

**Monte Sano Makos
2018**

SWIM TEAM HANDBOOK

MONTE SANO MAKOS SWIM TEAM HANDBOOK

WELCOME!

Monte Sano Pool welcomes you to the the Monte Sano Makos Swim Team! If you are a returning team family, we're glad to have you back. If you're new to the team, we look forward to getting to know you and your swimmers. Our goal is that this handbook should contain all of the information you will need in order to participate on the team, but please feel free to contact any of us regarding any questions or concerns you may have.

Jeanette Baumgartner (Swim Representaive) – JeanetteB72@yahoo.com

Brandy Worthy (Swim Team Represenative) – meworthy@worthyzone.com

COACHING STAFF

Senior Coaches

Sara Stoddard

Brian Hunt

Don Masterson

Junior Coaches

Abigail Wistner

Bella Rabban

Isaac Rabban

Josh Huskey

Rose Daderi

Leah Bedsoe

REGISTRATION AND FEES

Monte Sano Swim Team Registration Day will be held for returning swimmers on **May 21st through May 25th at 4pm** at Monte Sano Pool. Swim Team registration for new swim team members will be May 29th at 9am at Monte Sano Pool. ***Please have your swim team registration form and RCSL form completed and ready to turn in at registration.*** You are welcome to pre-register and mail your completed forms and check to Jeanette Baumgartner. **You must complete ALL forms (Registration, Concussion, and Parent and Swimmer forms) in order to begin swimming.** The forms are located on our Monte Sano Club website, msc.montesano.org/swim-team.html, under the swim team section. Every swimmer who signs up will receive a team swim cap.

There is a non-refundable registration fee of \$85 for the 1st swimmer and \$60 for second and all other swimmers in family. This must be paid in order to allow that swimmer to participate on the team.

TEAM PICTURES

Team pictures will be taken on **Friday, June 9th** at 9am. Individual pictures will begin at 9am and team pictures and senior pictures will be taken after the individual pictures. Candace Anderson will be our returning photographer and information packets will be distributed in advance, as payment will be required at the time the pictures are taken.

COMMUNICATIONS

Information of interest to swim team families will be distributed via one or more of the following channels: the team Bulletin Board, the team Email List, and the Monte Sano Makos Facebook Page. Please ask to join our Monte Sano Makos Facebook page so you will receive new information.

The **Swim Team Bulletin Board** is located on the wall outside the office. Information about major team events will be prominently displayed on this bulletin board. Individuals who are unable to attend a meet **MUST** put their name on the appropriate form no later than the Monday before a meet.

Swim team parents will automatically be enrolled in the **Swim Team Email List** after filling out all required paperwork for swim team. The team representative will regularly use this list to communicate important information about team events. It is especially useful for announcing late-breaking news such as weather-related cancellations.

Parents can communicate with the coaches by sending email, calling on the telephone, leaving notes in the office or speaking with them before or after practice. Please **DON'T** interrupt the coaches during practice, as this takes away from our swimmers' instructional time.

SWIMSUITS, CAPS AND SHIRTS

You can purchase your Monte Sano swimsuit at 1st Place Athletics located at 805 Regal Dr. SW #2, Huntsville, AL 35801. First Place Athletics phone number is 256-536-4770. We have a new Michael Phelps swim suit this year and there. A team suit is not required but, purchasing it is one way that we can show team spirit and it creates an exciting atmosphere at the meets as we cheer on our team. Please keep in mind that a suit will not last for two seasons if it is worn to the pool frequently, so please consider using other suits for practices and saving the team suit for use in meets.

All swim team members are required to wear a team swim cap during the meets

1st Place Pricing

Girls swimsuits, sizes 22-40	\$45
Boys swimsuits, sizes 22-40	\$35

Team T-shirts are being sold for \$13, and other items including long sleeve shirts, and magnets can also be bought. We are using last years' t-shirts due to the fact we have an abundance of them. Also, silicone swim caps, one size fits all will be available for \$15. Our swim caps have a red A on them to honor and remember Aaron Masterson.

Practice Schedule

Attendance at practice is highly encouraged for all swimmers and is a prerequisite for competing in Main Events during swim meets. It is at practice where swimmers receive the instruction necessary to become proficient and strong swimmers. Our younger swimmers are especially inspired when the older swimmers model good sportsmanship and leadership during practice.

