

# SCOTTISH HILLS SEA LIONS 2011 SWIM TEAM

## CONTACT INFORMATION

Team Coordinator:	Cheryl Rodgers	<a href="mailto:swimteam@scottishhills.org">swimteam@scottishhills.org</a>
Head Coach:	Michael Rosenberg	<a href="mailto:CoachMichael@scottishhills.org">CoachMichael@scottishhills.org</a>
Assistant Head Coach:	Anna Abate	<a href="mailto:CoachAnna@scottishhills.org">CoachAnna@scottishhills.org</a>
Coaches:	Kasey Telfer	<a href="mailto:CoachKasey@scottishhills.org">CoachKasey@scottishhills.org</a>
	Nick Weidle	<a href="mailto:CoachNick@scottishhills.org">CoachNick@scottishhills.org</a>
Volunteer Coordinator:	Cathy Berger	<a href="mailto:VolunteerSwimTeam@scottishhills.org">VolunteerSwimTeam@scottishhills.org</a>
Spirit Wear:	OPEN	<a href="mailto:SpiritWear@scottishhills.org">SpiritWear@scottishhills.org</a>
Website:		<a href="http://www.scottishhills.org/swimteam">www.scottishhills.org/swimteam</a>

## REGISTRATION

Registration for the 2011 Sea Lions Swim Team will begin on April 30<sup>th</sup> and run through May 27<sup>th</sup>.

## PARTICIPATION

Participation on the swim team is open to children between 4 and 18 years of age (age as of June 1, 2011). SHRC requires that swimmers be able to swim, unaided, the following distances by Time Trials (June 7, 2011):

<u>Age</u>	<u>Strokes</u>	<u>Distance</u>
6 and Under	Freestyle, Backstroke, Breaststroke	15 yards
7 through 10	Freestyle, Backstroke, Breaststroke, Butterfly	1 length of the pool (25 yards)
11 through 18	Freestyle, Backstroke, Breaststroke, Butterfly	2 lengths of the pool (50 yards)

Please note that a basic ability to swim the strokes is required to participate. Although some technique and stroke instruction will be provided during swim team practices, the coaches will not be able to provide extensive one-on-one instruction to the swimmers.

Children who register for the team, but cannot complete the required distances by Time Trials, will be provided with a full refund of team registration fees. We cannot provide a refund for swimsuit or spirit wear purchases.

## COMMUNICATION

All updates, announcements, schedule changes, etc. are announced via our SHRCSeaLions Yahoo Group. New families will receive an email inviting them to join the group. You will have the ability to have all postings automatically forwarded to the email address of your choice. Multiple family members may join! **If you do not receive an email message within two weeks of registering for swim team, please contact [swimteam@scottishhills.org](mailto:swimteam@scottishhills.org).**

The bulletin board at the pool provides an additional means of communication. The board includes a "Missing A Meet?" sheet to let coaches know if your swimmer will be missing a meet, volunteer sign up sheets, a 'for sale' section for families looking to buy or sell used suits and spirit wear, and information on team activities.

The team coordinator, Cheryl Rodgers, is available for any questions, suggestions, etc. at any practice or meet, or via email at [swimteam@scottishhills.org](mailto:swimteam@scottishhills.org). The coaches are also available for questions via email at [coaches@scottishhills.org](mailto:coaches@scottishhills.org), or in person at the pool - but not during practices or meets, please.

## VOLUNTEERING

A successful season for our swimmers depends on the volunteer efforts of our families. **All families are required to volunteer for 4 swim meet shifts** (a shift is half of a meet). A variety of jobs is available - for novice swim team parents to veterans. New this year - we will be implementing electronic sign-up! Please see the swim team website for a link. Volunteer signup sheets will also be available at the pool, but priority will go to online volunteers in case of duplicates. Questions on volunteering should be directed to Cathy Berger at VolunteerSwimTeam@scottishhills.org.

For each shift that a member of your family volunteers, you will receive one entry in our volunteer raffle. The more times you volunteer the more chances you have to win! Our prize is free 2012 swim team registration for your family which will be presented at the awards banquet on Thursday, July 21st.

## PRACTICES

All practices times are open to swimmers of all ages. Swimmers are encouraged to attend at least 3 practices per week. Swimmers are welcome to attend more than one practice.

