

April

2007

Dear Swimmers & Parents:

I hope that everyone had had a great year thus far! However, the days are getting longer and the weather is getting warmer, and that means that another fun summer at Cary Swim Club is just around the corner! I remember practically living at this pool each summer when I was younger. I would hang out with all of my friends on the swim team we were so proud to be Cary Imps. I carry those memories and that same Imp pride with me now as I prepare for my first summer with my dream coaching job- as Head Coach of the Cary Swim Club swim team.

Swimming has been a huge part of my life for as long as I can remember. It is something I absolutely love. Though I was never the fastest swimmer on the team growing up, I always enjoyed swimming. The things I learned as a swimmer growing up (and as a member of this swim team in particular) are the same things I hope that the swimmers I coach can learn too- to have team spirit and good sportsmanship, to improve their stroke technique, and to become the best swimmers they can be during the summer swim season. However, even more than that, I hope that each swimmer first and foremost has fun this summer and truly learns to love swimming.

I am very excited to return to Cary Swim Club. I am thrilled to be coming back to my home swim team this summer- a place filled with fantastic memories that will last forever. I look forward to meeting and getting to know each and every one of you as we have an amazing summer swim team season together in 2007.

Sincerely,

Alex Ogden
Head Coach, Cary Swim Club
Email: lexwritr@gmail.com



2007 CARY SWIM TEAM
SCHEDULE

The Green and White Meet
(time trials/practice meet)

Wednesday, June 6, 2007

Warm ups for this meet only will begin at 5:15pm

Meet begins 6:00pm

June 12, 2007	HOME	LOCHMERE
June 19, 2007	AWAY	PRESTONWOOD
June 26, 2007	HOME	SHEPHERD'S INEYARD
July 03, 2007	AWAY	SILVERTON

July 07, 2007 CARY CITY INVITATIONAL

July 10, 2007 AWAY WELLSLEY
July 17, 2007 HOME SCOTTISH HILLS
July 19, 2007 6:00pm swim team banquet
Place: tba

All meets begin at 6:00 PM
Warm-ups begin at 4:45 PM for HOME meets, 5:15 for AWAY meets.

PRACTICE TIMES

MAY 21 - JUNE 7th practice is Monday – Friday:

4:15pm – 5:00 pm	6 and unders(Start 5/29)
5:00pm – 6:00pm	7 – 10 year olds
6:00pm – 7:00pm	11 year olds & up

**NO EVENING PRACTICE ON JUNE 8TH
DUE TO HIGH SCHOOL GRADUATION**

BEGINNING JUNE 8th practice times are:

Morning Practice: Monday, Tuesday, Thursday, Friday

9:00am - 10:30am	11-12 year olds
9:00am - 10:30am	13 year old & up
10:00am- 11:00am	7-10 year olds
11:00am- 11:45am	6 and unders

Afternoon Practice: Monday, Wednesday, Thursday, Friday

4:15 pm - 5:00pm 6 & unders
5:00 pm - 6:00pm 7-10 year olds
6:00 pm - 7:00pm 11 year olds & up

SUNFISH:

Parents who want their child to have a swim team experience but are not ready for the 6 and under group may want to try Sunfish. Sunfish is a group especially for swimmers ages **4-6, who can swim 10 yards unassisted and are comfortable in the water**. Evaluations will take place after the first week of practice. *The head coach will determine if it is safe for your child to participate in the sunfish program versus take regular swim lessons, versus they are ready for 6 and under practice group.* The goal is to swim in a meet by the end of the season. The fee for this group is \$55.00. Work session requirements, do not apply.

SUNFISH Practice: Monday, Wednesday, Thursday, Friday

Begins May 29th Tuesday from 4:15pm – 5:00pm*

*** weather/pool temperature dependent**

CARY SWIM TEAM

Your child is a member of Cary Swim Team. The traits of team responsibility, pride, and sportsmanship are developed or will develop, but in the final analysis, swimming is an individual sport where swimmers individually work to improve techniques, starts, turns, and times.

