



Welcome to the 2017 Swim Season

Dear Calverton Team Families:

Welcome to the 2017 swim season. We are looking forward to an exciting and fun summer. This guide was developed to assist new families in learning the basics about swim team. All important team information, as well as sign-ups for all meets and events, is available on the team website www.calvertonchargers.com. Please visit the site soon and often!

Calverton is a member of the Montgomery County Swim League (MCSL). The goals of the MCSL program include fostering a love for the sport of swimming, improving aquatic skills, and promoting teamwork and the principles of good sportsmanship.

Who's Who

Please remember, if there is ever a question or concern about any team matter, feel free to talk to a coach *before* or *after* practice, or to one of the team representatives.

MCSL Swim Team Representatives (Saturday mornings):

Sarah Flick: sarahkflick@gmail.com (301) 641-2225
Laura Hutchcroft: laurahu@microsoft.com
Angie Holmes: angieholmes228@gmail.com (301) 518-5167

B Meet Team Representatives (Wednesday evenings):

Josh Penn: jpenninmd@gmail.com (301) 257-4336
Erica Penn: ericalyne@aol.com

Coaches:

Head Coach: Tony Murray: murells@hotmail.com
Asst. Coach: Ben Haley: bigbenten13@gmail.com
Asst Coach: Abbey Holmes
Pre-Team Coach: Kacey Banks: swimcutie411@gmail.com

CIT's (coach in training): Rachel and Alexis Borczuch, Chris Haley, Ryan Banks, Kiely Hutchcroft, Erik Bustamante, Q Hernandez

Team Volunteers: (go to www.calvertonchargers.com for a full list of social chairs and contact information)

Pool Board Swim/Dive Team Liaison: Kari Banks

Swim Team Treasurer: Erika Kelley

Concessions: Colleen & Michael Smith

Swim/Dive Apparel (team suits, spirit wear): Kari Banks

Swim/Dive Pasta Dinner Coordinator: Colleen Smith

Website/Registration: Mary Ellen Hernandez

Swim/Dive Pancake Breakfast Coordinator: Sharon Haley
Team Trip Coordinator: Team Reps

Social Events take place throughout the season to make the team experience even more fun and memorable, as well as to build team spirit. These events are open to all swim members and include movie day, bowling day, Pasta Night, a pancake breakfast, dine out fundraisers, and team lunches after the Saturday meets. All events are listed on the team website and volunteer opportunities are available to help make these events successful. Participating in these events is a great way to meet other swim families and teammates. On the Home Page click on "Social Events" to see a full list of planned events, to sign up to attend, and to volunteer your help.

Awards Banquet: An awards banquet is held at the end of the season. At the banquet, every active team member will have his or her hard work recognized. Each year we assess our awards system to ensure all efforts are being rewarded. The emphasis is on practice attendance, team spirit, and willingness to serve the team.

Swim Meet Volunteer Positions

Swim meets normally require up to 50 adults to cover all of the roles of timekeepers, officials and concessions. Parent participation is critical to the success of the team programs. Please support your child with your presence and participation. To ensure that we have adequate coverage for every meet, **if your child is swimming, your family is expected to contribute at least ONE VOLUNTEER PER HOME MEET, and at least ONE VOLUNTEER FOR ANY TWO AWAY MEETS of your choice.** Home meets include the B-Relay carnival and Mini-meet. *This is the MINIMAL commitment asked of each family, in actuality we need more help than this due to the social events we have available to swimmers and their families. Job sign-ups for meets and social events are located in the "Events" tab on the Home page of www.calvertonchargers.com. The goal is to have all positions filled by the day before the meet, but if this does not occur, the Team Reps may approach you the day of the meet to fill a specific role. Please be aware that by that point we are in urgent need of assistance.

Volunteer Positions (training provided by team):

Announcer: announces all events during the swim meet

Automation/Computer Operator: assists coach in preparing for swim meets, inputs swimmers' times into Meet Manager software during meets; prints meet results sheets for posting during the meet; produces a database for both teams and MCSL at the conclusion of every home A-meet

Automation/Verifier: works alongside the computer operator to ensure accuracy of swimmer's times as they are input into Meet Manager software

Awards: works during meets to affix labels to swimmers' ribbons

Bulkhead Crew: critical job unique to Calverton because of our 50-meter pool. The team relies on a trustworthy group of strong individuals who are willing to volunteer their time and muscle on late Wednesday afternoons prior to B-meets, and Friday evenings prior to home A-meets. Steel and fiberglass bulkhead components are carried poolside and assembled in the water to create our 25-meter competition pool required for hosting home swim meets. The bulkhead is disassembled immediately after home meets and returned to storage.

