



# Saint Albans Sharks Swim & Diving

## Team Manual



2011 season

Saint Albans Swim & Tennis Club  
160 Brookside Road  
P.O. Box 111  
Newtown Square, PA 19073

Website: [www.saint-albans.com/sharksnews.html](http://www.saint-albans.com/sharksnews.html)  
Team email: [stalbanssharks@saint-albans.com](mailto:stalbanssharks@saint-albans.com)  
Club Office: (610) 356-5586

# INTRODUCTION

My child wants to join the swim team or dive team.....now what?

Every swim/diver parent has experienced that first practice or meet where they wonder, “Why are we here, and what's going on?” We've all been there before and want to help you successfully navigate the world of summer swimming and diving.

Please remember that the only bad question is the one which is unasked. The Team Reps, Coaches and fellow parents all want you to understand and enjoy our summer swim and diving program. We will try our best to communicate clearly the schedule and expectations for the season, so this can be a good experience.

Welcome to Saint Albans Swim and Dive Team. We're glad to have you with us!

## MANUAL INDEX

Section 1	Team Philosophy & Expectations	p. 3
Section 2	Important Basic Information	p. 4
Section 3	Organizational Information	p. 6
Section 4	Swim Meets - How They Work	p. 7
Section 5	Strokes & Disqualifications	p. 10
Section 6	Diving Team Information	p. 13
Section 7	Volunteers	p. 15
Section 8	Fun Stuff	p. 17
Section 9	2011 Schedule, Directions & More	p. 18

# Section 1: Team Philosophy & Expectations

## Our Philosophy

It is our hope that your child has a fun and enjoyable summer swim/dive season. We will provide an environment that is healthy and encourages sportsmanship and team building. Each athlete's personal growth and development is important. By teaching and/or refining proper technique and skill we hope your child will be successful this summer!

## Our Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. Our expectations are:

1. **The St. Albans Varsity Swim Team is not a swim lesson program.** Your child should know two strokes and be able to swim two lengths of the pool to join the team. St. Albans offers a Mini Team for those swimmers, age 8 and under, who fall short of these requirements. See Section 2 for more information on Mini Team.
2. **Keep your commitments.** We expect that your family will be available for all swim meets unless you tell us differently, preferably at least five days in advance. Everyone has vacation plans, camps or other activities which may impact swim team, and we just work around these. At registration, we ask for vacation information for each child. Unless you notify us otherwise, we will be using those dates to determine availability for meets.
3. **Encourage your swimmer to pay attention to the coaches.** Our coaches are making a commitment to our children, and their time with them is limited. Your child should be ready when practice begins to listen and follow directions.
4. **Praise your child's efforts to do their best - it's a lot more important than being the best.** Support and encouragement is what they need the most from you, especially since the first races are difficult and they may be nervous. Their coaches will give them positive feedback and stroke suggestions after their races.
5. **Communicate with the Team Reps.** We are here to answer questions, address concerns and to ensure the smooth functioning of the swim team.
6. **Have fun with summer swimming.** Swimming well is something that your children can do their whole life. Volunteer, enjoy getting out and spending time at the club. The more swimmers that you know and watch, the more fun the swim meets will be.

## **Section 2: Important Basic Information**

### **2011 St. Albans Coaching Staff**

#### **Swimming**

Head Coach Lisa Hurda  
Asst. Coach Svetlana Panayotova  
2<sup>nd</sup> Asst. Coach Bilyana Panayotova  
3<sup>rd</sup> Asst. Coach Connor Mulvey-Hudson

#### **Diving**

Head Coach Heather Wilson  
Asst. Coach Elena Carlson

#### **Team Representatives**

Chris Barmes  
Jay Hughes

#### **Mini Team**

This program will allow children that do not have the skills necessary to compete on the Varsity Team to participate in our developmental program. Mini Team is for swimmers who are proficient in both freestyle (side breathing, face in the pool) and backstroke (able to stay afloat while moving arms). To be eligible for Mini Team, your child must participate in a try-out session where they will be evaluated by our coaching staff. At a minimum, your child must be able to successfully pass the required St. Alban's Swim Club test to be in the big pool on their own. This test requires the child to complete the following: 1) tread water in the deep end of the big pool for 60 seconds, 2) swim one length of the pool freestyle, rest for no more than 5 seconds, 3) swim a 2<sup>nd</sup> lap of the pool, and 4) float on their back in the deep end for 30 seconds. The ability to pass the lifeguard swim test is NOT the qualification for Mini Swim Team. St. Alban's Mini Team will practice four times a week, Monday thru Thursday, from 10:00 to 10:45 am, beginning on June 20<sup>th</sup>. The Mini Team will compete in two mini-meets during the season.

