

Montgomery Country Club Dolphins Swim Team Handbook

WELCOME TO MONTGOMERY!

The Montgomery Country Club Dolphins welcome you to the swim team. Summer swim team can be one of the most exciting, exhilarating, and exhausting activities that your family can experience. Swim team is truly a team affair and there is much more to it than swimming laps. This handbook is meant to introduce you to the many aspects of country club summer swimming.

INTRODUCTION

The Montgomery Dolphins are one of the 15 country club teams that comprise the Country Club Swim and Dive Association (CCSDA). These teams are divided into divisions based on the prior year's performance with 5 teams in each division. This year we will compete in C Division with meets on Tuesday and Thursday evenings throughout the summer.

2016 CCSDA DIVISION ROSTER

A Division

Washington Golf
Kenwood
Army Navy
Congressional
Bethesda

B Division

Columbia
Montgomery
Chevy Chase
Manor
Norbeck

C Division

Edgemoor
Avenel
Belle haven
Argyle
Lakewood

SWIMMER ELIGIBILITY

Children of Montgomery Country Club members between the ages of 4 and 18 (as of June 1) are eligible to swim on the swim team. The swimmer will swim this age group for the entire swim season. There is no "aging up" into another group after this date. Swimmers must be able to swim 25 yards without any flotation devices or assistance and be able to follow the coaches' directions.

SWIM TEAM DUES

Swim team dues pay for a variety of items, including handbooks, trophies, ribbons, coaches' gifts, team breakfasts, movie night, ice cream social, pasta party, equipment and the banquet for each swimmer. The dues do not cover the cost of swim team pictures, swimsuits, goggles or spirit wear. Non-swimming siblings and parents are encouraged to participate in team activities and are charged a nominal fee.

Dues for the 2017 seasons are as follows:

- \$125 for the 1st swimmer and \$95 each for each additional swimmer
- Swim team dues are charged to your member account

Registration should be completed by time trials. If you register and find that you are no longer able to participate, you may make a written request for a refund to the Swim team Representative. Requests for refunds must be submitted by time trials.

PRACTICES, MEETS AND SOCIAL EVENTS

The swim season is a busy one filled with events almost daily. The activities fall into three categories: practices, meets and social events.

TEAM PRACTICES

Practice makes progress, especially where swimming is concerned. For this reason, swimmers are encouraged to attend practice on a regular basis. Swimmers are assigned a practice time. Most swimmers are assigned a practice time based on age. Some swimmers are evaluated by the coaches and assigned a practice time based on ability.

Please have your child arrive on time and ready to jump in at their practice start time. Swimmers are expected to behave in a positive manner during practice and be respectful of the coaches. Please know that rude and/or disruptive behavior will not be tolerated, and the coaches retain the right to remove a swimmer from practice. The coaches will also be respectful of the swimmers. Swimmers must leave the pool deck after the completion of their designated practice so they are not a distraction to the other practice.

It is not always possible to make every practice, however, it is strongly suggested that the swimmer attend a minimum of two practices per week. Year round club swimmers are exempt from this due to an already rigorous and specific training schedule that runs concurrently with summer swimming. They are however requested to assist the coaches at a minimum of two practices per week. If your child will be absent from practice due to camp, vacation, etc., please let the coaches know in writing advance or enter the information on the team website Team Snap.

2017 PRACTICE SCHEDULE

May 23 - June 16

- Afternoon practices only

5 - 6 pm 9-10 and 8 and unders

6 - 7 pm 11-12, 13-14 and 15-18

June 19 - July 21

- Morning Practices -

7:30 - 9:00 am ages 13-14 and 15- 18

9:00-10:00 am ages 9-10 and 11-12

10:00-10:45 am ages 8 and under

- Afternoon practices Mondays and Wednesdays only

Same times as above

There is no practice on June 26, July 4, July 24, or July 25.

Swim Meets

Throughout our season, the team will compete in meets against other teams.

Time Trials

Time Trials is an intra-squad meet where our swimmers compete in an official meet format to establish their initial times and to help the coaches evaluate the legality of the swimmers stroke. This meet is officiated by certified judges and each swimmer must swim all strokes appropriate for his or her age group. The results of this meet are used as a benchmark for the competitive meets throughout the season. It is very important that **all** swimmers participate in Time Trials, however; if that is not possible please contact the head coach.

Meets

Dual or Tri meets are meets against other teams. All meets are swum in either a 25 yd pool or a 25 meter pool. Swimmers receive points based on their finish in each event. The host team determines to what place ribbons will be awarded, and if participation ribbons will be distributed. All meets are sanctioned by the CCSDA and held in accordance with the CCSDA By-laws; therefore the number of swimmers in each event will be limited to swimmers with the top times while considering legal stroke techniques. Based on times, swimmers are permitted to swim up to another age group if there are no other swimmers eligible.

If your child will miss a meet due to camp, vacation, etc., please let the coaches know in writing or enter the information on the team website Team Snap at least 48 hours in advance. This will allow the coaches to submit accurate meet entries.