Clerk of Course: controls swimmer traffic on deck; checks swimmers in and notifies them of their lane assignments; Assistant Clerk may place swimmers in order and usher them to their lanes

Concessions/Snack Bar: help set up food items prior to the meet, collect money for purchases, sell programs, and help clean up the concessions area at the end of the meet **Note: the snack bar is the swim team's primary fundraiser, and we rely on concession revenue to keep swim team's operating costs at a minimum

Head Timer/Asst. Head Timer: assists head referee by conducting timer's meeting; coordinates timer's lane assignments; provides back-up watch for timers as needed; may deliver timecards from each lane to automations and post meet results if no runner

Meet Assistant: make photocopies, collates, and staples meet sheets/programs and prepare lane timer's sheets for home meets; timing of this job is last minute 9:00-11:00 am on Friday/Wednesday prior to A/B-meets

Runner: collects timecards from lane timers after each event and delivers to the automations table; posts meet results during the meet

Set-Up/Break-Down: set up pool area prior to warm-up for home meets including: install backstroke flags, remove ladders, install lane ropes, set up automations tables and chairs, arrange seating with cloth lane numbers on chair backs at Clerk of Course and end of lanes, install timer's boards at end of lanes, set up shade canopies on hot days; clean up and restore pool area at the conclusion of home meets including returning all equipment and tools to storage, reinstall ladders, return pool lounge and deck chairs to original location, and pick up trash

Timer: works during swim meets operating a stopwatch as one of three timers per lane

MCSL Certified Officials (Training required): Each swim meet requires a number of certified officials. Descriptions of the MCSL certified positions necessary for each meet are listed below. Because many of the families who have served in these roles for a number of years are now moving off the team, it is **critical** that we have new families volunteer to become certified.

1. **Referee:** MCSL certified official responsible for compliance of the entire officials team and all swimmers during a swim meet. One Calverton Referee required for each home meet.

2. **Stroke and Turn Judge:** MCSL certified official responsible for ensuring a fair and even competition by monitoring and enforcing MCSL stroke and turn rules and event regulations. Two Stroke and Turn Judges from each team are required at each swim meet.

3. **Starter:** MCSL certified official responsible for ensuring fair starts; maintains pace of the meet. He/She calls the swimmers to their starting positions and to "take their mark" and indicates if any false starts have occurred. One Calverton Starter required for each away meet.

Frequently Asked Questions about Swim Team:

How often does the team practice? What time? The team offers practices in the morning (preferred) and in the afternoon with the goal of each swimmer practicing once a day. The swim season is short and "summer only" swimmers need practice and conditioning to be ready for meets. If your child would like more practice they may come to both am and pm practices. Please check the practice schedule online at www.calvertonchargers.com or look on the team bulletin board. Practice times and days change once MCPS schools are out and afternoon practice sessions are not always offered depending on B meets and other Calverton Pool activities/holidays. *Please arrive at practice early enough for your swimmer to be ready to enter the pool (clothes off, goggles and cap on) at the start of practice.*

What to bring to practice? Swimmers should come to practice with an appropriate swim suit, goggles, a towel, and a swim cap if they need one. It also helps to have warm clothing (sweatpants, sweatshirts) for after practice especially in the morning or on cool evenings.

What happens if there is bad weather? Always assume that the meet (or practice) is still on. Storms move quickly and although a delay may occur, meets are rarely rescheduled. If there is decision made prior to the meet or practice, a notice will be sent out through the website with information about any cancellation or delay. Each pool has an inclement weather policy enforced by the pool manager. Please respect and follow their directions. The Calverton Swim Club Policy states:

1. Upon the sighting of lightning strike(s), or the hearing of thunder, all outdoor activity in the pool, on the deck, on the grounds and on all sports venues, is to immediately cease, and any persons on the property are to seek refuge at once. The only approved areas of refuge on the property are the bath house, the volleyball pavilion, and the snack bar pavilion.
2. Outdoor activity may only resume with the approval of the Manager on duty, who is authorized to allow some activities to resume earlier than others if conditions warrant. The Manager may be approached to make an earlier decision, but his decision is final and not subject to appeal.

