

Veterans Park Swim Team Marlins Handbook

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Veterans Park Board Information

The team board for the 2009 swim season is as follows:

President	Ross Schwalm	(703) 680-7673
Vice President	Heather Carroll	(703) 897-0775
Secretary	Rhonda Heggenstaller	(703) 490-1944
Treasurer	Jessica Wangner	(703) 897-4354
League Rep	Rick LeFevre	(703) 878-0781
Computer Rep	Lisa Lourenzo	(703) 670-8962

Veterans Park Coaches

The Coaches for the 2009 season are as follows:

13-18 Coach	Ben Neuhaus
11-12 Coach	Connor Schwalm
9-10 Coach	Sammy Neuhaus
8 & Under Coaches	Tiffany Ellis & Linda Erickson
M.I.T. Coaches	Tony O'Brien & LeeAnn Kitzhaber
Substitute Coaches	Melanie Erickson, & Chris Lourenzo

Calendar of Events

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Tuesday	26-May-09	6pm-8pm	Team Picnic	Veterans Park
Wednesday	27-May-09	6:15pm-8:15pm	First Practice	Veterans Park
Saturday	30-May-09	11am-2pm	Stroke and Turn and Officials Clinic	Bristow Run Elementary
Wed/Thurs	June 3-4, 2009	6:15pm-8:15pm	Time Trials	Veterans Park
Wednesday	10-Jun-09	7pm-9pm	Stroke and Turn and Officials Clinic	Bristow Run Elementary
Saturday	13-Jun-09	6am	Meet vs Dale City	Dale City
Friday	19-Jun-09	7am-9am	First Friday Morning Practice	Veterans Park
Saturday	20-Jun-09	6am	Meet vs Westridge	Veterans Park
Wednesday	24-Jun-09	6:15pm-8:15pm	Team Pictures	Veterans Park
Saturday	27-Jun-09	6am	Meet vs Southbridge	Veterans Park
Wednesday	1-Jul-09	6:15pm-8:15pm	Team Pictures Rain Date	Veterans Park
Saturday	4-Jul-09		Holiday - No Meet	
Wednesday	8-Jul-09	6:15pm-8:15pm	Swim A Lap / Pizza Party	Veterans Park
Saturday	11-Jul-09	6am	Meet vs Brookside	Brookside
Saturday	18-Jul-09	6am	Meet vs Old Bridge	Veterans Park
Monday	20-Jul-09	6:15pm-8:15pm	Spirit Week Begins	Veterans Park
Saturday	25-Jul-08	6am	Purple Divisional Championship Meet	Lake Manassas
Sunday	26-Jul-09	4pm-7pm	Team Banquet	Botts Fire Station
Sunday	26-Jul-09	7:30pm-10pm	Team Pool Party	Veterans Park

Directions to Away Meets

The following are general directions to Away meets. Directions will also be provided on the Marlins website.

**6/13/09: Dale City Frogs – 14730 Birchdale Avenue, Woodbridge, VA,
<http://www.dalecityfrogs.org/>**

From Vets Park Pool: Take Featherstone Rd to Route 1 traffic light. Take Left onto Route 1 South. Take Right onto Dale Boulevard, right onto Birchdale Avenue. Pool will be on the Left.

**7/11/09: Brookside Hurricanes – 7197 Riley Road, Warrenton, VA 20187,
<http://teambrookside.com/Welcome.html>**

From Vets Park Pool: Take Featherstone Rd to Route 1 traffic light. Take Left onto Route 1 South, take Right onto Opitz Boulevard. Opitz Boulevard becomes Smoketown Road. Turn Left onto Prince William Parkway (VA-3000). Continue on Prince William Parkway (including taking Left when reach Liberia intersection in Manassas), then taking a Right onto Prince William Parkway at the Route 234 intersection. Take Route 28 North ramp toward Manassas, turn **sharp** Left onto Nokesville Road (VA-28) for approximately 2 miles. Turn Right onto Vint Hill Road (VA-215) for 8.2 miles. Turn Left onto Riley Road (VA-676) for 1.6 miles.

**7/25/09: Divisionals at Lake Manassas Blue Dolphins – Turtle Point Drive,
Gainesville, VA, <http://www.pwcweb.com/lakemanassasswim/>**

From Vets Park Pool: Take Featherstone Rd to Route 1 traffic light. Take Left onto Route 1 South, take Right onto Opitz Boulevard. Opitz Boulevard becomes Smoketown Road. Turn Left onto Prince William Parkway (VA-3000). Continue on Prince William Parkway (including taking Left when reach Liberia intersection in Manassas), then taking a Right onto Prince William Parkway at the Route 234 intersection. Take Prince William Pkwy West to I-66 West. Take exit #43B, US-29 South. After approximately 2 miles, turn left into Lake Manassas Community at Baltusrol Drive. Proceed through Guard Gate, and turn right on to Turtle Point Drive. Pool is on the right.

Introduction to Summer Swimming

A summer swim team is set-up to swim competitive meets with other teams in an atmosphere of fun, personal challenge, stroke development, and friendly rivalry.

Teams may be organized a private communities, from membership-only communities, recreational clubs, or from public or park pools, such as Veterans Park. Teams are comprised of swimmers who may already be members of year-round teams and high school teams, as well as summer-only swimmers and first time members who are interested in building their basic stroke knowledge.

