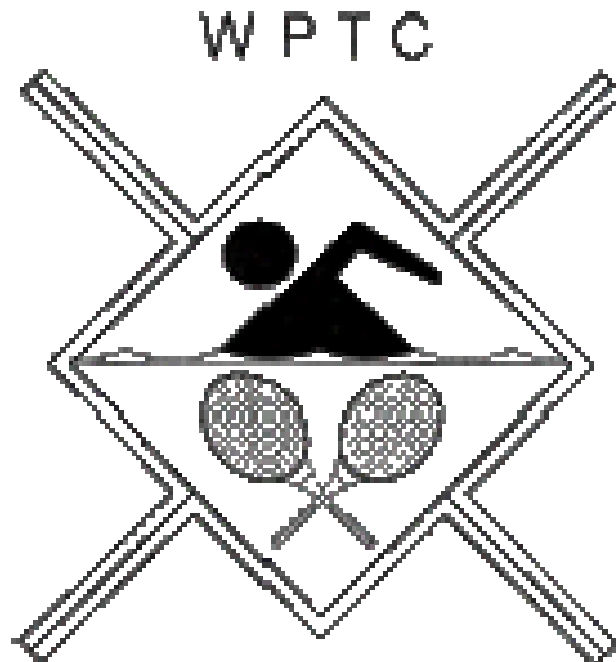
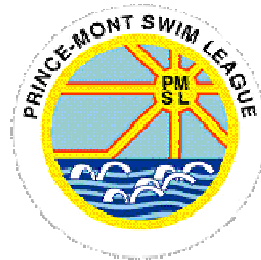


**Welcome to the
Whitehall Pool and Tennis
Swim Team
We Are the Wahoos**



Head Coach _____ Katie Bryant
Assistant Coach _____ Jenny Klimczak
Assistant Coach _____ Megan Reilly
PSML League Rep. _____ Jeff Schumacher
PSML Alt. League Rep. _____ Bryan Snyder
Data Manager _____ Dennis Bryant

Proud Member of



Welcome to Whitehall Pool and Tennis Swim Team,

We are the WAHOOS – Couldn't Be Prouder!

We are proud of our history and excited about our future, and we hope you will be a part of it. The following information is to outline and clarify the roles and responsibilities of everyone involved with our team. This contains basic information about the Whitehall Wahoos, and the relationship we have with the Prince-Mont Swim League.

The emphasis of the WPT Swim Team is for each swimmer to improve his or her best times. Although it is human nature for individuals to compete with one another, we encourage swimmers to measure their successes by competition with their own best times. Potentially, all swimmers in a meet can be successful by this measure. Our overall objectives are 1) To teach correct competitive stroke technique, 2) to encourage each swimmer to improve according to his/her capability and most importantly, 3) To have fun!

To register to swim with the Whitehall Wahoos, you must complete the following documents:

1. Attendance at the Parent Meeting – May 31, 2011;
2. 2011 Swimmer Registration Form;
3. Volunteer Participation Agreement.

Since these are new procedures, all swimmers **MUST** comply. Registration Forms for returning swimmers will be available at the Parent Meeting and must be returned prior to Time Trials.

New Families can download the registration forms from our website – www.whitehallpool.net.

In addition to our Coaches and League Represents, there are several people on our team that are here to assist:

1. A Meet Manager – Linda Tucker, lastucker@comcast.net
2. B Meet Manager – Kathy Sullivan,
3. Concessions Manager – _____

2011 B Division

Adelphi Recreation (AR)	9442 Riggs Rd., Adelphi, MD 20783
Belair Swim and Racquet (BSR)	12728 Midwood Lane, Bowie, MD 20715
Greenbelt Municipal Pool (GM)	101 Centerway Road, Greenbelt, MD 20770
West Laurel Swim Club (WLS)	7203 Brooklyn Bridge Rd., Laurel, MD 20707
Westlake Village Swim Team(WOW)	6006 Hampshire Circle, Waldorf, MD 20603
Whitehall Pool and Tennis (WPT)	Whitehall Drive and Old Chapel, Bowie, MD 20715

PRINCE-MONT SWIM LEAGUE

The WPT Swim Team is a member of the Prince-Mont Swim League (PMSL). PMSL is composed of teams located primarily in Prince George's County with a few teams from Montgomery County.