#### **Varsity Swimming Time Trials**

At the beginning of each season, the coaches time each swimmer to establish their beginning time in each stroke. The coaches use these times to establish the line-up for the first meets of the season. Prior times submitted by parents will not be used. This year's time trials will be held during practice on June 8<sup>th</sup> through June 10<sup>th</sup>.

#### **Varsity Swimming Practices**

Varsity Swim Team practice will begin on Tuesday, May 31<sup>st</sup> there will be two afternoon practices based on the swimmer's age and ability. Your child will be assigned to a practice time from 4:15 to 5 pm or 5 to 6 pm each weekday until Friday, June 17<sup>th</sup>. Beginning on Monday, June 20<sup>th</sup>, there will be two morning practices. Your child will be assigned to a practice time from 8:45 to 10 am or 10 to 11 am. Swimmers should come to practice regularly, be on time and be prepared to do their best. We expect swimmers to be at practice if they want to participate in swim meets.

### **Rainy Days**

Practices and meets will still be conducted outside in the event of rain. However, if it thunders, practice will be cancelled and meets will be delayed or rescheduled. As a general rule, coaches will attempt to reschedule meets for the following day. Check the Team Bulletin Board and your email for specifics and updates.

### **St. Albans Team Suits**

Swimmers should wear a swimsuit that will be comfortable for racing and practicing. St. Albans Swim/Dive Team will use the *TYR Freeze Frame* suit for the 2011 season. Swimmers and divers should wear the team suit and swim cap for meets. These will be available for sale at the team registration on Wednesday, May 25<sup>th</sup> or from C & M Sporting Goods located in the Manoa Shopping Center in Havertown. This team suit is the same that was worn during the 2010 season and is pictured below:



### **Accessories for the well dressed swimmer**

Every swimmer needs a towel and goggles. Other useful accessories are a sweat suit (for cool days), a swim cap (especially for girls with long hair), a hat or other sun protection, and a bag to carry everything. Swimmers should also have a drink and a light snack for the meet.

### **Swim/Dive Team Bulletin Board**

The Team bulletin boards are located on the outside club house wall. This is where information such as schedule changes, meet line-ups and volunteer sign-up sheets are posted. Check the bulletin board frequently.

### **E-mail Communication**

The team e-mail account ([stalbanssharks@saint-albans.com](mailto:stalbanssharks@saint-albans.com)) will be used as a primary means of communication between the coaching staff and our team families. Information on important upcoming events and team news will be transmitted on a regular basis. Make sure you check your email and let us know if your e-mail address changes.

## Section 3: Organizational Information

The St. Albans Swim & Tennis Club, of which we are all members, owns the facility that we use. Although each member of the swim team pays a fee in order to belong on the team, these fees cover only a small portion of the coaching, league fees and other expenses of the team. The Club is governed by a nine member Board of Directors, of which two board members are designated to oversee the swim and diving programs. We are fortunate this year to also have the Club Vice-President as an active swim team parent.

### Team Representatives

The people you'll run into the most in your swim team dealings are the Team Reps and the Coaches. The Team Reps are volunteer parents who are responsible to the Club Board for running every aspect of the swim and diving teams and are the representatives of the St. Albans team to other swim teams and the Suburban Swimming & Diving League. It's a huge job that is impossible to do successfully without help from a great many parents. The Team Reps hire the Coaches (with the approval of the Club Board), who are responsible for the swimming and diving portion of the team program.

### Suburban Swimming & Diving League (SSL)

St. Albans Swim & Diving Team is a member of The Suburban Swim League ("SSL"), the home of 14 teams from the counties of Chester, Delaware, and Montgomery. Each season, teams compete in 5 (and sometimes 6) dual meets, and then in divisional and league championships. The league is broken into three divisions - the Blue Division, the Gold Division and the White Division. St. Albans is in the Blue Division for 2011 with Pennypacker Country Club, Martins Dam, Aronimink and Marple Newtown.

All families should be aware of the following Suburban Swim League regulations:

1. No swimmer may compete for any member club of the Suburban Swim League in any SSL dual or championship meet if they compete in another summer swim league. Any club which violates this rule will forfeit all meets where this swimmer was used.
2. A swimmer who has competed for one of the member clubs may not during the succeeding 365 days compete for any other member club, unless his/her family has made a geographical move bearing a reasonable relationship to the change in club affiliation. This rule may be suspended at the discretion of the SSL Rules Committee in cases where it would apply harshly provided written application is made to the Rules Committee and presented to the Executive Committee at their next meeting.