A summer swim season runs approximately nine weeks during June and July. The season includes a generous schedule of practice hours, six regular swim meets (mixture of dual and tri-meets), and a Divisional Championship meet. There is not a League Championship or All-Star meet in the Prince William County Swim League. However, at the end of the season, all teams within the League submit the Divisional Championship times for each swimmer and these times are all combined. The swimmers are ranked within the League, and the swimmers that have the best times for each individual event (up to a ranking of 24) are recognized with a special recognition ribbon. This is called a “Cyber Meet”.

About the Prince William County Swim League

The Prince William County Swim League (PWSL) was founded in 1972 to sponsor swimming in and among the community organizations in the area of Prince William County. The purpose of the League is to develop a love of the sport, and to advance swimming skills, teamwork, and the principles of good sportsmanship in the children involved in this program. PWSL maintains the by-laws, procedures, Official Time Standings, and Scoring standards for every team within the League.

Currently, there are 23 teams and more than 3,000 swimmers represented in the PWSL, with each team belonging to a division. The divisions are: Red, White, Blue, Yellow, Green, Orange, and Black. Teams are divided into these divisions based on the following:

- Average size of team (how many active swimmers)
- Strength of team

Every team elects a League Representative to be present at PWSL meetings. This Representative is involved in discussing meet schedules, revising rules and regulations, adopting new rules, and bringing suggestions from the individual teams to the meetings.

Veterans Park Swim Team Information

Veterans Park Swim Team is a non-profit summer recreational swim team in accordance with IRS 501(c)3. The organization is managed by an elected Board, who volunteer throughout the year to plan and execute the summer swim season.

The team provides a coached age group program, catering to beginner swimmers as well as to the most skilled swimmers. We strive to teach the swimmers the values of sportsmanship and teamwork.

The team uses electronic means to communicate with families and coaches. Parents are highly encouraged to sign up and become a member of our Yahoo!® Groups under group name: **vetspark**. As a member, you will receive all the newsletters and other information straight to your email mailbox. Parents are also encouraged to add the team website to their Favorites: <http://mysite.verizon.net/res6vgs3/veteransparkmarlins/>. Additionally, we have a small Facebook page: Veterans Park Marlins Swim Team.

The team competes in the Prince William County Swim League against teams of approximately similar size to maintain a fair competitive environment.

History of the Marlins

The Veterans Park Marlins has been a community-based competitive recreational summer swim team in Woodbridge for over 30 years. We were one of the very first summer swim teams in Prince William County. The team was originally called the Marumscos Marlins, named after the surrounding Marumscos communities.

Age Groups

All Prince William Swim League Teams have the following age group guidelines: 8 & Unders, 9-10, 11-12, 13-14, and 15-18. Each swimmer is placed into the Age Group according to the age they are on June 1.

Marlins-In-Training (M.I.T.) Developmental Program

Marlins-In-Training is a developmental program designed to prepare younger or inexperienced swimmers for the regular, competition, swim team. Each swimmer will focus on Freestyle and backstroke first under the direction of the coaches. The coaches will guide the swimmers on proper body positioning, kicking, breathing, and streamlining.

The M.I.T. program is not intended to replace swim lessons. This program merely builds on a swimmer's experience in the water so that they can move up to their normal age group level. Each swimmer must be comfortable with submerging underwater and has the ability to swim/float without the use of floatation devices (i.e. water wings).

Swimmers can swim at regular swim meets as soon as they have the interest and can swim freestyle, at least, across the pool with little or no stopping. The coaches and the Board will discuss with the swimmer's parents the readiness of the swimmer before entering him/her into a swim meet.

M.I.T. swimmers are part of the Veterans Park Marlins Swim Team and will have practice during the normal swim team practice dates and times; however they are exempt from attending Friday morning practices. The swimmers can and will take part in all swim team activities, including Swim-A-Lap, Spirit Week, and the end of season banquet and pool party. Each M.I.T swimmer will receive a trophy at the banquet and coaches will nominate swimmers from this group for a Coaches Award and a Most Improved trophy.

Veterans Park Board of Directors Responsibilities

The volunteer board is comprised of six elected positions:

President – Officer in Charge of all operations

Vice President – Second in Charge in absence of the President with focus on public relations and fund raising. He/She also runs the election for the new board members at the end of the season.

Treasurer – Maintains all financial records, receives income, pays expenses, and develops the budget.

Secretary – Records all Board meeting minutes and assists in recruiting swimmers.

League Representative – Represents the team at all league meetings and coordinates pre-meet calls to other teams.

Computer Representative – Maintains all electronic team and meet data and award designation.

The Board is responsible for:

- Communication with all parents, Park Authority Representatives, PWSL, and the media.
- Hiring and supervising a coaching staff.
- Planning the season's events, including home swim meets.
- Establishing a budget and raising funds through registration, fundraising, and sponsorships.
- Training swim officials and volunteers that are required for meet operations.
- End of season awards for swimmers.
- Safe execution of all swim practices and meets.

All Board meetings are open to any member of the team from the previous season. All decisions of the board are by majority vote and a minimum of four Board members is needed for a quorum.

