

CYPRESS MILL



MAKO SHARKS

We are excited about seeing all our returning swimmers and welcome all new swimmers to our fifth swim season. We look forward to having another year of fun for all of our Mako Shark families...and want to thank each of you in advance for your time and energy in helping to make this another great year. It is the dedicated volunteers (all of us parents) who will make this summer fun, exciting, and safe for our kids. This year we are excited to announce that we will have our coaches returning again this year. Please remember that they cannot keep our children safe without our help.

Our team's mission is to emphasize sound competitive swimming skills and good sportsmanship, promote individual improvement for each swimmer and have a good time with swim team friends. We will be competing in NWAL, the North West Aquatic League against five excellent **Division 4** teams from local neighborhoods: Bear Creek, Blue Marlins, Enchanted Valley, Stone Gate and Windsong.

Board of Directors

President: Toby Simmons

1st Vice President: Melanie Hamilton

2nd Vice President: Stacey Stricklin

Treasure: Melanie Hamilton & Stacey Stricklin

Secretary: Lisa Willmon

Sponsorship / Fundraising: Stacey Stricklin

NWAL Team Reap: Toby Simmons

Officials

Referee: Toby Simmons & Leonard Moore

Head Computers: Melanie Hamilton

Computer Assistants: Lisa Willmon & Krisanne Naudin

Head Timer: Joe Malota

Clerk of Course: Cheryl Tupa

Strock & Turn: Hank Griffith & Debra Smith

Team Rep: Maureen Powell & Shawn Massey

Coaches

Christine Haines

Jeanne Decker

Volunteer Positions

Volunteer Coordinator:

Equipment Manager: Shane Schroeter

Concessions Coordinator: Stacey Stricklin

Concessions Team Leader: Donna Dent

Grill Team: Trey Dent & Todd Stricklin

Parking & Traffic Control: Jeff Nevill

Website: Toby Simmons

Hospitality Team Leader:

Ribbon Writer:

Announcer:

First Aid:

Website

www.cmmakosharks.org

Check out our website for the most up-to-date information, practice schedules, forms to download, pictures from meets, information about our sponsors and links to other important websites.

Eligibility

Any resident of Cypress Mill who is:

1. 18 years of age or younger on May 31, 2009
2. A novice swimmer (defined by NWAL as anyone who has not participated in USS competition from the beginning of the NWAL season until the end of the NWAL season) may join the Mako Sharks.
3. **“Pool Safe”** Although we want to make the swim team open to as many of our families as possible, the coaches have too many swimmers on our team to work with non-swimmers and ensure their safety. If a child has the confidence and desire to swim, he/she must demonstrate that he or she is “pool safe” which NWAL defines as being able to **swim the length (25 yards)** of the pool by the end of the second week of practice. Coaches are not hired to provide swim lessons for beginners, but to provide competitive skill instruction by age group.

Refunds

If your child is withdrawn from the team, you will be entitled to a refund of \$50. There will be no refunds issued after May 5th. To obtain a refund, please send an email to Melanie Hamilton at mkhamilton33@yahoo.com. All requests must be in writing. We will not honor any requests after May 5th.

Waiver – Medical Form

A medical information form and waiver must be filled out for each swimmer before the first day of practice. This information will be kept at the pool and brought to each away meet to be used in case of an emergency.

Parent Meeting

We will hold a mandatory parent information meeting at 6:00 p.m. on Friday May 15th at the Cypress Mill Park II pool (aka main pool). This will be your opportunity to get answers to any questions you may have.

Communication

In a team this size, communication is critical. We conduct most of our communications via email or on our team website, www.cmmakosharks.org. Our website is updated weekly with details about the upcoming meet and other pertinent information. We urge you to contact us with any questions you may have. Please send all questions to info@cmmakosharks.org. We make every effort to respond promptly. If you have a specific question for the coaches, please wait until **AFTER** practice to approach them. Our coaches are very busy during practice and do not have time to talk.

Practice Schedule is as follows

From Wednesday April 15th – June 3rd 2009 there will only be afternoon practices. Starting Thursday June 4th we will be including our morning practice schedule.

