



***Hobcaw Marlins
Swim Team
2010***



Hobcaw Swim Team 2010

Welcome to the 2010 season of the Hobcaw Marlins! We are fortunate to have Christopher Mills returning to our team as head coach, along with assistant coaches Anna Lawson, John Lupton, Wythe Crisler, and Anna Garrett. We look forward to another successful season. We have many exciting events planned during the season in hopes of providing our swimmers with a fun-filled experience this summer.

Remember to visit our website at www.hobcawyachtclub.org/SwimTeam/SwimTeam.htm for important swim team news and information.

Please read this handbook carefully. It is filled with a lot of important information, for both new and returning swimmers. Also, please sign and return the swimmer's agreement at the end of the book. Have a great season!

Let's Go Marlins!

Head Coach:	Christopher Mills, cell 607-1322, home 884-2493 e-mail: hobcawswimming@gmail.com
Assistant Coaches:	Anna Lawson John Lupton Anna Garrett Wythe Crisler
Junior Coaches:	Jansen Nash, JP Prickett, Elizabeth Wilson, Tiffany Mills, Paige Cole, Kirsten Erich, Katie Apple, Savannah Mozingo
Swim Team Board:	
Team Representative:	Dee DiBona (971-4157, jdibs@hotmail.com)
Treasurer:	Meg Malanuk (856-2288) and Robin Adams (881-4205)
Concessions:	Mary Beth Brown (849-6922)
Apparel:	Heather Ryan (881-7963)
Social Activities:	Gina Hull (849-6568), Kaye Edens (849-7877), Hayley Provosty (881-4052)
Volunteer Coordinator:	Debbie O'Neil (881-9488)
Communications:	Sharon Mills (884-2493)
Team Administration:	Tamie Herin (884-0032)
Sponsor Liaison:	Dorie Evans (270-9552)
City Meet:	Karen Albenesius (881-1402)

HYC Pool: 884-6915

HYC Web Site: www.hobcawyachtclub.org/SwimTeam/SwimTeam.htm. Check this site for meet maps, schedules, meet results and other important information.

PHILOSOPHY

The Hobcaw Swim team wants to provide a fun-filled, educational and safe experience for all swimmers. We believe that all swimmers are important to the team and will strive to reward effort and commitment to the team, not just speed! We expect positive, courteous attitudes and good sportsmanship from all team members and parents and a sincere desire to learn to swim better and be a committed team member.

SWIMMERS

All swimmers are encouraged to give their best effort during practice and meets. All swimmers should come to practice prepared to work hard. Swimmers and coaches will meet individually to set up season goals.

PARENTS

Parents are vital to the team. The board members and coaches welcome all input and comments from parents. Please call on off-meet days, as meet days are very hectic and require extra time and effort on the part of everyone. The coaches are instructing as well as acting as lifeguards during practice, so please give them a call after practices and meets. Parents are urged to remember that the coaches are in charge of a team of around 200 swimmers. That is like coaching 14 soccer teams at once.

This season at least one parent per family will be required to volunteer at two meets and one social event. With 8 or more meets per season and multiple social events, the opportunities to help are endless. Each meet requires 35 to 40 volunteer parents to cover the required duties. Please contact Debbie O'Neil if you have not already signed up for a specific job. Look over the following job descriptions and decide which one best suits your talents. Please do read them all because a general understanding of everyone's task will make yours easier.

Meet Manager: (One needed each meet)

Meet managers are responsible for making sure that all volunteer positions are filled for the meet, making sure that everyone has supplies necessary for their positions, and collecting all supplies at the end of the meet.

Meet Referee: (One per away meet)

The Referee must attend a special referee course and become certified in order to perform this job. Previously certified referees must take a refresher class and test to become recertified.

Prior to the start of the meet, the Referee shall ensure that all judges are in attendance. The Starter shall commence the meet after being told to do so by the Referee. The Referee has full authority over all meet officials.