What is a DQ? A “DQ,” or disqualification, is any violation of the rules of swimming observed by any appropriate official. Officials are responsible to observe starts, swims, turns and finishes. Stroke and Turn Judges are responsible for monitoring up to 3 lanes at a time.

What is a “False Start”? This occurs when a swimmer displays any forward motion prior to the start. It may be as blatant as diving into the water or as subtle as a forward rocking motion.

Disqualifications for early relay takeoffs are slightly different. Dual confirmation by both side and lane take off judges are required to DQ a relay. All relay exchanges are recorded by both judges on relay cards. Those cards are collected by the Head Referee after each relay event.

How will I know a DQ occurred? If a Stroke and Turn Judge observes a violation in one of their lanes, he/she raises their hand to signal the referee that they have observed what they believe is a stroke violation, and writes it on a DQ slip. The Head Referee consults with the S&T to verify that a violation has occurred and if agreed, signs the slip. The Referee notifies the Head Coach of the infraction and submits the DQ slip to Automations. The coach will explain the DQ to the swimmer so they can learn and improve.

About Officials and DQ’s: Every Official on the deck will **always** give the benefit of the doubt to the swimmer. That is the first rule learned in any official training clinic. Any violation called by an official is an "I saw" not an "I think I saw." Remember, all meet officials are volunteers. The goal is to teach swimmers to perform the strokes legally and DQ’s, although disappointing, can be a good learning experience for swimmers. Please help your swimmers understand, and encourage them to work with their coaches to improve their strokes, turns and finishes. Please do not attempt to speak to an official during the meet to ask about/challenge a DQ. Only swimmers and officials are allowed on the bulkhead.

Protesting Disqualifications: The Team Rep is the only person who can officially question a disqualification or any other call by an official. If you have an issue of concern involving your child, you may approach and talk to the Team Rep. He/she is generally aware of issues as they occur.

Swim Meet Guidelines

FOR ALL MEETS:

Go to website www.calvertonchargers.com under Event Tab (or “Events” drop down on Home page, or Calendar) and “Decline” all meets when you know your swimmers are not available.

Please note meet start and warm up times. It is a good idea to arrive 15 minutes prior to warm ups to allow your child sufficient time to get settled and be ready and on deck with cap and goggles. After warm-up, swimmers will gather with coaches and teammates for a pep talk and prepare for spirit themes with costumes, props, and cheers. *A late arrival may force the head coach to make lineup adjustments resulting in your child being scratched from the meet.

Swimmers are expected to stay for the entire meet. Relay entries are not decided until after other events are swum, so your swimmer may be needed for the final relay events. *If you need to leave early, please let the coaches know so they will not be looking for you.* Meets run for approximately 2.5 - 3 hours.

Every Charger swimmer should come prepared with his/her team suit, cap, goggles, and at least one towel (a second is always a good idea for cold/wet days). It is also helpful to bring warm pants and a sweatshirt. It is important for swimmers to have a bag to keep their gear in since many other kids have the same caps and goggles and things do get lost. (Putting names on items helps as well.) Remind your child to seek shade on hot days, and don't forget sunscreen!

Most pools have a concession stand for food, serving breakfast for early meets and dinner for evening meets, but each pool is different as to what it provides. Swimmers often bring their own (healthy) snacks and definitely need to bring a water bottle to stay hydrated. There may not be time for them to get food once the meet starts, and they should not eat right before an event, so be prepared.

Swimmers need to stay in the team area during a meet. The meets run quickly and coaches need to be able to find the swimmers to send them to their events. If they miss an event it means lost points for our team and extra points for the other team. If they need to leave the team area for the bathroom or to get food, they need to let one of the coaches know.

Missing a Meet: If you are scheduled to swim in a meet, but for some reason are unable to participate, *you must notify the head coach as soon as possible*. Failing to show up, or leaving early, causes the team to lose points and could mean losing the meet.

