



# 2011 PARENT HANDBOOK

Forest Park Swimming Association  
1766 Mendocino Dr.  
686-1333  
[www.forestparkswimteam.com](http://www.forestparkswimteam.com)

### Important Dates to Remember:

April 11-----First Day of Practice  
April 16-----Flip Turn Clinic  
May 21-----Time Trials  
June 25 & 26----- Battle of Ages  
July 9 & 10-----ECI  
July 30 & 31-----League Championship  
August 5, 6, & 7, -----Concord City Meet  
August 13 & 14----- County Championships

## 2011 FPST Board of Directors

Swim Team President	Wendy Henggeler	914-0013 (text only) wendyh33@aol.com
Swim Team Vice President	Paul Vanhoven	890-2384 vandiverhoven@yahoo.com
Secretary	Eric Reinig	260-1595 reinig99@yahoo.com
Treasurer	John Canesa  Merrie Jo Campbell	689-2731 ca1076@aol.com 676-7023 merriejojo@sbcglobal.net
Fundraising Coordinator	Lanette Stanziano	827-2607 jolaevra@astound.net
Parent Worker Coordinator	Sue Hernandez	890-0579 suekids@aol.com
Incentives/Awards Coordinators	Irma Volenec	808-1762 ivolenec@hotmail.com
Membership	Kristine Cortes	691-7210 bugboocortes@aol.com
Hospitality/Spirit Coordinator	Tammy Sayre	288-0379 tatms@astound.net
League Representatives	Matt Schmidt	680-0815 matt@worldsportelite.org
Merchandising	Cathy Johnson	687-2419 cgj52@aol.com
Meet Director	Cindy Wells	429-0855 bcwells@astound.net
Head Coach	Jeff Mellinger	788-7265 jeffmellinger@gmail.com

## Forest Park 2011 Calendar

DATE	OPPONENT/ACTIVITY	A/B	LOCATION
Thursday, March 31	Sign Ups and Parent Orientation		<b>Westwood</b> 6:30-8:30
Monday, April 11	Swim Practice Begins		
<b>Wednesday, April 13</b>	<b>NO PRACTICE</b>		
Friday, April 15	Swimmer BBQ after practice		
Saturday, April 16	Flip Turn Clinic 10 - 11 or 11 - 12		FP
<b>Wednesday, April 20</b>	<b>NO PRACTICE</b>		
<b>Wednesday, May 4</b>	<b>NO PRACTICE</b>		
<b>Friday, May 13</b>	<b>NO PRACTICE</b>		
Saturday, May 21	Time Trials		FP
Wednesday, June 1	Pinole	A	FP
Saturday, June 4	Brentwood Dolphin Swim Club	B	FP
Tuesday, June 7* <b>NEW*</b>	Ygnacio Wood	A	Ygnacio Wood
Saturday, June 11	Relay Meet		FP
Monday, June 13	Swimmer Breakfast--1 <sup>st</sup> day of summer practice		
Wednesday, June 15	Valley Vista	B	Valley Vista
Saturday, June 18	Antioch Delta Skimmers	A	Los Medanos College
<b>TUESDAY, June 21</b>	Valley Vista	A	FP
Wednesday, June 22	Pinole	B	Pinole
Friday, June 24	Team Pictures		FP
Friday, June 24	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun, June 25 & 26	<b>Battle of Ages</b>		Pleasant Hill Middle School
Monday, June 27	Beach Trip - No Practice		TBD
Wednesday, June 29	Ygnacio Wood	B	FP
Monday, July 4	FP Swim Club July 4 <sup>th</sup> Picnic		FP
Wednesday, July 6	Woodlands	A	Woodlands
Friday, July 8	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun July 9 & 10	<b>East County Invitational</b>		Los Medanos College
Sunday, July 10	After ECI Meet—Pizza		Mountain Mikes
Week of July 11	Torture Week 11 & up		FP
Monday, July 11	Swim-a-thon		FP
Friday, July 15	Triathlon 11 & up		
Saturday, July 16	Antioch Delta Skimmers	B	FP
Saturday, July 16	Buddy Night		FP
Week of July 18	Torture Week 10 & Under		FP
Wednesday, July 20	Brentwood Dolphin Swim Club	A	Heritage High School
Saturday, July 23	No Meets (15-18 Camping Trip)		
Wednesday, July 27	Woodlands	B	FP
Friday, July 29	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun, 7/30 & 31	<b>League Championships</b>		Los Medanos College
August 1-6	<b>SPIRIT WEEK</b>		<b>SHOW YOUR SPIRIT!!</b>
Monday, August 1	Team Trip - No Practice		Destination TBD
Thursday, Aug 4	League Awards/Potato Bar 6pm		FP
August 5, 6, & 7	<b>Concord City Meet</b>		Cowell Pool
Wednesday, Aug 10	City Awards/Fiesta Night		FP
August 13 & 14	<b>County Meet</b>		Acalanes High School
	End of Year Awards		TBD

## Directions for Away Meets

### **Antioch, Los Medanos College** - 2700 East Leland, Pittsburg

Go east on Ygnacio Valley Rd. (Kirker Pass) towards Pittsburg. Once in Pittsburg, turn right on Buchanan. Turn left on Loveridge, then right on East Leland, just past the hospital. Turn right into Los Medanos College. The pool is towards the left as you enter the parking lot.

### **Battle of Ages** - Pleasant Hill Middle School, 1 Santa Barbara Rd., Pleasant Hill, 94523

From Forest Park, take Mendocino towards Wilson Ln. Turn left on Wilson. Turn right on Denkinger. Denkinger turns into Treat. Turn right on Contra Costa Blvd. Turn left on Oak Park Blvd. Turn right on Monte Cresta Ave. Turn right onto Santa Barbara Rd.

### **Brentwood (Heritage High School)** - 101 American Ave, Brentwood, 94513

From Forest Park, go onto Clayton Valley Road going east. Clayton Valley Road turns into Marsh Creek Road. Drive 16 miles to Deer Valley Road, (just past the trailer park, look for Antioch sign) and turn left. Go 3.8 miles and turn right on Balfour Road. After approximately 1.4 miles, turn right on American Way. This is an alternative way rather than getting on highway 4 on a Wednesday night (not a good idea).

### **Concord Community Pool (Cowell Pool)** - 3501 Cowell Road, Concord

From Forest Park, turn east on to Concord Blvd., after approximately 1/2 mile, turn right onto Denkinger. Travel about 2 miles (Denkinger turns into Treat Blvd.) and turn right onto Cowell Road. Approximately 1 mile will be Concord Community Park on the right. Big pool, can't miss it.

### **Pinole** - 2454 Simas Avenue, Pinole

Go west on Highway "4" all the way to Interstate "80". Take Interstate "80" west. Exit onto Pinole Valley Road and turn left at the end of the exit. Head south on Pinole Valley Road for several blocks. Turn left on Simas Avenue. The pool will be on the right side.

### **Valley Vista Swim Club** - 3737 Valle Vista, Walnut Creek

Go west on Treat Blvd. to Oak Grove Rd. Turn left on Oak Grove Road and continue past Ygnacio Valley Road. The third left past Ygnacio Valley Road is Valle Vista. Go up the hill. The swim club is near the top of the hill on the right side.

### **Woodlands Swim Club** - 111 Longleaf Drive, Walnut Creek

Go west on Treat Blvd. to Oak Grove Road. Turn left on Oak Grove Road. Turn left onto Citrus, which is about the 4th stoplight. Turn Right on Conifer, and the pool is at the end. (Conifer Lane & Longleaf Drive)

### **Ygnacio Woods** - 3124 San Gabriel, Concord

From Forest Park, head west on Treat Blvd. towards Walnut Creek. Turn left on San Simeon, which is the stoplight before Oak Grove Rd. Turn Right on San Gabriel and the swim club is at the end on the left.

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Team information is available on the Forest Park Swim Team website:  
[www.forestparkswimteam.com](http://www.forestparkswimteam.com)

## 2011 Practice Schedule

### **PRACTICE IS CANCELLED ON THE FOLLOWING DATES:**

- Wednesday, April 13
- Wednesday, May 4
- Wednesday, April 20
- Friday, May 13

### **SPRING PRACTICE SCHEDULE**

#### **April 11-May 12**

Monday - Friday	3:30 - 4:30	Mini Flyers*
	4:00 - 4:30	8 & UNDER
	4:30 - 5:15	9 - 10
	5:15 - 6:30	11 & UP

#### **May 16 - June 10**

Monday - Friday	3:30 - 4:30	Mini Flyers*
	4:00 - 4:30	8 & UNDER
	4:30 - 5:15	9 - 10
	5:15 - 6:15	11 -12
	6:00 - 7:30	13 & UP

\*During the first week, there will be swimming evaluations for each Mini Flyer. Preseason Mini Flyers will end on June 3<sup>rd</sup> so the swimmer coaches can concentrate on finals during the last week of school.

