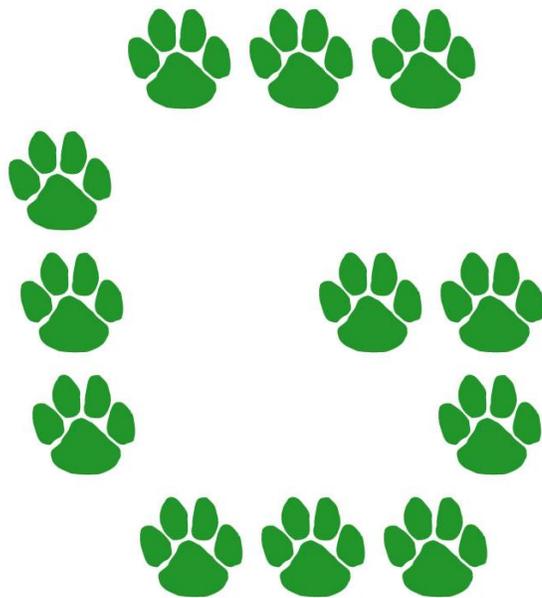


GLENWOOD TIGERS SWIM TEAM



2018
TEAM HANDBOOK

May 2018

Dear Glenwood Tiger Family,

Welcome to the 2018 season of the Glenwood Tigers Swim Team!

This handbook is designed to give you an overview of the philosophy and operation of the Montgomery County Swim League (MCSL) and specifically the Glenwood Tigers Swim Team Program.

The Glenwood Tiger experience is one which the entire family can enjoy. It is an intense two months of conditioning, improving, socializing, volunteering, early Saturday mornings and late Wednesday nights, and, above all else, FUN!

We look forward to celebrating five decades in the water this summer with you and your family!

Jeremy Butler
Head Coach

Roland Schrebler, Beth Saindon & Zac Morford
Swim Team Reps

P.S. The utility of this handbook will improve each year through your input. Please share your thoughts with us by emailing swimteamrep@glenwoodpool.org.

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History of Glenwood Swimming

Montgomery County Swim League

The Glenwood Tigers Swim Team is a member of the Montgomery County Swim League (MCSL). The league consists of more than 90 different teams distributed into 15 divisions of six teams each, ranked A - O. Division placement is determined by a computerized swim-off using times from the previous summer, the most successful team being placed at the top of "A" division. This year, Glenwood is in Division C. In the past 10 years, we have been on a steady climb upward moving from Division H to Division C.

The league is open to any swimmer 18-years-old or younger (as of June 1st) who is a member of his or her pool. The vast majority of MCSL teams operate out of pools similar to Glenwood in size and organization. However, a few are public pools, which are operated by the County's Recreation Department. Country Clubs are not included in MCSL, as they have a separate league.

MCSL has a well-defined set of rules and operating procedures which are outlined in the MCSL Handbook, which is available at the league's web site www.mcsl.org; this includes meet results, driving directions to pools, all-star rankings and more.

The Glenwood Tigers

The Glenwood Swim Team was established in 1958 as one of the six teams which founded the MCSL. The first ever league meet was held at Glenwood. Since then, the league has grown, and so has our team. In 2018, we anticipate nearly 250 Glenwood Tigers. We have one of the largest teams and strongest traditions in the MCSL. Above all else, we consistently lead the MCSL in team spirit and in having fun.

Our goal is to provide a positive summer experience for our team members and their families. The team is meant to improve aquatic skills, while fostering good sportsmanship and teamwork, and having fun. Unique to swimming is the opportunity for children of a wide range of ages to compete on the same team. Because of this, the older swimmers act as role models for the younger ones, who in turn grow up to do the same. Many of our coaches and Glenwood lifeguards through the years have been current team members or Glenwood Tiger alumni.

Expectations of Swimmers

In order to have fun, improve their swim skills, and contribute to the team, swimmers should read and follow a few simple guidelines.

