

## **MINI-FLYER PROGRAM AND DUES**

Mini-Flyers is designed for the purpose of preparing children 2 years old by January 1<sup>st</sup> through 10 years old to advance to the swim team. Mini coaches will work with up to 3 children at a time. All potential Mini-Flyers will need to attend a tryout before the session starts. Applications must be turned in prior to trying out. There are a limited number of available spots for Mini-Flyers. We will be able to accommodate a larger number of younger swimmers during the summer session. One of the goals of the Spring session is to graduate Mini-Flyers to the team for the summer.

**Tryouts for Spring session 1 are on:**

**Saturday, March 24, 9am - noon and Friday, March 30, 9am- noon**

**\*Contact membership to schedule**

Spring session 1 dates are: 4/9/18 to 6/1/18

Summer session 2 dates are: 6/11/18 to 8/3/18

Mini-Flyers dues are as follows:

Associate Members (Swim team only):

Spring Session 1 only: \$225 per child

Summer Session 2 only: \$225 per child

Both Session 1 & 2: \$350 per child

Pool Members:

If the swimmer is a FPSA pool member, a discount of \$100 per swimmer per season applies as shown below.

Spring Session 1 only: \$125 per child

Summer Session 2 only: \$125 per child

Both Session 1 & 2: \$250 per child

Spring Session Swimmer Graduating to the Swim Team in June will have their fundraising obligation reduced from \$100 to \$50 for the season and no parent work shift required.

## **FUNDRAISING OBLIGATION**

Because the cost to run the swim team exceeds the amount collected from swim team dues, an additional \$100.00 of fundraising must be earned for each swimmer up to a maximum of \$300 per family. Fundraising applies to pool and associate member swimmers. All fundraising efforts must be accomplished by July 15<sup>th</sup>, 2018. Families may opt not to participate in fundraising by simply paying the additional \$100.00 per swimmer (up to a maximum of \$300 per family) by July 15<sup>th</sup>. Fundraising opportunities are briefly outlined in the next section of this book. Look for more detailed information on each fundraiser in your family folder or email notices.

**Please note: As in the past, all swim team dues, including fundraising efforts must be received no later than July 15, 2018. NO EXCEPTIONS! Any swimmer with unpaid total dues after July 15, 2018 will not be allowed in the pool to participate with team practice or meets until the total dues have been received and will not be eligible for end of the year awards.**

## **TWO-DAY MEET FEES**

All two-day meets have additional fees associated with them. Battle of Ages, ECI, Devil Mountain Pentathlon, and crossing challenge are self-funded. You will be notified of details via email and team board; with details about the cost of the meet, the number of events allowed, and the timing of when the sign-ups are due so you can decide to have your swimmer swim or not. The team pays the fees for all relays. The other two-day meets are funded by the team: Concord City Meet and Contra-Costa County Meet (for those swimmers who earn the right to swim in this meet). However, there are still sign-ups for these meets. You must sign out of City meet if you are not going to swim. If you do not show up, you will be invoiced for the fees paid by the team on your behalf.

## **TEAM T-SHIRTS**

All registered swimmers including those Mini-Flyers enrolled in both spring and summer session and Mini-Flyers who graduate to the team will receive a 2018 Forest Park Flyers team t-shirt as part of the registration dues.

## **Fundraising Information**

This year's required fundraising obligation has been set at \$100.00 per swimmer. The team provides fundraising opportunities to allow you to reduce the financial impact of your swim team obligation by \$100.00 per swimmer. If you choose not to participate you may simply pay your fundraising balance by 7/15/18.

**Please Note: The following fundraising activities help our swim team tremendously and we encourage everyone to participate for the financial success of our team.**

1. **SCRIP:** IF YOU HAVEN'T DEVELOPED THE HABIT, NOW IS THE TIME TO START. Scrip is a gift card that can be used just like regular cash. This is how scrip works:  
FPST buys gift cards at a discount and sells them at face value. The difference between what we paid for the card and its face value is applied toward your fundraising. The cards are used just like any other gift card. A list of vendors has been attached but, others are available, just ask. Each vendor has a percentage and that is the amount you earn toward your fundraising. EX: Chili's pays 11%. If you buy \$100 worth of Chili's scrip you will earn \$11 toward your fundraising. Take the time to review the attached list of vendors and think of buying scrip before you go shopping, out to dinner, pick up your prescriptions or buy the next coffee at Starbucks. Scrip is also perfect for graduation gifts, Mother's Day, Father's Day, teacher gifts, or any special gifting occasion. If you plan ahead you can fulfill your fundraising obligation and do so without spending any extra money!! A complete list of retailers is available at [www.glscrip.com](http://www.glscrip.com). Scrip is available from Lily Newton.
2. **SWIM-A-THON:** Swimmers who choose to participate collect sponsorships from friends and family. The swimmer swims laps for a specified period of time based on age. At the end of the event, collect funds from the sponsors. 100% of all collected funds will be applied toward your fundraising. We ask for \$10 to participate to cover cost
3. **Cookie Dough:** The team usually runs an Otis Spunkmeyer cookie dough fundraiser; Information will be made available as the date approaches.
4. **Double Good Popcorn** The team will run a gourmet popcorn fundraiser; Information will be made available as the date approaches