Stroke and Turn Judge: (One needed per home meet)

This responsibility requires CCAA certification. Mandatory training sessions are in May; see the team reps for details.

This judge should arrive 30 minutes before the start of the meet and report to the Officials' Table near the starting blocks. The volunteer meet organizers will check you in

and give you the necessary material and review your task with you. (Do not check in with the coaches.)

The Stroke and Turn Judge walks abreast of the swimmers during all strokes except freestyle and ensures that all the rules relating to the style of swimming designated for this event are being observed. The Judge shall also ensure that when turning and finishing, the swimmers comply with the turning and finishing rules applicable to the stroke being used. They shall report any violations to the Meet Referee on signed slips detailing the event, the lane number and the infraction.

Starter: (One needed per home meet)

This responsibility requires some swimming knowledge; optional CCAA training is available, but not required; see the team reps for details.

The Starter should arrive 30 minutes before the start of the meet and report to the Officials' Table near the starting blocks. The volunteer meet organizers will check you in and give you the necessary materials and review your task with you. (Do not check in with the coaches.)

At the commencement of the meet, the Referee shall signal to the Starter that the meet shall begin. The Starter uses Hobcaw's megaphone to announce the start of the meet and each event. The Starter shall tell each swimmer what they are swimming: (i.e. "This is boys, 9 and 10 years old, freestyle, two laps, up the pool and back.") The Starter then tells the swimmers to get up on the blocks, or in the water for backstroke, to take their marks, and then starts the race with the alarm button on the megaphone. In the event of false starts, the Starter shall sound the alarm several times and, once ready, start the race again. The Starter will also be responsible for controlling the Dolphin timing system.

Timers: (Six needed for each meet)

These volunteers should arrive 30 minutes before the start of the meet and report to the Official's Table near the starting blocks. The volunteer meet organizers will check you in and give you the necessary material and review your task with you. (Do not check in with the coaches.)

Timers record all Hobcaw swimmers' times - point and exhibition swimmers. This information is used by the coaches and helps swimmers track their progress. We have two timers per lane.

Each timer is given a Dolphin timer, pencil and clipboard with the heat sheets; all events are listed in order with the names of the Hobcaw swimmers. Prior to the start of the meet become familiar with the stopwatch so you can take accurate times.

The visiting team will choose their lanes; the meet Referee will get this information. Each timer should select a lane to time. Usually there are six lanes total with four lanes for points and two lanes (the two outside lanes) for exhibition swimmers.

Prior to each race, ask the swimmer her name (for the 5/6 and 7/8 year-olds you will get the name after the race as the swimmers exit the pool). Record the time on the heat sheet.

Timers stay on the pool end with the starting blocks. The 5/6 and 7/8 year-olds only swim one lap so they start on the opposite end. Be careful to stop the timer as soon as the swimmer touches the wall (but not before!).

Remember to provide a word of encouragement to your swimmer prior to and following each race.

Place Judges: (Two needed for each meet)

These volunteers should arrive 30 minutes before the start of the meet and report to the Official's Table near the starting blocks. The volunteer meet organizers will check you in and give you the necessary material and review your task with you. (Do not check in with the coaches.)

At home meets, Hobcaw provides the first and third-place judges and at away-meets we supply the second and fourth place judges. Upon your arrival at the meet you will be assigned which place you will judge. You will wear a color-coded visor: blue for first place, red for second place, white for third and yellow for fourth. Place Judges should carefully watch each event and determine who finishes in your assigned place. Once you know who finished in your assigned place, walk over to that lane and greet the swimmer as he exits the pool and then walk him over to the Officials' Table. Place judges should get in order, the first place judge approaching the table first, followed by the second, etc., and taking turns; announce the place and team name of their swimmer. By approaching the table in order, the Recorder, Scorekeeper and Ribbon Distributor will be able to keep pace.

