

GLASTONBERRY SWIM TEAM

2006 PARENTS' GUIDE

Glastonberry Swim Team Parents

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Coaches for 2006

Head Coach: Emily Santowski

Assistant Coaches: Elizabeth Chupp and Joe Brown

Private Lessons

Most of our coaches are available for private stroke lessons. Lessons are scheduled directly with the coach of your choice. Lessons are usually thirty minutes and are available during the afternoon, evening, or on the weekend. Fee is determined by the coach.

Team Correspondence and Communication

Most of our communication is sent via e-mail. Shannon McMahon will be sending out the meet volunteer schedules, meet results and general team correspondence at least twice each week. Please send Shannon McMahon an e-mail should your e-mail address change or you are not receiving team correspondence. During the season it is important that your e-mail is checked at least once each day. Especially on Thursday!!

Family file folders are the other source of communicating to our swimmers and parents. Many items sent by e-mail are also placed in the family file folder to ensure the correspondence is received. The file folders will be available during practice sessions so that swimmers who have not been at the pool can check their folder. It is always a good idea to have someone check your family file while you are away.

Many items related to our swim team are posted on the Glastonberry website, www.glastonberry.org

Information about the NASA Swim League can be found at www.atlantaswimming.com

Summer Practice Schedule

We will begin our summer practice schedule on Tuesday following Memorial Day. Our practice days are Monday through Friday with the following exception: there will not be practice on Memorial Day or the 4th of July.

Your child is expected to be at as many practices as possible. We do know that children have family vacations, summer camps, and church activities but they are a member of the team and practice is an integral part of being on the team.

Team Rules for Swimmers

1. Swimmers should be ready to get into the water at the time posted as the start of their practice period. It is wise to arrive at least five minutes early to find goggles, put on swim caps, use the restroom, etc.
2. All swimmers who have hair that can fall into their eyes and mouths should have it pulled back away from their face or wear a swim cap for practices and meets.

3. Swimmers are expected to show respect for coaches and parents at practices and meets. If a discipline problem arises, the coach has the authority to remove the swimmer from the pool area. In the event the child is asked to leave practice, the parent will be notified. The goal of the coaches is to insure the safety of the swimmers and to keep the season enjoyable for all team members.
4. Swimmers are expected to stay within the designated Glastonberry Club Swim Team bullpen area at meets. We try to keep the various age groups segregated so that swimmers are easy to locate. The bullpen area will be staffed by a large group of parent volunteers who will be lining up swimmers when their event is being called to swim.
5. Swimmers should never leave a meet without checking with the bullpen chair to see if they are scheduled to swim on a relay.

Team Rules for Parents

1. Siblings and/or parents of swimmers are not allowed in either pool during practice. We know this is difficult, but it is a rule of county league insurance coverage. The pools are not open until the lifeguards come on duty at 11:30 PM and are positioned in their guard chair.
2. Parents are welcome and encouraged to watch practice from the hill above the pool. Please do not approach the coaches regarding any personal issues while practice is in session unless a safety issue is involved. They need to keep their focus on instructing the swimmers.
3. Coaches are not responsible for children left unsupervised before or after practices. Please plan to pick up your child as soon as the swim practice is over. If there is a question of the practice being canceled due to inclement weather, check your e-mail for any last minute messages. We will send an e-mail if we are near a computer where a message can be sent. If no message is sent, come to the pool and check in with the coaches on the status of the practice session. Do not drop off your child without checking in as to what is planned for practice that day and checking your file box. Sometimes practice is delayed until the rain slows so the swimmers may do indoor stretching exercises while waiting.
4. **Each family is required to have an adult volunteer to work at least one shift for each meet your swimmer is participating in.** We will be sending out the volunteer schedules by e-mail and also posting one at the pool. The Glastonberry website will also have it posted. Check the schedule closely to see if your name is on the schedule.
5. If your child is swimming an event while you are working your volunteer shift, please let another volunteer know that you are going to take a minute to watch your child swim, and return to your volunteer position ASAP. It is very important that timers do not leave their timing positions.
6. Never take your child from a swim meet without checking with the bullpen chair to see if your child is needed to fill a relay team.

Meets

All meets begin promptly 5:30 PM. Our team warm up time will be prior to 5:30 PM and is set based on whether the meet is at home or away.

The meets may last until 10:00 PM. You may want to pack a snack and some type of cards or games to play while they wait for their event to be called. Concessions are available at all meets but sometimes may be difficult to purchase in a timely manner so it is always good to have a few healthy snacks available.

In the event of inclement weather, please show up at the meet anyway. It is the decision of the Council Members from both teams to call, postpone or delay the meet. No swimmers are allowed in the pool during thunder or lightning. It has happened that thunder and/or lightening has delayed the start of a meet or stopped a meet in progress yet not caused the meet to be postponed to a later date.

Meet events

There are 86 events in NASA Swim League meet.

Each swimmer is allowed to swim in two individual and two relay events. Depending on the number of swimmers in an age group, some swimmers may be asked to swim a third individual event. Swimmers are encouraged to learn all four strokes in order to be flexible as to what events they can swim. The more events the swimmer knows how to swim, the more opportunity they can possibly swim as lanes permit.

Relay teams will be assigned the day of the meet. These are subject to change if swimmers do not show up to swim, cannot be found, or for some reason find it necessary to leave the meet. Please check with the bullpen chair prior to leaving a meet because it is difficult to compensate for the disappointment of the remaining team members and their families when at the end of a long meet, it is discovered that one member of the relay is not there to swim and there is no one to take their place.

Ribbons

Ribbons are awarded for places 1 to 4 for individual and relay events. All ribbons are filed in your family folder. If your child is missing a ribbon, please see Emily or Elizabeth.

What to take to the Meet

- 2 Large Towels – one for your swimmer to sit on in the bullpen area and one to dry off with
- Swim cap and goggles
- Something to sit on (parents should bring a chair to sit on)
- T-shirts and shorts: one or two because they can get wet and depending on the weather
- Games: travel games, cards or something to pass the time while your swimmer waits
- Highlighter and permanent marker
- Patience, team spirit, patience, volunteer spirit, patience

**Please remember the purpose of summer swimming is to have
FUN, FUN AND MORE FUN!!**

Of course if you have any questions or concerns, please see Shannon McMahon or Jennifer Cooney. We will be happy to address the issue the best way possible.

MEET SCHEDULE

June 1	Haynes Landing @ home
June 8	@ Spring Ridge
June 15	CC of Roswell @ home (PICTURE DAY BEFORE MEET)
June 22	@ Chartwell
June 29	Doublegate @ home
July 8 & 9	Championships at Georgia Tech