5. ITEMS ON HAND:

	%	Denomination
Ace Hardware	4%	\$25/\$100
Applebee's	8%	\$25.00
Arco	1.5%	\$50/\$100
Barnes & Noble	9%	\$10/\$25
Baskin Robbins	9%	\$2.00
Bath & Body Works	13%	\$10/\$25
Bed, Bath & Beyond	7%	\$25.00
Big 5	8%	\$25.00
Burger King	4%	\$10.00
Carl's Jr.	5%	\$10.00
Cheesecake Factory	5%	\$25.00
Chevron	1.5%	\$50/\$100
Chevys	8%	\$25.00
Chilis	10%	\$25.00
Chipotle	10%	\$10.00
Cinemark	4%	\$25.00
Claim Jumper	8%	\$25.00
Claire's	9%	\$10.00
Coco's	8%	\$10.00
Cold Stone Creamery	8%	\$10.00
CVS	6%	\$25/\$100
El Pollo Loco	6%	\$10.00
Game Stop	3%	\$25.00
Gap/Old Navy	14%	\$25.00
Home Depot	4%	\$25/\$100
iTunes	5%	\$15/\$25
Jack in the Box	4%	\$10.00
Jamba Juice	7%	\$10.00
JC Penney	5%	\$25/\$100
K-Mart	4%	\$25/\$50
KFC	8%	\$5.00
Kohl's	4%	\$25/\$100
Macys	10%	\$25/\$100
Michael's	4%	\$25.00
Outback Steakhouse	8%	\$25.00
Panera Bread	9%	\$10.00
Payless Shoes	13%	\$20.00
Peet's Coffee	8%	\$20.00
PF Chang's China Bistro	8%	\$25.00
Red Lobster/Olive Garden	9%	\$25.00
Safeway	4%	\$25/\$100
Sears	4%	\$25/\$100
Sports Authority	8%	\$25.00
Staples	5%	\$25/\$100
Starbucks	7%	\$10/\$25
Subway	3%	\$10/\$50
Sweet Tomatoes	8%	\$25.00
Taco Bell	5%	\$10.00
Target	2%	\$25/\$100
TJ Maxx	7%	\$25.00
Toys R Us	1.5%	\$20.00
Wal-Mart/Sam's Club	2%	\$25/\$100

AVAILABLE FOR SPECIAL ORDER:

	%	Denomination
Amazon.com	4%	\$25/\$100
American Airlines	8%	\$100/\$250
American Eagle Outfitters	10%	\$25.00
Arby's	8%	\$10.00
Baja Fresh	7%	\$25.00
Best Buy	3%	\$25/\$100
Blockbuster	7%	\$10.00
Build-A-Bear	8%	\$25.00
California Pizza Kitchen	4%	\$10.00
Childrens Place	12%	\$25.00
Del Taco	4%	\$10.00
Disney	2%	\$25/\$100
Dream Dinners	8%	\$75.00
Domino's Pizza	8%	\$10.00
Dress Barn	8%	\$25.00
El Torito	9%	\$25.00
GNC	8%	\$25.00
Gymboree	13%	\$25.00
Honey Baked Ham	12%	\$10.00
Jo Ann Fabrics	6%	\$20.00
Icing	9%	\$10.00
L.L. Bean	15%	\$25/\$100
Lands End	16%	\$25/\$100
Limited (not Limited Too)	9%	\$25.00
Lowes	4%	\$25/\$100
Lucky/FoodMaxx	2%	\$25/\$100
Marriott Hotels	8%	\$50/\$100
Mimi's Café	8%	\$25.00
Office Depot	4%	\$25.00
Office Max	5%	\$25/\$100
Omaha Steaks	11%	\$25.00
Papa John's	8%	\$10.00
Pier 1 Imports	9%	\$25.00
Pizza Hut	8%	\$10.00
Pottery Barn	8%	\$25/\$100
Red Robin	9%	\$25.00
Radio Shack	4%	\$25.00
Ross	8%	\$25.00
Ruth's Chris Steak House	10%	\$50.00
Sephora	4%	\$20.00
Smart & Final	3%	\$25/\$100
Sunglass Hut	12%	\$25.00
Talbot's	13%	\$25.00
Walgreens	6%	\$25.00
William-Sonoma	8%	\$25/\$100

All percents and denominations are subject to change

## Parent Swim Meet Work Obligations

**Parent Work Commitment:** Parent support is required to run swim meets. Each family is requested to sign up for at least 9 dual meet/job commitments. This is based on the estimated number of families on the team. This requirement may change as the season progresses. We request that you commit to 9 jobs before your child can swim in a meet. All meet sheets will be marked "A" or "B". You may want to consider the type of meet when signing up for jobs. If you sign up to work a meet and cannot make it, **YOU** must find a replacement worker and notify the Coordinator.

Families that have not signed up for work assignments by May 16<sup>th</sup> (or within two weeks of joining the team), will be assigned jobs from the remaining available jobs. If 9 jobs per family are not enough to cover all required jobs, we may contact you to sign up for additional jobs. The schedule for the season will be posted in the entryway at the pool for you to review if you need to change jobs with another family.

**We will use email to assist in reminding you of your obligations.**

**Notes:** 1) To ensure readiness for the meets, the setup and cleanup team **MUST** be able to arrive  $1\frac{1}{2}$  hours before the meet.  
2) Also, those with Stroke-and-Turn training and Starter training, please contact John Stanziano [jolaevra@astound.net](mailto:jolaevra@astound.net)

**Two-Day meets** (i.e. Battle of Ages, ECI, Pentathlon, Crossing, City, or County). You will work one or two of either Battle or ECI, Devil Mountain Pentathlon, Crossings Challenge, or City.

**Trading Work Commitments:** In the event your schedule changes and you cannot perform your duty, it is **YOUR RESPONSIBILITY** to get a replacement. We will verify all job commitments at each meet, so it is important that your replacement advise the coordinator they are working for you.

### No Show Policy:

You are expected to be at your assigned post at the start of each meet. A "no show" equates to 30 minutes after the job starts (i.e. if you are a timer and you are not in your chair by 6:30 pm, you are a "no show"). **Each "no show" will cost \$50.** After a third "no show", your child will not be allowed to swim in a meet until arrangements have been made with the Swim Team Board. If you have not paid your "no show" fees, your child will not be eligible for awards at the end of the season.

## Parent Swim Meet Work Obligations - Job Descriptions

Welcome to Forest Park Swim Team! For returning families, what follows is a review of the different jobs available at a meet. For our new families, we hope this will help you both select your work assignments and help you understand your responsibilities.

