

NWB DOLPHINS

2011

**Swim Team
Handbook**

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Coaches

Head Coach Katherine Young grew up swimming at NWB. She started on the NWB swim team as a dolphin herself at the age of 7, and then served as pre-team and assistant coach for the Dolphins before taking over as head coach of the team last year. Katherine will be beginning her Masters in Education at University of Maryland where she is a member of the Club Swim Team.

Sam Celotto, Melanie Snail and Sarah Casey join her on deck as assistant coaches. Sam is a graduate of Duquesne University, where he was a member of the Duquesne Division I Men's Swim Team for 2 years. He also swam for the Dolphins for 11 years. Melanie is a rising junior at the University of Virginia, where she is a member of the Club Swim Team. She has been a Dolphin since 1998. Sarah is a senior at University of MD and comes to NWB with prior MCSL coaching experience

Zeke Gonzales, Mariel Shilling and Sarah Aylor will coach our pre-team this summer and help at B meets.

Abby Hester and Nick Mion will offer group lessons to our young swimmers in the junior pool. There will be 2 sessions - June 20-July 1 and July 4-July 15. Lessons are ½ hour long from 10-10:30 and 10:30-11 AM.

Team Registration and Fees

Registration for the swim team begins May 1st and ends June 11th. The registration fees for the 2011 swim season are as follows:

\$75.00 for the 1st swimmer

\$55.00 for each additional swimmer

Early registration gives us a head start on making plans for the summer season. Swim Team fees help pay for our talented coaches, awards, slideshow/DVD, team breakfast, pep rallies and are used to help defray the cost of the swim team banquet.

New members are welcome to use the first week of practices as a trial period. **Payment in full is required for swimmers to be eligible to compete in meets.**

No registrations will be accepted after Time Trials, June 11, 2011.

Registration for Pre-team begins June 20th and ends June 23rd:

\$55.00 for each swimmer

Registration for pre-team will take place the first week of pre-team practice. June 20 - June 23. You may register early during the swim team registration period. **No registrations will be accepted for pre-team after June 23.**

General Policies

NWB is a member of the Montgomery County Swim League (MCSL). The MCSL is made up of about 90 teams. Teams are grouped for competition based on the times swum by each team the previous season. A division has the team with the fastest times, B the next fastest, and so on down the alphabet. This summer we are assigned to the H division of the MCSL and our competition includes Tanterra, Palisades, Lakelands, Little Falls, and Seven Locks.

An important purpose of the MCSL is to provide organized, friendly team competition within a fair and wholesome environment and to foster good sportsmanship. We request that all swimmers and parents be respectful and show good sportsmanship at swim meets and swim team related events. Please take the time to read the codes of conduct on the bulletin board or view online at www.mcsl.org.

Eligibility

All NWB pool members, ages 5-18, who can swim one length of the pool freestyle are eligible to join the team. For novice swimmers, we have a Pre-Team. To join the Pre-Team, swimmers should be able to tread water for 45 seconds and swim across the diving well. The goal of the pre-team is to introduce the basic strokes and to get the swimmer comfortable enough to swim 25 meters. If you are unsure which team is the best fit for your child, talk to one of the coaches or request an evaluation for help with your decision.

Swim Meets

Every swimmer will be given the opportunity to compete in A meets on Saturday mornings and/or B meets on Wednesday nights. We are one team and all members and families are encouraged to attend all swim meets. Swimmers compete for the season at the age they are on June 1. **Registration fees must be paid in full before a swimmer is eligible to compete in meets.**

Parking

Our lot fills fast. When we host a meet we need to have our lot available for the away team. Feel free to drop off your swimmer for the meet but then park off property. The neighborhood has parking. I do not know if you can park across the street in the Medical offices but we will look into it. The lower lot from ours should not be parked in. In the past that was an option for us but they now have evening and weekend events and they will tow you if you park there. It is nice when we go to away meets and the home team allows us to park in there lot.

Missing a Meet

If you can not attend an A meet (you will be away/unavailable on a Saturday) the Head Coach has requested that you mark the dates in the “scratch book” in the swim team’s drawer in the lifeguard office. The “scratch book” is a notebook designated for swimmers to list any meet dates they will miss.

In case of illness, please notify the Head Coach or Swim Team Reps as soon as possible.

We have an online meet sign up survey to complete prior to B meets. You must register each week in order to swim in a B meet. This can be done at the pool on Monday night or at the pool Tuesday until 3 PM or via email sign up between Monday evening at 3 PM on Tuesday. If you do not sign up by 3 PM on Tuesday you swimmer will not swim Wednesday night.