Ribbon Distributor: (One per home meet)

This person should arrive 30 minutes before the start of the meet and report to the Officials' Table near the starting blocks. The volunteer meet organizers will check you in and give you the necessary material and review your task with you. (Do not check in with the coaches.)

The Ribbon Distributor passes out ribbons to the swimmers immediately following their event. First place swimmers receive blue ribbons; second place red ribbons, third place white and fourth place yellow. After each event the Place Judges will escort the swimmers to the Officials' Table and announce each place winner. The First Place Judge will announce first, followed by the Second Place Judge, etc. You will notice that the judges wear color-coded visors for the place they are judging: blue for first, red for second, white for third and yellow for fourth. Please be aware that the ribbons are in order by event and each ribbon has a sticker on the back corresponding to the event.

In the event of a tie, give out two ribbons, pulling the extra ribbon from the extra stack. Do not present the ribbon for the space below the tie. Example: if there is a tie for first, give out two first place ribbons, a third place and a fourth place ribbon, but no second place ribbon.

Exhibition swimmers should always be offered an exhibition ribbon.

In the case of a disqualification, or if there are fewer than four swimmers competing for points, do not award the unused ribbons. Disqualified swimmers should be offered an exhibition ribbon.

Recorder and Scorekeeper: (One of each needed for each meet)

These people should arrive 30 minutes before the start of the meet and report to the Officials' Table near the starting blocks. The volunteer meet organizers will check you in, give you the necessary material and review your task with you. (Do not check in with the coaches.)

The **Recorder** records what place (first, second, third) Hobcaw swimmers finish on an official Heat Sheet. The Heat Sheet is the list of all swimming events in the order they are swum with who swims each event. The recorder simply asks each swimmer their name and place when the swimmers are escorted to the table by the Place Judges. Place Judges wear color-coded visors for their finish place: blue for first, red for second, and white for third. Meanwhile, the opposing team also has a Recorder doing

the same thing beside you. In the event of a score discrepancy, both Recorders' records will be reviewed to reconcile the problem.

The **Scorekeeper** uses a form listing all the events and the points for each event with one column for the home team and one for the visiting team. For each event, the scorekeeper records a subtotal and a running total for both teams. Meanwhile the opposing team also has a Scorekeeper doing the same thing. Place Judges announce which team wins each place (1st, 2nd, 3rd) in a very easy to follow fashion after each event. This job requires simple math skills. For relays, first place earns 7 points. For individual events points are earned as follows: first =5 points, second=3 points and third= 1 point. **The scorekeeping form is easy to follow and the slow pace of the meet makes this job easier than it sounds.**

Child Supervisor: (Eight needed per meet)

This supervisor works to line up and supervise the younger swimmers. There are two supervisors for each age group; the 6 and unders, 7/8's, 9/10's, and 11/12's. Supervisors wear color-coded signs identifying them as such and are given a heat sheet (the list of swimmers swimming each event). Each group of children reports to a designated area and is to stay there for the duration of the meet. The supervisors gather the swimmers for each event and walk them the starting area prior to their event. One supervisor can stay with the swimmers ready to swim an event while the other supervisor stays with the children not swimming in that event.

Concession Sales: (Usually 12 per meet)

At home meets, parents may take one-hour shifts running the concession stand. This is a very important job, as the concession stand raises a lot of money for the team.

COACHES

Our coaches act as role models for our swimmers in regard to good sportsmanship, fair play, cooperation, manners and team spirit. We ask all swimmers and parents to offer their support whenever possible. Feel free to contact the head coach by phone or e-mail, or before or after practice. Coaches will be busy with many duties during practice and need to be focused on the swimmers. Any questions regarding swimming issues should be directed to the coaches. Any management issues should be directed to a board member. Coaches will make sure that all swimmers are taught the correct strokes, starts and turns, and will recommend additional assistance if necessary. Coaches will keep times on each swimmer and update the records regularly. The coaches have the final say in completing heat sheets for the swim meets. Please get to know our coaches. This helps everyone communicate and get a better understanding of how the swimmers are progressing.

