

Welcome new and returning families to the 2010 Swim Team Season of the *Oxford Hunt Swampfoxes!*

An Overview of Our Swim Team

Who runs the swim team?

The Oxford Hunt Swim Team is a subdivision of the Oxford Hunt Recreation Committee. The Swim Team is organized and run entirely by Oxford Hunt Parent Volunteers, who serve on swim team committees. The volunteers are organized by the Swim Team's Board of Directors who are also Parent Volunteers. The Board of Directors typically consists of a President, a Vice President, a Secretary, a Treasurer, and TSA Representative(s). The Oxford Hunt Swampfoxes follow all rules and regulations of the Tarheel Swimming Association (TSA). Our swimmers compete with other swim clubs in TSA's Southern League.

The Board of Directors work on swim team business all year long, most heavily between March and August. The Board members usually serve a two-year term. Anyone interested possibly becoming a future Swim Team Board member should contact a current member of the Board (your interest will be greatly appreciated!). Our parent volunteers put in a lot of time, effort, and dedication into each swim season!

The main Board of Directors of the Oxford Hunt Homeowners Association each year hires a company to be in charge of our overall pool management, operation, maintenance, lifeguards, etc. This summer the company will be American Pool Service.

2010 Board of Directors (Parent Volunteers)

Alison Hall	alisonhall@bellsouth.net	Co-President
Christine Ryan	cmryan@mindspring.com	Co-President
Leslie Welch	lwelch1@nc.rr.com	Vice President
Phyllis Tipton	phyllistipton@earthlink.net	Secretary
Amy Eischeid	a.w.eischeid@gmail.com	Treasurer
Debra Powers	debrapowers@nc.rr.com	Assistant Treasurer, Registrar
Bob Myers	robmyers@us.ibm.com	TSA Representative
Todd Eischeid	toddeischeid@gmail.com	Website Manager

2010 Coaching Staff (Paid by Swim Team)

Michelle DeLellis	mdelellis1@gmail.com	Head Coach for <u>7 & Up</u> swimmers
Sarah Burnett	SarahCBurnett@gmail.com	Assistant Coach for 7 & Up swimmers
Laura Grabowski	lmgrabow@uncg.edu	Head Coach for <u>6 & Under</u> swimmers
Jessica Houston	born2swim4real@yahoo.com	Assistant Coach for <u>6 & Under</u> swimmers

Related Websites

Visit our website! It is frequently updated: www.oxfordhunt.com/swampfox

Send an email to the Swim Team Co-Presidents: oxhswimteam@oxfordhunt.com

Read the TSA (Tarheel Swimming Association) rules: www.tsanc.org/about/documents/pdf/2009_TSA_Rules.pdf

Visit the Oxford Hunt website: www.oxfordhunt.com/

Our Team's Philosophy

We strive to teach our coaches and our swimmers to “do their very best”. Doing one's best is expected at every practice and at every meet. This focus helps the coaches and children learn that they are an important part of a dedicated swim team, we value them and their efforts, and that hard work is rewarding and honorable. We make note of all “personal best” times and pay close attention to all efforts made to improve one's swimming, so that we may recognize worthy accomplishments independent of win/loss status.

In addition to stressing that our coaches and swimmers do their very best at the individual level, our team also focuses on the meaning of “being a team.” Meaningful relationships will form during the swim season between coaches and swimmers, among the parents, among the swimmers, across age groups, and even between parents and swimmers. We want everyone to be able to count on each other, to respect one another and to have fun getting to know one another. Toward this goal, the swim team plans several social opportunities for the swimmers, parents, and coaches to socialize and have fun and make friends outside of the race lanes. For example, each summer will bring events such as Hot Dog Fridays, an Ice Cream Social, a Spaghetti Dinner night, Movie Swim-In Night, and a few others that are being planned. Even our committee work and our fundraising events are great opportunities for the parents to begin, maintain, or build friendships with their fellow Oxxford Hunt neighbors.

Swimmers, parents and coaches are expected to engage in courteous and positive behavior at all times. Unsportsmanlike conduct at meets or practices will not be tolerated by swimmers, parents, or coaches at any time.

