

Fox Hunt Swim Team – 2009 Handbook

GO SPLASH!!!

Welcome to the 2009 Splash! We're glad to see those of you who swam with us last year and we're thrilled to welcome new Splash swimmers and parents to what we think is one of the best summer swim programs in Northern Virginia.

Our goals this year are simple:

To become the best swimmers that we can be!

To demonstrate good sportsmanship and team spirit!

To have a fun summer!

My name is **Sang-Hee Yi** and I will be your Team Representative this year. The Assistant Team Representative this summer will be **Tammy Simmons**. We welcome **Meghan Thompson** as our new Head Coach. **Coach Meghan** is currently a student and swimmer at North Carolina State University. She is an NC State Scholar Athlete majoring in anthropology. She was previously a coach with a USS Swim Team and now volunteers as a swim instructor with the Boys and Girls Club of America in Raleigh, NC. At Westfield High School, she was captain of the Swim and Dive team and an All-American swimmer! Returning as Assisting Coaches are **Sean Frye** and **Shannon Yi**!

We hope to have an exciting and competitive year in **Division 7**. As always, we will be looking for plenty of volunteers to help out this season. We have some fun activities lined up for this summer!!

We're all looking forward to great 2009 season.

Sang-Hee Yi	Team Representative	703-644-7620	ssslyi@yahoo.com or foxhuntsplash@verizon.net
Tammy Simmons	Assistant Team Rep	703-451-5988	tsimmons510@msn.com
Meghan Thompson	Head Coach	703-509-6613	Mlthomp4@ncsu.edu
Sean Frye	Assistant Coach	703-994-9817	sr.frye@hotmail.com
Shannon Yi	Assistant Coach	703-624-6492	shannon.g.yi@gmail.com

Communication

The Splash swim program cannot be run successfully without effective communication among all the participants. The team rep(s) and the coaches will be glad to talk with anyone at any reasonable time. However, with the number of swimmers we have @ Fox Hunt, please put important communications in writing. E-mail has become an important tool for getting information out to as many people as possible. Important information will also be posted on the Swim Team Bulletin Board at the pool and placed in family mailboxes (hanging folders in containers in the foyer of the clubhouse.) Coaches Meghan, Sean, and Shannon will have folders at the front of the family mailboxes; and notes for them can be left there. Notes for Tammy and myself can be left in our family folders.

Safety

Safety is of paramount importance. Observe all pool safety rules at both our pool and every other pool. Horseplay, disrespectful behavior, or other behavior anomalies may cause a swimmer to be disciplined, which could include being removed from practice or a meet.

Please emphasize to your swimmer to be cautious when riding a bike to practice. They should be wearing a helmet and be careful when entering the parking lot.

Insurance

Since our pool insurance policy specifically excludes the practice for and conduct of athletic competition, the Swim Team carries Liability and Medical Insurance through NVSL that covers meets and practice for meets. This insurance covers only what your personal medical insurance does not cover. It does not cover transportation to and from meets and has other exclusions and limitations. If you have questions or a potential claim, see the Team Reps.

Time Trials

Time Trials are held on the third Saturday (June 13th) after practices begin. Swim times achieved during Time Trials will be used to seed the Saturday dual meets, including relays. If a swimmer is unable to attend Time Trials, then his or her time from the preceding summer **may** be used for seeding the first dual meet, however, preference may be given to those swimmers who swim at Time Trials. After the first dual meet (June 20th), times from the preceding season will no longer be used to seed the meets. While we realize that some will have scheduling conflicts, we encourage everyone to swim at Time Trials.

Meet and Practice Attendance

Our summer swim season is nine weeks long from the first practice through Divisionals. Attendance by every swimmer at every possible practice is essential. We realize that there are numerous end of school year activities and spring sports which are still ongoing, but it is important that you attend every possible practice session. USS swimmers are strongly encouraged to attend **at least** two practices per week. If you must miss a practice, you are expected to notify Coaches Meghan, Sean or Shannon.

For each Saturday Meet, we have to finalize the list of who is swimming in each event by Wednesday night, so we can exchange meet sheets with the other team on Thursday evening. After meet sheets are exchanged, we can only replace missing swimmers with a swimmer who has recorded a slower time in the

event where the seeded swimmer is missing. We cannot swap swimmers among events to optimize our swim selections.