Monday: Mornings are at the Park II pool
Afternoons are at the Cypresswood pool

Tuesday: Mornings are held at the Cypresswood pool
Afternoons are held at the Park II pool

Wednesday: Mornings and afternoons are held at Park II pool

Thursday: Mornings and afternoons are held at Park II pool

Friday: Mornings and afternoons are held at Park II pool

Morning practices:

7:45 am – 9:00 am: for ages 11 - 18

9:00 am – 10:00 am: for ages 9 & 10

10:00 am – 11:00 am: for ages 7 & 8

10:30 am – 11:00 am: for ages 6 and under

Afternoon practices:

4:30 – 5:30 pm: for ages 10 – 18

5:30 – 6:30 pm: for ages 7, 8 & 9

6:30 – 7:00 pm: for ages 6 and under (plus those needing help with Free & Back)

If weather conditions exist that require the pool to be closed (lightening, etc.) practice will be canceled for that day. Please make arrangements for your child to be taken care of if you leave and practice may be canceled. **Practice will begin after school on Wednesday, April 15th for the older swimmers. Starting April 29th practice will be *mandatory* for all swimmers.** The schedule will be posted on our website by April 14, 2009. After school is out, morning practices will begin. All practices are divided based on both age and ability. We will offer evening practices during the summer for those *unable* to attend the morning sessions. If you need to attend another practice time due to scheduling, please speak to the coaches to find a suitable practice time. The team understands that due to other commitments, swimmers may not be able to attend all practices but we urge you to try and attend as many practices as possible. The more time in the water, the stronger your child will become.

Practice Policies

Our practices are a chance for the swimmers to improve their skills and endurance. The coaches will be on deck during all practices. If you need to speak to one of the coaches, please try to refrain from interrupting their instructions and wait until after practice. Parents are responsible for their children during practice. Roughhousing around the pool is not allowed and will result in removal from practice. If it becomes a repeated problem, further disciplinary action may be taken.

Rained Out Practices

If thunder or lightening is present at the onset of practice hours, practice may be canceled. If the weather is cloudy or it is raining lightly, it is likely that practice will continue....after all, the swimmers are already wet.

Meets

Meet Schedule

5/4 – 5/8 Time Trials
5/16 Home Meet vs. Blue Marlins
5/23 Home Meet vs. Windsong
5/30 Away vs. Enchanted Valley
6/6 Away Meet vs. Stone Gate
6/13 Home Meet vs. Bear Creek
6/20 Divisionals at Bear Creek
6/25 – 6/25 Invationals

***Time Trials: Please make sure that your swimmer is in attendance the days listed above in order to get an official time. If they enter without an official time, results will not count towards our team score.

See our website – www.cmmakosharks.org for directions & maps to each pool for away meet. The Mako's will participate in 5 dual meets and an end of season divisional meet. They will be competing against our fellow teams in Division 4. All meets will be Saturday mornings and begin at 8:30 am. Swimmers *must* arrive by 7:00 am to check in and participate in warm-ups.

****All swimmers need to be present and checked in by 7:30 am or they will be scratched from their events.*

Events

Swimmers are eligible for no more than 3 individual events and 2 relays per meet.

Freestyle Relay (all swimmers)
Medley Relay (7-8 and above)
Freestyle (all swimmers)
Backstroke (all swimmers)
Breaststroke (7-8 and above)
Butterfly (7-8 and above)
Individual Medley (9-10 and above)

Scoring

Points are awarded for the first three finishers in each individual event (at a dual meet) for each age group. The points awarded in dual meets are:

Individual Events:

1st Place 5 points

2nd Place 3 points

3rd Place 1 point

Relays:

1st Place 5 points

2nd Place 2 points

A team may only score relay points for one place. If one team wins both 1st and 2nd place, then only 5 points will be awarded for that relay event. Ribbons are awarded to swimmers finishing 1st through 6th place in individual events and 1st through 3rd in relay races. These policies apply only to home meets. The ribbon policy of the hosting team applies for away meets. Ribbons will be distributed starting Monday mornings following the meet during practices. The Divisional and invitational meets are scored differently. Please see the NWAL rules (available at www.nwal.org) for details. Awards for Divisionals will be awarded at the team party. Awards for Invationals will be awarded at that meet.

After each we will load our meet results onto our website for you to be able to check out.

We keep detailed records for the Mako Sharks swim team and Mako Shark Pool. We update our records after each meet and post them onto our website.

Entries

We understand that, due to other activities including vacations, swimmers may not be able to attend every meet. **All swimmers must sign-up on the meet roster by 7 p.m. the Tuesday prior the week of meet if they will be participating in that meet.** This is a *firm deadline* because the coaches must create the event schedule before the meet. If you are not able to sign-up in person by Tuesday, you may send an email to Melanie Hamiton at mkhamilton33@yahoo.com by to get your swimmer entered. All swimmers not added to the list by the deadline will not be entered as a participating swimmer for that weekend swim meet. Swimmers that “No show” adversely affects the seeding of all swimmers in heats, make the other 3 swimmers of their relay ineligible to swim and cause many problems and headaches for the coaches, computer volunteer and meet officials.

