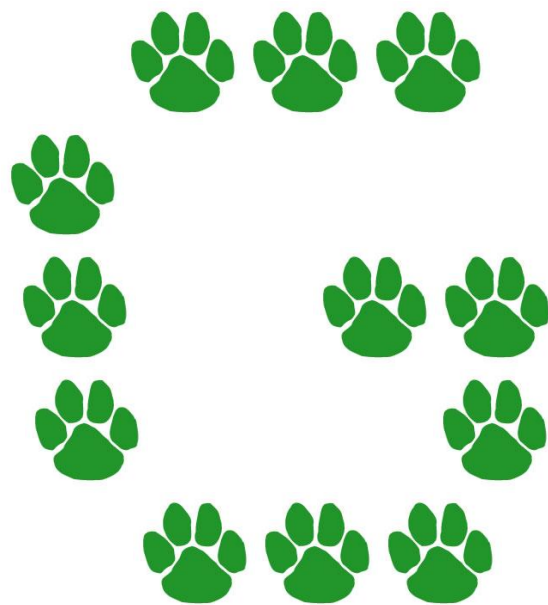


GLENWOOD TIGERS SWIM TEAM



2021
TEAM HANDBOOK

May 2021

Dear Glenwood Tiger Swim Team Family,

Welcome to the 2021 season!

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

Much more information about MCSL is available at the league's website, www.mcsl.org. This includes meet results, driving directions to pools, all-star rankings, and more.

The Glenwood Tiger experience is one the entire family can enjoy. Yes, it's an intense two months of conditioning, improving, socializing, volunteering, early Saturday mornings, and late Wednesday night meets. But, most of all, Glenwood swimming is great fun for everyone.

With that in mind, we look forward to seeing everyone poolside this summer!

Jeremy Butler
Head Coach

Darcia Bowman, Zac Morford, Roland Schrebler, Traci Vagnucci
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 swimteam@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 the "A" division. This year, Glenwood is in Division C. In the past 10 years, we have been on a steady climb up from Division H, and have bounced between Divisions C and D the past couple of years.

The league is open to any swimmer 18-years-old or younger (as of June 1st—the date that sets the swimmer's age for the complete season) 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 that are outlined in the MCSL Handbook, which is available at the league's web site www.mcsl.org. This site includes meet results, driving directions to pools, all-star rankings, and more. It's worth a review.

The Glenwood Tigers

The Glenwood Swim Team was established in 1958 as one of the six teams that founded the MCSL. Glenwood hosted the first-ever league meet. Since then, the league has grown, and so has our team. In 2021, 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.

Our goal is to provide a positive summer experience for our team members and their families. The coaches aim to improve aquatic skills while fostering good sportsmanship and teamwork—and while 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, older swimmers act as role models for 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 five 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 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, and the like are discouraged 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, and similar healthy foods 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 bathhouse 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, to a maximum of five jobs per family. For example, a family with two swimmers should take four jobs, while a family with three swimmers or more should volunteer for five jobs. More on that 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 job assignments (per the formula above) and encouraged to do more when they can. 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. ***Although we hate playing the role of enforcers, it is a long-time team rule that families that fail to fulfill their volunteer duties may not purchase banquet tickets.***

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, and must renew your certification every two years. If you plan to renew or to 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 2021 MCSL Officials Certification Clinics available in May and June 2021.

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](#) 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. It also allows you to see your kids' times. We rely on it heavily for communication with parents and swimmers. 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 notices and A-Meet line-ups 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 with any questions.

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 coaching office (inside the door, to the left) where ribbons, notices, and other material will be placed. Please check your folder often.

Other Contact Information

Glenwood Pool 301-681-7599

Swim Team Reps

	Roland Schrebler	410-215-1274	RMS@schreblerlaw.com
	Darcia Bowman	240-460-4824	darcia00@hotmail.com
	Zac Morford	202-276-5499	zac.morford@gmail.com
	Traci Vagnucci	301-802-8738	tracimats@gmail.com
Officials Coordinator	Zac Morford	301-922-7898	zac.morford@gmail.com
Team Treasurer	Traci Vagnucci	301-802-8738	tracimats@gmail.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 recommended. 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 swimmers' 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 afternoons 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.

June 2 – June 16 (Pre-Team begins June 14)

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 17 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	11:10
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 \$100 per child per season. There are no refunds of swim team fees after June 14.

Pre-team:

Payment (credit cards only) is \$110 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 21.

Private Lessons (for one or two individuals) can be scheduled at a mutually convenient time with a lifeguard and/or a Coach. Rates typically 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 14 – June 16:

7:00 – 7:30 PM

June 17 – July 16:

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, June 1, or by appointment with the head coach.