To find out more about SSL, visit their website at: [www.ssl-summer.com](http://www.ssl-summer.com)

## Section 4: Swim Meets – How They Work

There are a few different kinds of swim meets during the summer. Some will be held at St. Albans and some will be held at other swim clubs. Everyone is invited to cheer on our team, whether or not they are participating.

### Regular Season Meets

#### 1. **Wednesday Night Dual Meets (“Varsity Meets”)**

On Wednesday evenings, we swim each of the teams in our division, one at a time. The meets always proceed in the following order: Medley Relay, Backstroke, Breaststroke, Freestyle, Butterfly and Freestyle Relay. Home meets are held at St. Albans. Away meets will be at competitor’s pools. Participation in Varsity Meets is determined by the coaches based on the ability and availability of all swimmers.

#### 2. **Mini Meets**

Mini meets are basically the same as Varsity Meets, except that there are usually multiple heats of each event. These meets will be held in the morning and are geared especially towards our developmental team swimmers (only those 8 and under and on the mini team can participate). Events will be divided by age group and will be a distance of 25 meters.

### Special Meets

St. Albans is sometimes invited to participate in a few meets that don’t require full team participation, so watch the Swim Team Bulletin Board to see if your child is swimming. Participation is determined by the coaches based on ability and availability of all swimmers. As with other meets, please let us know if your child cannot participate due to schedule constraints.

1. **Marple Relay Carnival** Held at Marple Newtown Swim Club on Saturday, June 18<sup>th</sup>, this meet consists of freestyle and medley relays only. This fun event kicks-off our summer swim season.
2. **Karakung Mini Meet** This meet will be hosted on Sunday, July 17<sup>th</sup> by Karakung Swim Club in Havertown. Only swimmers 8 and under that meet the established qualifying times may participate in this meet. Swimmers will be required to pay the posted registrations fees in order to swim in this meet.

## Championship Meets

During the last week of the swim season, our league hosts “championship” meets, including:

### **1. A Championships (“A Champs”) and Divisional Championships (formerly known as “B Champs”)**

These meets are structured similarly to the dual meets – there will be races in all strokes and relays and in the same order as the dual meets. However, these meets are longer (because all of the teams are competing) and because there are more heats of each race. Qualifying times (which change annually) are needed to participate in A Champs. Those who don’t qualify may participate in Divisional B Champs.

### **2. Individual Medley Championships (“IM”s)**

Qualifying times are needed for this meet. Since this race is not a part of our usual dual meets, the coaches will time interested swimmers prior to the meet.

### **3. Meter Free Champs**

This is a long-distance freestyle meet (100M, 200M and 400M events). Qualifying times are needed so the coaches will time interested swimmers prior to the meet.

## Other Meet Information

### **Meet Events and Distances**

<b>Age Group</b>	<b>Medley Relay</b>	<b>Backstroke</b>	<b>Breaststroke</b>	<b>Freestyle</b>	<b>Butterfly</b>	<b>Freestyle Relay</b>
<b>8 &amp; U Girls</b>	<b>100 M</b>	<b>25 M</b>	<b>25 M</b>	<b>25 M</b>	<b>25 M</b>	<b>100 M</b>
<b>8 &amp; U Boys</b>	<b>100 M</b>	<b>25 M</b>	<b>25 M</b>	<b>25 M</b>	<b>25 M</b>	<b>100 M</b>
<b>9-10 Girls</b>	<b>100 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>100 M</b>
<b>9-10 Boys</b>	<b>100 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>100 M</b>
<b>11-12 Girls</b>	<b>200 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>200 M</b>
<b>11-12 Boys</b>	<b>200 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>200 M</b>
<b>13-14 Girls</b>	<b>200 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>200 M</b>
<b>13-14 Boys</b>	<b>200 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>50 M</b>	<b>200 M</b>
<b>15-18 Girls</b>	<b>200 M</b>	<b>50 M</b>	<b>50 M</b>	<b>100 M</b>	<b>50 M</b>	<b>200 M</b>
<b>15-18 Boys</b>	<b>200 M</b>	<b>100 M</b>	<b>100 M</b>	<b>100 M</b>	<b>100 M</b>	<b>200 M</b>

#### NOTES:

1. St. Albans does not have a Junior Varsity team, only a Varsity team and a Mini Team.
2. The order of events is to go down each column starting on the left side, ie, each meet begins with the 8 and under girls medley relay, then the 8 & under boys medley relay, then the 9-10 girls medley relay, etc., until all age groups have competed the medley relay. Then Backstroke, Breaststroke, Freestyle and Butterfly. The meet ends with the 15-18 boys freestyle relay.
3. In dual meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6.

