

2022 SWIM TEAM SURVIVAL GUIDE



Twin Farms Tigers

Welcome to the Twin Farms Tigers Swim Team!

The Twin Farms Swim Team provides our children with the chance to experience competitive swimming in a fun, supportive, and child-centered environment. The competition is extremely healthy, and good sportsmanship is the rule rather than the exception. There is also the added excitement of seeing times improve during the season and cheering on teammates. Fun, friendship, team spirit, improved self-esteem, and life-long swimming skills are all part of what the Twin Farms Swim Team is all about!

Coaching Staff

Candace Austin – jervcan98@gmail.com

Gabriella Caponiti – gabriellacaponiti@gmail.com

Alexis Lakey – alexis.lakey20@gmail.com

Team Reps

'A' Rep: Lisa Caponiti, 301.466.8430, twinfarmstigers@gmail.com

'A' Rep: Katherine Verderese, 703.439.0941, twinfarmstigers@gmail.com

Web Site

<http://www.teamunify.com/team/recmcsltfst/page/swim-groups/swim>

The Twin Farms Swim Team

- Is part of the Montgomery County Swim League (MCSL): <http://www.mcsl.org/>
- Is in the J Division for 'A' meets with Rock Creek, Potomac Woods, Olney Mill, Garrett Park, and Potomac Glen.
- Competes in 'B' meets with West Hillandale, Hillandale, Northwest Branch, and Forest Knolls.
- Age groups for swim meets are 8 & Under, 9-10, 11-12, 13-14, and 15-18.

Swim Team Eligibility

- Must be members of the Twin Farms Swim Club
- Must be at least 5 years old and no older than 18 years old on June 1, 2022
- Must be able to swim a length of the pool

Pre-Team

Our pre-team is designed to train our youngest swimmers to be ready to join the main team. Pre-Team swimmers must be able to pass the Twin Farms pool test. See the schedule on page 5 for Pre-Team practice information. When the coaches think a pre-teamer is ready, that swimmer will participate in 'B' meets!

Swim Team Costs

Participation fee (which helps defray the cost of MCSL fees, supplies, awards, and coaches' salaries):

\$155 for one swimmer in a family

\$255 for two swimmers in a family

\$320 for three or more swimmers in a family

The participation fee includes participating in both sports teams offered at Twin Farms (swimming and diving).

2022 Swim Team Schedule

DAY	DATE	TIME	EVENT
Tues	31-May	7:30 PM	Sports Teams Parent Meeting @ Twin Farms
Wed	01-Jun		Afternoon Practice Begins
Sat	11-Jun	8:00 AM	Time Trials @ Twin Farms
Sat	18-Jun	8:00 AM	WEEK 1 A Meet @ Home vs. Rock Creek
Mon	20-Jun		Morning Practice Begins
Wed	22-Jun	5:00 PM	B Meet @ Home vs. West Hillandale
			Swim Team Pictures
Sat	25-Jun	8:20 AM	WEEK 2 A Meet @ Potomac Woods
Wed	29-Jun	5:00 PM	B Meet @ Home vs. Hillandale
Sat	02-Jul	8:20 AM	WEEK 3 A Meet @ Olney Mill
Wed	06-Jul	5:00 PM	B Meet @ Northwest Branch
Fri	8-Jul	6:00 PM	Pizza Pep Rally
Sat	9-Jul	8:00 AM	WEEK 4 A Meet (SENIORS MEET) @ Home vs. Garrett Park
Sun	10-Jul	8:00 AM	Relay Carnival @ Olney Mill
Tue	12-Jul	TBD	Coaches Long Course Meet
Wed	13-Jul	5:00 PM	B meet @ Home vs. Forest Knolls
Sat	16-Jul	8:20 AM	WEEK 5 A Meet @ Potomac Glen
Sat	23-Jul	7:00 AM	DIVISIONALS @ Potomac Woods
Tue	26-Jul	6:00 PM	Sports Banquet
Sat	30-Jul	TBD	Relay All-Stars @ Rockville
Sun	31-Jul	TBD	Individual All-Stars @ Rockville

(Pool addresses are available from the MCSL web site: <http://www.mcsl.org>)

Team Swim Suits

While all swimmers are encouraged to wear the team suit, it is not mandatory. Team suits will remain the same as 2019. They may be purchased at Capitol Sport and Swim in Kensington, MD. Any swimsuit questions should be directed to Katherine Verderese at klively@gmail.com or 703.439.0941.

Team Communications

Swim Team news will be communicated in the following ways:

- Regular e-mails to swim team families from the team reps and/or coaches
- In person as often as opportunities present themselves
- On our Tiger website <http://www.teamunify.com/team/recmcslfst/page/swim-groups/swim>
- If you have a suggestion, question, comment, or concern, please let the coaches and team reps know. Whether it is in person, via e-mail, or on the phone, we will strive to be as accessible, responsive and as informative as we can be. When communication is flowing, the team is more fun and more successful!

