

MAMMOTH LAKES SWIM TEAM - 2011 - SWIMMER INFORMATION PACKET

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 to Greg Bissonette at mammothsharks@gmail.com. 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 Tuesday March 29th,
at the Mammoth Lakes Library from 5:30 to 6:30.**

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

<u>David Bassler</u>	President	(760) 924-2285
<u>Lisa Anderson</u>	Secretary	(760) 934-2507
<u>Greg Bissonette</u>	Treasurer	(760) 793-8552
<u>Denise Perpall</u>	Member at Large	(760) 935-4014
<u>Nicole Godoy</u>	Member at Large	(760) 914-2186
<u>Lisa Okamoto</u>	Member at Large	(760) 935-4735
<u>Chrissy Furness</u>	Member at Large	(760) 258-6968

2010 Fees and Dues

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

Our budget for the swim team this year is \$36,000. If we have 60 swimmers, the cost of each swimmer should be **\$600**. **We are able to keep fees low due to fund-raising and donations.** Please help us keep costs down by donating or raising funds. 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; meet equipment, awards, and maintenance of our equipment and pool facilities. Swimmers have the opportunity to swim at approximately 100 practices in our 15 week season – plus swim meets!

Team fees for returning swimmers are due on or before April 15, 2011. New swimmers can join the team at any time.

All swimmers are required to join USA Swimming at a fee of \$45 for a seasonal membership. Some swimmers who will compete year-round should purchase a yearly membership for \$60. USA Swimming provides our mandatory insurance.

Additional costs that are not covered by fees include team suits, goggles, swim meet entries, and travel.

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.

Please note that MLST does not accept cash for any payments. Checks should be made payable to MLST or Mammoth Lakes Swim Team.

Please write one check for team dues and USA fees.

- 1 swimmer \$230 + \$45 USA registration = \$275
- 2 swimmers \$460 + \$90 USA registration = \$550
- 3 swimmers \$660 + \$135 USA registration = \$795
- 4 swimmers \$880 + \$180 USA registration = \$1,060

Payment is due on or before April 15, 2011

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 March's meeting and need to try a suit on, please visit Mammoth Estates on Canyon Blvd. to try one on and get order forms.

Schedule of Meets

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

2011 Swim Schedule-Blue writing signifies meets that all should attend

Tuesday March 29-5:30pm Informational Team Meeting at the Library-The Board and Coaches will speak about the season, practices and meets. Registration information will be available as well as a swimsuit sizing kit

May 2-First Day of Practice

Mon.-Fri. 8 & Under 2:15-3pm, 9-12yrs 3:15-4:30pm, 13 & Older 4:30-6:30

May 15-Bishop and Mammoth Meet in Bishop

May 21-Ridgecrest—Tentative

May 26-Home Practice Swim Meet

May 30-No practice on Memorial Day

June 4-5 Tahoe Swimming At Altitude Short Course Meet

June 6-Fundraiser Swim Clinic for Tri Club/swim enthusiasts

June 17-19 Reno Gamble Invitational Long Course Meet

June 20 Post-School Workout Schedule Begins

Monday 10 & Under 4-5:30pm, 11 & Over 5:30-7:30pm

Tuesday-Thursday 11 & Over 7:45-9am, 10 & Under 9-10am, 10 & Under 4-5:30pm, 11 & Over 5:30-7:30pm

Friday 11 & Over 7:45-9am, 10 & Under 9-10am, PM 4-6:30pm All Age Groups (10 & Under will finish at 5:30pm)

June 24-26 Bishop Invitational

July 2-Whitmore Triathlon

July 4-Participate in 4th of July Parade

July 7-10 JOs San Jose, CA

July 13 Swim-a-Thon Fundraiser

July 22-24 Tahoe Come Up for Air Short Course Meet

July 27-31 Long Course Far Westerns Concord, CA

July 30-Car Wash Fundraiser 10am-2pm Place TBD

August 5-7 Championships at Minden

August 13-Mammoth Annual Scholarship Meet

August 14-End of Season Party at Whitmore

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.

Within each age group, swimmers can be divided into A, B, JO and Far Western categories, according to their recorded times for the event.

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 – [Please see our schedule at www.mammothsharks.org](http://www.mammothsharks.org)

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.

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 during either practice sessions or swim meets. The United States Swimming Association specifically prohibits the use of drugs, alcohol, or tobacco products.

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. Signup 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!
GO SHARKS!!!*