A Meets

There are 2 kinds of A meets: dual and divisional.

There are **5 dual A meets** scheduled for Saturday mornings. The Head Coach will determine the line up for the A meets based on times recorded at Time Trials, A meets and B meets. The line

up will be posted by Thursday's practice on the swim team bulletin board near the lifeguard office and sent via email to the NWB email list. The Head Coach will determine the strokes and events for each individual swimmer based on the swimmers times that week. Swimmers are asked to put a check mark next to their names on the roster posted on the swim team bulletin board or reply to the email to let the coach know they plan to be at the meet to swim those events. **It is important to check the swim team board regularly because the line-up changes weekly!**

There are 2 divisional meets: Relay Carnival and Divisional Championships.

The Relay Carnival meet consists entirely of relays. All six teams in the division enter one team in each event. 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. Palisades will be the host for this years Relay Carnival.

At **Divisionals** (the divisional championship), the top 2 swimmers per event per age group on our team are entered in the meet. All 6 teams in the division compete. Medals are awarded for first, second and third, ribbons for fourth through sixth places. NWB Dolphins are the host for this years H Divisionals.

B Meets

All swimmers are eligible to swim in B meets, which will be held on Wednesday evenings, June 22 and 29 and July 6 and 13. Swimmers who participated in the previous A meet may swim any event they did **not** swim in the A meet. For example, if your child swam Free and Back in the last A meet, they may swim Fly and Breast in the next B meet. This gives everyone a chance to participate. If you did not swim in the previous Saturday meet then you may enter your child to swim any/all strokes they are able to swim legally. You must sign you child up at the pool or via email between Monday evening and Tuesday at 3 PM. **If you do not sign up by Tuesday at 3 PM your child will not swim in Wednesdays meet.**

MINI Meet

Calverton Swim Club hosts an annual **8 & Under Mini Meet**. This is a great opportunity for our Pre-Team to compete and show what they have learned. All swimmers get ribbons in every event. It is currently scheduled for July 17th. We request that our 8 and under swimmers who qualify for divisionals do not swim in this meet.

Invitational Meets

There are 3 league invitational meets: Coaches' Long Course Meet, Individual All Stars, All Star Relays.

League coaches run the **Long Course Meet**. The top 8 swimmers in the county plus 2 alternates in each event are invited to compete. It is held at the 50 meter pool at Rockville Municipal Swim Center in Rockville, Maryland. Date for this meet is **Tuesday, July 12, 2011**.

The **All Stars Meet and All Star Relays** are held at the end of the season at the Rockville pool. For Individual All Stars, the fastest 16 swimmers and 3 alternates with All Star nominating times are chosen for each event from the entire MCSL. Generally, the first place relay team in each event at each division's relay carnival is sent to the All Star Relay meet. The nominating times are available at the MCSL website (www.mcsl.org).

Practices

Swimmers will practice on weekday afternoons from May 31st through June 16^h while public school is in session. Beginning on June 17th, daily practice will be held on weekday mornings. Evening make up practice for all age groups will be held on Monday, Tuesday and Thursday, starting Thursday June 17th. **Swimmers may swim one practice a day.** Pre-team practice will begin on June 20th and will be held Monday through Thursday mornings.

Regular Team:

May 31 to June 16(M-F)

Practice Schedule

4:15 p.m. – 5:15 p.m.	13 & over
5:15 p.m. – 6:00 p.m.	9-12 year olds
6:00 p.m. – 6:45 p.m.	8 & under

June 17 to July 16(M-F)

Practice Schedule

8:15 a.m. – 9:30 a.m.	13 & over
9:30 a.m. – 10:15 a.m.	9-12 year olds
10:15 a.m. – 11:00 a.m.	8 & under

Evening Practice(MTR)

6:15 p.m.– 7:00 p.m.	M, T, R, all ages
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July 19 to July 23

Divisional practice only

Pre-Team:

June 20 – July 14

Monday – Thursday

10:00 a.m. – 10:30 a.m.	New swimmers
10:30 a.m. – 11:00 a.m.	Returning swimmers

Practice Cancellation - As soon as practice is called (usually weather related) we will send out an email stating the pool is closed. Sometimes we have to cancel in the middle of practice. Our rules for closing the pool are:

- 1) Thunder and lightning,
- 2) It is raining so hard you cannot see the bottom of the pool,
- 3) An unpleasant object is found in the pool.

