2017 Deer Brook

Swim Team Handbook



 



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Spring 2017

Dear Parents,

The Deer Brook coaching staff welcomes you to the 2017 Summer Swim Season. It is our goal to help the young people who participate in our program mature and develop physically, mentally and emotionally; and to promote good sportsmanship, good health and age-appropriate decision-making.

If this season is a success, our swimmers will meet each of the following goals:

* + Develop an appreciation for personal growth;
	+ Develop an appreciation of group success and sportsmanship;
	+ Develop a consistent work ethic; and
	+ Develop persistence in reaching personal goals

 The staff and I look forward to a great season and a positive and beneficial experience for your child.

For the coaching staff,

Andrew Girman

Head Coach

**The Coaching Staff**

1. **Andrew Girman-Head Coach (email:** **swimcoachg@gmail.com****)**

Coach Andrew returns for his 12th season on the Deer Brook staff. He is a graduate of The College of New Jersey (TCNJ) and received a graduate degree from Temple University. He was captain of TCNJ’s Swim Team where he excelled in the middle-distance freestyle events and held school records in both the 200 Freestyle and the 500 Freestyle. Andrew achieved All-American Academic and Athletic Leadership Honors and served as a TCNJ assistant coach after graduation. Additionally, he has been assistant swim coach at Haddonfield Memorial High School, Sacred Heart High School, and Franklin & Marshall College.  He has served on the staffs of Total Performance and Nike Swim Camps.  Andrew is a member of The American Swim Coaches Association (ASCA) and is Level 3 certified.  He is a 6th grade math teacher in the Gloucester Township School District, and he also assists with the South Jersey Aquatic Club (SJAC). When not teaching or coaching, Andrew enjoys spending time with his wife, Flo, and sons, Nicolas, Lucas, & Oliver.

1. **Meghan Warren-Assistant Coach**

 This is Meghan’s 11th season coaching for the Bluefish.  Meg graduated from Ohio Wesleyan University in 2009 with a degree in Elementary Education.  She swam on the Ohio Wesleyan University Women’s Swim Team, was named Co-Captain of the Swim Team her senior year, and was named in the Top 50 Scholar Athletes for OWU.  Meg swam for Deer Brook for 12 years, Shawnee High School, where she was Co-Captain, and for Jersey Wahoos for 9 years.  She is currently a 3rd grade teacher at Jaggard Elementary School in Marlton.  Meg currently swims for the SJAC Masters Swim Team.  She is thrilled to be back with her Deer Brook family for another memorable summer!

**3. Jacob Fleisher- Swimmer Coach**

Jacob Fleisher will be starting his second year swimming at Middlebury College. Jacob will continue his studies as an economics major in the fall. In his first year, he was a finalist at the NESCAC Conference Championship. Jacob swam as a Bluefish for 14 years. He also swam and was named captain of both Shawnee High School and the Jersey Wahoos. He is looking forward to spending his mornings with such a great team this summer.

**4. Megan Strachan- Swimmer Coach**

Megan Strachan has been a Deer Brook Bluefish for 13 years. During high school, she swam for Shawnee High School and SJAC. This fall, Megan will be swimming at Swarthmore College. She can't wait to share great times with the team during her last summer as a Bluefish and couldn't be more excited to join the coaching staff!

**Deer Brook Swim Team History**

The Deer Brook Swim Team, known as the Bluefish, was organized in the summer of 1974 to represent the Medford Area in the Burlington County Swim League. In 1977, Deer Brook was accepted into the highly competitive Tri-County Swimming Pool Association (Tri-County). As dictated by the Tri-County rules, Deer Brook joined the league at the bottom of the lowest division (F-Division) in 1977. Through consistent success, our team worked its way to the top of Tri-County and joined the A-Division in 1985, where we have been ever since. The Deer Brook Swim Team is recognized as one of the premier summer swim teams in South Jersey, consistently finishing in the top 3 at the Tri-County Championship. In 1999 Deer Brook took the “Triple Crown” by finishing undefeated in the A-Division and winning both the Burlington County and Tri-County championship meets. Since that year, the Bluefish have had continued success, winning the Burlington County championship meets in 2000, 2013, 2014, 2015 and 2016.

