

# Sundance Hills Sailfish



**2010 Swim Team  
Handbook**

**[www.sundancesailfish.org](http://www.sundancesailfish.org)**

# **Sundance Hills Swim Team**

## **2010 - Handbook**

Welcome to the 2010 swim season. This must be the best place around to be because we presently have nearly 180 swimmers and mudskippers (our future Olympians) registered for this year! Our focus as a parent board is teamwork, individual achievement, and lots of fun!

This handbook is designed to give you helpful information to make it through the 2010 season.

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## I. Message to Parents

The goal of the swim team is to provide an atmosphere where every child has an opportunity to learn and participate on a team. As a parent you have some very important responsibilities relating to swim team as well. They are:

1. Swimmers must sign up for the meet by the TUESDAY prior to the event. If a swimmer does not check his name off on the board he/she will not be placed in any events at the meet. If you will be leaving the meet early please make a note of this on the sign-up sheet.
2. You must make sure that your swimmer(s) is/are ready for their event. If they are not ready when the event is called they will be scratched.
3. **Please look for messages, receipts, ribbons and other information in the communication boxes, located at the pool front desk. If they are not out you can ask one of the life guards/ coaches to get them for you. Please refer to the Website at [www.sundancesailfish.org](http://www.sundancesailfish.org) for up-to-date information.**
4. Vacations - If you will miss a meet due to a vacation please tell the coaches ASAP. There is a swim team notebook at the pool front desk that you can put a note in with the dates you will not make a meet.
5. If you leave the meet early you **MUST** tell a coach. Our last relays may depend on your participation.

## II. Sportsmanship/Code of Conduct

Nothing can replace good sportsmanship. Show your children how easy it is to be a good sport by reviewing with them the list below. If parents encourage and support the importance of sportsmanship, our children will respond in kind.

- ✓ Support your team members when they are swimming
- ✓ Cheer for your team - Don't forget the end of meet cheer for the other team as well
- ✓ Encourage all team members with positive words
- ✓ Remember that everyone is doing his/her best and everyone wants to hear a teammate say something kind to him/her about his/her race
- ✓ Show good sportsmanship at all times
- ✓ Be careful what you say - do not say anything negative about anyone!
- ✓ "If you don't have anything nice to say, don't say anything at all"
- ✓ Shake the hand of your opponents at the conclusion of each race

- ✓ Have fun; be respectful to your parents, coaches, the other team and your teammates
- ✓ Thank the coaches before you leave.

**Mountain Hi Swim League**  
**Parent, Coach and Swimmer Code of Conduct**  
**Information, Policies and Procedures**  
**[www.mhsl.org](http://www.mhsl.org)**

**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:**

- Must refrain from addressing remarks, except when made as expressions in the spirit of friendship and/or in good sportsmanship.
- Never use foul language or obscene gesture
- Should always applaud other team's performance and should always shake hands at the end of the race.
- Follow all rules of the hosting pool.
- Do not throw anything in a hosting pool including any item that could cause any chemical imbalance in the pool. i.e.: Jell-O.
- Cooperate with the decision of the stroke judge, starter and meet referee.

**All Coaches:**

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

**All Parents:**

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

### III. Board Members

Your swim team parent board is made up of a group of volunteers. Our job and responsibility is to ensure that we create an environment where every swimmer can have a good swim team experience and enhances his/her swimming abilities. We are here to help organize and run the team and to listen to you, as parents, for ideas and suggestions for the team as a whole and for your swimmer. Please feel free to contact any member of the board with questions or concerns.