You may use your own judgement when deciding whether or not to come to the pool during bad weather. Sometimes it may be raining at your house and sunny at the pool. If practice is stopped in the middle of practice we will clear swimmers to the pool house/locker rooms until they can be picked up.

Want to know if practice is cancelled while on the go? Follow NWB_Dolphins on Twitter--get Tweets on your phone.

Themes

A very fun part of the swim meet is dressing up to show your team spirit. We have picked the following themes for this season's meets. Don't worry the coaches dress up too!

June 18 and 22 - Jungle Creatures

June 25 and 29 - Star Wars/Space Creature

July 2 and 6 - Patriotic/Super Hero

July 9 and 13 - Blast from the past - dress in the styles of your favorite decade.

July 16 and 20 - Senior Prom

Divisionals - Mardi Gras

Time Trials

Time trials are scheduled for **Saturday, June 11, 2011** at NWB. Time trials are important because they give each swimmer a starting point from which to measure his or her progress for the season. Time trials also gives new swimmers and their families an opportunity to see what a meet is like. It is also a good practice meet for our parent volunteers.

Swim Team Activities

Team Lunches – Saturdays after each A meet the team gets together to have lunch and distribute ribbons. We will have lunch at the pool after home meets and at a restaurant after away meets. Everyone is invited to join in the fun!

Pep Rallies – Friday nights team members meet at the pool to get ready for the next day's meet. We decorate, put together spirit/costumes and do cheers. Before home meets, parent and teen volunteers help to get the pool set up.

Other activities vary from year to year and typically include a Team Breakfast, Team Dinner and Lip Synch. Please check the NWB Dolphin bulletin board for information about upcoming events. New ideas are always welcome!

Pre-Team Party

The pre-team party will be held at 10 AM on July 14th. The swimmers will have a party and receive goody bags and trophies.

Swim Team Banquet

The swim team banquet is set for Saturday, July 23, 2011 from 6-10 PM at the New Civic Building in Silver Spring. It's located on the corner of Fenton and Ellsworth Avenues. Every swimmer will receive a trophy! Team members and their families are invited for dinner and dancing.

Team Suits: This year we have a new suit: Dolfin-Safari. It is a fully lined nylon suit. Purchasing a suit is optional. Check it out at www.dolfinswimwear.com. Capitol Sport & Swim will be at our Information Meeting on Memorial Day at 9AM with suits for swimmers to try on and purchase. If you are unable to attend and need to order a suit, please contact Lois at Capitol Sport and Swim at 301-949-7366 or cssmd@verizon.net. They are located at 10558 Metropolitan Ave in Kensington, Maryland (www.capitalsportandswim.com). Make sure you let her know you are a member of the NWB swim team for a discount on the suit.

Volunteers

Swim meets normally require about 50 adults to handle all of the roles of timekeepers, officials and concessions. To ensure that we have adequate coverage for every meet, someone from each swim team family is required to sign up to volunteer for 1 job at 1 swim meet for every 2 swim meets their swimmer participates in. All families are required to donate an item to concessions for every home meet they have a swimmer participating in. If you have young children and cannot/would prefer not to volunteer at a meet we have other volunteer opportunities available. Contact Karen Konrad, kkonrad12@gmail.com, if you have any questions or concerns about volunteering.

Each meet requires a number of certified officials. Please consider stepping up to take on one of these jobs this summer! The MCSL provides a one-time training session and NWB volunteers provide additional guidance as needed, including shadowing opportunities. Because many of the families who have served in these roles for a number of years are now moving on, it is **critical** that we have new families volunteer to become certified. Certification is good for 2 years.

Officials have the best view of the swimmers and receive **free food and drink** at any meet they work. Please contact Jessica Moore for information about shadowing or if you just want to learn more about certification (jessica@moofam.net). She will be happy to hear from you. Additional information is available at the MCSL website: www.mcsl.org. **Thank you, Dolphin families!**

2011 Officials Clinics

Advanced Referee

Tuesday, May 24 at 7:00PM at Olney Swim Center -

* to be eligible to attend this clinic, attendees' Referee and S&T certifications must be current or now expiring ('09' or higher in both positions).

Referee, Starter, S&T

- Sunday, June 5, 8:00AM at Olney Swim Center
- Tuesday, June 7, 6:00PM, Hanley Center Multipurpose Room, Georgetown Prep
- Sunday, June 12, 8:00AM at Olney Swim Center

S&T only clinic

Tuesday, June 21 at 7:00PM at Martin Luther King Swim Center

Automation Clinics

Wednesday, June 1, 7:00-9:00 pm at MLK.