Our Swimmers

Who may join the swim team?

The Oxxford Hunt Swim Team is open to residents ages 4 to 18. Swimmers may participate in individual main events for their own age group only. A swimmer's age group is defined by his or her age on June 1 of the current TSA swim season. Swimmers do not change age groups during the TSA swim season.

Due to safety concerns, ALL swimmers must be able to swim unassisted in some way (either by stroke or by float) at least half the length of the pool (15 yards). Beginner swimmers will be evaluated by our coaches the first two weeks of practice to determine whether they have the ability needed to swim in meets, to swim in our Jr. Swampfoxx Program, or should take lessons from an independent or private instructor before joining the team. You may have a questionable swimmer who could not swim unassisted last summer, and therefore is not ready for the swim team by registration day in April. But if taken to the pool frequently when it opens in May, or if given swim lessons, your child's swimming ability may advance quickly, and therefore it may be appropriate for this child to be registered toward the end of the registration deadline, which is the start of June.

Junior Swampfoxx Program

Our Junior Swampfoxx Program is for swimmers who are not quite ready for competition. These children are typically 4-5 year-olds who can swim unassisted, but may still need a little bit of help to make it the entire required meet distance, and/or are getting used to the idea of swimming in a meet, diving off of the starting blocks, etc. This program focuses on preparing young swimmers to participate in meets and develop good swimming technique. The ultimate goal of this program is to have all Junior Swampfoxxes ready to swim in at least one event during one meet by the end of the season. Typically children identified as a Junior Swampfoxx remain in this category for the entire season. Coaches often request that all Junior Swampfoxxes come to the 5:50 afternoon practices, which are usually less crowded and will allow more individual attention to be paid to these swimmers. If a family has one or more Junior Swampfoxx swimmers, and *no* children swimming as “regular swimmers”, this family may ask the Swim Team Board for a one-season reduction in committee and/or meet duties, if desired.

Swim Practices

There are daily practices throughout the summer with swim meets each Tuesday evening. We begin the season with afternoon weekday practices for about two weeks, and then we have both morning and afternoon practices. Each swimmer will attend one practice per day; you can choose morning or afternoon as your schedule permits, or as requested by the coaches. Coaches will communicate information directly to the swimmers during practices, including information about meets, scheduling, events, relays, etc. If your swimmer misses a practice, he/she may miss important information and ought to contact the coach to determine what may have been missed.

There are NO morning practices the day after a meet. There will be NO afternoon practice on the day of a meet. There will be NO practice on Memorial Day or Independence Day. Unless an exception is made, in order to swim in Main Events during a meet, swimmers are required to attend at least 3 practices per week. *Year-Round swimmers* are asked to try to attend at least 1 swim team activity per week (in addition to the swim meets), such as participating in a scheduled practice, or helping other swimmers during a scheduled practice.

Registering your Swimmer

The Registration Process:

1. Complete the registration form.
2. Pay for each swimmer (and swim suit, if desired.)
3. Sign-up for a committee.
4. Sign-up for 4 meet jobs (unless you are exempt).

Early registration greatly assists the swim team in assessing the size of the swim team, ordering swim suits in time for the first meet, getting all the registration information entered into a database in a timely fashion, and determining which committees are adequately filled and which ones still have volunteer needs. Swimmers who register between April 18 and May 18 will receive the Early-Registration discount per child (this is basically getting last summer's price again *this* summer!). Registrations occurring between May 19 and June 1 will not be eligible for the Early discount, and will be assessed an extra \$10 per swimmer. The last day to register is June 1, 2010.

Registration is not pro-rated for a swimmer who will be missing some of the meets. Registration is not complete until ALL four steps above are completed. All swimmers and coaches must have a current waiver signed by a parent or guardian (or themselves if over 18) for each swim season. Registration fees are non-refundable, with the exception of new 6-&-under or Junior swimmers. Send refund requests to the Swim Team President.

What does my registration money cover?