**Swim Team Philosophy**

 The Deer Brook swimming program exists to provide a competitive and recreational environment where children of every age and skill level develop and thrive. Bluefish are expected to hone their sportsmanship while advancing their skills. Important measures of our program’s success are the number of personal best times our swimmers achieve and the number of meets we win, so we strongly encourage team members to set goals toward which they can strive throughout the season. However, in summer swimming, perfecting skills and winning meets are secondary to learning positive life lessons and experiencing first-hand the vital importance of teamwork.

**Swim Team Registration**

 All team members must register for the team in order to participate. Pre-registration takes place in March; however, swimmers can still register later by emailing dbbc26@gmail.com. All members of the swim team must be children of active Deer Brook Swim and Tennis Club members. A registration fee of $90 for the first swimmer and $80 for any additional swimmer is charged by the Deer Brook Booster Club for participation on the swim team. Developmental swimmers are charged $50. A $25 late fee is added for all late registrations after May 1st, except for new developmental team registrations. The registration fee covers the team t-shirt, team cap, league and championship registration fees, and competitive meet insurance fees. Due to the limited number of extra t-shirts available, late registrants are not guaranteed a shirt. Please contact the Ways and Means Committee through email at dbbc26@gmail for information on shirts and other team apparel.

**Swim Team Attire**

 All swim team members are expected to wear the official team cap and encouraged to wear the official team swimsuit and t-shirt at every Deer Brook meet. The Deer Brook team suit is the TYR Phoenix Splice Diamondfit and can be purchased at Danzeisen & Quigley (D&Q), 1720 E. Marlton Pike (Route 70), Cherry Hill, NJ, (856)424-5969 ([www.dandq.com](http://www.dandq.com) ). Any questions about the team swimsuit and team cap can be directed to the Ways and Means Committee through email (dbbc26@gmail.com) or by dropping a note in the Ways and Means Committee file folders.

It is suggested that team swimsuits not be worn at practice because constant usage may cause the suit to fade and stretch quickly. Practice suits can be purchased at D&Q and various athletic stores in the area. Tri-County Qualifiers are issued a special swim cap honoring their participation in the Tri-County Championship and are encouraged to wear this cap during the championship meet.

**Swim Meet Information**

**The Tri-County Swimming Pool Association**

 Tri-County is the premier swim league in South Jersey and consists of 36 teams throughout Burlington, Gloucester, and Camden Counties. Tri-County organizes teams into six divisions (A-F) based upon achievement. The A-Division, in which Deer Brook has competed since 1985, consists of the six most highly-rated programs. Tri-County reorganizes divisions every year. At the end of the season, each division champion moves up to the next highest division, and each last-place team is relegated to the next lower division

**Competition Levels**

 Tri-County offers two levels of competition - - A Meets and B Meets. Although there are two different swim meet opportunities, we do not have and “A Team” or “B Team.”

**Time Trials**

 Time Trials are held the Saturday before the first A Meet. It is very important that all swimmers attend Time Trials. The purpose is to time each swimmer in all four strokes and the times are used to select swimmers for the first A Meet, as well as to measure swimmers’ progress throughout the season. Swimmers’ performances at Time Trials will not decide their participation in meets for the whole season, only for the first meet.

**A Meets**

A Meets are the Saturday morning dual meets against the five other A Division teams. Tri-County meets are run according to United States Swimming (USS) Association short course rules. Only A Meets count towards a team’s division standings and only times achieved in A Meets count as qualifying times for the Tri-County Championship.

 Deer Brook coaches consider a variety of factors in selecting swimmers and the events they will swim in A Meets. These factors include: Time Trial times; prior A & B Meet results; practice attendance/performance; and meet strategy considerations. The coaches develop a strategy for each meet. The strategy may result in swimmers not swimming their preferred (or best) stroke in a meet, as coaches have discretion to take a big picture approach to maximize team points. Occasionally a swimmer may be asked to “swim up,” or compete in an older age group in a meet at the coaching staff’s discretion. The swimmers representing Deer Brook in A Meets will change weekly.