The goal of the swim team is to have open communication between the coaches, promote a team spirit among our swimmers, and have parents taking an active part in doing their share to run our meets effectively.

PARENTS help make our swim team successful. Without all parent's help we are unable to run the meets smoothly. However, parents **MUST** refrain from "coaching" children during practice. If there are concerns talk to the coaches after practice to address any issues. Sideline coaching makes it hard for the coaches to do their job effectively.

The crucial part of every meet is having enough people to work. To ensure that our meets are covered and the responsibility is taken by all, all parents are **REQUIRED to work 5 sessions** during the season. Each family needs to sign up when their swim team dues are paid. There will be a poster with all meets and workers needed at swim team sign up. **It will be your responsibility to find someone to work your position if you can not fulfill your obligation for a particular meet.** A Swim Team Directory will be distributed following sign up for your

convenience. **Families will be contacted by phone if they don't sign up for the meets at swim team sign up. Failure to work at the meets can lead to dismissal of the swimmer from the team.** There is a description of each job responsibility and how many workers are needed to fill that position in the handbook.

We look forward to a great season. It is rewarding and fun to see our swimmers improve over the summer, make new friends and feel a sense of pride in their swim team. Let's help make this a successful swimming season for our children.

DUES

Cary Swim Team dues are \$55 per swimmer. **Your swimmer will not be allowed to practice or swim in a meet until the dues are paid.** Checks should be made payable to **CARY SWIM TEAM** and paid at the time of sign up unless other arrangements need to be made. Refunds will not be given after the first swim meet. The swim team is self-sufficient. These dues go toward coaches' salaries, ribbons, trophies, and supplies for the swim team. Questions related to the swim team should be sent to:

Debra Ryan, Swim Team Operations, Chair: email: ryan54ND@aol.com

Chris Ogden, Swim Team Operations: email: cogden@nc.rr.com

SWIM SUITS

A team suit has been selected for uniformity. 2007 is a new suit year. Kastaway Swim Specialty Store is the official provider of the Cary Swim Club Swim Team. If you did not purchase your suit on swim team sign up day, you may purchase your suit either at the store in Raleigh or on line. Cary Swim Club – NC Swim Team merchandise is on the Kastaway web site. You can log onto the web site to purchase discounted team merchandise and any other swimming item that you might need 24/7. To access the secured site do the following:

1. Log onto kastawayswimwear.com
2. Click in TEAMS in the upper right corner
3. Enter username: CSC275
4. Enter password: CARYSC46
5. Shop!

Becky Korostynski is the North Carolina Team Coordinator and can be reached at 1-800-401-5278.

You may also reach her by email at beckyk@kastawayswimwear.com

BAKE/FRUIT SALE !!!!

We have a concession stand at each HOME meet. **PLEASE** bring a batch of your favorite individually wrapped cookies, brownies, or some kind of goodie to sell. Fresh fruit and other healthy choices are strongly encouraged. Your help is greatly appreciated. **ALL FAMILIES** need to participate.

CARY CITY INVITATIONAL

July 7, 2007

All swimmers are encouraged to attend the Cary City Invitational on **July 7th here at CARY SWIM CLUB**. This meet is an opportunity for your swimmer to compete against other swimmers throughout the area. It's great fun to see friends from other clubs. Please note that if your child will be participating, you are responsible for volunteering to help in some capacity at the meet outside of your regular swim team obligations. The meet directors for 2007 are Delon and Lisa Dove.
Email: DOVEFLY6@aol.com. Look for volunteer opportunities on the web site and club bulletin boards.