Cost

Payment is by credit card only and is \$110 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 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 can 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 12. Individual Medley (I.M.) and Relay events are not included in Time Trials. ****NOTE: Most swimmers, we ask swimmers to arrive by 6:30 AM for the annual Team Photo; there will be no team photo this year due to Covid-19 precautions.****

A Meets

A Meets take place 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 AM.

B Meets

B Meets happen 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 who swam only one event on the previous Saturday, can swim on Wednesday. No swimmer will swim the same event in both meets. Relays are not included in B Meets against other teams; however, Glenwood will try to

incorporate relay events in our intra-squad 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 p.m. (except for the intra-squad meets, which will begin at 5:30 p.m.) with warm-ups beforehand, although we may schedule a little earlier to accommodate swimming against another large team. Specific times will be announced and posted separately for each meet. B meets usually end between 9 p.m. and 9:30 p.m., 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 with 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/2019_Handbook_submit_v06_forWeb.pdf. In addition, you can visit www.usaswimming.org, click on "Swimmers & Parents" link, then "Rulebook" under "Learn the Basics". 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

****As of the editing of this handbook (5/30/21), due to Covid-19 precautions, there will be no Relay Carnival in Summer 2021.***** 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.

Divisionals

Divisionals is the annual Division Championship Meet. All six teams in the division compete. Each team enters only two swimmers in each event. The line-up for this “super” meet will be made and posted after the final A Meet. ****In 2021, the Division C Championship Meet is on Saturday, July 24 and, because of pandemic precautions, is set to be a dual meet only with Old Georgetown.****

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, at 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 meters). For example, a 9-10 would swim 100 Free. Glenwood usually sends a handful of swimmers to these meets. These meets are a good opportunity for everyone to come out and see some excellent swimming. Coaches’ Long Course Invitational will be held on July 13. This year, we expect All-Star Individuals **only** will be held on Saturday, July 31 and Sunday, Aug. 1.

2021 Schedule

Mon. May 10	Online Registration for Returning Tigers Opens
Tue. June 1	Screening & Registration for New Swim Team/Pre-Team Members
Wed. June 2	Swim Team Practice Begins, Afternoon Schedule Only
Thurs. June 10	Pre-Team/Swim Team Registration Closes
Sat. June 12	Time Trials
Mon. June 14	Pre-Team Practice Begins
Thurs. June 17	Morning Practice Schedule Begins
Sat. June 19	A Meet Home v. Franklin Knolls
Wed. June 23	B Meet Home Intrasquad
Sat. June 26	A Meet @ Clarksburg Village
Wed. June 30	B Meet @ Kenmont
Sat. July 3	A Meet @ Damascus
Sun. July 4	Independence Day Party @ Big G
Wed. July 7	B Meet Home Intrasquad
Sat. July 10	A Meet Home v. Woodley Gardens (SENIOR DAY)
Tue. July 13	MCSL Coaches Long Course Meet
Wed. July 14	B Meet Home v. Northwest Branch
Sat. July 17	A Meet @ Old Georgetown Family Dance, Swimathon, Teen Overnight
Wed. July 21	B Meet @ Rock Creek Park
Sat. July 24	Division C Championship Meet @ Old Georgetown
Sat. July 31/Sun. Aug 1	MCSL All-Star Meet (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 thunderstorm, 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 but, because we were forced to skip the 2020 season, we will return to our 2019 suit this summer. That suit, along with caps, goggles, and other gear, can be purchased from our vendor:

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 is usually held at the Knights of Columbus on the TUESDAY after the Divisional Meet. 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	2007	Matt Daronco
1995	Brendan Butler	2008	Taylor Gray
1996	Christine Iannicelli	2009	Jenna Pastel
1997	Kyle McNickle	2010	Jackson Coyne
1998	Ben Lutz	2011	Tess Mayfield
1999	Elizabeth Finn	2012	Katie Flynn
2000	Kevin Finn	2013	Ryann Cuddy
2001	Zachary Curtis	2014	Jack Bowman
2002	Phoebe McDermott	2015	Celia Ford
2003	Caitlin Hearn	2016	Chloe Farber
2004	Andrea Garcia-Prado	2017	Lupe Garvey
2005	Melia Jannotta	2018	Brianpaul Schwartz
2006	Elyse Frank	2019	Katrin Schrebler

 **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
2018 Jack Bowman
2019 Izzy and Zora Hermans

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Appendix

The 2021 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 four seasons, from 1998 to 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 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, 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 13th 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 13th year with the team.