**A Meet Information**

*Official Lanes*: all lanes for individual events, middle two lanes in relay events

*Times*: Times are recorded and official for all individual events and relays

 *Scoring*: Individual Events: 1st=5 points, 2nd=3 points, 3rd=1 point.

Relay Events: 1st=7 points, winner take all

 *Ribbons*: 1st-4th place for individual events, 1st place for relay events.

*Lane Distribution*: The home team will swim in the odd lanes (lanes 1, 3, and 5) and the visiting team will swim in the even lanes (lanes 2, 4, and 6).

**What to Expect**

* The coaches will notify swimmers of the A Meet lineup and the meet warm-up times at Friday’s practice.
* The meet lineup also will be posted on the bulletin board under the pavilion during Friday’s practice. If your swimmer’s name appears on the lineup, the coaches expect him/her to be at the A meet to swim his/her event.
* Swimmers should sit in the team area during the meet so no events will be missed. Clubhouses, fields, and courts are off limits during both home and away meets.
* The Clerk of Course has the event cards. Swimmers should report to the Clerk of Course to get their event cards. The Clerk of Course will not search for swimmers.
* Swimmers should watch the meet, cheer for their teammates, and show good sportsmanship at all times. Always be mindful of the Deer Brook Team Standards of Conduct.
* The heat sheet lists the swimmers and their events and will be posted in the team area. Parents should check the heat sheet to confirm their swimmers’ individual events and also verify if a swimmer is swimming in a relay. Please do not take your swimmer home before a meet ends without checking with the coaches.
* Parents should stay in designated spectator areas. The area behind the timers (by the clubhouse) must be kept clear so that swimmers may be positioned for the next race. The call for quiet (referee’s whistle) must be observed if the starter is to start each race fairly.
* Swimmers should report to their coaches after they swim.
* The coaches will hold a meeting in the team area after each meet to review the team’s performance.
* After the meet, the entire team is expected to make sure that our team area is completely clean and the pool is ready to be opened for the club.
* If the A meet is an away meet, the team will meet at Deer Brook and caravan to the other club. Caravan and warm up times will be communicated prior to the meet. Once the caravan arrives at the other club, Bluefish and families wait outside the club for the coaches to lead everyone inside. If you do not caravan, please wait outside the club until the team arrives.
* Directions to all clubs can be found under the “Clubs” tab at [www.tricountyswimming.org](http://www.tricountyswimming.org) , and under the “Directions to Meets” tab at the Swim Team section of our website .

**Bluefish Grill**

After the home A Meets, plan on having a delicious family lunch at the award-winning Bluefish

 Grill to celebrate a job well done!

**B Meets**

B Meets are held on Wednesday evenings. They do not affect teams’ Tri-County standings. The primary purpose of B Meets is to give swimmers aged 14 and under who may or may not participate in A Meets, the opportunity to develop their skills in a less intense setting. Swimmers can sign up for events that their age group competes in during A Meets. A swimmer who has qualified for the Tri-County Championship in two or more events is not allowed to swim in B Meets. A swimmer who has one qualifying time may compete in a B Meet except for the stroke in which they have a qualifying time. Times achieved in B Meets may be considered for A Meet lineups but are not considered qualifying times for the Tri-County Championship because B Meets do not follow USS Association rules.

**B Meet Signups**

Sign up for B Meets on our website. Go Events, click on the meet date and name, then “B Meet Sign Up”, and follow the prompts to sign up for the meet. A swimmer may enter up to three events. Swimmers may choose from the following events: 25M Kickboard Race (6 & Under), 100M IM, 25M Freestyle, 25M Backstroke, 25M Breaststroke, 25M Butterfly, 50M Freestyle, 50M Backstroke, 50M Breaststroke, 50M Butterfly. Meet signups begin each Thursday before the B Meet and close on the Monday before the meet.