### **SUMMER PRACTICE SCHEDULE (Tentative)**

#### **Beginning Monday, June 13<sup>th</sup>**

##### **Mornings:**

Mon/Wed/Fri	7:30 - 8:30	11/12
	8:30 - 10:00	13 & UP
	10:00 - 11:00	Mini Flyers (2 half hour sessions)
	10:00 - 10:45	8 & under
	10:45 - 11:45	9/10

Tuesday and Thursday	8:00 - 9:00	11/12
	9:00 - 10:30	13 & UP
	10:30 - 11:30	Mini Flyers (2 half hour sessions)
	10:30 - 11:00	8 & under
	11:00 - 11:45	9/10

##### **Afternoons**

Mondays, Tuesdays, and Thursdays	4:30 - 5:00	8 & under
	4:30 - 5:15	9/10
	5:00 - 6:00	11 & UP

# Introduction

## Welcome back or welcome to the Forest Park Flyers swim team!

The Swim Team Board has been working hard this winter to organize a great season filled with fun events and activities, wacky, wet and wild spirit, and good times to share with our Forest Park Swim Team family. A reminder from the Association: the Insurance Policy asks that everyone vacate the premises when not at practice, lessons, swim meets, or working. We also encourage comments and suggestions as to how the team can work better together. Feel free to contact any Swim Team Board member with any concerns you may have as to the team's progress.

### Jeff Mellinger, Head Coach:

Jeff returns for his twelfth season as our head coach with many exciting ideas for fun swim team activities. Jeff is a graduate of Ygnacio Valley High School and U.C. Berkeley. He also graduated from the film program at Academy of Art College. Jeff swam for the Las Juntas swim team, Ygnacio Valley High School swim team, and was a member of Ygnacio Valley High School's boy's water polo team. In high school, he participated in the Terrapin Pre-Senior 2 program. After graduation, he coached the Ygnacio Valley High School swim team and was an assistant coach for their water polo team. He was an assistant coach for Valley Vista swim team in 1999 and head coach at Forest Park the past eleven years. He helped get Concord High's inaugural water polo season off the ground in fall of 2003. We look forward to Jeff returning this season!

### A message from Coach Jeff:

In 2010, the Flyers grew by leaps and bounds. We had a HUGE influx of new talent to push our total numbers over 200 for the first time ever! We got 1st place in the "A" division at ECI! It had been over a decade since we last won. We also got 2<sup>nd</sup> place in "B" division at ECI. FP has never been in the top 3 in "B" at ECI before. We achieved 2<sup>nd</sup> place in the "B" division at League Meet for the second year in a row! We also handily beat Dana Hills for 1<sup>st</sup> place in "B" division at City. We had six first time County Qualifiers as well.

This year was the first year this century that we have been competitive in every single dual meet. Even against Valley Vista "A", we closed the gap significantly from the typical 300 point loss to only losing by 150. We came within 32 points of beating Woodland's "A"! 5 of our 6 losses were by less than 60 points with two of them under 20. Dual meets are great because of the competition and for working on the little things that go with races. The big meets are where you'll really see the BIG time drops. That's why we have 4 two-day meets that everyone should attend.

Battle of the Ages is a great way to see how you're doing early in the season. There are three events each day, so even swimming one day means you can get in 3 swims.

ECI is a great midseason meet in which we always do well. ECI is the ONLY meet where you are allowed to swim ALL five events!

League and City are our two monster meets at the end of the year. They are the two best pools we'll swim in. This is where you really see your times drop significantly. The coaches train, plan and prepare ALL YEAR so that the swimmers will be at their peak in August. You will be working off of a taper so that you are fully rested for League and City. The taper is *just* as important as Torture Week. Doing nothing during taper week kills everything you've worked for. After four long months of training, your body needs the easy swimming to perform at its peak in the two big meets.

The coaching staff wants to help you become the swimmers you can be; but it starts with you. Ask us how you can get better!

Just like every other thing in life, what you get out of swimming is what you put into it. If you are late to practice a lot or miss several practices a week, you probably won't see the improvements that you and the coaching staff expect. You also have to make an **effort** at practice. Remember, practice doesn't make perfect. Perfect practice makes perfect. Simple things like getting enough sleep before meets, eating right, and working hard go a long way in helping to achieve your goals.

ONE swimmer DOES make a difference! With all those close dual meets, we might have needed one or two more swimmers present to put us over the top. Don't EVER think that you are only one of many! Too often we hear "I'm only one swimmer, if I don't swim, it won't matter." That couldn't be any further than the truth. EVERYONE and EVERY swim matters!!! Be ready for more fantastic Flyer Fun in 2011!

Coach Jeff

### Attention Parents and Swimmers:

Please remember you can sign up to have private lessons with any of our coaches. For a small fee you can get personal and individual instruction at the pool. Coaches are available for either competitive Private or Group swim lessons. Swim lessons are a complement to swim practice, not a substitute. Swim lessons allow swimmers to expand upon and receive more specific and individual instruction. Practices provide for both technique and endurance training, while lessons are designed for individual swim technique training. Look for sign up books by the family folders.

## Go Flyers!



### 2011 Swim Suit

Forest Park has a custom suit that can be ordered from NorSki in Lafayette. We will take orders for the suit during sign ups on March 31<sup>st</sup>. Families joining later will have the option of ordering at the store. The suits will take 4 to 6 weeks to arrive so don't delay in placing your order. Team logo merchandise may be ordered by notifying Cathy Johnson. There will be items for sale at the home meets.

### Swim Officials Training

Here is your opportunity to join the ranks where only a few brave and adventurous dare to tread...**BECOME A SWIM OFFICIAL!!!** We desperately need parents to help officiate our meets by performing the duties of a Starter, Stroke and Turn Official or a Meet Referee. There will be a training clinic on Saturday, May 7, at Valley Vista. Please consider attending this clinic and join the elite! Time of training to be announced. Contact Wendy Henggeler if you are interested.

## Forest Park Expectations of Coaches

The main focus of the Forest Park Swim Team is to teach correct stroke and turn technique. Often, at the Rec. level, time improvements are the result of stroke improvements rather than strength gained from training. The goal is for all Flyer swimmers to become proficient in all four strokes and turns, and enable each swimmer to understand methods of self-correction while in the water.

A primary focus will be to teach sound workout habits. This involves concentration, attentiveness, effort, and discipline. The swimmers will learn how to listen and focus on the coaches' instructions and comments. In this way, they will be able to gain the most understanding out of each practice.

The Forest Park Coaches will also stress that all swimmers enjoy their experience and learn the proper integration of work and play. The program will include activities that are non-athletic in setting, and will be supportive of other activities such as soccer, baseball, school functions, etc. We want this to be a positive and memorable experience for all swimmers on the team.

### General

- Provide for a safe environment around the pool.
- Consistently provide advice and encouragement.
- Consistently exhibit a positive attitude.
- Every coach is encouraged to learn the name of every child.

### Workouts

- Provide instruction to improve strokes, turns, starts/dives, and touches/turns.
- Have a minimum of at least one coach for every two lanes. Each coach shall consistently be providing feedback on the above.
- Coaches of all 10 & under swimmers will spend time coaching in the water, especially at the start of the season.
- The Head Coach or one of the Assistant Coaches is to be available to provide additional instruction where necessary.

### Meets

- Ensure that all 8 & younger swimmers (with shepherd help) are at the starting blocks with adequate time to prepare for their race.
- All 10 & younger swimmers shall have at least one coach in their lane providing encouragement and feedback after the event.
- Should a swimmer be disqualified, the coach shall clearly explain why the disqualification occurred.
- Encourage use of team banners and cheers before and during each meet.
- Organize and participate in swimmer social events.

## New Family Information

Welcome to all of our new Flyer Families. In an effort to eliminate some of the confusion that comes with being "new", and to help you "plunge" right in and have fun, we would like to provide you with some basic information which we hope you will find helpful.