Coaches' Responsibilities

The coaches' jobs are to supervise the competitive swim program. To accomplish this, the coaches must be in control of matters related to affecting training and competition. The Head Coach is responsible to supervise all other coaches. The coaches' responsibilities are:

- To place the swimmers in practice groups based on age and ability. When it is in the best interest of the swimmer, he or she could be moved to a different practice lane.
- To provide stroke instruction and training to the swimmers. All age groups will have their own goals. Coaches have the freedom to achieve their goals in ways best suited for each age group. The Head Coach will be responsible to oversee the success of all age group goals.
- The Head Coach must have entries recorded and turned into the team's Computer Representative no later than the Wednesday preceding the Saturday meet.
- At Meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coach will attempt to get with the swimmer and discuss the swimmer's performance.
- At Meets, the coaches are not responsible to get 9-10 age group and above swimmers to check in with the Clerk of Course or sending to the swimmer to the lane on time. This responsibility lies with the individual swimmer.
- At Meets, the 8 & Under coaches, along with the Age Group Coordinator, will have the responsibility of ensuring that the young swimmers get to the Clerk of Course and assist in lining up the swimmers for their event.
- Coaches will build relay teams for their respective age groups.

Parent/Family Responsibilities

Summer swim teams cannot function without parent and family cooperation in filling volunteer positions. The following responsibilities for parents and families ensure a smooth and successful season:

- Parents must ensure that their swimmer(s) arrive to practices as close to starting time as possible. Practices are an important time that swimmers have to refine their skills, learn techniques, and gain strength.
- Parents must ensure that their swimmer(s) arrive to meets prior to the team's assigned Warm-Up period. Warm-Ups are especially important at Away Meets where the pool, lane lines, and walls may be different than Veterans Park's pool.

This is the chance for swimmers to practice their flip turns, starts, and get used to the water.

- Parents must ensure that their swimmer(s) check in with their Coach(es) when arriving at the meet. Coaches would then know who is available to compete in the first relays.
- If, at any time, your swimmer(s) will not be able to make practice or a meet, it is the Parents' (or older swimmer's) responsibility to notate the day(s) the swimmer(s) will miss in the Coaches Notebook. This Notebook is out during every practice near the Family Folders.
- Parents must pick up all swim team newsletters and flyers from your Family Folder by the Wednesday of each week. These newsletters contain important information about the upcoming meets, practices, and reminders.
- Parents must listen to weather forecasts and be readily available to pick up their swimmer(s) should storms appear.
- Parents must keep all non-swimmer children and family members away from the pool and away from the Coaches. Furthermore, non-swimmers must stay away from the waterslides, diving boards, and the shallow-end of the pool. This is for all practices, and for Home and Away Meets. The insurance coverage the team provides does not include non-swimmers or Parents. We do not need an accident to occur.
- If a Parent has a concern or question regarding their swimmer(s), the Coaches can be approached before or after practice. Parents can also come to any Board member for assistance.

Swimmer Responsibilities

In addition to swimming the best they can, swimmers the following responsibilities:

- Follow safe pool procedures at all times.
- Arrive to practices on time.
- Arrive to meets on time.
- Wear appropriate bathing suit for practice and meets.
- Bring a towel, goggles, and a cap for practice and meets.
- Bring appropriate running shoes for dry-land exercises during practice.
- Listen to Coaches during practices and meets.
- Behave appropriately during practices and meets.
- Respect other swimmers, members of other teams, coaches, and pool property at practices and at Home and Away Meets.

Volunteer Positions

The Board is supported by a number of specific volunteers that are critical to the execution of the season and planning throughout the year. Summer swim teams cannot function without Parent and Family assistance during meets. We ask that every Parent volunteer during meets with one (or more) of the following capacities:

Clerk of Course: The Clerk of Course is the heart of the swim meet. These people stage the swimmers into proper events. The following people run the Clerk of Course:

1. The Clerk(s): The Clerk arranges swimmer's "Event cards" in proper lane sequence, which is called "seeding." Parents who want to learn this position can volunteer to assist.
2. Roll Call: The people who perform the duties of roll call gather the children who are participating in a particular event together. Roll is called using the "Event Cards." After roll call, the cards are returned to the clerk for seeding. Once an event has been seeded, the cards are given to the children. The children then take their place in proper order for the event.

Timers and Recorders: The timers and recorders make up the largest group of volunteers. In order to commence a meet there must be 3 timers and 1 recorder per lane.

1. Timers: The Head Timer is an experienced timer that hands out the stopwatches, explains how to use them and acts as a backup timer. Lane timers time the swimmers in their lane, and report that time to the recorder.
2. Recorder: The recorders write down the times recorded by the three timers on the swimmers "Event Card" and give the card to the card runner.

Heat Ribbon Runner: The Heat Ribbon Runner hands out a ribbon to the swimmer in each Heat who has touched the wall first.

Scoring Table: The scoring table is where the official times are determined and are entered into a computer. The computer automatically determines the place of each swimmer and prints out labels that will be put on the placement ribbons.

1. Card Runner: The Card Runner picks up completed time cards from the recorders and gives them to the Official Scorer.
2. Official Scorer: The Official Scorer determines which of the three recorded times is the official time for each swimmer and circles it.
3. Data Entry: One person enters the official times into the database. The computer places each swimmer, and then prints out a score sheet and placement labels for ribbons.
4. Place Ribbons: Volunteers responsible for placing swimmer name labels on the ribbons.

Announcer: The Announcer calls out the upcoming events to alert the children of their event and also to make general announcements.

Officials: While Officials are parent volunteers, some training is required.

