

Castle Pines North



SUMMER SWIM TEAM

INFORMATION HANDBOOK SUMMER

Last update Feb 1st 2009

Member of the Mountain Hi Swim League

www.mhsl.org

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Welcome!!!

Welcome to the Castle Crocs Swim Team! The coaches and the Executive Board are excited you are joining us for the 2009 Summer Swim Season.

The objective of the Castle Crocs Swim Team is to provide a fun, healthy, recreational experience and to promote the concepts of fair play, good sportsmanship and team effort. Every swimmer will have an equal opportunity to participate on the team in individual events and relays. The team is recreational in nature, but does have competitions in the form of dual meets and end of season events showcasing the development and improvement of the swimmers. It is our objective to aid personal improvement in swimming skills. In addition to the hard work that the swimmers and parents put in, we also plan to have plenty of FUN!

During the season, should you have any **questions, suggestions or concerns**, please contact Parent Representative Kathleen Steffe @ 303-814-1681 or email Castlecrocs@comcast.net. They, along with the coaches, will be glad to assist you so positive action can be taken to ensure that all participants have an enjoyable and productive season.

As swim team parents, it is important to be aware of the team philosophy which stresses **participation, enthusiasm, sportsmanship, camaraderie, improvement and fun** - rather than “winning is everything”. As such, the parental attitude and behavior exemplifying this philosophy at swim meets, practices and any team gathering builds positive team morale as well as instilling this philosophy in the swimmers. Any child who puts in the hard work and swims his/her best is a “**winner**” - no matter what place they finish!

In order for swimmers and parents to get the most of their association with the Crocs Team, the parent representatives have put together the following Information Manual. Please read through it and refer to it as the season progresses as many questions can be answered by looking here.

Again, WELCOME!

THE CASTLE CROCS SWIM TEAM

The name of the Castle Pines North Swim Team is the “Crocs”. The league is made up of four divisions for a total of twenty-four teams. Our team is one of six summer teams within one of the divisions competing in the Mountain Hi Swim League. The summer competitive season occurs in June and July (see schedule on page 18).

All of the work, with the exception of coaching, is done by parent volunteers.

CROCS REPRESENTATIVES & COACHES

Parent Representative

Kathleen Steffe 303-814-1681

Email

Castlecrocs@comcast.net

Head Coach

Paul Whitaker

Assistant Coach

Jane Blount

Assistant Coach

PARENT COMMITTEE CO-CHAIRS

Volunteer Coordinator- Alisa Sattem

Head Stroke & Turn Judge: Penny Jordan

Meet Official: Dave Celecki & Chris Haworth

Starter/Announcer: Chris Haworth & Annette Loomis

Clerk of Course: Stacey Dowling & Lisa Fox

Scoring/Computer: Sarah Tweed, Kathy Dunker & Linda Day

Head Timer: Open

Head Runner: Open

Head Awards/Ribbons: Julie Lamb

Head Set-Up: Open

Head Take-Down: Open

The Crocs need your time and commitment - not only at the meets, but also in organizational positions. If you are willing to fulfill any positions, please contact Alisa Sattem @ 303-807-4665 , Volunteer Coordinator.

PURPOSE AND PHILOSOPHY

Our purpose is to offer a neighborhood swim team that supports and encourages children of all swimming abilities between the ages of 5 - 18 by building confidence and self esteem, strengthening friendships and community involvement and providing a positive, recreationally competitive exposure to the sport of swimming.

Our philosophy is to provide an environment where swimmers can be the best they can be by providing an encouraging atmosphere and appropriate goals, teaching effective swim technique, and having fun by building team spirit and good sportsmanship.

Learning Experience – Our coaches are athletes and swimmers themselves and are here to teach and mentor young athletes, not sit by the pool and be spectators. We expect them to set an example of good sportsmanship and positive competition. Each day is an opportunity to learn something new. We use practice to develop good technique via drills and dry land work so that each swimmer can achieve their potential.

Positive Communication – We encourage a supportive, enthusiastic, fun atmosphere where swimmers are given an opportunity to grow athletically and intellectually. We also welcome questions and suggestions and are always open to new ideas. This is our swim team. We can make it whatever we want.