**B Meet Information**

*Times*: Times are recorded by the coaches only for informational purposes.

*Scoring*: No running meet score is kept

*Ribbons*: 1st-6th places for individual events, and 1st place relay events. Deer Brook does not enter relays at B Meets and relays are not usually contested due to time constraints with weeknight meets.

*Lane Distribution*: The home team will swim in the odd lanes (lanes 1, 3, and 5) and visiting team will swim in the even lanes (lanes 2, 4, and 6).

**What to Expect**

* Swimmers should sit in the team area during the meet so no events will be missed. Clubhouses, fields, and courts are off limits during both home and away meets.
* The heat sheet lists the swimmers and their events. It will be posted in the team area. Parents should get your swimmer's event, heat, and lane during warm-ups. In order to expedite Wednesday night B Meets, coaches may enter swimmers in different age groups. This helps to fill all available lanes and keep the meet within required time limits.
* The Clerk of Course will post the event number they are calling on a whiteboard and distribute event cards in the staging area. Parents must keep their swimmer near the Clerk of Course four events prior to the event number in which their swimmer is entered. The Clerk of Course will not search for swimmers.
* Volunteers in the staging area will make sure that swimmers get to the starting blocks for their events. Parents please stay in designated spectator areas. The area behind the timers (by the clubhouse) must be kept clear so that swimmers may be positioned for the next race.
* The Kickboard Race and 100 IM report to the Clerk of Course by 5:55 pm.
* Swimmers should watch the meet, cheer for their teammates, and show good sportsmanship at all times. Always be mindful of the Deer Brook Team Standards of Conduct.
* Swimmers should report to their coaches after they swim.
* After the meet, the entire team is expected to make sure that our team area is completely clean.
* Directions to all clubs can be found under the “Clubs” tab at [www.tricountyswimming.org](http://www.tricountyswimming.org) , and under the “Directions to Meets” on our website.

**Bake Table** During home B Meets, pizza is available for sale so you don’t have to worry about what your family will have for dinner!

**Inclement Weather**

If the weather is questionable, swim team members should still travel to the club holding the meet. Tri-County rules require that teams travel to the club hosting an A Meet to “wait out” the weather until 10:00am when the coaches, referee, and the Tri-County Representatives for each club will decide whether the meet will continue. For both A and B Meets, please check your email and our website for weather-related updates. If there are no cancellations or delays, please be on time for warm ups.

**Championship Meets**

There are two championship meets, Burlington County Championship and Tri-County Championship, held the two weekends after the last A Meet. Even if a swimmer does not have a Tri-County qualifying time in an individual event, the coaches may select the swimmer to participate in an individual event and relay in the Burlington County Championship and/or a relay in the Tri-County Championship. Championship meet entries may not be changed once entered, therefore, it is very important for parents to email the coaches if a swimmer will be absent from any meets. The coaches will post the lineups for both Championship Meets on the bulletin board under the pavilion on the Sunday afternoon following the final A Meet.

**Burlington County Championship**

The Burlington County Championship Meet features the nine Tri-County swim clubs located in Burlington County. Each team’s coaches choose one swimmer to swim in each individual event and choose one medley and freestyle relay team for each age group. For the 11/12, 13/14, and 15-18 age groups, a representative can also swim the Individual Medley (IM) as well as one individual event. Each event will have nine swimmers, one from each club. It is important to note that while the coaches will attempt to maximize the number of swimmers involved in the Burlington County Championship, parents should understand the limitations imposed by the structure of this meet. This year the Burlington County Championship will be held on July 29th.