### Board Positions

Parent Rep: Joe & Katy Adams	h--720-200-5444 c--720-260-0448	<a href="mailto:jwadamsfam@aol.com">jwadamsfam@aol.com</a>
Registration/Web Master Co-chair: Scott Gustafson	h--303-552-2241 c--303-919-3068	<a href="mailto:Scott@scottsware.com">Scott@scottsware.com</a>
Registration/Web Master Co-chair: Ahmoy Look	h--303-552-2241 c--303-482-6530	<a href="mailto:Ahmoy@scottsware.com">Ahmoy@scottsware.com</a>
Clerk of Course Co-chair: Molly McKanna	h--303-779-8274 c--303-263-2947	<a href="mailto:mmckanna@comcast.net">mmckanna@comcast.net</a>
Clerk of Course Co-chair: Laura Roberts	h--303-221-3327 c--303-594-2228	<a href="mailto:lauragroberts@earthlink.net">lauragroberts@earthlink.net</a>
Volunteer Coordinator Co-chair: Leslie Lawton	h--720-318-4109	<a href="mailto:skilawton330@yahoo.com">skilawton330@yahoo.com</a>
Volunteer Coordinator Co-chair: Maureen Breitenbach	h--303-868-1378	<a href="mailto:Mbreit3@msn.com">Mbreit3@msn.com</a>
Concessions Co-chair: Lily Hotaling	h--303-570-9521	<a href="mailto:lghotaling@comcast.net">lghotaling@comcast.net</a>
Concessions Co-chair: Dananne Solomon	h--720-482-0737	<a href="mailto:grls4boys1@comcast.net">grls4boys1@comcast.net</a>
Scoring Co-chair: James Thomson	303-638-7483	<a href="mailto:andrewjthompson@gmail.com">andrewjthompson@gmail.com</a>
Scoring Co-chair: Amy Thomson	303-523-9555	<a href="mailto:amylthomson@gmail.com">amylthomson@gmail.com</a>
Treasurer: Patti Batchelder	h--303-526-5664	<a href="mailto:pbatch@comcast.net">pbatch@comcast.net</a>

	c--303-514-4968	
Suits/Merchandise: Cate Wisneski	h--303-956-4380	<a href="mailto:cate_wiz@yahoo.com">cate_wiz@yahoo.com</a>
Party Planner Co-chair: Linda Brooks	h--303-758-5689	<a href="mailto:ldb Brooks@q.com">ldb Brooks@q.com</a>
Party Planner Co-chair: Windy Zurcher	h--303-921-6225	<a href="mailto:wmzurcher@comcast.net">wmzurcher@comcast.net</a>
Head Coach: Jeanette Anderson	303-221-5260	<a href="mailto:kanderson@xanterra.com">kanderson@xanterra.com</a>
CMO Co-chair: John Oberly	303-771-4211	<a href="mailto:CoachObs@comcast.net">CoachObs@comcast.net</a>
CMO Co-chair: Garth Weinstein		<a href="mailto:garth@copacpayroll.com">garth@copacpayroll.com</a>

## IV. Coaching Staff - Swimming

Jeanette Anderson, Head Coach	303-221-5260	
Hanna McClintock	303-229-9740	<a href="mailto:hmcclint@gonzaga.edu">hmcclint@gonzaga.edu</a>
Jamie McClintock	303-519-9296	<a href="mailto:mccinto@uoregon.edu">mccinto@uoregon.edu</a>
Matt Glenn	303-791-8805	
John Oberly	303-868-4237	
Jill Anderson	303-221-5260	
Zak Lewis	303-771-1122	
Maddie Davis	303-221-0521	
Maggie Rogan	720-493-5485	
Phillip Engram		

All of our coaches bring a wealth of experience to the team. They will work with your swimmer(s), encouraging them to have good sportsmanship and team spirit, and learn to become better swimmers. If you have any questions regarding your swimmer please do not hesitate to talk to any of the coaches. Also if you are interested in private lessons for your child, you may sign up at the front desk and choose a specific coach. Messages for the coaching staff may be left in the notebook at the front desk.

## V. Practice Schedules

Pre-season:

\*Afternoon practice starting May 17

6 and under	3-3:30pm
7/8	3:30-4:00pm
9/10, 15-18	4:00-5:00pm
11/12, 13/14	5:00-6:00pm

\*No practice for Mudskippers until June 9

Regular Season:

Morning practice begins June 9

7/8	7:45-8:30am
9/10	8:30-9:30am
6 and under	9:30-10:00am
11/12	9:30-10:30am
Mudskippers	10-10:30 & 10:30-11am
13/14, 15-18	10:30-11:30am

\*Please note that pool management needs to clean and prepare the pool to open at noon. Everyone must be out of the pool and cabana area by 11:30am. If you would like to wait around until the pool opens, it must be outside the fence. No one outside of swim team should be inside the fence until the pool opens at noon.