We kick off our season with Parent Orientation Night where parents are asked to sign up to work 8 jobs. Please read the job descriptions enclosed in this packet. Do not worry about not knowing how to do a job. We were all new once and know the anxiety you may feel, so please do not panic. You will find that there is always someone near to help you.

### Practices

Pre-season (spring) practice begins on Monday, April, 11<sup>th</sup>. The summer schedule will begin on Monday, June 13<sup>th</sup> and practices will be held in both the morning and the afternoon. Morning practice is considered the primary practice and stresses endurance. Afternoon practice stresses stroke work. Swimmers are expected to attend at least one practice each day.

After meets, practices, and lessons: ALL SWIMMERS MUST VACATE THE PREMISES AS PER THE ASSOCIATION'S INSURANCE REQUIREMENTS.

### Dual Meets

"Dual meets" are regular swim meets. They are generally held on Wednesday and Saturday, when we swim against one other team.

Wednesday evening meets begin at 6:00 PM. During home meets at Forest Park, swimmers are expected to arrive with adequate time so they can be in the pool at 4:45 PM for warm-ups. For away meets, swimmers are expected to arrive with adequate time so they can be in the pool at 5:15 PM for warm-ups.

Saturday morning meets begin at 9:00 AM. During home meets at Forest Park, swimmers are expected to be in the water at 7:45 AM for warm-ups. For away meets, swimmers are expected to be in the water at 8:15 AM for warm-ups.

Our League (Contra Costa Valley Swim Conference) is comprised of 7 teams. We compete against each team in our league twice during the regular swim season. Each meet will be designated as an "A" meet or "B" meet. These A and B designations are based on the swimmer's official time in each individual stroke. The B meet designation is important because if a swimmer has an A time in a stroke, the swimmer is not eligible to swim that stroke in a B meet. B meets are designed to let those who have not reached an A stroke standard, have a meet where they can swim against a level of competition equal to their own and be recognized for their achievements.

Because our team has grown so much over the past few years, we have had to be more conscious of "A" and "B" swimmers. This does not mean that we are a divided team. What it means is that some swimmers will not swim at both A and B meets. To keep A meets running smoothly, there will be a limited number of extra heats for each event. If a swimmer's parents are scheduled to work the meet, we will try to have the swimmer swim. The Board also recognizes that some families have more than one swimmer and will try to work with that as well.

## **Torture Week**

In order to better prepare the swimmers for the big end of season two-day meets, practice is expanded for one week during July. This week is referred to as Torture Week. There are separate Torture Weeks for swimmers ages 10 & under and 11 & up. During Torture Week, swimmers are expected to attend **both** morning and afternoon practices. Friday afternoon practice will be held **only** during Torture Week. Afternoon practices during this time are only for the swimmers participating in Torture Week. As an incentive, swimmers who miss no more than one practice during the week are awarded a special Torture Week T-shirt.

## **Fun**

Being a member of the team, you will be sure to have some fun too. Here are some of the planned activities: Swimmer pancake breakfast, pasta feed potlucks before two day meets, pizza and awards after two day meets, and Buddy Night. There are also age group activities that are planned by a parent coordinator. Check the calendar in this packet for dates and the pool bulletin board for further details.

### Swimming Buddies:

Each swimmer will be given one or two buddies at the beginning of the summer swim practice. This is designed to give swimmers a chance to get to know more of their teammates in different age groups. Each swimmer should spend some time getting to know their buddies over the summer. Cheer for your buddies during swim meets and encourage their progress. Show spirit for your buddy by making posters for them and hanging them up at our two-day meets.

### Buddy Night

What is Buddy Night? Buddy Night is an evening social event for the swimmers, which will include dinner, dancing, games, and fun. Approximately two weeks before the event, there will be parent volunteer sign-ups for Buddy Night.

## **Two-Day Meets**

The two-day meets we participate in are:

1. Battle of Ages (self-funded)
2. East County Invitational (ECI) (self-funded)
3. League Meet
4. City Meet
5. County Meet (Swimmers must qualify)

Two-day meets are fun and good experience for the swimmers, but be prepared, they can be an all day event. Parents will be asked to work one shift during each two-day meet. Job assignments will be posted on the bulletin board a few days prior to the meet. Practices will **NOT** be held on the Monday following all two-day meets.

### What to bring to meets

- Team suit, goggles, deck shoes, swim cap (and a spare).
- At least two towels per swimmer.
- Sun hat, visor, umbrella, sunscreen (for parents too!)
- Lawn chairs, blankets or a sleeping bag to sit or lie down on.
- Jacket, parka, flannels or sweats.
- Diversions - books, newspaper, games, cards, Gameboy, iPod, etc. There is down time between swims.
- Sports drinks, water, juice.
- Ice chest with plenty of healthy snacks - fruit, bagels, Chex Mix, granola bars, etc.
- Pens, to jot down your swimmers times and a camera to record their event.
- Finally, show some team spirit. Wear team apparel and/or colors to the meet for the team. And if you want to make a sign, that would be great, too!

Look around to see what other people are bringing, borrow from their ideas and share your own. We are here to help you in any way we can to ensure your experience with Forest Park Flyers is a positive one. Please feel free to call us with any questions or concerns. Another valuable source of information is the bulletin board at the pool. Announcements are posted there regularly.

Welcome Aboard!  
Wendy Henggeler  
President

### Parent Power Positions

We have many opportunities to be involved in the swim team. Here are a list of parent power positions and some of the open slots. Contact Sue Hernandez if you would like to fill an opening.

#### Age Group Activity Coordinator(s)

ages 6 and under

OPEN

ages 7/8

Amy McHuron

ages 9/10

Donzelli/Martin

ages 11/12

Canesa/Freitag

ages 13/14

Sarah Mead

ages 15/18

OPEN

8 & Under Sleepover

OPEN

Aluminum Can Recycling Engineer

Sarah Mead, Diana Llata

Buddy Night	<u>Stanziano/Madahar</u>
Coaches Appreciation	<u>OPEN</u>
Fundraisers:	
Swim-a-thon	<u>OPEN</u>
Cookie Dough	<u>OPEN</u>
League Ads	<u>Beth Offield /Catherine Christian</u>
Pampered Chef	<u>Sue Hernandez</u>
Snack Bar Coordinator	<u>Stanziano/Elzey</u>
Sponsor Coordinator	<u>Robin Pixton</u>
Two Day Meet Coordinator	<u>Offield/Schmidt</u>
Swimmer of the Week Coordinator	<u>OPEN</u>
Team Equipment Manager	<u>Vanhoven/Kohlmeyer</u>
Team Picture Coordinator	<u>OPEN</u>
Team Slide/Video Show Producer	<u>Jeff Mellinger</u>
Waterslide Coordinator	<u>Jamie Elzey</u>
Swim Lesson Coordinator	<u>Sarah Mead</u>
Spirit Week Coordinator	<u>Tammy Sayre</u>
Family Picture Board	<u>Popino/Riley</u>

## Parent Power Job Descriptions

### **Age Group Activity Coordinator**

The volunteers would make sure each age group has one scheduled activity throughout the season. Also, develops an activity calendar to make sure dates do not conflict with other team activities and keeps the Swim Team Board updated.

### **Aluminum Can Recycling Engineer**

Responsible for collecting all the aluminum cans from the various bins around the pool and taking them to a recycling business. All money collected is given to the team treasurer.

**Buddy Night**

Responsible for organizing the activities of buddy night. Coordinates entertainment, games, pizza, and drink order, decorations, chaperones, coordinates water polo game and cleans-up at end of evening. A flyer should be put in everyone's box about three weeks before buddy night with specific information about the evening.

**Coaches Appreciation**

Responsible for organizing the activities and gifts for Coaches Appreciation Week.

**Fundraisers**

Coordinate miscellaneous fundraising events including contacting vendor, advertising, taking and distributing orders.

**Snack Bar Coordinator**

Recruits snack bar crew. Supervises all snack bar activities, barbecuing, Wednesday night meals, Saturday burritos, purchasing and stocking of snack bar. Sets up and closes the snack bar at all home meets. In charge of cash box, making change and working with Treasurer concerning snack bar finances.

**Sponsor Coordinator**

Responsible for recruiting sponsors for the team t-shirts. Must collect sponsorship funds, logo information, coordinate with t-shirt vendor. Update sponsorship board as needed.

**Swimmer of the Week Coordinator**

Once the coaches have chosen the swimmer of the week, the coordinator takes photos and posts them on a bulletin board at the pool. Orders swimmer of the week caps and awards certificates.