### **How do I know if my child is swimming in a meet?**

We try to let everyone know as soon as possible who will be swimming at the meets. If your son or daughter is slated to swim, please confirm that they will be available. This helps us to plan the meet and ensure all lanes are filled with swimmers. The meet sheet will be posted on the Swim Team Bulletin Board by the beginning of the week, and it will list the swimmers and the strokes in which they are entered on the upcoming Wednesday.

### **Dual Meet Scoring**

In the individual events, a first place finish earns 5 points for the team, a second place 3 points and a third place finish 1 point, with a maximum of 8 points earned per team per individual event. Relays are scored as 7 points for the winner and 0 points for the second team to finish. The team with the highest points wins. The results are announced shortly after the last race of the meet.

## Chapter 5: Strokes & Disqualifications

If you're not a former swimmer, the strokes and their rules can be bewildering. Read below for basic information on each stroke and relay races, as well as information on “DQ”s or disqualifications.

### Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few do nots associated with this stroke, specifically: (1) You cannot walk on the bottom or pull yourself along using the lane lines and (2) in a 50 meter race (two pool lengths) you must touch the wall at the 25 meter end before touching the wall at the 50 meter end.

### Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they're at in the pool, and count strokes from the flags to the wall. Backstroke starts are different from all others because the swimmer is in the water with feet planted against the wall awaiting the starter's signal. If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

### Breaststroke

The Breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two hand touch.

### Butterfly

A well executed butterfly (or Fly) is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the Breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two hand touch at the wall.

### **Individual Medley**

The individual medley (or IM) is when an individual swims each of the four strokes in the sequence Butterfly, Backstroke, Breaststroke, Freestyle. We swim a 100 meter IM, which means that 25 meters, or one pool length, of each stroke is swum. In a 100 meter IM, every turn is a stroke change and stroke finish rules apply. This means no Backstroke flip turns.

### **Relays**

There are two kinds of Relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is Backstroke, Breaststroke, Butterfly and Freestyle. In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck. Running starts or pushes from teammates are not allowed.

### **Disqualification or “DQ”s**

A DQ is short for disqualification -- any violations of the rules observed by the stroke and turn official during a swim meet. The list of reasons for a DQ are shown on page 12.

### **How will I know a DQ occurred?**

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. When a Stroke and Turn Judge observes a violation, he will raise his hand, then he fills out a DQ slip and provides it to the Runner. The Runner then takes this slip to the scoring table. Often, our youngest and newest swimmers never even know a DQ has occurred.

### **False Starts**

A false start occurs whenever a swimmer moves towards the pool after having assumed a still position (taking his/her mark) and before the Starter has started the race. If the false start is detected before the starting signal is sounded, the Starter usually asks all swimmers to “Stand-up” or uses a re-call signal and then re-starts the race. If a false start occurs but the starting signal has sounded, the race will be stopped and re-started using a re-call signal.

### **How do I know (and should I care) if my child DQ'd?**

Your child may be told by the Coach if they DQ, but often they are blissfully unaware. We view DQ's as a teaching opportunity and a Coach will make every effort to explain the reason for disqualification to the swimmer.

## Stroke & Turn Judge – DQ Codes

The following is a list of the codes used by the Stroke & Turn Judges to indicate/describe a disqualification for a swimmer in an event.