TIPS FROM THE COACHES

I. ATTENDANCE

- A. Practice: You are expected to come every day. It's a team! You are encouraged to come twice a day if possible.
- B. Tuesday morning or Monday afternoon practice is **required** in order to swim in a main event. Exceptions may include an emergency, your child is at camp or you have an appointment. **PLEASE** inform the coaches of your absence. These practices will be used to concentrate on dives, turns, or perfecting strokes. We will also have time for a pep rally to get us psyched for the meet.
- C. Special Meets (Cary City)

Attendance is not required, but it is very important. We are encouraging all swimmers to represent our team at these meets. It is a privilege to participate.

II. SWIM MEETS:

A. Arrival time:

HOME MEETS: Be on deck and ready to warm up at 4:45pm.

AWAY MEETS: Be on deck ready to warm up at 5:15pm.

B. **WHAT TO BRING TO THE MEET:** **TEAM SPIRIT**, at least 3 towels per swimmer, **TEAM SPIRIT**, warm clothes (sweats,) cap and goggles (always wise to bring an extra pair!), **TEAM SPIRIT**, water to drink, healthy snacks, your best manners, sportsmanship and don't forget your..... **TEAM SPIRIT!!!**

B. **WHAT NOT TO BRING TO THE MEET:** electronic devices/games, MP3 players, etc., Not only do you risk losing these items but you can't watch your team mates swim and you will miss out on exhibiting your **TEAM SPIRIT!**

B. Swimmers are asked not to swim after practice on Tuesday morning in order to rest up for the meet.

III. Wednesday Morning: rest and relax. There will be no practice. We may have a planned activity for the morning. Watch the Fast Trac and bulletin board for details.

IV. **TEAM SPIRIT:** One of our goals is to really show that the Cary Swim Team has **SPIRIT!!!** Always keep **good sportsmanship** in your mind, whether we win or lose.

HELPFUL HINTS FOR SWIM MEETS

1. Your swimmers should always be at the appropriate pool at the assigned time for swim meets.
2. Swim meets usually run from approximately 6:00 PM – 10:00 PM. Meets against larger teams like Lochmere and Prestonwood typically run later.
3. Take your own lawn chairs with you to all meets. * You may not be allowed to bring your own chairs or food to the Prestonwood meet. Specific information for this meet will be communicated before the meet.

4. Swim meets are during dinner hour so remember to bring something to eat or you can purchase food if concessions are available. * Reminder that you may not be allowed to bring your own food to Prestonwood- confirmation will be communicated.

5. Children swim the following distance depending on the design of the pool:

6 and under swimmers	15 yards marked by a rope
7-10 year old swimmers	25 yards/25 meters
11 and older swimmers	50 yards/50 meters

6. Kid catchers are ages 11 and up. They are used for 6 and under swimmers. One to two catchers per lane are assigned by the coaches.

7. Children swim the following strokes in the order listed below. Check the line board to see what lane and event they will swim in:

6 and under swimmers	free, back, breast
7 and older swimmers	medley relay, free, back, breast, fly, free relay

8. Only the main event is scored and earns points toward winning a meet. Scoring for all events except relays are as follows:

First Place	5 points
Second Place	3 points
Third Place	1 point

9. Only the first place relay team earns points. The winning team earns 5 points for their team.

10. In case of ties, the points are split between those tying. For example, a tie for first place in an individual event gives 2 ½ points to each of the swimmers tying. A tie on a relay splits the points between the two relay teams who tie.

11. Although the main event is the only heat that scores points, all heats are important. The maximum number of main events for 6 and under swimmers is 2. The maximum number of main events for 7 and older swimmers is 3.

12. The medley relay begins the meet. The free relay ends the meet.

13. If a child is “DQ’d” (disqualified) he/she will not receive a place ribbon. If a child false starts twice, he/she will not be allowed to swim that stroke.

14. Ribbons are awarded as follows:

MAIN EVENT:	First Place	Blue
	Second Place	Red
	Third Place	White
	Fourth Place	Yellow
	Fifth Place	Light Blue
	Sixth Place	Pink
HEAT WINNERS:	host/team discretion	
HEAT PARTICIPANTS:	host/team discretion	
RELAYS:	same as the Main Event	

Place ribbons can be picked-up at the front desk the day following the meet.

