

LAKOTA HILLS
WAVEMAKERS

2009

SWIM TEAM
INFORMATION

WELCOME TO LAKOTA HILLS

WAVEMAKERS SWIMMING

CONTENTS:

- Team Rules (page 3)
- Team Staff (page 4)
- Committee Chairs (page 4)
- Meet Schedule (page 5)
- Practice Schedule (page 7)

ENCLOSED DOCUMENTS THAT NEED TO BE RETURNED:

- Intrasquad Meet: Chick-Fil-A Order Form (page 9)
Deadline: Wednesday, May 27, 2009
- Championship Sign-Up Form (page 10)
Deadline: Friday, July 10, 2009
- ❖ Swimmers are expected to swim in Championships.
(The entry fees are included in your registration.)
- ❖ Please make sure you have turned in a waiver form.
This is required for **EACH** swimmer before he/she is eligible to participate in practices or meets.
- ❖ June 4th is the **LAST DAY** to drop the team and receive a refund. This request must be in writing and in the swim team box by 6/4.
- ❖ Please check the bulletin board and the website (www.wavemakers.org) regularly for updated information.

TEAM RULES

ATTENDANCE:

- All swimmers must attend practice the day of the meet to swim in that night's meet.
- All swimmers must attend a minimum of 3 days practice (includes the day of the meet) each week.
- Swimmers with attendance of less than 60% will only swim one event (relay or individual).
- Any extended absence (2 days or more) must be accompanied by a note stating time to be missed and the reason.
- Intended absence from a meet must be marked in the meet sign-out book by the Thursday prior to the meet. Failure to do so will result in your not swimming in the next meet. ALL SIGN-OUTS WILL BE CONSIDERED FINAL! The sign-out book will be located at the check-in counter.
- Swimmers participating on other summer teams must attend the equivalent of the minimum of 3 days practice with either or both teams. Swimmers practicing with YMCA or USS teams are asked to make every effort to attend Lakota Hills on meet days. If this is not possible, these swimmers can still compete in the Lakota Hills meet provided they have practiced that day with their club team, and the Lakota Hills coaches are notified prior to the meet day.

PRACTICE CANCELLATION:

- Practice WILL continue in the rain.
- Practice WILL NOT continue in water during thunder, lightening, or heavy rain with strong winds.
- Practice WILL NOT continue if the temperature falls below 55 degrees.
- If weather conditions are questionable, call 777-9121, mailbox 4, for the recorded message.

PARENTS:

- Parents are welcomed to watch practice but are requested to observe from the pavilion. Parents are requested to refrain from speaking with the coaches during practice, as this takes their attention away from the children. If you wish to discuss your child's progress, etc., please schedule a time to meet with one of the coaches and they will be happy to talk to you. During practice it is important that they focus on coaching your children.
- Parents must refrain from speaking with officials and coaches during meets. Swimmers will get information from the coaches. If you have questions/concerns about DQ's, please wait to talk to the coaches AFTER the meet.

PARKING:

Parking for Home Meets can be a challenge, especially when larger teams come to our pool. Please observe the following rules, as well as all posted signs, when parking:

- Please follow directions from the parking attendants when parking in the Swim Club lot, as well as the grass in front of the pool.
- DO NOT block access to the grass area for cars that need to enter or leave that area.
- For street parking, park ONLY ON THE POOL SIDE of the road.
- Observe all posted NO PARKING signs.
- DO NOT block neighbor's driveways.
- DO NOT park on neighbor's grass.
- Be careful while driving and walking the streets around the pool before and after the meet.

2009 POOL STAFF

POOL MANAGER	BILL KUSEL	777-9121
ASSISTANT MANAGER	PAT JEANNERET	
HEAD COACH	PAT JEANNERET	pjeaner@hotmail.com
ASSISTANT COACHES	ANNA MEIBERS	ameibers@gmail.com
	NATHAN CRAMER	ncramerm@gmail.com
	DAVID SANDERS	
	MIKE TAULBEE	tizzle618@hotmail.com
	JESSICA HERON	jheron816@aol.com
	KARA MCMCANUS	karamcmanus@yahoo.com

2009 SWIM TEAM BOARD POSITIONS

PRESIDENT:	Betty McManus	893-1783	egmcmanus@yahoo.com
VICE-PRESIDENT:	Susan Cramer	779-3122	cramersk@muohio.edu
MEMBERSHIP:	Mary Pritchard	777-6230	short@fuse.net
SECRETARY:	Heather Shooner	779-5341	heather@shooner.net
TREASURER:	Jennifer Keith	777-7727	jenniferkeith@fuse.net