**Tri-County Championship**

The Tri-County Championship is a two-day meet in which all the teams in Tri-County come together. The first day of the meet is a day of preliminary swims for swimmers who have met qualifying times, while the second day is the final swims. A swimmer must have competed in at least two dual meets to be eligible for the meet. This rule may be waived by the Appeals Committee only upon presentation of a medical certificate. All participants must achieve the Tri-County Qualifying Time Standard in an official A Meet to enter this meet in an individual event. For relay events, there are certain criteria for each age group as to the amount of relay teams that qualify. However, each club may enter only one relay team per relay event. All participants must compete in events within their appropriate age groups and can swim a maximum of two individual and two relay events. This year, the Tri-County Championship will be held on August 5th & 6th, 2017 at Wenonah Swim Club in Wenonah, NJ.

**Order of Events**

1. *Kickboard Races*: Only for swimmers 6 and under and are only held during B Meets. However, not all B Meets hold kickboard races, so check the B Meet sign-up sheet

2. *Individual Medley*: Only for swimmers aged 11 and older. The individual medley or IM is a race in which one swimmer swims each of the four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

3. *Medley Relays*: Each leg of the relay is swum by a different member of the relay team within the age group. The relay is swum in the following order: backstroke, breaststroke, butterfly, freestyle. The 8 and under and 9/10 age groups swim one lap (25 meters) of each stroke in their medley relays; while the 11/12, 13/14, and 15-18 age groups swim two laps (50 meters) of each stroke. Deer Brook only enters relays at A Meets.

4. *Freestyle*: The 8 and under age groups swim one lap, the 9/10 and 11/12 age groups swim two laps, and the 13/14 and 15-18 age groups swim four laps of freestyle.

5. *Backstroke*: The 8 and under age group and 9/10 age group swim one lap; the 11/12, 13/14 and 15-18 Girls age groups swim two laps; and the 15-18 Boys swim four laps of backstroke.

6. *Breaststroke*: The 8 and under age group and 9/10 age group swim one lap; the 11/12, 13/14 and 15-18 Girls age groups swim two laps; and the 15-18 Boys swim four laps of breaststroke.

7. *Butterfly*: The 8 and under age group and 9/10 age group swim one lap; while the 11/12, 13/14 and 15-18 age groups swim two laps of butterfly.

8. *Freestyle Relays*: Each leg of the relay is swum freestyle by a different member of the relay team within the age group. The 8 and under age group swims one lap of each stroke in their freestyle relays; while the 9/10, 11/12, 13/14, and 15-18 age groups swim two laps of each stroke. Deer Brook only enters relays at A Meets.

**Practice Information**

**Practice Times**

 Afternoon practice traditionally begins the day after Memorial Day and continues until the end of the Medford Township Public School year. Morning practices traditionally start the day after the end of the Medford Township Public Schools year. Both afternoon and morning practice times will be posted on the website in the late spring.

**The Developmental Swim Team Group**

 Developmental Group swimmers are selected by the coaching staff based upon new swimmer evaluation testing which occurs the first week of afternoon practices. Swimmers in this group must be able to swim a moderately strong ½ lap of freestyle and show the ability to do another stroke. Please note that swimmers can potentially progress so much throughout the season that the coaches may allow them to participate in regular swim team practices by the end of the season.

*Practice Time*: The group will not start practicing until the team begins morning practices. The group will practice daily for approximately 30 minutes at 12pm.

*Goals*: The Developmental Team goal is members to learn how to become stronger in the water and learn all four strokes.

 *Meets*: Swimmers in this group will participate in B Meets.

**Attendance**

 Deer Brook swimmers are expected to attend daily practice and a minimum of two meets. The coaches will consider practice attendance and performance in selecting meet line-ups. Please notify the coaches if your swimmer is going to be absent from practice for two or more consecutive days. It is also very important to notify the coaches as soon as possible if your swimmer won’t be available for a meet, including a championship meet (championship entries can’t be changed once entered), so they can plan the meet lineup accordingly. To notify the coaches of an absence, please visit the swim team’s website site and go to the link, “Report Absence”.

**Medical Appointments**

If at all possible, medical or dental appointments should be scheduled at times that do not conflict with your child’s practices.

 **Part-Time Work**

The senior members of the swim team will practice early in the morning so that they may still have plenty of time to hold a part-time job or other activities. If a swim team member has a part-time job that conflicts with a practice time, he or she should discuss the issue with the coaches.

