

# CHOMP!



Meadowbrook Woods **MAKOS** Swim Team

CHOMP 2019 · ISSUE 2



## Next Meet

06/15 – Stonewall (Home)  
Arrive & Check-in by 5:45am  
Warm-ups begin at 6 am!!!

## Upcoming Meets

06/22 – Westridge (Home)  
06/29 – Southbridge (Home)

## SWIM JOKE

**Q:** How do you make a shark laugh?

**A:** Tell a Whale of a Tale.



# MAKOS NEWS

- ➔ The Meadowbrook Makos host the Stonewall Explosion this Saturday, June 15<sup>th</sup>!
- ➔ Come join us at the Meadowbrook Clubhouse this Friday, June 22<sup>nd</sup> at 6:30pm for our first Pep Rally of the season!
- ➔ No swim cap? No goggles? No problem! Kari Cassidy and Karen Gerhart always have caps, goggles and goggle straps for sale! You can find them at the concession stand during home meets.
- ➔ Volunteer Positions – There may have been a whisper of a tear in our cold-hearted Meet Manager's eye when she gazed upon the completely filled job sign-up roster. WAY TO GO!
- ➔ Volunteers! **Check-in** when you arrive (even if you are signed up for a later shift) **with** our Meet Manager, **Jean Meink**, who may have further instructions for you. Make sure to let her know if you need to leave your shift early. *Oh, if you signed up your significant other for a job, don't forget to let them know!* 😊
- ➔ Our evening clinics began this week! Clinics are held every Tuesday and Thursday evening and are 30 minutes long. They give swimmers an additional opportunity to work on a specific stroke or skill. For more information, click [here](#).
- ➔ Can't make the meet? If you forget to OPT your child OUT or plans have changed, please contact Coach Bradley ([bradm90@vt.edu](mailto:bradm90@vt.edu)) before the meet on Saturday. Don't forget to let the Meet Manager know if you have signed up and are no longer able to volunteer by contacting Jean directly at (703) 895-2703.

# FRIDAY NIGHT PEP RALLY

Our 1<sup>st</sup> meet is at HOME! That means it's time to CHEER!!!

- Pep Rally begins at 6:30pm.
- Pizza will be served.
- Last names A-M please bring a dessert
- Last names N-Z please bring a salad/side dish.
- More details on Friday.



## Spirit Events & Fundraisers

### Fundraiser



FROSTIE MOOSE fundraiser is TODAY, Thursday, June 13<sup>th</sup>! Just mention you are with the Makos and our team gets 15% of the profits! Be sure to tell your friends!

### Spirit Events



Vertical Rock sign up due this Friday, June 14<sup>th</sup>. You must register and pay online in order to participate. Don't forget to fill out the online waiver too!



Sky Zone sign-ups are due by June 19<sup>th</sup>. Again, in order to participate, you must register and prepay online. In addition to also filling out the online waiver, please fill out the roster from Sky Zone.

JACs - Don't forget to sign up!

# Morning Practice Schedule

Regular Season Practice – June 12<sup>th</sup> – July 26<sup>th</sup>  
 Practice held 5 days per week (No practice Thursday, July 4<sup>th</sup>)

	7:45 – 9:00 am	8:45 – 9:45 am	9:30 – 10:45 am
Minnows			
8 and Under			
9 – 10 Age Group			
11 – 12 Age Group			
13 – 14 Age Group			
15 – 18 Age Group			

*Good things  
 come to those  
 who swim!*



## 2019 MEET SCHEDULE

- 6/15 Stonewall (home)
- 6/22 Westridge (home)
- 6/29 Southbridge (home)
- 7/6 Old Bridge (away)
- 7/13 Virginia Oaks (away)
- 7/20 Dale City (away)

I would encourage you to set really high goals. Set goals that, when you set them, you think they're impossible. But then every day you can work towards them, and anything is possible, so keep working hard and follow your dreams.

*Katie Ledesky*



## New Makos Swimmers!

Your first swim meet is this Saturday against the Stonewall Explosion!

Here are some tips to help you have an **Awesome** first meet!

- Pack your bag the night before the meet! Check out the Swim Meet Checklist for the things you need to bring!
- Don't stay up late the night before the meet! Get a good night's sleep!
- Set your alarm! On the morning of the meet, you should arrive no later than 5:45am! Warm-Ups will begin at 6:00am!
- When you arrive, please CHECK-IN so you know what events you are in!
- If your parents are volunteering, please remind them to checkin with Mrs. Meink!
- Don't forget your goggles! And bring extra towels!
- The meet officially starts at 7:00am! Keep your ears open to hear when you need to line up for your event!
- Finally, the most important thing you need to do is to **HAVE FUN! CHOMP!**



### SWIM MEET CHECKLIST

Swimsuit

Goggle(s)

Swim Cap(s)

Towel(s)

Sunscreen

Water

Snacks

### EXTRAS

Tent Chair(s)

\$ for Concessions

# We always need volunteers!

**Parents, learn the volunteer positions and what is expected of you at a swim meet!**

*Your swimmer* **needs YOU** at their swim meets!

