

Mercersburg Area Swim Club

Parent Information Packet

Dear Swimmers and Parents/Guardians:

Once again swim season is upon us. For those of you who are new to the team, "Welcome". For those of you who are returning, "It's great to have you back"! Mercersburg Area Swim Club is a parent run organization, which relies heavily on parent involvement. We need everyone to pitch in to make the season a success.

We have established several goals for the season. They are:

- 1) Have a fun and safe time in the pool
- 2) Improve stroke technique and knowledge of all four strokes (including starts and turns), in effort to drop times
- 3) Make each swimmer feel like a part of the team while teaching good sportsmanship habits at practices and meets

In order to make the season run smoother, we want to give you some general information about the swim season in this packet.

Included are some of the team and meet rules, a tentative practice schedule, and a meet schedule. As changes occur, we will do our best to keep you informed via the Mercersburg Area Swim Club website (www.swimmasc.org), Facebook page (www.facebook.com/mercersburgareaswim) and via e-mail from the coaches and the board members.

If you have any questions or concerns, please ask! We want to make your child's swimming experience a happy and healthy one. The most important step to making this season a success is to keep the lines of communication open between parents, coaches, and the MASC board. **If we don't know that something is wrong, then we cannot fix it.**

Here's to a fun and successful season!!

Coach Coleman, Coach Justin and the MASC Board

MASC COACHES

- **Coach Coleman** is in his first season has head coach for Mercersburg Area Swim Club. Coleman swam for Big Spring Aquatic Club since the age of 8. Upon graduating from Big Spring High school, he attended the University of Tennessee where he was an undergraduate assistant for the men's swimming and diving team and earned a Bachelor of Science in Education, majoring in Recreation and Sport Management and a minor in Business. In 2010, he became the Director of Operations for both the men's and women's teams at the University of Tennessee. Coleman later worked a similar position with the teams at Florida State University, where he was also the head coach of Club Seminole, FSU's USA Swimming Club. Coleman has experienced competitive swimming at all levels, from learn-to-swim lessons, all the way up to NCAA Division 1 Championships and Olympic Trials.
- **Coach Justin**

MASC BOARD

- Keith Price, President
- Kelly Ott, President Elect
- Teresa Price, Treasurer
- Katie Green, Secretary
- Dave Junkins, Historian
- Amy Frey, Concessions Coordinator
- Joey Lane, League Representative

PARTICIPATION REQUIREMENTS

- Swimmers must be be ages 5-17. Swimmers who are 8 and under must be able to swim the length of the pool (25 yards) with moderate ease. Swimmers 9 and older should be able to complete at least 100 yards with moderate ease, and knowledge of at least 2 of the 4 competitive strokes (fly, back, breast, free).
- The final decision as to the ability of a new swimmer to continue with the team shall be at the coaches' discretion. Coaches will discuss any concerns with the swimmer and his/her parents.

PRACTICE PROCEDURES/RULES

All swim team members and their families are expected to follow the rules and procedures outlined here for practices.

- Abide by the posted rules of the James Buchanan High School Pool as well as the Mercersburg Area Swim Club Code of Conduct.
- Swimmers are requested to attend at least 2 of the 4 practices offered each week.

Ideally, swimmers looking to improve time and strokes should plan on swimming 3-4 times a week.

- Team members should arrive to practice early so that they can be dressed and on deck stretching at least 10 minutes before the start of the scheduled practice.
- Team members should do their best to arrive on time for scheduled practices. Swimmers who are running late, should show hustle in getting to the locker room, on the pool deck and in the water.
- Team member should not wander around the facility and should remain in the pool area.
- Swimmers should use the restroom before practice begins, or during breaks given by the coaching staff.
- If a swimmer needs to leave practice before it is over, please notify one of the coaches before he/she leaves the pool deck, so that we are not searching for them.
- Parents are encouraged to watch practice from time to time. It's probably not the best to watch practice everyday, however, it also isn't healthy to never come to the pool.
 - a. It is imperative that the coaches have your child's undivided attention during practice. We ask that you not communicate with your child during practice, as to not compete with the coaches for your child's attention.
 - b. If you have a comment or concern about your swimmer and would like to speak with the coaches, we would appreciate it if you would do so before or after practice. The coaches want to be able to give their undivided attention to the swimmers during practice, while also their full attention to your concern.
 - c. Please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have an important purpose in teaching skills (ie, swimming one-arm butterfly or breaststroke with flutter kick).
- If a swimmer is being disruptive during practice (or a meet), they may be asked to sit out of a set, or the rest of practice. The coaches will inform the parents at the end of practice and will ask for your help in resolving the issue. **Swimmers are expected to be Respectful, Responsible, and Safe. MASC does not allow bullying or mistreatment of others at any time.**
- Please be prompt when picking your children up at the end of practice. If you know are going to be running late, please attempt to get a message to one of the board members or a coach.
- Please check your child's swim bag or have them check it to make sure that they

have their suit, towel, cap, goggle, and all other personal belongings before you leave.