 **Vacations**

We ask that Deer Brook team families schedule vacations after the season is completed. Of course, some times this is not possible. In those cases, please notify the coaches about absences as soon as possible so that they may plan meet line-ups accordingly.

 **Summer Camps**

Swimmers who wish to attend various camps during the swim season should notify the coaching staff. In order to accommodate team members who attend camps and/or other sporting events, the coaching staff offers campers’ practices in the afternoon. Information about these practices will be communicated on the team website and by email. Swimmers can sign up for campers’ practice on the team website.

 **Other Competitive Swim Programs**

Members of the Deer Brook Swim Team who are enrolled in other year-round competitive swim programs are still considered full-fledged members of the team. These swimmers may have conflicts in work-out schedules and perhaps even meet schedules. Team members enrolled in these alternate swim programs must inform the coaches about their alternate practices in order to be excused from Deer Brook swim practices.

**Start & Turn Clinics**

 The Clinics are optional but offer a good opportunity for extra instruction and improvement. Swimmers sign up on the website where clinic times will also be posted. A nominal non-refundable fee will be charged. If a session is canceled due to weather, there will be a makeup clinic scheduled for the following week.

**Communication**

**General Communication**

There are 5 resources you can turn to when trying to locate information about the Deer Brook Swim Team.

 1. *File Folders*: There are boxes of file folders in the clubhouse, labeled with each family’s last name and with each coach’s name. There are separate boxes for swim families, dive families, and coaches and booster club members. There are also files containing event sign-up sheet forms. Check you file daily as ribbons and important information throughout the season will be placed here.

 2. *Bulletin Board*: Underneath the pavilion there is a large white bulletin board that will be frequently updated with posters advertising different information throughout the season. Try and check the bulletin board as much as possible since information about pep rallies, A and B meets, and Bluefish of the Week are often advertised here.

 3. *Website*: We use team unify as the official website for the Deer Brook Swim Club. Direct your attention to the “Bluefish Swim and Dive Teams” link for Swim and Dive Teams’ Home Pages, Meet Directions, and the 2015 Team Calendar.

 4. *Email*: It is *imperative* to check your email *daily* for team updates. Information about any practice/meet cancellations due to weather, pep rallies, and other events are sent through email on a regular basis. If you are NOT receiving any emails, send your email address to: dbbc26@gmail.com (for the swim team) and dive@deerbrookonline.org (for the dive team).

 5. *Ask*: There are many veteran Bluefish parents at the pool every day and they will be happy to point you in the right direction and provide personal insight.

**Communication with Coaches**

We encourage constant communication between swimmers, coaches, and parents, however, there are certain guidelines that should be considered to ensure proper and efficient communication.

 1. Any general questions about the swim team should be directed towards a booster club officer so our coaches can continue to dedicate 100% of their time to teaching your swimmer. You can email your questions to dbbc26@gmail for the swim team or by dropping a note into the coaches or booster club chairs’ file folders.

2. If you have a specific question for one of the coaches, the best way to communicate with them is through email, by dropping a note in their respective file folders, or by speaking to them after practices/meets. Parents are discouraged from talking to coaches during practices or meets because even a brief conversation will distract the coaches from their work.

3. Coaches and the Booster Club will communicate to team members and parents through email, updates on the Deer Brook Website, posters underneath the pavilion on the bulletin board, and through announcements placed in each family’s individual file folder.

4. Concerns may also be brought up at the Booster Club meetings which are held year-round in the Clubhouse. These meetings usually take place the 3rd Thursday of every month at around 7:30 pm.

While parents may occasionally disagree with Deer Brook staff’s decisions, they are invited to discuss their concerns privately with the staff. Deer Brook is a positive family environment and the public airing of grievances with Deer Brook or its staff, via social media or otherwise, is destructive to the positive environment we have worked so hard to create, and cannot be tolerated. Likewise, public confrontations or hostility directed toward anyone, including Deer Brook staff, volunteers, swimmers or parents, are behavior contrary to our philosophy and the lessons we are committed to teaching, and are completely unacceptable. Always be mindful of the Deer Brook Swim & Dive Team Standards of Conduct.