The most important thought to keep in mind is that every job is important. The most important job is yours. Each job ties together and all jobs must be done well to ensure a successful meet.

**SETUP AND CLEANUP:** At least six people are needed for at least one and one-half hours before and 45 minutes after each home meet. Setup means connecting the competition lane ropes for warm-ups, installing 6 permanent starting blocks, placing 6 temporary starting blocks at the shallow end of the pool, stringing back-stroke flags, installation of the Starting System, putting out several long tables, removing and replacing the diving board, place EZ Ups and 30+ chairs in position for the timers and the desk. After the meet, all of the equipment must be taken down and stored neatly.

Advantages: The opportunity to watch the entire meet, socialize with the team and families and enjoy all the races.

Disadvantages: You must arrive early and leave late.

**HEAD TIMER:** Head Timer is responsible for the coordination of all timers and recorders. The head timer hands out the appropriate timing device and will conduct a time check with the starter to verify watches. The head timer provides backup times should any stopwatch fail.

Advantages: Poolside view of all races.

Disadvantages: Must pay close attention to the meet in progress.

**TIMER/RECORDER:** As a timer, you are responsible for timing each swimmer in a given lane. In a dual meet, each lane has three timers. All timers work under the direction of the Head Timer. One timer in each lane will be given a stop watch in case there is a problem with the timing system. In case of a malfunctioning watch or a missed start, the timer should notify the Head Timer for help. One timer will also be responsible for recording the stop watch time. In races of age 8 and under, the timers must also help the recorder verify the swimmer's name so that the swimmer can be correctly credited with the appropriate time.

Advantages: The opportunity to watch the entire meet from a poolside seat. There is no paperwork involved. This is a recommended job for new families.

Disadvantages: You must pay attention to the start and finish of each race in your lane. All of the swimmers in your lane are counting on you to do a good job.

**RUNNER:** The home team also supplies a runner who collects the events sheets from each lane and verifies that all the lane slips have been properly filled out. If the recorders do their job well, this job is not too difficult. The runner also collects DQ slips from the stroke & turn officials and brings them to the referee.

**Advantages:** The opportunity to know the official winner before anyone else. A poolside seat for all events.

**Disadvantages:** You will be "running" the whole meet. The only lull is during freestyle.

**DESK:** This position requires 2 individuals that can run the meet software on the computer and manage the entries and score sheet. This position is always filled by a veteran team member that has had extensive training on the software program.

**Advantages:** Poolside seating and ability to see all times.

**Disadvantages:** Must arrive early to set up the computer and stay late to reconcile the meet before leaving.

them in the team folders. The

**RIBBONS:** At a dual meet, a total of two ribbon positions are needed, one from each team. They place pre-printed labels onto the ribbons awarded to the swimmers and file league board voted to change the ribbon awards starting 2015. (It was noted that most older swimmers were throwing ribbons away, so the change was made in order to avoid unneeded expenses and waste). Our league and team awards ribbons as follows:

- Place ribbons are given to swimmers 12 and under only.
- Heat Winner ribbons and Participation ribbons are given to swimmers 8 and under only.
- For individual events, place winner ribbons for first, second, and third place are given at "A" meets, places first through sixth are awarded at "B" meets.
- For relay events, ribbons are given to the first and second place teams to 12 and under swimmers.

**Advantages:** Poolside seating and firsthand knowledge of winners. This position does not start until approximately  $\frac{1}{2}$  hour after the meet starts.

**Disadvantages:** You will stay after the meet is over to complete the ribbons and filing prior to cleaning up and leaving the desk.

**ANNOUNCER:** The home team provides the announcer. The announcer uses a microphone to give the swimmers notice of which races are coming up so that the swimmers can prepare themselves and get to their lane assignments. The announcer also announces the winners of each event and periodically reports the score of the meet. It is important to pay attention to which event is taking place so that you may call the next swimmers in a timely fashion. You must also take care not to interfere with the starter.

A good announcer must speak clearly and have voice projection. You must be heard, and understood, otherwise some swimmers may miss their race.

**Advantages:** Poolside seating and no paperwork. The opportunity to watch the entire meet.

**Disadvantages:** You must closely monitor the meet as it progresses.

**SHEPHERD:** There are 4-6 Shepherds. Each Shepherd is responsible for one of the following groups:

Age 6 and under boys, age 6 and under girls, age 7 & 8 boys, age 7 & 8 girls. Each shepherd collects their swimmers for an event and makes sure that each swimmer is in the correct lane. In the case of relays, they also ensure that the swimmers are on the correct end of the pool. The shepherd should confirm the correct swimmer name is on the recorder's sheet. Shepherds are encouraged to work together, especially during relays. This is the only job that has "breaks" and allows time to socialize. Parents of 8 and under swimmers will be required to attend a shepherding training session and sign up to shepherd at some meets. Parents of 8 and under swimmers need to help their children check-in with the Shepherd and assist with relays.

**Advantages:** Becoming friendly with all 8 and under swimmers and their families and have some free time during the meet. This job finishes fairly early in the meet.

**Disadvantages:** Must locate and direct 6 to 16 swimmers for each event. Patience and good parenting skills a must.

**FLOATER:** The responsibility of this job is to provide short breaks to the other workers, especially the timers and recorders. This is a full time job at the meet. You are constantly moving around to ensure the other workers have had a break. If there are not enough parents signed up for a particular meet, the person signed up for this job may be required to fill in for the entire meet and a break person will not be available.

### MEET OFFICIALS

These jobs require special training. Officials are required to wear a plain white shirt and dark bottoms.

**REFEREE:** All meets must have a referee. The meet referee shall have full authority over all officials, enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final statement of which is not otherwise assigned by CCVSC and/or USS rules. We supply a referee for our home meets only. This job requires prior stroke & turn experience and training.