Attendance

- 🐾 Swimmers are expected to attend practice every day. You cannot improve or have fun if you don't show up.
- 🐾 Arrive 5 minutes early to practice so that you are ready to go when practice starts. If you are late you may miss important announcements or some of the fun.
- 🐾 ***If you are not available to swim a meet, please make sure the coaching staff know you cannot participate. The Glenwood swim team website, <https://www.teamunify.com/Home.jsp?team=recmcgstd>, has a "Meet Availability" function that lets you opt in and out of any meet well in advance. You can also notify the coaches at practice or send an email to kellyjobutler@gmail.com. This is particularly important if your child is swimming a Saturday meet, as the coaches need time to arrange substitutions in the event that your swimmer cancels.***

Behavior

- 🐾 ***Follow the coaches' instructions*** during practice. They are experienced and only want you to be successful. The goal of swim team is for each swimmer to improve over the season and to have fun. These goals are easier to reach if you listen to the coaches.
- 🐾 During meets, stay in the team area and follow instructions. Meets can be loud and confusing. Not following instructions may cause you to miss your race.
- 🐾 Good sportsmanship is a must. Sportsmanship means keeping a positive attitude, working hard, and showing respect for your teammates and your opponents.
- 🐾 Swimmers must clean up after themselves at all meets. ***It is important that the team area be left clean after a meet, regardless of whether the meet is home or away.***

Nutrition

- 🐾 Swimmers need to eat healthy food and drink plenty of water, especially during meets.
- 🐾 At meets, donuts, candy, etc. are absolutely prohibited until a swimmer is done swimming for the day. Donuts and junk food make for good treats after all the day's races are done. We suggest bagels, fruit, non-sugary cereal, etc. as good pre-meet foods.
- 🐾 We suggest bringing a water bottle to meets and practices. It is easy to become dehydrated very quickly in the summer heat, even if you are in the pool. This is a good idea for parents and officials too.

Meet Preparation

- 🐾 For Saturday meets, swimmers need to get a good night's sleep on both Thursday and Friday nights. On Fridays, swimmers need to stay out of the sun and the heat. This means minimizing time spent hanging out at the pool. Junk food is also a bad idea on Fridays.

- 🐾 For Wednesday meets, swimmers should get a good night's sleep on Tuesday night. On the day of the meet, heat, sun, and junk food should be avoided.

Expectations of Parents

Parents are the backbone of the swim team. We ask that parents take a few simple steps to help the swim team run smoothly to ensure that it is a positive experience for the children.

- 🐾 Stay informed of team news by reading your email and checking the website regularly – “News” archives all the web posts from the parent reps and coaches. We also have a bulletin board on the bath house at the pool where information is regularly posted.
- 🐾 Make sure your swimmers have read and understood the above “Expectations of Swimmers.”
- 🐾 Volunteer for three jobs, plus one for each additional child (maximum of five jobs per family) (e.g., two swimmers would equal four jobs, three swimmers would equal five jobs) during the season (see below).
- 🐾 ***Inform the coaches in writing if your child is going to miss a meet by declaring on the website or sending an email. We encourage swimmers and their parents to communicate regularly with the coaches about their participation in meets and practices.***

Parent Volunteers

MCSL, and each team in the league, could not exist without the help of parent volunteers. It takes approximately 25 people *from each team* to hold a meet. In short, ***“It takes a village to run a swim meet.”*** This figure does not include the people needed to prepare for a home meet and coordinate the many non-meet team functions (Family Dance, Pep Rallies, Banquet, Sportswear, etc.).

All parents are required to volunteer for three or more job assignments (per the formula above) and encouraged to do more. If your schedule presents a challenge for service during a meet, please contact the Team Reps to make alternative arrangements. There are all kinds of ways you can help, but we need you to choose how you can best contribute. ***You may not purchase banquet tickets if you have not fulfilled your parent volunteer duties.***

You may sign up for specific shifts throughout the season, and it is up to you to communicate your availability and preferred duties. Specific meet duties include:

- 🐾 **Clerk of Course** (check swimmers in before each event and escort them to the starting area)
- 🐾 **Timers** (with two other parents, keep time in one lane for each event)
- 🐾 **Ribbon Writers/Scorers** (assist the Computer Operator with scoring verification and process swimmer awards as each event is completed)
- 🐾 **Runner** (courier time sheets between timers and Scorer’s table)
- 🐾 **Meet Official** (each team supplies three officials per meet)

And, for home meets:

- 🐾 **Concession Set-Up** (get food and equipment organized and ready for sale)
- 🐾 **Seller** (work the Glenwood Tigers Concession Stand for a 2-3 hour shift)
- 🐾 **Griller** (for experienced grillers, prepare burgers, chicken and hot dogs)
- 🐾 **Clean-Up** (return the Snack Bar area and Storage Room to pre-Meet condition)

You will receive the brief training necessary to be effective at any of these assignments. ***If you are unable to serve at a meet for which you have signed up, we ask and expect that you will secure a replacement.***

NOTE: You may be asked to work a meet where your child is not swimming. We try to avoid doing this, but sometimes it is necessary in order to run the meet and we ask your cooperation. Other parents have found it preferable to volunteer at meets where they do not have a swimmer entered, so they can relax and enjoy those at which they do.