One Team with Two Swim Meets Per Week

The Twin Farms Swim Team is one big, happy team that, most weeks, has two swim meets: 'A' Meets, which start promptly at 9:00 a.m. on Saturday mornings, and 'B' Meets, which generally start at 6:00 p.m. on Wednesday evenings. Before each swim meet, team members who are swimming in the meet participate in a group warm-up. Warm-ups are essential and usually begin 45 minutes before the meet starts. In a typical year, there are five 'A' Meets, the 'A' Relay Carnival, and Divisionals every year. In addition, there are four or five 'B' Meets. The 'A' Meets typically last about 2 ½ hours while the 'B' Meets usually last 2½ to 3 hours. Unlike 'A' Meets, team scores are not kept at 'B' Meets.

'A' Meet on Saturday Mornings

The fastest swimmers in each age group will be asked to swim on Saturday mornings. There are two heats of freestyle for all age groups, so the fastest six swimmers in freestyle will swim on Saturday mornings. All other events in the meet have one heat, so the three fastest swimmers will swim in those events. Swimmers are allowed to swim up to three individual events (freestyle, backstroke, breaststroke, or butterfly), plus the Individual Medley, and one relay per meet. 'A' Meets follow the rules established by MCSL. The rules are printed in the "MCSL Handbook" available on-line at <http://www.mcsl.org/Handbook.aspx>

'B' Meet on Wednesday Evenings

Swimmers who do not swim in the 'A' Meet on Saturday are eligible to swim in the following 'B' Meet on Wednesday. In addition, 'A' Meet swimmers can swim their non-'A' Meet events in the following 'B' Meet. (The week starts with the 'A' meet on Saturday and ends with the 'B' meet on Wednesday.) Swimmers cannot be entered in their A-meet event at the B-meet if they placed 1st, 2nd, or 3rd in the event on the previous Saturday. All rules to be followed during 'B' Meets have been agreed upon by the opposing team and Twin Farms; however, the same MCSL "stroke & turn" rules still apply.

Which Swim Meet Will My Child Participate In?

Time trials and performances during the season determine the fastest swimmers in each event in each age group. Times are evaluated each week to give every swimmer an opportunity to demonstrate improvement and compete in 'A' Meets. Swimmers do not automatically keep their place for 'A' Meets. Any swimmer who competes in a 'B' Meet and swims faster than the slowest Saturday time in that event earns the right to swim that event during the next 'A' Meet. Coaches' discretion will be used when making entries for 'A' Meets to place swimmers where they are needed most to help the team. The coaches will notify each swimmer about 'A' and 'B' meet participation and will have the final say on who will participate in any meet.

'A' Meet Lineups

Line-ups for 'A' Meets will be emailed to swim team families by the Thursday before the meet. It is extremely important for all swimmers to check the 'A' Meet line-ups that are emailed to see who is swimming. **Please notify the coaches or team reps in advance, if you will be unable to attend an 'A' Meet. Notifying the coaches or reps in advance will allow the next eligible swimmer to swim and will ensure we don't have empty lanes!**

Time Trials

On the Saturday before the first 'A' Meet, Twin Farms holds its Time Trials meet. This meet follows the standard meet format, except that only Twin Farms swimmers compete and there are no relays. Each swimmer is expected to attempt to swim all four individual events and the IM (except for the younger children). We encourage swimmers to participate in all events, even if they are not yet legal in the stroke.

The main objective of Time Trials is for each swimmer to be timed in every event, which will give the coaches the base from which to work in assembling the line-up for the first 'A' Meet. Time Trials also gives the swimmers a chance to swim under meet conditions. **Therefore, attendance at Time Trials is very important, and competing in time trials after a good first two weeks of practice will get the season off to a great start!**

Time Trials also helps the meet officials, timers, and Reps “fine tune” their skills for the first “A” meet. If you are not able to attend Time Trials, please let the coaches and team reps know in advance. If you are unable to attend, you will be timed in practice instead, usually the following week.

Swim Team Practices & Schedule

Practice is held every weekday afternoon when public schools are in session. After public schools close, practice is held every weekday morning and afternoon, except for the afternoon on the day of a ‘B’ Meet and the Friday afternoon before an ‘A’ Meet. **We encourage swimmers to attend morning practices over afternoon practices since all lanes are available in the morning.** Swimming is a skill that takes time to master. You will be amazed at the progress swimmers make by attending practice consistently. All swimmers are encouraged to practice as often as possible, so please join us. (Please Note: After practices start, the coaches may re-evaluate the schedule and shift an age group to a different practice time to avoid overcrowding in the lanes. If this becomes necessary, an announcement will be made at practice and an e-mail will be sent announcing the change to all swim team families.)