**STARTER:** The home team provides an experienced, trained starter. The starter is responsible for overseeing the installation and testing of the starting system before the beginning of each home meet. During the meet, the starter must first verify that all swimmers have finished the prior event and have been removed from the pool. Next, the starter will announce the age and race before calling the swimmers to the blocks. Lastly, the starter must know if a swimmer is in the correct "starting stance" and that all movement on the blocks has stopped before sounding the start. This job requires prior swim meet experience and Starter training.

**Advantages:** The starter has the optimal poolside view.

**Disadvantages:** The starter must be very aware of the progress of the meet and must do his/her job well to ensure fair competition and a timely finish to the meet.

**STROKE AND TURN JUDGE:** In a dual meet each team supplies at least one stroke-and-turn judge. These judges watch the swimmers. Stroke-and-turn judges will disqualify (D.Q.) any swimmer who does not execute the stroke and turn in the correct manner. This job requires Stroke and Turn training, attention to detail and the ability to be impartial.

**Advantages:** Poolside view of the meet and a lot of exercise.

**Disadvantages:** Must have training and the ability to accept criticism.

## Snack Bar

The snack bar is handled separately from "on-deck" work requirements. A Snack Bar Crew will be established. This crew will consist of 9 people. To be part of the crew, you are required to work ALL home meets or find a replacement for your commitment. Being part of the crew will eliminate your requirements of "on-deck" duties (recorder, timer, etc.). The snack bar crew also provides hospitality to the meet workers.

**Snack Bar Cashier** - Handles the snack bar cash box during all home meets. Collects money for snacks and gives change. Handles pre-paid meal cards.

Advantages: Pool side viewing. Only works home meets.

**Snack Bar Barbecue** - The person barbecuing sets up and puts away the barbecue and cooks to order, chicken, hamburgers, hot dogs, and tri-tip at all home meets. Tri-tip must be marinated the night before and brought early to cook. Barbecue person should arrive by 4:30 pm for night meets and 8:00 am for morning meets.

**Snack Bar Counter Workers** - Prep Work to setup Snack Bar including slicing veggies and fruit. Counter workers distribute snacks as requested. Help clean up snack bar at end of meet.

**Snack Bar Meal Preparer** - Responsible for preparing the meals at home and transporting to the pool. These items will be sold at home meets. The coordinator supplies the menu, food and supplies to prepare the Wednesday night meal and Saturday morning burritos. Food must be ready to eat, at the pool, by 4:45 p.m. on Wednesday night. Burritos for Saturday meets are to be there by 8:00 a.m.

Advantages: Job is done once meal is prepared. Less demanding job during swim meets.

Disadvantages: Must have meal at meet by 4:45 p.m. night meets. The burritos must be at the meet by 8:00 a.m., on Saturday mornings.

**Snow Cone Server** - Set up and clean up Ice Machine, Prepare ice shavings, make and sell snow cones.

Snack Bar Crew Shifts:

Saturday Morning Report Times	Night Report Times	Jobs:
7:00 AM	3:00 PM	Coordinator sets up
7:30 AM	4:30 PM	Meal preparers have burritos made and in snack bar for morning meets and chicken/lettuce, peppers/onions for night meets.
7:30 AM	4:30 PM	Cashier, counter workers in place
8:30 AM	4:30 PM	BBQ Chefs set up and start to cook
12:30 PM	9:00 PM	Meet is over, clean-up (time is approximate)

# SWIMMING GLOSSARY OF TERMS

## EQUIPMENT:

- Paddles: Thick and made out of plastic, rubber straps keep them on your hands. They build arm, back and shoulder muscles and allow for a better feel for the water.
- Fins: Also called "flippers". They are good for building leg muscles and helping a weak kick.
- Kickboard: Also called a "board". Used in kicking sets to keep upper body above water.
- "Tech" Suit: A suit made specifically for racing *only*. Severely cuts back on the drag created by the water and allows for faster swims. Examples: Aquablade, Fastskin, Swift, "paper suit".
- "Drag" Suit: A suit made specifically for practicing. Creates more drag thereby forcing the swimmer to exert more energy to move through the water, thus helping build more power/endurance/muscle.
- Pull Buoy: Piece of shaped Styrofoam that goes between legs for buoyancy and to keep the legs from kicking so the concentration can be placed on the arms.

## PRACTICE:

- "K": Kick; with or without board, with or without fins.
- "P": Pull; always with a pull buoy.
- "S": Swim; regular swimming with no paddles/boards/fins/buoys
- "D": Drill; Laps done to work on specifics of a stroke by changing up the stroke so that A) the arms and/or legs move at a different temp than usual, B) More/Less arm strokes/kicks taken than usual or C) Arm strokes are done in a certain pattern to simulate proper technique.
- Circle Swimming - Performed by staying to the right of the black line when swimming in a lane to enable maximum use of pool space. It is **VERY** important to circle swim to avoid crashes.
- Build-up - To increase intensity and speed over the course of a swim. Can refer to one repeat or an entire set.
- "25"- One lap=25 yards
- "50" - Two laps=50 yards
- Hypoxic: sets where the goal is to hold the breath, sometimes doing a lap without breathing, to prepare the lungs to operate at a deprivation of oxygen during races.
- vertical kicking - Kicking done in a vertical position in deep water.

## Drills (Sample)

- "CU": Catch-up Freestyle: Holding one arm out in front, while waiting for the second one to stretch parallel. Only then may the first arm begin its pull pattern.
- "One-arm": Can be done with any of the four strokes in any specific pattern. But in general it just means the swimmer concentrates on one-arm at a time.
- "FD" or "FTD": Fingertip Drag Freestyle:
- Sculling: Head down, light freestyle kick, hands out front. Slide the palms out past shoulder-width and then back together.
- "3, 5, 3" or "5, 7, 5": These are 75's. Many people confuse the numbers as meaning number of breaths per lap. The numbers stand for *number of strokes between breaths*. Example: Lap one you take a breath every 3 strokes, lap two would be every 5 strokes and lap three, every three strokes. This way, you are alternate-breathing to balance the stroke.
- sculling - To propel oneself by gently moving the hands back and forth in the water. Used as a drill, in a variety of positions, to learn to "feel" the water.