**Parental Involvement and Support**

Having parents involved is crucial in making our team a success. In fact, the Deer Brook swim season could not happen without plenty of parental support. There are many opportunities for parents to get involved and share their talents while the swimmers are developing and sharing theirs. Remember that all parents were once “new parents,” so please do not be shy about volunteering your help with the Booster Club and/or with the operation of the swim meets.

 **Booster Club**

The Booster Club was established to promote the swim team program. The club’s activities include: organizing the swim team, organizing pep rallies and parties, providing for the proper conduct of swim meets and conducting various fundraisers to benefit the team. Booster Club meetings cover the decisions and organizational activities needed for the upcoming season or meet. Please contact the chairpersons for specific meeting dates. All parents of swim team members are encouraged to attend these meetings.

**Volunteering**

With the exception of our outstanding coaching staff, Deer Brook depends entirely on the work of volunteers, including organizing the program, running the meets and raising money. Please contact the Booster Club Chairpersons if you can help in any of the following areas: timing; running cards (for meet scoring); manning the bake table or grill during meets; meet set-up; meet clean-up; parking; meet hospitality (serving refreshments to officials); team area supervision; lane liner (helping swimmers to the correct lanes); or Booster Club member.

 **Officiating**

Most officials at your child’s swim meets are parent volunteers. In order to become an official, you have to be certified after attending a training clinic. Information on these clinics can be found on the official Tri-County website, [www.tricountyswimming.org](http://www.tricountyswimming.org).

**Pictures & Video**

Parents are encouraged to film and photograph their children while swimming. Video footage can help teach children and improve their strokes. Please share your meet/practice pictures and video so that it may be included in the year-end DVD. Email dbbc26@gmail.com if you have anything to contribute.

**Frequently Asked Questions**

 **What can I do if my child resists going to practice?**

 Swimmers and divers of all ages and abilities occasionally complain about going to practice. Some children may complain about the air or water temperature as a reason for not wanting to attend practice. Regardless, it is important for your child to attend practice in order for their skills to improve throughout the season. It is also important for your child to remember that they are a part of a team, and their actions and decisions affect the whole team.

 **Can I bring my other children to the club during practices?**

During morning practices, the pools and grounds are closed to general membership business. No one is allowed in the pools, on the playground, or in other gated areas until after 12 pm when the club is opened for business hours (except for the tennis courts that are available to adults by the outside gate even during off-hours). It is important to abide by these rules because there are only a limited number of lifeguards on duty during morning practices.

**Will my child swim in A meets, B meets, or both?**

It is the coaches’ decisions as to who will be swimming in A Meets. Due to Deer Brook’s place in the A division of Tri-County, meets are very competitive, so not every swimmer will have the opportunity to swim in A meets.

 Swimmers age 14 and under can swim in B meets. Swimmers are not allowed to swim an event in which they have achieved a Tri-County qualifying time.

**Why isn’t my child swimming his or her favorite event in an A Meet?**

Although your child may have a favorite event, the coaches strategically place swimmers in the events that they will score the most points for the team. This is an important opportunity to teach swimmers about teamwork.

**How can I become familiar with the meet environment?**

 First, familiarize yourself with the information in the handbook. Next, review the swim meet order of events. Finally, do not hesitate to ask any of the veteran Bluefish parents if you have any questions.

**How does my swimmer earn a qualifier fish?**

 Qualifier fish are hung under the pavilion. Every child who achieves a Tri-County Championship qualifying time standard in an individual event at an A Meet earns a qualifier fish. Unfortunately, B Meet times cannot be considered qualifying times because B Meets do not follow USS Association rules.

**Can my swimmer qualify for Tri-County Championships at Burlington County?**

 No. A swimmer can only achieve a Tri-County qualifying time standard at an A Meet.

