

2019 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.

2019 CCSDA DIVISION ROSTER

A Division

Washington Golf
Army Navy
Kenwood
Congressional
Manor

B Division

Bethesda
Chevy Chase
Norbeck
Columbia
Edgemoor

C Division

Avenel
Belle Haven
Argyle
Montgomery
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. Our coaches will work with your children to help them reach this goal if they are unable at the start of the season.

SWIM TEAM DUES

Swim team dues pay for a variety of items, such as swim caps and a Dolphins T-shirt for each swimmer, trophies, ribbons, pool party, pasta party, equipment, lifeguards for meets, 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 2019 seasons are as follows:

- \$150 for the 1st swimmer and \$110 each for each additional swimmer
- A late fee of \$25 per swimmer will be charged for registrations received after May 24, 2019.
- Swim team dues are charged to your member account

Registration must be completed by time trials on June 17, 2019, but note that registrations received after May 24, 2019, will be charged a \$25 fee per swimmer. 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 next 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.

2019 PRACTICE SCHEDULE

May 28 - June 14 - Afternoon practices only

5 - 6 pm 12 and unders

6 - 7 pm 13 and olders

June 17 - July 24 - Morning Practices

7:45 - 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, Wednesdays & Fridays (unless otherwise communicated)

Same times as above; Any weather-related cancellations will be communicated through Teamsnap

Swim Meets

Throughout our season, the team will compete in meets against other teams. Some will be hosted at MCC and others will be hosted by another Club.

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 swimmer's 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 (Divisionals)

After all dual meets have been completed, all the teams from each division will compete in the C Divisional Championship meet (one meet each for each of the three divisions). MCC is in Division C for the summer of 2019. Eligibility for this meet is dependent on the swimmers' 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 (CHAMPS)

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. **In order to compete, the swimmer must have swum in at least 3 CCSDA sanctioned meets.** 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, as the MCC Grille is closed. Monday breakfast for swimmers is not guaranteed, as it relies on volunteers. When breakfast is provided, 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.

Pool Party/Team Photos

Each year, early in the season, the swim team hosts a pool party, which is fun for the kids and facilitates having a photographer take a group photo of the team. Some photographers may also take individual shots. The kids' meals are covered by dues, but photos must be purchased (optional).

After Meet Dinners

After the completion of the away swim meets, the team, parents, and friends may get together for dinner and distribution of ribbons. Swim Team Committee volunteers coordinate this gathering at a fast food restaurant and will send an e-mail letting families know where to meet through Team Snap. This is a great time for celebration of the great job our swimmers, coaches and parents have done.

Pasta Party

Each year, toward the end of the swim season, the team has a pasta party to come together as a team and get ready for our big meets. This is also where the famous “paper plate awards” are distributed to each of our swimmers. The cost of this party is covered in the swim team dues and parents will be asked to bring a dessert or appetizer to share.

Team Banquet

The culminating social event of the season is the banquet. The banquet is held the Thursday after CCSDA championships (CHAMPS). 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 swimmers; however, there is a fee for non-swimming siblings and parents or friends. This fee is charged to your member account.

Movie Night

The swim team may host 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

Swim Team Committee volunteers may organize a field trip.

OTHER IMPORTANT INFORMATION

Swim Team Suit

The team 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 specified “Swim Suit Try-On” nights held at MCC. 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. Suits may also be purchased directly from the vendor’s online store if you know the size your swimmer needs (a link will be e-mailed through Team Snap).

Spirit Wear

Items such as sweatshirts, flannels, shorts, bags, caps, etc, for the swimmers and parents will also be available for order on our online team store for a limited time. An e-mail will be sent through Team Snap with a link to the team store.

For 2019, our MCC Swim Suit volunteers are LouAnn Honacki and Angela Raval.

Our team vendor is:

Cassel’s Teamstore, www.casselonline.com, Contact: Renan Gonzaga, r.gonzaga@casselonline.com

Team Picture

At the team pool party, 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 Snap
- Team e-mails - mccdolphinsswim@gmail.com
- 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 may also distributed at the host club’s discretion.

End-of-Season Awards

The following trophies are awarded at the Swim Team Banquet.