Setting Goals – Our coaches help swimmers establish realistic and appropriate goals for training and competition to improve their times and develop their strokes through reinforcement of correct technique.

Looking Toward the Future – Our training is designed to promote an athlete's long-term development. We are not concerned with a swimmer's short-term success but more importantly, their future accomplishments. We hope that their experience will encourage their continued interest in swimming. We hope to create lifelong swimmers.

ABOUT THE MOUNTAIN HI SWIM LEAGUE

We are a member of and regulated by the Mountain Hi Swim League (MHSL). This is a recreational league consisting of 24 teams split into four divisions.

This year, placement for the current season within a division is determined by swimmers on the roster and number of All Star qualifier swimmers.

Castle Cross

will swim against five other teams during the regular season. For more complete information about the league and its bylaws you can go to their website

at www.mhsl.org.

MHSL rules that most directly affect swimmers are:

- 1 A swimmer must be registered for the team for which they are swimming.
- 2 The age category in which a child will swim is defined by your child's age as of June 1, 2009.
- 3 The League requires swimmers to participate in at least 10 practices and 2 regular swim meets during the regular season to be eligible for Prelims and Championships.
- 4 The League requires all swimmers to pay a seasonal fee for insurance, regardless of other personal insurance programs. This fee is included in your registration fee.
- 5 The League requires that a swimmer be able to swim one length of the pool unassisted to participate in swim meets.
- 6 Each swimmer is allowed to swim in a maximum of 3 individual events and 2 relays per meet.
- 7 6 & under swimmers do not swim for points and, as exhibition swimmers, are not subject to disqualification.

Mountain Hi Swim League

Parent, Coach and Swimmer Code of Conduct

Information, Policies and Procedures

Mountain Hi Swim League believes in the development of swimmers both athletically and individually. Mountain Hi Swim League will strive to instill and practice the values of what it takes to be a good sportsman. In order for us to achieve these goals, it will take a combination of coaches and parents to set good examples for the swimmers. Mountain Hi Swim League has established and will enforce the following conduct guidelines:

All Swimmers:

- 8 Must refrain from addressing remarks, except when made as expressions in the spirit of friendship and/or in good sportsmanship.
- 9 Never use foul language or obscene gestures.
- 10 Should always applaud other team's performance and should always shake hands at the end of the race.
- 11 Follow all rules of the hosting pool, including any item that could cause any chemical imbalance in the pool, i.e., Jell-O.
- 12 Cooperate with the decision of the stroke judge, starter and meet referee.

All Coaches:

- 13 Must require all swimmers to comply with above set conduct.
- 14 Must refrain from addressing derogatory remarks to any coach, swimmer, stroke judge, parent, timer, starter, meet referee or any other volunteer.
- 15 Use proper protest procedures, By-Law, section VII.
- 16 Will never use foul language or obscene gestures.
- 17 Should always applaud the other team's performance.
- 18 Follow rules of the hosting pool and stay in designated areas.
- 19 Always keep things in perspective and remember, "It is for your swimmers."
- 20 Adherence to By-Law, section VIII "C".

All Parents:

- 21 Must refrain from addressing derogatory remarks to any parent, coach, swimmer, stroke judge, timer, starter, or meet referee or any other volunteer.
- 22 Will never use foul language or obscene gestures.
- 23 Should always applaud the other team's performance.
- 24 Follow all rules of the hosting team pool.
- 25 Respect the coach's decisions and abilities, except in the case where it may cause injury to the team or swimmer.
- 26 Adherence to By-Law, section VIII "C".

Any infraction or inappropriate behavior will need to be submitted to the Board, at which time the Board will take the appropriate action.

Castle Crocs Executive Board

The Executive Board is responsible for overseeing team goals through the current season and determines the goals for the next season. They review team financials, determine fees and minimum requirements for participation on the team, prepare and review handbook, select team apparel, and coordinate schedules, coaches and funding. The Board is made up of team parents. Ideally, the Board members will rotate, so that new ideas and leadership can keep the team running in a positive direction.