2009 SWIM TEAM COMMITTEE CHAIR POSITIONS

Clean Up:	Lainie Sandy	305-7069	
Ways & Means:	Jenny Muia	894-2373	
	Jodi Krusling	777-8788	
Timing:	Marc Russell	844-1725	
Ribbons & Awards:	Christine Dwyer	759-4945	
Social Events:	Tracy Pflaumer Striley	874-9988	tstriley@fuse.net
Ice Cream Social & Banquet:	Andrea Batt	942-8669	
Team Photographer:	David Koger	755-8788	koger@fuse.net
Spirit Wear:	Kristin Henley	895-2340	thehenleys@roadrunner.com
8 & Under Coordinator:			
Scoring:	Karen Russell	844-1725	
Clerk of Course:	Susan Lindberg	737-9686	
Donuts:	Joe & Laura Meibers	894-4412	
Parking:	Joe Meibers	894-4412	

PARTICIPATION OPPORTUNITIES

The following is a brief description of the areas where workers are needed for meets and social events. None of the jobs require previous experience. Sign-up sheets will be available at the pool (on the bulletin board). All families must work three entire meets or social events in order to receive a return on their participation fee.

CLERK OF COURSE

- 2 people needed for every meet (home and away)
- Obtain lane slips from coaches prior to the start of the meet
- Separate lane slips by age and sex
- Sit in designated Clerk of Course area throughout the meet to distribute slips to swimmers prior to their events

TIMERS

- 2 people required per lane per meet
- Use stopwatch and record swimmers' times

SCORING (home meets only)

- Prior to the start of each home meet, receive entries from the coaches
- Enter information into the computer and print lane slips
- During home meets, enter times for all swimmers into the computer and print out labels for ribbons
- Print out meet results for the coaches at the end of the meets
- Need additional person at each home meet to assist at scoring table

RIBBONS AND AWARDS (home meets only)

- Put labels on ribbons
- Separate ribbons by home team/visiting team
- Have ribbons ready for visiting coach at the end of the meets
- Put team file boxes out during practice on Friday to distribute ribbons to swimmers
- Obtain awards for the end of the season

RUNNER (home meets only)

- Collect lane slips from timers after each event
- Put slips in order, lanes 1-6
- Deliver lane slips to scoring table

WAYS AND MEANS (food concession at home meets – multiple jobs available)

- Obtain food items for home meets (purchase and donation)
- Set up serving area for home meets (need to be available at the pool between 4:30 and 5:00 PM)
- Serve food items during home meets
- Grillers needed
- Clean-up after meet

YOUNG SWIMMERS (home and away meets)

- Assist with 8 & under swimmers during meets
- Coordinate and facilitate children getting ready for events in ample time
- Help swimmers obtain lane slips from Clerk of Course
- Help get swimmers to the correct lane for their events
- Encourage young swimmers to remain in their designated area throughout the meet

CLEAN UP (home meets)

- Work throughout the meet to keep trash picked up around the pool, pavilion, and parking lot
- Assist Ways and Means with clean-up
- Assist pool staff with putting away equipment, chairs, etc, at the end of the meet
- Wipe off tables
- Leave a clean pool area

PARKING (home meets)

- Be available at the pool by 5:15 PM
- Direct cars to parking areas in the lot and grassy areas
- Stay in the parking lot until approximately 6:45 PM
- Periodically check the parking areas to be sure that no cars are on the street opposite the pool, or on neighbors' lawns

SOCIAL EVENTS

- Coordinate outings for swimmers and coaches by age group
- Parents are needed to assist with planning and execution of activities

PICTURE DAY (one morning at the pool, taking the place of practice)

- One parent is needed to coordinate Picture Day at the pool
- Several parents will be needed to assist the coordinator

CHAMPIONSHIP WORKERS (@ Miami University, July 24-25)

- Friday AM 13-14 and 15-18 Age Groups
 - Need 2 Timers
- Friday PM 11-12 Age Group
 - Need 2 Check-In Assistants
 - Need 2 Awards
- Saturday AM 9-10 Age Group
 - Need 2 Timers
 - Need 2 Awards
- Saturday PM 8 & Under Age Groups
 - Need 2 Timers
 - Need 1 Back-up Timer
 - Need 1 Clerk of Course

2009 MEET SCHEDULE

			<u>Ways and Means Contributions***</u>
Home	Wednesday, June 3 rd	Intrasquad Meet	
Home	Thursday, June 11 th	Lakota YMCA	13 and Older
Away	Tuesday, June 16 TH	@ Mason	
Away	Friday & Saturday June 19 th -20 th	@ Rolling Hills Invitational*	
Away	Tuesday, June 23 rd	@ Four Bridges	
Home	Tuesday, June 30 th	Beckett Ridge	8 and Under
Away	Tuesday, July 7 th	@ Windwood	
Home	Thursday, July 9 th	Wetherington	11 – 12
Home	Tuesday, July 14 th	Landen	9 - 10
Away	Saturday, July 18 th	@ Beckett Ridge Invitational*	
Away	Friday & Saturday July 24 th -25 th	Championships @ Miami University**	

* Both the Rolling Hills and the Beckett Ridge Invitationals have sign-ups and entry fees.
Forms will be available at the pool and online at a later date.