Team Trophies – Swimmers may will receive a year-end token or trophy to be determined by our awards committee.

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 parent volunteers 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 or a fine. 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. The CCSDA offers online trainings for parents interested in becoming a Stroke and Turn judge. Volunteering to be a timer is a great way to watch the swimmer up-close and requires no prior experience or specialized training.

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. We need parent volunteers!!!!**

Coaching Staff

Head Coach

Chris Duff cell# 301-520-1554 Email: cduff1274@gmail.com

Assistant Coaches

Jack Creamer
Kelly Williams

Jr. Coaches-TBD

Swim Team Leadership

Thad Tomlinson Cell # 808-388-6330

(CCSDA Parent rep)

Heather Althouse Cell # 301-717-2298

(CCSDA Parent rep)

Diane Fitzgerald Cell # 240-751-3976

(Outgoing CCSDA Parent rep)

thad_tomlinson@hotmail.com

rubinoalthouse@yahoo.com

diane.fitzgerald@comcast.net

Swim Team Committee Chairs - we are always looking for more parents to help! *
Please contact Thad, Heather, or Diane for more info or to sign up for a committee.

Membership

Anna Tomlinson

Heather Althouse

Team Suits/Spirit Wear

LouAnn Honacki

Angela Raval

T-Shirts (Team/Coach/Parent)

Grace Middleton/Anna Tomlinson

Jenni Cook/Nancy McLay

Meet Coordinators

Denise Muscatello

VACANT

Volunteer Coordinators

Jennifer Lohmeier

Effie Frankowski

VACANT (2)

Pool Party/Pictures

Fernando Palacios

Maria Mantzouranis

Pasta Party

Rory Richardson

Maria Mantzouranis

Social Coordinators

Jenni Cook

VACANT

Meet Automation

Phil Fitzgerald

VACANT

Swimathon Meet Coordinators - NEW

Lea Wray

Alicija Dearth

Fundraising - NEW

VACANT

Banquet

Grace Middleton

Anna Tomlinson

Awards

Kathleen Songer

Diane Fitzgerald

Team Finances /Expense Reimbursement

Diane Fitzgerald

* *Names in italics are the volunteers from 2018. Will update with 2019 volunteers.*

2019 Swim Team Schedule

Thursday, March 21 4-8pm at Waredaca	Spring Social/Info Meeting/Volunteer Sign-Up
March	Registration Opens Online
April 1	Online Team Store Opens
Wednesday, April 10: 5:30-7:30 pm	Swim Team Info Meeting & Suit Try On @ MCC
Thursday, May 9: 6-8 pm	2nd /Final Suit Try On@ MCC
Tuesday, May 28 (5-5:45pm for 8 & Unders, 5-6pm for 9-12 yrs, 6-7pm for 13+)	PM Swim Practice Begins
Monday, June 17 (7:45- 9am for 13+, 9-10am for 9-12 yrs, 10-10:45am for 8 & Unders) Evening continues from 6-7pm only, except on dates with events	Morning Swim Practice Begins
Monday, June 17	Time Trial Meet @ MCC
Monday, June 24	Pool party/pictures @ MCC
Thursday, June 27 PM	MCC and Cattail Creek @ Avenel*
Week of 4th of July	No Meets, Practices only on July 1st and 2nd
Monday, July 8th	Multi-Club Lollipop Meet @ Argyle
Tuesday, July 9 PM	Argyle @ MCC
Thursday, July 11 PM	MCC @ Belle Haven
Sunday, July 14 PM	Team Pasta Party @ Bar-T Ranch
Tuesday, July 16 PM	C Division Relays @ Argyle
Thursday, July 18 PM	Lakewood @ MCC
Tuesday, July 23	C Division Championship Meet@ Lakewood
Thursday, July 25	Swimathon w/Cattail Creek @ MCC (Divisionals Rain Date)
Mon July 29/Tues July 30(ALL DAY)	CCSDA League Championship Meet @ Army-Navy CC
Thursday, August 1 PM	MCC End of Season Banquet @ MCC

Official start and expected arrival times for all events will be posted on teamsnap ASAP.
This schedule is subject to change based on the weather and other circumstances.