Officials Certification Clinics

Some of the jobs at each meet require formal MCSL training and certification. These include: Stroke and Turn Judge, Referee, and Starter. To become certified, you must attend one of the league's training sessions below, and must renew your certification every two years. If you plan to renew or become certified in two positions, you will need to attend two clinics as the sessions for each position at a clinic are run at the same time. If you have any questions regarding becoming an official or your current certification status, you can ask Zac Morford who is responsible for coordinating our Glenwood officials.

For more details, please visit www.mcsl.org and click on the "Officials Certification" link. That will give you details on the 2018 MCSL Officials Certification Clinics available in May and June 2018.

Communication

With a team as large as this, communication is a challenge. We have several means in place for the exchange of information between parents, swimmers and coaches. Please avoid talking to the coaches during practice; at that time, their priority is your kids.

Web Site

The swim team's website

<https://www.teamunify.com/AlertCenter.jsp?team=recmcgstmd> is a separate platform from the general Glenwood pool site. The team site has all the current information regarding team activities and announcements and is updated regularly throughout the season. We rely on it heavily for communication with parents and swimmers this season. Check here frequently.

Bulletin Board

In addition to the website, the Swim Team maintains a Bulletin Board with periodic announcements about team-related functions. All line-ups and notices will be posted on the bulletin board.

Email

A minimum of one parent from each family must designate a primary email address to receive communications sent through the team website. The team reps and coaches communicate regularly via email about all swim team events, and all team-wide emails are posted on the "News" tab of the site homepage. If you have questions about information in any email, please respond to the sender and we'll clarify for you.

In order to minimize email clutter, we no longer maintain a team list-serve. All team-related emails are intended to inform as clearly and comprehensively as possible. Sometimes they can be long, but please read them.

Family Folders

Each Swim Team family has a folder in the coaches' office (inside the door, to the left) where ribbons, notices, and other material will be put. Please check your folder often.

Other Contact Information

Glenwood Pool 301-681-7599

Swim Team Reps

Roland Schrebler	410-215-1274	rms@schreblerlaw.net
Beth Saindon	202-302-5806	bsaindon@mooneygreen.com
Zac Morford	301-922-7898	zac.morford@gmail.com

Officials Coordinator	Zac Morford	301-922-7898	zac.morford@gmail.com
Treasurer	Lisa Gray	301-565-9124	lgraypc@aol.com

Practices

It is important that swimmers come to practice every day on time and ready to swim. Missing practice might mean missing important instruction. Swim goggles and water bottles are strongly suggested. Please avoid talking to the coaches while they are coaching; their priority is to the swimmers.

Practices are designed to focus on various aspects of mechanics and conditioning while still being fun for the swimmers. A primary focus of practice will be to teach and improve the swimmers' strokes, with close attention paid to technique. Specialized time will be spent working on each stroke and starts, turns, and finishes. In addition to technique, practice also serves the purpose of improving the swimmer's conditioning and preparing them for competition. Most importantly however, practices are meant to be fun, work on team building, and foster a love for the sport of swimming.

Practice Schedule

From the beginning of the season until public school dismisses, practices are held in the afternoon only. After public school dismisses, practices are held in the morning. For those who cannot attend morning practice, we offer afternoon practice on Monday, Tuesday and Thursday only. Morning practices are highly preferable to afternoon because we have more space, more time, more energy and fewer distractions.

May 30 – June 15 (Pre-Team begins June 11)

Afternoons (Monday – Friday only)

Age	Start Time	End Time
13 & over	4:00	5:00
11-12	5:00	5:45
9-10	5:45	6:30
8 & under	6:30	7:00
Pre-Team	7:00	7:30

June 18 through end of season

Morning practice (Monday – Friday only)

Age	Start Time	End Time
13 & over	7:30	9:00
11-12	8:50	9:50
9-10	9:40	10:30
8 & under	10:20	11:00
Pre-Team	10:50	11:30

Afternoon practice (for those who cannot attend morning practices only)
(Monday, Tuesday and Thursday only)

Age	Start time	End time
13 & over	4:30	5:00
9-12	5:00	5:30
8 & under Pre-Team	5:30	6:00

Cost

Big team:

Payment (credit cards only) is \$85 per child (or \$225 or 3 or more children) per season. There are no refunds of swim team fees after June 15.