The League is divided into seven (7) divisions, letter A – G (A being the most competitive). WPT is currently in the B Division. Each division consists of approximately six (6) teams. Each team competes in five (5) dual meets (A-Meets), as well as the Divisional Meet, followed by the All Star Meet. The Divisional Meet is the top swimmers from each team within the same division compete against each other.

The All Star Meet is the final meet of the season and is the top swimmers from each Divisional Meet competing against each other.

To ensure fair and friendly competition, and that all USA Swimming Rules and Regulations are uniformly enforced, PMSL requires all Referees, Starters and Stroke and Turn Officials to be trained and certified. This training is offered under the League's annual meeting in early June.

Each team must provide one (1) Starter/Referee and two (2) Stroke and Turn Officials at every PMSL sponsored meet. Failure to meet this could jeopardize the results of the meet.

If you are certified by any other USA Swimming organization – Maryland Swimming or Potomac Valley, your certification is accepted by PMSL. Just notify the A Meet Manager or League Representative.

ELIGIBILITY

All Whitehall Pool and Tennis members in good standing, 18 and under, are eligible to join the WPT Swim Team.

We are One Team! With different levels – Minis and Competitive Team.

Criteria for our Mini Team:

- Are age 5 on or before June 1st.
- Each swimmer must be comfortable putting his face in the water,
- Each swimmer must be able to push off the side and glide.
- Each swimmer must demonstrate their abilities with a coach prior to starting.

Criteria for our Competitive Team:

- Each swimmer must be able to complete 25 meters freestyle (crawl) stroke.
- Attendance at a minimum of one (1) practice per week required.

TEAM SUITS

All swimmers are required to purchase a team suit. Team suits are required at all swim meet participation. As with any uniform for any sport, the team suits should be used for competition only. Wearing them on a daily basis for recreational swimming or in practice will greatly reduce the life of the suit. You can easily get through one or two seasons with one team suit if the swimmer only wears it to the meets.

TIME TRIALS

Time Trials will be held on Saturday, June 11, 2011 at 8:00 am. This event is conducted as if it were an A Meet. Times for each swimmer are recorded. The Coaching Staff use this information to determine the roster for the first A Meet of the season. This is also a benchmark for each swimmer to evaluate their progress throughout the season,

WPT MEETS

WPT competes in three (3) types of events – A-Meets, B-Meets and Citywide Meets.

A Meets are PMSL sponsored meets. A Meets are dual meets, which means one team competes against another. A Meets are held on Saturday mornings. The meets must be conducted with strict adherence to league rules, and are scored team events.

Participation in A Meets is limited to the fastest swimmers on the team in each event. On Friday morning, the coach will post the roster for the upcoming A meet. The roster will be composed of three swimmers per event. Choice of swimmers will be based on the best times recorded in previous meets as well as strategy considerations. League rules limit each swimmer to no more than three individual events plus one relay event per meet, OR two individual events and two relays.

B Meets are not PMSL sponsored, are not scored and are not included in our League standing. These are additional dual meets held on weekday evenings, generally, on Tuesdays. Participation at a B Meet is the Coach's choice of which swimmers are in attendance.

B Meets are informal and low-pressure compared to A Meets. These meets are held for the development and encouragement of individual swimmers.

Citywide Meets are not PMSL sponsored. Each year the four Bowie community pools sponsor these meets to provide an opportunity for city swimmers to compete against each other. The four pools include Belair Bath and Tennis (BBT), Belair Swim and Racquet (BSR), Pointer Ridge Swim Club (PR) and Whitehall Pool and Tennis (WPT). On occasion, North Ridge and Severn Crossing have participated in the City Relay Swim Meet.