As with all team sports, the coach has full discretion over who is entered into which events. The coaches do their best to ensure that each swimmer gets to try each event at least once during the season. However, swimmers will not be allowed to select the events they swim at a meet. Any questions regarding this policy should be directed to the Swim Team Board.

Swim Meets

Please understand that “coaching” of swimmers during swimming events by anyone is strictly prohibited by the rules NWAL has set. NO ONE is permitted in the start or finish areas of the pool during each meet, except for the meet officials.

Swimmers must arrive and check-in by 7:00 at home meets and 7:30 for away meets. Your swimmer must check-in on time or they will be scratched from their relay events.

Please make sure that your swimmer comes prepared with their swim cap, goggles, towel, water bottle, snacks, etc... You may want to bring an extra pair of goggles, cap in case these items easily get misplaced or broken. It is a good idea to bring an extra towel; they tend to get very wet quickly. Please make sure to label all personal items with your swimmers name. We are not responsible for any lost or stolen items.

If for any reason you have a problem during the meet, please do not approach the officials. Please find our team rep Maureen Powell or Shawn Massey and they will help solve your problem.

Relays

Computer software is used by the team to calculate the fastest combination of swimmers for relays. NWAL rules state that all members of a relay team must be present at the scratch meeting the morning of each swim meet in order to swim in relay events. Swimmers who are scratched due to their late arrival will be replaced with another swimmer and will NOT be able to participate in any relays. **If your swimmer is part of a relay team, please make every effort to arrive on time.** If your child is entered into a relay, remember that there are three other children who are counting on your child's participation.. **At times, entire relays have to be scratched because swimmers are not present on time. This can be very upsetting to the other swimmers on in those relay events.**

If your child must leave a meet early, please make sure that you notify the coaches by Wednesday before the upcoming meet...or see the coach at the meet before you leave so she has time to find a substitute. Alternates

are an important part of our relay entries as they may be moved up to fill a spot on the relay any time another swimmer cannot compete. All children are automatically entered as alternates in their own age group.

Parents, please be respectful of the coaches decisions regarding entries during meets. They are very busy and have made the best decision.

Rain Outs

The meet referee and the team rep from each participating team will make a decision to clear the pool or call the meet in case of adverse weather conditions. NWAL rules spell out specific weather conditions for which a meet can be postponed which include thunder, lightening and other threatening weather. Meets, which are postponed or delayed due to weather conditions, may be rescheduled if a new date can be mutually agreed upon.

Divisionals

At the end of the regular season all five teams in our division will gather to compete in Divisionals. It's a very exciting day for the swimmers. This year our divisional meet will be held at Bear Creek. The level of competition will be intense, but the Mako swimmers always rise to the occasion and post some of their best times of the season. We encourage all of our families to plan to attend Divisionals on June 20, 2009.

Invitational Meets

NWAL will sanction one or more post-season invitational meets for individual swimmers whose times qualify them for participation. Individual entries for the invitational meets are approximately \$1.50 per event. More information on this will be available later in the season.

Pep Rallies

The Friday evening before our first home meet, the team will get together to show our spirit and prepare for the next mornings meet. The Shark in the Park Pep Rally will begin at 6:00 pm at the Cypress Mill Rec. Center. The kids will cheer, make spirit banners, and receive their event numbers for the next day's meets. We will have our first Supper with the Sharks Fundraiser dinner. This will be a Papa John's Pizza plate, for only \$5.00 a plate you will get 2 slices of pizza, drink and cupcake or cookie.

Trophies and other End-of-Season Awards

Trophies and other end-of-season awards will be distributed at the end of season party. Your swimmer must attend and participate in 3 swim meets to receive a team trophy.

Swim Suits, Caps, and Accessories

Swim suits will be available for sale at registration. After registration you may purchase our team suit at D&J sports. Caps and goggles and other accessories will also be available. The coaches require the use of a swimming cap and goggles during practice and meets for all girls and boys with long hair.

NWAL rules stipulate that swimmers must not wear any suit, equipment or caps that bear the insignia of any other team while participating in a meet. This can result in the swimmer being disqualified from an event. Caps bearing the insignia of any other team should be worn inside out.

This year we are making available additional Mako apparel and gear that you may purchase during registration or before the first home meet.