If you know your child will not be available for a Saturday meet, please communicate this to the Team Reps or Coaches **in writing** no later than the Tuesday before that meet, but earlier if possible. Also, please let us know in writing if you will not be able to attend the Division Relay Carnival (July 8th) by July 2nd. Since we finalize selecting events for Monday Night B Meets at practice on Friday mornings, if you can't attend practice on Friday and want to swim that following Monday night, it is **imperative** that you communicate with the coaches or team reps **in writing**.

When swimmers arrive at any meet, it is important that they arrive on time for our team warm-ups. Swimmers should stay in the team area throughout the meet with brief trips to the restrooms or concessions. The team area is for the team. Friends and parents of swimmers should remain in the spectator areas. Swimmers should display good sportsmanship at all times toward opposing swimmers and teams. Swimmers should watch the meet and actively cheer for their teammates.

Practice Times*

AFTERNOON practice times for weekdays Tuesday, May 26th through Thursday, June 18th :

13 and up	4:00 – 5:00 PM
9 - 12 year olds	5:00 – 6:00 PM
8 & under	6:00 – 6:30 PM

MORNING practice times for weekdays starting Friday, June 19th through Tuesday, July 21st **:

13 and up	7:45 – 9:00 AM
9 – 12 year olds	9:00 – 10:00 AM
8 & under	10:00 – 10:30 AM
Mini-Splash	9:30 – 10:00 AM (session #1)
Mini-Splash	10:00 – 10:30 AM (session #2)

*As the demographics of the Swim Team become finalized during the first few weeks of practice, we may need to make adjustments to the practice sessions shown above based upon either age groups or individual abilities. This is in order to make the workload more equitable for the coaching staff and the practices more meaningful for the swimmers.

**Practices from Wednesday, July 22nd through Friday, July 24th will be mandatory for those swimmers who have qualified to swim in Divisionals and alternates, but will be optional for all other swimmers.

In order to come to practice after school, swimmers must be able to swim several consecutive 25-meter laps (can take short rests on the wall). This is a safety issue because the after school practices are very crowded since we only use a few lanes. After school gets out, to be on the team, swimmers must be able to swim across the deep end unassisted and comfortably (but in any stroke). Coaches Meghan, Sean, or Shannon will be happy to evaluate any swimmer whose parents are not sure about whether he/she meets these qualifications***.

***If your child does not meet these requirements, we welcome them to join our **Mini-Splash**. This program is for children that are at least five years old by June 1, 2009. Children should be comfortable in the water, willing to submerge their entire head for 5 seconds, and be able to swim 10 yards on their front and back. Our goal with these swimmers is to get them to complete 25 yards on their front and/or back for a “B” meet by the end of the season. Mini-Splash practices will be held at the times noted above beginning June 19th.

Practice Decorum

Since we share the pool with other pool members during the afternoon practice, we do not close practice to the parents. Swim practice is much like school, a matter between the coaches and the swimmers. If you desire to observe the practices, please observe from off to the side on the grassy area near the parking lot or from the deck near the shallow end. Let the coaching staff do their jobs and do not interject yourself into the practice unless requested by a coach, or there is a health or safety matter. The coaches request that parents stay off the deck during morning practice. Often the younger swimmers are distracted by having a parent around and do not pay attention to the coaches.

If you have a question or a concern about something that occurs at practice, either bring it to the attention of the Team Reps or wait until after practice to discuss it with the coach.

Yes, the water is cold in the beginning of the season and many of the younger kids balk at getting in the water. They manage and we have not lost anyone to hypothermia yet. You are the best judge of your child's constitution. If it is going to be a major struggle to get them into the water on a cool and cloudy day, then don't send them to practice.

Weather – If it is raining, practice goes on as scheduled. If it is thundering and lightning outside, practice will be canceled. If you are unsure, please call the pool. The lifeguards should be there monitoring the situation.

Team Suits, Caps, Goggles and Spirit Wear

Purchasing the team suit is optional; it is not required to swim on the team or in meets. Suits will be available for sizing at registration and may be ordered from **Suit Up. Checks for swimsuits must be made out to "SuitUp"**. Caps, goggles, t-shirts and other spirit wear will also be available at registration and for sale throughout the season. Writing your name on everything helps them to find their way home!

Clinics

We hope to have some swim clinics available this summer. We'll let you know the schedules and costs as they become available.

Volunteer Requirements

We are implementing a new volunteer requirement this season. Details are available on the Volunteer Commitment Form. Each family will be required to complete and sign the Volunteer Commitment Form before swim team registrations are accepted.