Parent Representative: Kathleen Steffe

- 27 Recommended that position rotates
- 28 Oversee all aspects of team workings
- 29 Represent Castle Crocs at MHSL meetings
- 30 Make sure all swimmers have insurance forms signed
- 31 Oversee Home Swim Meets
- 32 Mediate any disputes at Home Meets
- 33 Handbook

Alisa Sattem
Carin Kirkegaard
Stacia Wilkins
Colette Celecki

STAFF

Head Coach Paul Whitaker

- 34 Position is held during current season (May – August)
- 35 Represent Castle Crocs at MHSL coaches meetings and Prelim/Championship heating meetings

Assistant Coach Jane Blount

- 36 Age Group Coach

meet

- 57 To be a role model for Good Sportsmanship
- 58 To leave the coaching to the coaches
- 59 Use Parent Reps to schedule time to talk with coaches. Please do not interrupt coaches during practice.

Parents please remember that this is not babysitting. It is a swim team.

Coaches

Our training philosophy includes development of a strong technique foundation. This is achieved via drills, and observation by coaches. A good technique foundation will lead to better speed and more productive conditioning in the future.

Development of an aerobic base is important. We work on endurance and aerobic capacity so that they can hold their pace throughout the race. An important component of this is dry land work and drills. More important than arm and leg strength is core strength. Swimmers should also stretch before and after practice, as it is important to remain flexible as you swim.

Please keep in mind that the coaches are working with several swimmers and you should try not to talk to them during practice. Should you have any concerns, please talk with the Parent Reps who will take your concerns to the coach and schedule a time to discuss concerns with coaches.

Communication

Please check our website, www.castlecrocs.com. Send all questions or concerns to us at Castlecrocs@comcast.net or contact Parent Representative Kathleen Steffe at 303-814-1681

Box with folders: each family will have a hanging file folder. Ribbons, newsletters, and notes will be placed there. Please check this on a daily basis. Miscellaneous forms, maps to area pools and the coaches' folders are also in this box.

Apparel and Equipment

Practices

Each swimmer should have a swimsuit. Caps (for both boys and girls) are highly recommended as they keep hair out of their eyes and body warmth in! Goggles are also highly recommended, as the chlorine can be harsh on young eyes. Please make sure your child's equipment is labeled with his/her name.

Meets

A team suit is preferred, but not required. Team suits and sweats will be available for sale at swim team sign ups. If you choose not to purchase a team suit, we recommend wearing a dark blue or black athletic suit. No bikinis or board shorts, please. Swimmers will also need goggles (a spare is recommended) and a swim cap. While a team suit is not required, but nice to have, caps are required so we can tell who our swimmers are and look like a team at Meets.

Apparel Resources

Team Swimsuits, sweatshirts and other swimming apparel can be found at Out of Breath Sports located in Littleton at 42 E Arapahoe Rd (corner of Broadway and Arapahoe)-prices may change after 4/13. Our contact is Pam Stout at Obsports@aol.com or 303-798-5037. www.swimoutlet.com is also a great resource for all our your swim needs.

If you would like to order a team cap, they will be available for sale for \$12 during the first few weeks of

practice. Otherwise, contact Parent Rep Kathleen Steffe at Kathleen.steffe@comast.net or 303-814-1681.

Volunteer Positions: We are run by parent volunteers and each family's participation is mandatory for your child to be a member of the team. Following are the various areas where you can help the team. One person per family is required provided that your child is swimming in the meet.

Volunteer Area	Description
Awards	Attach labels to ribbons for both teams. Distribute ribbons to swimmers. Order team trophies. Track All Star Qualifiers and distribute forms
Apparel Coordinator	Coordinate apparel ordering at registration and delivery to families. Help support the swimsuit recycle program
Clerk of Course <i>League training course req'd</i>	Line up swimmers in the heating area. Must attend a two hour class-date tbd.
Computer/Scoring Table <i>League training course req'd</i>	Run computer software at meets and enter swimmer times. Training date tbd for those that would like to learn Meet Manager and Team Manager software.
Heating Area	Helps Clerk of Course line up swimmers for events.
Meet Official <i>League training course req'd</i>	Officiate during the swim meet over Starter and Stroke & Turn Judges. Must attend a class on the evening of May 20.
Runners	Collect/Deliver DQ (disqualification) slips to Scoring Table. Assist in communications between Starter, Clerk of Course and Scoring Table. Run cards from heating area to timers.
Scribe	Fill out DQ (disqualification) slips. Swimming Knowledge helpful.
Stroke and Turn Officials <i>League training course req'd</i>	Judge swimmers on their strokes and disqualify swimmers if they complete a stroke incorrectly. Must attend a class on May 6, May 15, May 27 or June 10 from 6:30 to 9:00 pm.
Timers	Use a stop watch (or plunger) to time swimmers during home and away meets.