Wednesday, June 1 through Friday, June 17

Mon-Fri

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Saturday (June 4): 8:00-9:30 am / All age groups

Saturday (June 11): 8:00-11:00 am / **TIME TRIALS**-all age groups

Note: Please bring sneakers to practice. If the weather is too cold, there will be dry land practice.

Monday, June 20 through Friday, July 15

Morning Practice (recommended)

Mon-Thurs

8:00 - 9:30 am / 11 yr & Older

9:30 - 10:30 am / 10 yr & Under

Wednesdays: Dry land practice, bring sneakers!

Fridays: 9:00 - 10:30 am / All Swimmers, followed by breakfast. Cost \$1

Afternoon Practice

Mon, Tues, Thurs

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Fridays: 4:30 - 5:00pm / Pre-team only

Monday, July 18 through Friday, July 22

Morning Practice

Monday, July 19: 9:00 – 10:30 am / **Fun Meet** – everyone!

Tuesday-Friday: 9:00 – 10:30 am / Divisional & All-Star Swimmers

Afternoon Practice

Mon-Fri

5:00 - 6:00 pm / All ages Divisional & All-Star Swimmers

Monday, July 25 through Friday, July 29

Morning Practice

Mon-Fri: 9:30 - 10:30 am / All-Star Swimmers

When Are Ribbons Given Out?

Ribbons for both A and B meets can be picked up at the Pool Desk the next day.

Pep Rallies & Meet Themes

A pizza pep rally will be held on Friday, July 8, 2022. All swimmers and their families are encouraged to participate in a pep rally to get ready for the next day's 'A' Meet/Senior Meet. Coaches rally the swimmers together to do cheers and show their spirit. Swimmers also get a chance to show off their creative talents by making banners and posters to decorate the pool. For each away meet, swimmers are encouraged to show their team spirit by dressing according to the meet theme.

Away Meet Themes for 2022:

Week 2A, Saturday, June 25 – Tie Dye / Hippie

Week 3A, Saturday, July 2 – Red, White & Blue

Week 5A, Saturday, July 9 – Hawaiian

Relay Carnival, July 10 – Superhero

Divisionals, Saturday, July 23 – **TBD**

What Can Parents Do To Support Our Swimmers and Our Team?

The first thing parents can do is encourage their children, and all the children on the team, to do their best and support each other. Remember, team spirit is contagious, so cheer, cheer, cheer!

The second thing parents can do is **VOLUNTEER!!!** Swim meets cannot happen without your help. Meets require a tremendous number of volunteers. There is a fun and rewarding job choice for everyone!

Summer swim is heavily dependent on volunteers to ensure the team can function and the swimmers can have a fun and successful season. Twin Farms expects that each family make every effort to support the team and their child with their time, talent, and energy. Swim meets cannot take place without parents actively fulfilling the role of timers, judges, announcers, starters, scorekeepers, and concession attendants. **In order to ensure that our swimmers have a fun and successful swim season, Twin Farms has a mandatory volunteering requirement if your child(ren) are swimming.**

To ensure that each meet has the support it needs, Twin Farms uses *TeamUnify* to organize our swimmers as well as to ensure that each family supports every meet by filling at least one volunteer slot. We will be keeping track of the volunteer requirements and if you are unable to fulfill the obligation, it will be your responsibility to find a replacement. There is no shortage of jobs at every meet and the new program will track each family's participation throughout the season.

We understand that everyone has other commitments, but these swim meets cannot function without the necessary volunteers. Any family member or surrogate 13 or older can fill a role necessary to run the meet. A volunteer sheet will be posted on *TeamUnify* for every meet under the "job signup" tab and you will be required to sign up for a volunteer position at least 48 hours prior to the meet. If you have not selected a role for the meet by the 48-hour deadline, the volunteer coordinator will assign you a remaining position if your child is swimming in the meet.

We are sympathetic to conflicts that may impact your ability to volunteer for every event, but we are a small pool and we CANNOT run these meets without the assistance of every family. If you have a conflict, please work with other families to assist you in meeting your obligation and stay in communication with the team Volunteer Coordinator so they fully understand the situation.

Please be courteous and make sure you are on time and ready for each event. Each volunteer must check in with the Volunteer Coordinator 15 minutes prior to the start of their shift. This is very important as the Volunteer Coordinator needs to know that all roles are filled for the meet to begin. If you are running late for a meet, please CALL or TEXT the Volunteer Coordinator at least 15 minutes before the start of the assigned shift. Staying in contact with the Volunteer Coordinator will alleviate them from having to “hunt down” volunteers to ensure a timely start to the meet.

Twin Farms prides itself on being a small pool with a tight-knit community that supports the success of its swimmers. If families are identified as not supporting the success of our swimmers, the team may be implementing a penalty fee to help support the team financially.