Exhibitions

On occasion the Dolphins have the opportunity to participate in a meet with teams in the A or B division. If these meets are run in accordance with the CCSDA By-laws and follow the format, the results will qualify the swimmer for CCSDA championship sanctioned meets.

Relays

The relay meet includes all teams from the division and consists of a variety of relay events only. The coaches determine which swimmers swim "A" or "B" relay team.

Divisional Championships

After all dual meets have been completed, all the teams from each division will compete in the Divisional Championship meet (one meet each for each of the three divisions). MCC is in Div B for the summer of 2107. Eligibility for this meet is dependent on the swimmer's times for the season. The swimmers with the top times in each event will swim. In order to compete, the swimmer must have swum in at least 3 CCSDA sanctioned meets. Each swimmer is allowed to compete in 3 events.

CCSDA Championships

At the end of the swim season, all 15 teams/all three divisions in the CCSDA will compete in the championships. The top boys and tops girls from each age group for each event will be eligible to swim in championships. Each swimmer is allowed to swim in 2 events.

SOCIAL EVENTS

Team Breakfasts

Parents from the different age groups volunteer to provide breakfast for the team after Monday morning practices. Receipts must be turned into the swim team treasurer for reimbursement. Swimmers are allowed to begin eating after they have completed practice. This time can also be used to prepare posters etc. for this week's meets.

Team Banquet

The culminating social event of the season is the banquet. The banquet is held the Thursday after CCSDA championships. The evening includes food, trophy presentations, a DJ with dancing and the team's famous slide show. There is no fee for the banquet for the swimmer; however, there is a fee for non-swimming siblings and parents or friends. This fee is charged to your member account.

Pasta Party

Each year the Monday before Divisional Championships, the team has a pasta party to come together as a team and get ready for our big meet. The cost of this party is covered in the swim team dues.

Movie Night

The swim team may have an outdoor movie night. A "G or PG" rated film is selected for viewing. A good time is had by all!

Field Trip or Pool Party

The cost for the swimmer is covered in swim team dues and we welcome family and friends, however, there is a fee for any non-swimming siblings, parents and friends.

After Meet Dinners

After the completion of the away swim meets, the team, parents and friends get together for dinner and the distribution of ribbons. We usually meet at a fast food restaurant. This is a great time for celebration of the great job our swimmers, coaches and parents have done.

OTHER IMPORTANT INFORMATION

Swim Team Suit

The suit is available for purchase and is strongly recommended. Most swimmers enjoy wearing the suit at meets and for the team picture. The suits can be ordered at parents' night or purchased directly from the vendor. Sample suits are available to help determine the correct size for your swimmer. Please keep in mind that the suits do stretch during the year, so be sure to buy a suit that is snug.

Spirit Wear

Items such as sweatshirts, flannels, shorts, bags, caps, etc, for the swimmers and parents will also be available for order at parents' night registration. Some items will also be available for sizing. You will be able to order directly from the vendor's website.

Our team vendor is:

Cassel's Teamstore

www.casselonline.com

Contact: Renan Gonzaga

r.gonzaga@casselonline.com

Team Picture

During the season, the team schedules a photographer to take an official team picture. You may also choose to have individual or family pictures taken at this time. All photos are purchased individually and are completely optional. We encourage all swimmers to be included in the team photo and to wear the team suit.

Team Communication

Communication is very important in ensuring that the team runs smoothly. Information will be distributed in the following ways:

- Team e-mails - mccswimteam@gmail.com
- Team Snap
- Montgomery Country Club Website – www.montgomerycc.com

Communicating with the coaches - You may ask “When is the best time to talk to the coach?” The best time is after the conclusion of practice. One of the coaches is available after each practice to answer your questions, not during practice or a meet. You may also email the coach to set up a time to meet.

AWARDS

Meet Ribbons

Ribbons are given to swimmers in individual events who place in their event. It is up to the host club to determine to what place swimmers will ribbon, and if participation ribbons are given. Heat winner ribbons are also distributed at the host club's discretion.

End-of-Season Awards

The following trophies are awarded at the Swim Team Banquet.

Team Trophies - All swimmers registered for the team will receive an MCC team trophy.

High Point Awards - These are awarded to the male and female swimmers from each age group who accumulated the most points in the meets. There is also a high point trophy for the swimmer that accumulated the most points overall for the season.

Special Awards In addition to team trophies, other awards will be presented based on voting by the coaches and by the team.

TEAM ORGANIZATION

Our team is managed by two primary groups: coaches and **PARENTS**.

Our coaches manage all aspects of swim practices, meet line-ups, and managing swimmers during the meets and practices. They are also very involved with planning our social events. Coaching is a big job and they deserve everyone's attention and respect.

Everything else is organized and/or managed by **PARENTS**. Swimming involves a great deal of parents working very hard to help the season run smoothly. **To be fair, all parents are obligated to assist in various jobs during the summer season, especially at the meets. Failure to fulfill obligations may result in a swimmer not being able to participate.** We all want to provide a terrific, fun filled summer for our children so when asked to help, please jump at the opportunity. Also please remember to be courteous and respectful at all times.

