

Pocantico Hills Swim and Dive Team 2009

Coach's Welcome

Welcome to the 2009 Swimming and Diving Team Season! We hope that this will be a safe, educational and fun summer for all of those involved in our program. We had an excellent summer last year and we can't wait to get back to swimming!! Please be sure to read through this entire packet to address any potential questions, especially since some things this season may be different from last year. Most notably:

**** All eligible swimmers must be on the roster by the last day of school, June 25. We will NOT be admitting anyone to the team after June 26, so please ensure that all of the necessary paperwork is completed and submitted on time!! If you have any questions regarding the paperwork feel free to ask one of the coaches or veteran Swim Team Parents.***

**** Swimmers MUST have had a physical examination within 1 year of the beginning of practice. A swimmer without an up-to-date physical will not be allowed to practice or swim in meets until they have had a current physical.***

**** ALL swimmers must come to every practice and meet with BOTH a bathing cap and goggles.***

Meet the New Coaches

We are very excited to introduce two great new coaches that will bring to Pocantico a wealth of knowledge and experience in the swimming world.

Ginna Sabens has swam competitively since she was 7 years old. She swam for the Tarrytown YMCA and Pace Setters before joining the Badger Swim Club in high school. She is an Alum of Pocantico Hills and Briarcliff High School. She swam for Briarcliff on the Varsity Team for all four years in High School. She currently is a junior at Loyola College in Maryland, where she is part of their Division I swim program.

Sarah O'Loughlin has been a member of the Marlins Swim Club since she was six years old. She swam on her High School's swim team at Pleasantville since she was in the seventh grade. She graduated in May 2008 from SUNY Cortland where she was a member of the Women's Swim and Dive Team for all four years of college. While at Cortland she broke a 20 year old record in the 200 Butterfly.

Expectations

As coaches we have the responsibility of ensuring a safe and efficient environment during practices, instructing proper strokes/diving techniques and creating a fun

atmosphere for all swimmers and divers. In order to ensure that all of these goals are achieved there are several prerequisites that must be met:

1. Swimmers must demonstrate basic concepts of swimming to be on the team and pass the deep-water test (with a Green expert swimmer status). **If you are interested in having your child on the swim team but are unsure of their swimming abilities, it is better to have them sign up and be on the roster before they pass their test later in the season. If the swimmer passes their test later in the summer they will be allowed to practice with the team. If by the end of the summer they do not pass their test, the swim team registration fee will be refunded. There will be no additions to the roster after June 26.**
2. A minimum of 3 practices per week must be attended in order to swim in the meets. Attendance will be strictly kept. If you have your 3-practice requirement for the week, you still **MUST** attend practice if you are at the pool.
3. During practices and meets, **ALL** swimmers are required to wear goggles and swim caps. Caps will be sold at the snack bar throughout the summer.
4. During meets, swimmers are expected to stay in our designated area of the pool deck and cheer on their fellow teammates, it is not the coach's responsibility to track down swimmers at the snack bar or bathrooms before their race begins.
5. The coaches will be available before and after practice for discussions and questions by both parents and swimmers, therefore please ask questions during those times so we can maintain efficient practices.
6. Swimmers must be willing and flexible to swim in different events and age groups because we expect to have a big team and it isn't always possible to put everyone in their preferred race.
7. Our goal is to have all swimmers present at the all meets and swim in at least two events.
8. The coaches work very hard to organize and create the lineup so it is very important for us to know if swimmers will not be able to attend. If you know in advance that you are not going to make it to a meet, please be considerate and give proper notice, in writing (via E-mail, or note) to the coaches at least 3 days before a meet.

Practice Schedules

Starting on June 8th , after school the coaches will meet all swimmers (younger than 7th and 8th grade) in the back of the cafeteria at 2:45.

8 and under practice will be held from 3:00-3:30

10 and under and 12 and under practice is from 3:30-4:15

14 and under and 18 and under practice is from 4:15-5:00

***On Tuesday June 23rd and Wednesday June 24th**

8 and under- 12:00 to 12:30

10 and 12 and under- 12:30 to 1:30

14 and 18 and under- 1:30 to 2:30

***On June 25 (the last day of school) there is an 10:30 dismissal; coaches will meet swimmers in the back of the cafeteria at 10:40am.**

8 and under- 11:00- 11:30

10 and 12 and under- 11:30-12:30

14 and 18 and under- 12:30-1:30

The week in between school and camp the **swim*** practice schedule will be:

8 and under- 12:00 to 12:30

10 and 12 and under- 12:30 to 1:30

14 and 18 and under- 1:30 to 2:30

**Diving practice may not coincide with swim practice*

Once camp begins the schedule will be

Monday – Thursday

8 and under- 3:00-3:30

10 and 12 and under- 3:30- 4:30

14 and 18 and under- 4:30- 5:30

Diving Practice

Diving practice will be held every day during the same block period of swim team (except for the week in-between camp and school and Fridays during camp). As in the past, all children interested in the dive team will practice either before or after their swim team practice. Swimmers MAY NOT go to dive team instead of swim team if they are members of both.