## Clock

- Top: When the arrow gets to the top, or 60, on the clock. Example: "Leave on the top."
- Bottom: When the arrow gets to the top, or 30, on the clock. Ex.: "Leave on bottom."
- Interval(s): Time given to the swimmer to complete a certain distance. Ex.: "Five 50's on the 1 minute." Would mean you have 1 minute to complete a 50 before you have to leave for another.

## **MEETS:**

- Clerk of the Course: At a big meet, swimmers must check-in at the Clerk of the Course and sit on benches for about 15-30 minutes prior to their race. This keeps them in order to assure they swim.
- Shepherd: At dual meets, shepherds line up the 6-under and 7-8 age groups and get them behind the blocks before their races.
- D.Q. or Disqualification: When a swimmer commits an infraction of the swimming rules, they are considered disqualified and their race neither scores points nor counts as an official swim.
- Circle Seeding: A method of seeding swimmers (at big meets only) when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.
- False Start: When a swimmer leaves the block prior to the sounding of the horn. Also, a swimmer may move on the block causing someone else to jump early. The swimmer who moves will be charged with a false start and disqualified. If relay swimmer leaves the block before the next member of the relay has touched the wall, that relay is disqualified.
- Warm-down: The recovery swimming a swimmer does after a race when pool space is available.
- Warm-up: The practice and "loosening-up" swimming session a swimmer does before the meet or their event is swum.
- double-whistle - The indication from officials that the next heat of swimmers is about to be called to step onto the blocks for their race.
- long whistle - At a meet the starter will sound one long whistle as a signal to swimmers in the race to step onto the blocks. In a backstroke race, this is the signal that swimmers may jump into the water.

## **QUALIFYING TIMES:**

- "A" time: Once the "A time has been achieved, the swimmer may no longer swim that event at a "B" meet.
- "County" time: If the County time is achieved, the swimmer is eligible to swim at the County Championships meet at the end of the season.

## **RIBBONS:**

A Meet – Places 1-3. Heat Winner in heats 2 plus for ages through 14 years old. B Meet – Places 1-6. Heat Winner in heats 2 plus for ages through 14 years old. NEW POLICY – No ribbons for ages 13-14 & 15-18.

## **GENERAL:**

- Taper: During taper, the swimmer reduces the intensity and length of workouts in the weeks or days leading into an important race. This allows the body to fully recover, or repair itself, from the training of the previous weeks and months. To get the most out of the taper, swimmers can shave arms legs and exposed torso to reduce resistance, aid in the dissipation of lactic acid, and heighten sensation in the water. Some swimmers will taper City, others for County. But it's important for ALL swimmers to attend practice during the taper portion in order for the muscles to get used to swimming while rested.
- Long Axis Strokes: Freestyle and Backstroke are so named because of the body roll along the vertical axis of the body
- Short Axis Strokes: Breaststroke and Butterfly are so named because of the undulation of the hips along the horizontal axis of the body.
- break out - The moment when a swimmer breaks the surface of the water after pushing off the wall or after their start. Generally refers to the transition from underwater kicking to swimming full strokes.
- streamline - The most hydro-dynamic position a swimmer can have in the water. Arms are straight above the head, squeezing the ears; hands are sandwiched one on top of the other; legs and feet are pressed together, with toes pointed. Very important to always be in a streamline after the start or push from the wall.

# **2018 CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET**

## **ELIGIBILITY RULES**

### **GENERAL POLICY**

The Contra Costa County Championship Swim Meet is intended to provide top recreational swimmers with a venue to compete against each other. Recreational swimmers are NOT year-round swimmers. Swimmers who want to pursue a more serious swimming career are encouraged to join a year-round team in the area.

- Recreational swimmers may swim in the County Championship Swim Meet, either attached (representing a team) or unattached.
- **Attached** - Attached swimmers are those swimmers who are members of a Recreational team. If he/she is representing a team, he/she must have swum with this team only for the course of the summer and must have participated in at least three meets with them during the summer. If a swimmer moves his residence during the summer, he may swim with another team in his local vicinity with written approval in advance.
- **Unattached** - Unattached swimmers are those individual swimmers not affiliated with any team, but who must still meet all other eligibility requirements.
- Participation in various clinics and lesson programs will not jeopardize eligibility, provided the total hours of participation does not exceed 15 hours between December 31st and the beginning of the recreational season. • Recreational swim teams may not begin training earlier than the second Monday in April. - **APRIL 9, 2018**.
- Swimmers (other than high school and college swimmers) may not compete as members of a year-round swim team or train with a year-round swim team after November, 30, 2017. These swimmers **MAY NOT** compete in any USA swim meets after **November 30, 2017 and until August 15, 2018**.
- High school and college swimmers who are members of their scholastic teams may continue to train with a year-round swim team until **February 15th**. High School and college swimmers may swim in USA meets unattached until **February 15th**.
- Swimmers assisting with the coaching of participating teams may compete, provided they meet all other eligibility rules and are bona fide members of the team they represent. Head coaches are not eligible to compete.
- Any protest of a swimmer's eligibility to participate in the County Meet must be submitted in writing and signed by the head coach to the LMYA Contra Costa County Championship Swim Meet Committee to the address provided in this packet.
- There is no complimentary swimming at the County Meet.

### **AGE**

- Swimmers enter the meet according to their age on June 15, 2018 including 18 year old swimmers. Swimmers may not be any older than 18 as of June 15, 2018.
- Entrants may NOT swim up an age group and must enter the same age group in all events, including relays.

