

*2009
Summer Lake
Swim Team
Handbook*

Swim Team Representatives:

*Brenda Tarczynski 608-8668
btarczynski@hotmail.com*

*Lauren Birchmeier 739-7298
mandlbirchmeier@hotmail.com*

Head Coach:

*Rob Griffin 423-5873
rlgv@verizon.net*

Assistant Coaches:

*Kevin Green – KCGpatriots@msn.com
Kyle Cooper - swimkyle@comcast.net
Amanda Roberto*

Important Contact Information:

Board Members:	E-mail:	Phone Number:
President: Ann Marie Roberto	annm.roberto@gmail.com	(H) 739-3647, (C) 381-7780
Vice President: Chris Glowatsky	cglowatsky@verizon.net	(H) 639-8089, (C) 513-8874
Treasurer: Andy Glowatsky	andrew.glowatsky@churchdwright.com	(H) 639-8089, (C) 513-7451
Secretary: Amy Lubinskas	lubinskas@verizon.net	(H) 739-1791
Parent Rep: Brenda Tarczynski	btarczynski@hotmail.com	(H) 608-8668, (C) 832-6263
Parent Rep: Lauren Birchmeier	mandlbirchmeier@hotmail.com	(H) 739-7298, (C) 205-790-5019
Coaching Staff:		
Head Coach: Rob Griffin	rlgv@verizon.net	(H) & (C) 423-5873
Asst Coach: Kevin Green	kcgpatroits@msn.com	836-8026
Asst Coach: Kyle Cooper	kyledc@vt.edu	514-3934
Asst Coach: Amanda Roberto		

Important Dates and Practice Schedule

Practice Times May 18 - June 12

3:45-4:30	Intermediates (ages 13-14) Seniors (ages 15+)
4:30-5:15	Midgets (ages 9-10) Juniors (ages 11-12)
5:15-6:00	Mites (7 – 8) Youth (6 & Younger)

Practice Times beginning June 15th

8:30-9:15 a.m.	Mites (ages 7-8)
9:15-10:00 a.m.	Youth (ages 5-6) Intermediates (ages 13-14) Seniors (ages 15+)
10:00-10:45 a.m.	Midgets (ages 9-10) Juniors (ages 11-12)

Summer Lake Swim Team Schedule

TBD - Mock Meet

Saturday June 13 – Bayhill Pointe at Summer Lake
Thursday June 18 - Summer Lake at Founders Bridge
Tuesday June 23 – Summer Lake at Tarrington
Tuesday June 30 – Summer Lake at Falling Creek
Tuesday July 7 - Foxcroft at Summer Lake
Tuesday July 14 – Creekwood at Summer Lake

**All meets begin at 6:00 PM unless otherwise announced.

Championships

Friday, **July 24** - ages 10 & under
Saturday, **July 25** - ages 11 & over

Swim Team Banquet

Club House – July 26 – Clubhouse,
5:00 PM

Welcome to the Summer Lake Summer League Swim Team. Summer Lake is one of Twenty teams that belong to the Chesterfield Aquatic League (CAL), whose purpose is to "provide our swimmers and their families an opportunity to participate in organized swimming in a setting that promotes growth and fellowship." These are not professional teams and welcome swimmers and divers of varied abilities, from the beginner to the experienced.

Rob Griffin will be our head coach this season. Kevin Green and Kyle Cooper are our assistant coaches. Amanda Roberto will be assisting with the younger swimmers.

Minimum Requirements:

To join the swim team, a child must be able to swim at least 3/4 of the length of the pool (with the exception being a 6 and youngers). A good way to determine if your child is ready to swim on the Summer Lake swim team is stop by a practice and have Rob take a look at your swimmers.

Swimmers are grouped according to their age and ability. The age groupings are based on the swimmers age as of June 1st each year.

Youth	6 and UNDER
Mites	7 and 8
Midgets	9 and 10
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15-18

Within each age group, swimmers are divided according to their ability into Qualify, Silver and Gold. A swimmer's classification cannot change during a meet and once attained, remains intact for the remainder of the season.

A swimmer will be reclassified to a lower time standard grouping if:

1. They change age groups and their best time does not meet the time standards for that group.
2. If a swimmer does not re-establish a Gold/Silver time during the previous full CAL season.

A parent, in order to track your swimmer's progress, a record of best times is very useful. This also allows the swimmer to verify which classification they are in.

Swim Meet Volunteers

Referee: (1) Senior official responsible for the overall conduct of the meet and for all other officials at the meet.

Starter: (1) Next most senior official; responsible for starting each race.

Stroke & Turn: (4 or more) Ensure that the swimmers use the proper stroke technique and that all turns and finishes are legal.