The swim team's *expenses* for 2010 are expected to be \$20,000. This includes coaches salaries (37%), Swamp Shack concessions for the summer (34%), swim team t-shirts and suits (7%), swim meets (6%), an award banquet and fun social events like a free ice-cream party and a free spaghetti dinner night (5%), and TSA dues. Each year we aim to have enough *income* to cover our expenses. Our income comes from: the profit from Swamp Shack sales all summer and during meets (49%), swimmer registration fees (37%), and fundraising and sponsors (12%). A huge round of applause also goes out to several local businesses for their financial help sponsoring the swim team. See the swim team's website for a list of our generous sponsors. And consider becoming a sponsor yourself!

Are you surprised to learn that ALL profits from the Swamp Shack concession stand directly benefit the Oxxford Hunt Swampfoxes?! Many parent committee members maintain inventory, make purchases, and keep our concession stand clean and running smoothly. The swim team reaps great rewards from their hard volunteer work. We have been able to keep everyone's registration fees very low by putting forth a lot of effort to make as much income as possible at the Swamp Shack all summer long and by selling food and drinks at our home meets.

Communication/Information

Our Website

Our website is developed, designed, and maintained for the convenience of our swim team families. Information on our swim team's website will be available to anyone with internet access who arrives at our site. The website will *not* include all of the database information or all of your registration information. On our website, if you click on the tab "People" and then on "Committees" you will find committee members names and email addresses. If you click "People" then on "Volunteer Positions" you will see meet job assignments (names and emails, we'll try to keep it current as possible, but changes and substitutions are made, often last minute). If you click on "Best Times" you will see swim time records and personal best times (swimmers name and swim times). We may begin to post swim meet results on the website, which includes the swimmers names, age category, and swim times.

Our Team Roster

In early June, each coach and swim team family will be sent via email an electronic Team Roster (usually an Excel spreadsheet) including all swimmers names and ages, parents names, addresses, phone/email contacts, and the parents committee(s). This Team Roster will *not* be posted on the website. Prior to every meet a separate TSA roster (Tarheel Swimming Association) including names and birthdates of all swimmers will be given to TSA Reps.

Email Communication

Coaches and swim team board members will use email on a regular and frequent basis to communicate with families. Please be sure we have an email address for your family that you access frequently. Sometimes there are last minute weather-related cancellations of practices or meets or other important announcements right up to the afternoon of a meet. Committee chairs and members will be given each other's email address for coordinating committee activities. In addition to email, coaches will be communicating important information directly to swimmers at each practice.

Our Parent Box

A Parent Box is a black file box containing hanging files for each family. Coaches and Swim Team Board members will communicate with families by placing information in these files throughout the summer. Families may also leave items in the files of the coaches, fellow committee members, board members, etc. Within a day or two after each meet, swimmers may pick up their place ribbons and personal best ribbons from their file. Swamp Shack Shoppers seeking reimbursement for concession purchases may leave their receipts (with their name and the total written clearly on the top) in the Treasurer's file, and can soon find their reimbursement checks in their own file. Toward the end of the season, the Awards committee will ask families to donate money, if they desire, toward the purchase of the coaches' gifts; instructions will be given for placing these donations in a certain Parent Box file. Because this Parent Box need to be kept safe and secure, and will likely be kept in the lifeguard room. To access this box, ask a lifeguard for access.

Our Parent Committees

What is a committee assignment?

Besides the swimmers themselves, the parents are the next most important element of the swim team! The swim team would not function without the volunteer work of the parents. When you register a child for the swim team, you may choose to be a member of any committee. Or you may choose to be a Chairperson of any committee, if that spot is available (priority is often given to returning Chairpersons who want the same spot and are thus familiar with the responsibilities required). Committee assignments vary in time commitment and amount of responsibilities. All duties are done during the pool season, most are only during the six weeks of swim team.

Because of the added responsibilities of a committee chairperson, such persons may reduce their meet responsibilities by signing up for only 2 meet job slots instead of 4. All other parents who are committee members (not chairs) are expected to volunteer for 4 meet jobs. The exception is the Swamp Shack Inventory/Shopping Chairperson – this person has a very crucial task that is weekly and lasts all summer, therefore this Chair has *no* meet volunteer requirements.

Do all parents serve on a committee?