** You must sign-up for Championships on the enclosed form. There are no additional entry fees.

- All home meets begin at 6:30 PM, unless otherwise noted. Home meet warm-ups are at 5:15 PM for 11-12, 13-14, and 15-18 age groups; and, at 5:30 PM for 9-10, 8 & under, and 6 & under swimmers. Please arrive 15 minutes before your scheduled warm-up time.
- All away meet warm-ups are at 6:00 PM. Please arrive by 5:45 PM.
- Warm-ups for the Intrasquad meet will be at 5:00 PM and the meet will start at 5:30 PM. We will not be swimming the IM events.
- Please visit our team website at www.wavemakers.org for directions to all pools and other important meet information.

***Ways and Means Contributions:

Your swim fees cover the cost of paying the coaches, relay fees for invitationals and entry fees for Championships. The swim team is responsible for purchasing all the equipment that the swimmers use every day. This includes, the lane lines, the backstroke flags, kick boards, timing clocks, stop watches, ribbons, and the list goes on. We have a fabulous reputation for the food that we sell at our home meets. Comments have been heard from other teams that they really enjoy coming to our pool for both the wonderful hospitality we show their team and the food we sell during the meet. This is the only fund raiser we currently have in place. It is very important for our families to sign up to bring food to our home meets. There is a column on the schedule showing which age group is responsible for providing donations for that particular meet. Thank you so much for helping to support the swim team.

2009 PRACTICE SCHEDULE

May 18th-May 22nd

High School 3:00-4:00 PM

Junior High 4:00-5:00 PM

Elementary 5:00-5:45 PM

Pool opens Saturday, May 23rd

May 26th-June 10th

(No practice on 5/25, Memorial Day)

High School 3:00-3:45 PM

Junior High 3:45-4:30 PM

Elementary 8:00-8:45 PM

June 11th Intrasquad Meet, no practice

June 12th Picture Day, no practice – more information later

Morning Practice Schedule begins June 15th and ends July 23rd

Black Group 7:00-8:40 AM

Red Group 8:30-9:45 AM

White Group 9:30-10:30 AM

For practice time assigned to your swimmer(s), please check the group assignments on the bulletin board (week of 6/8).

Please note that the coaches will evaluate swimmers during the first three weeks of practice. Coaches may switch swimmers to a different group to better individualize instruction. Groups are determined by age and ability.

INTRASQUAD CHICK-FIL-A ORDER FORM

WHEN: Wednesday, JUNE 3RD

CHICK-FIL-A SANDWICH, CHIPS AND DRINK.....\$4.00

PLEASE FILL IN THE ORDER FORM BELOW AND RETURN WITH PAYMENT TO THE SWIM TEAM BOX.

FORM AND PAYMENT DUE BY Wednesday, MAY 27TH.

NO ORDERS THE NIGHT OF THE MEET.



NAME

sandwich, chips, and drink _____ x \$4.00 = \$ _____

TOTAL ENCLOSED \$ _____

PLEASE MAKE CHECKS PAYABLE TO THE LAKOTA HILLS SWIM TEAM

TRI-COUNTY SWIM LEAGUE CHAMPIONSHIPS

WHEN: JULY 24TH AND 25TH

WHERE: CORWIN M. NIXON AQUATIC CENTER
MIAMI UNIVERSITY
OXFORD, OHIO

TIMES:	FRIDAY AM (13 & OVERS)	FRIDAY PM (11-12 AGE GROUP)
	WARM-UPS @ 7:00 AM	WARM-UPS TBA
	MEET BEGINS @ 8:00 AM	MEET BEGINS TBA
	SATURDAY AM (9-10 AGE GROUP)	SATURDAY PM (8 & UNDERS)
	WARM-UPS @ 7:00 AM	WARM-UPS TBA
	MEET BEGINS @ 8:00 AM	MEET BEGINS TBA

THIS FORM IS DUE BY FRIDAY, JULY 10TH

NAME/S

1. _____

2. _____

3. _____

4. _____

WILL BE SWIMMING IN CHAMPIONSHIPS

NAME/S

1. _____

2. _____

WILL *NOT* BE SWIMMING IN CHAMPIONSHIPS

Note: All swimmers in the Tri-County Swim League must participate in a minimum of TWO league dual meets for the club they represent in order to be eligible for the league championships.