MEET THE HEAD COACH

Christopher Mills is looking forward to returning to Hobcaw as head coach for the fifth year. He swam for Hobcaw for twelve years, year-round with the Mount Pleasant Swim Club starting at age nine and for Wando for four years. Christopher graduated from Furman University in 2009, where he was the swim team's co-captain, "Rookie of the Year" and "Most Valuable Player." He was also an assistant coach for the year-round Team Greenville. Christopher is finishing his first year at Harvard Law School. Christopher enjoys working on swimming technique and teaches swim lessons.

MEET THE ASSISTANT COACHES

Anna Lawson was a member of the Hobcaw Swim Team since the age of four and is a rising senior at Clemson University majoring in early childhood education. She competed many times as a member of Hobcaw's City Championship Team. She is a graduate of Bishop England High School. Welcome back Anna!

John Lupton swam year-round for the City of Charleston Swim Team for nine years. He graduated Porter-Gaud High School in 2002 and Clemson University in 2006 with a Bachelors in English and Spanish. He taught English as a second language in the Berkeley County School system for two years. He is an accomplished pianist and would consider taking on some promising young students. This will be his third consecutive year as a Marlin assistant coach, and he is looking forward to another great summer!

Wythe Crisler was a member of the Hobcaw Swim Team for thirteen years and has been a junior coach for the past three years. He graduated from Wando High School, where he swam from seventh to ninth grade. Wythe is a rising sophomore at Clemson University majoring in Computer Information Systems. Welcome Wythe!

Anna Garrett was a member of the Hobcaw Swim Team since she was four years old and junior coached for three years with the Hobcaw Marlins. A freshman at the College of Charleston, Anna graduated from Wando High School, where she was a member of its swim team since 7th grade. She also swam for the MPSC Manatees year-round team for five years. Welcome aboard Anna!

JUNIOR COACHES

Junior Coaches will be specifically working with the younger age groups. Junior coaches will be assigned to work with individuals or small groups of younger swimmers during regular practices. The junior coaches are all older swimmers on the team with many years of swimming experience. Welcome to this year's junior coaches Jansen Nash, JP Prickett, Elizabeth Wilson, Tiffany Mills, Paige Cole, Kirsten Erich, Katie Apple, and Savannah Mozingo!

SWIM MEETS

There are eight meets per season and a three-day City Meet at the end of the season. The coaches make every effort to make sure that each swimmer who participates in practices and does not miss any meets due to vacations or camps gets to swim for points twice during the season. If your child will be away during some of the season you must inform the head coach by e-mail or with a written note of when your child will be away. Attendance at practice will play a role in the line-up for each meet. If your child is at practice everyday, he or she will be more likely to swim in meets. If your child has to miss a Tuesday or Thursday morning practice once meets begin, it is **mandatory** that a written note be given to the coach if your child is available to swim at the meet that night. Your child will not be listed on the heat sheet otherwise.

Meets begin at 7:00 pm. All swimmers must arrive at 5:45 for warm-ups before each meet. Heat sheets cannot be changed, so it is very important that all swimmers be present and accounted for by 5:45. **Swimmers need to check in with the head coach**

upon arrival at the meet. Warm-ups are scheduled by age group and swimmers need to sit with their age-group so that they can be lined up for their events. **All swimmers need to eat before the meet.** Swimmers should not be “hanging out” at the concession stand during swim meets.

Only two swimmers per age group per event swim for points. Points are awarded for first, second and third place. **Swimmers not swimming for points swim exhibition.** They still get a ribbon, but do not earn any points for their team, regardless of what place they finish. Most children will swim exhibition, but it is important to swim your best whether for points or exhibition. Times will be recorded for all swimmers. Swimmers should aim to beat their own previous time in each event they swim.

