

BLACK OAK SWIM & DIVE TEAM – PARENT INFORMATION

PLEASE SAVE THIS INFORMATION TO REFERENCE THROUGHOUT THE SEASON

Welcome to the Black Oak Swim & Dive Team! We are excited to begin another summer swim season, upholding our philosophy "...to provide an environment where all children of all levels and abilities may participate. It is our hope that through this sport, children will not only improve their swimming and diving skills, but also develop friendships, sportsmanship, team spirit and have a great amount of fun in the process."

REGISTRATION AND PAYMENT:

Registration and payment must be received before your child may participate with the team. Refund deadline is June 11th.

SCHEDULE: The swim/dive calendar contains all the swim/dive meets and related activities for the 2010 season.

COMMUNICATION: All updated information will be communicated on the swim/dive team bulletin board, through email reminders, and posted on our website: www.blackoakswimclub.com

SWIM TEAM PARTICIPATION RECOMMENDATIONS: Your child should be able to swim 5 yards, unassisted.

DIVE TEAM PARTICIPATION RECOMMENDATIONS: Your child should demonstrate the following skills:

Comfort in deep water

Jump (feet first) off a diving board

Dive (head first) from the side of the pool (deep end)

AFTER SCHOOL SWIM & DIVE PRACTICE SCHEDULE (June 1st – June 9th):

Swim Practice:	6:00 – 6:30	6 & Under and New 7-8 Year Old Swimmers
	6:30 – 7:00	7-10 Year Old Swimmers
	7:00 – 7:30	11 & Older Swimmers

Dive Practice:	6:30 – 7:00	11 & Older
	7:00 – 7:30	10 & Under
	7:30 – 8:00	Open Dive Practice for All Age Groups

If needed, please bring your BOSC pass with you to all after school practices.

MORNING SWIM & DIVE PRACTICE SCHEDULE (June 10th – July 13th)

Swim Practice:	9:00 – 10:00	11 & Older Swimmers
	10:00 – 11:00	9-10 Year Old Swimmers
	10:00 – 10:45	7-8 Year Old Swimmers
	10:45 – 11:15	6 & Under and New 7-8 Year Old Swimmers

Dive Practice:	9:00 – 10:00	10 & Under Divers
	10:00 – 11:00	11 & Older Divers
	10:15 – 10:45	6 & Under Divers

EVENING SWIM PRACTICE SCHEDULE (June 14th – July 7th)

5:45 – 6:30 pm Sun/Mon/Wed

Evening practices are for those swimmers who are unable to attend morning practices.

Due to the special attention that our 6 & U need, evening practices are not for this age group.

If needed, please bring your BOSC pass with you to all evening practices.

Practice times have been separated by age group to maximize instruction time for each participant. Please ensure your child is attending their assigned practice time. If your child has a regular conflict with the scheduled practice time, please contact the coaches to arrange another option in advance.

Please help our coaching staff focus on coaching our team. If your child is at BOSC during morning practice hours, he/she is expected to be with the team, participating in swim/dive practice. Our staff cannot monitor other activities during this time of day.

SWIM TEAM TIME TRIALS: Time trials will be during practice, Friday June 11th, for the entire team.

THE IMPORTANCE OF TIME TRIALS: Time trials offer the swimmers their first opportunity to establish a time for each event, providing both a useful baseline for the coaches once the swim meets begin and a confidence builder for the new swimmers. It also allows the coaches to assess each swimmer's capabilities (i.e., how well they swim each stroke) in a low-key, race atmosphere. Please bring your swimmer, regardless of ability, to our first event of the season!

SWIM & DIVE COACHES: While our coaches are capable of answering any/all questions, please bring specific questions to the coach assigned to your child's age group. If possible, reserve questions for outside of normal practice hours, so our coaches can focus on instructing our swimmers during the practice times.

INCLEMENT WEATHER:

PRACTICES are rarely cancelled due to inclement weather. The team will meet inside the clubhouse on inclement weather days for dryland exercises and other activities. During after school and evening practice, if BOSCO is closed due to weather-related considerations, practice will be cancelled. During morning practice, if storms are in the area, practice may be cancelled on a practice-by-practice basis. We will do our best to send out an email and/or update the website regarding practice cancellations or delays.

MEETS will not be cancelled prior to the start of a meet. In the event lightning and/or thunder occurs in the vicinity of the host pool, a 20 minute delay is required. The total amount of delays should not exceed 1 hour. Meets are also rarely cancelled. Please arrive at the pool during the scheduled warm-up time, regardless of the weather conditions.

MEET ATTENDANCE: Record all absences for meets in the **VACATION BOOK at least 3 days prior to the meet:**

1. If your child is unable to attend a meet
2. If your child will be late for a meet
3. If your child needs to leave a meet early

The book is located either in the Manager's Office during normal pool hours or on an outside table during swim/dive practice. Please be considerate of the entire team. Our Coaches have a limited amount of time to make last minute changes. Swimming relays are at both the beginning and the end of every meet. One missing swimmer can result in an entire relay not being able to compete. This applies to all dual-meets as well as SSA Championships.