***May 16 - May 27***  
Monday through Friday

Morning Practices  
None

Afternoon Practices  
4:00pm - 5:00pm  
5:00pm - 6:00pm  
6:00pm - 7:00pm

***May 31 - June 10***  
Monday through Friday

Morning Practices (Lanes 1-8)  
9:10am - 9:50am

Afternoon Practices (Lanes 1-6)  
4:00pm - 4:40pm  
4:40pm - 5:20pm  
5:20pm - 5:50pm

Saturday

9:00am - 10:00am

***June 13 - July 19***  
Monday through Friday

Morning Practices (Lanes 1-8)  
8:30am - 9:10am  
9:10am - 9:50am

Afternoon Practices (Lanes 1-6)  
4:00pm - 4:40pm  
4:40pm - 5:20pm  
5:20pm - 5:50pm

Saturday

9:00am - 10:00am

### Notes

- >No practices Memorial Day Weekend (Saturday, May 28 or Monday, May 30).
- >No practices Wednesday mornings after time trials or meets (private lessons will be available 9am-10am).
- >No practices Thursday, June 30<sup>th</sup> so coaches can join swimmers at Emerald Point.
- >No 4:00pm practice on Team Picture Day (4:30pm Thursday, June 16); AM & 4:40pm & 5:20pm still scheduled.
- >No 4:40pm or 5:20pm practice Thursday, June 23 due to Dive Team home meet
- >No 4:40pm or 5:20pm practice Thursday, July 7 due to Dive Team home meet
- >No practice Monday, 4<sup>th</sup> of July.
- >SHRC Rules and Regulations state:

All children under the age of nine must be accompanied by a parent or guardian or child care provider who is fifteen years of age or older. The parents must give written authorization for children to be accompanied by a child care provider.

If your child is not old enough to be at the pool alone, he/she should not be left at practice alone.

## TEAM ACTIVITIES

Team activities help to foster the sense of team spirit and community among our Sea Lions swimmers and families. Join us for these great events!

<b>PASTA PUMP UPS</b>	Mondays	June 6, 13, 20, 27; July 11, 18	6:00pm	All swimmers and their families are invited to bring a favorite pasta dish to share. Buffet style; please bring your own drinks.
<b>TUESDAY ACTIVITIES</b>	Tuesdays	June 14, 21, 28; July 5, 12, 19	10:00am	Hang out with your fellow swimmers and participate in fun activity before going home to rest up for the evening's meet. Games, crafts, and other great activities are on tap for Tuesday mornings!
<b>PRIVATE LESSONS</b>	Wednesdays	June 8, 15, 22, 29; July 6, 13 <i>or as arranged</i>	9:00am	Receive private instruction from the coaches on strokes and technique. Contact the coaches at <a href="mailto:coaches@scottishhills.org">coaches@scottishhills.org</a> for price and availability.
<b>FRIDAY SNACKS</b>	Fridays	June 10, 17, 24; July 1, 8, 15	9:10am 9:50am	Come by the covered room near the concession stand to fuel up after practice. Drinks and snacks provided for all swimmers.
<b>SPECIAL EVENTS</b>				
<b>PARENT MEETING</b>	Wednesday	June 1	6:00pm	Offered to new families or families interested in learning how meets are run. Changes to how relays will be handled this year will be covered.
<b>TEAM PICTURES</b>	Thursday	June 16	4:30pm	Please try to arrive 15 minutes early so we can get set up for the team picture. Individual shots available. Practice times modified this afternoon into two sessions.
<b>MOVIE/ICE CREAM NIGHT AT POOL</b>	Saturday	June 25	TBD	Join your fellow swimmers and coaches at SHRC's movie and ice cream night!
<b>EMERALD POINT WET &amp; WILD</b>	Thursday	June 30	Park hours: 10:00am-6:00pm	Join your family, friends, and coaches at Wet & Wild Water Park in Greensboro. Many parents needed to drive and chaperone. (Note: no practices this day.)
<b>CCM SPIRIT ACTIVITY</b>	Friday	July 15	10:00am	Join your teammates in making posters and getting fired up for the Cary City Meet!
<b>CARY CITY MEET</b>	Saturday	July 16	All day	Come out and join hundreds of other local swimmers in the 30 <sup>th</sup> annual Cary City Meet, hosted this year by Cary Swim Club. <b>*Registration required.</b> Meet entry fee due at time of registration.
<b>AWARDS BANQUET</b>	Thursday	July 21	7:30 pm	Watch as all of our outstanding SHRC swimmers receive their awards. This year, we will be starting later and hosting a desserts and beverages event.