Set Up (home meets)	Remove extra furniture from pool deck. Set up bull pen, lane lines, back stroke flags, canopies, and table for scoring/computers etc. Help direct warm up lane for Crocs.
Take Down (home meets)	Return pool to original furniture layout. Pick up and remove trash. Sweep if necessary. Remove lane lines. Store back stroke flags and other swim team materials. Wipe down bathrooms.
Music/Sound System (home meets)	Provide audio speakers/microphone. Provide up-beat music throughout meet and warm-ups including "moving music" for timer to change ends of the pool when appropriate.
Water Delivery/Bathroom check (home meets)	Deliver water to meet workers a couple of times during each shift. Check bathrooms during meet for toilet paper, paper towels and general cleanliness.
Warm-up Assistant (Away Meets)	Arrive by 7 am to away meets and help direct warm up lane direction (keep the kids moving) and assist with swimmer check in process.
Relay Assistant	Help with event # 5-13, 81-89 and group swimmers together according to relay assignments. Alert coaches if someone is missing.
Volunteer Coordinator	Work with committee heads to assign jobs to volunteers for meets.
Board Members	Help plan, organize and make decisions for guiding the success of the Crocs team. We would love to rotate our volunteers to get fresh ideas and input.

Swim Meets

Dual swim meets are held on Saturday mornings. Dates for these meets can be found on the swim team calendar at the back of this booklet. Swim meets consist of 90 events and begin with the first race promptly at 8:00 AM and end at approximately 1:00 PM.

It is expected that if you have a swimmer on the team, they will swim in each meet. If they are unable to swim in a meet, please fill out the Meet Entry Form and check that you will not be at the meet. These are found in the family folder box and/or swim meet binder. If your swimmer is able to attend part of a meet, it is important that you communicate this information on the Meet Entry Form, also. Please be specific on arrival or departure time. The coaches will do their best to accommodate your schedule.

Swimmers are expected to check in with their coach upon arrival at the meet and check out when leaving early.

Meet Entries

Each week swimmers must complete a Meet Entry Form by Tuesday. Meet entries are due to the other teams by Wednesday so please be on top of this. The form includes the swimmer's name, if they will be at a meet or not, and what individual events they would like to be entered in. If the coaches do not receive an entry form by Tuesday your swimmer will not be placed on a relay, but may still be able to swim in individual events provided ADD slips are given to the Clerk of Course prior to the start of the meet and there is still room in an event without having to add any heats.

There is no guarantee that your child will be entered in a meet if the Meet Entry Form is not turned in on time.

Warm Up Schedule for Meets

Swimmers will warm up for Home Meets at 7:00 AM and at Away Meets at 7:25 AM. This means IN THE WATER at this time with arrival at the pool 15 minutes prior to our warm up time. It is important to have your swimmer participate in warm-ups. Not only does it "get their blood flowing" it also allows the coaches check in swimmers and make any adjustments/scratches for missing swimmers. The coaches spend a **great amount of time** entering swimmers in events. Please be aware of the **tremendous burden** it puts on the coaches and officials to make last minute changes.

How to Know What Events You are in

The coaches make every effort to enter swimmers based on which events the swimmers want to swim (they are asked weekly). Events a swimmer will swim are posted on the team bulletin board on Friday before the meet. Heat sheets (a list of what events and what heat a swimmer is in with both teams included) are posted on the day of the swim meet. Check these sheets to see what events your child is swimming. Many swimmers and parents use a Sharpie Marker to write down their event number, heat and lane on the back of their hands. This is a nice way to keep track of their events.