1. Starter: The Starter signals the start of the heat.
2. Referee: The Referee is an experienced Official that authenticates disqualifications, and determines whether a heat is ready to begin.
3. Stroke and Turn Officials: Stroke and Turn Officials observe the swimmers during a heat to ensure that their strokes and turns are legal according to USA swimming rules.

Concessions: During Home Meets, the Marlins run the concession stand.

Meet Setup and Take-Down: The setup crew sets up all the tents, tables and all other equipment necessary for the meet on the Friday evening before a Home Meet. Other volunteers stay after the Home Meets to help take-down all tents, tables, and put away all supplies, equipment, etc so that the pool can open to the public swim on time.

Age-Group Coordinator: The Age-Group Coordinators work with the age group coach(es) and the parents to ensure all swimmers are accounted for at Clerk of Course. This position is especially important for the 8 & Under age group. This person also organizes special age group social events with the Social Coordinator.

Volunteer Coordinator: The Volunteer Coordinator assists with identifying volunteer needs for each meet (Home and Away) and helps with the signing-up of volunteers with the Head Timer, Clerk of Course, and Concessions Coordinator.

Social Coordinator: The Social Coordinator works with the Board, Coaches, and Age-Group Coordinators to plan and arrange social events for the Team and each age group.

During Home Dual Meets, there are approximately 69 positions to fill. During Away Dual Meets, there are approximately 54 positions to fill. Each participating team provides volunteers for timing and recording, scoring, officials, and clerk of course. The number of positions is further reduced when there are Tri-Meets and at the Divisional Championship.

All positions above are on shifts so that all parents can enjoy and watch the competition during the Meet. In the week prior to each meet, the Head Timer, Concessions Coordinator (Home meets only), and the Volunteer Coordinator will be approaching parents during practice to sign up for a meet shift. If you would like to volunteer and do not see these coordinators, please see a Board member.

Inclement Weather Conditions

Prince William Park Authority rules stipulate that no swimmers shall be in or near the pool if thunder is heard or lightening is seen. If either of these conditions exists during the course of practice, the Coaches and the Board will remove the swimmers from the pool and wait in a safe location in the general pool area. If no further thunder is heard or

lightening is seen after at least 20 minutes, the Coaches and the Board will cautiously allow the swimmers to return to the pool. In the cases of continuous thunder/lightening, the Prince William Park Authority and the swim team Board will end practice and the pool will be closed. At least one Coach and one Board member will stay with the swimmers until all are picked up. However, we request that all parents either stay within the pool area or coordinate with other parents for rides home as summer storms sometimes pop up quickly and unexpectedly.

Practice Times

Practice begins the day after Memorial Day and continues through the last week in July. Practice runs Mondays through Thursdays from 6:15pm to 8:15pm at the Veterans Park pool. After the school year ends in mid-June, a Friday morning practice from 7:00am to 9:00am is added. There are usually less swimmers attending Friday morning practices, therefore the Coaches are able to individually work with swimmers on fine tuning their strokes, dives, and flip turns.

Meet Schedule

Swim meets usually start the second Saturday after the season begins. All meets are held Saturday mornings from approximately 7:00am until 12:00pm noon. Warm-Ups are held in the hour prior to the meet start time. Each team has its own assigned time for Warm-Ups and these times are provided in the weekly Newsletters prior to each meet. Meets can end earlier than noon or run a bit later, depending on the number of swimmers each team has and the running time for each event.

If a swimmer needs to leave early from a meet due to prior commitments, please notate this information in the Coaches Notebook well in advance of the meet. It would also be helpful to remind the swimmer's Age Group Coach(es) upon arrival at the meet so he/she can make sure they have enough swimmers for the final relays.

All meets run according to a set schedule of events. Please see **Attachment 1: PWSL Meet Format** for the schedule.

What to Bring to Meets

Swim meets always come with the question "What do I need to bring?" To ease any last minute packing, the checklist below might help you:

Swim suit
Cards, games, toys, etc. (waterproof things are best)
Cap

Goggles
Water & juice
Towels
Sweatpants & sweatshirt

Tent, tarp, or umbrella
T-Shirt & shorts
Blanket for ground covering

Baby powder (sprinkle into cap to
prevent sticking)
Sun Block
Money for Concessions

Veterans Park pool area offers some shade trees and permanent large umbrellas; however some pools we visit may not have such amenities. Since there could be "downtime" between events, a cooler of drinks and snacks, as well as cards, games, and toys help kids pass the time. **Please write your name on absolutely everything you bring.**

Divisional Championship Meet

The Divisional Championship Meet is held on the last Saturday in July at a previously designated pool. The Prince William Park Authority only allows Veterans Park to host the Divisional Championship every other year.

To qualify for the Championship meet, a swimmer must participate in at least two dual meets (not time trials) during the current swim season. At Divisional Championships, each swimmer is restricted to entering those events in which a legal time was recorded at a dual meet during the season. For example, if a swimmer never competed in the butterfly event at a meet, that swimmer is not eligible to swim butterfly at Divisional Championships. If a swimmer entered the butterfly event weekly but always DQ'd (disqualified) because of illegal technique, etc., that swimmer is not eligible to swim butterfly.

The meet will begin at 7:00am and includes Warm-Ups prior to the start time for each team. Since Divisional Championships includes up to four teams, it is sometimes hard to predict an end time due to the total number of swimmers present. Information regarding the Divisional Championship Meet is provided to Parents in the newsletters leading up to the meet.