Monday Night Meets

The Developmental meets are held to provide competition for the swimmers who do not swim on Saturday and to provide an opportunity for swimmers to get a time in the IM or a stroke they did not swim on Saturday to qualify for Divisionals.

- Any swimmer who did not place in the top three in an individual event in the preceding Saturday dual meet may swim two events.

- Any swimmer who placed in the top three in a single individual event in the preceding dual meet may swim **officially** in one event other than their place-winning event and one event **unofficially**, other than their place-winning event.

- Any swimmer who placed in the top three in two individual events in the preceding dual meet may swim **unofficially** in one event other than their place winning events.

- The B meet rules state that unofficial swimmers swim last, after IMs if IMs are swum. We hope that this will curtail the pools that abuse the privilege of unofficial swims. Unofficial swims are ineligible for ribbons.

- Since 8 & Unders do not swim butterfly in a Saturday dual meet, any 8 & Under may swim butterfly officially on a Monday night, even if they placed in two events the preceding Saturday.

Ribbons

Ribbons are awarded for 1st through 6th place finishes in Saturday meets. In Monday Night Meets, ribbons are awarded for 1st through 6th place for each heat and also for being a competitor. Ribbons are also awarded during the season every time a Personal Best time is swum in any event.

End of the Year Awards and Party

Our Team Party will be held on the Saturday evening after Divisionals. We will purchase awards for all swimmers. The party is restricted to swim team members and their immediate families.

Parents Role

- Don't coach - leave coaching to the coaches
- Support the coach
- Support the program - Get involved. Volunteer.
- Be your child's best fan - support your child unconditionally
- Support and root for all swimmers on the team
- Monitor eating and sleeping habits
- Take concerns and problems directly to Coach or Team Rep

Please join us for these wonderful fundraising events for the FOX HUNT SPLASH:

Friday, June 26th 6:00 – 8:00 PM ----- TGIF (Thank Goodness it’s Friday) Dinner
Friday, July 3rd 6:00 – 8:00 PM ----- TGIF
Friday, July 17th 6:00 – 8:00 PM ----- TGIF

2009 Swim Team Calendar of Events

Please mark your calendars with the following important dates. Check the Swim Team bulletin board at the pool for changes and current information.

Saturday	June 13 th	Time Trials @ Fox Hunt
Saturday	June 20 st	Fox Hunt @ Hunt Valley
Monday	June 22 rd	B Meet Village West @ Fox Hunt
Saturday	June 27 th	Mantua @ Fox Hunt
Monday	June 29 th	B Meet Fox Hunt @ Rolling Hills
Tuesday	June 30	Team Pictures/Team Breakfast
Tuesday	June 30	Progressive Dinner (for rising 8 th graders & older)
Saturday	July 4 th	Sideburn Run @ Fox Hunt
		Fox Hunt Swim Team Alumni Reunion
Monday	July 6 th	B Meet Fox Hunt @ Southrun
Wednesday	July 8 th	Relay Carnival @ Sideburn Run
Saturday	July 11 th	Fox Hunt @ Brookfield
Monday	July 13 th	B Meet Rolling Hills @ Fox Hunt
Wednesday	July 15 th	All-Star Relay Carnival @ Springboard
Saturday	July 18 th	Fairfax Club Estates @ Fox Hunt
Sunday	July 19 th	Orange Hunt Invitational Relay Carnival
Monday	July 20	IM Carnival @ Daventry
Saturday	July 25 th	Divisionals @ Mantua
Saturday	July 25 th	Team Party @ Fox Hunt
Saturday	Aug. 1 st	Individual All-Stars @ Broyhill Crest

Pep Rallies, Awards & TGIF’s

<u>Date</u>	<u>Event</u>	<u>Sponsored By:</u>
Friday, June 12 th	Pep Rally – 5:30	TGIF – 6:00 – Board of Directors
Friday, June 19 th	Pep Rally – 5:30	TGIF – 6:00 – Tennis
Friday, June 26 th	Awards/Pep Rally – 5:30	TGIF – 6:00 – Swim Team
Friday, July 3 rd	Awards/Pep Rally – 5:30	TGIF – 6:00 – Swim Team
Friday, July 10 th	Awards/Pep Rally – 5:30	TGIF – 6:00 – Tennis
Friday, July 17 th	Awards/Pep Rally – 5:30	TGIF – 6:00 – Swim Team