Practices are offered on the following schedule, with weekday morning practices beginning once school ends for the summer:

Practice Schedule

	Mon	Tues	Wed	Thurs	Fri
9am-10am	8 and under	8 and under	8 and under	Fun Day 10-11	8 and under
	11 and 12	11 and 12	11 and 12		11 and 12
10am-11am	6 and under	6 and under	6 and under	Awards at 11	6 and under
	9 and 10	9 and 10	9 and 10		9 and 10
11am-12	13 and 14	13 and 14	13 and 14		13 and 14
	15 and 17	15 and 17	15 and 17		15 and 17

Mini Makos - 10:45-11:15 (Mon, Tues, Wed, Fri)

REGULAR SEASON MEETS

Our swim team season consists of five dual swim meets, split between two home meets and three away meets as described in the table to the right. Directions will be posted on the Makos Swim Team Facebook page a few days in advance. All five meets will be held on Wednesday evenings, weather permitting. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Swimmers should plan to be at the pool at least 30 minutes before our team's designated warm-up time:

June 2	Stoddard Polar Bear Invitational
June 6	Away at Lily Flag
June 13	Away at Hampton Cove
June 20	Home vs. Byrd Springs
June 16	Candy Meet @ Home
June 27	Home vs. Mount Carmel
July 3rd	Away at Piedmont

Costumes at Meets

The Monte Sano Makos have continued the tradition of wearing costumes to our weekly meets for years. Swimmers work hard during practices and meets and this is where swimmers have fun, get to hang out with their friends, make new friends, and cheer on their team-mates. We begin meets in style by dressing-up in a themed costume. The coaches and swimmers thoroughly enjoy this tradition! If you choose to participate in our tradition, please have your swimmer dressed in costume 45 minutes prior to warm-ups. There will be prizes given at our Thursday awards ceremony for the top three costumes for boys and girls.

Lilly Flag - Away	Mako Pride (all blue or shark theme)
Hampton Cove - Away	Star Wars
Home - Byrd Springs	Super Hero
Home - Mount Carmel	Alabama (all red) Aaron will be so proud!!!
Piedmont - Away	All American/Patriotic

Special Meets

Monte Sano is sponsoring the **Stoddard Polar Bear Plunge Invitational on June 2nd**. We are asking all parents to volunteer and help make this a wonderful Monte Sano tradition!! We are hoping to have a DJ and a food truck to help celebrate the day! Our annual **Candy Meet is schedule June 16^h** at Monte Sano Pool.

Mako Café

Swim meet concession sales are a major source of revenue for the swim team. Our swim team will host the concession stand during the three home swim meets. Hot dogs, hamburgers, grilled chicken and other items will be available for sale. A sign-up sheet through Sign-Up Genius will be emailed a week in advance. We are needing someone to be in charge of the café this year. If you are interested, please contact Jeanette Baumgartner at 256-684-0444. **ALL Mako families are asked to contribute items for resale.**

Last Names A-M – Always bring baked goods placed in individual baggies (10)
12 pack of water or diet soda

Last Names N-Z - Always bring fresh fruit cut and placed in individual cups that are wrapped (10)
12 pack of regular soda or Capri Suns

END-OF-SEASON AWARDS CELEBRATION

The End-of-Season Awards Celebration will be held after City Meet and information concerning dates and times will be available soon. Please plan to attend this event to recognize every swimmer who contributed to the success of the season. The Awards Celebration is a pot-luck dinner, so please plan on bringing the requested type of dish. Information about what to bring will be distributed via the email list in the week before the event.

SWIM MEET TIPS for Swimmers and Their Parents

- ❖ Swim meets start promptly at 6:00pm and generally last until 9:00-10:30pm. As you leave the meet, *please* clean your area, whether at our pool or at a visiting pool. Clean-up is everyone's responsibility.
- ❖ If a swim meet is postponed or halted on Wednesday night, the meet will be rescheduled usually at the same location and time. (Please let the coaches know if you cannot make the rescheduled Wednesday meet. If you were scheduled to volunteer in some capacity during the meet, you also need to notify the Volunteer Coordinator that you will be unable to assist during the rescheduled meet.
- ❖ Swimmers should always be at the appropriate pool at the assigned time each Wednesday afternoon of a meet. Warm-ups for the home team begin at 5:00pm and warm-ups for the visiting team begin at 5:30pm. **Swimmers should plan to be at the pool at least 30 minutes before our team's designated warm-up time.**
- ❖ **Please write your swimmer's name and age on his or her shoulders in black marker before each meet.**
- ❖ You may want to bring lawn chairs with you to both the home and away meets. Most pools do not have enough pool furniture to accommodate all the attendees at a typical swim meet.
- ❖ Label all of your child(ren)'s swim items.
- ❖ Swimmers should sit in the team area to build team unity. This also allows those volunteering at the meet to locate swimmers, thereby making the meet run more efficiently. In particular, younger swimmers need to stay with the other members of their age group so that their group's Time Card Distributors can ensure that they get to the starting blocks on time.