**Why did my swimmer get disqualified?**

 A swimmer may be disqualified (DQ’ed) in a meet for doing something incorrect. The DQ should be viewed as a learning experience and not as a penalty. The coaches receive notification of the DQs so they can assist the swimmer in correcting their technique in practice.

**Suggestions for a Successful Season**

**Bluefish Builder’s Twelve Step Program**

 1. Go to bed early. A rested swimmer is a strong swimmer.

2. Eat right. Plenty of fruits, vegetables, and carbohydrates (pasta). No refined or processed foods.

 3. Bring a filled water bottle to each meet.

4. Make sure your swimmer has an extra pair of goggles/cap and also cards, games, iPod, etc. to keep him/her busy between events.

5. Powder or baking soda in a dry cap helps to make it go on easier.

6. Wear sandals or swim shoes to keep feet clean and dry.

7. Bring high energy snacks to help keep up your energy. Gatorade, granola bars, pretzels, oranges, and other healthy snacks are good to have. No refined sugars or processed foods.

8. Swimmer’s Ear Prevention: After swimming, tilt the head to help water drain or use prepared drops or formula recommend by your doctor.

9. Keep small bottles of conditioner and shampoo in your swim bag.

 10. Bring extra dry towels.

11. Bring a small folding beach chair to bring to the meets.

12. Ask any seasoned member of the team or swim parent if you have any questions or concerns throughout the season.

**Guidelines for Parents of Children in Sports**

 1. Be realistic about your child’s physical ability.

2. Help your child set realistic goals.

3. Emphasize improved performance, not winning. Positively reinforce improved skills.

4. Make sure your children know that win or lose you love them and are not disappointed in their performances.

 5. Provide a safe environment for training and competition.

 6. Be a cheerleader for your child and all Bluefish.

7. Control your emotion at meets and be positive. Always be mindful of the Deer Brook Swim & Dive Standards of Conduct.

8. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.

9. Respect the team’s coaches. If you disagree with their approach, discuss it with them honestly and privately.

**Deer Brook Swim Team Record**

|  |  |  |
| --- | --- | --- |
| **Year** | **Dual Meet Record** | **Dual Meet Recognition** |
| 1979 | 5-0 | F-Division Champions |
| 1980 | 5-0 | E-Division Champions |
| 1981 | 5-0 | D-Division Champions |
| 1982 | 5-0 | C-Division Champions |
| 1983 | 4-1 |  |
| 1984 | 5-0 | B-Division Champions |
| 1985 | 5-0 | A-Division Champions |
| 1986 | 3-2 |  |
| 1987 | 5-0 | A-Division Champions |
| 1988° | 5-0 | A-Division Champions |
| 1989\* | 5-0 | A-Division Champions |
| 1990\* | 3-2 |  |
| 1991° | 4-1 |  |
| 1992 | 2-3 |  |
| 1993 | 4-1 |  |
| 1994 | 3-2 |  |
| 1995 | 3-2 |  |
| 1996 | 4-1 |  |
| 1997\*° | 4-1 |  |
| 1998 | 4-1 |  |
| 1999\*° | 5-0 | A-Division Champions |
| 2000\* | 3-2 |  |
| 2001 | 3-2 |  |
| 2002 | 3-2 |  |
| 2003 | 4-1 |  |
| 2004 | 2-3 |  |
| 2005 | 3-2 |  |
| 2006 | 2-2-1 |  |
| 2007 | 3-2 |  |
| 2008 | 3-2 |  |
| 2009 | 3-2 |  |
| 2010201120122013\*2014\*2015\*2016\* | 2-33-22-32-33-23-22-3 |  |
|  |  |  |

***Dual Meet Record (1979-2013) 134 Wins, 55 Losses, 1 Tie***

*\*Burlington County Champions: 1989, 1990, 1997, 1999, 2000, 2013, 2014, 2015, 2016*

*°Tri-County Champions: 1988, 1991, 1997, 1999*

*Triple Crown Winners: 1999*