



**Montgomery Makos
Swim Team**

Information Packet

2018 Season

<https://montgomerymakos.swimtopia.com/>

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
5-6	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 2018

Participation:

- Swimmers are encouraged to attend a minimum of 3 practices a week.
- Swimmers must inform the head coach in writing or email of any scheduled absence which cause you miss multiple practices.
- Swimmers must RSVP one week prior to the meet.
- If you can no longer attend a meet you have marked "yes" for, please let a coach know ASAP. Meet entries are limited so we like to fill every open space we have.
- Swimmers participating on other swim teams should inform coaches of this and make an effort to attend at least one practice per week with the Makos.

Swimmer Equipment:

Swim team members will need the following items:

- A 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
- Swimmers not actively involved in practice should be picked up no later than 15 minutes after their practice has ended unless a parent or guardian is also at the pool. The pool doesn't officially open until 11 am.

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.**
- Please understand that the weather can change in an instant and we do not cancel practice unless necessary. This can result in last minute cancellations. Please use your own discretion when deciding whether or not to attend on questionable weather days.

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. Meet volunteers will alert swimmers in the team area of approaching races. Those sitting in the concession area or on the playground run the risk of missing their race
- 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 lineup and will target to have all swimmers in at least 2 events in the **initial** line-up. This may be smaller for swimmers six and under.
- 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.
- Swimmers who have did not RSVP for a swim meet will not be entered. Swimmers will not be deck entered into a meet if they show up to the meet unplanned.

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 team's' 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 a minimum of 5 times over the course of the season. **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 25 will be refunded the service deposit. 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.

- We reserve the right to ask parents to work more than their required five sessions to ensure the meets run properly.
- If you are unable to fulfill your volunteer role, please contact the volunteer coordinator for other opportunities to assist the team.
- If you are unable to attend a meet you have volunteered for, please find a sub to work your shift and inform the volunteer coordinator as soon as possible.
- New in 2018, Parents must complete a Lindsey's Law acknowledgement form stating they've reviewed the information regarding Sudden Cardiac Arrest.

Other Parent Volunteer Positions and Activities:

Swim Meet Positions:

- - 8 & Under Staging: 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.
- - Hospitality: Distributes 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: Uses stopwatch to time races.
- - Head Timers: Serves as a backup timer for any lane timer who notices their watch did not start correctly at beginning of race
- - Scorers/Data Managers: Enter event times, print results and ribbon stickers during meets. Update software with meet data.
- - Runners: Distributes and collects lane and/or disqualification slips between races and delivers them to scorers table.
- - Ribbons: Works with scorers to prepare ribbons for winners and participants.
- - Set Up / Clean Up: Assist in set up of meet and clean up. Consists of moving chairs, taking out trash, placing meet equipment away in team closet.
- - Other: Person will help fill jobs where we had a "no show" or additional unplanned need

Other Positions:

- - Fun Fridays - Organizes Friday morning celebrations after meets
- - 4th of July Parade - Organizes Team entry into City of Montgomery 4th of July Parade
- - Spirit Wear Coordinator: Take care of all aspects of spirit wear, from ordering through distribution.
- - Work social events: (i.e. awards banquet, 4th of July Parade, Spirit 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.**
 - Only one volunteer position per family per meet unless approved by Volunteer Coordinator.
 - 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).
 - Please be sure to complete your entire volunteer shift. If you must leave before your shift is over, it is your responsibility to find another parent to complete the rest of your shift. You will not get credit for a partial shift.

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. Ribbons will not be awarded for relays which have been disqualified.

2018 Makos Swim Team Important Dates (subject to change)

Wednesday, April 25 Parents Information Meeting - 6:30 p.m. to 8 p.m. Terwilliger Lodge in Dulle Park

Sunday, May 6 **Suit Fitting.** 3 p.m. – 5 p.m. Terwilliger Lodge in Dulle Park

Tuesday, May 29 **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. Please discuss any desired adjustments to your child's practice schedule with the coaches prior to making any change.

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 – 10:55 a.m. White Group

- swim a full length of the pool without touching the side of the pool or lane line
- swim a lap of both Freestyle and Backstroke

2018 MEET SCHEDULE

Saturday, June 9	Home vs. Landen - "10 and under" only meet Warm Ups - 7:20 am / Meet begins at 8 AM
Thursday, June 14	Home vs. Wetherington
Fri & Sat June 15 & 16	<i>Rolling Hills Invitational</i>
Tuesday, June 19	Away vs. Five Seasons
Sunday, June 24	<i>Mason Invite</i>
Thursday, June 28	Home vs. Four Bridges
Wednesday, July 4	Makos Swim Team Parade Float in City of Montgomery Parade (Parade starts at 10 a.m.)
Thursday, July 5	Home vs. Dutchland Woods
Thursday, July 12	Home vs. Harper's Point Mini Makos Race Night
Tuesday, July 17	Away vs. Lakota Hills
Fri & Sat July 27 & 28	Championships at Miami University Friday Morning (13+) ; Friday Afternoon (11-12) Saturday Morning (9-10) ; Saturday Afternoon (8 & U)
Saturday July 29	End of Season Banquet - 7pm-10pm Montgomery Pool

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 email roster; submits information to City website, 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.