Molly Benson, Assistant Coach

Molly Benson became a Glenwood Tiger at the age of five and has been swimming ever since. She began swimming year-round for the Rockville Montgomery Swim Club when she was 11 years old and is now a rising sophomore at Villanova University, where she is studying psychology and creative writing. Swimming for Glenwood, RMSC, Walter Johnson High School and Villanova has been rewarding, challenging—and fun. Molly credits her long swimming career to the great coaches, teammates, and friends she met along way. She is thrilled to be coaching Glenwood's Big Team this year and can't wait to see all the Tigers back in the water!

Jack Bowman, Assistant Coach

Jack Bowman, in his final year of a decade-long Glenwood swimming career, will be joining the Big Team staff this season and couldn't be more excited. Jack has been a coach at Glenwood for

a few seasons now, including a summer as the head coach of the Pre-Team in 2019. He also has coaching experience at FINS and extensive experience giving private and group swimming lessons. Jack is a Division I college swimmer at Mount St. Mary's University, where he specializes in sprint freestyle and studies communications and psychology. Jack, the 2018 recipient of the team's Slattery award, is looking forward to sharing his love for Glenwood with a new generation of swimmers.

Celia Ford, Assistant Coach

Celia Ford started swimming with Glenwood at the age of six. She coached Pre-Team for two summers and is very excited to begin her Big Team coaching career. Celia is a senior at Albert Einstein High School, where she is the captain of the swim team. She also swims year-round with Nation's Capital Swim Club and will be swimming at Kenyon College in the Fall. Celia is very excited to work with all the amazing Glenwood swimmers this summer.

Max Bowman, Junior Assistant Coach

Max Bowman will be coaching for Glenwood for the first time this summer, working with the Big Team's 10 & under groups and coaching the cub swimmers on the Pre-Team. Max, a rising junior in Montgomery Blair High School's Communication Arts Program, has been swimming for the Big Team since he was six years old and found his love for the sport in his early years at Glenwood. He went on to compete for various year-round swim clubs over the years, including the YMCA Piranhas and RMSC, and he currently swims for All-Star Aquatics. Max owes his dedication to the sport of swimming to the enthusiasm and energy of his Glenwood coaches over the years. Max hopes to inspire the same love for swimming in today's young Tigers.

Leo Kugel, Junior Assistant Coach

Leo Kugel is starting his 10th year swimming for Glenwood. When he's not racing in the meets or waving the big green flag during the season, he attends Albert Einstein High School, where he will be a senior in the fall. At Einstein, Leo plays for the soccer, basketball, and lacrosse teams and edits the student newspaper. Leo is incredibly excited to join the coaching staff, where he will work with the 10 & under swimmers on the Big Team and coach the Pre-Team.

Melanie Morford, Junior Assistant Coach

Melanie Morford joins the Glenwood coaching staff this summer to help with the Big Team's 10 & under age groups and coach this season's all-important Pre-Team. Melanie joined Pre-Team at the age of four and moved to the Big Team after mastering her way across the pool when she was seven. Melanie has trained with various club teams, including RMSC and Tollefson. She has worked with many young swimmers as a coach at FINS to help them meet their goals in the pool. She has grown up with a love for the sport and hopes to foster that same enthusiasm in today's young Glenwood swimmers.

Lupe Garvey, Pre-Team Coach

Lupe Garvey joins the 2021 staff of the Glenwood swim team as a Pre-Team coach this season. Lupe is a rising senior at Brookewood School in Kensington and is returning to Glenwood for her 11th year of summer swimming. She enjoys coaching young swimmers and has coached for Brookewood's middle school team and the Montgomery Stroke and Turn Clinic. As the oldest of eight in her family, she loves to work with children and is very excited to coach all the newest Glenwood Tigers!

Aidan Shaffer, Pre-Team Coach

This is Aidan Shaffer's first year of coaching, but he has been a Glenwood Tiger for almost 10 years. Aidan is a rising junior at Albert Einstein High School, where he plays first base and outfield for the baseball team and is also on the swim team. Glenwood swimming is a summer tradition for Aidan's family; his big brother Liam was a Tiger and his younger brother Jack also swims for the team. Aidan's favorite stroke is butterfly and he can't wait to work with the Pre-Team swimmers and introduce them to the fun of Glenwood swimming!

Ella Schrebler, Pre-Team Coach

Ella Schrebler is very excited to join the Pre-Team coaching staff this summer. She has been a Glenwood Tiger since she was five years old and has loved making friends and being a part of the team ever since. Ella is a second-year lifeguard at the pool and is a rising junior at Albert Einstein High School, where she is on the swim team and plays varsity lacrosse. Glenwood swimming has consistently been the highlight of Ella's summers and she cannot wait to help little Tigers learn to love swimming and Glenwood as much as she does!