### **QUALIFYING TIMES**

- Individual swimmers must meet the minimum qualifying times as sent to teams in the information packet. Qualifying times change from year to year. A participant's qualifying time must have been from a recorded result in a recreational meet held during the summer. Team time trials and intra-squad meet times are not acceptable.

### **ELIGIBILITY PROTESTS**

- LMYA and the County Meet Committee will not position themselves as detectives or policing agents. The County Meet Committee is comprised of the current and past County Meet Directors and is responsible for ruling on eligibility of swimmers. Parents, coaches, and swimmers are advised to call with questions. However, protests must be submitted in writing. Protests will be handled individually, and it is the responsibility of the protesting agent to collect facts regarding the violation.

### **DIRECTOR'S NOTES**

- We understand that some swimmers have been led to believe that they can participate in year-round swim team programs and still participate in the County Meet. We are sorry that young people are being misled in this way. The rules have not changed, and we hope that coaches, directors, and parents will help their swimmers to decide which program they wish to participate in and to remind them that they cannot do both and still participate in the County Meet. • LMYA County Meet Committee sets the rules for the County Meet. We have no jurisdiction over any other meet, league, or team and request that each rule-making body discuss and decide what eligibility rules apply vis-à-vis Recreational and year-round swim team programs for their own events.
- Coaches and/or directors are encouraged to copy this eligibility information and distribute it to team members to avoid unhappy misunderstandings and eligibility violations.

# CCSVC 2018 Qualifying Times

GIRLS		6&U	7-8	9-10	11-12	13-14	15-18
FREE							
BREAST	C	20.88	16.44	31.88	28.97	27.78	59.43
BREAST	A	27.80	20.10	38.50	33.10	30.60	1:04.65
FLY	C	29.91	22.61	41.88	37.91	36.23	1:17.97
FLY	A	37.00	27.25	50.30	44.00	40.60	1:25.00
FLY	Q	48.50	37.50	59.40	53.00	49.00	1:40.00
BACK	C	25.37	18.18	36.60	32.03	30.62	1:08.39
BACK	A	35.30	24.70	47.00	39.20	34.80	1:15.00
BACK	Q	47.00	34.60	58.20	50.20	49.10	1:28.40
IM	C	25.95	20.69	38.33	34.13	32.57	1:10.13
IM	A	34.80	25.50	48.50	41.50	37.30	1:16.60
IM	C		1:39.74	1:23.80	1:15.34	1:11.87	1:09.41
IM	A		1:58.50	1:39.25	1:25.30	1:18.35	1:14.75
IM	Q		2:15.00	1:55.00	1:45.00	1:25.00	1:22.00

BOYS		6&U	7-8	9-10	11-12	13-14	15-18
FREE							
BREAST	C	20.89	16.42	31.60	28.48	25.88	53.07
BREAST	A	28.60	19.90	37.60	32.70	28.10	56.20
FLY	C	29.74	22.82	42.30	37.45	33.49	1:09.47
FLY	A	37.10	27.60	50.50	43.60	37.75	1:13.60
FLY	Q	48.00	37.00	59.50	53.00	46.00	1:28.00
BACK	C	26.45	18.58	37.08	32.56	28.99	1:01.14
BACK	A	34.80	24.70	46.80	39.10	32.40	1:04.90
BACK	Q	46.40	34.60	59.00	49.80	47.00	1:21.80
BACK	C	26.24	20.65	38.53	34.82	31.69	1:04.15
BACK	A	35.20	26.00	47.50	40.00	35.30	1:09.00

IM	C		1:39.90	1:24.57	1:14.83	1:07.73	1:01.73
	A		1:55.10	1:37.00	1:25.20	1:12.90	1.04.90
	Q		2:15.00	1:55.00	1:45.00	1:23.00	1:13.00

## County Relay Qualifying Times

GIRLS	6&U	7-8	9-10	11-12	13-14	15-18	
MEDLEY RELAY	C	1:52.74	1:24.07	2:34.90	2:17.41	2:08.92	2:06.33
		100 Yards	100 Yards	200 Yards	200 Yards	200 Yards	200 Yards
FREE RELAY	C	1:36.15	1:12.74	2:13.13	2:00.94	1:59.43	1:56.13
		100 Yards	100 Yards	200 Yards	200 Yards	200 Yards	200 Yards

BOYS	6&U	7-8	9-10	11-12	13-14	15-18	
MEDLEY RELAY	C	1:53.46*	1:24.79*	2:36.28*	2:17.42*	2:03.03	1:55.35
		100 Yards	100 Yards	200 Yards	200 Yards	200 Yards	200 Yards
FREE RELAY	C	1:36.64*	1:11.50	2:13.83*	2:00.87*	1:48.36	3:44.00
		100 Yards	100 Yards	200 Yards	200 Yards	200 Yards	400 Yards

\*Revised times for 2018

## Individual Record Sheet

Name:	Age:	DOB:	Years on Team:
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## 2018 Personal Best Times

## Individual Record Sheet

Name:	Age:	DOB:	Years on Team:
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## 2018 Personal Best Times

## Incentive Award Information

The incentive policy for the Forest Park Flyers will remain the same as last year:

- 1 to 12 PBs for a Bronze Award
- 13 to 19 PBs for a Silver Award
- 20 or more PBs for a Gold Award

Every swimmer's Personal Best (PB) times benefit the individual as well as the team. GO FLYERS!!!

### Decade Award

Each swimmer who has been with the Flyers for ten seasons receives a Decade Award. A swimmer's first season with the team is considered to be the year in which he or she participated in their first swim meet. If your family has a swimmer(s) who should be recognized at this year's awards ceremony, please complete the following form and return it to Lily Newton before July 15th.