<b>BUTTERFLY</b>	<b>BACKSTROKE</b>
1A Alternating Kick 1B Kick breaststroke type 1C Scissors kick 1E Non-simultaneous arms 1F Arms underwater recovery 1J One hand touch 1K No touch 1L Non-simultaneous touch 1M Shoulders not at or past vertical towards breast off the wall 1N Head did not break the surface by 15 meters	2I No touch at turn 2K Not on back off wall 2L Shoulders past vertical toward breast 2N Head did not break the surface by 15 meters 2P Toes curled over gutter after the start
<b>BREASTROKE</b>	<b>FREESTYLE</b>
3A Alternating Kick 3B Non-simultaneous kick 3C Downward butterfly kick 3D Scissors kick 3E Hands brought beyond the hipline during stroke 3F Non-simultaneous arms 3G Arms two strokes underwater 3H Arms not in same horizontal plane 3I Elbows recovered over water 3J One hand touch 3K No touch 3L Non-simultaneous touch 3M Shoulders not at or past vertical towards breast off the wall 3P Head under for 2 or more strokes 3Q Incomplete stroke cycle other than one pull followed by one kick	4K No touch on turn 4N Head did not break the surface by 15 meters
<b>RELAYS</b>	<b>MISCELLANEOUS</b>
61 Stroke Infraction swimmer #1 62 Stroke Infraction swimmer #2 63 Stroke Infraction swimmer #3 64 Stroke Infraction swimmer #4 66 Early take-off swimmer #2 67 Early take-off swimmer #3 68 Early take-off swimmer #4 6P Changed order of swimmers 6Q Not enough swimmers	5P Strokes out of sequence (I.M.) 7O False start 7P Declared false start 7Q Did not finish 7R Delay of meet 7S Entered water without permission 7T Interfered with another swimmer 7U Walking on or springing from bottom 7V Standing on bottom 7W Pulling on lane line 7X Finish in wrong lane 7Y Unsportsmanlike conduct 7Z Other

## Chapter 6: Diving Team Information

All who are interested in diving are encouraged to tryout for the Diving Team. All members of the Diving Team will be required to attend practice in order to participate in Diving Meets.

### Meet Requirements

Beginning divers (age 10 & under, age 12 & under) must meet the following requirements to participate in diving meets:

1. Know forward approach
2. Know backward takeoff
3. Have the required number of dives:
  - 10 & under - compulsory dive + 3 optional dives
  - 11 & 12 - compulsory dive + 3 optional dives
  - 13 & 14 - compulsory dive + 4 optional dives
  - 15 to 18 - compulsory dive + 5 optional dives

### Compulsory Dives

Week of:	10 & U	12 & U	14 & U	15-18
6/20/2011	101	101	For Grp	For Grp
6/27/2011	101	201	Back Grp	Back Grp
7/4/2011	101	401	Inw Grp	Rev Grp
7/11/2011	101	101	Twist Grp	Inw Grp
7/18/2011	101	201	For Grp	Twist Grp

### Dual Meet Regulations

1. All competition will be held from a one (1) meter board.
2. No dive may be repeated, whether it be compulsory or voluntary. Otherwise all dives of the same number, whether layout, pike or free are to be considered as the same dive.
3. Diving cards are to be signed by the competitor, who is responsible for the correctness of the statements on the list.
4. Once the particular age-group contest has been started, no additional entries will be accepted.
5. Competitors will not be permitted to change their dives once the event has been started.
6. A diver may eliminate only one (1) optional dive and take a zero (0) on the dive, without prejudice, and remain in the contest. The required dive must be attempted.

### **Championship Regulations**

1. All competitors must have competed in a dual meet diving event during the current season to be eligible to dive in championships.
2. Awards in Championships will be given to the eight highest scoring divers in each class of competition at the championship meet.
3. 10 & Under - One compulsory dive 101, and four (4) optional dives from three or more groups. After the compulsory dive and two (2) optional in the qualifying round, the eight (8) highest scoring divers will do two (2) additional dives to determine the final placing.
4. 11 & 12 - same as 10 & under age group.
5. 13 and 14 - The compulsory dive to be drawn by the referee, before practice begins, from dives 101, 201, 401 and 5111, and five (5) optional dives from at least three different groups. Five different groups may be used. After the compulsory dive and three (3) optional dives in the qualifying round, the eight (8) highest scoring divers will do two (2) additional dives to determine the final placing.
6. 15 to 18 - The compulsory dives to be drawn by the referee, before practice begins, from 101, 201, 301, 401 and 5111, and six (6) optional dives. The optimal dives are to be taken from five different groups. After the compulsory dive and three (3) optional dives in the qualifying round, the eight (8) highest scoring divers will do three (3) additional optional dives to determine the final placing.

## Chapter 7: Volunteers or “Who Are All These People?”

At your first meet, you'll notice many, many adults gathering around the pool. These are all volunteers and this is a summary of how they are helping and how YOU can contribute. All families are expected to volunteer to fill these positions for home and away meets. Sign up sheets will be posted on the Team bulletin board at the Club well in advance of each meet.

### Starter

The Starter is responsible for starting each race. The Starter will instruct the swimmers to "Take your mark". After all swimmers are ready and still, the starter will start the race, using a megaphone and strobe light system.