Pre-team:

Payment (checks only) is \$105 per child per season. Upon promotion to the Swim Team, no additional registration fee or dues will be required. There are no refunds of swim team fees after June 14.

Private Lessons (for one or two individuals) can be scheduled at a mutually convenient time with a lifeguard and/or a Coach. Rates range from \$20-\$30 for a 30-minute lesson.

The Pre-Team

The Glenwood Tigers Pre-Team is designed to prepare young swimmers to join the swim team. It is taught as a group lesson.

In addition to improving water skills, another goal of the Pre-Team is to introduce young swimmers to some of the other aspects of the swim team: teamwork, sportsmanship, spirit, and most importantly, fun. It is important to note that Pre-Teamers are considered by the coaching staff to be an important part of the Glenwood Tigers Swim Team... they are the future!

If and when a swimmer is ready to move up to the swim team, the Pre-Team Coaches will inform the Swim Team Head Coaches. To move up to the big team, the swimmer will have to swim one length of freestyle and show demonstrable progress in at least one other stroke.

Pre-Team Schedule

June 11 - June 15: 7:00 – 7:30 PM

June 18 – July 19:

10:50 – 11:30 (Monday – Friday only)

5:30 – 6:00 (Monday, Tuesday and Thursday only)

All new swimmers must be screened for placement on the Team or the Pre-Team. Screenings will be held during Swim Team Registration on Tuesday, May 29, or by appointment with the Head Coach.

Cost

Payment (checks only) is \$105 per child per season. Upon promotion to the Swim Team, no additional registration fee or dues will be required.

Pre-Teamers are encouraged to attend all team activities, including meets, pep-rallies and other social events. Such events will be announced beforehand and are always posted on the Swim Team bulletin board. During the season, Pre-Teamers will be invited to participate in a special pre-team swim held during one or more of our Wednesday B meets. We anticipate two (2) opportunities for pre-team swimmers to swim at a B meet this year.

Meets

Although there are two kinds of swim meets (A and B), Glenwood does NOT have separate "A" and "B" Teams. We are one team. Some swimmers may swim the A Meet one week and the B Meet the next week, and some swimmers may swim both. Regardless, we encourage everyone to attend every meet. Coming to meets is the best way to have fun, make friends, learn the cheers, and get the most out of being a Glenwood Tiger.

Please let the coaches know when your kids are able to swim by declaring their availability to swim on the team's website. If your swimmer(s) will be unavailable for any meet, for any reason, the coaches must be notified as early as possible (see "Communications" section). Unexpected absences generate a lot more work for everyone in terms of line-up changes, and could cause our team to lose A Meet points. There are far too many swimmers for the coaches to remember everyone's schedule.

Time Trials

Time Trials can be likened to a "practice swim meet." It is a chance for the coaches to get times on all the swimmers and for the meet officials and other parent volunteers to work out the kinks of running the meet. All Glenwood Tigers will swim in Time Trials on Saturday, June 9.

Individual Medley (I.M.) and Relay events are not swum in Time Trials. **NOTE: Please be sure to arrive by 6:30 AM for the annual Team Photo; optional individual / sibling photos take place immediately thereafter. Remember to bring your checkbook if you plan on ordering a Team or individual Photo.**

A Meets

A Meets are swum on Saturday mornings, each one against a different team in our division. In general, the fastest swimmers in each event will swim in the A Meet (for related rules see MCSL rules, section 11). The coaches make the line-up for each Saturday and post it on the preceding Thursday using a list of every swimmer's times in every event as of that date. This line-up will change every week due to swimmers' improvement, absences, and other factors. The coaches are very careful and deliberate when making this line-up. Decisions pertaining to it will be completely at their discretion. The line-up will be emailed to you, posted on the team website and on the bulletin board at the pool. Please make sure you regularly check both the website and the bulletin board.

A Meets begin at 9:00 AM. However, swimmers need to arrive earlier to allow time for warm-ups. Parent Volunteers also need to arrive earlier to allow time for set up (see "Expectations of Parents" section). For away meets, we typically rendezvous at Glenwood first to check in, ensure that everyone has a ride, and decorate vehicles. Arrival times will be announced and posted separately for each meet. ***It is very important that everyone be on time.*** Swimmers who are late may be scratched from the meet. A-meets will usually be over by 11:30.