## VI. Meet Dates and Times

Friday, May 28 - Fun Meet @ home - 5:00 pm start

**Regular Meets: - Start Time 8:00am**

Swimmers must be at the pool no later than **6:40 AM** for Home meets and ready to be in the water at 6:45 AM!

Swimmers must be at the away pool at 7:00 AM for Away meets

June 5 @ Home meet vs. Castle Rock

June 12 @ Home meet vs. Piney Creek

June 19 @ Home meet vs. Highlands Ranch

June 26 @ Away meet vs. Wildcat Ridge

July 10 @ Away meet vs. Chapparal

## Prelims for Championships

July 12 - 8:00 am @ Sundance

7/8 & 6 and under

July 13 - 8:00 am @ Wildcat Ridge

11-12, 13-14

July 14 - 8:00 am @ Castle Rock

9-10, 15-18

Championships - Saturday, July 17 @ Piney Creek

All Star Meet - Saturday, July 24 @ Castle Rock

## VII. Stroke Clinic Information

We will offer optional stroke clinics. The price will be \$5.00 per clinic. Sign-up sheets are posted on the "Swim Team" Bulletin Board. Clinic times will be posted on the bulletin board and on the website.

## VIII. Special Events

We have many special events, such as the Swim Under the Stars June 17th, family night at Pirates Cove June 29, and more. Please check our website for dates and times. The annual Banquet and Sleepover will take place on July 17 after the Championship meet.

## **IX. Saturday Swim Meet Expectations**

Swimmers, please be on time for warm-ups in order to familiarize yourself with the pool and loosen your muscles. **MAKE SURE YOU KNOW YOUR EVENTS!**

Check the board to find the events you are swimming in and write the event numbers on your hand. Swimmers are listed alphabetically. Bring a sharpie to the meet! Know where your goggles and/or swim cap are at all times so you don't have to go hunt for them when your race is called. Please have all of your belongings clearly marked with your name. Listen for your heat to be called and report to the heating area when your event is called. **If you do not come to the heating area when your event is called you will be pulled from that event.** If you have a problem with an event, please let the coaches know immediately!

Please wear a swim cap for the meets - It will make you faster!

Eat healthy. **PLEASE DO NOT EAT** sweets until you have completed **ALL** of your events - this includes your relays!

Bring warm clothes/sleeping bag/blanket, as it can be quite chilly in the early summer mornings. Remember to apply sunscreen before you get to the meet and often throughout the meet.

## **X. Volunteers**

This is a **VOLUNTEER** organization. It takes lots of people to organize and run a meet. You must show up and check in with the volunteer table for each shift ahead of time. Failure to report for **ALL** of your shifts during the season **WILL** result in forfeiture of your deposit check.

## **XI. Swim Meet Rules and Scoring Format**

Each meet will have a schedule of 90 events (see the attached Order of Events List). Each swimmer may compete in a maximum of three individual events and two relay events. The coaches will determine the events for each swimmer.

**Scoring - Dual meet scoring is as follows:**

Points are awarded to the top four finishers for each individual event as follows:

First Place                    6 points

Second Place                3 points

Third Place                  2 points

Fourth Place                1 point

No points will be awarded for the 6 & under events. 6 and under events shall compete for participation ribbons only.

## **XII. Refund Policy**

Any swimmer who drops off the swim team prior to June 10th, 2010 will receive a full refund minus a \$25 processing fee. After June 10, 2010, no refunds will be given (this includes the volunteer deposit).

## **XIII. Pool Policy**

The pool is officially closed during swim team practices and meets. There are no lifeguards on duty. **Note: New this season, baby pool will open at 11am during swim team practice.**