A handful of dedicated parents is great, but is not sufficient to make it all work – this swim team requires some work by every single family. Often both parents in a family sign up for committees, but we ask at least one parent does. Many hands make light the work. Furthermore, parents get an opportunity to meet fellow neighbors and develop friendships with other swim team parents. If you are having trouble deciding on a committee, then please contact a swim team board member for assistance.

If a family is new to the swim team, and has *no* children swimming as “regular swimmers” (only one or more Junior Swampfoxx swimmers), or another extenuating circumstance, this family may ask the Swim Team Board for a one-season reduction in, or exemption from, committee and/or meet duties, if desired.

Committee Descriptions

Swamp Shack Inventory/Shopping. Keeps the stand stocked throughout the pool season. Does frequent inventories, purchases as needed. Determines pricing. Encourages donations of items. Oversees Swamp Shack Card system.

Meets/Events Food. Purchases, makes, or gets volunteers to purchase/make specialty foods needed for swim meets and holiday parties and makes sure the stand is properly setup before, staffed during, and cleaned after each event.

Cleaning. Signs up for one or more weeks during the season to make sure the stand remains clean and organized by wiping down the counter tops, sink, microwaves, refrigerator, and sweeping the floor.

Social. Organizes fun events or outings for the team, such as “free” Ice Cream Social and free Spaghetti Dinner Night, and “fee” activities such as trip to Emerald Pointe park. Organizes and announces where the team can meet and get food after each meet.

Fundraising. Organizes money making activities for the team during the swim season (ex: hot dog Fridays, movie nights, car wash, yard sale, shirts, photo cds, etc.). May work with the Concessions Committee to staff the concession stand during any special holiday (Memorial Day, July 4th) events.

Banquet/Awards. Organizes the banquet (place, food, volunteers, flyer). Sets up and decorates the room for the banquet. Cleans up after banquet. Orders all awards/gifts to be given to the swimmers/coaches at the banquet, brings awards to the banquet and arranges them for presentation. Makes sure any swimmers/coaches not at the banquet get their award/gift.

Meet Planning. Helps set-up for a Home Meet (works with the Lifeguards to put out kid pusher chairs, clerk of course chairs, lane lines, backstroke flags, OXH Swim Team Sign, Starter, Announcer’s Console, etc.). Helps clean up after a Home Meet (works with the Lifeguards to ensure all garbage is put away, all chairs are returned to their proper place, and that all equipment for the Meet stored ready for the next meet).

Ribbons. Counts out the proper number of ribbons for each meet and puts the labels on them. Provides everything needed to the Ribbon Distributors and the Ribbon Writers during all meets. Organizes all Place Ribbons and Personal Best Ribbons after each meet and then files them in the Parent Box.

Meet Information

Meet Basics

The swim season runs from approximately the 3rd week of May through the 3rd week of July. We have 3 home meets and 3 away meets. Meets begin with warm-ups at 5:00 and races at 6:00 p.m. When a swimmer arrives at a meet, he/she should immediately report to the Kid Pushers to have their number put on their arms. For *Home Meets*, all Oxxford Hunt swimmers need to be at the pool NO LATER THAN 4:45 pm; home team warm-ups start at 5:00 pm. For the *Away Meets*, all Oxxford Hunt swimmers should be at the other pool NO LATER THAN 5:15 pm; Away team warm-ups start at 5:30 pm. During the meets all swimmers must stay in their designated area. The Kid Pushers will call the children for their events. If they cannot find the child, the swimmer will miss the event.

Bring the following to the Meet: two or three towels, team swimsuit, sweat suit, swim cap and goggles (and a spare pair if possible), books, small games or toys, snacks, drink. On the day of a meet, swimmers should eat a big lunch (if possible) - pasta or other high carbohydrate foods. Avoid fats and greasy foods. They should have a light snack for dinner before the meet. During the meet, the kids should eat healthy foods such as trail mix, fruits, veggies, bagels, fruit juice, Gatorade and water. Not recommended: cake, cookies, candy, gum or soda.

Meet races/events

A meet consists of 66 events, 20 relays and 46 individual events. Swimmers are divided into six age groups and divided by gender. Due to the large number of participants, meets can take up to four hours. In order to keep the meet as short as possible, events are likely to be started before the entire process has been completed for the previous race. However, everything generally runs smoothly if each team comes prepared.

