

**Montgomery Makos  
Swim Team**

**Information Packet**

**2010 Season**

## 2010 Makos Coaches

### Head Coach

Mathew Harrison

head coach Brookside swim and tennis 2000 - 2003

pool manager at Brookside 1998 - 2003

assistant head coach Moeller high school 2003 - 2005

supervisor Blue Ash YMCA 2004 - 2005

qualified EMT, currently completing studies in sports management at Columbus State College

swam for Moeller 1997 - 2000

### Assistant Coach

Ellie Caldwell - coached Makos team 2 years as junior / swam on team 9 years

### Junior Coaches

Nicholas Peltz - swimming for 14 years on high school team, on Makos for 4 years, certified lifeguard, received spirit of sycamore award in 2007

1 position still available

## 2010 Makos Parents Board

Amy Schmidlin

PH#469-6228

OPEN

PH#

President

email: akschmidlin@fuse.net

Vice President

email:

OPEN

PH#

Secretary

email:

OPEN

PH#

Treasurer

email:

# 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.

<b>Age</b>	<b>Race</b>	<b>Distance</b>
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 2010

#### 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. Makos parents who serve in one of these positions at a minimum of 4 meets and attend the parent informational meeting on April 21<sup>st</sup> will be refunded the service deposit. The balance of the deposit money will be used to pay pool staff to fill in the positions. If you do not attend the parent meeting, you must work 5 meets to be refunded your \$75 deposit. 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 team at Tri-County League Meetings. Appoints special committees as necessary.
- **VICE-PRESIDENT:** Acts as meet director for all home dual meets. Organizes and supervises the meet committees and volunteers. Presides over association and attends meetings in President's absence.
- **SECRETARY:** Notifies members and parents of scheduled meetings. Keeps minutes of meetings. Responsible for communications (i.e. sets up membership e-mail roster; submits information to City web site, local paper, Montgomery Bulletin and flyers as necessary. Assists coach in maintaining "mail box" files for each family.
- **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 Meet Positions:**
  - Clerk of Course: Organize 8 and under swimmers to line up in proper order at the starting blocks for each event.

- Concessions: Set-up, take-down, and work concession sales during home meets. Distributes water to timers, officials, and coaches during meets.
- Referee/ Starter /Officials: Follow Tri-County League rules to officiate swim meets. Minimum of 4 parents and 2 officers must attend a 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 meet data.
- 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.
- Facilities: Assist pool manager as necessary preparing and taking down meet equipment for home meets.
- **Other Positions:**
  - Committee chairperson: Organizes/oversees a group of volunteers specific to one task e.g., social event, facilities, and officials.
  - Spirit Wear Coordinator: Take care of all aspects of spirit wear, from ordering through distribution.
  - Work social events: (i.e. awards banquet, moon walk at Bastille Day celebration, etc.)
  - Assist in fundraising: Solicit businesses as necessary [primarily to help provide food and drink items for concession sales at the swim meets]. Help organize or work extra fundraising activities.

**FYI:**

- **Each parent is required to work 4 volunteer positions AND attend the Parent Meeting.** (5 positions are required if you do not attend the parent meeting).
- A volunteer sign-up schedule will be available at the parent meeting on April 21<sup>st</sup>. Positions and dates are filled on a first come basis.
- Once you have committed to a position, 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).

**2010 Makos Swim Team Important Dates**  
**(subject to change)**

<b>April 21</b>	<b>Parents Information Meeting</b> 6:30-8pm Terwilliger Lodge in Dulle Park
<b>June 1 &amp; 2</b>	<b>Afternoon Swim Practices</b> 4-5:15pm for 13 to 18 year olds (others may attend with coaches permission) 5-6 pm for 9-12 year olds (others may practice with coaches permission) 5:30-6:15pm for 8 and Under (and new swimmers that are unsure of ability) This is an opportunity to meet and get to know the coaches. Come ready to swim.
<b>June 3</b>	<b>Regular Practice begins until the end of season</b> Groups will again be divided by ability, coaches disgression. 8-9:15 am       (Advanced Swimmers) 9-10:15 am     (Intermediate Swimmers) 10-11 am        (Beginners and Young Swimmers)
<b>During the season</b>	typically 8 meets (a combination of home and away meets) and a practice meet prior to the first meet. Date/times TBA.
<b>End of July date/time TBA</b>	End of year Swim Team party
<b>End of July date/time TBA</b>	League Championships at Miami University pool