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

# AWARDS RECIPIENTS 2017

## COACHES AWARDS:

Jeff: Elena Griffin      Robert: Hannah Newton      Niki: Rowan Vecchio      Lisa: Jeslyn Vega  
Mickayla: Hailey Hix      Adrianna: Cameron Crow      Leslie: JJ Rodriguez      Deanna: Ethan Leichliter  
Evan: Truley Whitmer      Mckenzie: Avery Shinn      Jadelen: Holly Hickman  
Jenny: Lilia Grutzmacher      Rayna: Penny Grutzmacher  
Jordan: Jordan Grove      Katrina: Sophia Richardson      Gabby: Giuliana Lucia      Sloan: Colton Merrill

## **MOST IMPROVED:**

11-up Boy: Memo Cortes      11-up Girl: Shelbie Ladue  
10-under Boy: Morgan Bonner      10-under Girl: Victoria Smith

## **MOST VALUABLE:**

11-up Boy: Evan Stanziano      11-up Girl: Rayna Stanziano/Juliannah Colchico-Greeley  
10-under Boy: Vince Della Santina      10-U Girl: Kyla Joseph/Carly Spilman

## **MOST DEDICATED:**

11-up Boy: Lars Bergen      11-up Girl: Jenny Vonnegut  
10-under Boy: Jaxx Grimshaw      10-under girl: Isabel Ragland

## **MOST DETERMINED:**

11-up Boy: Robert Santa Maria      11-up Girl: Evalinne Vecchio  
10-Under Boy: Austin Johnson      10-under Girl: Madison Hall

## **SPORTSMANSHIP:**

11-up Boy: Elden Huynh      11-up Girl: Juliana Della Santina  
10-under Boy: Connor Griffin      10-under Girl: Ashley Chan

## **ROOKIES OF THE YEAR:**

BOY: CAYDEN BAKER      GIRL: ADRIENNE STEEN

## **Teresa Satmary Award for Most Outstanding 7-8:** Rebecca Griffin

**Outstanding Girls Relay:** 11-12 Girls: Zoe Booth, Juliannah Colchico-Greeley, Evalinne Vecchio, Mina Darland

**Outstanding Boys Relay:** 15-18 Boys: Arie Vanhoven, Evan Stanziano, Lars Bergen, Cameron Reinig, Gabe Martin

**ALL COUNTY TIMES:** RAYMOND LUCIA, ISABEL RAGLAND, KAYLEE WHITMER, REBECCA GRIFFIN, VINCE DELLA SANTINA, KYLA JOSEPH, ANDREW DAWSON, KYLE STILINOVICH, JULIANNAH COLCHICO-GREELEY, MINA DARLAND, NATE WENDLING, TOMMY MARTIN, RAYNA STANZIANO, EVAN STANZIANO, ARIE VANHOVEN

## **Graduation Awards: EVAN STANZIANO, MICKAYLA SAYRE, LESLIE MAIER**

**10 Year Award:** Jordan Balek, Katrina Kohlmeyer, Deanna Canesa, Hannah Jenevein, Jenny Vonnegut, Gabe Martin

**15-year Award:** NONE

**GOLDEN GOGGLES:** Spencer Smith, Victoria Smith, Morgan Bonner, Amelia Chaix, Rachael Clark, Olivia Smith, Elden Huynh, Nate Wendling, Shelbie Ladue, Matthew Ware, Bela Hernandez

**RYAN MORGAN IRONMAN AWARD:** J.J. Rodriguez, Adrienne Steen, Kyla Joseph, Morgan Bonner, Rachael Clark, Amelia Chaix, Trinity Rodriguez, Isabel Ragland, Andrew Dawson, Shelbie Ladue

