

**Montgomery Makos
Swim Team**

Information Packet

2008 Season

2008 Makos Coaches

Head Coach Christy White

Christy is no stranger to swimming, having started with the Flying Fish and then swimming through High School at St. Ursula. She has coached for the Fish for 4 years . She has coached kids that have qualified for the State Meets in Ohio and is getting her degree in education. She is going to bring lots of COACHING experience to Montgomery as well as a great deal of ENTHUSIASM. Christy also played field hockey in High School. Christy attended St. Louis University and University of Cincinnati, and is now enrolled at Xavier University in the Education Department. Her goal is to graduate in May 2008.

Assistant Coach

TBA

Junior Coach

Ellie Caldwell

Junior Coach

Lindsey Fischer

2008 Makos Parents Board

Nick and Megan Schrantz
PH# 791-6496

Co-Presidents
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Susan Kresge
PH# 984-0712

Vice President
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MONTGOMERY MAKOS SWIM TEAM MISSION STATEMENT AND PREREQUISITE SKILLS

Mission Statement

Montgomery Mako Sharks Swim Team was established in the year 2001 by the City of Montgomery. Swimmers range in age from 5-17 years old. All are welcome to join the team regardless of previous swim team experience. However, swimmers must have the ability to perform the prerequisite skills. The team's focus is on developing good stroke technique and form while also encouraging good sports (wo)manship and team spirit.

Prerequisite Skills

Swimmers must be comfortable jumping into and swimming in deep water. Different age groups swim different races. Swimmers must demonstrate the desire and ability to achieve at least 1 race distance and stroke required of their age group (see below) within the first two weeks of practice.

Age	Race	Distance
6 and under	freestyle	25 meters (1 length)
	backstroke	25 meters
7-8	freestyle	25 meters
	backstroke	25 meters
	butterfly	25 meters
	breaststroke	25 meters
9 and older	freestyle	50 meters (2 lengths)
	backstroke	50 meters
	butterfly	50 meters
	breaststroke	50 meters

MONTGOMERY MAKOS SWIM TEAM

TEAM RULES 2008

- Participation:
- Swimmers are expected to attend a minimum of 3 weekly practices
- Inform coach in writing of any scheduled absence.
- Swimmers entries must be made in the sign-up book for any meets at least 5 days prior to the meet.
- Swimmers participating on other swim teams must attend a minimum of 3 practices per week with either team and at least one practice per week with the MMST.

Other Expectations:

- Come to practice ready to swim with all equipment (not sitting out). If a swimmer decides to sit out practice they will be asked to sit with their parent away from the pool deck or in the picnic area. This is to prevent distracting the other swimmers and allowing the coaches to focus on the swimmers in the pool.
- Be ready to swim at start time of practice
- Clear deck 15 minutes after practice (if not before)
- Follow all pool rules (no running, etc.)
- Attend meet warm-ups, arrive at the meet 20 minutes prior to the scheduled warm-up time.
- Stay in team area during meets.
- At least one parent (or older non-swimming sibling) from each family is required to volunteer at a minimum of 4 meets (home or away , including Championships). This year, a **\$75 service deposit** is required at registration. The operation of a swim team requires parent involvement throughout the season. In order to be able to run meets safely and efficiently, numerous positions on deck must be staffed. Mako parents who serve in one of these positions at a minimum of 4 meets and attend the parent informational meeting on April 8th will be refunded the service deposit. The balance of the deposit money will be used to pay pool staff to fill in the positions. This system is designed to thank the parents that do the work for the team and still find a way to cover all the necessary positions at meets for parents who cannot make the commitment.
- Show good sports(wo)manship and respect to all coaches, team members, team parents, officials, opposing teams and self!
- Meets will not be canceled **in advance** for inclement weather. You must arrive at the meet at the scheduled time regardless of weather.
- The coaches are responsible for the line-up and will target to have all swimmers in at least 2 events in the *initial* line-up.
- Every effort will be made to have the line-up posted 1 day prior to each meet. To be fair to all swimmers, each swimmer will be rotated through all eligible events. A swimmer may choose not to swim an event but they will not be able to substitute another event that meet. Swimmers must inform the coach if they opt

out of an event before the final line-up is posted. The final line-up will be posted the practice before the meet.

Practice Cancellation:

- Practice will continue during rain
- Practice will not continue during thunder, lightening or heavy rain with strong winds.

Parents:

Parents are as important to the swim team as the swimmers. In order for meets to run smoothly, at least one parent from each family is required to volunteer at every meet the swimmer enters (home and away). There are also many opportunities for parents to hold volunteer positions (mentioned in the next section). Below are general guidelines to help parents become the teams' biggest form of support.

- Parents are welcome to watch practice, but are requested to observe away from the pool deck
- Parents are also requested to refrain from speaking to the coaches during practice and meets because this takes attention away from the swimmers
- Parents wishing to speak to the coach may schedule a time to meet

Parent Volunteer Positions:

In order to participate in the league, we must maintain a formal parent organization. Therefore several key leadership positions are necessary to form the Board. Board positions are as follows.