Stroke Clinics at the Boys and Girls Club

The swim team will be attending three stroke clinics at the Boys and Girls Club of Mt. Kisco. These are designed to help swimmers individually with specific stroke refinements and techniques. It is important that all swimmers attend. Days that we go to the Boys and Girls Club there will be a bus transporting swimmers both ways that the coaches will be riding (parents may follow). The bus will leave Pocantico at 3:30 and arrive back at the school around 6:00. If you are picking up your child or carpooling with another family the coaches need a written note before we can let the swimmers leave. Dates TBA. They will be posted on the Swim team board.

A Meets vs. B Meets

People often get confused between the two different types of meets. We do not divide our team into A and B teams. EVERYONE should attend all the "A" meets. Coaches will recommend individuals for "B" meets in advance.

"B" meets always take place on Mondays. They are designed for swimmers to improve their stroke fundamentals and techniques. They are for anyone who wants to attend, but are especially designed for the beginner or younger swimmers. All swimmers who swim in these meets will get a ribbon that day and an unlimited amount of swimmers can swim in every event. There is no score kept and they don't count in the standings in the league. These meets are wonderful for building a swimmers confidence, they are very relaxed and a lot of fun for everyone. Days that we have B meets, one coach will go to the meet and the other will conduct practice at Pocantico. Swimmers not attending B meets are still required to go to practice. There is no formal transportation set up for these meets; parents are responsible for bringing their swimmers to and from B meets.

"A" meets are more formal. There is an Official and all swimmers must perform their entire strokes (dives/pullouts/kick/arms/touch) properly. In each event there can only be three swimmers. These meets are against other teams in our division and a score is kept. If you know ahead of time that you will not be able to attend an "A" meet you **MUST** let the coaches know at least three days in advance. These meets are very fun, however they are more serious and a full attendance by the whole team is necessary not only for the success of the team, but also to build team moral. For away "A" meets busses will be provided by the school, swimmers not riding the bus, or getting picked up on the way home must provide a note to the coaches ahead of time.

The events in order are Backstroke, Breaststroke, Butterfly, Freestyle and Freestyle Relays. They go in the order of age 8 and under, 10 and under, 12 and under, 14 and under and 18 and under. In each event girls go first and then boys. There are only two age groups for the Freestyle Relays: 11 and under and 15 and under, which are also divided by girls then boys.

Transportation

There will be busses available to bring swimmers both to and from all stroke clinics at the Boys and Girls Club as well as all away "A" meets. Swimmers must provide for their own transportation to "B" meets. Parents are welcome to follow the busses to A meets and clinics, however if swimmers get picked up by parents or are carpooling with another family, the coaches need a written note in advance.

Communication

Please check the Swim Team bulletin board regularly for updates, changes in scheduling, parent updates and extra flyers. The bulletin board will be posted outside of the boy's locker room, across from the snack bar. Also don't forget to include your family E-mail account on the sign up sheet so any updates throughout the season can be sent to you via E-mail.

Parent Volunteers

At both home and away meets, we need a lot of volunteers to make the meets efficient and fun. It is very important for the season to run smoothly we need a solid core of parents; specifically we need volunteers to be timers, ribbon writers, scorers, runners and snack bar assistants. There will be sign-up sheets on the Swim Team bulletin board outside of the boy's bathroom.

Swim Meets

At the meets it is important that certain guidelines are adhered to. The coaches need to focus on the swimmers and the meet.

1. All weekday meets (either on Tuesdays or Thursdays) have a 4:30pm warm up, and start at 5:00. All Saturday morning meets have an 8:30am warm up, and a 9:00am start. Swimmers are expected to be at the pool at least 30 minutes before the warm up begins.
2. Swimmers must be willing to swim in different age groups and events.
3. ALL swimmers MUST have goggles and a swim cap for all meets, no exceptions.
4. The designated areas for swimmers MUST be maintained. Swimmers must be aware of their own races and be in the starting place with enough time before their race (it is not the coach's job to look for every swimmer before their race).
5. Parents and other spectators must not be in the area where the swimmers are lining up. All spectators must stay on the sides of the pool and not go behind the starting area.
6. Ribbons will be filed and distributed during practice the following week after a meet; please do not ask for them the day of the meet.