15. Heat ribbons will only be given to 10 and under swimmers
16. All swimmers swim in every meet, weather permitting. If a storm occurs and the meet is delayed, only main events will be swum. A meet can be called and scored after the completion of the breaststroke.
17. If a swim meet is postponed on Tuesday evening due to inclement weather, it will resume where it stopped the following evening at the same location and time unless otherwise agreed upon by the TSA representatives of each team.
18. PLEASE let the coaches know prior to the meet **IN WRITING** if you will miss a meet or will be coming late. There will be a poster on the Swim Team bulletin board with all meets listed. Please sign your name for date/dates of meets you will not be attending. Also, if a meet is postponed from Tuesday to Wednesday (or another day), let the coaches know if you cannot make the meet. **Parents let the MEET DIRECTORS of your meet know if you cannot fulfill your responsibilities on Wednesday (or another make-up day) for the makeup meet.**
19. Keep a record of your child's times so you can see their improvements as the summer progresses. Improving individual times is as important as the place the child takes. Be sure to encourage your child about the positive points of his/her swimming, rather than dwelling on weaknesses. A couple of days after the meet, there will be a notebook on the front desk with all swimmers times.
20. Avoid letting your child eat too many sweets at the meet. This "instant energy" will actually sap their strength.
21. Encourage your child to sit with the team during the meet to support our team. The time between races can be long so bring a book or cards to pass the time.
22. Read the FAST TRAC and the bulletin board regularly. Every attempt will be made to keep you informed of swim team happenings. Don't miss out by not reading all swim team information. FAST TRAC can be found by the bulletin board for a hard copy or on line at the Cary Swim Club web site: www.caryswimclub.org- and click onto the swim team link.

“MEET THE CHALLENGE”: VOLUNTEER JOB DESCRIPTIONS

SCORERS

Home – 2 volunteers

Away – 2 volunteers

Records place finishes and disqualification slips from the event and scores on the score sheet. (Work half the meet)

RECORDER

Home – 1

Records place finishes and winning time on event slip from place judge positions and can adjust for disqualification. (Work whole

meet – main event only)

- 6TH PLACE JUDGE** Stands in sixth place finisher’s lane. (Whole meet- main event only)
Away – 1
- 5TH PLACE JUDGE** Stands in fifth place finisher’s lane. (Whole meet – main event only)
Home – 1
- 4TH PLACE JUDGE** Stands in fourth place finisher’s lane. Also, judges second place
Away – 1 for the second relay when two events are combined. (Whole
meet- main event only)
- 3RD PLACE JUDGE** Stands in third place finisher’s lane. Also, judges second place
Home – 1 for the first relay when two events are combined. (Whole meet –
main event only)
- 2ND PLACE JUDGE** Stands in second place finisher’s lane. Also, judges first place
Away – 1 and obtains finish time for the second relay when two events are
combined. (Whole meet – main event only)
- 1ST PLACE JUDGE** Stands in first place finisher’s lane and obtains the finish time for
Home- 1 first place. (Whole meet- main event only)
- STARTER** Starts each event with an appropriate starting device. (Half meet)
Home – 2
1. Asks whether judges and timers are ready.
 2. Announces gender, distance and stroke.
 3. Direct “Take your mark.”
 4. Pauses to ensure no early start.
 5. Gives starting signal and calls false start if needed.
- ANNOUNCER** Calls swimmers to the clerk of course for each events.
Home - 1 Announces scores. (Whole meet)
- RUNNERS** Goes from each stroke and turn judge (2) to the recorder with
Home – 6 disqualification slips. Two other runners alternate from the
recorder to the scorers with event slips from place recorder and
any disqualification slips. (Half meet)
- KID PUSHERS** **This position is limited to parents of 8 and under swimmers.** One or
Home – 6 two from each team find, assemble and deliver the swimmers
to the clerk of course benches when the announcers call the
event.
Away –6 One volunteer from each team to assist the clerk of course in
setting up the swimmers in event order on the benches in the lane
positions.
(Whole meet).
- CLERK OF COURSE** Get swimmers to proper starting blocks for their events and get

Home – 4 event slips to the recorder. John and Julia Thomas are the CSC
masters
Away – 4 of this position and have graciously offered their services for all
Meets for 2007.

