

POLAND

Swim and Tennis Club

SWIM TEAM HANDBOOK

For Swimmers and Parents

2008 Season

Welcome to the Poland Swim Club Swim Team!

Parents and swimmers should read through this handbook together. Please feel free to speak with the coaching staff or aquatics directors regarding any information contained within this handbook.

Head Coach:	Kendra Paul, 330-219-4648
Assistant Coaches:	Kelli Hart, 330-503-4107 Kristen Kuntzman, 330-881-6794 Julia Gregos, 330-393-3328
Aquatics Directors:	Lisa Boniface, Jenny Hunt, Melissa Watson
Poland Swim Club:	330-757-3755

OUR MISSION STATEMENT

The primary goal of our swim team is to provide our children with a structured swim program that will teach and develop their competitive swimming ability in a relaxed and fun environment.

SWIM TEAM INFORMATION

Each meet offers a variety of events and distances depending upon the age of the swimmer. The YSL age of the swimmer is his/her age on June 1st. The swimmer will swim this age group for the entire summer swim season.

Each swimmer can swim three events. Relay participation will depend on the swimmer's times. The events the children will swim will be determined by the coaches after considering: a.) the child's ability and times, b.) the needs of the team, and c.) the availability of the swimmer to swim certain events. The head coaches will decide what is in the best interest of the team.

In order for the child to get the most out of the team experience, the child should be able to swim the length of the pool freestyle. Each new swimmer will be evaluated by the coaching staff to determine ability to join the team. The swim team is not a substitute for swim lessons.

Please do not approach a coach for discussion during practice or a swim meet. The coaches will meet with any parent after the scheduled practices or before and after a swim meet. You may also contact the coaches at the club to set up an appointment.

DISTANCE

The distance a child swims is determined by his/her age:

- | | |
|----------|---|
| 8/under- | Swim 25 meters/yards in all four strokes (butterfly, back, breast, free), including relays |
| 9 & 10- | Swim 25 meters/yards in all four strokes, including relays |
| 11 & 12- | Swim 50 meters/yards in all four strokes, including relays |
| 13 & 14- | Swim 50 meters/yards in all four strokes, including relays |
| 15 - 18- | Girls swim 50 meters/yards in all four strokes, including relays; Boys swim 100 meters/yards in freestyle and 50 meters/yards in the remaining three strokes, including relays. |

TEAM EQUIPMENT

All team members should have a competitive swimsuit, goggles, and towel. We recommend the following:

- Practice Suits – swimming suits worn during practice sessions that are durable and comfortable
- Competitive Suit – either team suit or other racing suit that is tight fitting to reduce resistance and is made of lycra
- Goggles – competitive swimming goggles are worn by the swimmers during practice and competition to enhance vision and protect the eyes from the effects of chlorine
- Cap – a latex or silicone cap is used to protect the hair and cut down on resistance while swimming. Team caps will be available prior to the first meet
- Sweats – A sweat suit should be worn to keep the body warm after swimming and to keep the muscles warm and loose
- Towel – a thick large towel is preferred

SWIM TEAM RULES

1. Swim team practices are for swimmers who will participate in swim meets.

2. Swimmers are expected to practice at assigned times, unless other arrangements are made with the coaches.
3. Swimmers are expected to participate in meets, according to the events assigned by the coaches. If a swimmer is unable to attend a meet, prior notice should be given to coaches whenever possible.
For regular meets, please notify the coaches by Friday morning prior to the meet. This will allow time for line-up changes prior to the league deadline of Monday at 4:00 PM. Absolutely no changes can be made after this time.
For the Relay and Championship meets, please notify the coaches at least two weeks in advance of the scheduled date. Due dates for absentee forms can be found on the form.
Many swimmers also participate in other sports. When you have a conflict with a swim meet, your child may still participate in the meet by notifying the coaches of the conflict so that they only enter your child in an individual event, rather than a relay. There will also be a VACATION SIGN-UP BOARD posted on the swim team bulletin board.
4. Coaches will determine the order of all relays.
5. Swimmers are expected to stay for the entire meet, unless excused by the coaches.
6. If a swimmer is unable to swim the length of the pool in a reasonable time as determined by the coaches, he/she may be asked to return next season after further development.
7. There is to be no swimming in the pool after home meets until the manager and lifeguards give permission.

