

**SUMMER 2011
CHAPEL BEACH CLUB
"AQUAMANIACS"
NEWSLETTER**

Welcome To The Team!

Dear Swimmers and Swim Team Parents:

Welcome to the Chapel Beach Swim Team. We hope you and your children will enjoy this family-oriented activity. With just a little work from each of us, everyone swims, everyone has fun, and everything runs smoothly.

We have put together this newsletter giving general information about the team. We hope it will help provide answers to some common questions.

Please keep in mind that our Chapel Swim Team is run by parent volunteers. Have a great summer! We look forward to seeing you at our meets!

**MANDATORY PARENT MEETING
CHAPEL LOBBY ~ TO BE ANNOUNCED**

Parent Jobs

Swim Team membership requires that each family sign up to work at two of the 7 swim meets held during the season. On your child's application, please note the job you would like to work, as well as your first choice for dates. **Dates and assignments are on a first come/first served basis, and you will be notified of the exact assignment prior to the first meet.** Also, all jobs are posted on the team bulletin board prior to the scheduled meet, so please make it a point to check this board regularly. Each family is asked to work 2 meets, with the possibility that you may be asked to work 3 meets if you have more than one child swimming on the team. If you are new, or inexperienced, we suggest you volunteer for the following jobs (and have provided a brief explanation for each). We will provide any training you may need. Most of the jobs need only a few minutes explanation.

*The North Shore Club League also provides a wonderful officials clinic for any/all of us to attend. Any person interested in expanding their knowledge of swim team officiating will benefit greatly from this clinic! **This year's clinic will be held at Seashore on Saturday, June 26th at 8:30 a.m.** Check the team bulletin board for further details.*

Timer - working pool side, times and records each heat for your assigned lane. You will work with another person from the opposing team. If it is a home meet, you will also be responsible for asking and writing the swimmer's name on a card. Pink card = girl. Blue = boy.

Runner - working poolside, responsible for collecting all time cards from each lane, the card from the Head Judge, and delivering them to the scoring table. This is done at the end of each regular heat. Runners do just that; they "RUN" the entire meet!

Scorer - works at the scoring table, responsible for recording the team points as determined by the Head Judge and time cards.

Ribbon Writer - working at the scoring table, responsible for writing the swimmer's name and time (for each of our swimmers only) on the appropriate place ribbon for all regular heats.

(Places 1 through 6). (A separate committee does extra heat ribbons). You will be working with someone from the other team who will do the same for their swimmers.

Place Judges – have responsible for visually determining which lane finished in a certain place, (i.e. 1st, 2nd, 3rd, 4th). The league implements a cross-pool judging policy, which simply stated, has 2 judges from each team watching swimmers, for places 1 thru 3 and 4 thru 6.

Please Note: It is very important that you attend your assigned meets; if for any reason you cannot get there for a particular evening, please call your assigned meet coordinator. You are responsible for finding your own substitute!!!

General Information

Swimsuits - Will be available for sale at the club on Memorial Day Weekend. However, once it has been offered at the Club, you can always go to the Sport Spot on Rt. 35 in Shrewsbury to buy it. We encourage you to purchase one--it makes your child feel as if he/she is part of the team; however, it is certainly not mandatory.

Sweatshirts & Sweatpants - May be purchased at the club. They are a good idea to have, because there can be times at meets when your child is cold. If you get one, be sure to place your child's name inside--the bigger the better. Remember, they all look alike! The day of the team picture, a photo is taken with the team wearing sweatshirts. If your child does not have one, we will gladly loan him/her one.

Team Picture - These are taken during the season, typically during a morning practice time. A photo is taken of the entire team on the beach, and then each child individually near the pool.

Practices - **Please check the team bulletin board in the lobby for the practice start date and times.** The coach determines this schedule, which is usually grouped according to age/ability and she will post the schedule. Your child may not be scheduled to come to practice every day, and practices are generally not held on weekends.

Time Trials - After a few practices, the coach will hold Time Trials. **Please check the team bulletin board in the lobby for date & times.** This simply means that each child will swim the length of the pool, and there will be one or two parents at the end of each lane with stopwatches to record their time(s). Each swimmer will be asked to swim each stroke. If your child cannot do a stroke, he/she will not be made to do it. Time trials, are scheduled by age group. A schedule will be posted in the Lobby. **IT IS VERY IMPORTANT FOR YOUR CHILD TO BE AT TIME TRIALS AND TO ARRIVE ON TIME.** The coach uses this information to help to prepare the Meet Sheet (see below) for the first meet. It is the only way the coach initially can know what strokes a child can swim, and their approximate times.

