



**Montgomery Makos
Swim Team**

Information Packet

2016 Season

2016 Montgomery Makos Parents Board

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MONTGOMERY MAKOS SWIM TEAM MISSION STATEMENT AND PREREQUISITE SKILLS

Mission Statement

Montgomery Makos 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 sportsmanship 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.

Age	Race	Distance
4-6	freestyle	25 meters (1 length)
	backstroke	25 meters
7-8	freestyle	25 meters
	backstroke	25 meters
	butterfly	25 meters
	breaststroke	25 meters
9-17	freestyle	50 meters (2 lengths)
	backstroke	50 meters
	butterfly	50 meters
	breaststroke	50 meters

MONTGOMERY MAKOS SWIM TEAM

TEAM RULES 2016

Participation:

- Swimmers are expected to attend a minimum of 3 weekly practices
- Swimmers must inform the head coach in writing or email of any scheduled absence that might make you miss more than three practices in one week.
- Swimmers must RSVP one week 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 Makos.

Swimmer Equipment:

Swim team members will need the following items:

- A team suit. Suits are used for two years. We are currently on the second year of our team suit. SwimVille is our preferred vendor.
- A practice suit.
- A swim cap. Team caps are available for purchase.
- Goggles. A few pairs for the season.

Practice Expectations:

- Come to practice ready to swim with all equipment (not sitting out) five minutes before practice. 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.)
- Be ready to swim for the whole time period.

Practice Cancellation:

- Practice will continue during rain
- Practice will not continue during thunder, lightning or heavy rain with strong winds.
- An email will be sent to parents to communicate changes in scheduling. **Be sure we have your correct email.**

Swim Meet Expectations:

- Attend meet warm-ups; arrive at the meet 20 minutes prior to the scheduled warm-up time.
- Stay in team area during meets. Do not leave a meet without informing a coach first. Relays may have changed, and your child may be participating in one.
- Show good sportsmanship 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.

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. The easiest way to contact the coach is via email, allowing him/her the opportunity to get back to you when as soon as possible.
- 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) **AND AT EVERY MEET THE FAMILY HAS A SWIMMER PARTICIPATING. 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 18 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.

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. Distribute 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: Use 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 scorer's table.
- Ribbons: Works with scorers to prepare ribbons for winners and participants. Place ribbons in family folders. (this job starts midway through the meet and continues to past the end of the meet)
- 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 a minimum of 4 volunteer positions AND attend the Parent Meeting to receive the \$75 deposit back.** (Five positions are required if you do not attend the parent meeting).
- 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).

Ribbons: At home meets, ribbons are distributed as follows:

- **9 & up** - 1st, 2nd, and 3rd place finishes for all individual and relay events.
- **8 & under** - 1st, 2nd, and 3rd place finished for all individual events and relays. Participation ribbons for all other places in individual events and relays.

2016 Makos Swim Team Important Dates (subject to change)

Wednesday, April 20 **Parents Information Meeting** - 6:30 to 8 p.m. Terwilliger Lodge in Dulle Park

Sunday, May 1 **Suit Fitting.** 4:30 – 6 p.m. Terwilliger Lodge in Dulle Park

Tuesday, May 31 **Regular Practice begins until the end of season**

Groups will be divided by ability at the coaches' discretion. The guidelines for each group are listed below and they are general guidelines. Coaches have the final say and will determine and confirm which practice group swimmers will practice in. Coaches will try to work with parents where multiple swimmers are concerned.

8 – 9:05 a.m. Blue Group

- swim full 100 IM legally
- complete a flipturn
- train for a 1 full hour every day
- expectation is to attend practice every day. If you are also training with another club team, please see the head coach.

9:10 – 10:10 a.m. Yellow Group

- swim a full 50 without stopping on lane line
- can swim/still developing all four strokes (freestyle, backstroke, breaststroke and butterfly)

10:15 – 11:00 a.m. White Group

- swim a full length of the pool without touching the side of the pool or lane line
- able to float on back and stomach

The 2016 Season is starting faster than any season in the past. I am still working on figuring out afternoon practices and timing for possible Saturday practices.

2016 MEET SCHEDULE

Thursday, June 9	Home vs. Wetherington
Saturday, June 11	Home vs. Landen - "10 and under" only meet
Thursday, June 16	Home vs. Four Bridges
Fri & Sat June 17 & 18	<i>Rolling Hills Invitational</i>
Tuesday, June 21	Away vs. Five Seasons
Monday, July 4	Makos Swim Team Parade Float in City of Montgomery Parade (Parade starts at 10 a.m.)
Thursday, July 7	Home vs. Harpers Point
Tuesday, July 12	Away vs. Lifetime Fitness (Deerfield)
Saturday, July 16	<i>Chris McCullough Invitational at Beckett Ridge</i>
Monday, July 18	Home vs. Dutchland Woods
Fri & Sat July 22 & 23	Championships at Miami University Friday Morning (13+) ; Friday Afternoon (11-12) Saturday Morning (9-10) ; Saturday Afternoon (8 & U)
TBA	End of year Swim Team party

Home Meets start promptly at 6:30 p.m.

Montgomery will warm up at 5:30 p.m.. The Visiting Team will warm up at 6:00 p.m. for 20 minutes.

Please arrive accordingly to be ready to swim at 5:30 on a meet night.

Away Meets will follow the same guidelines. Some teams start at 6 pm. We will communicate all changes as soon as we know of them.

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.