## MEETS

Tuesday, June 7	HOME - Time Trials (make-up day will be Saturday morning, June 11 at 9:00am)
Tuesday, June 14	HOME vs Abbington
Tuesday, June 21	AWAY vs Lochmere
Tuesday, June 28	AWAY vs Scotts Mill
Tuesday, July 5	HOME vs Wood Valley
Tuesday, July 12	AWAY vs Silverton
<b>Saturday, July 16</b>	<b>Cary City Meet *Registration required, entry fees apply*</b>
Tuesday, July 19	HOME vs Wellsley

**When to arrive:** **4:45pm for home meets, 5:15pm for away meets** (meets begin 6:00pm)  
 This allows time to find seating, have the swimmers get their arms marked with their swimmer numbers, and warm-ups (home team warm ups begin at 5:00pm, away team warm ups begin at 5:30m).

**Where to park:** For home meets - Please **do not** park in the SHRC parking lot - we reserve the lot for the visiting team and pool management. Please find parking on the surrounding streets, being sure to follow local parking laws.  
 For away meets - specific information and/or restrictions will be emailed prior to the meet.

**Where to sit:** For home meets - Please sit in the field behind the pool. Blankets and chairs are recommended.  
 Please **do not** sit on the pool deck - the pool deck is for away team seating, swimmers, and meets officials.  
 For away meets - specific information and/or restrictions will be emailed prior to the meet.

**What to bring:** For parents - chairs and/or blankets for seating  
 For swimmers - several towels, goggles and swim cap (if desired)  
 For home meets - your food donation for the concession stand:

Meet	Last Name	Please Bring
June 7	A - L	One 2-liter soft drink, lemonade, sports drink, etc.
	M - Z	Snack or fruit (12 to 15 individual servings/packs)
June 14	A - L	Snack or fruit (12 to 15 individual servings/packs)
	M - Z	One 2-liter soft drink, lemonade, sports drink, etc.
July 5	A - L	One 2-liter soft drink, lemonade, sports drink, etc.
	M - Z	Snack or fruit (12 to 15 individual servings/packs)
July 19	A - L	Snack or fruit (12 to 15 individual servings/packs)
	M - Z	One 2-liter soft drink, lemonade, sports drink, etc.

Order of events:

Meets begin at 6:00pm

1.	Medley Relay		7-8	9-10	11-12	13-14	15-18	ends approx 6:30pm
2.	Free Style	6 & u	7-8	9-10	11-12	13-14	15-18	ends approx 7:10pm
3.	Back Stroke	6 & u	7-8	9-10	11-12	13-14	15-18	ends approx 7:50pm
4.	Breast Stroke	6 & u	7-8	9-10	11-12	13-14	15-18	ends approx 8:30pm
5.	Butterfly		7-8	9-10	11-12	13-14	15-18	ends approx 9:00pm
6.	Free Relay		7-8	9-10	11-12	13-14	15-18	ends approx 9:30pm

Ribbons will be awarded to:

- Main Event winners:** Awarded to 1<sup>st</sup> through 6<sup>th</sup> place in main event. These ribbons will be put in the family folders by the pool office, and are usually available the afternoon following a meet.
- Heat winners:** Awarded to winners of heats other than main heat (10 and under swimmers only). These ribbons are given out as the swimmers are leaving the pool at the end of a heat.
- Participants:** Awarded to every swimmer in every heat other than main heats, regardless of finish (10 and under swimmers only). These ribbons are given out as the swimmers are leaving the pool at the end of a heat.
- Personal Best:** Given to any swimmer who posted his or her best time in any stroke. These ribbons will be put in the family folders by the pool office, and are usually available the afternoon following a meet.

### SUITS AND SPIRIT WEAR

The 2010/2011 Scottish Hills suit is the **Speedo Sun Swirl Flyback** (Color: Blue/Green). Female suit prices are \$52.50 (Sizes Youth 22-28) and \$54.00 (Sizes 26-40). Male suit prices are \$32.25 (Sizes 22-28) and \$33.75 (Sizes 30-38).

Suits are available through Kastaway Swimwear at Registration Day. After Registration day, suits can be ordered in store, by phone, or online. Suits ordered after Registration Day will be shipped directly to you and will include shipping costs. **In Store or By Phone:** Kast-A-Way Swimwear, 6274 Glenwood Avenue, (919) 781-3775

#### **Online:**

Go to [kastawayswimwear.com](http://kastawayswimwear.com)

Click on **Teams/Guard Central** in the links bar (near the top right).

If you have not yet registered, click the blue "Register" box to register using your name, address, etc. Then click on **Teams/Guard Central** in the links bar. Enter your email address and password and click **Sign In**.

If you have already registered, sign in with your email address and password.

You will be directed to the Teams/Affiliation Login.

Enter the Team Login: I5CIYYB7 (case sensitive)

Enter the Team Password: G9IGGT79 (case sensitive)

Please note: Prices shown on suits are list price, not team discount price. You will see the discount reflected once you select a size.