B Meets

B Meets are swum on Wednesday evenings, typically with teams that are geographically close to Glenwood, rather than teams that are in our division. For this reason, team scores are not kept in B Meets. Our policy is that swimmers who did not swim, or swam only one event, the previous Saturday can swim on Wednesday. No swimmer will swim the same event in both

meets. Relays are not swum in B Meets against other teams; however, in 2016, Glenwood will try to incorporate relay events in our intrasquad meets in lieu of organizing a B Relay carnival to give all swimmers an opportunity to compete in relay events.

B Meets typically begin at 5:00 PM (except for the intrasquad meets which will begin at 5:30) with warm-ups beforehand, although we may schedule a little earlier to accommodate swimming another large team. Specific times will be announced and posted separately for each meet. B meets usually end between 9:00 PM and 9:30 PM, depending on how many swimmers each team has.

For Wednesday meets, the coaches will have a preliminary line-up ready for practice on the preceding Monday. During practice on Monday or Tuesday swimmers will consult with the coaches regarding what they will or will not swim. **NOTE: If a swimmer does not attend practice on Monday or Tuesday, he or she may not be included in Wednesday's meet.** No changes to the line-up will be made on the evening of the meet. Such changes create more work for meet officials, distract the coaches from coaching, and interrupt the flow of the meet, causing it to run later into the evening.

Illegal Strokes

For younger swimmers or for swimmers new to the sport, it is common to experience difficulties learning certain aspects of the different strokes, especially breaststroke and butterfly. When these strokes are done incorrectly, they may be illegal. The difficulty is that one incorrect kick over the length of the whole race can cause a competitor to be disqualified.

Swimmers will not be allowed to compete in any stroke unless the coaches are confident that he or she can complete that event legally. The reason for this policy is that it would be unfair to all parties if we were to allow swimmers to compete who may be gaining a competitive advantage as a result of an illegal motion. Also, "D.Q.s" as we often call them, create more work for meet officials and significantly slow down the meet. Again, for young swimmers, these difficulties are more the rule than the exception. In fact, it is only within the past decade that 8 & under swimmers were included in breaststroke and butterfly events.

For detailed rules on the legality of the strokes, consult the MCSL handbook http://www.mcsl.org/documents/2018_Handbook_submit_v08_WebRulesOnly.pdf. In addition, you can visit www.usaswimming.org, click on the "Members Resources" link, then the "Parents" link, and review the "Swimming 101" section. If you are unsure about the status of your swimmers' strokes, please ask any of the coaches when practice is not in session.

Relay Carnival

Composed entirely of relay races, this is often the most fun meet of the season. All six teams in the division are present for this meet. Like an A-Meet, a line-up will be made and posted prior to the meet. It is especially important to let the coaches know in advance if your swimmer is not available to swim at this meet because making the relay line-up is even more difficult than the dual meet line-ups. Relay Carnival is very loud and confusing, but also very fun. It is especially important that swimmers in this meet are attentive and follow instructions. In 2018, Darnestown will host the Relay Carnival on Sunday, July 8.

Divisionals

Divisionals is the annual Division Championship Meet. All six teams in the division are present. Each team enters only two swimmers in each event. The Divisionals line-up will be made and posted after the final A Meet. In 2018, Glenwood will host the Division C Championship Meet on Saturday, July 21.

All-Stars and Coaches' Long Course Invitational

These are MCSL-wide meets for the fastest swimmers in the league. To qualify for the All-Star Relay meet, a relay team must have the fastest time in the division, as determined at the Relay Carnival and for some events, Divisionals. To qualify for the Individual All-Star meet, a swimmer must first achieve an All-Star Nominating Time (see MCSL handbook). Of the swimmers who achieve an All-Star Nominating Time, the top 16 will be invited to Individual All-Stars and the top 8 will be invited to Coaches' Long Course Invitational. Coaches' Long Course and the All-Stars meets are held at the Rockville Municipal Swim Center. In the Long Course meet, swimmers race the same number of lengths of the pool, but the pool is twice as long (50 M). For example, a 9-10 would swim 100 Free. Glenwood usually sends a handful of swimmers to these meets. They are a good opportunity for everyone to come out and see some excellent swimming. Coaches' Long Course Invitational will be held on Tuesday, July 10. All-Star Relays will be held on Saturday, July 28, and Individual All-Stars will be held on Sunday, July 29.

