



**MILLS BRANCH-WOODSTREAM
MARLINS SWIM TEAM
PARENT HANDBOOK
2010 SEASON**

IMPORTANT NOTE TO PARENTS

Please read the Marlin handbook carefully and feel free to ask board members any questions you might have about the swimming season. Board members encourage parents to ask questions throughout the swimming season. We want you to feel welcome and comfortable with your swim team.

A mandatory parent meeting for new swimmers will be held from 6.30 p.m. to 8.30 p.m. on Tuesday, April 13th, at Christ the King Lutheran Church, W Lake Houston Parkway.

Dear Marlin swimmers and parents:

It is a pleasure to welcome all new and returning Marlins to our 2010 summer league-swimming program. The Board of Directors and coaches have worked hard in the off-season to get ready for the summer, and we hope you will be pleased with this year's program. We will be in Division E2 and swim against other teams that are similar in ability and location to ours.

Our swimming staff has a strong swimming background that combines with extensive teaching experience. The goal of the coaches is to create an atmosphere of fun and learning so that our Marlins improve swimming techniques, develop teamwork and do their best. Our coaches are dedicated to achieving this goal, maintaining a safe environment and having fun along the way.

The team needs parent help to make this a positive experience for all swimmers. We will need everyone to create a successful team. Please say, "YES," when called upon to help, or better yet, contact **Heather Hilton-Dumais, the Volunteer Coordinator, by email at volunteers@mbwmarlins.com** to volunteer.

We believe effective communication between coaches, swimmers, parents and board members is the key to a smooth season. If you have a comment, suggestion, new idea or concerns, please feel free to contact **MBW Marlins' Swim Board President, Helen McGurk by email at marlins@mbwmarlins.com**.

Clay Ferguson will be the Head Coach responsible for the coaching staff. Team concerns and questions can be addressed through the mailbox marlins@mbwmarlins.com. Clay will be meeting with the coaching staff weekly to discuss plans and progress. Individual coaches and swimmer concerns should be directed to the different coaches or head coach by email to coaches@mbwmarlins.com. Coaches will read and respond to parents' questions and concerns with phone calls after practice or swim meets. Individual swimmers should not be discussed with coaches while they are working with the team.

Please keep the Parents Handbook for further reference. It should answer most of your questions concerning our summer league program. We look forward to meeting you and working together to make this year a success.

Thank you,

Marlin Swim Team Board and Coaches

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SWIM TEAM INFORMATION

PURPOSE:

The Mills Branch-Woodstream Marlins Swim Team is a non-profit organization formed to foster competitive swimming for young people. We want this experience to be fun as well as good exercise. The Marlins' goal is to provide positive competition that develops sportsmanship, self-discipline, motivation and teamwork. This summer, swimmers also will have a chance to improve swimming skills while making new friends.

OBJECTIVE:

While we want our swimmers to have fun, the most important goal of the Mills Branch-Woodstream Marlins Swim Team is to improve the swimming ability of each individual swimmer. This is accomplished through mandatory daily practices, which stress starting technique, stroke form, turns and endurance and are held in an enjoyable and motivating environment. Swimming is a team sport, which encourages individual improvement and develops good sportsmanship. TEAM means Together Everyone Achieves More.

TEAM ADDRESS:

MBW Marlins Swim Team

P.O. Box 5836
Kingwood, TX 77325

POOL ADDRESSES:

Mills Branch Pool

3810 Appalachian Trail
Kingwood, TX 77345
281-360-3688

Woodstream Pool

4535 Woodstream Village Drive
Kingwood, TX 77345
281-361-6519

BOARD OF DIRECTORS:

<u>Position</u>	<u>Name</u>	<u>Phone</u>
President & Community Liaison	Helen McGurk	(281) 913 2052
Vice-President	Jeff Brabham	(281) 361-3451
Team and NWAL Rep	Peggy Steup	(281) 360-5451
Secretary/Registrar	Lauren Palm	(281) 361-2703
Equipment Manager	Matt Lindsey	(713) 702-8750
Meet Director/Volunteer Coordinator	Heather Hilton-Dumais	(281) 361-2301
Merchandise	Kasey Peterson	(832) 372-6808
Publicity	Kim Gray	(281) 361-9839
Social		
Team Data	Mike Mandelski	(281) 360-3794
Team Awards	Michelle Balow	(281) 361-8831
Team Manager	Kristin Rodriguez	(832) 671-8464
Treasurer	Jenny Carroll	(281) 358-5846
Ways and Means	Christie Wemyss	(281) 360-7257