SWIM MEET INFORMATION: The day before each meet, a rough draft of the meet line-up will be posted on the swim/dive team bulletin board. **Always re-check on meet day, to verify no changes were made!**

Arrive at the meet by 5:30 pm. Warm-ups typically begin at 6:00 with the meet starting at 6:30.

Have your child sign-in on the swimmer sign-in sheet. Sheets are posted by age-group near the meet line-up bulletin boards.

For home meets, sign-in at the worker sign-in table, if you are scheduled to work. An explanation of the volunteer requirements is provided later in this information sheet.

Bring a sharpie to write your child's events on their hand/arm. Check the meet line-up for last minute changes. Here is an example:

<u>Event #</u>	<u>Heat</u>	<u>Lane</u>	<u>Stroke</u>
4	A	2	Free

Supervise your children, especially 8 & Unders, and help them get to their event/lane on time (begin lining up at least two events ahead). Please be aware that some events have many heats, while others may have only one! A lane parent will be behind each of our assigned lanes with a heat sheet to confirm your child is in the correct lane & heat.

Bull Pen: Will be run for the 8 & Under relays only. Have your 8 & Under swimmer report to the bullpen tent immediately following the National Anthem (Medley Relay) and/or when the butterfly events have begun (Free Relay).

Make sure your child has everything needed for the meet: goggles, swim cap, towel, warm clothes/sweats (it can get cold!), snack or money for the bake sale etc...

DIVE MEET INFORMATION: Dive sheets are completed prior to every meet. Once the dives for the meet have been selected and the dive sheets have been completed, the diver may not change his/her dive sheet.

The typical start time for dive meet warm-ups is 3:00. Be aware that warm-ups may need to start as early as 2:30 if we are competing against a large team, in order to ensure that all divers may participate in the meet. Dive meets will conclude no later than 6:00 pm. All regular season dive meets are conducted in the following order:

- 8 & Under – Up to 3 dives
- 9-10 – Up to 3 dives
- 11-12 – Up to 4 dives
- 13-14 – Up to 4 dives
- 15-18 – Up to 5 dives

The older age groups may be requested to reduce their number of dives (by one dive), to ensure that everyone may participate in the meet and that the meet concludes on time. This may occur for meets against the larger sized teams.

Have fun being a cheerleader for our Black Oak team!

DAY AFTER THE MEET: Ribbons are available for pick-up in the ribbon file box. If your child does not receive a ribbon for an event, please ask the Coaches for details.

SSA CHAMPIONSHIPS: Our end of season championships are divided into 5 meets:

SWIM CHAMPIONSHIPS:

11 & Older:	Monday July 12 th at Dunsinane	Warm-ups TBA	6:15 meet start
7-10 Year Olds:	Tuesday, July 13 th at BOSC	Warm-ups TBA	6:15 meet start
6 & Under:	Tuesday, July 13 th at BOSC	3:00 arrival time	3:30 meet start

DIVE CHAMPIONSHIPS:

11-12 Boys and All 13 & Above Divers:	Friday July 9 th at Woodhaven	Warm-ups 2:45 PM
11-12 Girls and All 10 & Under Divers:	Saturday July 10 th at Five Seasons	Warm-ups 7:00 AM

SSA CHAMPIONSHIP MEET PARTICIPATION REQUIREMENTS:

Swimmers & divers must have competed in at least **two** regular season dual meets to participate in the championships.

Swimmers & Divers must complete & turn in the SSA Championship Entry Form (place completed forms in the SSA Entry folder in the ribbon file box) **by June 25th**. No one will be entered in the meet without completing & turning in this form.

VOLUNTEER RESPONSIBILITIES: WE NEED ALL FAMILIES TO VOLUNTEER!!!

SWIM TEAM: Please sign-up to work at least **four** swim meets (due to Hosting SSA Championships)

DIVE TEAM: Please sign-up to work at least **two** dive meets

Volunteer sign-up sheets will be available at the Parent's Meeting, along with descriptions of each task. Volunteers are needed for all Home and Away meets and for each SSA Championship Meet.

Volunteer assignment sheets will be posted on the swim/dive team bulletin board prior to each meet. If you cannot fulfill the position you originally signed-up for, it is your responsibility to find a replacement or switch with another family. If you cannot find a replacement, please contact Ann Pulaski (648-7394) or Kathy Butkus (428-1832) ASAP.

Please recognize that the focus of the swim and dive meets is on the participants. With this mind, we respectfully request that all volunteers working with/around swimmers & divers refrain from consuming alcoholic beverages during the swim & dive meets.

BAKE SALE: Please bring baked goods to our home meets (this is a fund raiser for our team). If you have children on both the swim and dive teams, please bring your baked goods prior to the start of the dive meet. The bake sale will begin during the dive meet.

ENJOY THE SUMMER! Remember to celebrate your child's victories: a faster time, an improved dive, a moment of good sportsmanship etc... These are all reasons to cheer!

QUESTIONS? Please feel free to talk with the coaches or call us:

Kathy Butkus 428-1832 Ann Pulaski 648-7394