



Veterans Park Swim Team

Home of the Marlins



June 9, 2009

Newsletter #3

We have an exciting week ahead of us as we head into our first meet of the season. GO MARLINS – BEAT DALE CITY!!

First Meet – June 13th at Dale City Frogs:

If you will not be at the meet, please alert your coach by Wednesday!

***** Arrival by 6:15am. Warm-ups start at 6:30am. *****

***General Directions from Vets Park Pool -** Take Featherstone Road to Route 1. Take a Left at light onto Route 1 South. Take a Right onto Dale Boulevard and then a right onto Birchdale Avenue. Pool and parking will be on the Left. Address: 14730 Birchdale Avenue, Woodbridge.

***Parking –** There is a small parking lot, but it will fill up quickly. Please observe the parking signs within the community. There is plenty of street parking on Birchdale Ave and surrounding streets. Please respect homeowner's driveways and private property.

***Team Area –** Our team will be in the grass closest to the diving/deep end of the pool, inside the fence near the second entrance. Additional space is located in the grass area outside of the pool area or on the hillside.

***Swimmers -** Please check in with your coach upon arrival and listen to the announcer calling the events. We do not want any "scratches" if you are at the meet. When in doubt, ask!

***Relays –** Swimmers should not leave the meet until they check in with their coach(es) to see if they are in a relay.

***Volunteers –** We need volunteers for timing, recording, running, scoring, and Clerk of Course. Please see a Board member to volunteer.

***Cheering –** Parents are encouraged to cheer for their swimmers during the meets. However, parents cannot "coach" (i.e. yelling "Kick"; "Reach"; "Pull", "Two-hand touch") their swimmers from the pool deck. "Coaching" can result in an official disqualifying your child in that event.

***Concessions/Heat Sheets –** Coffee, water, sodas, Gatorade, fresh fruit and snacks will be sold, as well as bagels and donuts. Pasta salad, hot dogs, nachos, burgers will be sold during the meet as well. Heat sheets will be available for purchase at the Concessions area.

***** Please remember, we are guests at their pool. Please gather all belongings and trash before leaving the pool area. *****

Parent Meeting – We will hold our first Parent's Meeting this Wednesday, June 10 (Rain date Thursday) to discuss the upcoming meets, gather additional volunteers, and be able to answer any questions. We will meet under the big tent by the pool area at 6:30pm. All parents need to attend!

Team Picture – On Wednesday, June 24 at 6:15pm Memory Makers will be at practice to take individual and team pictures. Everyone should plan to wear their team suit. Look for the picture envelope in your folder in the coming days. Please be on time. Rain date is Wednesday, July 1.

Swim-A-Lap – Wednesday, July 8 during regular practice time. Swimmers will be given a pledge sheet and are asked to collect pledges or donations from family and friends. A Pizza Party will be held following the event for participants. Families will also be able to order additional pizza for themselves at a reduced cost. This is an optional fundraiser and funds that are raised assist the team with purchasing new equipment for the team. Further information will be provided as we get closer to the event.

Inclement Weather/Thunderstorms -

The Board and the Park Authority will decide as early as possible whether or not to cancel practice due to impending storms. We will use the Yahoo Group email distribution, and the Marlins website to notify families of any cancellation. For those that do not have an email address, a Board member will call the contact numbers on file – please check with the Board to make sure we have your correct information.

If practice has started and it begins to thunder/lightning, the coaches and the Board will immediately clear the pool of all swimmers. We will wait in a safe location by the pool area for 20 minutes. If thunder/lightning continues, the Board and the Park Authority will end practice. Swimmers must be picked up promptly.

Marlins Apparel Items - We have team apparel and other items for sale, including caps, goggles, duffle bags, car magnets, Marlin towels, and Marlin temporary tattoos. New T-shirts and sweats should be here shortly! Please see a Board member for purchases.

Family Folders - Each Family and Coach will have a folder in our Team Mailbox which will be placed near the team shed at every practice. Swimmers/parents should check their folder daily. In general, newsletters will be placed in folders on the Tuesday on each week.



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Coaches Notebook - A Coaches Notebook will be out for swimmers/parents to notate when a swimmer will miss a practice or meet. This information is needed for the coaches for planning purposes and meet entries.

Penny Drive Fundraiser -- This is a fun little fundraiser for swimmers. Money jugs are placed by the team shed during practices. The age group that collects the most money by July 17th will be treated to a Pizza Party during Spirit Week.

Team Sponsorships – If you are interested in assisting the Board in acquiring team sponsors from any businesses that you are familiar with, please see a Board

For new families, we have compiled the below basic information regarding meets.

Officiating and running a meet

Swim meets are very volunteer-intensive! Meets require at least 50 (away) to 75 (home) volunteers.

- | | | | | |
|------------------------------|-------------|----------------|-------------------|---------------------------------------|
| - Starter [†] | - Timers | - Heat Ribbons | - Ribbons | - Marshalls |
| - Referee [†] | - Recorders | - Computers | - Clerk of Course | - Announcer
(Home team provides) |
| - Stroke & Turn [†] | - Runners | - Scorers | - Age Gp Coord | - Concessions
(Home team provides) |

† additional training is required

Events

- 5 individual events in the following order: Freestyle, Individual Medley, Breaststroke, Backstroke, and Butterfly
- Ages 8 & under swim 25 meters (1 length)
- Ages 9 and older swim 50 meters (2 lengths), except 9/10 year olds swim 25 meter Butterfly
- All ages can swim Individual Medley (IM), which is 25 meters of each stroke (100 meters total)
- Freestyle Relay, 4 swimmers, 100 meters total (except 13-18 year olds – 200 meters)
- Medley Relay, 4 swimmers, 100 meters total (except 13-18 year olds – 200 meters) with each of four swimmers completing 25 meters (or 50 meters for 13-18 year olds) of each stroke
- Each swimmer can be entered into up to 3 individual events and into each Relay type.