- **PRESIDENT:** Oversees the running of the association and presides over all association meetings. Oversees meets and assists meet director/referee as needed. Supervises the work of other leaders and committees. Represents the Montgomery Mako Sharks parent association. Appoints special committees as necessary. Attends Tri-County Swim League meetings with coach. Acts as liaison between parent association and coaches, Montgomery Municipal Pool Management, and Recreation Department.
- **VICE-PRESIDENT:** Acts as meet director/referee for all home dual meets. Organizes and supervises the meet committees (facilities, awards, records, scoring, timing, and clerk of course). Presides over association and attends meetings in President's absence.
- **SECRETARY:** Notifies members and parents of scheduled meetings. Keeps and reads minutes of all meetings. Responsible for communications (handles correspondence i.e. thank you notes; sets up E-mail; membership roster; submits information to local paper/Montgomery Bulletin, newsletters, flyers and dry-erase boards as necessary. Assists coach in setting up and maintaining "mail box" files for each swimmer.

- **TREASURER:** Handles all finances (from fundraising and parent organization events). Keeps a record of income and expenses. Prepares financial reports for beginning and end of year.
- **WAYS AND MEANS:** Coordinates fundraising activities. Organizes social events throughout the year and the end of season banquet. Organizes hospitality measures as necessary (i.e. new family orientation, special snacks for practices).
- **Hy-tek Contact:** Coordinates Hy-tek computer program needs for the team, including entries for meets and scoring of home meets.

Other Parent Volunteer Positions and Activities:

- **Swim Meets:**
 - 8 and Under Swimmers Organizer (will help 8 and under swimmers find their place at the starting blocks).
 - Ways and Means Assistant---Help coordinate and manage food/beverage concessions during swim meets.
 - Starter /Officials (minimum of 4 parents-must attend certification meeting)
 - Stroke/Turn Judges (minimum of 4 parents and 2 officers must attend certification meeting) Training is required and will be provided.
 - Timers (Uses stop watch to time races)
 - Scorers/Data Managers – enter event times, print results and ribbon stickers during meets, update software with away meet data.
 - Lane slips (Collate lane slips prior to meet)
 - Runners (Distributes and collects lane slips prior to and between races and delivers them to scorers table)
 - Ribbons (works with scorers to prepare ribbons for winners and participants)
 - Bake sale (Set-up, take-down, and run bake sale during home meets)
 - Committee chairperson (Organizes/oversees a group of meet volunteers specific to one task i.e. facilities, awards/ribbons, records, scoring/timing, and clerk of course)
 - Clerk of Course (responsible for passing out lane slips @ meets)
 - Facilities workers (Assist pool manager as necessary preparing and taking down from meets; and distributing water to timers, officials, and other meet workers and coaches during meets)
- **Other:**
 - Assist in fundraising (i.e. solicit businesses as necessary [primarily to help provide food and drink items for the bake sales/food sales at the swim meets] , help organize or work extra bake sales/fundraising activities)

- Work social events (i.e. awards banquet, moon walk at Bastille Day celebration, etc.)
- Spirit Wear Coordinator-----take care of all aspects of spirit wear, from ordering through distribution.

FYI:

- **At least one parent from each family is required to work at a minimum of 4 meets.** There will be a sign-up schedule at the parent meeting on April 8th and positions and dates are on a first come basis.
- After the schedule is out, if you have an emergency, **it will be your responsibility to get coverage or trade with another family to do your job.**
- In order to allow some flexibility in trading, it is beneficial to know how to do a number of different jobs (there will be training for those who need it)

Makos Swim Team Summer Schedule of Events 2008 Season (subject to change)

April

April 8 Parents Information Meeting
6:30-8pm Terwilliger Lodge in Dulle Park

May

May 26-29 Possible

May 31 **Kast-A-Way team swim suit fitting**
9:00am- 11:00am on the pool deck

June

June 2 and 3 (Possible) Afternoon swim practices/orientation at the pool for all swimmers from 4:30 – 5:30 pm or 6-7pm
This is an opportunity to meet and get to know the coaches.
Come ready to swim.

June 4 **Regular morning swim practice begins**
8:45 – 9:45 am practice for ages 11 and older
9:30 –10:15 am practice for ages 9 – 10 and some 7-8 year olds
10:15 – 11:00 am practice for ages 6 & under and some 7-8 yr olds

TBD **Kast-A-Way team swim suit fitting**
9:00am- 11:00am on the pool deck during practice

June 5 **AWAY MEET at Wetherington**

June 7 POSSIBLE Intra-Squad Meet at Home 8:30am to 11am

June 12 **HOME MEET against Five Seasons**

June 19 **HOME MEET against Dutchland Woods**

June 20 and 21 Rolling Hills Invitational

June 26 **AWAY MEET at Blue Ash**

July

July 1 **AWAY MEET at Fairfield City**

July 10 **HOME MEET** against Wetherington

July 17 **HOME MEET** against Harper's Point

July 19 Beckett Ridge Invitational

July 22 BYE week \ possible meet make-ups

July 25 and 26	League Championships at Miami University pool
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