

MAMMOTH LAKES SWIM TEAM - 2010 - SWIMMER INFORMATION PACKET
GO SHARKS! PROUD TO BE TOBACCO FREE!

Dear Swimmers and Parents:

Welcome to the Mammoth Lakes Swim Team sign-up package. Enclosed is your packet of information and forms for you to read, fill out and return. Please tell anyone that may be interested in joining the Mammoth Lakes Sharks about our registration meeting.

**The registration/parent's meeting for all parents is Thursday, April 1st,
at the Mammoth Lakes Community Center, across from the Village.
Registration will run from 4:00 to 6:30pm.**

If you have any questions about this packet, please call any of the board members listed below. We look forward to another exciting and FUN season with you!

The Mammoth Lakes Swim Team Board

Robert Weber	President	(760) 648-1910
Greg Bissonette	Treasurer	(760) 924-4128
Lisa Patrie	Secretary	(760) 924-3956
David Bassler		(760) 924-2285
Denise Perpall		(760) 935-4014

2010 Fees and Dues

Due to a number of factors the Board has chosen not to raise registration fees from last year!! All swimmers must include \$38.00 for their USA registration. This membership is mandatory. All swimmers must fill out the USA registration form, which is available at registration. **Please note that MLST does not accept cash for any payments.**

Please write one check for team dues and USA fees.

- 1 swimmer \$230 + \$38 USA registration = \$268
- 2 swimmers \$460 + \$76 USA registration = \$536
- 3 swimmers \$660 + \$114 USA registration = \$774
- 4 swimmers \$880 + \$152 USA registration = \$1,032

Payment is due on or before May 3, 2010

Team Suits

There will be suits available in each size to try on at the registration meeting as well as order forms. Team suits are mandatory for participation in team events. If you are unable to be at April's meeting and need to try a suit on, please call Greg Bissonette, Board Treasurer, at (760) 924-4128 to arrange a time to try one on.

Schedule of Meets

Please find the latest information by viewing our website,
<http://www.mammothsharks.org>.

MAMMOTH LAKES SWIM TEAM COMPETITIVE SWIM PROGRAM FACT SHEET

OBJECTIVES

The goal of Mammoth Lakes Swim Team is to develop swimming for the benefit of Mammoth Lakes and surrounding area school age children of all abilities. This is accomplished by daily coached practices and competition age group swim meets.

AGE GROUP SWIMMING

Swimmers compete against other swimmers in their own age group. Boys and girls practice together but do not compete against each other. The normal age groups are 6 and under, 7-8, 9-10, 11-12, 13-14 and 15-18. Occasionally swim teams combine age groups to form either 8 and under or 10 and under, and 13-18 at their swim meets.

Within each age group, swimmers can be divided into A and B categories, according to their submitted times for the event. At many swim meet competitions, separate scoring and awards are provided for each level.

Swim meets are held in pools of standard lengths, and as a result, times are comparable from one meet to another. An important part of the Mammoth Lakes Swim Program is to teach the swimmers to set goals for themselves and to work to better their own times, regardless of the times of other swimmers.

PRACTICE SESSIONS

Practice sessions focus on building endurance and learning proper stroke and turn techniques. A trained swim coach supervises all practice sessions. This is not a learn-to-swim program. Practices are divided into ability groups according to experience levels and age. Practices of the novice group emphasize swimming technique. Practices of the experienced group stress physical conditioning as well as advanced technique.

From May 3 until school is out in June, swimmers practice from 45 to 90 minutes, depending on the age group, after school Monday through Friday at Whitmore Pool. **PRACTICE SESSION TIMES WILL BE ANNOUNCED AT THE SPRING MEETING or POSTED ON THE WEBSITE.** The coaches set the number of practice days. After school is over, practice sessions are held in the morning. Older, more experienced swimmers are given the opportunity to swim additional practices in the evening to increase their endurance and yardage. All schools are notified of any cancellations. We do not always know about cancellations until the last minute given the way our local weather can change. Any matters concerning a swimmer's training or participation should be directed to the head coach either before or after practice privately. Any changes to assigned practices need to be made with the coach's approvals.

COST

All swimmers are required to join United States Swimming at a fee of \$38 per season. Team fees are due on or before May 3. Fees are listed in this packet. Swim meet entries are additional costs. The cost of travel to swim meets is the responsibility of the swimmer's parents. In addition, each swimmer is required to wear our team suit at competitive swim meets. Additional equipment such as goggles and sweats are recommended.

No child will be denied the opportunity to swim on the team due to financial hardship.

Established written criteria for financial aid must be met to be eligible for team assistance. The Board can make arrangements to pay team fees if a swimmer's parents make their hardship known to Greg Bissonette, the board treasurer.

The money raised by team fees, fund raising events and concessions, is used directly to support the swim team program in Mammoth Lakes. Expenses include coaches' salaries and training; lifeguard fees, meet equipment, pool expenses, awards and maintenance of our equipment and pool facilities.

PARTICIPATION AND POOL RULES

This is a competitive swim club and all swimmers on the team are expected to swim in as many meets as possible during the competitive season.

No running is allowed on deck at any time. No glass is allowed on deck. Lifeguard tower and its steps are for the use of the lifeguard on duty. Stay off the equipment. Children not involved in practice must be supervised and stay within the pool enclosure.

Parental discipline and positive support of your child is essential. Parents, as well as swimmers, are expected to conduct themselves in a manner in which we can all be proud. Unsportsmanlike behavior is not tolerated from swimmers or parents under any circumstances. This behavior will result in the person being removed from the pool deck, either temporarily or permanently.

The Mammoth Lakes Swim Team will not allow the use of profanity, drugs, and alcohol or tobacco products in or around the pool either during practice sessions or during swim meets. The United States Swimming Association specifically prohibits the use of drugs, alcohol, or tobacco products. All swimmers are required to sign the Team Rules Contract.

SWIMMER'S SUCCESS THROUGH PARENTAL INVOLVEMENT

The Mammoth Lakes Swim Team can only be successful with the assistance of parent volunteers. Volunteers at each location run swim meets, both locally and at away meets. Parents are expected to participate at away meets by assisting with timing shifts or training to become swim meet officials. At our local meets, every parent must volunteer to assist with some part of running the meets in order to insure the meets are timely and efficient. Sign up sheets for the different jobs are posted at Whitmore Pool prior to our two local meets. Sign up early to help.

LOST AND FOUND ITEMS

Lost and Found items are collected in bins by the team equipment. It will be turned over to the Cast Off or other worthy charitable organizations throughout the season. Parents are encouraged to put the name of their swimmers on any item used during the season, especially sweat shirts, team suits and towels.

AWARDS

Awards are given at the end of most meets. These awards are usually presented to the swimmer at a later date. At the end of the year there is an awards event. Awards include participation awards, High Point awards (points accumulated throughout the season from individual events at each league meet the team attends), most improved awards for boys and girls in each age group (determined by taking the difference between the swimmer's initial time in an event each year and their fastest time posted for the year) and special recognition awards.

FURTHER INFORMATION

There is a tremendous amount of information distributed to the parents on an ongoing basis throughout the season. This information is placed in folders, arranged alphabetically under the family name, at the pool. It is very important to check the folder each and every day after practice to make sure you are kept up to date. There are entry cards for meets and meet information sheets that sometimes only give us a few days to enter the kids in away meets. Please help us by keeping informed of upcoming events. Your swimmer should check their folder every day. If you are involved in a carpool situation, please make sure your folder is checked by whoever is driving your swimmer.

LET'S HAVE A GREAT SEASON!