Six-under swimmers swim 15 yards to a rope stretched across the pool. The 7-8 and 9-10 age groups swim one pool length, or 25 yards. The 11-12, 13-14, and 15-18 age groups swim 50 yards (2 lengths of the pool). Each event is divided into heats so that all swimmers can participate. However, points are only awarded in the first heat, the *Main Event*. A six-under swimmer is limited to swimming in two individual main events, but may swim a third stroke in a heat. Six-under swimmers do not swim relay or butterfly stroke events. Swimmers in all other age groups are limited to three main events but may swim their fourth stroke in a heat.

Meet Attendance

All swimmers must be present at the start of the meet in order for heat sheets to be finalized, and are requested to stay until the end of the meet to cheer on their teammates or to possibly substitute for another swimmer if needed. If your swimmer will miss a meet, tell the coach as soon as possible so that the child's name is not entered into the heat sheets. If you are scheduled to work at the meet, but will be absent, tell the Chair of the Meet Planning Committee as soon as possible, indicating if you have gotten a sub for your meet volunteer slot.

All neighborhood swim teams are also invited each year to compete in an area Invitational Type Meet which is usually held the 2nd Saturday of July at a local pool. All Oxxford Hunt swimmers are invited and encouraged, but not required, to participate in the invitational meet. If you plan to go, spread the word and encourage others too!

Swim suit, swim cap, goggles

Any swim *suit* is allowed. Many swimmers have two suits -- one to wear at practice (e.g., their "everyday" suit) and one to wear at meets (e.g., their team suit). Most swimmers do have *goggles* for practices and meets. Goggles protect the eyes from chlorine and help your child see underwater. There are many types and styles. It tends to be a matter of personal choice. Two or three pairs are important because they tend to get lost and/or break at the wrong time. Swim *caps* are necessary for swimmers with long hair, and are a matter of choice for others. A lycra cap is softer and easier to use. A silicon cap gives more protection than a latex cap, but is more expensive.

Meet Jobs for Parents

What is a Meet Job (parent volunteer slot)?

Each family is expected to sign up for a 4 meet volunteer jobs, unless an individual family has had an exception made by the Swim Team President. If you have preferences for dates, shifts, or certain job positions, sign up early! We always need last-minute volunteers as well, when a parent has canceled (some generous parents end up doing more than four slots, if they are available and kind enough to step in last minute to be a sub!). Don't hesitate to sign up for a job that is new or unfamiliar to you. We will have short training sessions prior to the first meet (usually during time trials practices). And you will usually find other parent volunteers who are willing and able to answer any questions you have during the meet itself. If you are having trouble deciding on meet jobs, then please contact a swim team board member for assistance.

The Chair of the Meet Planning Committee handles the scheduling of parent volunteers for meets. If you need to remind yourself what jobs and what meets you have signed up for, contact the Chair of the Meet Planning Committee or check the list on our website. Prior to each meet we will also send out an email reminder showing who is working the upcoming meet shifts. Shift 1 is roughly the first half of the meet, and Shift 2 is roughly the second half of the meet.

Descriptions of the Meet Jobs

In preparation for the meet, the **Coaches** fill out *heat sheets* that list which swimmer will swim in what lane for every event of the meet. The team will provide listings to the **Kid Pushers** so that they know who to push (this means getting the child in line, in order, reminding them of the stroke, and motivating them to do their best). Often the heat sheets need to be reworked just before the meet starts because of no-shows. The Kid-Pushers are responsible for lining up the children according to the very latest version of the heat sheets, no matter how many changes occur. The order of events is typically the same, but sometimes the two teams will agree one week before the meet to change the order and have all six-under events precede the rest.

Things get started when the **Announcer** calls for the swimmers in the first swimming event (typically "7-8 boys medley relay main event") to report to the **Clerk of Course**. The Kid Pushers, having already rounded these boys up and put them in order according to the heat sheets the coaches have given them, send them over to their assigned starting blocks. The coach gives the event heat sheet to the Clerk of Course, who then verifies that the swimmers are where they are supposed to be.