A swimmer can swim in a maximum of three individual events and two relays. Heating generally occurs 8 to 10 minutes prior to the running of that event. We ask that **ALL** swimmers stay in the assigned team area during the meet. Volunteers do not know all the swimmers and it is quite difficult to locate swimmers if they are not in a designated area. Volunteers **will not search for a swimmer who is not in the Heating Area.**

Coaches will be available to speak to each swimmer prior to their event and after. This way, the coach can remind him/her of the things they should keep in mind as they swim and then provide instant feedback at the end of their race.

Parents, remember that each race is a chance to learn and you should ALWAYS be positive no matter

what the outcome of each race. Swimmers are competing against their best time, first and foremost, and a great effort should always be applauded. Good Sportsmanship begins with you.

What to Bring to Swim Meets

Essentials:

- 60 Team Suit
- 61 Team Swim Cap
- 62 Goggles and a spare??
- 63 Towels (at least 2 or 3)
- 64 Black Sharpie- to write event, heat and lane # on back of hand
- 65 Water or sports drink
- 66 SUNSCREEN

Recommended:

- 67 Healthy Snacks
- 68 Sweats, socks, etc. to wear between races
- 69 Book, cards, or video games
- 70 Extra Towels
- 71 Sleeping bag or blanket (will get wet!)
- 72 Chairs to sit on
- 73 Shade to share
- 74 Hat
- 75 Money for concessions
- 76 Pen and paper to write results from races
- 77 Dry clothing for after the meet
- 78 Camera/video camera

Parent Etiquette

Swimming is such a great way for our kids to have fun, be fit, make friends, and compete against themselves and others. As parents, it is our responsibility to make sure that they will get all the support and help they need. We should be encouragers who cheer them on to do their best and hug them when they are disappointed. Parents who are overly focused on their swimmer's performance can sometimes lose perspective and improperly take on the role of coach instead of parent. Recent surveys of Olympic level swimmers have confirmed that swimmers do best when the parents take more of a background role when it comes to the swimming itself, while still being supportive and caring to the swimmer. So, please, cheer for your swimmer and keep your comments positive and encouraging. **Expressing anger or displeasure at their performance, judges or other swimmers is humiliating for them and inappropriate.** If issues arise regarding DQs, timing, other swimmers or other issues regarding meet officials, please go to the Parent Reps and do not approach the officials, other coaches or parents. As with any sport, we need to respect the officials and the guidelines they are bound by. Encourage good sportsmanship in your swimmer.

Ribbons and Points

Events are either "pointed heats" (places 1-6 or 8) or exhibition (opportunity to swim yet no points awarded to team). Points are awarded to the 4 fastest times per event (not heat) as follows:

Individual Events

- 1st place 6 points
- 2nd place 3 points
- 3rd place 2 points
- 4th place 1 point

Relays

- 1st place 8 points
- 2nd place 4 points

Ribbons are given to 1st thru 8th place per event (not heat) per MHSL depending on the number of lanes. Swimmers who improve their time(s) from one meet to the next, regardless of whether or not they receive a place ribbon, will receive a Fast Pass coupon at the next swim practice. The Fast Pass coupon will be good for some small prize tbd. In previous years ice cream cones were awarded

Judging and Disqualifications (DQs)

We are a “recreational” swim team, however, a swimmer’s accuracy in executing a stroke, turn or start is judged in order to make competition fair for all swimmers. Stroke judges are required by the MHSL to disqualify (DQ) swimmers that are not swimming a stroke correctly or performing starts and turns per the league guidelines regardless of age or ability. If a swimmer is allowed to continually swim a stroke incorrectly, they may have an unfair advantage over the other contestants. The MHSL encourages stroke judges to err on the side of the swimmer; when in doubt, they are to rule in favor of the swimmer. 6 & Under swimmers are exhibition swimmers and not subject to disqualification. However, if that same swimmer is entered in an 8 & Under event, they are subject to the same rules as every other swimmer and may be disqualified.

Coaches will teach proper stroke technique, starts and turns during practices and remind swimmers about them during meets, so there are no surprises should a swimmer be disqualified.