Swimmers with the fastest times get to swim in the relays so swimming against the clock rather than other swimmers is the goal to keep in mind. There are two types of relays per age group. The free relay is four swimmers swimming freestyle each leg of the race with a team of boys vs. boys and girls vs. girls. The mixed medley relay consists of four swimmers (two boys and two girls) with one swimming backstroke, one butterfly, one breast and one free. The relays start with the 7-8 age group; the 5-6's do not swim relays.

Each meet starts off with the mixed medley relays, followed by the 5-6's swimming exhibition freestyle. Then the other age groups swim freestyle, followed by butterfly, back stroke, breast and the individual medley. The meet ends with the free relays, which can make all the difference in an especially close meet. The meets usually end around 9:30 pm.

PRACTICES

Practice times are listed in the handbook. Parents and swimmers should watch for changes, announcements and other important information on the message board outside the clubhouse. Make sure that we have your correct e-mail address because we will be e-mailing updates and announcements throughout the season. Check the Hobcaw Yacht Club website for important information also. Practices will not be canceled unless there are dangerous weather conditions. If it's just raining, there will be a dry-land practice or the coaches will take time to sit down with each swimmer and discuss goals and improvements. Call the pool fifteen minutes before practice if unsure. The lifeguards will know if the pool is open for practice. Never assume that practice has been canceled. “Fun days” will only make up a portion of a practice, if the coaches decide to schedule one.

BUDDY PROGRAM

We have a buddy program for the swim team. A "fun day" is held at the beginning of the season to match swimmers and explain the "buddy system." Each older swimmer is paired with one or more younger "buddies" to interact with throughout the season. Social events are planned for swimmers to spend some time with their buddies. Buddies are encouraged to cheer for each other at the meets, talk to them when they see them at practice or around the pool, and get to know them. Older buddies can even assist their younger buddies with their strokes and swimming techniques. Each team member is important and it is up to YOU to make sure your buddy feels encouraged and welcome. Both of you will benefit and make our team a fun place to be. If you have any questions about this program, just ask a coach.

TIME TRIALS

Time trials will be held throughout the season. This is when official times are recorded for all swimmers in all strokes. **They are very important as they are used to help decide the swimmers for the first meets, and they also provide a baseline for your swimmer(s) to see their own progress over the summer.** We have divided up the schedule for those days to make it quicker and more efficient. **The first set of time trials will be held at the beginning of June.**

STROKE CLINICS

More information (dates and cost) will be available soon. Coaches will also offer private lessons.

DISCIPLINE

Included in the handbook is a **“Swimmers Agreement.”** We ask all families to discuss the information included in the agreement and we ask parents to discuss with their swimmers the team policy and rules for participation and behavior. We will have about 200 swimmers and although our disciplinary issues and problems have been few in the past, we feel the need to clarify our position for the safety and well-being of all swimmers. Any problems that arise will be dealt with “one-on-one” between the swimmer and the coaches. If necessary, parents will be contacted. If difficulties persist, the Swim Team Board may be asked to intervene, and although we hope any problems can be readily resolved, the coaches and board do reserve the right to ask a swimmer not to return to the team should that be necessary. PLEASE discuss the agreement with your swimmer and return the signed form to the coaches during the first week of practice.

CITY MEET

The Coastal Carolina Aquatics Association City Meet for this year has been set for Sunday, July 18 through Tuesday, July 20 at the Jewish Community Center. The swimmers with the fastest times during the season will be selected to represent Hobcaw at the City Meet. A preliminary City Meet list will go out to parents two weeks before the end of the season listing who may be eligible to participate. This will help determine availability of the swimmers. Our standing in the CCAA swim league is based solely on our placement in the City Meet. We encourage all swimmers and their families to come out and support the team at the City Meet. It is always an exciting event!