Ribbons Awarded

During the meets, should a swimmer win their Heat in an event, he or she is awarded a Heat Ribbon.

Swimmers are awarded ribbons when their event time is ranked along with all other swimmers that swam that event for the Age Group and are within the top 12 places for Dual Meets. When there are Tri-Meets, the amount of places is increased to 18; and for Divisional Championships there are 24 places for each event. Please see **Attachment 3.1, Attachment 3.2, and Attachment 3.3 for Dual Meet, Tri Meet, and Quad Meet Scoring.**

Meet ribbons are given out to the swimmers during regular evening practice in the week following the meet.

Divisional Championship ribbons are given to the swimmers during the end of season Banquet.

Veterans Park Swim Team also recognizes swimmers when they drop time off a previously best time. These Achievement Ribbons are White, Red, and Blue. The color of the ribbon awarded signifies the amount of time the swimmer has dropped from their previously best time.

White: 0.05-2.0 seconds dropped

Red: 2.1-5.0 seconds dropped

Blue: 5.1 and over seconds dropped

Lost and Found Items

Items left after practice are collected and kept in the Lost and Found box. The Board makes sure that this box is out during every practice so that lost items can find their rightful owners. To help ensure that your swimmer can “find” what was previously lost, it is suggested that at least the swimmer’s last name is written on their goggle strap, as well as inside their swim cap. Towels, shirts, sweat suits, etc should also be marked as well. We understand that it gets to be expensive to keep replacing these items and the Veterans Park apparel when they are lost, so please make sure items are well marked.

Team Apparel

To build camaraderie and team spirit, Veterans Park Swim Team has apparel items for swimmers and parents to purchase. These items include: Veterans Park swim caps, t-shirts, sweatshirts, sweatpants, and duffel bags.

We also keep a supply of goggles on hand for purchase. Most apparel items are set out during the evening practices and Home Meets. At Away Meets, we make sure we have extra caps and goggles available for those last minute emergencies. Please see the Treasurer or any other Board member to make a purchase.

Registration Costs

Registration costs are a flat fee for every swimmer, with a discount for more than one swimmer. The Registration costs include all team costs for Insurance for each swimmer, League fees for each swimmer, Park Authority fees for each swimmer, Coaches salaries, end of season trophies, Concession supplies, and a flat fee is included so there is no mandatory fundraising requirement.

Fundraising

The swim team does not have any mandatory fundraisers. We do have an optional fundraiser that has been a tradition for the Marlins. Swim-a-Lap is held during one of the evening practices in July. Funds raised from Swim-a-Lap are put toward equipment for the team, such as lane lines, backstroke flags, starter systems, and the announcer loudspeaker equipment.

Swimmers are asked to solicit pledges per lap swam from friends, neighbors, and family members. Monies are then collected by the swimmer after the Swim-a-Lap event and then turned into the Treasurer or another Board member.

Each age group has a lap goal to reach. If a swimmer reaches or surpasses the age group goal, the swimmer is awarded a special medal during the end of season Banquet.

The age group goals are:

8 & Under:	50 Laps = 1250 meters
9-10:	80 Laps = 2000 meters
11-12:	130 Laps = 3250 meters
13-14:	150 Laps = 3750 meters
15-18:	150 Laps = 3750 meters

Sponsorships

Like many sport teams, the Veterans Park Swim Team relies on community involvement and participation, by way of monetary and material donations. The Marlins offer different levels of monetary donations and with each level the donating business or organization gets advertising space within our Home Meet Heat Sheets as well as within the Divisional Championship Heat Sheets. Heat Sheets are seen by hundreds of potential customers during home and away teams, every weekend.

The Board has copies of the Sponsorship form. Please see a member if you would like to approach any local businesses that you patronize. Sponsorships are tax deductible, since Veterans Park Swim Team is a non-profit organization, in accordance with IRS 501(c) 3, EIN 54-2008419.

End of Season Banquet

The end of season Banquet is held on the Sunday evening following the Divisional Championship. The Banquet is held at a local location, usually at Leesylvania Elementary School. The actual venue may change, depending on availability, however information regarding the Banquet and the location is provided to parents and swimmers through the weekly newsletters.

For the Banquet, we ask that each family provide a side dish to share, buffet-style. Families also bring a main dish for themselves. The Team will provide drinks, paper products, and dessert.

After the majority of attendees have completed eating, the Board will call the room to order and will recap the season, provide accomplishments, and will start the election process and take nominees for volunteers to any of the Board positions. Any swimmer parent can be nominated for any position by another parent and he/she will have the option of accepting the nomination or not. An 'aye'/'nay' voting from swimmer parents will occur for each Board position.

Once Team business has been completed, the Coaches will hand out trophies and awards to all the swimmers.

After the Banquet is completed and the site is cleaned up, the swimmers, parents, and other immediate family members are welcome to go to Veterans Park Pool for a Pool Party.

Awards

At the end of season banquet, each swimmer will receive a participation trophy. However, depending on Coaches' nomination and number of individual points earned for the team during the course of regular season meets, swimmers are eligible to receive the following, in lieu of the participation trophy:

Most Improved Award

- One male and one female swimmer per age group, including Marlins-In-Training Program
- Recipients based on age group Coaches decision
- For the swimmers who have shown the most improvement in all strokes, time improvement, effort, attitude, and attendance in practice and meets.