The Timers, Place Judges, and Recorder stand at the end of the pool where the event finishes. This is at the middle of the pool for six-under events, the opposite end from the starting blocks for 7-8 and 9-10 events and at the starting end for all other events. After the Clerk of Course has checked the swimmers, a Runner takes the heat sheets to the Recorder. Once the Clerk of Course indicates that the swimmers are ready, the **Starter** checks that the Timers, Place Judges, and Recorder are ready. He or she starts the event by telling the swimmers to "step up" and "take your mark". He or she then sounds the horn to start the race. If a swimmer enters the pool prior to the horn, it is a false-start, and all swimmers should exit the pool, stand behind their block and await instructions from the Starter to restart the race.

The **Timers** start their stopwatches when the Starter's strobe flashes (or the horn sounds if there is no strobe) and stop it when the swimmer in their lane touches the wall (or crosses the rope for 6 & unders). The **Place Judges** are each assigned a place to judge. For example, the 3rd place judge is only responsible for determining which swimmer came in 3rd Place. The judge then indicates to the Recorder which lane came in third. The **Recorder** then writes the finishing position of each swimmer on the heat sheets and also marks the time of the first place finisher. Occasionally two judges will indicate the same lane. The Recorder must determine which placement is correct or indicate that they tied by placing a "T" next to both names on the heat sheet. The **Runner** takes the completed heat sheets from the Recorder and takes them to the Scorer. The Runner must also look at the two **Stroke and**

Turn Judges. If either of them has their hand raised, a swimmer has been disqualified and the Runner must pick up the disqualification form and deliver this along with the heat sheets to the scoring table.

The **Scorer** sits at the scoring table and receives the heat sheets and disqualification forms from the runner. At times, the Scorer will notice a discrepancy in the forms (ie. missing place position) and must immediately ask for clarification from the Recorder through the Runner. The Scorer writes the places and times on the final tally sheet. Points are assigned to each team: 5, 3, and 1 point(s) for first, second, and third place in individual events and 5 points for first place in relay events. In the event of a tie, points are split evenly between the two swimmers (4 points each for a first place tie, 2 points each for a second place tie and 1/2 point each for a third place tie). During the course of the meet the Scorer also keeps track of swimmers with multiple first place finishes and also notes new pool and team records.

When done, the Scorer passes the heat sheets to the ribbon table. The **Ribbon Writers** write the swimmers' names and times on the appropriate ribbons for each Main Event. The ribbons are placed in envelopes and given to the coaches at the conclusion of the meet. For all heats (not Main Events) **Ribbon Distributors** pass out heat winner and participant ribbons directly to the swimmers at the conclusion of their event, as the swimmers exit the water.

2010 Important Dates

May 17	4:50-5:50pm, 5:50-6:50pm	1 st day of Swim Practice (afternoon only until June 14), at pool
May 18	6:50pm	Last day of Early Registration Discounts, contact board member
June 1	6:50pm	Last day to register a swimmer, contact board member
June 14	9:00 – 10:00am	1 st day of Morning Swim Practice (attend afternoon or morning)
June 15	6:00pm	HOME meet vs. Medfield (be at our pool by 4:45pm)
June 22	6:00pm	AWAY meet at Brookstone (be at their pool by 5:15pm)
June 29	6:00pm	AWAY meet at Charleston Village (be at their pool by 5:15pm)
July 6	6:00pm	HOME meet vs. Carpenter Village (be at our pool by 4:45pm)
July 13	6:00pm	AWAY meet at Haddon Hall (be at their pool by 5:15pm)
July 20	6:00pm	HOME meet vs. Holland's Crossing (be at our pool by 4:45pm)
July 27	7:00 – 9:00pm	Swim Team Banquet, tentative date/time

- See the swim team website and emails we send to you for additional information, including possible changes, regarding these dates/events and other important dates/events as they are determined.
<http://www.oxfordhunt.com/swampfox>

One of our Team Cheers

*ONE! We are the BEST!
TWO! We can't be BEAT!
THREE! A little bit LOUDER!
FOUR! More, more, MORE!*



GO Swampfoxes!