Wednesday, June 8, 7:00-9:00 pm at MAC.

Volunteer Job Descriptions

Descriptions of the MCSL certified positions necessary for each meet are listed below. More information is available at the MCSL website: www.mcsl.org

Referee: The referee is the final arbiter of all decision and questions during the meet and has full authority over the officials. The referee should be familiar with MCSL rules, meet procedures, and duties of all officials.

Stroke and Turn Judges: The stroke and turn judges determine whether the swimmers perform their strokes and turns in accordance with MCSL rules. Two judges from each team are required at each meet.

Starter: The starter has complete control over the swimmers from the time the referee signals the start of the race until after a fair start has been achieved. He/she calls the swimmers to their starting positions and to "take their marks" and indicates if any false starts occur.

Automation Coordinator: Team automation coordinator uses MCSL Meet Management Software to prepare meet entry sheets and record swimmer times and heat scoring. Prints ribbon labels, event score sheets, and final meet summary.

The following positions do not require training.

Head timer: Makes sure all timers are in place and ready for each heat. Communicates with ref and acts as third timer when any lane timer needs a back-up time. Need 1 per meet.

Timers: 3 timers per lane are required for all meets, half from each team. That means we need 9 parents per meet. No experience required. A stopwatch is provided and the head timer reviews your duties prior to the start of the meet. Consider splitting a shift with another parent. Great view of the swimmers!

Clerk of Course: All swimmers report to the Clerk before their event. The Clerk organizes the swimmers according to lane assignments and makes sure they have their time cards. (The swimmer hands his card to the one of the timers in his lane just before swimming his event.) Clerk also records scratched swimmers and works with the announcer to call the events with adequate time intervals.

Announcer: Announces all events for the meet as well as check-ins to the Clerk of Course. works with starter to keep the meet running smoothly.

Ribbon Writer: 2 individuals per meet need to receive labels from automation and attaches them to appropriate finish ribbon.

Concessions: Donate, set up, prepare, and help sell food at the meet. Sell meet programs. Help clean up when it's all over.

Hospitality Coordinator: Shop (reimbursed) and prepare food and drink for all the officials and timers and then serve the food during the break at each swim meet.

Saturday Home Meet Lunch Coordinator: Order, pick up and sell food from a restaurant at the pool after every home Saturday A meet.

We will have a Volunteer Fair on Memorial Day, May 30 at 10 AM. Come out and learn about all the opportunities to volunteer and try them out! And a recap of the Memorial Day Meeting will be on Tuesday May 31st at 5:30 PM.

Important Email Addresses and Websites

Swim team reps:

Karen Konrad:	kkonrad12@hotmail.com
Jessica Moore:	jessica@moofam.net
Heidi Armonda:	hsarmonda@gmail.com

Swim team coaches:

Katherine Young:	katherineyoung26@gmail.com
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Melanie Snail
Sam Celotto

melanie.snail@gmail.com
celotto1460@duq.edu

NWB website:

www.nwbpool.com

MCSL website:

www.mcsl.org

Washington Post:

reachforthewall.com

metro area swim league coverage

Lois at CSS:

**cssmd@verizon.net
www.capitalsportandswim.com**

NORTHWEST BRANCH SWIM TEAM 2011 MEET CALENDAR

- 6/11/11 Time Trials @ NWB
- 6/18/11 A Meet: Tanterra– HOME
- 6/22/11 B Meet: Daleview - AWAY
- 6/25/11 A Meet: Palisades– HOME (Team Picture Day)
- 6/29/11 B Meet: Glenwood - HOME
- 7/2/11 A Meet: Lakelands – AWAY
- 7/06/11 B Meet: Twin Farms - HOME
- 7/9/11 A Meet: Little Falls – AWAY
- 7/10/11 A Relay Carnival – Palisades
- 7/12/11 Long Course Invitational Meet
- 7/13/11 B Meet: Glenwood - AWAY
- 7/16/11 A Meet: Seven Locks– HOME-SENIORS
- 7/17/11 Mini Meet for 8 & unders - Calverton
- 7/20/11 Fun and Wacky Relay Meet - Home (NWB)
- 7/23/11 Divisionals – HOME (NWB)
- 7/30/11 Allstar Relays
- 7/31/11 Individual Allstars

DIRECTIONS TO MEETS

Wednesday, June 22 B Meet @ Daleview

Daleview - Daleview Dr, Silver Spring, MD 20901 (301) 434-9555

From Beltway

- I-495 to Exit 29B (University Blvd South toward Langley Park).
- At second light turn left on Buckingham Rd.
- At second street turn right on Linton.
- At first street on left, turn left on Daleview Dr.
- Pool is on your right.