2018 Schedule

May 20	Online Registration for Returning Tigers Opens
May 29	Begin Screening & Registration for New Swim Team/Pre-Team Members
May 30	Swim Team Practice Begins, Afternoon Schedule Only
June 7	Pre-Team/Swim Team Registration Closes
June 9	Time Trials/Team Photo
June 11	Pre-Team Practice Begins
June 16	A Meet @ Clarksburg Village
June 18	Begin Morning Practice Schedule
June 20	B Meet Home v. Garrett Park
June 23	A Meet Home v. Darnestown
June 27	B Meet Home Intrasquad meet
June 30	A Meet @ Northwest Branch
July 3	B Meet Home Intrasquad meet
July 4	Independence Day Party @ Big G
July 7	A Meet Home v. Cedarbrook (SENIOR DAY)
July 8	Relay Carnival @ Darnestown
July 10	MCSL Coaches' Longcourse Meet
July 11	B Meet @ Northwest Branch
July 14	A Meet @ Potomac Woods Family Dance, Swimathon, Teen Overnight
July 18	B Meet @ Kenmont
July 21	Division C Championship Meet HOME
July 24	2018 Swim Team Banquet
July 28/29	MCSL All-Star Meet (Relays/Individuals)

Miscellaneous

Weather Policy

With the exception of thunder and lightning, bad weather will not cause the cancellation of a meet or practice. Practices will be held on cold and rainy days -- when you're swimming, you're wet anyway. In the event of a thunder storm, the pool must close and remain closed for a period of 30 minutes after the thunder has stopped. For meets, the Team Reps and Pool Manager will make decisions on a case by case basis. Also, remember that thunder in the morning is very rare.

Suits and Equipment

A new team suit is typically selected prior to the start of every other season (i.e., 2015, 2017). There is a no new suit this year. Suits, caps and goggles are available at:

Capital Sport and Swim
10558 Metropolitan Ave.
Kensington, MD
301-949-7366

Be sure to mention you are from Glenwood Swim Team to receive a team discount on your suit. In addition, a wide array of optional Glenwood Tiger Sportswear (t-shirts, sweatshirts, etc.) is sold by parent volunteers each year.

Annual Banquet and Awards

The annual Awards Banquet will be held at the Knights of Columbus on the TUESDAY after the Divisional Meet (July 24). As one of the culminating events of the season, it is an exciting night of dinner, dancing and awards, including:

Highpoint Trophies

Highpoint trophies are given to the first, second, and third placed swimmers in each age group who have scored the most total points over the course of the season, including Divisionals. Junior Highpoint trophies are given to the boy and girl who have scored the most points out of all 12 & under swimmers. Likewise, Senior Highpoints are awarded to the highest scoring 13 & over boy and girl. Awards for Most Improved and Most Dedicated are bestowed accordingly. Glenwood Medals are awarded by the coaching staff to those swimmers who stand out in terms of sportsmanship, spirit, positive attitude, dedication, etc.

 **The Karen Hauser Memorial Award**

Presented to the 12 & under swimmer demonstrating the most team spirit

Karen Hauser was a long-time swimmer, teacher and coach at Glenwood. She had a great team spirit and was well liked by both her peers and the adults who worked with her. Karen unfortunately died as a result of an automobile accident in 1993. Several of her former teammates felt that Karen and her team spirit should be remembered each year. At the 1994 Swim Team Banquet the first Karen Hauser Team Spirit Award was presented to her family.

1994	The Hauser Family	2006	Elyse Frank
1995	Brendan Butler	2007	Matt Daronco
1996	Christine Iannicelli	2008	Taylor Gray
1997	Kyle McNickle	2009	Jenna Pastel
1998	Ben Lutz	2010	Jackson Coyne
1999	Elizabeth Finn	2011	Tess Mayfield
2000	Kevin Finn	2012	Katie Flynn
2001	Zachary Curtis	2013	Ryann Cuddy
2002	Phoebe McDermott	2014	Jack Bowman
2003	Caitlin Hearn	2015	Celia Ford
2004	Andrea Garcia-Prado	2016	Chloe Farber
2005	Melia Jannotta	2017	Lupe Garvey

 **The William J. Slattery Memorial Award**

For the Swimmer of Outstanding Character

William J. Slattery was a very active pool member who served on the Board of Directors and whose children swam and coached at Glenwood beginning in 1973. After his death in the summer of 1980, then coach Dave Wathan had the idea to start this award in memory of Mr. Slattery. Since then the Slattery Award has become Glenwood's most important tradition and its highest honor. It is presented to a swimmer who, throughout his or her career, has exemplified a strong character, been a positive role model and a hardworking team player. The recipient may or may not be a top swimmer. The award may or may not be given each year.