There are two (2) Citywide Meets – City Relay and City Meet. Both are held on a weekday evening, generally Tuesdays.

Citywide Meets do strictly adhere to the PMSL rules and are scored accordingly.

High spirits and friendly rivalry have always accompanied both meets. Even if your child does not swim, all swimmers are encouraged to come and join in the fun.

SWIM TEAM EVENTS

Since a large part of our team is having fun, we do a few things to increase our team spirit.

Awards Banquet: The annual award banquet is held at the conclusion of each season. Some awards include *Most Points Scored* by a boy and girl in each age group, as well as for *Outstanding Improvement* during the season. This is usually held the last Friday night in July.

Team Trip: Each year, the team takes a trip to the beach for a day of fun in the sun and sand. We usually venture to Cape Henlopen State Beach in Delaware. It's a great team outing – please join us! Information will be posted towards the end of the season.

Morning Munchies: Every Friday, we ask each swimmer to bring a snack to share with the others in their practice group.

Team and Pool Records: WPT Swim Team maintains a listing of team and pool records.

Team records represent the fastest time swum by a WPT Swim Team member (can be obtained in any 25-meter pool).

Pool records represent the fastest time swum at WPT (can be held by members of opposing teams as well as WPT team members).

We also acknowledge City Relay and City Meet record breakers.

All record breakers are awarded a record patch.

PRACTICE SCHEDULE:

During the academic year, WPT holds practice during the weekday evenings. Due to limited time and lane availability, these evening practices are for the more experienced swimmers who come ready and able to swim at least 100m (four lengths of the pool) without stopping.

There are two practice groups:

10 & Under – 5:30pm - 6:30pm

11 & Over – 6:30pm - 7:30pm

Beginning on Monday, June 20th, practice will be held every weekday morning. Morning Practices includes both the Minis and the Competitive Team. Practice Groups are determined by age.

13 & Over – 7:00am - 8:15am
9 – 12 – 8:15am - 9:15am
8 & Under – 9:15am - 10:00am

Lane placement and order of swimmers is determined by the Coaching Staff.

No parents are allowed on the deck during practice. This can cause a distraction for the swimmers. All parents must stay to the right of the main entrance near the snack bar or playground.

TEAM COMMUNICATIONS

All information concerning swim team line-ups, results, records and upcoming events will be posted on the swim team information board located on the wall between the restrooms.

We also disseminate a great deal of information through our e-mail distribution list. All information, news and updates are sent out via e-mail, except the A Meet roster.

******VOLUNTEER REQUIREMENT****** **(NEW THIS YEAR)**

At this time, we do not require additional fees associated with your child's participation on the WPT Swim Team. However, your volunteer time is required. Please read Volunteer Policy below. ***FAILURE TO COMPLY WITH THIS VOLUNTEER POLICY WILL RESULT IN A \$50 FEE CHARGED TO YOUR WPT ACCOUNT.***

Each family is required to provide a volunteer to work two (2) COMPLETE meets. This requirement can be met in a variety of ways, which are listed on the Family Participation Form. Families who only have swimmers in the Minis are not required to participate at any meets. However, are required to provide non-perishable items for ALL WPT hosted events.

This year we are asking the Mini Team to donate all non-perishable items. And, asking for parents that have swimmers are either the A or B Meets to donate the perishable items, as well as, work at the event.

All volunteers must sign-in with the Volunteer Coordinate upon arrival. In the event, a family cannot make the event for which they signed up; they must notify either the Volunteer Coordinator or Meet Manager by 8 pm the night before the event.

Volunteer Coordinators are A Meets – Kathy Sullivan and B Meets – Linda Tucker

VOLUNTEER POSITIONS

The Referee, Starter and Stroke and Turn Officials have the primary responsibility to ensure that all swimmers have uniformed and fair competitive conditions. Therefore, these duties must all be certified by the Prince-Mont Swim League.