REGISTRATION:

Regular registration will be held:

- 10 a.m. to 4 p.m. Saturday, March 6th, at Woodstream Pool

No registration will be accepted after time trials on May 8th. This is a NWAL regulation.

Limited team merchandise will be sold at registration, with many more items at the parent meeting to be held from 6.30 p.m. to 8.30 p.m. on **Tuesday April 13th, at Christ the King Lutheran Church, W. Lake Houston Parkway.**

Checks are payable to **MILLS BRANCH-WOODSTREAM MARLINS** Swim Team. A separate check is needed for the volunteer fee. A \$25 return check fee will be charged on all returned checks.

Fees	
1st Swimmer in Family	\$110
2nd Swimmer in Family	\$65
3rd Swimmer in Family	\$60
4th Swimmer in Family	\$25
Swimmer age 15+	\$25

Swimmers electing to leave the team, swimmers who become injured or swimmers not ready for the swim team will receive their registration refund, **less \$40 per swimmer, on or before April 26. Parents must contact the treasurer for the refund. (Jenny Carroll - 281 358-5846)**

ABSOLUTELY NO REFUNDS WILL BE MADE AFTER April 26.

FAMILY VOLUNTEER PARTICIPATION AND FEES:

Do you know that it takes between 85-95 volunteers to run a home meet? That means we must have 100% participation per family per meet to keep the meets running smoothly for the children and also for the parent (who do not want to spend all day at the pool).

Therefore, as an incentive to volunteer, there is a **“refundable” volunteer fee of \$200.** These checks are not cashed unless your family volunteer quota is not met. If it is not met, the checks will be cashed at the end of the season.

Each family will be required to earn a specified amount of Marlin Bucks as follows:

- 3 Green and 3 White and 1 Blue**
- OR-**
- 1 Orange**

A family can earn several Marlin Bucks at one meet. Below is a list of activities and the “wage” associated with each. Please note that “first shift” is from the beginning of the meet until the end of Girls 6 & Under Backstroke. “Second shift” begins after Girls 6 & Under backstroke and lasts until the end of the meet. Also the Number of Volunteers needed below are for Home Meets. If the job description has an * next to it, these duties will not be performed at away meets.

This policy applies to all families. If for some reason you do not feel capable of meeting these volunteer requirements, please contact Heather. Exemptions will be determined on an individual basis by the Board.

Green:

Job Description	Number Volunteers Needed	Duties
1 st Shift Timers	9	Time each event during the first shift
1 st Shift Ready Bench*	4	Line swimmers up according to event & starting position
1 st Shift Runner*	2	Get swimmers to starting Block and cards to computer room
1 st Shift Scribe	3	Records swimmer’s time on their card
Heat Sheets*	1	Sell Heat Sheets during warm-ups

White:

Job Description	Number Volunteers Needed	Duties
2 nd Shift Timers	9	Time each event during the second shift
2 nd Shift Ready Bench*	4	Line swimmers up according to event & starting position
2 nd Shift Runner*	2	Get swimmers to starting Block and cards to computer room
2 nd Scribe	3	Records swimmer’s time on their card
Desk Parent*	38	1 parent per practice must be at the pool including Rookie Camp and Invitation practice
Ribbon Writer	1	Place label on place ribbons throughout meet

Blue:

Job Description	Number Volunteers Needed	Duties
Concessions	27	Starting 2009, it will be mandatory that a member from each family work at least one shift in the concession stand.