### Stroke and Turn Judges

Once the race has started, the Stroke & Turn Judges are responsible for insuring that all swimmers obey all the rules for the stroke that they are swimming. These people are always at the ends of the pool for starts and finishes and walk the sides of the pool as best they can within the physical constraints of the pool. If a Stroke and Turn Judge sees a violation of the rules, he fills out a DQ (disqualification) sheet which is then collected by the Runner and delivered to the Scorers.

### Place Judge

At the conclusion of the race this person is responsible for writing down on a sheet of paper the order of the finish as they see it according to the lanes. They will hand this sheet to the runner who will bring it over to the scorer's table. This individual gets a great view of each finish throughout the swim meet.

### Timers

The Timers are the most important people to every swimmer. They are the people who determine each swimmer's official time for each race. Being a Timer is a good entry level position for new parent volunteers and a great vantage point to watch the meet. If you can start and stop a stopwatch, you can be a Timer! We'll even provide the stopwatch. Timers start their watches on the strobe light from the starting system and stop their watches when the swimmer touches the wall. **There are three timers per lane.** When the race is completed, the Timers compare their times and provide the middle time to the Runner after each race. We must provide volunteer Timers for both home and away meets.

### Runners

The Runners record the times from the Timers after each race on time sheets and delivers this paperwork to the Scorers. Usually, we have two Runners – one for the boys' races and one for the girls'. The home team is responsible to provide Runners.

### **Scorers**

The Runner delivers the time sheets from the Timers and any DQ slips to the Scorers who determine the order of finish for each event and score the meet. Usually, there are three Scorers – two from the home team and one from the away team. This job requires a small amount of training. Benefits include enjoying the meet from a seat in the shade!

### **Age Group Coordinators**

During the swim meet, at least one Parent from our team is assigned to coordinate each age group so that the swimmers are on time and positioned in the correct lane for their assigned events and the relay teams are assembled prior to their event. This position is critical so that our coaches are available to a Coach during the meet.

### **Coaches**

During the meet, the Coaches' primary responsibility is to encourage and praise the swimmers.

**We need the help of every family in order to have a successful swim season!**

**PLEASE CHECK THE TEAM BULLETIN BOARD AND YOUR E-MAIL FOR WEEKLY UPDATES!**

## Section 8: Fun Activities

At St. Albans we like to win, but it isn't our main focus. An important component to swim team is having fun together, so kids will have good memories of the swim team. After all, it is summer VACATION! Some of the things we do to have fun are:

### Team Pictures

We take a team picture every year and we'd like your swimmer to be in it. You are not obligated to purchase a picture. Please wear your team suit to practice on Wednesday, June 22<sup>nd</sup> for picture day to show your team spirit.

### Pizza Party

During the season we'll have a pizza party one weekday after the regular practices. Watch the Swim Team Bulletin Board and your email for more information.

### Spirit Days

Each Friday during the regular season, will be Spirit Day. There will be various activities on these days that are fun for the swimmers. It is low-key fun! Don't miss it!

### Varsity Swim & Diving Banquet

We cap off the season with a Swim Banquet, which is a cookout held at the pool on the evening of divisional ("B") championships, Saturday July 23<sup>rd</sup> at 5:30 pm. Every swimmer receives a nice participation gift. Typically, the coaches also give out a few special awards, such as most improved swimmers.

### What's Mandatory?

While we hope you will participate in all the social activities, they are optional. What is mandatory is that you honor your commitments, communicate with Coach Hurda (swimming) and Coach Wilson (diving) in advance when your child will be absent from a meet, ask questions and *have fun!*

## Chapter 9: 2011 Schedule, Directions & More

### PRE-SEASON PRACTICE

Pre-season practice is for Varsity Team swimmers and the Diving Team. All age groups practice at the same time during pre-season swimming. All swimmers are encouraged to attend the pre-season practices so that the coaches will have time to work with and evaluate the swimmers prior to the start of the season.