SWIMMER AND PARENT CONDUCT

Swimmers are reminded that their behavior reflects on the entire team. The coaching staff expects that all swimmers and parents will act in a considerate and sportsmanlike manner to teammates, coaches, parents, officials, and any other member of the swimming community at meets, as well as at practices. Consistent with this premise, team members will remain in the pool area at all times during practice and meet unless otherwise approved by the coach. Any misconduct will be dealt with and may result in suspension from the next scheduled swim meet or suspension from the team. In addition to these special rules, the Swim Club rules will also be strictly enforced.

DISCIPLINARY ACTION FOR SWIM TEAM MEMBERS

1. A swimmer may be asked by the coaches to terminate practice for failure to follow instructions and/or behave in an unacceptable manner.

2. A swimmer may be suspended from participation in a meet or removed from the team at the discretion of the coaches of any of the following occur:
 - a. Unreported absences from practice
 - b. Chronic tardiness at practice
 - c. Leaving practice without permission
 - d. Fighting, physical or verbal abuse, vulgarity, disrespect, or similar unacceptable behavior
 - e. Practice disruption
 - f. Destruction of property, dishonesty, theft

First offense - verbal warning

Second offense - one week suspension

Third offense - expulsion from team

PRACTICE SCHEDULE

Regular swim team practice begins Wednesday, June 11, 2008. Practices are held Monday through Friday.

8:00 - 9:00	11 & 12 Year Olds
9:00 - 10:30	13 - 18 Year Olds
10:30 - 11:15	9 & 10 Year Olds
11:15 - 12:00	8 & Under

A swimmer may be assigned to another practice time at the discretion of the coaches. All swimmers are required to attend a minimum of 3 practices per week in order to participate in swim meets, unless a valid written excuse from a parent or physician is provided.

SWIM TEAM BULLETIN BOARD

Please check the bulletin board regularly for the latest news and information. Summer swimming moves very quickly and changes take place frequently. This bulletin board may be the only way to get current information to you.

Weekly results of the swim meets will also be posted on the bulletin board. Please return after viewing so that others may see it.

VACATION BOARD

There will be a vacation board posted at the Club with all of the scheduled meets listed. Please sign the board under the appropriate

meet if unable to attend. We ask that you sign up as soon as possible so that the coaches can make the proper line-ups for each meet.

MAIL BOXES

Each family will have a folder in the Swim Team file box on the front desk. Please check your folder for information, ribbons, etc. All written notices are put in the mailboxes, so PLEASE CHECK YOUR FOLDER DAILY.

SWIM MEETS

The evening swim meets begin at 5:45 PM. All officials and volunteers must be at the pool and at their volunteer posts by 5:30 PM so that the meet can start on time.

Swimmers should be at the pool at 5:00 PM unless otherwise instructed by the coaches.

To avoid confusion, parents should make sure their swimmer knows what events they are swimming prior to the start of the meet. A list of each swimmer and the events they are swimming will be posted on the bulletin board near the announcer's table. This list will be posted by Tuesday of each week.

2008 SWIM MEET SCHEDULE

June 18	Applewood HOME
June 25	Elks/Logan @ Elks AWAY
July 2	Tippecanoe/TCC @ Tippe AWAY
July 9	Boardman - AWAY
July 12	Relay Meet @ LOGAN
July 16	FAST - AWAY
July 23	Canfield - HOME
July 30	Warren Olympic - HOME
August 2	Championships @ WARREN OLYMPIC

SPECIAL MEETS AND EVENTS

Relay Meet: The Relay Meet will be held at Logan Swim Club for all YSL teams. The meet consists of relay events for each age group. Swimmers will be chosen for participation in this meet based on their availability and times.

YSL Championship Meet: This year, the Championship will be hosted by Warren Olympic Swim Club for all YSL teams. Swimmers are required to

have swum in at least two (2) dual/tri-meets during the season in order to participate. Swimmers will be chosen for participation in this meet based on their availability and times.

