

WHITEHALL POOL & TENNIS CLUB 2009 SWIM TEAM

Welcome to the Whitehall Pool and Tennis (WPT) Team!

PURPOSE

The objectives of the WPT Swim Team are:

1. To teach correct competitive stroke technique
2. To encourage each swimmer to improve according to his/her capability
3. To have fun.

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.

ELIGIBILITY – **Changes for 2009!**

Mini Team: Each swimmer must be comfortable putting his face in the water, and must be able to push off the side and glide. Swimmers can demonstrate their abilities with the coach prior to starting, or by successfully completing the first two steps of the 2009 Whitehall Swim Lessons.

Main Team: Each swimmer must be able to complete 25 meters freestyle (crawl) stroke. Attending practice at least once a week is also required.

Whitehall does not charge a fee for swim team. We are one of only a few pools in the entire league that still offers FREE swim team participation. However, there are two conditions that must be met.

- 1) **All swimmers on the team are required to purchase a team suit.**
- 2) **Parents are required to sign up and help work in at least two meets** – we need help with timing, concessions, ribbon writing, etc.

TEAM SUITS

Team suits are required for 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.

INFORMATION BOARD

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 have information posted on the Whitehall website, as well as the Princemont Swim League website. If you would like to be placed on a swim team email distribution list, please contact the team rep (Bryan Snyder) via the Whitehall website. The coaches may use this tool to quickly get information out to the parents in addition to posting things on the board.

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. Each team in the league competes within a division composed of six teams of approximately similar ability. Team competition consists of five dual meets against each of the other teams in the division and concludes with a divisional meet including all six divisional teams. PMSL also sponsors an All-Star meet at the end of the season for the best swimmers in all divisions to compete for top individual honors.

WPT MEETS

A Meets: PMSL scheduled dual meets and divisionals are held on Saturday mornings. These meets are designated as A meets. Participation in A Meets is limited to the best swimmers on the team in each event. The meets must be conducted with strict adherence to league rules, and are scored team events.

Toward the end of each week, 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. The league has added a Medley Relay to the beginning of A meets this year.

B meets: WPT Swim Team schedules additional dual meets on weekday evenings. These are not PMSL meets, but are held for the development of individual swimmers. There is no team scoring for these meets. They are relatively informal and low-pressure compared to A Meets. They are full of encouragement and praise for all swimmers involved.

City Meet and City Relays: Each year the four Bowie community pools sponsor these meets to provide an opportunity for city swimmers to compete against each other. These are not PMSL meets. 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.

Time Trials: This is a practice meet which the WPT Swim Team holds every year. All swimmers on the team swim all events for which they are eligible. This meet gives every swimmer a chance to get some meet experience before the season begins and gives the coaches an initial set of times for each swimmer. It also provides parents with an opportunity to learn or brush-up on officiating. **Saturday, June 13th, 8:00am**

SWIM TEAM EVENTS

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.

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.

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). All record breakers are awarded a record patch.

PRINCE-MONT SWIM OFFICIALS - Training Class offered early June – To Be Announced

Each season, PMSL offers a one-day session for everyone interested in learning more or wishing to work towards official US Swimming Officials Certification. **We need additional officials.** We are most desperately in need of referees and stroke and turn officials. There can be no meets held without sufficient officials. Not having referees could jeopardize our status in the Prince-Mont Swim League.

The success of the WPT Swim Team requires the combined efforts of parents, coaches, and swimmers. Remember, this is our program and its success depends upon how much we are willing to participate. Let's all pitch in and make this a super swim summer!

Coaching Staff:

Head Coach - Katie Bryant
Asst. Head Coach - Jenny Klimczak
Asst. Coach - Megan Reilly

Practice Schedule:

Evening Practices: 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. If you are not ready for this level of swimming, please wait for morning practices which will start Monday, June 15th.

Starting June 1st (for swimmers who already can swim 100m without stopping)

5:30pm - 6:30pm 10 & under

6:30pm - 7:30pm 11 & over

Morning Practices: The entire team can participate including Minis.

Monday, June 19th and beyond:

7:00am - 8:15am (13 and over)

8:15am - 9:15am (9 - 12 years of age)

9:15am - 10:00am (8 and under/Minis)

Points of Contact:

WPT Board Member & PMSL League Representative

Bryan Snyder

240-533-5907

snyder@jayvending.com

A Meet Manager – Susan Alexander

B Meet Manager - Kathie Sullivan

WHITEHALL SWIM TEAM 2009
REGISTRATION FORM

Swimmer's Name: _____
 First Name Last name

Age: _____ Date of Birth: _____

Medical Conditions (i.e., Allergies, etc.): _____

Parents' Names: _____

Address: _____
 Street City State Zip

Home Phone: _____ Work Phone: _____ E-mail Address: _____

You must include an emergency phone number where the coaches or WPT staff can contact you if your child has an accident.

Emergency Phone: _____ Emergency Contact Name: _____

PARENT INVOLVEMENT

Each family is required to provide a volunteer to work at least two swim meets each season. This will ensure that more individuals know how to run meets and allow those parents who work to be spectators occasionally. Please circle at least one area you would be interested in working below:

timer ribbon writer clerk of course scoring equipment set-up concessions

stroke and turn official referee/starter head judge sweep judge

Reminder - all judges and officials must attend the league training session in the beginning of June (TBA). Judging is not difficult to learn. Most judges and officials start as timers and work their way up.

Parental Code of Conduct: All deck officials/swim meet workers are required to maintain impartiality during swim meets. This means no cheering for any swimmers during events/meets when working in any official capacity. All parent spectators will treat all officials and coaches of all teams with respect and decorum during and after meets, and at all official swim team functions. In addition, the swim coaches must be free to focus on their swimmers during meets. We ask that parents refrain from approaching the coaches during the swim meets. If you have an issue during a meet, please see the team rep (Bryan Snyder).

I have read the above and agree to abide by these rules of conduct.

Parent's Signature