Coaches Award

- One male and one female swimmer per age group, including Marlins-In-Training Program
- Recipients based on age group Coaches decision
- For the swimmers who have shown a good example to others, based on work ethic, motivation, desire, participation in practices and meets, sportsmanship, and consideration of others.

High Point Award

- One male and one female per age group
- Recipients based on the number of points earned in individual events during the regular swim season.

Swim-A-Lap medals, Divisional Championship ribbons, and "Cyber-Meet" ribbons will also be handed out to swimmers at the Banquet.

Swim Team Records

League records for each event for each age group are maintained from season to season. Each team also maintains team records for each event for each age group. These records are goals for each swimmer to try to achieve. When a Veterans Park swimmer breaks a League and/or team record during a meet, an announcement is made at that time. If the record still stands at the end of the season, the swimmer is awarded a plaque at the end of season banquet.

Please see **Attachment 4: PWSL Records** and **Attachment 5: Veterans Park Team Records** for the age group and event records.

Attachments

Attachment 1: PWSL Meet Format

Attachment 2: PWSL A-B-C Time Standards

Attachment 2: PWSL A-B-C Time Standards (Continued)

Attachment 3.1: PWSL Dual Meet Scoring

Attachment 3.2: PWSL Tri Meet Scoring

Attachment 3.3: PWSL Quad Meet Scoring

Attachment 3.4: PWSL Divisional Championship Scoring

Attachment 4: PWSL Records

Event #	Age Group	Event	Time	Date	Record Holder	Team
1	Mixed 8&U	100 Medley Relay	1:22.97	7/7/2002	D Hughes,N Martin,L Wojciechowski,S Tokash	Sudley
2	Boys 9-10	100 Medley Relay	1:11.00	7/27/2002	B Fisher,C Wittenauer,J Wojciechowski,P Lytle	Sudley
3	Girls 9-10	100 Medley Relay	1:11.07	6/28/2003	E Storey,A Shaughnessy,L Poli,N Martin	Sudley
4	Boys 11-12	100 Medley Relay	1:00.87	7/31/2004	Fisher,Wojciechowski,Wittenauer,Lytle	Sudley
5	Girls 11-12	100 Medley Relay	1:05.79	7/26/2003	K Bushmire,C Tanner,L Marchand,B Olin	Lake Ridge
6	Boys 13-14	200 Medley Relay	2:05.04	7/14/2001	R Seraiva,J Kappurch,M Drupa,B Blair	Ridgewood
7	Girls 13-14	200 Medley Relay	2:11.01	7/23/2005	K Bushmire,C Tanner,L Marchand,I Fillinger	Lake Ridge
8	Boys 15-18	200 Medley Relay	1:54.51	7/1/1994	Werner,Werner,Hutchens,Crispino	Sudley
9	Girls 15-18	200 Medley Relay	2:08.79	7/22/2006	J Hough,C Tanner,K Haudenschild,B Fox	Lake Ridge
10	Boys 8&U	25 Free	16.21	7/16/2005	Brandon Doyle	Westridge
11	Girls 8&U	25 Free	16.80	7/1/1998	Stacey Ambrose	Veterans Park
12	Boys 9-10	50 Free	31.83	7/1/1983	David Crone	Ben Lomond
13	Girls 9-10	50 Free	32.28	7/31/2004	Courtney Mizerak	Meadowbrook Woods
14	Boys 11-12	50 Free	27.50	7/31/2004	Patrick Lytle	Sudley
15	Girls 11-12	50 Free	29.04	6/1/1993	Tiffany Seal	Ben Lomond
16	Boys 13-14	50 Free	25.50	6/24/2006	Patrick Lytle	Sudley
17	Girls 13-14	50 Free	28.26	6/1/1998	Katie Doggett	Ridgewood
18	Boys 15-18	50 Free	24.27	7/21/2001	Christian Lindberg	Ridgewood
19	Girls 15-18	50 Free	27.85	7/1/1991	Kris Sunday	Sudley
20	Boys 10&U	100 IM	1:18.12	7/1/2000	Robert Norris	SPST
21	Girls 10&U	100 IM	1:21.92	7/1/1998	Caitlin Brown	Ridgewood
22	Boys 11-12	100 IM	1:09.50	7/31/2004	Patrick Lytle	Sudley
23	Girls 11-12	100 IM	1:11.85	7/12/2004	Lindsey Marchand	Lake Ridge
24	Boys 13-14	100 IM	1:03.62	7/3/2004	Robert Grimmer-Norris	SPST
25	Girls 13-14	100 IM	1:07.47	7/30/2005	Lindsey Marchand	Lake Ridge
26	Boys 15-18	100 IM	59.20	7/30/2005	Zachary Hayden	Sudley
27	Girls 15-18	100 IM	1:08.35	7/1/1999	Katie Doggett	Ridgewood
28	Boys 8&U	25 Back	18.63	7/23/2005	Brandon Doyle	Westridge
29	Girls 8&U	25 Back	20.54	7/22/2006	Siobhan Murphy	Ashland
30	Boys 9-10	50 Back	36.30	6/1/2000	Robert Norris	SPST
31	Girls 9-10	50 Back	37.38	6/1/1998	Michelle Sawyer	FAST
32	Boys 11-12	50 Back	32.15	7/24/2004	John Wojciechowski	Sudley
33	Girls 11-12	50 Back	33.24	6/22/2002	Lauren Daugherty	Braemar
34	Boys 13-14	50 Back	28.82	7/10/2004	Robert Grimmer-Norris	SPST
35	Girls 13-14	50 Back	31.04	7/1/1998	Katie Doggett	Ridgewood
36	Boys 15-18	50 Back	27.58	7/1/1999	David Horak	Ben Lomond
37	Girls 15-18	50 Back	30.25	6/1/1999	Katie Doggett	Ridgewood

