

Pocantico Hills Swim and Dive Team 2011

Coaches' Welcome

Welcome to the 2011 Swim and Dive Team Season! We hope this will be a fun, safe, and educational summer for all of the kids involved in the swim and dive programs at Pocantico. Last year was a great year and this year promises to be even more exciting...with our **brand new pool!!**

Meet our Team

We have some new faces, as well as familiar ones on our swim and dive staff:

Jamie Longo, Pool Director
Julie Schoenlank, Head Swim Coach
Chris DiLorenzo, Assistant Swim Coach
Caliph Mohammed, Head Dive Coach
Jenna Fanelli, Assistant Dive Coach
Emily Segal, Parent Rep: emilysegal@yahoo.com
Pool telephone number: 914-631-2440
Pool email for all coaches: pool@pocanticohills.org

Swim and Dive Guidelines

Whether your child has participated on the team before, or this is their first year, we want to let you know about the guidelines for taking part in our program.

- Any child between the ages of 6-18 is eligible for the program. They will need to pass a required deep water swim test to earn a green bracelet, in order to be on the swim or dive team. These swim tests will be given at Pocantico when the pool opens (or at the Boys & Girls Club at Mt. Kisco, if your child attends June practice there).
- **All eligible swimmers and divers must be on the roster by the last day of school, June 24. Please return registration form and a copy of your child's most recent physical exam to the Swim Team mailbox at the school. Physical exams must have been completed within the past year.**
- This year, participants are expected to attend swim practices **5 days a week**. It's a short season and we need our teams to be competing at their best. If your child cannot attend due to illness or a previous engagement, please let the coaches know by calling the pool phone to leave a message or by sending a note or email to the coach.
- **Goggles** and **swim caps** must be worn at every practice. For practice, your child may wear the swim cap and bathing suit of their choice; however, for

meets they are to wear a Pocantico swim cap (available at the snack bar by the locker rooms) or a plain blue cap (no logos!) and a team swimsuit. Suits can be ordered through the Swim Team Parent Rep, Emily Segal, or individually through **Swimoutlet.com**. Please email Emily for information.

- **Pool rules have changed this summer! All children under the age of 14 must be accompanied by an adult in and around the pool and recreational areas, except during swim practice.** This means that, once your child's practice time is finished, a parent/guardian/babysitter must be ready to meet the child. This decision was made to ensure the safety of your children in and around the pool.
- Coaches will be available before and after practice for discussions and questions. They can also be reached by email (pool@pocanticohills.org). Questions or concerns can also be addressed to the Parent Rep.
- Swim and dive team participants will be given every chance possible to swim or dive their preferred stroke or dive during competitions. However, it isn't always possible to accommodate these preferences. Please understand that the coaches need to devise a lineup that benefits the team. Encourage your child to express their interests to their coach, but remember that it won't always be possible to accommodate them.
- If your child will not be able to attend a meet, please let your coach know at least 3 days in advance.

Practice Schedules

Starting the week of June 20, we will be busing the swim team to the Boys & Girls Club in Mt. Kisco after school. The dive team may also be holding practice, at a pool to be determined. **All swim and dive participants will be given mandatory deep water testing during this time. If your child is not able to attend June practice, they will be tested at Pocantico.** June practice information will be forthcoming.

Once Pocantico's pool has opened for camp, the following practice schedule applies:

Monday through Friday

8 and under practice will be held from 3:00-3:30

10 and under and 12 and under practice is from 3:30-4:30

14 and under and 18 and under practice is from 4:30-5:30

All swim/dive team participants under the age of 14 will meet the assistant swim and dive coaches under the cafeteria at 2:45 to be brought up to the pool. While at the pool, swimmers and divers under 14 will remain nearby the practice, in order to ensure their safety. They will not be allowed to wander the recreational area by themselves.

Diving Practice

Diving practice will be held every day during the same block period of swim team (3-5:30). As in the past, all children interested in the dive team will practice either **before or after** their swim team practice. Swimmers MAY NOT go to dive team instead of swim team if they are members of both.

Stroke Clinics at the Boys and Girls Club

The swim team will be attending three stroke clinics at the Boys & Girls Club of Mt. Kisco. These are designed to help swimmers individually with specific stroke refinements and techniques. It is important that all swimmers attend. Days that we go to the Boys & Girls Club, there will be a bus transporting swimmers to and from school, with coaches on the bus (parents may follow). The bus will leave Pocantico at 3:30 and arrive back at the school around 6:00. If you are picking up your child at the Boys & Girls Club or carpooling with another family, the coaches will need to know in advance. Dates of the stroke clinics TBA. They will be posted on the Swim team board and in email form from the coaches.

A Meets vs. B Meets

People often get confused between the two different types of meets. EVERYONE should attend all the "A" meets. Coaches will recommend individuals for "B" meets in advance.

"B" meets are designed for swimmers to improve their stroke fundamentals and techniques. They are especially designed for the beginner or younger swimmers 12 and under. All swimmers who swim in these meets will get a ribbon that day and an unlimited amount of swimmers can swim in every event. There is no score kept and they don't count in the standings in the league. These meets are wonderful for building a swimmer's confidence. On days when we have B meets, one coach will go to the meet and the other will conduct practice at Pocantico. **Swimmers not attending B meets are still required to go to practice.** There is no formal transportation set up for these meets; parents are responsible for bringing their swimmers to and from B meets.

