

POLAND

Swim Club

SWIM TEAM HANDBOOK

For Swimmers and Parents

2011 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 | swimkp33@aol.com |
| Assistant Head Coach: | Kelli Hunter | 330-503-4107 | KHunter@PolandSchools.org |
| Assistant Coach: | Kristen Kuntzman | 330-599-8005 | kkuntzm2@kent.edu |
| Aquatics Co-Director: | Sam Landry | 330-757-6623 | lan3sam@aol.com |
| Aquatics Co-Director: | Jim Mullally | 330-757-0033 | jmull61996@aol.com |
| Aquatics Co-Director: | Craig Sommers | 330-757-7569 | CSommers@PolandSchools.org |

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 in this age group throughout the summer 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.) ability and times, b.) the needs of the team, and c.) the swimmer's availability to swim certain events. The 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 coaches 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. Please discuss any issues with the coach or coaches involved and the head coach before approaching board members!

DISTANCE

The distance a child swims for each stroke (butterfly, back, breast, free) is determined by age:

up to age 10: Swim 25 meters/yards in all four strokes, including relays

ages 11 – 14: Swim 50 meters/yards in all four strokes, including relays

ages 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.
- 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

REQUIRED FORMS

Each family and/or swimmer should have completed the following forms prior to participating in practice* or in a swim meet#.

- Registration Form* (one per family) with committee preferences
- Swim Team Medical Form*
- Swim Team Contract*
- YSL Parent's Code of Ethics Pledge# (one per family)

SWIM TEAM CONTRACT

The following rules are outlined in the Swim Team Contract. In order to participate in practice, each swimmer and parent must have read the rules, expectations, and consequences outlined in the contract and they must have signed and returned the signature page.

As a swimmer of PSC, I understand that I am expected to:

- Respect teammates, competitors, parents, coaches and all staff
- Support and encourage teammates at practice and meets
- Be on time for practices and meets
- Be ready and on deck for practices and meets
- Focus on my own swimming and not on others
- Maintain a positive attitude:
 - Accept assigned practices/events without complaining
 - Refrain from being disruptive or use inappropriate language
 - Be a good sport when we win or lose
- Inform coaches of any doctor/dental appointments, haircuts, etc. that would cause me to miss a mandatory practice/ swim meet.
- Keep coaches informed of any illnesses or injuries.
- Know all events/relays that I will be swimming at meets
- Know not to leave a meet without checking in with one of the coaches.
- Always be prepared for swims needed by the team.
example: fill in for a relay.
- Stay for the whole meet and show support for my teammates.

Consequences

Failure to follow the rules in this contract as well as pool rules will result in the following disciplinary action:

Step 1: Verbal warning

Step 2: 5–10 minute time-out (Time determined by action)

Step 3: Asked to leave practice or meet (If asked to leave practice, swimmer's parents will be notified by phone)

Step 4: Suspension and contact with parents, head coach, and aquatics directors. Length of suspension will be determined by the severity of the swimmer's actions.

Step 5: Expulsion from the team

** Note: One or more of these steps may be bypassed to address instances deemed by the coaches to be severe or threatening to others.

PRACTICE SCHEDULE

Regular practices begin on Monday, June 13 but this may be adjusted based on school schedules. 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 the coaches have been informed about any special circumstances.

EMAIL UPDATES

Please provide the aquatics directors with an email address. We will be sending frequent email updates. Please feel free to contact us by email if you have questions. [Sam Landry: lan3sam@aol.com, Jim Mullally: jmull61996@aol.com, Craig Sommers: CSommers@PolandSchools.org (case sensitive)]

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. We will post information on the bulletin board as well as send it out in an email update.

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

MAILBOXES

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.

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.

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. If for any reason you are running late on a meet night, please call your committee chairperson or the club!

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. Coaches and clerk of course workers will do their best to get swimmers in their events, but swimmers and parents are ultimately responsible.

2011 SWIM MEET SCHEDULE

| <u>HOME TEAM</u> | <u>VISITING TEAM</u> | <u>DATE</u> |
|--------------------------|----------------------|--------------|
| Poland | Boardman | FRI, June 17 |
| Poland | Logan | WED, June 22 |
| Canfield | Poland | WED, June 29 |
| Warren Olympic | Poland | WED, July 6 |
| TBA | * RELAY MEET * | SAT, July 9 |
| Applewood | Poland | WED, July 13 |
| @ YSU | * PENTATHLON * | SUN, July 17 |
| Poland | FAST | WED, July 20 |
| ATTYCC (@ Tippecanoe CC) | Poland | WED, July 27 |
| POLAND | * CHAMPIONSHIPS * | SAT, July 30 |

Please note that the first meet is on Friday, June 17. With the late ending of school, this was a league decision based on a shared concern for swimmer safety in order to allow teams to have a sufficient number of practices prior to the first meet.

SPECIAL MEETS AND EVENTS

Relay Meet: The Relay Meet is tentatively scheduled for Saturday, July 9 at a club to be determined and is open to all YSL teams. The meet consists of relay events for each age group. The coaches make the final decisions regarding relay line-ups. A Relay Meet participation form will be distributed to all swimmers.

Pentathlon: The Pentathlon Meet will be held on Sunday, July 17 at YSU. Swimmers perform each of the four strokes and an individual medley (each of the four strokes in succession). Swimmers 8 & under swim only the four individual strokes. While this is sponsored by and is a fundraiser for Penguins USA Swimming and is not a YSL-sponsored event, we encourage anyone interested to participate. Information will be distributed as it becomes available.

YSL Championship Meet: This year's Championships will be hosted by US! Poland Swim Club for all YSL teams on Saturday, July 30. 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 periodically throughout the season.

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 1st 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, and publicity. If you have not already signed up for a committee, one will be assigned to you.

If you are unable to volunteer or prefer not to volunteer, you must pay a fee of \$100.00 to help defray the Club's cost for wages. There are very few committee jobs that can be completed at times other than during swim meets. We will try to a committee assignment for those of you who have younger children and have difficulty working during a meet.

FOOD SALES: All families are asked to donate \$10.00 OR 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.

POLAND SWIM TEAM APPAREL

In order to show our team spirit and to support our team financially, we are offering a range of PSC Swim Team clothing items. Proceeds from all purchases benefit our swimmers through the purchase of training aids, defraying the cost of team spirit nights such as Float Night and Tie Dye Night, and team gifts among other appropriate expenditures. Order forms are available at the front desk. Make checks payable to Poland Swim Club. You may turn orders in at the front desk or place them in the Aquatics folder in the team mailboxes.

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 W Boulevard /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. / 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) [Firestone Park, 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 lane and follow Tippecanoe Road. Follow to yellow flashing light. First drive on left past the light is entrance to Tippecanoe Country Club.

Warren Olympic Swim Club [Tod Avenue, 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.