Practice Schedule

Monday and Wednesday, May 10th and 12th

4:15-5:15 11-12's

5:15-6:15 9-10's

Tuesday and Thursday, May 11th and 13th

4:15-4:45 new 5-6's

5:00-5:30 returning 5-6's

5:30-6:30 7-8's

Friday, May 14th–Friday, June 4th – Afternoon Practice Schedule

Age Group	Time
7-8	4:00 pm – 5:00 pm
9-10	4:30 pm – 5:30 pm
5-6	5:00 pm – 5:30 pm
11-18	5:30 pm – 6:45 pm

Monday, June 7th – Regular Morning Practice Schedule Begins

Age Group	Monday - Friday
11-18	8:30 am – 9:45 am
5-6	9:45 am – 10:15 am
7-8	9:45 am – 10:45 am
9-10	10:15 am – 11:15 am

Monday and Wednesday Afternoon Practice – Beginning Monday, June 7th (tentative)

Age Group	Monday & Wednesday
11-12 and 9-10	3:00 pm – 4:00 pm
7-8 and 13-18	4:00 pm – 5:00 pm
5-6	4:30 pm – 5:00 pm

These afternoon practices are optional. For the 5-6 age group (which is very large), we'd ask that the swimmers choose either the morning or the afternoon practice. For other ages, you are welcome to attend either or both practices.

Please plan to be on deck ready for practice 10 minutes prior to the start of your scheduled practice time.

Monday, May 31: No practice due to Memorial Day Holiday

Buddy Day Kick-Off: Saturday, June 5, 10:00 am – Noon (all ages)

Time Trials:

Tuesday, June 1, 4:00 – 6:15 pm: ages 5-10

Pizza and drinks afterward. *Ages 11-18 will practice from 6:30 - 7:30 this day only. *

Wednesday, June 2, 5:30 – 7:00 pm: ages 11-18
Pizza and drinks afterward.
(Other ages practice on regular schedule this day.)

2010 Meet Schedule

Tuesday, June 8	Crowfield
Thursday, June 10	Snee Farm
Tuesday, June 15	Coosaw Creek (team pictures prior to meet)
Thursday, June 17	at North Bridge
Tuesday, June 22	at Parkshore
Thursday, June 24	Daniel Island
Tuesday, June 29	bye
Thursday, July 1	at Shadowmoss
Tuesday, July 6	at Newington
Thursday, July 8	rain date
July 18-20	City Meet at JCC (top swimmers, by invitation only)
Thursday, July 22	Swim Team Banquet (families bring desserts)

* Subject to change.

All meets start at 7:00 pm. Swimmers need to arrive at 5:45 pm. Each swimmer should bring one case of bottled water, a 6-pack of Gatorade (Jr. Sport size) and a 12-pack of Coke, Diet Coke or Sprite (only these sodas, please) on the morning of the first swim meet.

Swimmer's Agreement

We would like the 2010 Hobcaw Swim team experience to be a happy one. Participation in a summer league swim team has many benefits including an emphasis on youth fitness and team experience.

The feeling of camaraderie and team spirit is one of the most important benefits to our swimmers. Each summer, the children look forward to seeing their friends and swimming together as the Hobcaw Marlins. Every swimmer is important to the Hobcaw Swim Team.

The privilege of participating on a team requires responsibility, self-discipline and sportsmanship. Hobcaw parents are expected to work together with the coaches in teaching these life skills. Please take a few minutes to discuss with your child the importance of showing respect and support for each team member, treating other team members, as your child would wish to be treated, and acting responsibly. Any behavior leading to personal injury or to the destruction of pool facilities or continued infractions of conduct rules will not be tolerated and may result in immediate suspension or removal from the team without refund. Please review this agreement with all of your swimmers prior to their first practice.

We look forward to seeing you at the pool. GO MARLINS!

HYC Swim Team Board and Coaches

(Please return the lower portion of this page to the coaches
the first week of practice.)

Swimmer's Agreement:

I promise to:

1. Listen to the coaches
2. Act responsibly
3. Come to practice
4. Swim my best
5. Support my team
6. Treat others with respect

Parent witness: _____

Swimmers: _____

