

Orchard Brook Pool Rats 2018 Season

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*Welcome to an exciting new season of the Orchard Brook Swim Team!
The Pool Rats are a long-standing summertime tradition in Orchard Brook.
Children ages 5–18 enjoy daily exercise, teamwork, and the excitement of
challenging themselves to improve their swimming ability.
Go Pool Rats!*

Team Philosophy

The swim team's goal is to provide children with the opportunity to improve their swimming ability and to have a fun and active summer. The children, through daily practice, will improve their technique, endurance and speed.

The swim meets will provide the children a chance to compete as well as to make new friends.

Coaching Philosophy

The coaching staff is expected to uphold a very strong work and competitive ethic as a cohesive coaching team.

As role models to all team members and their families, it is a priority for coaches to maintain a positive, respectful, and supportive attitude for all team members and their families.

For the benefit of the team, coaches will demonstrate and encourage proper conduct, teamwork, team spirit and sportsmanship with swimmers and their families at all times, by being firm, fair, and having fun during the swim season!

PRACTICES:

Practices are Monday-Friday.

8-9am Swimmers age 11 and older

9-10am Swimmers age 10 and under

That age break is a guideline, but final determination is made by the coach and parent managers based on swimmers ability and family need. Requests for specific practice times can be discussed with the parent managers and coaches. If it is raining so you cannot see the bottom of the pool or lightening practice will be cancelled. There are times when the kids start practice and then inclement weather hits. In this case they will move indoors for safety and to wait for rides home. An email will be sent out in the case of inclement weather.

Friday practices for the older kids will involve pool practice plus in the last 10-15 minutes of practice –weekly awards for swimmer of the week and coach’s award.

Friday practices for the younger kids will involve fun relays/games in the water lead by the Junior Coaches with the kids competing against each other and then ribbons being handed out and weekly awards for swimmer of the week and coach’s award.

This year we again will be offering a group for younger swimmers that are not ready to swim in meets. This is our Junior Rats program. They practice from 10-10:30am except for Fridays. They will join the team for fun and games from 9-10am

REQUIREMENTS for swimmers to be on the Team

- The Orchard Brook Swim Team is open to boys and girls up to age 18.
- Open to Orchard Brook subdivision residents and non-residents.
- Swimmers must be able to swim the length of the pool in Freestyle across the length of the pool (25 yards without touching the bottom) by the end of the first week. For Junior Rats ½ length of the pool on the first day.
- Mandatory Volunteer Policy for parents must be adhered to.

REGISTRATION FEES

\$140/Orchard Brook residents (5–14 years)1st child

\$130/Orchard Brook resident(5-14yers old)2nd child Family cap of \$325

\$165/non-resident (5–14 years)

\$65/high school (incoming sophomores through seniors)

\$125/Orchard Brook Junior Rats Club (5-7years) 1st child

\$110/Orchard Brook Junior Rats Club (5-7years)2nd child

\$100 mandatory volunteer fee (separate check returned after season if meet requirements)

Payment is due at time of registration by cash or check.

Swimmers should arrive with swimsuits, goggles and caps on (girls).

Swimmers should arrive at practice with enough time to get ready to get in the water at the start of their practice time. They should leave as soon as their practice is over.

Swimmers should only be at the pool during their scheduled practices. If swimmers must stay for the other practice times, they are required to sit on deck chairs under the supervision of their parent.

Parents and younger siblings must sit on deck chairs during practice

The baby pool is closed throughout the practices to everyone.

BEHAVIOR EXPECTATIONS

Swimmers are expected to:

- Respect all coaches and other swimmers on all teams at all times.
- Exhibit good sportsmanship towards each other and opposing teams at all times.

CONSEQUENCES

Consequences for any unacceptable behavior are as follows:

1st offense: Warning

2nd offense Parent notification

3rd offense: Consequence to be determined by coach and parent managers, including possible dismissal from the team.

COMMUNICATION

Team and meet information will be sent via Shutterfly or email

If parents or swimmers have a concern, please contact the coach (after practice or meet) or the parent managers at any time.