**Team Equipment Management**

Monitors the swim team's equipment, makes repairs, and informs swim team board when major repairs or purchases need to be made.

**Team Newsletter Editor**

Produces a monthly team newsletter (May, June, July and August) from information submitted by team manager, event coordinators, board members and coaches.

**Team Picture Coordinator**

Chooses a good photographer to take team and individual pictures. Coordinates with team and association to schedule picture day.

**Waterslide Coordinator**

Sets up a trip to the waterslides for the team.

**Swim Lesson Coordinator**

Take sign-ups for public swimming lessons. Schedule the instructors making sure that the swimmer/instructor ratios are correct. Ensure the instructors are paid.

# Team Financial Obligations

## SWIM TEAM DUES

### Pool Members:

\$150.00 for the 1st swimmer of each family (\$110.00 after 7/01/11 with no fundraising)  
\$140.00 for the 2nd swimmer of each family (\$100.00 after 7/01/11 with no fundraising)  
\$130.00 for the 3rd swimmer of each family (\$85.00 after 7/01/11 with no fundraising)  
\$100.00 for all additional swimmers (\$55.00 after 7/01/11 with no fundraising)

The Insurance Waiver must be signed before a swimmer can begin practice.

One half of dues must be paid before a swimmer can begin practice (\$75.00)

Balance due prior to June 1<sup>st</sup> (an additional \$75.00)

For first year swimmers, we offer a one-week trial period before requiring payment; however the date of joining the team is the first day the swimmer is in the water. If a swimmer joins after June 1, all fees are due at time of sign-up (or the completion of the one-week trial if applicable).

For 2011, the swim team is offering a \$50 family discount for new swimmers who are pool members in good standing joining the swim team or summer session Mini-Flyers for the first time.

### Associate Members:

#### NOTE:

Associate Members are those that join the pool for the exclusive purpose of participating on the Swim Team.

- They can use the pool and facilities only for practice and Swim Team Events. No Recreation swimming or use allowed. Those that are associate members may not stay for recreational swimming after practice or meets.
- Associate Members are not allowed guests
- They have no voting rights.
- **They are required to work one 49er game in the fall or 4 hours of yard clean up or pay \$100 per family.**
- The cost is \$75 per individual swimmer per year to the Association in addition to all Swim Team fees.

\$225.00 for the 1st swimmer of each family (\$185.00 after 7/01/11)

\$215.00 for the 2nd swimmer of each family (\$175.00 after 7/01/11)

\$205.00 for the 3rd swimmer of each family (\$160.00 after 7/01/11)

\$175.00 for all additional swimmers (\$130.00 after 7/01/11)

The Insurance Waiver must be signed before a swimmer can begin practice.

Dues that must be paid for swimmer to begin practice (\$150.00)

Balance due prior to June 1<sup>st</sup> (an additional \$75.00)

For first year swimmers, we offer a one-week trial period before requiring payment; however the date of joining the team is the first day the swimmer is in the water. If a swimmer joins after June 1, all fees are due at time of sign-up (or the completion of the one-week trial if applicable).

## FUNDRAISING OBLIGATION

Because the cost to run the swim team exceeds the amount collected from swim team dues, an additional \$85.00 of fundraising must be earned for each swimmer up to a maximum of \$255 per family. Fundraising

applies to pool and associate member swimmers. All fundraising efforts must be accomplished by July 15<sup>th</sup>, 2010. Families may opt not to participate in fundraising by simply paying the additional \$85.00 per swimmer (up to a maximum of \$255 per family) by July 15<sup>th</sup>. Fundraising opportunities are briefly outlined in the next section of this book. Look for more detailed information on each fundraiser in your family folder or email notices.

Please note: As in the past, all swim team dues, including fundraising efforts must be received no later than July 15, 2011. **NO EXCEPTIONS!** Any swimmer with unpaid total dues after July 15, 2011 will not be allowed in the pool to participate with team practice or meets until the total dues have been received and will not be eligible for end of the year awards.

### **TWO-DAY MEET FEES**

All two-day meets have additional fees associated with them. Certain of the two-day meets, Battle of Ages and ECI are self-funded. You will receive a sign-up sheet in your file at the pool with details about the cost of the meet, the number of events allowed, and the timing of when the sign-ups are due so you can decide to have your swimmer swim or not. The team pays the fees for all relays. The other two-day meets are funded by the team: CCSVC League Meet, Concord City Meet and Contra-Costa County Meet (for those swimmers who earn the right to swim in this meet). However, there are still sign-ups for these meets. If you sign-up to swim and then do not show up, you will be invoiced for the fees paid by the team on your behalf.

### **MINI-FLYER PROGRAM DUES**

This year we are offering two sessions of Mini-Flyers. The Spring session will run from Monday, April 11 through Friday, June 3. One of the goals of the Spring session is to graduate Mini-Flyers to the team for the summer; accordingly there is a discount for graduating Mini-Flyers. The summer session will run from Monday, June 13 through Friday, August 5.

Mini-Flyers dues are as follows:

#### Pool Members:

Spring Session: \$90 per child

Summer Session: \$90 per child

Spring Session Swimmer Graduating to the Swim Team in June will receive a \$20 cash discount for the summer session and the swim team fundraising obligation will be reduced from \$85 to \$45 for the season.

#### Associate Members:

Spring Session: \$165 per child

Summer Session: \$165 per child

Spring Session Swimmer Graduating to the Swim Team in June will receive a \$20 cash discount for the summer session and the swim team fundraising obligation will be reduced from \$85 to \$45 for the season. The \$75 Associate Member fee is only assessed once per season, so if a Mini-Flyer swims both Spring and Summer sessions, the fee would be \$165 for the Spring session and \$90 for the Summer session. No fundraising obligation applies for Mini-Flyers that do not move up to the regular team.

### **TEAM T-SHIRTS**

All registered swimmers including Summer session Mini-Flyers will receive a 2011 Forest Park Flyers team t-shirt as part of the registration dues.

## Fundraising Information

This year's required fundraising obligation has been set at \$85.00 per swimmer. The team provides fundraising opportunities to allow you to reduce the financial impact of your swim team obligation by \$85.00 per swimmer. If you choose not to participate you may simply pay your fundraising balance by 7/15/11.

**Please Note: The following fundraising activities help our swim team tremendously and we encourage everyone to participate for the financial success of our team.**

1. **SCRIP**: IF YOU HAVEN'T DEVELOPED THE HABIT, NOW IS THE TIME TO START. Scrip is a gift card that can be used just like regular cash. This is how scrip works: FPST buys gift cards at a discount and sells them at face value. The difference between what we paid for the card and its face value is applied toward your fundraising. The cards are used just like any other gift card. A list of vendors has been attached but, others are available, just ask. Each vendor has a percentage and that is the amount you earn toward your fundraising. EX: Chili's pays 11%. If you buy \$100 worth of Chili's scrip you will earn \$11 toward your fundraising. Take the time to review the attached list of vendors and think of buying scrip before you go shopping, out to dinner, pick up your prescriptions or buy the next coffee at Starbucks. Scrip is also perfect for graduation gifts, Mother's Day, Father's Day, teacher gifts, or any special gifting occasion. If you plan ahead you can fulfill your fundraising obligation and do so without spending any extra money!! A complete list of retailers is available at [www.glscrip.com](http://www.glscrip.com). Scrip is available from Lanette Stanziano.
2. **E-SCRIP**: This is electronic fundraising. Log onto [www.escrip.com](http://www.escrip.com) to create an account. Forest Park Swim Team ID is #138048765. Once your account is set up, register your Safeway Club Card, Macy's credit card, major credit cards, and Debit card. When you shop at participating stores and pay with your registered card FPST automatically gets money back from your shopping. This amount is applied toward your family's fundraising obligation. If you have questions, please talk to Lanette. This is the easiest way to earn money toward fundraising.
3. **SWIM-A-THON**: To be held on Monday, July 11th. Swimmers who choose to participate collect sponsorships from friends and family. The swimmer swims laps for a specified period of time based on age. At the end of the event, collect funds from the sponsors. 50% of all collected funds will be applied toward your fundraising.
3. **COOKIE DOUGH**: Specific fundraising amounts will be included with the brochure and placed in your family folder.
4. **PAMPERED CHEF**: More information will be placed in your family folder as these fundraisers come up.
5. **LEAGUE PROGRAM ADS**: Families can earn money by asking businesses to advertise in the League Program, by sponsoring an event (i.e. 7/8 boys backstroke), and/or purchasing a personal ad cheering for your child. Families can earn a % of the face value of the ad or sponsorship towards their fund-raising obligation. The fundraising specifics will be placed in your family folder.