1980	Paul McDermott	1990	Joey Crouch
1981	Karen Hauser	1991	Steven Butts
1982	Steve Slattery	1992	Aki Crouch
1983	(no award)	1993	Karyn Schopmeyer
1984	Valerie Fitzgerald	1994	Demetrios Mustakas
1985	Vernice Gibson	1995	Jessica Breiteneicher
1986	Kevin Thompson	1996	Michael Amussen
1987	Elizabeth Lorenz	1997	Brendan Butler
1988	David Crouch	1998	Meredith Hooker
1989	Kathi Butts	1999	Kathleen McClellan

2000 Jeremy Butler
2001 Mark Schopmeyer
2002 John Foley
2003 Kyle McNickle
2004 Stacy Robinson
2005 Sarah Lincoln
2006 Grace Champion
2007 Kevin Finn
2008 Mary Coyne
2009 (no award)

2010 Natalie Daronco
2011 Franklin Morgan
2012 Zoe Goozner
2013 Elyse Frank
2014 Carol Anderson
2015 Emily Mayfield
2016 Tess Mayfield
2017 Mikey Petrizzo

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Appendix

The 2018 Glenwood Tiger Coaching Staff

Jeremy Butler, Head Coach

Jeremy swam for the Glenwood Swim Team for 11 years, where he was known as the "White Shadow." He served as an assistant coach for 4 seasons, from 1998-2001. Glenwood has been a family affair for the Butlers; Jeremy and his brother were the proud recipients of Glenwood's Slattery Award, his father served as the announcer, his mother was clerk of course, and now his wife, Kelly, is currently an assistant coach. In July 2011, Jeremy and Kelly inaugurated the next generation of Butler Tigers with the birth of their first child, Adelaide, the day after Divisionals. In January 2013, little sister Kaia joined the Glenwood Family and in November 2015, baby girl Reese became the newest Butler cub.

After graduating from Miami University in Ohio, Jeremy moved to Boulder, Colorado, where he taught 8th grade history, coached high school basketball and middle school track, and swam for an adult Master's program. In Colorado he met his wife, Kelly, and they moved to Maryland in 2008. Jeremy teaches history at his alma mater, Walter Johnson High School, and also taught for two years at Loiederman Middle School. He has completed a degree in Educational Leadership and Administration at McDaniel College. This will be Jeremy's 10th season as Head Coach for the Glenwood Tigers.

Kelly Butler, Assistant Coach

Kelly Butler grew up in Wisconsin swimming for the YMCA. She also ran cross country and track competitively from middle school through her years at St. Olaf College. Kelly taught music and coached track and field in Colorado before heading out East, joining the Glenwood Tigers. She completed her master's degree in choral conducting at the University of Maryland in 2011 and currently teaches chorus at Walter Johnson High School and The Glorystar Children's Choir. Kelly is a REAL Tiger Mom to daughters Adelaide, Kaia and Reese, who joined the Glenwood family in July 2011, January 2013 and November 2015, respectively. This is her 10th year with the team.

Emily Mayfield, Assistant Coach

Emily Mayfield is thrilled to return to the big team as a fourth year coach, after two summers working with the pre-team. Emily began her Glenwood career in 2005, and was named the Most Dedicated swimmer that summer. Since then, she has won numerous high point awards, set four team records, and was the recipient of the William J. Slattery award in 2015. In addition to swimming for Glenwood, she swam year round at RMSC for nearly a decade and for Albert Einstein High School. In the fall, Emily will return to the University of Pittsburgh to complete her junior year, where she is studying Political Science and Economics. Emily is looking forward to another fun-filled summer at the pool!

Gail Anderson, Assistant Coach

Gail is very excited to return to the big team as a coach for her third year. She began swimming for the Tigers when she was six years old and graduated from the team last summer. During her time on the team, Gail won numerous high point awards and was a member of two different record setting 175 graduated relay teams and one 200 Medley Relay. She was a member of Albert Einstein High School's swim team for four years before graduating in 2016. She has been swimming for RMSC since she was seven. Gail is a rising junior at Kenyon College, where she swims, claiming four All-American titles in two years, and studies Music, English, and Environmental Studies. She is looking forward to spending another summer passing on Glenwood spirit.

Tess Mayfield, Assistant Coach

Tess Mayfield has been a Glenwood Tiger since she was six years old and has received numerous Glenwood honors including several high points, Most Dedicated swimmer, the Karen Hauser team spirit award, and in 2016, the William J. Slattery award. Tess is thrilled to return to the big team as a second year coach after coaching the pre-team the summer of 2016. Over the school year Tess coached at FINS swim club. After swimming year round for 10 years, Tess joined Albert Einstein High School's swim team, of which she was elected captain her junior and senior years. Tess will attend the University of Texas at Austin this fall as part of the Plan II honors program. This is Tess' last year of eligibility to swim for Glenwood, and she can't wait to spend the summer swimming, coaching, dyeing her hair green and cheering on her teammates!