### PRE-SEASON PRACTICE SCHEDULE (see time trial note \* below)

#### **Pre-Season Varsity Swim Practice – Monday thru Friday, starting May 31<sup>st</sup> thru June 17<sup>th</sup>**

4:15pm – 5:00pm Junior practice (age 11 & over)  
5:00pm – 6:00pm Senior practice (age 10 & under)

#### **Pre-Season Diving Practice – Saturday and Sundays, June 4<sup>th</sup> thru June 19<sup>th</sup> \*\***

12:00pm – 1:00pm Group A (Advanced: previously competed in dive meets)  
1:00pm – 1:30pm Group B (Beginners: age 9 & up, never dove in meet)  
1:30pm – 2:00pm Group C (Beginners: age 8 & under, never dove in meet)

### REGULAR SEASON PRACTICE SCHEDULE

#### **Varsity Swim Team Practice (Monday thru Friday, starting June 20<sup>th</sup> )**

8:45am - 10:00am Senior practice (age 11 & over)  
10:00am - 11:00am Junior practice (age 10 & under)  
4:00pm - 5:00pm Make-up Practices (Tues. & Thurs. only)

#### **Mini Team Practice (Monday thru Thursday, starting June 20<sup>th</sup> )**

10:00am - 10:45am Mini Team (Monday thru Thursday)

#### **Diving Team Practice (Monday thru Friday, starting June 20<sup>th</sup> )**

11:00am – 12:00pm Group A (Advanced: previously competed in dive meets)  
12:00pm – 12:30pm Group B (Beginners: age 9 & up, never dove in meet)  
12:30pm – 1:00pm Group C (Beginners: age 8 & under, never dove in meet)

Afternoon dive practices will be held on Tuesday & Thursday from 5:15 to 6 PM.

### OTHER IMPORTANT DATES

May 25th	4:30pm	Team Registration @ St. Albans Snack Bar
May 25th	5:00pm	St. Albans Varsity Swim Team parent meeting
June 1st	4:15pm	Mini Team try-outs and registration
June 4th	TBA	Diving Team parent meeting
June 8-10th	4:15pm	Varsity Team time trials *
June 22nd	8:30am	Team Pictures
July 23rd	5:30pm	Team Banquet @ St. Albans picnic level

## 2011 Meet Schedule

### Varsity Swimming

Date	Opponent	Location	Time
Wednesday, June 22 <sup>nd</sup>	Pennypacker	Away	6:00 pm
Wednesday, June 29 <sup>th</sup>	Martins Dam	Home	6:00 pm
Wednesday, July 6 <sup>th</sup>	Aronimink	Away	6:00 pm
Wednesday, July 13 <sup>th</sup>	Marple Newtown	Away	6:00 pm
Wednesday, July 20 <sup>th</sup>	Ply-Mar	Home	6:00 pm

### Diving

Date	Opponent	Location	Time
Wednesday, June 22 <sup>nd</sup>	Pennypacker	Away	4:00 pm
Monday, June 27 <sup>th</sup>	Rose Valley	Home	6:00 pm
Tuesday, June 28 <sup>th</sup>	Swarthmore	Home	6:00 pm
Tuesday, July 5 <sup>th</sup>	Rose Tree Woods	Home	6:00 pm
Wednesday, July 13 <sup>th</sup>	Marple Newtown	Away	4:00 pm

### Mini-Team

Date	Opponent	Location	Time
Thursday, July 14 <sup>th</sup>	Marple Newtown	Home	9:30 am
Sunday, July 17 <sup>th</sup>	Invitational Mini Meet	Karakung	8:00 am
Thursday, July 21 <sup>st</sup>	Rose Tree Woods	Home	9:30 am

### Varsity Swim Championships

Date	Event	Location	Time
Saturday, July 23 <sup>rd</sup>	“B” Champs	Wallingford	8:00 am
Monday, July 25 <sup>th</sup>	Meter Free Champs	Ply-Mar	4:00 pm
Wednesday, July 27 <sup>th</sup>	I.M. Champs	Swarthmore	4:00 pm
Saturday, July 30 <sup>th</sup>	“A” Champs	Marple Newtown	8:00 am
Tuesday, Aug. 2 <sup>nd</sup>	Elite Meet	Aquatic	4:00 pm

### Diving Championships

Date	Age Group	Required Dive	Location	Time
Tuesday, July 26 <sup>th</sup>	15-18	For. Group	Martins Dam	3:00 pm
Tuesday, July 26 <sup>th</sup>	12 & U	101	Martins Dam	5:30 pm
Thursday, July 28 <sup>th</sup>	14 & U	For. Group	Rose Tree	3:00 pm
Thursday, July 28 <sup>th</sup>	10 & U	101	Rose Tree	5:30 pm
Monday, Aug. 1 <sup>st</sup>	Elite Meet	TBA	Ply-Mar	TBA

## Directions to Away meets

Aronimink Swim Club            1180 Dermond Rd, Drexel Hill            610-446-9820

