

# POST OAK



# BLUE DOLPHINS

Swim Team Handbook  
2011

Swim Team Coordinators: Amy Baker, 770-977-7249; Tracy Lacasella, 951-375-7247

**Welcome to swimmers and parents!** We are excited and ready for another great season of swimming. We have many fun programs planned and anticipate another successful season. We are in the Gold Division of the East Zone this year! During our season we welcome all parents to participate to make this a fun and positive experience increasing your child's love for swimming.

## **GO BLUE DOLPHINS!!**

This handbook is created to help you mark your calendars for important dates and events for your swimmer.

**After School Practice:** Monday, May 16th – Tuesday, May 24th

6 & under: 4:00- 4:30pm

7 & 8: 4:30-5:00pm

9 & 10: 5:00-5:30pm

11 & older: 5:30-6:00pm

**Summer Morning Practice:** Thursday, May 26th – Thursday, June 30th

6 & under; 7 & 8: 9:30-10:15am

9 & 10; 11 & 12: 8:30-9:30am

13 & older: 10:15-11:00am

**NO PRACTICE:** Wednesday, May 25<sup>th</sup> (last day of school); Monday, May 30<sup>th</sup> (Memorial Day)

### **Meet Schedule:**

1. Thursday, 6/2 Away @ Chadds Walk
2. Thursday, 6/9 Chestnut Springs @ Home
3. Thursday, 6/16 Away @ Arthur's Vineyard
4. Thursday, 6/23 Princeton West @ Home
5. Thursday, 6/30 Chimney Springs @ Home

### **Meets**

- Swim meets begin at 6:00pm (home or away).
- Home meet warm-ups start at 5:00pm, be poolside by 4:45pm.
- Away meet warm-ups start at 5:30pm; be poolside by 5:15pm.
- The meets usually end by 9:30pm – 10:00pm.
- Directions will be sent by email for all away meets and posted at the pool.
- Swimmers need to be at their designated swim lane 3-4 heats before their event.

### **Weather**

A meet ***is not*** canceled due to weather until after the meet begins. Please come even if the forecast is bad. Be sure to check your e-mail but never assume a meet is canceled.

**We forfeit without enough swimmers.** We will be sending out weather updates via Twitter; for up to the minute updates, follow us on: [http://twitter.com/po\\_bluedolphins](http://twitter.com/po_bluedolphins).

### **Parking**

Due to the limited size of our parking lot, please be considerate of our neighbors across from the pool during swim meets so as not to block their driveways with our cars. Cars may only park on outbound side of Post Oak Trace. Please be extra careful if you are forced to park on the shoulder along Post Oak Tritt Road.

### **Email/Website/Twitter**

Email will be our main source of communication with the team. Please check at least twice a week for important information: directions to away meets, schedule changes and updates. If you do not have email please let tell us immediately.

Team e-mail: [swimteam@postoakrecreation.com](mailto:swimteam@postoakrecreation.com).

Team website: <http://postoakrecreation.com/social/swim-team/>.

We also have a Twitter account. This is a great way to get up to the minute status on swim practices and rain delays. Join us at [http://twitter.com/po\\_bluedolphins](http://twitter.com/po_bluedolphins).

### **Meet Conflicts (\*Very Important Information\*)**

You must let the coach know **at least one week** before a meet if your child is unable to swim. We count on all swimmers to be at the meet when we prepare the line-up. Write a note and put it into the Coach Mailbox Folder at poolside or you can email the swim team at [swimteam@postoakrecreation.com](mailto:swimteam@postoakrecreation.com). If a swimmer must leave early from a meet inform the coach immediately as it may affect points and/or relays. Please don't rely on others to let the coach know. Meets take a week of preparation and replacing a swimmer is very difficult.

### **Parent Volunteer Conflict**

If you have a conflict and are unable to fulfill your commitment to the team, please use the roster to find a replacement. If you swap with another person after the volunteer schedule is created you must make the Volunteer Coordinators aware. Drop them a note, email or call them as soon as possible. Communication: it is the key to a smooth running schedule. Be aware we need all our parents to make this a fun experience for all.

### **Parent Observation**

During practice parents are welcome to watch their children **without interfering with the coaching**. Parents are encouraged to stay off the pool deck during practice. If you have a concern or need to discuss something with the coach leave them a note in the Coaches Mailbox Folder. If your swimmer has a medical or physical condition that requires special help please notify the coaches prior to the start of practice.

### **Picture Day**

It is very important to get all the children together for a team photo. Pictures will be on Friday, June 3 at 9:30 a.m. Please arrive early. The team photo will be taken first, followed by individual pictures. Don't forget to wear your team suit! There will be no swimming on picture day.

### **T-shirts, Caps, Goggles, Swimsuits**

We strongly recommend the use of caps and goggles for the swimmers. Caps and T-shirts may be purchased by the team at the pool. Our team swimsuit is available at Kastaway Swimwear which is selling our suit at the team price. Kastaway -- 2550 Sandy Plains Rd (behind Chick-fil-A) 770-579-1908. All swim attire, including caps and jackets, with high school or year round swim club logos is prohibited during the meets.

### **Bagel & Banana Day**

On the morning of our last HOME meet, June 30th, all swimmers are invited to come and play. The team will provide bagels, bananas and juice. In the event of inclement weather we will not reschedule and it will be cancelled. We will make team spirit posters to display at the meet.

### **Swim Lessons**

Private lessons may be available by the coaches. Information regarding availability, fee, date and time to be announced.

### **Stroke Clinics**

This consists of a group of only 10 swimmers (the first to sign up). Stroke clinics are to provide a 30-45 minute intense review of a stroke. A variety of drills will be used and the swimmer will have a chance to sharpen their stroke with a coach. Clinics will be held for the following strokes: free, back, fly and breast. The fee is \$5 a clinic, per person. Fees for clinics are non-refundable. More information to follow.

### **End of Season Party**

This will be held at the end of the season for the swimmers and their families on Friday, July 1<sup>st</sup>, after our last meet. The swimmers will be given their trophies and play games. The swimmers have a great time!

### **Patty Wilder State Qualifying Meet**

This was formerly called the County Meet. It will be held at the Mountain View Aquatic Center July 8, 9, and 10. The coaches will select the swimmers they feel have the times, strokes and commitment to enter this competitive event. These swimmers will have separate practice times the last week of the season. Volunteers are needed.

### **State Meet**

This year the state meet will be held in Carrollton on July 22<sup>nd</sup> and 23<sup>rd</sup>. Volunteers are needed.

### **Swim Meet Survival Tips**

On meet day, come to practice in the morning.

Rest in the afternoon.

Make a poster for your team to bring to the meet.

Swimmers need to put their name on everything. (If you love it, label it.)

### **Items to Bring to the Meet**

Black Sharpie marker

Money for concessions

Folding chairs

Sunscreen

Bug Spray

Sweatshirt (Cool nights)

2 towels

Cap and goggles

Blue Dolphins T-shirt

Small games, cards, coloring books, etc.

Remember, if you have any questions, please check our website at  
<http://postoakrecreation.com/social/swim-team/>  
or contact either of the swim team coordinators

## Go Blue Dolphins !!!