For most positions, no experience is necessary and on the job training is provided. Volunteer positions are typically scheduled in 2.5 hour shifts and many jobs put you in a prime spot at the edge of the pool to watch your child swim!

Positions that aren't right at the edge of the pool are flexible enough for you to take a break and watch your child swim.

Below is a list of the typical volunteer jobs at the swim meets:

**Concessions** - At all home meets, there is a concession stand organized and staffed by volunteers. This is a primary fundraiser for the team! You will take orders, serve food, collect money, make change and spend much of your time standing.

**Clerk of Course** - Organizes swimmers from all the participating teams and gets them to the right place at the right time. Assigns swimmers to heats based on previous times, lines swimmers up according to lane numbers, and sends the heats to the start.

**Officials** - Training is available! Stroke and Turn - Observe swimmers from sides and ends of pool to ensure that the swimmers comply with the rules governing each stroke, turn, finish, and relay exchange. Indicates infractions (DQ) by raising one hand. Starter - calls heat into position and gives the command "Take your mark" and signals the start. Referee - overall authority and control of the competition. Decides all questions relating to the conduct of the meet.

**Timers** - Timers stand on deck and operate manual stopwatches. There are three timers per lane. After each heat, the timers read off the times to the lane recorder. This is a fun job and goes by quickly.

**Head Timer** instructs and coordinates the timers. They carry extra watches in case a lane timer has a problem with their watch. The Head Timer starts their watches at the beginning of each race and looks out at the timers for a raised hand. A timer that raises their hand has a watch failure. The Head Timer will switch watches with the lane timer.

**Heat Ribbons** - You will stand and watch every heat during your shift to see who wins each heat. A heat ribbon is passed out to every heat winner. The swimmer who touches the wall first gets a ribbon. If it's too close to call both swimmers get ribbons. This job can be very rewarding as younger swimmers love winning heat ribbons!

**Recorder** - Sits at the end of a swim lane and writes the swimmers times down on cards that will be scored. Recorders also verify with the swimmer as they exit the pool, that their name is on the card you are holding.

**Runner** - Runners pick up cards from the recorders after each heat and delivers them to the Scorers. The runner may also work with the head official to collect DQ slips and deliver with the cards to the Scorers.

**Scorers** - After the heat is finished and the Runner delivers the swimmers' time cards, the Scorers and Verifiers work together to figure out the official time for each swimmer.

**Computer** - After the Scorers and Verifiers are done. The time cards are given to the Computer Operators to enter results on the computer using the Meet Manager Program. Swimmers' official times are entered into the computer. Place and points for each event and score for the meet are calculated by the computer. Data is verified. Labels are printed for the place ribbons.

**Ribbons** - After Computer operators print labels for award ribbons, Ribbon volunteers place labels on the correct ribbon and sort by team and age. Achievement Ribbons - If a swimmer improves his/her previous fastest time at least by one (1) full second, an appropriate ribbon is labeled and filed with the place ribbons.

**CLEAN-UP** - After each home meet, our team is responsible for returning the pool to its original state. This means removing lane lines and backstroke flags; returning tables, chairs, and lounges to their original spots, and picking up and removing all trash and lost & found items. If everybody cleans up around their area and helps move just a few chairs, the job will get done in minutes. When we visit another pool for a swim meet, please be sure to leave the area the way you found it. Pick up all the trash in your area, whether you made it or not. Thank you in advance for helping with clean-up!

**It takes 60-75 volunteers to run each swim meet!**

**Per your registration agreement, if your child is swimming, at least one parent is required to volunteer for every meet.**

## Questions about Prince William Swim League (PWSL) Dual Meet Scoring

**Overview.** PWSL dual meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events. The team with the most points wins the meet.

**Relay Event Scoring.** *Points are awarded for the first 2 places as shown.* First place in relay events is won by the fastest legal swim, the opponent takes Second Place by completion of a legal swim. The same team cannot score points for both First and Second Places. *Ribbons are awarded to each relay swimmer in the first, second, and third legal swims based on time.* The same team can receive ribbons for first, second, and third place finishes.

Relay Teams	
Place	Points
1	47
2	32

**Individual Event Scoring.** Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to 12 places per event as shown.
2. The fastest 6 finishes for each team will score points by completion of legal swims.
3. The same team cannot score points for more than 6 places.

Individuals	
Place	Points
1	13
2	11
3	10
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

Ribbons are awarded to the top 12 legal finishes, regardless of team, based on time. Ribbons are also awarded for the top 12 6&Unders in Free and Back events based on time.



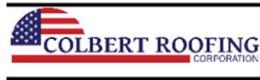
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