38	Boys 8&U	25 Breast	21.75	7/13/2002	Louis Wojciechowski	Sudley
39	Girls 8&U	25 Breast	21.72	7/27/2002	Courtney Mizerak	Meadowbrook Woods
40	Boys 9-10	50 Breast	40.41	7/1/1999	Thomas Hale-Kupiec	Lake Ridge
41	Girls 9-10	50 Breast	40.87	7/1/1998	Caitlin Brown	Ridgewood
42	Boys 11-12	50 Breast	35.75	7/1/1999	J.R. Kapurch	Dale City
43	Girls 11-12	50 Breast	36.72	7/17/2004	Lauren Poli	Sudley
44	Boys 13-14	50 Breast	31.60	7/1/1993	Scott Werner	Sudley
45	Girls 13-14	50 Breast	35.31	7/16/2005	Lindsey Marchand	Lake Ridge
46	Boys 15-18	50 Breast	29.53	6/1/1997	Scott Werner	Sudley
47	Girls 15-18	50 Breast	34.68	7/22/2006	Brittany Fox	Lake Ridge
48	Boys 8&U	25 Fly	17.47	7/16/2005	Brandon Doyle	Westridge
49	Girls 8&U	25 Fly	17.72	7/27/2002	Courtney Mizerak	Meadowbrook Woods
50	Boys 9-10	25 Fly	15.67	6/1/1983	David Crone	Ben Lomond
51	Girls 9-10	25 Fly	15.56	7/19/2003	Lauren Poli	Sudley
52	Boys 11-12	50 Fly	30.40	7/31/2004	John Wojciechowski	Sudley
53	Girls 11-12	50 Fly	31.37	7/1/1993	Tiffany Seal	Ben Lomond
54	Boys 13-14	50 Fly	27.98	7/3/2004	Robert Grimmett-Norris	SPST
55	Girls 13-14	50 Fly	29.09	7/23/2005	Lindsey Marchand	Lake Ridge
56	Boys 15-18	50 Fly	26.00	7/27/2002	Chris Soniak	Old Bridge
57	Girls 15-18	50 Fly	29.87	7/27/2002	Ashley Razo	Westridge
58	Boys 8&U	100 Free Relay	1:12.79	7/1/2000	C Wittenhauer,Campbell,P Lytle,BJ Fisher	Sudley
59	Girls 8&U	100 Free Relay	1:17.62	7/23/2005	E Kelly,A Hawrysko,E Smid,V Coughlin	Ridgewood
60	Boys 9-10	100 Free Relay	1:02.96	7/27/2002	J Wojciechowski,C Wittenauer,BJ Fisher,P Lytle	Sudley
61	Girls 9-10	100 Free Relay	1:03.00	7/21/2002	E Hagan,G Mizerak,R Lund,L Ralph	Meadowbrook Woods
62	Boys 11-12	100 Free Relay	54.28	7/31/2004	Fisher,Wojciechowski,Wittenauer,Lytle	Sudley
63	Girls 11-12	100 Free Relay	58.70	7/1/1996	K Doggett,M VanHorn,C Quimby,R Tierney	Ridgewood
64	Boys 13-14	200 Free Relay	1:52.07	7/16/2005	J Renton,C Wittenauer,N Reed,P Lytle	Sudley
65	Girls 13-14	200 Free Relay	1:58.85	7/16/2006	I Fillinger,K Bushmire,C Tanner,L Marchand	Lake Ridge
66	Boys 15-18	200 Free Relay	1:42.82	7/1/1998	A Weddington,T Quimby,S Brown,C Lindberg	Ridgewood
67	Girls 15-18	200 Free Relay	1:53.06	7/1/1988	Clrk,Cox,Cox,Stair	Montclair