## ITEMS ON HAND:

	%	Denomination
Ace Hardware	4%	\$25/\$100
American Eagle Outfitters	10%	\$25.00
Applebee's	8%	\$25.00
Barnes & Noble	9%	\$10/\$25
Baskin Robbins	9%	\$2.00
Bath & Body Works	13%	\$10/\$25
Bed, Bath & Beyond	7%	\$25.00
Big 5	8%	\$25.00
Burger King	4%	\$10.00
Carl's Jr.	5%	\$10.00
Cheesecake Factory	5%	\$25.00
Chevron	1.5%	\$50/\$100
Chevys	8%	\$25.00
Chilis	9%	\$25.00
Chipotle	10%	\$10.00
Cinemark	4%	\$25.00
Claim Jumper	8%	\$25.00
Claire's	9%	\$10.00
Coco's	8%	\$10.00
Cold Stone Creamery	8%	\$10.00
CVS	6%	\$25/\$100
El Pollo Loco	6%	\$10.00
Game Stop	3%	\$25.00
Gap/Old Navy	9%	\$25.00
Home Depot	4%	\$25/\$100
iTunes	5%	\$15/\$25
Jack in the Box	4%	\$10.00
Jamba Juice	7%	\$10.00
JC Penney	5%	\$25/\$100
K-Mart	4%	\$25/\$50
KFC	8%	\$5.00
Kohl's	4%	\$25/\$100
Macys	10%	\$25/\$100
Michael's	4%	\$25.00
Outback Steakhouse	8%	\$25.00
Panera Bread	9%	\$10.00
Payless Shoes	13%	\$20.00
Peet's Coffee	8%	\$20.00
PF Chang's China Bistro	8%	\$25.00
Red Lobster/Olive Garden	9%	\$25.00
Red Robin	9%	\$25.00
Safeway	4%	\$25/\$100
Sears	4%	\$25/\$100
Sports Authority	8%	\$25.00
Staples	5%	\$25/\$100
Starbucks	7%	\$10/\$25
Subway	3%	\$10/\$50
Sweet Tomatoes	8%	\$25.00
Target	2%	\$25/\$100
TJ Maxx	7%	\$25.00
Toys R Us	1.5%	\$20.00
Wal-Mart/Sam's Club	2%	\$25/\$100

## AVAILABLE FOR SPECIAL ORDER:

	%	Denomination
Amazon.com	4%	\$25/\$100
American Airlines	8%	\$100/\$250
Arby's	8%	\$10.00
Baja Fresh	7%	\$25.00
Best Buy	3%	\$25/\$100
Blockbuster	7%	\$10.00
Borders	9%	\$10/\$25
Build-A-Bear	8%	\$25.00
California Pizza Kitchen	4%	\$10.00
Childrens Place	12%	\$25.00
Del Taco	4%	\$10.00
Disney	2%	\$25/\$100
Dream Dinners	8%	\$75.00
Domino's Pizza	8%	\$10.00
Dress Barn	8%	\$25.00
El Torito	9%	\$25.00
GNC	8%	\$25.00
Gymboree	13%	\$25.00
Honey Baked Ham	12%	\$10.00
Jo Ann Fabrics	6%	\$20.00
L.L. Bean	15%	\$25/\$100
Lands End	16%	\$25/\$100
Limited (not Limited Too)	9%	\$25.00
Lowe's	4%	\$25/\$100
Lucky Supermarkets	2%	\$25/\$100
Marie Callender's	12%	\$25.00
Marriott Hotels	8%	\$50/\$100
Mimi's Café	8%	\$25.00
Office Depot	4%	\$25.00
Office Max	5%	\$25/\$100
Omaha Steaks	11%	\$25.00
Papa John's	8%	\$10.00
Pier 1 Imports	9%	\$25.00
Pizza Hut	8%	\$10.00
Pottery Barn	8%	\$25/\$100
Radio Shack	4%	\$25.00
Ross	8%	\$25.00
Ruth's Chris Steak House	10%	\$50.00
Sephora	4%	\$20.00
Smart & Final	3%	\$25/\$100
Stater Brothers	5%	\$25/\$50
Sunglass Hut	12%	\$25.00
Talbot's	13%	\$25.00
Walgreens	6%	\$25.00
William-Sonoma	8%	\$25/\$100

All percents and denominations are subject to change

## Parent Swim Meet Work Obligations

**Parent Work Commitment:** Parent support is required to run swim meets. Each family is requested to sign up for at least 6 dual meet commitments. This is based on the estimated number of families on the team. This requirement may change as the season progresses. We request that you commit to 6 jobs before your child can swim in a meet. All meet sheets will be marked "A" or "B". You may want to consider the type of meet when signing up for jobs. If you are assigned to work a meet and cannot make it, YOU must find a replacement worker and notify the Coordinator.

**Parent Orientation:** At Parent Orientation, there will be a sign-up sheet for each dual meet, both home and away. We will ask you to sign up for 6 jobs during meets that are the most convenient for you.

For those who cannot attend Orientation, please call or email Sue Hernandez @ 890-0579, [suekids@aol.com](mailto:suekids@aol.com) with your 8 selections after April 1<sup>st</sup> and before April 30<sup>th</sup>. We do not take job sign-ups prior to Orientation. Families that have not signed up for work assignments by May 16<sup>th</sup> (or within two weeks of joining the team), will be assigned jobs from the remaining available jobs. If 6 jobs per family are not enough to cover all required jobs, we may contact you to sign up for additional jobs. The schedule for the season will be posted in the entryway at the pool for you to review if you need to change jobs with another family.

**We will use email to assist in reminding you of your obligations.**

**Notes:** 1) To ensure readiness for the meets, the setup and cleanup team **MUST** be able to arrive 1 1/2 hours before the meet.  
2) Also, those with Stroke-and-Turn experience and Starter experience, please sign-up for those jobs...**WE NEED YOUR TALENT!**

**Two-Day meets** (i.e. Battle of Ages, ECI, League, City, or County). You will be assigned additional duties at any two-day meet your child swims.

**Trading Work Commitments:** In the event your schedule changes and you cannot perform your duty, it is YOUR RESPONSIBILITY to get a replacement. We will verify all job commitments at each meet, so it is important that your replacement advise the coordinator they are working for you.

### **No Show Policy:**

You are expected to be at your assigned post at the start of each meet. A "no show" equates to 30 minutes after the job starts (i.e. if you are a timer and you are not in your chair by 6:30pm, you are a "no show"). Each "no show" will cost \$25. After a third "no show", your child will not be allowed to swim in a meet until arrangements have been made with the Swim Team Board. If you have not paid your "no show" fees, your child will not be eligible for awards at the end of the season.

## Parent Swim Meet Work Obligations - Job Descriptions

Welcome to Forest Park Swim Team! For returning families, what follows is a review of the different jobs available at a meet. For our new families, we hope this will help you both select your work assignments and help you understand your responsibilities.

The most important thought to keep in mind is that every job is important. The most important job is yours. Each job ties together and all jobs must be done well to ensure a successful meet.

**SETUP AND CLEANUP:** At least five people are needed for at least one and one-half hours before and 45 minutes after each home meet. Setup means connecting the competition lane ropes for warm-ups, installing 6 permanent starting blocks, placing 6 temporary starting blocks at the shallow end of the pool, stringing back-stroke flags, installation of the Starting System, putting out several long tables, removing and replacing the diving board, place EZ Ups and 30+ chairs in position for the timers and the desk. After the meet, all of the equipment must be taken down and stored neatly.

**Advantages:** The opportunity to watch the entire meet, socialize with the team and families and enjoy all the races.

**Disadvantages:** You must arrive early and leave late.

**HEAD TIMER:** Head Timer is responsible for the coordination of all timers and recorders. The head timer hands out the appropriate timing device and will conduct a time check with the starter to verify watches. The head timer provides backup times should any stopwatch fail.