Dual Meets

Dual meets are swum against one other team. They consist of 90 events and begin and end with relays. This is why it is important to arrive on time and stay until the end of the meet. Swimmers are not required to stay for the entire meet, but it is encouraged to promote team spirit. Should a swimmer need to leave early, you **MUST** check out with your coach and if you know in advance that you will be leaving early then that should be included on your Meet Entry Form. Coaches enter relays with the expectation that your swimmer will be there at the end of the meet. Please do your best not to disappoint 3 other swimmers by leaving early without telling anyone.

Preliminaries (Prelims)

Prelims are for each age group after the regular season to determine who will compete in the Championship Meet. All 5 teams in our Division compete against each other. Prelims are for all swimmers in the Division regardless of age or ability. Prelims are divided into two days and are usually broken up into 10 & Under one day and 11 & up the next day. For some Douglas County kids that may mean they have to leave school early or miss school on their day. Unfortunately, this can’t be avoided because the League has many teams to accommodate. Usually swimmers will compete in their strongest events for prelims. Coaches will ask swimmers to indicate the events in which they would like to swim at Prelims. The goal is to give them the best chance to qualify for Championships. There are no relays swum at Prelims.

Entries for Prelims

Entries for Prelims are due to the League prior to the last dual meet. An entry time for Prelims is determined by a swimmer’s fastest time at any dual swim meet during the regular season. These times will merely place them in a heat of similar times.

Due to other commitments or personal reasons, not all swimmers attend Prelims. If a swimmer will not be able to swim in Championships, **please do not sign him/her up for Prelims.** You and your swimmer will be asked to sign a Prelim/Championship “agreement.” This is an agreement between the swimmer and the coaches as to their participation and the parent’s agreement to volunteer to fill a shift in Prelims and Championships.

Prelims week is the final regular week of our swim season. The schedule is usually as follows:

Monday – Tuesday and/or Wednesday – these days are typically broken up into age groups so that each day has about the same number of swimmers

Thursday and Friday – regular practice for those who qualified for Championships or are in Relays

Saturday – Finals for all ages beginning PROMPTLY at 8:00 AM.

Championships

The fastest 10 – 16 swimmers (depends on number of lanes of hosting team) attend championships from Prelims plus one or two alternates in each event, from each age group. Championships will be held at the Dam West on July 18th. Last year, although many children compete in Prelims, “percentage-wise” we had a very high number make Championships. Great emphasis should be placed on individual achievement throughout the swim season and everyone should feel good about his or her own accomplishments regardless of qualifying for Championships. Remember: Those who stop getting better, stop being good! Relays are swum at Championships, so swimmers who didn’t qualify for an individual event may still be able to participate in Championships. Please let coaches know whether or not you will be available for Championships if you do not qualify for an individual event.

At the end of the meet trophies will be awarded to the team with the most points, as well as a Team Sportsmanship Trophy (which is voted on by the Parent Reps) and age group trophies for boys and girls for each age group with the most points. Medals and ribbons for Championships will be handed out at our end of the season Awards Banquet.

All Star Meet

This is the last meet of the season and is strictly an individual event meet. This meet is for the best of the best in the entire league of 24 teams. Eligibility is for swimmers who swim at least as fast as the All Star qualifying times during the regular season, or at Prelims or Championships. A swimmer may also qualify by placing 1st in their event at Championships regardless of whether they have a qualifying time. Events are heated starting with the slowest qualifying times to the fastest. There are no relays at this meet. An entry fee of \$20.00 per swimmer will be required and includes an All Star t-shirt. Swimmers may be in 3 events and should pick their best ones in the event that they qualified for more than 3 events. Medals and ribbons for 1st – 8th place will be handed out at the Awards Banquet.

Other Miscellaneous Info

Results are usually posted as the meet progresses. Look for them to be taped up on a wall with a group gathered around them.

If your child is not at the pool prior to warm ups, they may be scratched from a relay and replaced with another swimmer. The Parent Reps ALWAYS have a phone with them and we encourage you to call if you will be late.