"A" meets are more formal. There is an Official and all swimmers must perform their entire strokes (dives/pullouts/kick/arms/touch) properly. In each event there can only be three swimmers from the team. These meets are against other teams in our division and a score is kept. If you know ahead of time that you will not be able to attend an "A" meet you **MUST** let the coaches know at least three days in advance. These meets are more serious and a full attendance by the whole team is necessary not only for the success of the team, but also to build team morale. For away "A" meets, busses will be provided by the school; swimmers not riding the bus, or getting picked up on the way home must provide a note to the coaches ahead of time.

The events in order are Backstroke, Breaststroke, Butterfly, Freestyle and Freestyle Relays. They go in the order of age 8 and under, 10 and under, 12 and under, 14 and under and 18 and under. In each event girls go first and then boys. There are only two age groups for the Freestyle Relays: 11 and under and 15 and under, which are also divided by girls then boys.

Transportation

There will be busses available to bring swimmers both to and from all stroke clinics at the Boys & Girls Club as well as all away "A" meets. Swimmers must provide for their own transportation to "B" meets. Parents are welcome to follow the busses to A meets and clinics; however if swimmers get picked up by parents or are carpooling with another family, the coaches need a written note in advance.

Communication

Please check the Swim Team bulletin board regularly for updates, changes in scheduling, parent updates and extra flyers. The bulletin board will be posted outside of the boy's locker room, across from the snack bar. Also don't forget to include your family E-mail account on the signup sheet so any updates throughout the season can be sent to you via E-mail.

Parent Volunteers

At both home and away meets, we need a lot of volunteers to make the meets efficient and fun. It is very important to have a solid core of parents for the season to run smoothly. Specifically, we need volunteers to be timers, ribbon writers, scorers, runners and snack bar assistants. There will be sign-up sheets on the Swim Team bulletin board outside of the locker rooms.

Swim Meets

At the meets it is important that certain guidelines are adhered to. The coaches need to focus on the swimmers and the meet.

1. All weekday meets (either on Tuesdays or Thursdays) have a 4:30pm warm up, and start at 5:00. All Saturday morning meets have an 8:30am warm up, and a 9:00am start. Swimmers are expected to be at the pool at least 30 minutes before the warm up begins.
2. Swimmers must be willing to swim in different age groups and events.
3. ALL swimmers MUST have goggles and a swim cap for all meets, no exceptions.
4. The designated areas for swimmers MUST be maintained. Swimmers must be aware of their own races and be in the starting place with enough time before their race.

5. Parents and other spectators must not be in the area where the swimmers are lining up. All spectators must stay on the sides of the pool and not go behind the starting area.
6. Ribbons will be filed and distributed during practice the following week after a meet.

B Meet Schedule

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
Wednesday July 6	Yorktown	To be announced
Wednesday July 13	Chappaqua	To be announced
Wednesday July 20	Pocantico Hills	To be announced

A Meet Schedule

Tuesday July 5	Away	Bedford Hills	5:00 pm warm-up	6:00 meet
Saturday July 9	Home	Tarrycrest	8:30 am warm-up	9:00 meet
Tuesday July 12	Home	Twin Oaks	5:00 pm warm-up	6:00 meet
Saturday July 16	Away	Torview	8:30 am warm-up	9:00 meet
Monday July 18	Away	Lake Isle Invitational	4:30 pm warm-up	TBA meet time
Saturday July 23	Away	Bedford Village	8:30 warm-up	9:00 meet

*** Please note that all swimmers are expected to be at the pool 30 minutes before warm-ups start**

DUAL MEET START TIMES:

Tuesday & Thursday Meets: DIVING Warm-up 4:30pm; SWIMMING Warm-up 5:00pm; MEET BEGINS at 5:30pm

Saturday Meets: DIVING Warm-up 8:00am; SWIMMING Warm-up 8:30am; MEET BEGINS at 9:00am

CHAMPIONSHIP MEET DATES & START TIMES

Diving: July 27

Swimming: July 30

ALL STAR MEET DATES

Diving: July 28

Swimming: July 31

Westchester County Swimming Association 2011

Diving: July 25-26

Swimming: August 1-4

- The All-County Swimming Meet is designed for the most competitive swimmers, generally those who swim year-round. Coaches will recommend who they think would be appropriate for this meet. If you have an interest in swimming in the county meet, please let us know by the beginning of July because the proper paperwork must be filled out in advance.
- Swimmers who come in first place in their event at the Championship meet are expected to swim in the All-Star meet the next day (Sunday). If you cannot make the meet on Sunday please let us know ahead of time. Swimmers who do not come in first place are welcome to come and cheer on their teammates at the All-Star meet.

End of the Season Party:

At the end of the season there is a party to celebrate everyone's accomplishments. At this time, swimmers and divers will receive their trophy, a surprise gift, and the Hawk of the Year award will be presented. Parent volunteers will also be needed for this night to help with the setup, cleanup and bringing food.

Closing

We hope that this info packet has helped to clear up any questions or concerns you may have about swim team. We are all looking forward to working with your children and having a wonderful summer. Go Hawks!!

SWIM TEAM REGISTRATION 2011

Please fill out this form COMPLETELY before returning to the main office Swim Team Mailbox or to the Pool Office ASAP. A copy of your child's most recent physical exam is also required. Please return to the school by **June 24**.

Family Name: _____

Family E-Mail address: _____

Home Address: _____

Home and Cell Number: _____

Swimmer's Name: _____

Age: _____ DOB: _____

Swimmer's Name: _____

Age: _____ DOB: _____

Swimmer's Name: _____

Age: _____ DOB: _____

Swimmer's Name: _____

Age: _____ DOB: _____

\$35 suggested donation for end-of-year-party included: (check one) Cash _____
Check* _____

*Checks made out to Pocantico Hills School