**Mark Ayers Award for Most Inspirational:** Evan Stanziano

**JOEL DAWSON AWARD:** Carter Shinn

**Mini-Flyer Helper of the Year:** Robert Santa Maria

**Coach Of The Year:** Leslie Maier

### **HIGH POINT**

6-U:      **A**  
Carly Spilman  
Raymond Lucia

6-U:      **B**  
Adrienne Steen  
Spencer Smith

7-8:      Isabel Ragland  
Vince Della Santina

7-8:      Belsey Wendling  
Morgan Bonner

9-10:      Kyla Joseph  
Andrew Dawson

9-10:      Amelia Chaix  
Colton Merrill

11-12:      Juliannah Colchico-Greeley  
Tommy Martin

11-12:      Morgan Grove  
Memo Cortes

13-14:      Aubrey Newton  
Robert Santa Maria

13-14:      Sofia Randolph  
Thayne Merrill

15-18:      Rayna Stanziano  
Evan Stanziano

15-18:      Bela Hernandez  
Jaren Lopez

## Forest Park Swim TEAM Records - 25 yard pool

AGE	NAME(s)	Year	Time
<b>Medley Relay TR</b>			
6 - U Girl	Zoe Booth, Juliannah Colchico-Greeley, Saylor Carkhuff, Morgan Grove	2012	1:30.32
6 - U Boy	Danny Cattam, Mark Greenwood, Tyler McDonald, Robbie Stennes	1984	1:32.99
7 - 8 Girl	Sydney Morison, Juliana Della Santina, Juliannah Colchico-Greeley, McKenna Gross	2014	1:11.50
7 - 8 Boy	Scott Bassett, David Walford, John Wagner, Matt Wagner	1979	1:09.21
9 - 10 Girl	Lily Struempf, Juliana Della Santina, Juliannah Colchico-Greeley, Zoe Booth	2016	2:08.31
9 - 10 Boy	Brian Brennan, Ben Brose, Alex Nelson, Greg Bever	1983	2:15.23
11 - 12 Girl	Zoe Booth, Juliannah Colchico-Greeley, Evalinne Vecchio, Mina Darland	2017	2:00.15
11 - 12 Boy	Jim Wyles, David Boland, Mark Sandbergen, Brian Weydemuller	1987	2:04.92
13 - 14 Girl	Kaylie Walker, Airiana Dargan, Rayna Stanziano, Brianna Rodriguez	2016	1:59.18
13 - 14 Boy	Gabriel Martin, Arie Vanhoven, Lars Bergin, Cameron Reinig	2015	1:49.54
15 - 18 Girl	Catlin Biles, Katrina Kohlmeyer, Rayna Stanziano, Kaylie Walker	2017	1:55.48
15 - 18 Boy	Tyler Sayre, Sloan Volenec, Josh Harmon, Marc Heider	2012	1:38.31
<b>Individual Medley TR</b>			
6 - U Girl	Kathryn Brown	1989	1:48.14
6 - U Boy	Johnny Gillespie	1989	1:44.78
7 - 8 Girl	Juliannah Colchico-Greeley	2014	1:18.18
7 - 8 Boy	AJ Fong	2013	1:16.90
9 - 10 Girl	Juliannah Colchico-Greeley	2016	1:07.52
9 - 10 Boy	Johnny Gillespie	1995	1:11.53
11 - 12 Girl	Airiana Dargan	2015	1:05.64
11 - 12 Boy	John Gillespie	1995	1:04.02
13 - 14 Girl	Rayna Stanziano	2016	1:02.62
13 - 14 Boy	Arie Vanhoven	2015	57.31
15 - 18 Girl	Bekah Padilla	2011	1:02.04
15 - 18 Boy	Evan Stanziano	2016	55.17
<b>Freestyle TR</b>			
6 - U Girl	Stephanie Scheetz	1977	17.40
6 - U Boy	Vince Della Santina	2015	16.80
7 - 8 Girl	Juliannah Colchico-Greeley	2014	14.74
7 - 8 Boy	Vince Della Santina	2017	13.93
9 - 10 Girl	Juliannah Colchico-Greeley	2016	27.74
9 - 10 Boy	Jim Wyles	1985	27.53
11 - 12 Girl	Airiana Dargan	2015	25.71
11 - 12 Boy	Arie Vanhoven	2013	23.64
13 - 14 Girl	Kaylie Walker	2016	25.27
13 - 14 Boy	Arie Vanhoven *county record	2015	21.46
15 - 18 Girl	Julie Mraovich	2008	55.04
15 - 18 Boy	Josh Harmon	2012	47.89

## Forest Park Award Definitions:

**Most Improved:** based on total # of PBs, total amount of time improved in specific events, skill and/or technique improvement, and maintaining a positive attitude and regular participation in practices/meets.

**Most Valuable:** most likely given to those who dominate scoring in meets and high performance levels in all competitions. Also taken into account is maintaining positive attitude towards coaches, teammates and competitors; remaining motivated and hard-working in practice.

**Most Dedicated:** Based on regular attendance at practice (double workouts considered) and regular participation in meets. Someone who is proud to represent FP and does his/her best to show it by cheering/supporting others and maintaining positive attitude in any situation. He/she makes extra effort to show all the positive aspects of a Flyer.

**Most Determined:** Someone with an intense desire to succeed in whatever goals he/she sets out to accomplish. He/she focuses on working hard in practice and continuously seeks improvement.

**Sportsmanship:** Someone who always treats coaches, teammates, officials, and parents with respect. He/she is constantly cheering for others at meets and makes encouraging remarks before and after races. He/she is an energetic and enthusiastic member of the team and a positive influence on others.

**Flyer of the Year:** A rare award in which a swimmer must encompass aspects of *each* of the previous 5 awards.

**Ironman Award:** Another rare award given only to a swimmer who commits an extreme amount of time to swimming and dedication to practice attendance, while also completing the practices with a positive attitude.

**Coaches Award:** Each coach sees a swimmer that stands out in their mind, for a certain reason, above everyone else. This swimmer does something memorable whether it is continuous hard work in practice, continual positive outlook, or someone who may not ever receive a “special award” but did something that the coach deemed distinctive. This award is always at each individual coach’s discretion.

**Most Outstanding Relay:** Given to 4 swimmers from one age group who thoroughly dominated their relay events, together throughout the year.

**Rookie of the Year award:** Given to one boy and one girl who are in their first season at Forest Park.

**All 5 County Times:** Given to anyone who performs the exceptional feat of achieving all 5 County Qualifying times during the year.

**10-Year Award:** Given to anyone who has completed 10 years of being a Flyer.

**Graduation Award:** For our graduating high school seniors.

**Teresa Satmary Award for Most Outstanding 7-8:** This award is given in honor of Teresa, who as a 7-8 on Forest Park years ago, was an unbelievably talented and gifted swimmer. She passed away in a car accident as a teenager.

**Mark Ayres’ Award for Most Inspirational Swimmer:** This award is voted on *by* the swimmers *for* the swimmer that inspired them the most to do their best and above all, become a better all-around swimmer. It is now named in honor of a former Forest Park swimmer, Mark Ayres, who inspired countless others with his upbeat attitude and charismatic personality. He passed away in a cliff diving accident at the age of 21 in the year 2000.

**Swimmer of the Week:** Given each week to swimmers who demonstrate great improvement in meets, excellent workout ethic, new County, “A” or “B” times, or something else at the coach’s discretion.

# CODE OF CONDUCT

Forest Park Swimming Association and Swim Team supports and promotes an environment where members and guests can enjoy this family friendly facility.

## **The following conduct is prohibited:**

- Obscene or abusive language and/or behavior
- Inappropriate displays of affection
- Offensive clothing
- Fighting, taunting, bullying or threatening remarks and/or gestures
- Intoxication or signs of impairment related to drugs or alcohol
- Smoking
- Pets
- Irresponsible or destructive behavior
- Gang activity
- Other actions that cause a disruption or hinder the enjoyment of this facility for other members or guests.
- All of the above applies while representing Forest Park at any swim meet or other Forest Park function.

Thank you for your cooperation and assistance in maintaining a safe and enjoyable environment.

Swim Fast! Have fun!