RIBBON WRITERS Complete award ribbons. (Half meet)

Home – 4

Away - 4

TSA REPRESENTATIVE Represents the swim clubs on the TSA board of directors.
Works as the representative of TSA at the season's duel meets. Resolves or takes to the
TSA board any events of question. Sets up official meeting
before the duel meets.

STROKE AND TURN JUDGE Judges whether proper stroke, turn, start and finish are executed by the
swimmers during the meet. (Half meet) 2 S&T's used for medley relay
if agreed upon by opposing team.

Home – 2

Away - 2

TIMERS

Home - 18

Away - 16

Time the swimmer in each lane and write the time on the list.
There are two timers in each lane. (Half meet)

**Heat Judges and Ribbon
Distributors for Heats**

Home - 4

Hand out ribbons to the heat winners, 10 and unders only. (Half
meet)

Clean up Crew

for After Home Meets – 4

Help get lane ropes put up, deck chairs out for next day and trash
out to curb.

Banquet Helpers – 10

Help Jennifer Johns plan and carry out the banquet



TARHEEL SWIMMING ASSOCIATION

The Tarheel Swimming Association (TSA) was created to “promote and encourage competitive and recreational summer swimming for Wake County youth.” It now consists of over 60 swim clubs in Wake County. These clubs are placed in divisions. They strive to group teams with other teams of equal strength. Three of our meets will be in our division and the other three will be divisions above or below ours, adding some interesting competition. Our swim meets follow TSA rules for swimming meet management, judging, etc.,.

Debra Ryan, TSA Representative

Coleman Poag, TSA Representative

Mary Catherine Troxler, TSA Representative

AWARDS AND RECOGNITION

1. **SWIM TEAM PARTICIPANT TROPHIES**– Given to all swimmers who have participated. These will be awarded at the Swim Team Banquet at the end of the season.
2. **MOST IMPROVED** – Presented at the Swim Team Banquet to one boy and girl swimmer per age group who have shown much individual improvement over the summer. Chosen by the coaches.
3. **HIGHPOINT EARNERS** – Given to the boy and girl in each age group who contributed the most points during the season.
4. **COACHES AWARD** – Presented to one boy and one girl 10 & under and one boy and one girl 11 & over who have been especially cooperative and helpful to the coaches, tried his or her best, and displayed good sportsmanship and super attitude.
5. **BILL JONES AWARD** – Presented to one swimmer who has shown sportsmanship, good attitude, ability or improvement, and has been an asset to the Cary Swim Club. This award is in honor of Bill Jones, the first coach of the Cary Swim Club.
6. **CARY SWIM SWEATSHIRT** - Awarded to swimmers that been with the Cary Swim Team for 10 years.
7. **CARY SWIM TOWEL** - Awarded to swimmers that have been with the Cary

Swim Team for 5 years.

10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC
Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.



Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

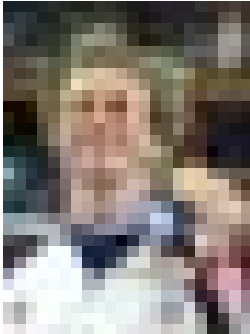
VIII. Thou shalt be loyal and supportive of thy team.

Every team has its own internal problems, even teams that build champions.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved

my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.



X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

CARY SWIM CLUB



IMPS

Swim team handbook 2007