Referee – The Referee is the final arbiter of all issues arising during the meet. The Referee oversees all officials both on and off the deck. Home Team supplies the Referee.

Starter – primary duty is to manage the conditions of each event start. The Starter is also the second in the chain of responsibility, behind the Referee. The Starter also coordinates with the Head Timer, Data Manager, Clerk of Course, Timers and Place Judges.

Stroke and Turn Judge – primary duty is to ensure that each competitor performs the appropriate technique. The Stroke and Turn Judge has the authority to disqualify a competitor if that swimmer is not using the correct technique, which would give them an unfair advantage over the other competitors.

Head Judge/Scorer – primary duty is to compile the roster of qualified competitors and to review the time sheets at the conclusion of each event and forward the results to the Hy-tek operator.

Head Timer – primary duty is to monitor the Timers on deck, as well as, time each event so that, in case of an issue with any Timer, the Head Timer can set up to complete the timing process.

Timer – primary duty is to ensure accurate timing and recording of each event finish – Manual and Semi-Automatic timing equipment is used. Manual Equipment is the use of a stop watch that is manually started and stopped by a Timer. Semi-Automatic Equipment is the use of an electronic timing system that starts the stop watch when the starting horn and light are initiated and the watch is stopped manually by the Timer.

Clerk of Course – primary duty is to assemble the competitors in accordance with the order of events and arranging heats as set forth by the official program. The Clerk of Course also manages the flow of competitors on the deck.

Sweep Judge – primary duty is to observe the finish of each event and record the winner of the final heat. Sweep Judge decision is final, in the case of a tie.

Ribbon Writer – primary duty is to ensure that all ribbons are awarded to the appropriate competitors, based upon the official results presented by the Head Scorer.

Runner – primary duty is to assist the deck officials with the proper flow of information, specifically, the posting of final event results.

Deck Crew – primary duty is to assist with the set-up and tear down of all equipment during home meets.

Concessions – primary duty is to assist with the sale of concessions during each home meet. There are 2 areas within this area. 1) Donating the items for sale and 2) volunteering at the Concessions Tent.

Family Participation Agreement

As has been previously stated, participation on the Whitehall Swim Team is free to all members in good standing. However, as with all activities, support is needed. The level of support varies depending on the location and type of event – home meets vs. away meets; A-Meets vs. B-Meets. We also participate in 2 City Wide events, which also have their own requirements; as well as, the Divisional and All-Star Meets.

At all events, we are required to provide the following support:

Timers Certified Officials Judges

Home Meets require not only meet and deck officials, but also help with Concessions.

Below is a list our meets, along with the opportunities available. Please indicate not only the date you are available to assist, but also the position you would like to assist with. A final list will be distributed via e-mail prior to our first meet. And, reminders will be sent each week for those volunteering at the upcoming events.

Meets are listed in chronological order. All Starters, Referees and Stroke and Turn Officials must be certified.

Officials Training is offered during the League Meeting – TBD.

Date	Meet	Location	Opportunity/# Needed
July 2, 2011	A	WPT Adelphi Rec.	<input type="radio"/> Timer (10) <input type="radio"/> Clerk of Course (1) <input type="radio"/> Head Scorer (1) <input type="radio"/> Sweep Judge (1) <input type="radio"/> Runner (1) <input type="radio"/> Ribbon Writer (2) <input type="radio"/> Concessions (10) <input type="radio"/> Stroke and Turn Official (2) <input type="radio"/> Referee (1)
July 9, 2011	A	WPT Greenbelt	
June 18, 2011	A	West Laurel	<input type="radio"/> Timer (10) <input type="radio"/> Clerk of Course (1) <input type="radio"/> Head Judge (1) <input type="radio"/> Sweep Judge (1)
June 25, 2011	A	BSR	
July 16, 2011	A	Waves of Waverly	<input type="radio"/> Assistant Scorer (1) <input type="radio"/> Ribbon Writer (2) <input type="radio"/> Stroke and Turn Official (2) <input type="radio"/> Starter (1)

Reminder: Failure to volunteer at 2 meets/events or donate to at least 3 Concessions, will result in a \$50.00 fee being charged to your WPT account.