Orange:

Job Description	Number Volunteers Needed	Duties
Equipment Set Up & Take Down	6-8	Setting up all the equipment to run the meet prior to the meet and after the meet is finished for the entire season
Team Parent	11	Keep swimmers in age/gender area. Walk them to ready bench. Help with caps/goggles etc.~ one per age and gender except 6&U which will need two per gender for whole meet & for entire season
Head Timer	1	See Handbook for detail – for whole meet for entire season - filled by Darryll Daresh
Head Desk	1	See Handbook for detail – for whole meet for entire season - filled by Colleen Noakes
Head Team Parent	1	See Handbook for detail – for whole meet for entire season –
Head Scribe	1	See Handbook for detail – for whole meet for entire season – Sandy Beals
Head Runner	1	See Handbook for detail – for whole meet for entire season – Jason Stults
Head Ready Bench	1	See Handbook for detail – for whole meet for entire season – Socorro Umrysh
Head Concessions	1	See Handbook for detail – for whole meet for entire season – Christie Wemyss
Gear Sales	2	Home Meets & Practice + Divisionals
Officials	6	See Handbook for details – for whole meet for entire season – Contact Peggy Steup

You may sign up for the desk parent position or any of the **ORANGE** positions during the parent's meeting, or you may e-mail Heather– volunteers@mbwmarlins.com **All other positions will be awarded on a first come first serve basis at the meet.**

At the beginning of each shift, you will sign in with your "Head" Committee member. At the end of the shift, you will sign out. At that time, the Head Committee member will hand you your Marlin Money. If you do not receive your marlin money, contact your "Head" committee member. They will supply you with your required moolah. **Write your name on the back of your Marlin Bucks in case you lose it.** In addition, you will need your name on the back for the end of the season raffle.

At the end of the season, during the Awards Ceremony, you will hand in your 3 Green, 3 White and 1 Blue Marlin Bucks or your 1 Orange Marlin Buck and you will receive your volunteer check back. If you do not have the allotted Marlin Bucks, you will not get your volunteer check back.

PLEASE MAKE SURE YOU HAVE ALL YOUR MOOLAH BEFORE THAT DATE. NO MOOLAH WILL BE HANDED OUT AT THE AWARDS CEREMONY.

FAQs:

What if I lose my Marlin Bucks?

Lost Marlin Bucks: If you have lost your Marlin Bucks, please contact the "Head" committee member you worked for that meet. He/She will verify your volunteer work using the sign in/sign out sheet and will replace your Bucks. If he/she cannot find your name on the sheets, she will not replace your Bucks so it is very important that you sign in and sign out. (Please try to keep track of your Bucks as with all Bucks, it is in limited supply).

What if I am signed up for a "Orange" Position but cannot make a meet?

If you sign up for an Orange Position, you are expected to fulfill your obligation. Do not sign up if you know in advance that you will be out of town for one reason or another. The Board on a per case basis will review exceptions.

What if I earn more than 7 Marlin Bucks?

Great! Fantastic for you and thank you for your efforts. Also, at the end of the season, all the Marlin Bucks turned in will be used in a Volunteer Raffle to win an exciting prize. So, the more you earn, the better your chances for winning.

In advance, the Board, the Coaches, and the Swimmers would like to thank you for your support during practice and the meets. Only with your help can we accomplish the goals and objectives of the MBW Marlins Swim Organization.

MEET JOBS:

TIMER

Head Timer: Darryll Daresh

Time the swimmers with a stopwatch (provided by the team). There are 3 timers per lane to ensure accuracy of the swimmers time (18 TOTAL: 9 from our team and 9 from the opposing team).

RUNNER

Head Runner: Jason Stults

Runners handle the time cards for the swimmers. Three are needed for each shift. Runners will walk the swimmers from the ready bench to the starting blocks, take their cards (in order!) and "run" them to and from the computer room.

SCRIBE

Head Scribe: Sandy Beals

Scribes record the swimmer's time on the time card. You will sit (in the shade no less) behind the timers and be responsible for the time cards that come from the runners. We need 3 scribes from our team/ shift at both home and away meets (6 total for each meet).