Saturday, July 2 A Meet @ Lakelands

Lakelands - 960 Main Street, Gaithersburg MD 20877

From I-495

- Take I-270 North to Exit 9B, Sam Eig Highway (West).
- Follow Sam Eig Highway to its end.
- Turn right onto Great Seneca Highway (North).
- At the second stop light turn left onto Lakelands Drive.
- Take the first right onto Gatestone Street.
- At the end of Gatestone Street, turn left onto Main Street.
- Pool is on the left.

Saturday, July 9A Meet @ Little Falls

Little Falls - 5001 Little Falls Dr, Bethesda, MD 20816 (301) 718-2469

From the Beltway

- Take the River Road exit, toward Washington.
- Travel ~ 4 1/2 miles to the intersection of River Road and Willard Ave/Greenway. (This intersection is at the second light after the pedestrian overpass over River Road. Willard goes to the left, Greenway goes to the right.)
- Turn right on Greenway.
- Cross over little bridge.
- Take the first left onto Little Falls Drive.
- Take the first left, over the wooden bridge and into the Little Falls parking lot.

Sunday, July 10th A Relay Carnival @ Palisades

Palisades - 6918 Seven Locks Rd., Cabin John, MD (301) 229-9879

From I-495

- Take I-495 to Exit 39 (River Rd.) toward Potomac.
- Left at second light (Seven Locks Rd.)
- Right after .9mi (6918 Seven Locks Rd.)
- Bear left after 100ft. (end of driveway)

Wednesday, July 13th B Meet @ Glenwood

Glenwood - 10012 Gardiner Ave. Silver Spring, MD 20902 (301) 681-7599

From I-495

- Take Georgia Ave. exit North towards Wheaton, MD to Dennis Ave.
- Turn Left at the light at Dennis Ave. Continue West on Dennis Ave. to Gardiner Ave.
- Turn Left on Gardiner Ave. and proceed to the bottom of the hill.
- Turn Left, the pool entrance will be on your right.

From Connecticut Ave

- Take Connecticut Avenue North through Kensington.
- Turn Right at Plyers Mill Road (traffic light at the firehouse).
- Drive approx. one mile past the Oakland Terrace Elementary School to Brunswick Ave.
- Turn Right onto Brunswick Ave. proceed downhill to Dennis Ave,
- Turn Left on Dennis Ave.
- Turn Right on Gardiner Ave. and proceed to the bottom of the hill.
- Turn Left and pool entrance will be on your right.

Glenwood has two parking lots. The main lot is located off Gardiner. The upper parking lot is located at the McKenney Hills Learning Center at 2600 Hayden Dr. The lot can be reached by turning right onto Hayden Dr. at the bottom of Gardiner Ave. There is a sidewalk from the upper parking lot to the pool. Use the upper lot gate to enter the pool facility.

Please do not park in the private driveway at the foot of Hildarose Ave.

Sunday, July 17th Mini Meet @ Calverton

Calverton - 12600 Galway Drive, Silver Spring MD (301) 572-4203

From Beltway I495:

- Take exit 30A Rt. 29 North towards Columbia.
- Follow Rt 29N (Colesville Rd.) to Fairland Rd.
- Turn Right on Fairland Rd.
- Follow Fairland Rd. to 3-way stop sign (Galway Dr.).
- Turn Right onto Galway Drive.
- Pool is on the Left.

From Georgia Ave:

- Take Randolph Rd. east. Cross over New Hampshire Ave.
- Turn Left at light on Fairland Rd.
- Follow Fairland Rd. across Rt. 29 (Colesville Rd.) to Galway Dr. at the 3-way stop sign.
- Turn Right onto Galway Dr.
- Pool is on the Left.

Allstars, Saturday, July 30 and Sunday, July 31 @ Rockville

355 Martins lane, Rockville MD

From I-270

- Take I-270 north to Rt. 28.
- At the light at the end of the exit ramp go straight through (do not turn onto Rt. 28.)
- Proceed on this road past the stop light at Manakee street.
- The pool will be on your right.