**Advantages:** Poolside view of all races.

**Disadvantages:** Must pay close attention to the meet in progress.

**TIMER/RECORDER:** As a timer, you are responsible for timing each swimmer in a given lane. In a dual meet, each lane has three timers. All timers work under the direction of the Head Timer. One timer in each lane will be given a stop watch in case there is a problem with the timing system. In case of a malfunctioning watch or a missed start, the timer should notify the Head Timer for help. One timer will also be responsible for recording the stop watch time. In races of age 8 and under, the timers must also help the recorder verify the swimmer's name so that the swimmer can be correctly credited with the appropriate time.

**Advantages:** The opportunity to watch the entire meet from a poolside seat. There is no paperwork involved. This is a recommended job for new families.

**Disadvantages:** You must pay attention to the start and finish of each race in your lane. All of the swimmers in your lane are counting on you to do a good job.

**RUNNER:** The home team also supplies a runner who collects the events sheets from each lane and verifies that all the lane slips have been properly filled out. If the recorders do their job well, this job is not too difficult. The runner also collects DQ slips from the stroke & turn officials and brings them to the referee.

**Advantages:** The opportunity to know the official winner before anyone else. A poolside seat for all events.

**Disadvantages:** May have to stay late to reconcile the meet before leaving.

**DESK:** This position requires 2 individuals that can run the meet software on the computer and manage the entries and scoresheet. This position is always filled by a veteran team member that has had extensive training on the software program.

**Advantages:** Poolside seating and ability to see all times.

**Disadvantages:** Must arrive early to set up the computer and stay late to reconcile the meet before leaving.

**RIBBONS:** At a dual meet, a total of two ribbon positions are needed, one from each team. They place pre-printed labels onto the ribbons awarded to the swimmers and file them in the team folders. Our league and team awards ribbons as follows:

For "A" meets:

- Individual events will be awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place ribbons.
- Relay events will be awarded 1<sup>st</sup> and 2<sup>nd</sup> place ribbons.
- Extra heats will be awarded heat winner ribbons.
- 8 and unders who do not place will be awarded participation ribbons.

For "B" meets:

- Same as "A" meets except that 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> place ribbons will be awarded for individual events.

**Advantages:** Poolside seating and firsthand knowledge of winners. This position does not start until approximately  $\frac{1}{2}$  hour after the meet starts.

**Disadvantages:** You will stay after the meet is over to complete the ribbons and filing prior to cleaning up and leaving the desk.

**ANNOUNCER:** The home team provides the announcer. The announcer uses a microphone to give the swimmers notice of which races are coming up so that the swimmers can prepare themselves and get to their lane assignments. The announcer also announces the winners of each event and periodically reports the score of the meet. It is important to pay attention to which event is taking place so that you may call the next swimmers in a timely fashion. You must also take care not to interfere with the starter.

A good announcer must speak clearly and have voice projection. You must be heard, and understood, otherwise some swimmers may miss their race.

Advantages: Poolside seating and no paperwork. The opportunity to watch the entire meet.

Disadvantages: You must closely monitor the meet as it progresses.

**SHEPHERD:** There are 4 Shepherds. Each Shepherd is responsible for one of the following groups: Age 6 and under boys, age 6 and under girls, age 7 & 8 boys, age 7 & 8 girls. Each shepherd collects their swimmers for an event and makes sure that each swimmer is in the correct lane. In the case of relays, they also ensure that the swimmers are on the correct end of the pool. The shepherd should confirm the correct swimmer name is on the recorder's sheet. Shepherds are encouraged to work together, especially during relays. This is the only job that has "breaks" and allows time to socialize. Parents of 8 and under swimmers will be required to attend a shepherding training session and sign up to shepherd at some meets. Parents of 8 and under swimmers need to help their children check-in with the Shepherd and assist with relays.

Advantages: Becoming friendly with all 8 and under swimmers and their families and have some free time during the meet. This job finishes fairly early in the meet.

Disadvantages: Must locate and direct 6 to 16 swimmers for each event. Patience and good parenting skills a must.

**FLOATER:** The responsibility of this job is to provide short breaks to the other workers, especially the timers and recorders. This is a full time job at the meet. You are constantly moving around to ensure the other workers have had a break. If there are not enough parents signed up for a particular meet, the person signed up for this job may be required to fill in for the entire meet and a break person will not be available.

## MEET OFFICIALS

These jobs require special training. Officials are required to wear a plain white shirt and dark bottoms.

**REFEREE:** All meets must have a referee. The meet referee shall have full authority over all officials, enforce all applicable rules, and shall decide all questions relating to the actual conduct of the meet, the final statement of which is not otherwise assigned by CCVSC and/or USS rules. We supply a referee for our home meets only. This job requires prior stroke & turn experience and training.

**STARTER:** The home team provides an experienced, trained starter. The starter is responsible for overseeing the installation and testing of the starting system before the beginning of each home meet. During the meet, the starter must first verify that all swimmers have finished the prior event and have been removed from the pool. Next, the starter will announce the age and race before calling the swimmers to the blocks. Lastly, the starter must know if a swimmer is in the correct "starting stance" and that all movement on the blocks has stopped before sounding the start. This job requires prior swim meet experience and Starter training.

Advantages: The starter has the optimal poolside view.

Disadvantages: The starter must be very aware of the progress of the meet and must do his/her job well to ensure fair competition and a timely finish to the meet.

**STROKE AND TURN JUDGE:** In a dual meet each team supplies at least one stroke-and-turn judge. These judges watch the swimmers. Stroke-and-turn judges will disqualify (D.Q.) any swimmer who does not execute the stroke and turn in the correct manner. This job requires Stroke and Turn training, attention to detail and the ability to be impartial.

Advantages: Poolside view of the meet and a lot of exercise.

Disadvantages: Must have training and the ability to accept criticism.

## Snack Bar

The snack bar is handled separately from "on-deck" work requirements. A Snack Bar Crew will be established. This crew will consist of 9 people. To be part of the crew, you are required to work ALL home meets or find a replacement for your commitment. Being part of the crew will eliminate your requirements of "on-deck" duties (recorder, timer, etc.). The snack bar crew also provides hospitality to the meet workers.

**Snack Bar Cashier** - Handles the snack bar cash box during all home meets. Collects money for snacks and gives change. Handles pre-paid meal cards.

Advantages: Pool side viewing. Only works home meets.

**Snack Bar Barbecue** - The person barbecuing sets up and puts away the barbecue, and cooks to order, chicken, hamburgers, hot dogs, and tri-tip at all home meets. Tri-tip must be marinated the night before and brought early to cook. Barbecue person should arrive by 4:30 pm for night meets and 8:00 am for morning meets.

**Snack Bar Counter Workers** - Prep Work to setup Snack Bar including slicing veggies and fruit. Counter workers distribute snacks as requested. Help clean up snack bar at end of meet.

**Snack Bar Meal Preparer** - Responsible for preparing the meals at home and transporting to the pool. These items will be sold at home meets. The coordinator supplies the menu, food and supplies to prepare the Wednesday night meal and Saturday morning burritos. Food must be ready to eat, at the pool, by 4:45 p.m. on Wednesday night. Burritos for Saturday meets are to be there by 7:30 a.m.

Advantages: Job is done once meal is prepared. Less demanding job during swim meets.

Disadvantages: Must have meal at meet by 4:45 p.m. night meets. The burritos must be at the meet by 8:30 a.m., on Saturday mornings.

**Snow Cone Server** - Set up and clean up Ice Machine, Prepare ice shavings, make and sell snow cones.

### List of Home Meets:

DAY	DATE	EVENT
Saturday	May 21	Time Trials at 9am
Wednesday	June 1	Pinole A
Saturday	June 4	Brentwood B
Saturday	June 11	Relay Meet
<b>TUESDAY</b>	June 21	Valley Vista A
Wednesday	June 29	Ygnacio Wood B
Saturday	July 16	Antioch B
Wednesday	July 27	Woodlands B

### Snack Bar Crew Shifts:

Saturday Morning Report Times	Night Report Times	Jobs:
7:00 AM	4:00 PM	Coordinator sets up
7:30 AM	4:45 PM	Meal preparers have burritos made and in snack bar
7:30 AM	4:30 PM	Cashier, counter workers in place
8:30 AM	4:30 PM	Barbecuers set up and start to cook
12:30 PM	9:00 PM	Meet is over, clean-up (time is approximate)

# SWIMMING GLOSSARY OF TERMS

## EQUIPMENT:

- Paddles: Thick and made out of plastic, rubber straps keep them on your hands. They build arm, back and shoulder muscles and allow for a better feel for the water.
- Fins: Also called "flippers". They are good for building leg muscles and helping a weak kick.
- Kickboard: Also called a "board". Used in kicking sets to keep upper body above water.
- "Tech" Suit: A suit made specifically for racing *only*. Severely cuts back on the drag created by the water and allows for faster swims. Examples: Aquablade, Fastskin, Swift, "paper suit".
- "Drag" Suit: A suit made specifically for practicing. Creates more drag thereby forcing the swimmer to exert more energy to move through the water, thus helping build more power/endurance/muscle.
- Pull Buoy: Piece of shaped Styrofoam that goes between legs for buoyancy and to keep the legs from kicking so the concentration can be placed on the arms.