Kathleen Steffe 303-814-1681

Practice Schedule

Team members are expected to attend as many practices as they can. If your swimmer will be missing several consecutive practices (due to vacation, etc.), please notify the Head Coach and turn in a Meet Entry Form early if you will be back for the Meet. The following schedule may need to be modified if necessary to accommodate swimmers.

Swimmers should arrive 10 minutes prior to practice times for stretching and dry land work.

Swim practice will be held at the HOA #2 (off of Oxford) pool Monday thru Friday from 7-8 and 8- 9 am beginning Thursday May 28th thru Friday July 17th. No practices will be held July 1st thru 3rd and there is no meet scheduled for Saturday July 4th.

If you need to make a change to your assigned practice time due to a conflict, such as year round school, etc., please contact the Parent Reps and we will do our best to accommodate your needs.

WEATHER POLICY. Practice will be held unless it is thundering or lightening. During cold or inclement weather, the coaches will decide whether it is appropriate to be in the water. If not, they will hold a dry land practice where the kids will stretch, do sit ups/push ups, goal setting, etc. If in doubt, please check the pool gate for a posted sign. It is ultimately your decision whether or not to attend practice. If in doubt, please check the pool gate for a posted sign. It is ultimately your decision whether or not to attend practice.

PLEASE NOTE: Both the main pool and baby pool are closed to recreational swimmers during swim team practice. Our swimmers are covered during practice time by Mountain Hi Swim League insurance. This does NOT cover siblings or family members. Siblings are not allowed in the pool. If you choose to stay with siblings during practice, please use the adjacent playground.

Also, parents please do not ask questions or have conversations with the coaches during practice time. They will be happy to talk with you after practice. The time stated for practice is short and intense and the coaches need to give their full attention to the swimmers during this time. Please remember to pick up after your children when practice is over. Items left will be put in the pool Lost and Found.

MOUNTAIN HI SWIM LEAGUE 2009

Castle Crocs

DUAL MEET SCHEDULE:

June 6 tbd

June 13 tbd

June 20 tbd

June 27 tbd

July 11 tbd

PRELIMS SCHEDULE- pending confirmation:

July 13 warm-ups 7 am/meet 8 am – Hosted by tbd
- age groups TBD

July 14 warm-ups 7 am/meet 8 am – Hosted Castle Pines Village
- age groups TBD

CHAMPIONSHIPS:

July 18 @ Dam West, 8:00 am start

ALLSTARS:

July 25 @ tbd

SWIM MEET INTENT FORM PROCEDURE:

*Complete you meet intent by marking your preferences in the Team notebook including marking if you will not be at the meet or need to arrive late/leave early. The Team notebook will be available near the family file folder box at each practice

*Please fill out the information for your swimmer. If there is no information for a swimmer it is assumed that he/she isn't swimming in this meet.

*If you will be attending the meet, decide which events (maximum of three per swimmer) you would like to swim and check those using the correct age division. If you have questions on which events you should enter, please ask a coach.

*If you will be late to the meet or need to leave early, please note that information on this form. Coaches will be putting together relays based on the swimmers who plan on being at the meet. If you are late or leave early without prior notification, three other swimmers will be disappointed and won't be able to swim their relay. *Circling you will be late indicates you won't be available for a relay at the beginning of the meet, circling you'll leave early means you won't be available for a relay at the end.*

*When completed - **MUST BE NO LATER THAN THE END OF THE DAY ON TUESDAY BEFORE THE MEET**

sample form:

SWIM MEET INTENT FORM: JUNE 6th at HOME (HOA1) VS. B2 Team
X

SWIMMER NAME/AGE: _____

PHONE NUMBER: _____

I WILL/WILL NOT (circle one) BE AT THE MEET.

I WOULD LIKE TO SWIM THE FOLLOWING EVENTS:

(max. of 3 individual events per meet, coaches will put together relays)

<u>6 & UNDER</u>	<u>8 & UNDER</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14/15-18</u>
25 FREE	25 FREE	50 FREE	50 FREE	200 FREE
25 BACK	25 FLY	50 FLY	50 FLY	50 FREE
25 BREAST	25 BACK	50 BACK	100 BACK	100 FLY
	25 BREAST	50 BRST	100 BRST	100 BACK
	50 FREE	100 FREE	100 FREE	100 BRST
	100 I.M.	100 I.M.	100 I.M.	100 FREE
				200 I.M.