READY BENCH

Head Ready Bench: Socorro Umrysh

The ready bench helpers get the swimmers organized for their event. They call out the swimmers' names for each event and put the swimmers in order by heat and lane. Need 3/ shift at home and away meets

CONCESSIONS

Head: **Christie Wemyss**

Concessions will sell snacks and nutritional items. Those working the first shift will need to help set up and those on the second shift will need to tear down and clean up. Home meets only. Concession volunteers **must** wear closed toed shoes and caps, hats or bandannas. 4 workers are needed for each concession area shift.

TEAM PARENT

Head:

Supervise swimmers of a designated age group during the swim meet. Transport them to the ready bench when their event is called. Check roll and report any no shows to the Clerk of Course before the start of the meet. Keep swimmers in their designated area. Assign parents from the team to clean and return tarps. Need a total of 11 parents per meet. (Two parents per age group (1 for boys and 1 for girls), and two each for boys 6 & under and girls 6 & under.

TEAM DATA

Head: **Mike Mandelski**

Scorer **MUST** have computer and 10 key skills! Enter data from each event and keep running score for teams. Need 2-3 people/ shift. Plan to attend an instructional meeting at a time and date to be announced.

TEAM AWARDS

Head: **Michelle Balow**

A person is needed to write Place ribbons. These ribbons are for the top 6 places per event. We need one for every meet (home and away).

EQUIPMENT

SET UP/TEAR DOWN

Head: **Matt Lindsey**

Help with shelter set-up and general meet preparation (moving starting blocks, tables and chairs). After the meet, clean up, tear down and store in storage area. Help with shelter set-up and tear down for away meets.

OTHER JOBS:

DESK PARENT

Head: **Colleen Noakes**

Check in swimmers for daily practices. Handle phone calls to the pool during practice. Handle questions for the coaches during practice. Need 1-2 per age group practice. Sign up for 1 week of practice.

****Other jobs may be available to help with publicity, pep rallies, selling gear, helping with our fundraiser Swim-A-Cross, or advertising. Please contact the **Volunteer Coordinator, Heather by email @ volunteers@mbwmarlins.com** to find the best job for you.**

IMPORTANT DATES

TRY OUT FOR NEW SWIMMERS

All new swimmers to the team are required to attend team try outs at Kingwood Athletic Club Pool on Sunday, April 18th, from 2-4 pm to allow the coaches to check the water safety of new swimmers.

ROOKIE CAMP :

A Rookie Camp will be held Monday, April 19, through Friday, April 23 at Mills Branch Pool

4:30 to 5:15 p.m. -- all new 6 & under swimmers

5:15 to 6:00 p.m. – 7-10 New Swimmers to both team and 7-8 age group

6:00 to 6:45 pm – 11 and up, New swimmers to both team and 11-12 age group

Rookie Camp is designed to help new swimmers get accustomed to swim team.

IT IS NOT A TIME FOR INDIVIDUAL SWIMMING LESSONS!!

Please send sweats and extra towels so that your swimmer will have something warm to put on after practice.

PRACTICE:

Spring Practice:

Regular spring practice for all swim team members runs Monday April 26 to Wednesday June 2 after school. The approximate times for practices are as follows: 6 and Under -- 45 minutes, 7-8s and 9-10s --1 hour, 11 and older -- 1 hour and 15 minutes. Swimmers are to check in with the Desk Parent and sit on their towel in the designated area until the Coach gives further instructions

Spring practice times and locations will be posted on the website:

Summer Practice:

Beginning Thursday June 3 and continuing through June 18, we will move the summer practice time to a morning schedule from 7 a.m. to 9:30 a.m. The practice schedule will be distributed in the Marlin newsletter, the **SNARLIN' MARLIN**, and posted on the website and at the pools.

PARENTS ARE NOT ALLOWED INSIDE THE POOL AREA DURING REGULAR PRACTICE.

Parents are to check with the desk parent if there is a need to speak with a swimmer. If you must speak to a coach, do so before the first practice of the day or after the last practice of the day. We highly recommend that the parents needing to speak with a coach, leave the coach a note in the Coaches Box, located at the pool. **PARENTS MAY NOT INTERRUPT COACHES DURING PRACTICE!!** It is for the safety of all swimmers involved that the coaches not be interrupted. Their attention must be on all the swimmers in the water!