Service Commitment Policy

The Mako Sharks swim team is run and organized by parent volunteers. This is a huge effort involving time before the season begins, during meets, between meets, after meets, and after the season ends. Therefore it is essential that **ALL FAMILIES** contribute their time in some way during the season. In an effort to ensure all families are participating we are implementing a **service commitment deposit program**. Each family will be required to write a \$100 check at registration. This check will be held by the Treasurer until your service commitment has been fulfilled and returned to you at the end of the season party. Checks not picked up at the party will be destroyed. If the minimum requirements are not met, the check will be cashed after the last meet. Please keep in mind; we really need your time, not your money. Starting the first week of practice there will be a volunteer sign-up binder, with a list of the service assignments for each meet. As part of our swimmer registration packet, you will be required to select and sign up for a **minimum of 1 service shift per meet** during the regular season. If you find later that you have a conflict with any of your selected shifts, you may request a change to another available shift. Please contact our Volunteer Coordinator for any changes. To receive credit for your time, it is your **responsibility to check in** with the Volunteer Coordinator before each meet. Once you have completed your shift(s) you **must sign out** with the Volunteer Coordinator or you will **NOT** get credit for your times served.

We also expect that **all families participating in Divisionals** will **work at least one shift** on that day. We will circulate the divisional sign-up sheet later in the season

Volunteer Positions

We have established volunteer coordinator positions to help ensure each area has the necessary amount of volunteers needed and to help schedule back-ups if someone will not be available. If you are not sure where your time could best be used, please contact our Head Volunteer Coordinator, ??????

Area Leaders:

Officials
Computers
Clerk of Course
Ready Bench Volunteers
Volunteer Coordinator
Timers
Scribes
Runners
Equipment Set-up and take down
Clean-up
Concessions
Swimmer sign-in for Girls and Boys
Ribbon Writers
Hospitality
Announcer
Grill Team
First Aid

Officials

- Trained and certified by NWAL
- Includes Head Official, Head Referee, Starter, Stroke & Turn and Clerk of Course
- More information below

Referee – The “Boss”. He or she has total responsibility for the meet and to make sure it is run fairly for ALL swimmers. This person answers all questions concerning procedures and rules.

Stroke and Turn – Reports to the Referee, and makes sure NWAL stroke and turn rules are applied fairly to all swimmers. They will always take time to explain if the swimmer infringed the NWAL rules so that the swimmer may learn and improve.

Starter – Works with the Referee. The Starter is responsible for starting the events. This position plays a very important part in smooth running and timeliness of the meet and is responsible for calling false starts with the help of the Referee.

Computer

- Updates the meet computer program with official times as they are delivered by the runners
- Prints timer sheets to be delivered to scribes and swimmer assignment sheets to be delivered to ready bench and officials

Clerk of Course

- Shall be provided with an area where all swimmers shall report as soon as their event is called.
- He / she shall be provided with the official entry list as revised at the scratch meeting.
- All scratches, which have occurred after the printing of the heat sheet, shall be reported to the Clerk of Course and he / she shall notify the Referee and Scoring desk in writing of the failure of any swimmer to report.
- He / she shall be provided with one assistant from each team and shall assign them such duties as will assist in the prompt dispatch of the events.

Ready Bench

- Use computer generated swimmer assignment sheets, delivered by the runners, to sort swimmers into their assigned events, heats and lanes
- Take swimmers from ready bench to blocks and ensure they remain in the correct lanes and order
- Manage and coordinate the flow and frequency in which events are called to the ready bench.

Volunteer Coordinator

- Responsible for filling volunteer positions as needed and making sure that all volunteers check in and out at each meet.

Timers

- Responsible for capturing swimmers' times using a stopwatch. There should always be three timers per lane.

Scribes

- Responsible for recording the time captured by the timers on the timers sheets
- Responsible for verifying the swimmers' names

Runners

- Deliver lane assignment sheets from computer team to ready bench and officials
- Deliver timer sheets from computer team to scribes
- Collect timer sheets from scribes and deliver to computer team

Equipment Set Up and Take Down

- Set out and remove lane ropes, starting blocks, PA system, benches and chairs for ready bench, rigid and pop-up tents, backstroke flags, barriers, trashcans, no parking signs (these jobs are completed before and immediately after the meet)

Concessions

- Assist in setup, takedown and selling of concessions at home meets
- Requires cooks for grilling

Swimmer Sign-In

- Checks swimmers in for their events
- Coordinates with computer team and age group parents to find missing swimmers

Ribbon Writers

- Affix labels, printed by the computer team, on the place ribbons
- File ribbons into Swimmers folders

Hospitality

- Ensure water is available to on deck volunteers/officials

Announcer

- Uses microphone to call swimmers to events (directed by the ready bench)
- Makes other general announcements, plays music, etc.

Grill Team

- Is responsible for grilling all the food necessary for concessions and the end of the season party.

First Aid

- This person needs to be certified in CPR and medical training.