- ❖ Please bear in mind that when we visit other pools, we are their guests, and we should behave accordingly. Likewise, when we have home meets, let's all try to be polite and gracious hosts. Remember that all of us (swimmers, coaches and parents) are representatives of Monte Sano Swim Team wherever we go.

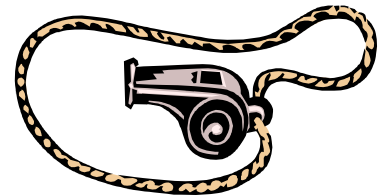
Things swimmers should bring to meets:

- ❑ Sweatshirt, sweatpants or warm jacket -- it gets chilly sitting around in a wet bathing suit.
- ❑ At least two towels; perhaps a blanket or extra towel to sit on
- ❑ Goggles (helpful to have a spare)
- ❑ Team Swim cap
- ❑ Flip-flops, Crocs, or water-proof shoes
- ❑ Water bottle
- ❑ Cards, music, games, book, etc. – meets are long and kids need something to help pass the time
- ❑ Money for the snack bar
- ❑ Healthy snacks: Power bars, fruit, string cheese, goldfish

SWIMMER BEHAVIOR GUIDELINES

Successful swimmers. . .

- ✓ Listen to their coaches
- ✓ Work hard at practice
- ✓ Attend as many practices as possible
- ✓ Always want to improve
- ✓ Think of the team first
- ✓ Treat their teammates, coaches and opponents with respect
- ✓ Ask questions
- ✓ Cheer for their teammates at swim meets
- ✓ Are motivated from within to work hard
- ✓ Are open-minded to new ideas
- ✓ Enjoy themselves in all aspects of life



Tips from the Coaches

- ❑ **Practice** – It is strongly recommended that swimmers attend at least one practice daily. Regular attendance is the key to improvement and overall success. It is mandatory that you attend a practice on Monday in order to participate in the next day's swim meet. The coach prepares the line-up for the swim meet based on Monday's attendance.
- ❑ **Weekly meets** – Please try to attend every meet. We depend on all of our swimmers each week. It is preferable that you stay for the entire meet to support your team unless you are in the 6 and under age group. If you must leave a swim meet early, please see the coach before you leave to determine if you are needed for a relay team. Remember, if you are unable to attend a meet, please let the coaches know, in writing, as soon as you can.
- ❑ **City Meet** – Encourage all swimmers to represent our team at the City Meet. The meet provides a great opportunity to measure the progress of each swimmer on a larger scale over the season as well.



COACH'S EXPECTATIONS



- Listen, Listen, Listen!!! This means when a coach is speaking, all swimmers must stay quiet and remain courteous at all times.
- Be on time. Swimmers, please arrive at least 15 minutes before practice starts to stretch out and prepare to enter the pool. For example, if practice starts at 9 a.m., arrive at 8:45 a.m. and be ready to swim at 9 a.m.
- Go to practice. In joining this team, you have made a commitment that should not be broken. The coaches understand there are other obligations, such as being involved with a year-round swim team, religious activities, academic requirements, family emergencies, sickness, job commitments, vacations, etc. Swimmers will not be penalized for any of these reasons; however they are encouraged to attend as many practices as possible.
- Respect!!! Swimmers must respect their teammates, other teams, other pools and their coaches. Being disrespectful to anyone is not tolerated! If a swimmer is being disrespectful he or she will be issued a warning. If it continues, further disciplinary action may be required.
- Stay motivated and positive. An excellent attitude leads to excellent swimming. The coaches will do everything to make sure the team remains positive at all times. In addition, coaches expect all swimmers to motivate each other and display leadership to one another.
- Practice good habits only. Habits are contagious, good and bad; therefore the coaches expect only good habits to be displayed. If everyone swims with great technique then there is no room for bad habits. Remember, "Perfect practice makes perfect."
- Give every practice and meet your all. As coaches, we expect 100% at practice and meets. Giving more than 100% will separate the good swimmers from the awesome swimmers.
- HAVE FUN!!! In order to have fun, you need to fulfill all the expectations previously mentioned. If you come to practice (on time), show respect, stay positive, always give over 100% at practice and meets and swim with good habits, it is guaranteed you will have fun. You will be rewarded with fast times if all of our expectations are met.