Remember, **Clay Ferguson** will be **Head Coach**, coaches@mbwmarlins.com.

2010 SEASON CALENDAR:

Day	Date	Event	Location
Saturday	March 6	Registration 10 a.m. to 4 p.m.	Woodstream Pool
Tuesday	April 13	Parent Meeting 6.30 p.m.	Christ The King
Sunday	April 18	New Swimmer, Pre-screening	
Mon - Friday	April 19-23	Rookie Camp	MB Pool
Monday	April 26	After-School Practice begins	MB pool
Saturday	May 8	Marlin Time Trials	MB Pool
Monday	May 10	Makeup Time Trials (during practice time, no regular practice)	MB Pool
Thursday	May 13	Team Photos	MB Pool
Saturday	May 15	Marlins vs. Walden	Walden Pool
Saturday	May 22	Marlins vs. Bear Branch	MB Pool
Saturday	May 29	Marlins vs. Forest Cove	Forest Cove Pool
Thursday	June 3	Morning practice begins	
Saturday	June 5	Marlins vs. Village Otters	MB Pool
Sunday & Monday	June 6-7	Kingwood Summer Champs*	KHS
Saturday	June 12	Marlins vs. Trailwood	Trailwood Pool
Sunday	June 13	Pentathlon Meet*	Cutten green
Saturday	June 19	Divisionals	Kingwood Park HS
Wednesday	June 23	Awards Ceremony	Christ the King
Friday	June 25	Breakfast of Champions	MB Pool
Saturday & Sunday	June 26 & 27	Invitational Meets*	All-Stars –Klien Oak HS Pond – Klien Forest HS

***Optional meets: Swimmers must have qualifying times to participate, if you child qualifies and participates you will be required to volunteer.**

GENERAL INFORMATION

NWAL:

Any individual who swims for a Northwest Aquatic League (NWAL) team cannot swim any United States Swimming (USS) long course meet between May 13 and June 21, 2010. This is a strict rule of both NWAL and USS. Anyone violating this rule could force us to forfeit any meet(s) won by our team. NWAL has 16 Divisions and more than 13,000 swimmers.

ELIGIBILITY:

The Marlins swim team offers competitive swimming for all children who are 5 to 18 years of age, as of May 31, 2010, and who are residents of Mills Branch Village and Woodstream Village and non assigned villages. During the summer of 2010, the Mills Branch-Woodstream Marlins Swim Team will be swimming in Division E2 of the Northwest Aquatic League

SWIM SUITS AND GEAR:

Swimsuits will be available for pre-order at the parent meeting to be held at 6.30 p.m. on April 15, at Christ the King Lutheran Church.

Team swimsuits and T-shirts are not mandatory. The suits do cultivate a sense of belonging and easy recognition of our team. Preferably, a one-piece swimsuit should be worn for practices during the week, team suits are encouraged for meets. **DO NOT ALLOW YOUR CHILD TO WEAR THEIR TEAM SUIT TO PRACTICE AS IT WILL NOT LAST THE SEASON.**

No individual merchandise or items, may be sold at team practices or meets, without prior Board permission

PRACTICE GEAR:

On the first day of practice, the swimmer should be equipped with swimsuit, goggles, towel(s) and a swim cap. Swimmers **must** keep long hair out of their face and mouth. They may opt to either pull it back or wear a swim cap. **Coaches encourage the swimmers to wear swim caps.** However, at swim meets, no swim caps are permitted with company logos. A permanent marker should be used to write the swimmer's name on all of his or her swimming equipment, including goggles, towels, Team T-shirt and swimsuit. There will be a lost and found box at the pools. Jewelry, watches, money and other valuables must be left at home.