## PRACTICE:

- "K": Kick; with or without board, with or without fins.
- "P": Pull; always with a pull buoy.
- "S": Swim; regular swimming with no paddles/boards/fins/buoys
- "D": Drill; Laps done to work on specifics of a stroke by changing up the stroke so that A) the arms and/or legs move at a different temp than usual, B) More/Less arm strokes/kicks taken than usual or C) Arm strokes are done in a certain pattern to simulate proper technique.
- Circle Swimming - Performed by staying to the right of the black line when swimming in a lane to enable maximum use of pool space. It is VERY important to circle swim to avoid crashes.
- Build-up - To increase intensity and speed over the course of a swim. Can refer to one repeat or an entire set.
- "25" - One lap=25 yards
- "50" - Two laps=50 yards
- Hypoxic: sets where the goal is to hold the breath, sometimes doing a lap without breathing, to prepare the lungs to operate at a deprivation of oxygen during races.
- vertical kicking - Kicking done in a vertical position in deep water.

## Drills (Sample)

- "CU": Catch-up Freestyle: Holding one arm out in front, while waiting for the second one to stretch parallel. Only then may the first arm begin its pull pattern.
- "One-arm": Can be done with any of the four strokes in any specific pattern. But in general it just means the swimmer concentrates on one-arm at a time.
- "FD" or "FTD": Fingertip Drag Freestyle:
- Sculling: Head down, light freestyle kick, hands out front. Slide the palms out past shoulder-width and then back together.
- "3, 5, 3" or "5, 7, 5": These are 75's. Many people confuse the numbers as meaning number of breaths per lap. The numbers stand for *number of strokes between breaths*. Example: Lap one you take a breath every 3 strokes, lap two would be every 5 strokes and lap three, every three strokes. This way, you are alternate-breathing to balance the stroke.
- sculling - To propel oneself by gently moving the hands back and forth in the water. Used as a drill, in a variety of positions, to learn to "feel" the water.

## Clock

- Top: When the arrow gets to the top, or 60, on the clock. Example: "Leave on the top."
- Bottom: When the arrow gets to the top, or 30, on the clock. Ex.: "Leave on bottom."
- Interval(s): Time given to the swimmer to complete a certain distance. Ex.: "Five 50's on the 1 minute." Would mean you have 1 minute to complete a 50 before you have to leave for another.

## **MEETS:**

- Clerk of the Course: At a big meet, swimmers must check-in at the Clerk of the Course and sit on benches for about 15-30 minutes prior to their race. This keeps them in order to assure they swim.
- Shepherd: At dual meets, shepherds line up the 6-under and 7-8 age groups and get them behind the blocks before their races.
- D.Q. or Disqualification: When a swimmer commits an infraction of the swimming rules, they are considered disqualified and their race neither scores points nor counts as an official swim.
- Circle Seeding: A method of seeding swimmers (at big meets only) when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.
- False Start: When a swimmer leaves the block prior to the sounding of the horn. Also, a swimmer may move on the block causing someone else to jump early. The swimmer who moves will be charged with a false start and disqualified. If relay swimmer leaves the block before the next member of the relay has touched the wall, that relay is disqualified.
- Warm-down: The recovery swimming a swimmer does after a race when pool space is available.
- Warm-up: The practice and "loosening-up" swimming session a swimmer does before the meet or their event is swum.
- double-whistle - The indication from officials that the next heat of swimmers is about to be called to step onto the blocks for their race.
- long whistle - At a meet the starter will sound one long whistle as a signal to swimmers in the race to step onto the blocks. In a backstroke race, this is the signal that swimmers may jump into the water.

## **QUALIFYING TIMES:**

- "B" time: Once the "B" time has been achieved, the swimmer is allowed to swim that event at the League Championship meet.
- "A" time: Once the "A" time has been achieved, the swimmer may no longer swim that event at a "B" meet.
- "County" time: If the County time is achieved, the swimmer is eligible to swim at the County Championships meet at the end of the season.

## **GENERAL:**

- Taper: During taper, the swimmer reduces the intensity and length of workouts in the weeks or days leading into an important race. This allows the body to fully recover, or repair itself, from the training of the previous weeks and months. To get the most out of the taper, swimmers can shave arms legs and exposed torso to reduce resistance, aid in the dissipation of lactic acid, and heighten sensation in the water. Some swimmers will taper for League, others for County. But it's important for ALL swimmers to attend practice during the taper portion in order for the muscles to get used to swimming while rested.
- Long Axis Strokes: Freestyle and Backstroke are so named because of the body roll along the vertical axis of the body
- Short Axis Strokes: Breaststroke and Butterfly are so named because of the undulation of the hips along the horizontal axis of the body.
- break out - The moment when a swimmer breaks the surface of the water after pushing off the wall or after their start. Generally refers to the transition from underwater kicking to swimming full strokes.
- streamline - The most hydro-dynamic position a swimmer can have in the water. Arms are straight above the head, squeezing the ears; hands are sandwiched one on top of the other; legs and feet are pressed together, with toes pointed. Very important to always be in a streamline after the start or push from the wall.

# 2011 CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET

## ELIGIBILITY RULES

### GENERAL POLICY

The Contra Costa County Championship Swim Meet is intended to provide top recreational swimmers with a venue to compete against each other. Recreational swimmers are NOT year-round swimmers. Swimmers who want to pursue a more serious swimming career are encouraged to join a year-round team in the area.

- Recreational swimmers may swim in the County Championship Swim Meet, either attached (representing a team) or unattached.
- *Attached* - Attached swimmers are those swimmers who are members of a Recreational team. If he/she is representing a team, he/she must have swum with this team only for the course of the summer and must have participated in at least three meets with them during the summer. If a swimmer moves his residence during the summer, he may swim with another team in his local vicinity with written approval in advance.
- *Unattached* - Unattached swimmers are those individual swimmers not affiliated with any team, but who must still meet all other eligibility requirements.
- Participation in various clinics and lesson programs will not jeopardize eligibility, provided the total hours of participation does not exceed 15 hours between December 31st and the beginning of the recreational season. • Recreational swim teams may not begin training earlier than the second Monday in April. - **APRIL 11, 2011.**
- Swimmers (other than high school and college swimmers) may not compete as members of a year-round swim team or train with a year-round swim team after December 31, 2010. These swimmers **MAY NOT** compete in any USA swim meets after **December 31, 2010 and until August 15, 2011.**
- High school and college swimmers who are members of their scholastic teams may continue to train with a year-round swim team until **February 15th.** High School and college swimmers may swim in USA meets unattached until **February 15th.**
- Swimmers assisting with the coaching of participating teams may compete, provided they meet all other eligibility rules and are bona fide members of the team they represent. Head coaches are not eligible to compete.
- Any protest of a swimmer's eligibility to participate in the County Meet must be submitted in writing and signed by the head coach to the LMYA Contra Costa County Championship Swim Meet Committee to the address provided in this packet.
- There is no complimentary swimming at the County Meet.

### AGE

- Swimmers enter the meet according to their age on June 15, 2011 including 18 year old swimmers. Swimmers may not be any older than 18 as of June 15, 2011.
- Entrants may NOT swim up an age group and must enter the same age group in all events, including relays.

### QUALIFYING TIMES

- Individual swimmers must meet the minimum qualifying times as sent to teams in the information packet. Qualifying times change from year to year. A participant's qualifying time must have been from a recorded result in a recreational meet held during the summer. Team time trials and intra-squad meet times are not acceptable.

### ELIGIBILITY PROTESTS

- LMYA and the County Meet Committee will not position themselves as detectives or policing agents. The County Meet Committee is comprised of the current and past County Meet Directors and is responsible for ruling on eligibility of swimmers. Parents, coaches, and swimmers are advised to call with questions. However, protests must be submitted in writing. Protests will be handled individually, and it is the responsibility of the protesting agent to collect facts regarding the violation.