Family Participation Agreement Concession Donations

Last Name: _____

QUANTITIES LISTED ARE PER MEET

Candy	Size	Quantity
Nerd Rope	large box from BJ's, Costco, or Sam's	
Sour Patch Kids		
Ring Pops		
Airheads		
Airhead Extremes		
Skittles/Starburst combo pack		
Beverages	Size	Quantity
Coke (12oz.) cans	1 Case (24)	
Diet Coke (12 oz) cans	1 Case (24)	
Sprite (12 oz) cans	1 Case (24)	
Gatorade (20 oz) bottles	1 Case (24)	
Box of Variety chips	25 count	
Water	1 Case (24)	
Perishables	Size	Quantity
Pasta Salad	1 pound	2
Brownies	2 dozen - individually wrapped	3
Cookies	2 dozen - individually wrapped	3
Watermelon	one watermelon cut up in bite size pieces	3
Cantaloupe	one cantaloupe cut up into bite size pieces	4
Grapes	4 pounds washed and off the stems	3
Donuts	2 dozen	
Muffins	2 Dozen	

Please remember – all A Meets are on Saturday mornings and all B Meets, as well as, the City Relays and City Meet are on Tuesday nights.

Please indicate which date and item you are able to donate. A final list will be distributed via e-mail prior to our first meet. And, reminders will be sent each week for those volunteering at the upcoming events.

Date	Location	Food Donation

Please remember to check-in with the appropriate Meet Manager or the Concessions Manager to ensure you receive credit for your donation.

Family Participation Agreement

Last Name: _____

As has been previously stated, participation on the Whitehall Swim Team is free to all members in good standing. However, as with all activities, support is needed. The level of support varies depending on the location and type of event – home meets vs. away meets; A-Meets vs. B-Meets. We also participate in 2 City Wide events, which also have their own requirements; as well as, the Divisional and All-Star Meets

At all events (including the City Relays and City Meet), we are required to provide the following support:

- | | |
|---|--------------------------------|
| Clerk of Course (1) | Runner (1) |
| Head Scorer/Judge (1) | Ribbon Writer (2) |
| Sweep Judge (1) | * Stroke and Turn Official (2) |
| Timer (10) | * Referee/Starter (1) |
| <i>*All Starters, Referees and Stroke and Turn Officials must be certified.</i> | |

Home Meets require not only meet and deck officials, but also at least ten (10) volunteers at Concessions. Below is a chronological list our meets. Officials Training is offered during the League Meeting – TBD.

Date	Meet	Location	Date	Meet	Location
June 18, 2011	A	West Laurel	July 12, 2011	B	
June 28, 2011	B		July 9, 2011	A	WPT
June 25, 2011	A	BSR	July 16, 2011	A	WOW
July 2, 2011	A	WPT	July 26, 2011	B	
July 5, 2011	City Relay	BSR	July 19, 2011	City Meet	PRSP

Please remember – all A Meets are on Saturday mornings and all B Meets, as well as, the City Relays and City Meet are on Tuesday nights.

Please indicate which date and duty you are available to assist with. A final list will be distributed via e-mail prior to our first meet. And, reminders will be sent each week for those volunteering at the upcoming events.

Date	Location	Volunteer Duty

Please remember to check-in with the Meet Volunteer Coordinator at least 30 minutes prior to the start of the meet, at both Home and Away Meets and again at the conclusion of the meet, to ensure you receive credit for your participation.

Concessions Volunteers should check-in with the Concessions Manager at least 1 hour prior to the start of the event.