Meet volunteers

Listed below are the volunteers needed JUST to run the meets - this does not include the other activities and committees needed to run this organization during the summer the season.

Home Meets

*Referee	*2 Stroke and Turn Judges
Head Timer	9 -12 Timers
2 Clerks of Course	Announcer
Table Judge	Ribbon Writers
Relay Judges	Sheet Runners

Away Meets

*Starter	*2 Stroke and Turn Judges
Head Timer	9-12 Timers
2 Clerks of Course	Table Judge
Ribbon Writers	Relay Judges

**Positions require certification from CCSDA or MCSL*

SWIMMER'S RESPONSIBILITIES

- Get plenty of rest before a meet
- Be prompt for warm-ups
- Know your events and report to Clerk of Course when called
- Stay in the team area, cheer, and be supportive of your teammates
- Eat healthy snacks and drink lots of water - no junk food until you are finished swimming
- When the meet is over, all swimmers are responsible for cleaning up the team area

- Do your best and cheer on your team!
- Come ready for practice and listen to the coaches' directions

PARENT RESPONSIBILITIES

- Resist coaching
- Praise your swimmer for things done well - even if they didn't win a race
- Be a good sport and encourage all swimmers
- Be respectful of all volunteers and the coaches
- Follow the guidelines set by the team and the CCSDA
- Enjoy the season and all the fun it brings!
- Jump at the opportunity to work at the meets and anywhere else needed

Coaching Staff

Head Coach

Chris Duff

cell# 301-520-1554

Email: cduff180@comcast.net
Christine_A_Duff@mcpsmd.org

Assistant Coach

Swim team committee

Diane Fitzgerald Cell # 240-751-3976
(CCSDA rep)

Email: diane.fitzgerald@comcast.net

Cathleen Marose Cell # 301-706-0785
(CCSDA rep)

Email: catmarose@comcast.net

Christine Williams Cell # 301-379-8969
(treasurer)

Email: ckwilliams@onebox.com

Country Club Addresses

Bethesda Country Club

7601 Bradley Blvd
Bethesda, Md. 20817

Washington Golf Country Club

3017 North Glebe Rd.
Arlington, Va. 22207

Argyle Country Club

14600 Argyle Club Rd
Silver Spring, Md. 20906

Norbeck Country Club

17200 Cashell Rd
Rockville, Md. 20853

Lakewood Country Club

13901 Glen Mill Rd
Rockville, Md. 20850

Manor Country Club

14901 Carrolton Rd.
Rockville, MD 20853

Chevy Chase Country Club

6100 Connecticut Ave
Chevy Chase, MD 20815

Columbia Country Club

7900 Connecticut Ave
Chevy Chase, MD 20815

2017 CCSDA Championship Meet – 7/24 & 7/27

Washington Golf Country Club

3017 North Glebe Rd.
Arlington, Va. 22207

2017 CCSDA Montgomery Country Club Swim Schedule

Tuesday, May 30	Afternoon Practices begin Monday-Friday (5-6 pm-10 and unders; 6-7 pm 11 and olders)
Saturday, June 17 AM	Time Trial Meet @ Montgomery
Monday, June 19	Morning Practices begin Monday-Friday (7:45-9 am 13-18 yr olds; 9-10 am 9-12 yr olds; 10-10:45 8 & unders) Afternoon Practices continue Monday, Wednesday Friday only (5-6 pm-10 and unders, 6-7 pm 11 and olders)
Tuesday, June 20 PM	Tri Meet: Montgomery, Lakewood and Manor @ Manor Country Club
Thursday, June 22 PM	Division B Meet: Montgomery @ Chevy Chase Club
Monday, June 26 PM	Team Pool Party & Pictures @ Montgomery
Tuesday, June 27 PM	Division B Meet: Montgomery @ Manor
Thursday, June 29 PM	Division B Meet: Norbeck @ Montgomery
Thursday, July 6 PM	Division B Relay Meet @ Columbia (by invitation)
Tuesday, July 11 PM	Boy vs Girl Meet @ Montgomery
Thursday, July 13 PM	Division B Meet: Columbia @ Montgomery
Sunday, July 16 PM	Team Pasta Party @ TBD
Monday, July 17 PM	B Divisional Championship Meet @ Chevy Chase (by invitation)
Tuesday, July 18 PM	Divisional Champs Rain Date
Thursday, July 20 PM	Division B Meet Rain Date or Montgomery @ Bethesda
Saturday, July 22 AM	Lollipop Meet @ Montgomery (all MCC swimmers under 10 years old)
Sunday, July 23 AM	Pool Familiarization @ Washington Golf (all swimmers invited to champs may attend-optional)
Monday, July 24 ALL DAY	CCSDA League Championship Meet @ Washington Golf
Tuesday, July 25 ALL DAY	CCSDA League Championship Meet @ Washington Golf
Thursday, July 28 PM	Team Awards Banquet @ Montgomery