*For additional Tips and Reminders go to the "About Us" tab at www.calvertonchargers.com under "Swim Team"

MCSL Dual Meets or "A" Meets

These are competitive/scored events held on Saturday mornings. The teams in our division can change from year to year based on the previous year's performance. There are five regular meets per season, each consisting of 46 individual events and four relay events. Individual events are divided by age groups (8 & under, 9-10, 11-12, 13-14, and 15-18), gender, and strokes. The age in which a swimmer competes for the summer is based on the individuals' age as of June 1. Special meets include the Division Relay Carnival and the Division Championships.

Dual Meet events are swum in the following order: freestyle, backstroke, breaststroke, and butterfly. Boy's heats are swum first followed by the girl's heats (alternating). There is one heat of every event except for freestyle, which has 2 heats.

Individual Medleys (IMs) are events where athletes swim 1 length of each stroke (butterfly, backstroke, breaststroke, and freestyle) and are interspersed throughout the meet.

Relays: A medley relay is the first event, and a freestyle crescendo relay (multi-age) is the final event.

Ribbons are awarded to those who finish in first through sixth place.

Scoring: Individual events in dual meets are scored 6-4-3-2-1 points, for first through fifth place, respectively. Relays events are scored 8-4-2-0.

"A" Meets start at 9:00am.

Home meets: Swimmers report for warm-up no later than 7:45am

Away meets: Arrive at opponent's pool no later than 8:00am and the team enters together at 8:05am

WHO PARTICIPATES? Meet entry is based on athletes' times and availability, and determined by the head coach based on the team's best opportunity to score points. LINEUPS CHANGE WEEKLY; which event/s they

swim depends on the team's best opportunity to score points. A team may enter a swimmer in a maximum of 5 events.

What to do: Go to website under Events Tab, choose the meet, click on your swimmer/s name and "Declare" them as "Yes" to let Coach know that your swimmer/s are "available" for that meet. **This needs to be done by 12:00 noon on the Thursday before the meet, preferably sooner.**

Wait to receive confirmation from the coach that your swimmer is entered in the meet. This will be done by getting a "Meet Entry List" from the coach via e-mail. If something has changed with your availability, let Coach Murray know immediately.

"B" Meets

B meets are not scored and are an opportunity for swimmers of all ability levels to compete in a fun environment. The B meet season includes Wednesday evening dual meets, a B-Relay Carnival on July 15 at Calverton, and a special 8 & under "Mini Meet" at Calverton on Sunday, July 12.

Dual Meet Events are swum in the following order: freestyle, backstroke, breaststroke, butterfly, with boys' and girls' events alternating. There may be many heats of each event depending on the number of athletes entered. There may or may not be relay events.

Individual Medleys (IMs) are events where athletes swim 1 length of each stroke (butterfly, backstroke, breaststroke, and freestyle) and are interspersed throughout the meet.

Ribbons are awarded for first through sixth place, and "finisher" ribbons for others who complete event (legally)

"B" Meets begin at 6:00pm

Home meets: Swimmers report for warm-up no later than 4:45pm

Away meets: Arrive at opponent's pool no later than 5:00pm and the team enters together at 5:05pm

WHO PARTICIPATES? All team members are eligible to swim in the Wednesday meets. However, swimmers may not swim in events in which they scored points by placing 1st to 5th in the prior week's A meet. Additionally, if they swam 3 or 4 individual events in the prior A meet, they may only swim "exhibition" in events in which they did not swim, or did not score points. The idea is for all swimmers to have a chance to place in an event and earn a ribbon.

What to do: Go to website under Events Tab, choose the meet, click on your swimmer/s name and "Declare" them as "Yes" to let Coach know that your swimmer/s are "available" for that meet. **This needs to be done by 8pm the Monday before the meet, preferably sooner.**

They will be placed in the meet events decided by the coach (swimmers may give input). *Swimmer/s must be legal or near legal in a stroke to swim that event.

A Relay Carnival: All six division teams enter one team per event in a meet comprised entirely of relays. There are a total of 22 events. The Head Coach determines who will be swimming in the A Relay Carnival. Swimmers are chosen based on their times throughout the swim season.

B-Relay Carnival: Invitational Meet comprised entirely of relays. There are a total of 22 events. The Head Coach determines which swimmers swim each event, but all swimmers who sign up will swim.

Divisional Championships: The top two swimmers per event per age group per team are entered in the meet. All six teams in the division compete. Medals are awarded for first, second and third, ribbons for fourth through sixth places.