Friday Breakfasts and Pep Rallies

Friday Breakfasts and Pep Rallies have returned for 2022! Please see the calendar.

Meet Officials

We need volunteers to serve as the referee, starter, and stroke & turn judge positions during our meets and automation. FREE Training and certification is offered by MCSL. Please see the MCSL website for the list of online training for this year.

Special Meets and Events

Relay Carnival

The Relay Carnival is held early in the season. All six teams in Division J participate. Each team may enter one (1) four-person team for each relay event. There are boys’ relays, girls’ relays, and mixed relays spread out over the age groups. Coaches prepare the line-up for the Relay Carnival based on the swimmers’ fastest times to date and may use their discretion to place swimmers where they are needed most to help the team. ***It is extremely important to notify the coaches if you cannot attend this meet. If one swimmer doesn’t show up, the entire relay can’t swim their event.***

Divisionals

The Saturday after the last ‘A’ Meet, the Divisional Championship Meet is held. All six teams in Division J participate. Each team may enter two (2) swimmers in each individual event and one (1) four-person team for each of the four relay events. Like in ‘A’ Meets, swimmers are allowed to swim up to three individual events (freestyle, backstroke, breaststroke, or butterfly), plus the Individual Medley, and one relay per meet. The meet follows the standard ‘A’ Meet format, except that there are two (2) heats for each individual event. Just like in ‘A’ Meets, time trials and performances during the season determine the fastest swimmers in each event in each age group. Again, coaches’ discretion may be used when making entries for Divisionals to place swimmers where they are needed most to help the team.

Swim Team Banquet

The Swim Team Banquet is held on the Tuesday evening after Divisionals. The awards portion of the night begins after the dinner, where the coaches recognize all of the swimmers for their outstanding performances and accomplishments. Graduating seniors are acknowledged at the banquet with special recognitions including slide show pictures. Graduating seniors with a birthday after June 1st will be recognized with their high school graduating class. The night ends with a “slide show” presentation of the season. Copies of the slide show will also be available for purchase.

End of Season Awards

Awards

Every athlete on the swim team will receive a medal. The top point earners for the team, both girl and boy, will earn the “high-point” trophies. Based upon the coaching staff’s determination, the most improved girl and boy swimmer will be given a special trophy.

All-Tiger Team

Several boy and girl swimmers will receive this award/honor. The “All-Tiger Team” is a special group of swimmers that are considered the heart and spirit of the team. These athletes need not be the fastest, only that their love for the sport and the team are the greatest.

Daniel McGivern Coaches Award

The coaches’ award is given to those athletes that show true dedication and commitment to not only their own personal achievements, but to their fellow team members as well. Starting in 2004, this honor was renamed in memory of Daniel McGivern. Daniel was truly a coach’s dream. Daniel was both an outstanding young man and one of the most gifted swimmers that has ever been part of the Twin Farms family. Tragically, Daniel died at the age of 16.

Daniel struggled with depression, a serious medical illness. Left untreated, depression can lead to low self-esteem, academic and social difficulties, anger and despair, as well as life threatening behavior such as drug abuse, self-injury, and suicide. Fortunately, depression is one of the most treatable mental health illnesses. Many people with depression can find relief with support, therapy, and/or medication.

Daniel represented the epitome of a fine swimmer. He combined swimming skill with a great love of the sport and commitment to the Twin Farms team. We have renamed this award in his honor to carry on his spirit for swimming. We will miss and remember Daniel always.

Other MCSL Swim Meets

Invitational Coaches Long Course Meet

This meet, held at the Rockville Municipal Swim Center’s outdoor 50-meter pool, highlights the top 8 swimmers in MCSL, plus 2 alternates, in each individual event in each age group. Qualifying times are based on events swum through the first three ‘A’ Meets. Events that a swimmer qualifies for are double the distance of the ‘A’ Meet event. For example, if an 11-12 year old swimmer qualifies in the 50-meter freestyle race, at this meet they will swim 100-meter freestyle. Swimmers are limited to two (2) events. This meet takes place in July on the Tuesday before the last dual “A” meet.

All-Star Relay Swim Meet

This meet, also held at the Rockville Municipal Swim Center’s outdoor pool, features the relay teams with the fastest official times in each MCSL division. Qualifying times are based on the results of each division’s ‘A’ Relay Carnival, plus ‘A’ Meets, and Divisionals for those relays swum during ‘A’ Meets. This meet takes place on the Saturday, the weekend after the Divisional meet weekend.

All-Star Individual Swim Meet

This meet, also held at the Rockville Municipal Swim Center’s outdoor pool, features the top 16 swimmers in MCSL, plus 3 alternates, in each individual event in each age group. Qualifying times are based on events swum through Divisionals. Swimmers are limited to two (2) events. This meet takes place on Sunday, the weekend after the Divisional meet weekend.