### DIRECTOR'S NOTES

- We understand that some swimmers have been led to believe that they can participate in year-round swim team programs and still participate in the County Meet. We are sorry that young people are being misled in this way. The rules have not changed, and we hope that coaches, directors, and parents will help their swimmers to decide which program they wish to participate in and to remind them that they cannot do both and still participate in the County Meet. • LMYA County Meet Committee sets the rules for the County Meet. We have no jurisdiction over any other meet, league, or team and request that each rule-making body discuss and decide what eligibility rules apply vis-à-vis Recreational and year-round swim team programs for their own events.
- Coaches and/or directors are encouraged to copy this eligibility information and distribute it to team members to avoid unhappy misunderstandings and eligibility violations.





## Incentive Award Information

The incentive policy for the Forest Park Flyers will remain the same as last year:

- 1 to 12 PBs for a Bronze Awards
- 13 to 19 PBs for a Silver Awards
- 20 or more PBs for a Gold Awards

Every swimmer's Personal Best (PB) times benefit the individual as well as the team. GO FLYERS!!!

### Decade Award

Each swimmer who has been with the Flyers for ten seasons receives a Decade Award. A swimmer's first season with the team is considered to be the year in which he or she participated in their first swim meet. If your family has a swimmer(s) who should be recognized at this year's awards ceremony, please complete the following form and return it to Irma Volenec before July 15th.

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

NAME: \_\_\_\_\_ YEAR OF FIRST MEET: \_\_\_\_\_

## AWARDS RECIPIENTS 2010

### COACHES AWARDS:

**Jeff:** Tyler Shelley

**Chelsea:** Katie Vantuyl

**Julia:** David Llata

**Marc:** Carson Mchuron

**Marissa:** Jiancarlos Benavente

**Kelly P:** Matt Vonnegut

**Katie:** Thayne Merrill

**Sarah:** Jackson Hart

**Ryan:** Andrea Gallagher

**Theresa:** Joseph Defreitas

**Elliot:** Quintin Madahar

**Kelly R:** Alyssa Bradburn

**Javier:** Prachi Deo

**Tyler:** Sophia Dawson

**Zach:** Ethan Smith

### MOST IMPROVED:

11-up Boy: Robert Branda

10-under Boy: Dalton Elzey

11-up Girl: Sonny Schmidt

10-under Girl: Sami Flores

### MOST VALUABLE:

11-up Boy: Koen Vanhoven

10-under Boy: Joseph Truong

11-up Girl: Lauren Offield

10-U Girl: Rayna Stanziano

### MOST DEDICATED:

11-up Boy: Curtis Stofer

10-under Boy: Reese Elzey

11-up Girl: Caitlyn O'Connor

10-under girl: Libby Schmidt

### MOST DETERMINED:

11-up Boy: Conner Riley

10-Under Boy: Isaiah Rankin

11-up Girl: Lisa Repetto

10-under Girl: Teagan Delcastillo

### SPORTSMANSHIP:

11-up Boy: Daniel Cordova

10-under Boy: Tommy Martin

11-up Girl: Elisa Hernandez

10-under Girl: Hailey Doyle

### ROOKIES OF THE YEAR:

BOY: Chase Burns

GIRL: Sophia Miller

Teresa Satmary Award for Most Outstanding 7-8: Luc Lamoureux

Outstanding Relay: 13-14 Boys: Seamus Cheer, Sloan Volenec, Thomas Pixton, Matt Vonnegut

All 5 COUNTY TIMES: Lauren Offield, Rayna Stanziano

Graduation Awards: Javier Benavente, Julia King, Katie O'Connor

10 Year Award: Abby Hosking, Seamus Cheer, Marissa Mitchell, Ryan Morgan, Mary O'Connor, Katie O'Connor, Jacob Hosking, Otto Scheffler, Steven Johnson, Koen Vanhoven

IRONMAN: Evan Stanziano, Bela Hernandez

Mark Ayers Award for Most Inspirational: JAVIER BENAVENTE

JOEL DAWSON AWARD: BRADEN HART

HIGH POINT AWARDS:

A

6-U: Jasmine Kohlmeyer  
Tommy Martin

7-8: Rayna Stanziano  
Luc Lamoureux

9-10: Deanna Canesa  
Joseph Truong

11-12: Lauren Offield  
Koen Vanhoven

13-14: Sylvia Haley  
Seamus Cheer

15-18: Katie O'Connor  
Ryan Morgan

B

6-U: Aubrey Newton  
Carson Mchuron

7-8: Hailey Doyle  
Tyler Shelley

9-10: Crysta Taylor  
Josh Muhlestein

11-12: Sydney Brummett  
Jacob Hosking

13-14: Melissa Magleby  
Anthony Branda

15-18: Sarah Riley  
Marc Heider

## Forest Park Award Definitions:

**Most Improved:** based on total # of PBs, total amount of time improved in specific events, skill and/or technique improvement, and maintaining a positive attitude and regular participation in practices/meets.

**Most Valuable:** most likely given to those who dominate scoring in meets and high performance levels in all competitions. Also taken into account is maintaining positive attitude towards coaches, teammates and competitors; remaining motivated and hard-working in practice.

**Most Dedicated:** Based on regular attendance at practice (double workouts considered) and regular participation in meets. Someone who is proud to represent FP and does his/her best to show it by cheering/supporting others and maintaining positive attitude in any situation. He/she makes extra effort to show all the positive aspects of a Flyer.

**Most Determined:** Someone with an intense desire to succeed in whatever goals he/she sets out to accomplish. He/she focuses on working hard in practice and continuously seeks improvement.

**Sportsmanship:** Someone who always treats coaches, teammates, officials, and parents with respect. He/she is constantly cheering for others at meets and makes encouraging remarks before and after races. He/she is an energetic and enthusiastic member of the team and a positive influence on others.

**Flyer of the Year:** A rare award in which a swimmer must encompass aspects of *each* of the previous 5 awards.

**Ironman Award:** Another rare award given only to a swimmer who commits an extreme amount of time to swimming and dedication to practice attendance, while also completing the practices with a positive attitude.

**Coaches Award:** Each coach sees a swimmer that stands out in their mind, for a certain reason, above everyone else. This swimmer does something memorable whether it is continuous hard work in practice, continual positive outlook, or someone who may not ever receive a “special award” but did something that the coach deemed distinctive. This award is always at each individual coach’s discretion.

**Most Outstanding Relay:** Given to 4 swimmers from one age group who thoroughly dominated their relay events, together throughout the year.

**Rookie of the Year award:** Given to one boy and one girl who are in their first season at Forest Park.

**All 5 County Times:** Given to anyone who performs the exceptional feat of achieving all 5 County Qualifying times during the year.

**10-Year Award:** Given to anyone who has completed 10 years of being a Flyer.

**Graduation Award:** For our graduating high school seniors.

**Teresa Satmary Award for Most Outstanding 7-8:** This award is given in honor of Teresa, who as a 7-8 on Forest Park years ago, was an unbelievably talented and gifted swimmer. She passed away in a car accident as a teenager.

**Mark Ayres’ Award for Most Inspirational Swimmer:** This award is voted on *by* the swimmers *for* the swimmer that inspired them the most to do their best and above all, become a better all-around swimmer. It is now named in honor of a former Forest Park swimmer, Mark Ayres, who inspired countless others with his upbeat attitude and charismatic personality. He passed away in a cliff diving accident at the age of 21 in the year 2000.

**Swimmer of the Week:** Given each week to swimmers who demonstrate great improvement in meets, excellent workout ethic, new County, “A” or “B” times, or something else at the coach’s discretion.

# CODE OF CONDUCT

Forest Park Swimming Association and Swim Team supports and promotes an environment where members and guests can enjoy this family friendly facility.

## **The following conduct is prohibited:**

- Obscene or abusive language and/or behavior
- Inappropriate displays of affection
- Offensive clothing
- Fighting, taunting, bullying or threatening remarks and/or gestures
- Intoxication or signs of impairment related to drugs or alcohol
- Smoking
- Pets
- Irresponsible or destructive behavior
- Gang activity
- Other actions that cause a disruption or hinder the enjoyment of this facility for other members or guests.
- All of the above applies while representing Forest Park at any swim meet or other Forest Park function.

Thank you for your cooperation and assistance in maintaining a safe and enjoyable environment.

Swim Fast. Have fun!