PERSONAL BEST RIBBONS

Personal Best ribbons are awarded to any swimmer who improves their individual stroke times from one swim meet to the next. They are awarded each week.

AWARDS BANQUET

The awards banquet is held at the end of the swim season to recognize each individual swimmer's accomplishments. This year's banquet will be held on Monday, August 4th at 6:00 PM at the Swim Club. More details will follow.

PARENT INVOLVEMENT – SUPPORT OUR TEAM!

Parents are asked to volunteer their time at all swim meets. The committees include: clerk of course, Family Fun Day Chinese Auction, food sales, grounds clean-up, officials, ribbons, scoring, timers/runners, and Town Crier. If you have not already signed up for a committee, one will be assigned to you.

If you are unable to volunteer, you have the option of paying an additional \$75.00 to help defray the Club's cost for wages.

All families will also be asked to donate food items for at least one home meet. All proceeds from the food sales are used for the team's awards banquet and team recognitions, and your donations are greatly appreciated.

DIRECTIONS TO AREA SWIM CLUBS

Applewood Swim Club
Teakwood Drive, Boardman
330-758-3675

Take Route 224 West to Applewood Drive. Turn right on Applewood Drive and follow to Appleridge. Turn right on Appleridge and follow to first stop sign, which is Teakwood. Swim Club is on the right.

Boardman Tennis and Swim Club
6907 West Boulevard, Boardman
330-758-7802

Take Route 224 West to West Boulevard (by A&W). Turn right. Swim Club is approximately ¼ mile on the right.

Canfield Swim and Tennis Club
522 N. Briarcliff Dr., Canfield
330-533-6907

Take Route 224 West through Canfield Village to Cardinal Drive (light at intersection). Turn right. Travel past Canfield High School and into residential area. At end of road at stop sign, turn left. Follow this street, which will bear to the right. Swim Club is on the left.

FAST (Firestone)
Columbiana
330-482-1026

Follow Route 164 South (South Avenue) to the circle in the center of Columbiana. Go ¾ of the way around the circle on to East Park. Go over the R.R. tracks, and the Swim Club is on the left.

Logan Swim and Tennis Club
3947 Logan Way, Liberty
330-759-1060

Take I-680 North to Route 62/7 Bypass, towards YSU/Warren. Exit at Wick Avenue. Turn right on Wick. At Golden Dawn restaurant (on right), bear right and follow to bottom of hill. Bear left on Logan Avenue. Follow Logan past Gypsy Lane. At fork in road (light), stay to the right on Logan Way. Pass Youngstown Country Club on right. Logan Swim Club is on the right.

Tippecanoe Country Club
5870 Tippecanoe Road, Boardman
330-758-1232

Take Route 224 West to Tippecanoe Road. Turn right. Get in left turning land and follow Tippecanoe Road. Follow to yellow flashing light. First drive on left past the light is entrance to Tippecanoe Country Club.

Trumbull Country Club
Warren
330-372-7002

Take 680 North to the 711 connector to Route 11 North to Route 82 West toward Warren. Bear left to exit on East Market Street. Go through intersection at North Road (McDonald's at intersection). Turn right on Golf Drive (2nd street past North Road). The Country Club is at the end of the street.

Warren Elks
Warren
330-369-2781

Take 680 North to the 711 connector to Route 11 North to Route 82 West toward Warren. Bear left on East Market Street. Turn left on to North Road (at McDonald's). Turn right on Route 422, and follow past Dodge dealership. The Elks lodge is on the right, and the pool is behind the building.

Warren Olympic Swim Club
Warren
330-399-4048

Take 680 North to the 711 connector to Route 11 North to Route 82 West toward Warren. Bear right to follow the Rt. 5/Rt. 82 By-pass around Warren. Exit on Parkman Road (Route 422). Turn left toward Warren. As you cross the river, you will see a convenience store on the left at Tod Avenue. Turn left on Tod. Follow Tod along the river, and the swim club is on the right.