PRACTICE REMINDERS:

- 1) Parents are to use discretion to decide if their swimmer should ride their bike to practice. If you decide to have your swimmer ride, we recommend the rider uses the "Buddy System" and follow Greenbelt and traffic safety precautions. Bikers should follow in single file and observe all stop signs, when crossing streets. Lock your bikes at the pool.
- 2) Be on time for practice. Arrive 10 minutes prior to your scheduled practice for warm-ups.
- 3) If you drop your swimmer off, pick him/her up promptly after practice.
- 4) Observe all pool rules and mind the coaches and desk parents.
- 5) No parents are allowed on deck during practice. This rule will be strictly enforced because the Coach should not be distracted from watching swimmers in the water while he/she is on deck. Also, swimmers, especially beginners, learn more quickly if Mom or Dad is not within sight. Therefore, please observe from beyond the pool fence.
- 6) Outer Ear Infection, usually called Swimmer's Ear, can be a common occurrence if alcohol or ear drops (Ear Dry) are not used immediately after practice.

- 7) Exposure to chlorine can sometimes cause eye problems or redness. It is highly recommended for the swimmer to use swimmer's goggles during practice and during meets to reduce eye irritation
- 8) Waterproof sunscreens are available and recommended to be worn for practices and meets. Please instruct your swimmer on how to apply properly as the coaches will not be available to do this.
- 9) Parents, please note that the 6 & U swimmers will NOT be released from practice until a parent picks them up.
- 10) Parents need to identify and have on file the name of another adult with whom their child could be transported to or from practice.

SNARLIN' MARLIN:

The SNARLIN' MARLIN is the swim team's newsletter. It's e-mailed weekly, or as needed, during the season and will contain information concerning swim team events. The SNARLIN' MARLIN is a great source of updated team information including maps of the upcoming away meets, meet information, team times, and pool or team records, announcements, outside activities, pep rally location & theme, as well as other activities.

Please contact **Kim Gray** by email at **marlins@mbwmarlins.com** to include news for the next issue of the SNARLIN' MARLIN. If you do not have internet access, you are welcome to call **Kim at (281) 361 9839**.

ABSENTEEISM:

Please sign the vacation book, if the swimmer is to miss a meet for any reason. The vacation book will be at the pool on the desk at the guard area. If during the week the swimmer has basketball camp, vacation bible school, or any other activity causing the swimmer to miss practice, **then at the coaches' discretion**, he/she may be permitted to practice at another time.

If your swimmer is sick the day of a meet, please contact a coach or call the pool if it is a home meet. It is mandatory that swimmers sign out in the vacation book, if they plan to miss a meet or have a conflicting activity. **Coaches need to be notified 7 days in advance prior to the scheduled meet.**

DISCIPLINE PLAN

The Mills Branch-Woodstream Marlins Swim Team Board of Directors makes policies that govern our team in accordance with Northwest Aquatic League policies, recruits volunteers, hires coaches and works to insure that the team is run smoothly to meet team purposes and objectives

DISCIPLINE PROCEDURES:

The MBW Marlins approach discipline by first rewarding and encouraging good behavior. However, we also adhere to specific disciplinary procedures to ensure the welfare of the team and the fair treatment of all swimmers. The following disciplinary guidelines apply to actions that hinder the learning environment of other swimmers, put the safety of oneself or others at risk, disregard the instructions of coaches, team parents or officials and other inappropriate behaviors.

10 and Under	11 and UP
<ol style="list-style-type: none">1) Warning2) Sit out 5-10 minutes3) Write name in coaches book Practice privileges taken away4) Parent called and asked to pick-up child5) Practice, relay and/or meet expulsion	<ol style="list-style-type: none">1) Warning2) Write name in coaches book Practice privileges taken away3) Parent called and asked to pick-up child4) Suspension from age-group social activities5) Practice, relay and/or meet expulsion

Note: In the case of serious and/or repeated infractions, a meeting will be called between the child's parents, head coach and team manager to discuss the behavioral issue and possible resolutions. However, if no significant improvements are made the child may be asked to leave the team.

Discipline problems during the meets are usually of a different nature, and most often occur in the following situations:

- Wild behavior
- Poor sportsmanship
- Being a no-show for an individual swim or the entire meet. This occurs when a swimmer fails to notify the coach that he/she will be absent. Coaches are not obligated to place habitual no-shows in relays regardless of their times.
- Not being in the team area or at the Ready Bench when the event is called. Swimmer and parent should be aware that failure to stay in the team area might result in missing that event or being substituted in a relay.