Meet Schedule - Meets are generally on Tuesday and Thursday evenings. However, the North Shore Club League makes up the schedule, keeping in mind any holidays, rain dates, and attempting to finish the entire schedule by the end of July. For this reason, there may be meets and/or rain dates on other days of the week.

Meet Sheet - The coach is in charge of preparing the meet sheet. This may not be until late in the afternoon on the day of a meet. It is also possible that it will not be done until you arrive for the meet. Just before, and during the meet, it will also be posted on a wall up at the pool. If our meet is away, it will still be posted in their pool area and the coach will have a copy. We will post an "old" meet sheet for you to look at during June on our Swim Team Bulletin Board. Please familiarize yourself with what a meet sheet looks like, so that you will be able to check to see when/what your child is swimming on the actual meet day. Obviously, older and more experienced swimmers can do this for themselves; however, younger swimmers may need your help.

The Meet - Members of the team should arrive so that they are ready to go into the pool promptly at warm-up time. **Warm-up begins at 5:30 and meets start at 6:00 p.m. sharp!** On the days that the meet is at home (Chapel), our club pool generally is closed after 4:00 p.m. in order to prepare for the meet. There are 7 meets--this year we will have 3 home meets and 4 away meets. Our League includes the following clubs: Chapel, Seashore Day Camp, Pavilion, Monmouth Beach Bath and Tennis, Sea Bright Beach Club, Surfrider, Sands, and Ship Ahoy. The Coach should instruct your child as to what to do after arriving at the meet. However, generally speaking, they should check in if instructed to do so by the coach, check the meet sheet, and warm up in the pool. If they are 8 years or younger, we are going to assign a marshal for their group to check in with. After warm-up, it is best for them to return and stay with the marshal assigned to their age group. The marshal will assist your child with any questions and assure that they do not miss their event. Parents are discouraged from standing behind the blocks. As much as we know you would like to be there, there just isn't enough room for all the swimmers and their parents. We are hoping that our policy of having parent marshals for the younger children will help to alleviate any of their worries as well as yours. If the meet sheet was available earlier in the day and you checked it, late changes still could have been made. Please check the meet sheet again after you arrive to be sure your child hasn't been changed or added. We ask that you to stay until the end of the meet if at all possible. We like to cheer the team on, and there can be circumstances that necessitate changes in the line-up. If you leave early, your child may miss an opportunity to swim in an event where we need him/her.

Note: *In past years, it has been an increasing problem with swimmers straying from the team area, at home or away, and which creates extreme difficulties for the team marshals' to find the swimmer in time for their race. It is neither the Coach's nor the marshal's responsibility to find children at the snack bar or on the beach or playground. Please encourage your child to remain with the team, as it is important to the team, and especially your child, that they get their chance to swim.*

Missing A Meet - If your child is not at practice on the day of the meet, the coach will not know whether or not to put your child in the meet. Therefore, if you know your child can swim, leave a message for the coach with the front desk. If, later in the day you realize that your child can't swim, please let the coach know, or call so that the coach can fill your child's spot. Changes should be made as early as possible, and it really helps all of us if we know in advance any child who will not be at the meet. We try to have everyone swim, and a lot of time is spent in preparing the meet sheet. We don't want to have any empty lanes because a child scheduled to swim is not there. **REMEMBER: Your child's empty lane really means that ANOTHER child is missing an opportunity to swim.**

Official/Extra Heats - Each team is assigned half of the lanes in the pool. At home meets we have Lanes 2, 4, and 6. At away meets Lanes 1, 3, and 5. Usually, the pool will have 6 lanes. This is not true of all the clubs. If there is an extra lane, there may be a swimmer but he/she cannot be counted officially in the scoring. Due to the number of swimmers on the team, extra heats are added so that more children can swim. Most clubs are extremely cooperative about this, but the home team does get to determine/limit the number of extra heats.

Ribbons - North shore provides ribbons for 1st through 6th places, up to and including age 12. If your child is 10 years old or younger, Chapel provides ribbons for all swimmers in extra heats, which say Heat Winner (if they win their heat) or Honorable Mention for all other placing. The coach will distribute ribbons during a practice following the meet.

Weather Cancellations - Please call the club before you leave home if the weather looks questionable. Clubs try to have meets whenever possible and swim in the rain as long as there is no thunder or lightening. **COACHES AND/OR CLUBS CANNOT CANCEL MEETS**, North Shore Representatives of the two clubs involved make that decision. Please don't call the Coach, call the club. As soon as a decision has been made, the club will be notified. In the event that a meet has begun and is then stopped due to weather, all scoring up to that point counts and, when made up, the meet will start from that point.

Awards Banquet - Recognition of every team member is done at the end of season Awards Banquet. Further details as to date, time, and charge, will be posted in the lobby.