SWIM MEETS:

Swim meets are held on Tuesday and Thursday nights. On the schedule the home team is listed first. Meets start at 6:30 sharp and end between 8:30 and 9pm.

Swimmers must arrive by 5:30 and check in with coaches so we know if anyone is missing. Last minute drops cause problems for relays, so if you are not going to be there last minute, you must text Hailey and Mauve and the 2 parent managers. Please try not to have last minute cancellations, as they may cause an entire relay to be scratched, meaning 3 other children don't get to swim because one could not come last minute. Illness and last minute delays/emergencies do arise, but we want you to be aware of the consequences. Changes are not allowed after 6pm the night of the meet.

Availability for Meets – You will need to confirm your child's availability for the upcoming meet by Sunday night before that week. You will do this online on Shutterfly and details about how to do that will come out in early June. For example – for the June 5th and 7th meets - you will need to go online by Sunday June 3rd and change the availability for your child from no to available if they can make the meets on the 5th and 7th. All availability will be set up as a no, so if you do not log in and update it with a yes, your child will not be scheduled in races for those 2 meets. We found this much easier for families to not have to enter their availability for the entire season in May, but to do it week by week.

The coaches will set the race schedule for both of the meets after practice on Monday mornings and it will be emailed out to parents by EOD Monday. Please be sure to check the schedule and make sure your child's availability is correct. If anything needs to change, please email Hailey and Mauve and the parent managers ASAP so we can make changes before the meet.

MEET NOTES for SWIMMERS:

- Please check in on the sheet.
- Swimmers must remain in the designated team area after warm ups and throughout the meet.
- Check which events you are in for that meet and write them down (on your hand) if needed.
- Meet with the coaches for team huddle/chant.
- Be ready at least 2 events early to your race. Locate parent lane organizer to find out your lane assignment
- Line up in a single file line behind the blocks.
- Swim fast!
- After your event, find your coach and talk to him/her about your race.
- Swimmers must stay for the entire meet unless notifying the coach that they must leave early.
- After your last race, please clean up all of your garbage and surrounding area.
- ***Have fun!***

DISQUALIFICATION DURING RACES

Stroke judges from both teams will watch the swimmers and write up DQ slips. Below please see what the DQ slip looks like. You may be surprised at how many possible infractions there are that would cause a swimmer to be disqualified. Age 8 and Under swimmers are allowed the first 4 meets before the disqualifications are actually enforced. After that, their score will not be included in the meet total. The coaches will be providing the swimmers with their DQ slips on Friday's during the handing out of ribbons. If they DQ, they will not get a ribbon for that race.

HOME MEETS

When we host home meets, we need a lot of volunteers in order to run the meet. Jobs include Timers, Runners, Lane Organizers, Stroke Judges, Clerk/assistant to help with the scoring of the meet, Meet Manager, Starter, Concessions and Meet Set up and Clean up. Each family must work 5-6 meets – usually 4 home and 1-2 away. You will receive an email through Shutterfly the week before to sign up for the meets the next week. If you cannot work on the date you are assigned, you need to find someone to take your role for you and communicate who that will be to the parent managers.

2018 Orchard Brook Swim Team MANDATORY VOLUNTEER POLICY

Parent volunteers are a critical part of a successful season and vitality of any swim team. Parents **must** be available for assisting in meets, both at home and away. Additionally, parents are expected to volunteer during whichever Conference Meet your child will be swimming. We will do our best to grant your request preference, however, we reserve the right to utilize your services where needed. You'll be expected to work **5 meets, and a conference meet (if your child is participating)** Depending on the amount of children that sign up, it could be more or less. There are a total of 10 meets for the season and the conference meet. (Only parents of the swimmers attending the conference meet will be working it). If you unable to work at an assigned meet, **YOU** will be responsible for finding a replacement and notifying the parent managers.

This year we will be following a procedure that the other teams in the conference use and requiring a \$100 deposit from each family for volunteer responsibilities. This does not apply to families with only Junior Rat swimmers. Your check will be returned to you at the year-end banquet, assuming you have fulfilled your team volunteer duties.

Thank you for your support of the team!!