Coaches are NOT responsible for discipline problems that arise during a swim meet.

Age group parents and Ready Bench volunteers will handle behavior problems. Swimmers must obey coaches and parent volunteers. Any swimmer who refuses to comply will be given a warning. If the problem continues, the swimmer may be suspended from the rest of the meet. The Head Coach, Clerk Of Course and Head Referee must approve the suspension.

AWARDS

The Marlin Swim Team feels that the swimmers work hard each week and as a way to encourage and motivate our Marlins, many different type of awards can be earned. All Event Place Ribbons, Time Improvement Ribbons will be distributed at the Marlins Pep Rally on the Friday following the meet. Any questions or comments concerning all ribbons or awards should be directed to **Michelle Balow**.

- **Heat Ribbons.** Awarded at home meets to all swimmers, ages 10 and under. Heat ribbons are the responsibility of the host team, so our swimmers may or may not receive heat ribbons at away meets – depending on the procedures used by the host team. Heat ribbons can be picked up at the end of a race from the scribe.
- **Event Place Ribbons.** These ribbons are given by the host team to swimmers that finish first through sixth places for each individual event, and first through third place for relay events.
- **Time Improvement Ribbons.** These ribbons are given to a swimmer each time that swimmer improves his or her previous fastest time in an event.
- **Team Targets.** Swimmers will be recognized for achieving time target set by both the coaches and the NWAL League.
- **Team and Pool Records Ribbons.** A certificate is given at the Awards Ceremony to recognize each swimmer that breaks a team and/or pool record in an individual or relay event.
- **Trophies.** Every Marlin who participates on a regular basis is eligible for a trophy at the Marlin Awards Ceremony.
- **Most Improved/High Point.** Trophies are also presented at the Awards Ceremony to the most improved boy and girl swimmer for each age group and to the boy and girl swimmer in each age group who accumulates the most points throughout the season.
- **Five-year Towels.** Swimmers who have devoted five years to swimming will be presented a Marlin swim towel, and it will be presented at the Awards Ceremony.
- **Ten-year Awards.** Swimmers who have devoted ten years to swimming, will be individually asked what item they wish to have monogrammed and it will be presented at the Awards Ceremony.

SWIM MEETS

MEET CHECK IN:

Meets begin at 8:30 a.m., but swimmers must be at the pool earlier (6:45 a.m. for home meets) for roll call and warm-ups. The coaches will tell the swimmers each week or it will be printed in the SNARLIN' MARLIN as to what time to report to Away Meets. The swimmer **MUST CHECK IN WITH HIS OR HER TEAM PARENT UPON ARRIVAL AT THE MEET* IF THE SWIMMER DOES NOT CHECK IN BY 7:30 AM, HE/SHE WILL BE SCRATCHED AND NOT ALLOWED TO SWIM IN THE MEET.**

* If the team is already warming up, **SEND swimmers to warm-up first!**

MEET PARKING:

Parking around Mills Branch and Mills Branch Pool is very limited. As a courtesy to neighbors, we ask that you park at Hidden Hollow Elementary. The Fire Marshall will not allow parking on both sides of the street, because it restricts emergency vehicles' accessibility.

Therefore, please park at the school and in designated parking areas only. *No Parking* areas have been reviewed with the Houston Police and *No Parking* signs will be posted again this year. The Houston police department will strictly enforce the parking policy by issuing parking tickets. **Families are encouraged to either ride their bikes or walk to the pool.** Swimmers and equipment may be dropped off at the pool in the Swimmer's Drop Zone (on Mill Bridge Way between Natural Bridge and Appalachian Trail) prior to parking at the school. Please observe the 2-minute rule in the Drop Zone. The Drop Zone will also be reserved throughout the meet, so concession equipment and supplies can be loaded and unloaded with a minimum of inconvenience.

MEET ETIQUETTE:

- 1) One parent must accompany their swimmer(s) to the meet. We cannot and will not be responsible for swimmers who are "dropped off".
- 2) If the swimmer has to leave the meet early, notify the team parent and check out with them.
- 3) Swimmers must stay in their team area. Last minute changes in relays occur and Coaches must be able to find swimmers to fill those slots quickly!