I WILL BE LATE I WILL LEAVE EARLY I WILL BE THERE THE ENTIRE MEET

(Circle one of the above please)

MEET PROCEDURES:

*Most pools have limited parking facilities, arrive with enough time to get to the pool and in the water for warm-ups (7am - home meets and 7:25am - away meets).

*Check in with the coach. Coaches need to know who is at the meet to make any adjustments in relays and turn in scratches.

*Medley relay (events 5 - 14) participants need to gather in their groups of 4 (assisted by heating area parents) and stay together until they swim! The 8 & under age division will have two swimmers at each end of the pool. Freestyle relays need to start gathering together around event 75 (free relays are events 81 - 90). Once the 4 swimmers are together, they need to stay that way until they swim. Again, the 8 & under age group will have two swimmers at each end of the pool.

*Watch the first call/last call board to be sure you report to the heating area in time for your event (listen to announcer also).

*Check in with a coach before & after you swim, then sit and relax between events.

*Be sure to eat and drink (lightly) during the meet (preferably after each event you swim to allow for maximum digestion time!).

*After the meet, please clean up the area you were in to help out the home team.

Mountain Hi Swim League 2009 League Divisions

A1 Division

Piney Creek Host Championship

Sundance

Highlands Ranch

Holly Park

Southglenn

Hills West

A2 Division

Castle Rock Host Championships

Chapparal

Wildcat Ridge

Cook Creek

Foxridge

Clarke Farms

B1 Division

Lifetime Fitness Host Championships

A Lakes

Dam East

Smoky Hill

Willow Creek I

Stroh Ranch

B2 Division

Dam West Host Championships

Canterberry Crossing

Castle Pines North- Crocs

Castle Pines Village

Dam West

Willow Creek III

Mountain Hi Swim League Order of Events

Event-Boys	Age Group	Distance	Stroke	Event-Girls
1	13-14	200	Freestyle	
2				
3	15-18	200	Freestyle	
4				
5	8-und	100	Medley Relay	
6				
7	9-10	200	Medley Relay	
8				
9	11-12	200	Medley Relay	
10				
11	13-14	200	Medley Relay	
12				
13	15-18	200	Medley Relay	
14				
15	6-und	25	Freestyle	
16				
17	8-und	25	Freestyle	
18				
19	9-10	50	Freestyle	
20				
21	11-12	50	Freestyle	
22				
23	13-14	50	Freestyle	
24				
25	15-18	50	Freestyle	
26				
27	8-und	25	Butterfly	
28				
29	9-10	50	Butterfly	
30				
31	11-12	50	Butterfly	
32				
33	13-14	100	Butterfly	
34				
35	15-18	100	Butterfly	
36				
37	6-und	25	Backstroke	
38				
39	8-und	25	Backstroke	
40				
41	9-10	50	Backstroke	
32				
43	11-12	100	Backstroke	
44				
45	13-14	100	Backstroke	
46				
47	15-18	100	Backstroke	
48				
49	6-und	25	Breaststroke	
50				
51	8-und	25	Breaststroke	
52				
53	9-10	50	Breaststroke	
54				
55	11-12	100	Breaststroke	
56				
57	13-14	100	Breaststroke	

59	58			
	60	15-18	100	Breaststroke
61	62	8-und	50	Freestyle
63	64	9-10	100	Freestyle
65	66	11-12	100	Freestyle
67	68	13-14	100	Freestyle
69	70	15-18	100	Freestyle
71	72	8-und	100	Ind Medley
73	74	9-10	100	Ind Medley
75	76	11-12	100	Ind Medley
77	78	13-14	200	Ind Medley
79	80	15-18	200	Ind Medley
81	82	8-und	100	Freestyle Relay
83	84	9-10	200	Freestyle Relay
85	86	11-12	200	Freestyle Relay
87	88	13-14	200	Freestyle Relay
89	90	15-18	200	Freestyle Relay