MEET PROCEDURES

- To participate in dual meets, swimmers (and/or parents) will need to sign up the week before the meet. Parents and swimmers can sign up for the meet on the bulletin board in the pool area.
- If your swimmer has signed up for a meet and you find that they cannot participate, please let one of the coaches know ASAP. If we know ahead of time that your swimmer cannot be present, we can enter another swimmer in his/her events.
- In the event of an unexpected absence, please attempt to contact a coach so that we can make the necessary line-up changes.
- If your swimmer has not indicated that they either will or will not be swimming in a meet by the deadline set, they will not be entered into the meet and unable to swim.
- Meet schedules are included in this parent packet, and will also be posted online at www.swimmasc.org.
- Swimmers are expected to be at the pool and ready to stretch 15 minutes prior to warm up time. ***Please note that it is important for swimmers to stretch prior to a meet so that they don't get injured and are able to do their best.
 - Parents should use this time to double check to make sure your child is not wearing jewelry. Jewelry could result in a disqualification if worn while racing.
- Immediately following stretching, the swimmers will get into lanes as assigned by the coach(es) on deck for warm-up.
- After warm up and prior to the start of a meet, the team will meet together. At this time the coaches will give out any important information that the swimmers need to know. We will also do a team cheer.
- Swimmers will be expected to sit together on the pool deck during competitions. This will make it easier for our parent volunteers who are assigned with the task of making sure swimmers make it to the blocks.
- Prior to the start of the meet your child will be informed of the events he/she is swimming. It is helpful if you write the event number and the lane in marker on the swimmers hand or outside wrist.
 - This will help our seeders (and the kids) know what they are swimming and when.
 - Please note: relays are not always identified. Assume that your child is in a relay unless you are told otherwise.
- If the swimmer chooses to wear a swim cap, they are expected to wear the team

issued swim cap during swim meets.

- Coaches will make every attempt to have each swimmer compete in at least two individual events and one relay. Depending upon the number of swimmers in each age group, this may involve swimming up or swimming exhibition.
 - If you discover that your child is only swimming one event, please bring it to the coach's attention as soon as possible.
- Once a swimmer has finished an individual event, he/she will stay in the water until every swimmer in the heat has finished.
 - Swimmers should shake the hands of the swimmers in neighboring lanes before exiting the pool.
- After the swimmer is finished swimming an event, they should report to the coach for feedback.
- At home meets, swimmers are expected to stay until the end of the meet, so that every swimmer and parent can help clean up the pool area.
- At away meets, swimmers are dismissed after they've finished their last event and have cleaned up their area, but should check in with a coach before departing (in case the swimmer is needed for a relay).
 - Swimmers are encouraged to stay for the entire meet to cheer on their teammates and celebrate if the team wins.
- Awards will be collected by the coaches, or a board member, and will be distributed at the next practice.
 - Awards can be picked up in the swimmers folder in the file box on the pool deck.
- MASC does not provide transportation to away competitions. We will post directions on the website. If your child cannot get to a meet because there is no one to drive him/her, let one of the coaches or board members know. We can usually work something out.
- Please cheer for all competitors during a race except for the start.
- No flash photography is allowed at the start of a race because this may confuse swimmers since the electronic timing system uses a flash as well.
- Please be respectful of the coaches, officials, opponents, and fellow team members. **Good sportsmanship is to be displayed at all times.**

DIVISIONALS / ALL STARS

- All swimmers will have the opportunity to participate in the divisional championships, assuming they've met the league requirements of participating in at least three dual meet competitions in the winter, and at least two dual meet competitions in the summer.
- From divisionals, the top swimmers (generally 12 or 16) across the league will qualify for the All Star competition.

- Swimmers and parents will have the ability to pick their own events for the championship competition. Sign up directions will be communicated to MASC members accordingly.
 - Event selection should be the swimmers best strokes, or the best opportunities the swimmer has to qualify for All Stars.
 - Parents and swimmers are strongly encouraged to consult with the coaching staff when making these picks.
- Relays may be entered at the divisionals meet. Often times, relays will be formed by the fastest combination possible to better the odds of qualifying for the All Star meet.

PARENT INVOLVEMENT

- Mercersburg Area Swim Club is a parent run organization, which means that we need your help to make sure that meets run smoothly.
- There is a lot of work put into every meet. We need parents to time events, run slips to the scoring table, write ribbons for the swimmers, and work the concession stand at home meets. Parent volunteers are also needed at away meets.
- If one parent of every swimmer would volunteer to work at least ½ of each meet they attend, we would have the entire season covered.
- Every position that needs volunteers occurs on the pool deck, except concessions. Volunteers working concessions are kept aware of what race is upcoming. You **WILL NOT** miss your child's swim by volunteering.
- **If your swimmer is participating in a meet it is MANDATORY that you volunteer for a position for at least half of said meet.** (The only exception is for our High School Swimmer. Many drive themselves to a meet).
- If you are unsure how to do a particular job, another experienced parent will gladly show you how. Please don't hesitate to ask. We will hold Daktronic, Computer, and Equipment training for parents interested in one of these areas.
- We will need parents to help set up meets and tear down after meets.

CONTACT INFORMATION

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