HEAT SHEETS AND SEEDING:

Swimmers are seeded according to their best time in each event and a list of these seed times is called a Heat Sheet. Heat Sheets can be purchased prior and during the meet from the host team. Events are arranged from slowest to fastest. The first heat of each event may have less than six swimmers, but usually each heat thereafter has as many swimmers as the pool has lanes, normally 6 in dual meets, with center lanes swimmers having faster seed times. The team parent will take the swimmers to the ready bench area, when their event is called. After the race, the swimmers race time will be entered on the computer and recorded by the clerk of course.

SCORING:

Individual Events: 5-3-1 (1st, 2nd 3rd place respectively)

Relays: 5-2 (A team may only score relay points for one place. If one team wins both 1st and 2nd place then only 1st place (5 points) shall be awarded)

DISQUALIFICATION:

Swimmers can be disqualified for a number of reasons. The most typical reasons for disqualification are incorrect stroke technique, incorrect finish or improper kicking with either Butterfly or Breaststroke and false starting. Most swimmers get disqualified at some point in time. You should encourage your swimmer that this is a learning experience. The Stroke and Turn Official will come over and explain why your child has been "DQ"-ed.

OPTIONAL QUALIFYING MEETS:

There are several optional meets both during and after the regular swim season; Kingwood Champs, Pentathlon, All-Star and Ponderosa. Meet entries are determined by qualifying times, which will be posted during the season. Once a Ponderosa time is achieved, then the swimmer

no longer is qualified for All-Star in that event. All optional meets require an entry fee for each individual event. Swimmers will be responsible for paying individual fees. Time trial times cannot be used to qualify for optional meets.

ORDER OF EVENTS:

Events start at 8:30 AM with the boys swimming the odd events and girls swimming even events. The events start youngest and go to oldest. All relays consist of 4 swimmers, swimming equal distances. Some of the older swimmers relay events may be combined to expedite the meet.

Event Number	Race Type and Stroke	Length	Comments
Events 1 – 4	14 & Under / 15-18 Freestyle	100 yards	
Events 5 – 6	6 & Under Free Relay	100 yards	4 swimmers; 25 yards each Freestyle
Events 7 – 10	7/8-9/10 Medley Relays	100 yards	4 swimmers; 25 yards each; Back, Breast, Butterfly, Freestyle
Events 11-16	11/12-15/18 Medley Relays	200 yards	4 swimmers; 50 yards each; Back, Breast, Butterfly, Freestyle
Events 17-22	6 & U-9/10 Free Style	25 yards	
Events 23-28	11/12-15/18 Free Style	50 yards	
Events 29-32	7/8-9/10 Breaststroke	25 yards	
Events 33-38	11/12-15/18 Breaststroke	50 yards	
Events 39-40	6&U Back Stoke	25 yards	
Events 41-48	9/10 & Up Individual Medley	100 yards	25 yards Fly, Back, Breast, Free
Events 49-52	7/8-9/10 Back Stroke	25 yards	
Events 53-58	11/12-15/18 Back Stroke	50 yards	
Events 59-62	7/8-9/10 Butterfly	25 yards	
Events 63-68	11/12-15/18 Butterfly	50 yards	
Events 69-72	7/8-9/10 Free Relay	100 yards	4 swimmers; 25 yards Free each
Events 73-78	11/12-15/18 Free Relay	200 yards	4 swimmers; 50 yards Free each

SWIMMER'S LOG – 2010 Season

Name _____

Day & Date	Meet & Site	Freestyle 25/50	Backstroke 25/50	IM 100	Breast 25/50	Butterfly 25/50
	Time Trials At Mills Branch					
	At Walden					
	Bear Branch at Home					
	At Forest Cove					
	Village Otters at Home					
	At Trailwood					
	Divisionals					
	Kingwood Champs*					
	Pentathlon*					
	All-Stars*					
	Ponderosa*					

***Signifies Invitational Meet**