B Meet Schedule

<u>DATE</u>		<u>* LOCATION</u>	<u>TIME</u>
Monday July	Away	TBA	4:30 pm warm up
Monday July	Away	TBA	4:30 pm warm up
Monday July	Away	TBA	4:30 pm warm up

*Locations will be posted on the swim team board when finalized.

A Meet Schedule

Tuesday July 7	Home	vs. Waccabuc	4:30 pm warm up
Saturday July 11	Away	at Bedford Hills	8:30 am warm up
Tuesday July 14	Home	vs. Torview	4:30 pm warm up
Saturday July 18	Home	vs. Twin Oaks	8:30 am warm up
Saturday July 26	Away	at Tarrycrest	4:30 am warm up

* Please note that all swimmers are expected to be at the pool 30 minutes before warm ups start

DUAL MEET START TIMES:

Tuesday & Thursday Meets: DIVING Warm-up 4:30pm; SWIMMING Warm-up 5:00pm; MEET BEGINS at 5:30pm

Saturday Meets: DIVING Warm-up 8:00am; SWIMMING Warm-up 8:30am; MEET BEGINS at 9:00am

CHAMPIONSHIP MEET DATES & START TIMES DIVING:

(Wednesday, July 29) 5:00pm warm-up; 5:30pm start

SWIMMING: (Saturday, August 1) 8:30am warm-up; 9:00am start

ALL STAR MEET DATES & START TIMES:

DIVING: (Thursday, July 30) 5:00pm warm-up; 5:30pm start @ POCANTICO HILLS-

SWIMMING: (Sunday, August 2) 8:30am warm-up; 9:00am start @ BRIARCLIFF

Westchester County Swimming Association 2009

July 27-28: Diving / August 3, 4, 5, 6, : Swimming

- The All-County Swimming Meet is designed for the most competitive swimmers, generally who swim year-round. Coaches will recommend who they think would be appropriate for this meet. If you have interest in swimming in the county meet please let us know by the beginning of July because the proper paperwork must be filled out in advance.
- Swimmers who come in first place in their event at the Championship meet are expected to swim in the All-Star meet the next day (Sunday). If you can not make the meet on Sunday please let us know ahead of time. Swimmers who do not come in first place are welcome to come and cheer on their teammates at the All-Star meet.
- *All-Star Swim Meet:* Sunday, August 3, 8:30 warm up, 9:00 start at Briarcliff Town Pool
- *End of the Season Party:* At the end of the season there is a party to celebrate everyone's accomplishments. At this time, swimmers and divers will receive their trophy, a surprise gift, and the Hawk of the Year award will be presented. Parent volunteers will also be needed for this night to help with the setup, cleanup and bringing food.

Closing

We hope that this info packet has helped to clear up any questions or concerns you may have about swim team. We are all looking forward to working with your children and having a wonderful summer. Go Hawks!!

Pocantico Hills Swim Team Cheer

Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
All- Lets have a victory tonight!! Woo!!

Coaches- Put your goggles on!
Swimmers- Put your goggles on!
Coaches- And jump right in!
Swimmers- And jump right in!
Coaches- Tell the team over there,
Swimmers- Tell the team over there,
Coaches- That we're gonna win!
Swimmers- That we're gonna win!

Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
Coaches- Hay Hay Ba-Ba-Reba!!
Swimmers- Hay Hay Ba-Ba-Reba!!
All- Lets have a victory tonight!! Woo!

SWIM TEAM REGISTRATION 2009

Please fill out this form, the medical sheet attached COMPLETELY before returning to the main office Swim Team Mailbox or to the Pool Office ASAP as well as the \$35 family registration. A separate medical sheet for each swimmer MUST be received and approved by Nurse Debbie Calendrello before swimmers can begin practicing NO EXCEPTIONS!! The medical sheet you can find on the next page. Swimmers will not be allowed to participate in swim team activities until the coaches receive their orange card from the nurse. The absolute last day that medical sheets may be handed in is June 25.

Family Name: _____

Family E-Mail address: _____

Home Address: _____

Home and Cell Number: _____

Swimmer's Name: _____

Age: _____ Sweatshirt size: _____

Swimmer's Name: _____

Age: _____ Sweatshirt size: _____

Swimmer's Name: _____

Age: _____ Sweatshirt size: _____

Swimmer's Name: _____

Age: _____ Sweatshirt size: _____

\$35 Registration fee included: (check one) Cash _____ Check* _____

*Checks made out to Pocantico Hills School

Also, please note that bathing caps and goggles will be mandatory for ALL swimmers both at practices and meets. Bathing caps may be ordered at swim team registration times, or purchased throughout the season at the snack bar.