Monte Sano Volunteering

Home Meet (average - 32 volunteers needed)

Referee (USA swim qualified) - 1

Place Judge – 1

Scribe – 1

Timers – 4

Starter – 1

Stroke and Turn Judge – 2

Head Timer – 1

Runner – 1

Scorer – 1

6 and under girls – 1

6 and under boys – 1

8 and under girls – 2

8 and under boys – 2

9/10 girls – 2

9/10 boys – 2

11/12 girls – 1

11/12 boys – 1

13/14 girls – 1

13/14 boys – 1

15-17 girls- 1

15 – 17 boys – 1

Costume Judge – 1

Ribbons - 2

Away Meet (average – 29 needed)

Place Judge – 1

Scribe – 1

Timers – 4

Starter – 1

Stroke and Turn Judge – 2

Scorer – 1

6 and under girls – 1

6 and under boys – 1

8 and under girls – 2

8 and under boys – 2

9/10 girls – 2

9/10 boys – 2

11/12 girls – 1

11/12 boys – 1

13/14 girls – 1

13/14 boys – 1

15-17 girls- 1

15 – 17 boys – 1

Costume Judge – 1

Ribbons - 2

PARENT VOLUNTEERS

There are many volunteer opportunities during the season. By being a volunteer, you show support for our team and also have fun. **Each family is required to work a minimum of three to four meets per season.** If you do not meet your expectations of working three meets you will be required to work City Meet. We will have a chart posted on the board outside the lifeguards station to show who has worked. We encourage all families to be a timer during your volunteer season.

Below is an explanation of each volunteer position that we need to fill for every meet:

Referee (USA Swim Qualified)- The Referee is the chief official for each swim meet. He/she is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the Referee sounds four short whistles to advise the participants to get ready. After an event is announced by the Starter, the Referee sounds one long blast as a signal for swimmers to get into position for the start or to jump feet first into the water for a backstroke event. For Backstroke events, a second long blast is given to bring the swimmers to the wall for the start. When the Referee sees that all the swimmers are ready, he extends his arm pointing towards the starter. At this point, the Starter takes control. *This individual must be trained for this position.*

Starter - Starts each event with the announcement of the age and stroke and the words "SWIMMERS TAKE YOUR MARK", pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/She shall be the sole judge of FALSE STARTS and all false starts shall be restarted. *This individual must be trained for this position.*

Place Judge – The place judges for each meet only judge the main event heats. The judges determine the 1st through 6th place swimmers and handle any disputes about how the swimmers place. Each team provides three place judges per meet.

Stroke and Turn Judge - The judges watch the swimmers and determine if they are properly swimming each stroke. The judges are required to attend an annual Stroke and Turn Clinic. Each team will provide one stroke and turn judge per meet. *This individual must be trained for this position.*

Scribe - An assistant who works with both Clerks of Course to track and record any deviations from the original swimmer assignments (scratches, substitutions, changes to heat or lane assignments).

Timers - Records the swimmer's time. Each timer is provided a stopwatch and assigned a lane. All times are recorded. This job gives you the best view of the pool and the swimmers during their races.

Head Timer - Organizes and briefs the Lane Timers on their duties prior to the meet and is in charge of the lane timers throughout the meet. The head timer has the authority to remove and replace any lane timer, with the approval of the home meet director. *Previous experience required for this position.*

Runner - Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table. The job title is very descriptive. Runners should have good tennis shoes that work well on slippery wet surfaces. This job keeps you moving around at the poolside and the time passes quickly.

Scorer - Marks the official time for each swimmer, records the order of finishes and verifies the computer results. Assigned to work for one half of the meet. With this job, you see the race results before anyone else. (Greg Wright)

Time Card Distributors - Involves chaperoning a specific age group at the meets and getting those swimmers in the proper order and lined-up to in time for their event. Responsible for distributing time cards to timers before assigned age group race.

Ribbons - Places labels on ribbons; sorts and files ribbons by swimmer. This job requires you to work Thursday morning. Ribbons must be ready by 11AM ribbon ceremony.

Mako Café - You may want to volunteer to work in the Mako Café. Monte Sano has the reputation for having the best café/concession stand in town. You will be emailed to sign-up on Sign-Up Genius a week in advance and **ALL** families are asked to contribute items for resale.