Follow West Chester Pike East (towards Upper Darby) to Springfield Rd. Turn right onto Springfield Rd. At the 2<sup>nd</sup> traffic light Springfield Rd. turns into Sproul Rd (Route 320). Remain on Sproul Rd., and as you reach Cardinal O'Hara High School on the left, stay in the left lane through the light onto W. Springfield Rd. (Route 320 will bear off to the right). Follow W. Springfield Rd. until you reach Route 1. Turn left onto Route 1. Follow Route 1 to the third light, Dermond Rd. (JB Dawsons and Dunkin Donuts are at this intersection). Turn left onto Dermond Rd. Follow Dermond Rd. around the circle and pull into the pool parking lot.

Aquatic Swim Club            925 Amosland Rd, Morton            610-543-6146

Follow West Chester Pike East (towards Upper Darby) to Springfield Rd. Turn right onto Springfield Rd. Stay straight onto Rt. 320 and follow Rt. 320 South to Rt. 420. Turn left onto Rt. 420. Follow Rt. 420 and cross over Baltimore Pike. Continue on Rt. 420 and cross over the railroad tracks. At the next traffic light turn left onto Franklin Ave. Follow Franklin Ave. for about 2 blocks and turn right onto Amosland Ave. Swim club will be on the right.

Karakung Swim Club            1800 Karakung Dr, Havertown            610-896-8978

Follow Bryn Mawr Ave. to Sproul Rd. Turn right onto Sproul Rd. Turn left at 1<sup>st</sup> street onto Darby Rd. Follow Darby Rd. to College Ave. Turn left onto College Ave. and follow to Haverford Ave. Turn right onto Haverford Ave. Stay straight onto Karakung Dr. and follow to the swim club entrance.

Marple-Newtown Swim Club    Sunset Blvd & Bonsall Ave, Broomall    610-353-1247

Follow West Chester Pk. East (towards Upper Darby) to Rt. 320. Turn left onto Rt. 320 North. Turn left at first traffic light to remain on Rt. 320 North. Turn left at 1<sup>st</sup> street onto Sunset Blvd. and follow to the swim club entrance.

Martins Dam            1045 Croton Rd, Wayne            610-688-9698

Follow Bryn Mawr Ave. (towards Bryn Mawr) to Rt. 320. Turn left onto Rt. 320 North. Turn left onto Rt. 30 West. Turn right onto King of Prussia Rd. After about 3 miles, turn left onto Croton Rd. and follow to the swim club.

## Directions to Away meets

Pennypacker Country Club      Pennypacker & Milford Rds, Downingtown      610-458-5955

Follow West Chester Pk. West (towards West Chester) to Rt. 202. Take Rt. 202 North to Rt. 100. Take Rt. 100 North to Rt. 113. Turn onto Route 113 South. At the second light, make a right onto Eagleview Blvd. (Commerce and McDonalds are at intersection). At second light, make a left onto Dowlin Forge Rd. After two stop signs, make a right onto Kinston Ln. Take immediate right onto Pennypacker Rd. After the bend in the road, Pennypacker Country Club is on your left.

Ply-Mar Swim Club      3032 Butler Pike, Plymouth Meeting      610-828-8550

Take I-476 to the Conshohocken Exit (Old Exit 7A). This will put you on Ridge Pike. Follow Ridge through the first light (Chemical Rd and North Ln). Make a left at the second light onto Butler Pike. The swim club is 0.2 miles on the right.

Rose Tree Woods Swim Club      423 Candlewood Rd, Broomall      610-356-4183

Follow West Chester Pk. East (towards Upper Darby) to Springfield Rd. Go about ½ mile past Giant and turn right onto Netherington Dr. (3<sup>rd</sup> street on right). Turn right onto Candlewood Rd. and the swim club will be less than a 1/4 mile on your left.

Swarthmore Swim Club      201 Riverview Rd, Swarthmore      610-544-5655

Take Route 252 South. Turn left onto Route 3 East, then turn right onto Route 320. Follow on Route 320, and cross both Route 1 and Baltimore Pike. After crossing Baltimore Pike, stay straight at the first light onto Swarthmore Avenue. Just before the railroad tracks, turn left onto Widener Way. At the stop sign, drive into swim club parking lot.

Wallingford Swim Club      Meadow Lane, Wallingford      610-566-7961

Take Route 252 South. After crossing Baltimore Pike, turn right at the third light (Meadow Lane). Immediately turn left into the swim club.