Attachment 5: Veterans Park Team Records

Event #	Age Group	Event	Time	Date	Record Holder
1	Mixed 8&U	100 Medley Relay	1:29.05	7/1/1995	AM,JA,MO,OB
2	Boys 9-10	100 Medley Relay	1:20.33	7/1/1984	DIO,KER,TAS,EVAN
3	Girls 9-10	100 Medley Relay	1:20.27	6/1/1994	MCI,ROL,OLS,YAN
4	Boys 11-12	100 Medley Relay	1:12.24	7/1/1993	RIC,TON,GRI,EVAN
5	Girls 11-12	100 Medley Relay	1:11:67	7/1/1986	MOOR,SMI,A.HAR,BEA
6	Boys 13-14	200 Medley Relay	2:11.59	7/31/1999	MCLAN,GREC,GIR,CAIS
7	Girls 13-14	200 Medley Relay	2:33.04	7/1/1995	BUR,HAM,HAR,GULL
8	Boys 15-18	200 Medley Relay	2:05.06	7/1/1989	TONN,TAS,I.DOI,E.DOI
9	Girls 15-18	200 Medley Relay	2:29.20	7/28/2001	TRUX,HORN,TOM,MARTSCH
10	Boys 8&U	25 Free	17.56	7/1/1990	MOBLEY
11	Girls 8&U	25 Free	16.80	6/1/1986	AMBROSE
12	Boys 9-10	50 Free	34.06	7/1/1991	MOBLEY
13	Girls 9-10	50 Free	33.99	7/23/2005	Shannon Harper
14	Boys 11-12	50 Free	30.78	7/1/1981	AMBROSE
15	Girls 11-12	50 Free	31.58	7/1/1986	BURN
16	Boys 13-14	50 Free	26.66	7/1/1995	TOM
17	Girls 13-14	50 Free	31.10	6/24/2000	A. TOM
18	Boys 15-18	50 Free	25.71	7/1/1986	TOM
19	Girls 15-18	50 Free	28.84	7/1/1991	A. TOM
20	Boys 10&U	100 IM	1:28.52	7/1/1985	D. Tonnesen
21	Girls 10&U	100 IM	1:24.97	7/30/2005	S. Harper
22	Boys 11-12	100 IM	1:17.41	7/1/1981	F. Ambrose
23	Girls 11-12	100 IM	1:18.29	6/1/1986	SMITH
24	Boys 13-14	100 IM	1:07.44	7/29/2006	Connor Schwalm
25	Girls 13-14	100 IM	1:17.69	7/7/2001	Carly Keith
26	Boys 15-18	100 IM	1:03.07	7/1/1989	J. Tascheck
27	Girls 15-18	100 IM	1:14.25	7/30/2005	Carly Keith
28	Boys 8&U	25 Back	23.00	7/1/1990	Tascheck
29	Girls 8&U	25 Back	22.17	7/5/2003	Shannon Harper
30	Boys 9-10	50 Back	41.43	7/1/1985	D. Tonnesen
31	Girls 9-10	50 Back	40.70	7/16/2005	Shannon Harper
32	Boys 11-12	50 Back	37.75	6/10/1994	M. Hodge
33	Girls 11-12	50 Back	37.67	7/1/1986	Felson
34	Boys 13-14	50 Back	32.50	7/15/2006	Connor Schwalm
35	Girls 13-14	50 Back	36.06	6/28/2003	Allison Marocco
36	Boys 15-18	50 Back	34.06	7/30/2005	Drew Neuhaus
37	Girls 15-18	50 Back	34.96	7/31/2004	Carly Keith
38	Boys 8&U	25 Breast	24.96	7/1/1991	Chung
39	Girls 8&U	25 Breast	24.79	7/1/1986	Dempsey
40	Boys 9-10	50 Breast	45.06	7/1/1985	Boyd
41	Girls 9-10	50 Breast	45.81	7/1/1986	Dempsey
42	Boys 11-12	50 Breast	41.21	7/31/2004	Connor Schwalm
43	Girls 11-12	50 Breast	40.00	7/1/1986	Vespa
44	Boys 13-14	50 Breast	35.59	7/1/1985	Axelrod

45	Girls 13-14	50 Breast	40.56	7/1/1983	Gullet
46	Boys 15-18	50 Breast	32.27	7/1/1989	Tascheck
47	Girls 15-18	50 Breast	37.17	7/1/1995	TOM
48	Boys 8&U	25 Fly	21.52	8/1/1990	MOBLEY
49	Girls 8&U	25 Fly	20.18	6/1/1996	Felson
50	Boys 9-10	25 Fly	17.75	7/30/2005	Aaron Fotheringham
51	Girls 9-10	25 Fly	16.97	7/20/2002	Brittany Williams
52	Boys 11-12	50 Fly	34.83	8/1/1981	Vredenburg
53	Girls 11-12	50 Fly	36.25	6/1/1986	SMITH
54	Boys 13-14	50 Fly	29.04	7/1/1995	TOM
55	Girls 13-14	50 Fly	35.21	6/1/1987	Burn
56	Boys 15-18	50 Fly	28.34	7/1/1983	TOM
57	Girls 15-18	50 Fly	32.25	7/30/2005	Carly Keith
58	Boys 8&U	100 Free Relay	1:21.36	7/1/1990	OBR,ZUR,STAN,MOB
59	Girls 8&U	100 Free Relay	1:20.96	7/1/1989	YAN,SOW,BOY,AMBR
60	Boys 9-10	100 Free Relay	1:10.58	7/1/1997	I.DOR,RYAN,BOY,AMB
61	Girls 9-10	100 Free Relay	1:12.25	7/1/1989	OLS,ZUR,SOW,MCINT
62	Boys 11-12	100 Free Relay	1:01.97	7/31/1999	McClain,Greczka,Girard,Caison
63	Girls 11-12	100 Free Relay	1:02.91	7/1/1989	VER,STEIN,HALL,VES
64	Boys 13-14	200 Free Relay	2:01.72	7/1/1986	Crisler,Hodge,Neuhaus,Andre
65	Girls 13-14	200 Free Relay	2:14.23	7/1/1987	HAR,BUR,GULL,SANT
66	Boys 15-18	200 Free Relay	1:49.66	7/1/1990	PHIL,TAS,I.DOR,TONN
67	Girls 15-18	200 Free Relay	2:09:48	7/21/2001	T.Obrien, J.Martschenko, Horn, Tom