DIRECTIONS TO THE MEETS

A document with information about the locations for the away meets will be emailed out in early June and will be on the website.

SPECIAL JOBS

Each family will need to help with a “special job” at registration. If you do not come to registration, please contact a parent manager to pick a job. There is a \$75 opt out fee if you choose not to sign up for one.

RIBBONS

Ribbons from the meets will be handed out at practice on Fridays. Ribbons are given for 1-6th place for Individual events and 1st and 2nd place only for relays.

GOLD CONFERENCE MEET

Our conference meet this year is on Saturday July 14th at Metea Valley High School in Aurora. This is where we compete against all of the 6 other teams in our conference in an all day swimming event. It is basically 2 full meets, one in the morning for all individual events, where there are multiple heats of each race for the kids to qualify for the finals, which are swam in the afternoon. All relays swim in the afternoon as well, so even if a child doesn't qualify for an individual final, they may still swim in the afternoon with a relay team. For the relays at conference, we will have 4 swimmers plus 1 alternate for each race. The coaches decide which swimmers qualify for Conference based on swim times during the season and swimmer availability for the conference. **To be eligible for conference, each swimmer must swim in 4 meets during the season, at least 1 of which must be an away meet.** Please try to leave Saturday July 14th available – we need as many of the swimmers as possible to represent our team at this season ending event. If you know now that you won't be able to attend Conference, please let the parent managers know. Parents of conference

swimmers will need to work during the morning and afternoon sessions – jobs will be assigned the week before the meet.

SILVER CONFERENCE MEET

The Silver meet is on Thursday night on July 12th at Oakhurst North pool. This is a fun meet for those that do not qualify to the Gold Conference meet. Parents of conference swimmers will need to work this meet.

Participation

- A swimmer must be on the official July 1 roster or approved by the Trident Conference Board.
- A swimmer must have participated in at least 4 meets throughout the season, 1 of which was an Away meet. The swimmer's name must appear on those dual meet event cards and score sheets.
- A swimmer may compete in a maximum of 4 events – three individual and one relay, or two individual events and two relays.
- Only swimmers who do not hold one of the top 3 times on their team for an individual event may participate in this meet.
- A swimmer may only compete in 1 Trident Conference Championship meet in individual events. A swimmer may participate in both meets only if it is to complete a relay team.

Awards

- In individual events, medals will be given for 1st – 3rd places. Rosette ribbons will be given for places 4th – 6th. In relay events, medals shall be given to each member of the relay team that finish in 1st and 2nd place. These places will be determined by the top 6 times for all heats swam.
- Heat prize winners will be provided to each swimmer winning a heat including relays.

ICE CREAM SOCIAL/BEGINNING OF THE YEAR GET TOGETHER

On Friday June 15th at 6pm we would like to invite all swimmers and their families to the pool for an ice cream social. This will be a way for new swimmers to meet others on the team as well as a fun way to kick off the season. Parents welcome to bring their own beverages 😊

Movie Night Flick and Float

Fun night at the pool for the team to play in the pool and to watch a movie. The date and time are to be determined.

INTERSQUAD MEET / END OF THE YEAR AWARDS NIGHT

On July 17th, the Tuesday night after our Conference Meets, we will have our Intersquad Meet and family fun night and awards night all in one!. The junior coaches will run the fun meet with the kids being split into 2 teams and then racing against each other. Kids will decorate the pool based on the team they are on (Red or Black) and they will come to the meet in their team colors. Parents will be able to swim in the family race at the end of the meet. The meet will last about 1 hour, then we will do an awards presentation. After that the party will start. We will have music and families are encouraged to swim, dance and play to celebrate the end of the season. It's a lot of fun and much more information will be coming on that.

Important Dates

April 19th registration

June 2-3 practice starts

June 15th Ice cream social 6pm

June 6 regular practice schedule starts

July 12 Silver Conference Meet 5pm -Oakhurst North

July 14 Gold Conference Meet - Metea Valley

July 17 Intersquad Meet and Awards Banquet

QUESTIONS

If you have any questions or concerns, contact the parent managers.