Bridget Laas, Assistant Coach

Bridget is excited to join the Big Team Coaching staff this year. She has been a Glenwood swimmer since she was 7. Over the past 10 summers she won several high point trophies and broke the 15-18 100 backstroke record. Her experiences as a Tiger inspired her to join RMSC, a year round swim club, at the age of 12. She also enjoys swimming with her high school team, the Montgomery Blair Blazers, every winter. Bridget looks forward to a summer filled with swimming, cheering, and indoctrinating new Tigers into the Glenwood culture.

Michael Petrizzo, Assistant Coach

Michael is looking forward to being part of Glenwood's swim-team coaching staff. He began swimming as a pre-teamer at age five before joining the BIG team. Michael has always thought of Glenwood as a second family. He graduated from St. John's College High School, and is continuing on to the University of North Carolina-Wilmington. Michael was part of the St. John's swim team and swam year-round in Advance-Seniors for RMSC. He is thrilled to come back to the Glenwood coaching staff and is excited to teach Glenwood Tigers.

The Pre-Team Coaching Staff

Lauren McCaffrey

Lauren is excited to return to Glenwood this year to head-up the pre-team staff. She has just completed her second year at Dickinson College where she majors in Psychology and frequents the swimming pool as both a swimmer and guard. Before graduating from the team last year, Lauren received numerous Glenwood Medals for her sportsmanship, spirit, positive attitude and dedication. She looks forward to teaching the Tiger cubs this season!

Katie Flynn

Katie is excited to return as a pre-team coach again as she competes in her final season. She has been a member of the team since she was seven and has received several Glenwood honors such as numerous high point awards, the most dedicated swimmer award in 2011, the Karen Hauser award in 2012, and the Sarah Auer Memorial Scholarship in 2017, and has been a member of the record setting 200 medley relay team. She swam for RMSC for several years and was a member of the Stone Ridge Team for four years and a captain her senior year. She just finished her first year at Georgetown University where she swam on the club team. Katie is looking forward to spending another fun filled summer with the Tigers.

Elise Mitchell

Elise is excited to be returning to coach pre-team this year! She has been a part of the Glenwood family since she was seven years old. Elise has been a part of the FINS coaching staff for the past two years, and has lifeguarded and taught lessons at Glenwood for the past three summers. She just graduated from The Academy of the Holy Cross, where she was an active member of the Varsity swim team all four years, and will be starting at Loyola University Chicago in the fall. Elise is looking forward to introducing new Tiger cubs to the Glenwood Family this summer!

Molly Benson

Molly Benson is excited for her first year as a Glenwood pre-team coach. Molly has been a Tiger swimmer (and diver) since she was five years old, and began year-round swimming with RMSC when she was 11. She also swims for the Walter Johnson Wildcats, who won State and Metro championships her freshman year. Molly loves all of her swim teams, but is first and foremost a Glenwood Tiger. She can't wait to help the newest swimmers learn to love swimming, cheering and pep rallies as much as she does!

Jack Bowman

Jack is thrilled to be joining the pre-team staff this year! He has been swimming for Glenwood since he was 6 years old, and loves it more with each passing year. He won the Most Dedicated Swimmer award in 2013, the Karen Hauser award in 2014, and two second high-point awards. He has also assisted in coaching 8 and unders. Jack is a rising junior in the Richard Montgomery IB program, and spent his offseason coaching FINS swimming and youth basketball in the CYO league and local clinics. Jack is very excited for the opportunity to work with Glenwood's newest team members, and is looking forward to the summer!

Elias Chen

Elias is excited to join the pre-team coaching staff this year. He's been a member of the Glenwood family for 7 years, and a proud Glenwood Tiger since he was 9. Each year, he looks forward to swimming with his summer teammates. He's also in his second year as a lifeguard for the pool. Elias swam for his high-school team, the Montgomery Blair Blazers, his freshman year, but as a sophomore decided to join the wrestling team, for which he won the JV Most Valuable Player Award. In the Fall and Spring, he swims with the Silver Spring YMCA's Piranhas team. A rising junior at Blair High School's Communication Arts Program, Elias is excited to help coach Glenwood's Tigers in training.