The Above Positions Require Officials Training.

Head Computer Person: (1) Sets up and operates the computer at all home meets. Prints results and ribbon labels during meet, prints reports and packs up computer at end of meet. **(Attends computer meeting preseason)**

Computer Assistant: (1-2) Assists the head computer person input times from the swimmers' cards into the computer.

CTS Operator: (1) Sets up and operates the Colorado Timing System during the meet, which records the times of all the swimmers.

Clerk-of-Course: (1) This person controls the entire pace of the swim meet. He/she sets the swimmers in their heat and lane, according to the heat sheet.

Timing Judge: (1) This person compares the CTS results with the stop watch times and determines which will be the "official" time

The above Positions Require League Training.

Timers: (18-24) These people are responsible for timing and recording the time of the swimmer assigned to their lanes.

Table Workers: (4) These volunteers are responsible for sorting the swimmers' cards, verifying the times from the computer printout and attaching labels to the winners' ribbons.

Clerk-of-Course Helpers: (4) Assist the Clerk-of-Course sort swimmers' cards, pass out these cards after they are seeded and arrange the swimmers in their designated lanes prior to the event.

Announcer: (1) This person announces the events, winners, results and any other meet information.

Runners: (4-5) These volunteers deliver cards to and from judges, timers, table workers, computer workers, clerk-of-course, and announcer.

Bake Sale workers: (3) These volunteers sell the brownies, candy, snacks, etc. each family has provided prior to each home meet. This is our fund raising project.

Food Table - Concession: (4) These volunteers are needed to sell food (Pizza, Chik-Fil-A, etc.) We ask each family to provide a 12 pack of soda per swimmer, another fundraiser.

Mite Parent: (3-4) These parents help keep track of all mini-mites and mites in the clerk-of-course area and assist them with their cards. It is the responsibility of each mini-mite and mite's parents to get these swimmers to the Mite Parent. This can be accomplished much more easily if the mini-mites and mites stay together in one area.

Set-Up Committee: (6) These volunteers arrive at 4:00 pm for each home meet and help get everything in order for the meet to begin promptly at 6:00 pm.

Clean-Up Committee: (6) These volunteers stay after the meet and help take everything down.

Heat ribbons/candy: (2) This volunteer is present after each heat to give that winner a heat ribbon and piece of candy.

MEET PROGRAM

<u>BOYS</u>	<u>EVENT</u>	<u>GIRLS</u>
1	Mite Mixed 100 Free/Medley Relay	1
2	Midget 100 IM	3
4	Junior 100 IM	5
6	Intermediate 100 IM	7
8	Senior 100 IM	9
10	Youth 25 Free	11
12	Mite 25 Free	13
14	Midget 50 Free	15
16	Junior 50 Free	17
18	Intermediate 100 Free	19
20	Senior 100 Free	21
22	Youth 25 Back	23
24	Mite 25 Back	25
26	Midget 50 Back	27
28	Junior 50 Back	29
30	Intermediate 50 Back	31
32	Senior 50 Back	33
34	Mite 25 Fly	35
36	Midget 50 Fly	37
38	Junior 50 Fly	39
40	Intermediate 50 Fly	41
42	Senior 50 Fly	43
44	Mite 25 Breaststroke	45
46	Midget 50 Breaststroke	47
48	Junior 50 Breaststroke	49
50	Intermediate 50 Breaststroke	51
52	Senior 50 Breaststroke	53
54	Midget Mixed 200 Free/Medley Relay	54
55	Junior Mixed 200 Free/Medley Relay	55
56	Intermediate Mixed 200 Free/Medley Relay	56
57	Senior Mixed 200 Free/Medley Relay	57

IM order is: Fly, Back, Breast, Free

Medley Relay order is: Back, Breast, Fly, Free

Free Relays are held on odd numbered meets and Medley Relays on even ones.

Directions to CAL Club Pools

- BAYHILL POINTE** From Courthouse- Travel West on 360(Hull Street) and turn left onto Bailey Bridge Road. Just past Manchester High School, turn left into Bayhill Pointe Subdivision. Pool will be on the left.
From Woodlake on 360- Turn right onto Spring Run Road. Turn left onto Bailey Bridge Road. Turn right into Bayhill Pointe Subdivision. Pool will be on the left.
- BEULAH SWIM TEAM** Exit Chippenham Parkway South to Hopkins Road and turn right onto Hopkins Road. Drive 0.9 miles and turn right at the recreation association sign. If you get tot the intersection of Beulah Road and Hopkins Road, you have gone too far.
- BIRKDALE** 288 to Hull Street exit. Go two miles to Winterpock (stoplight at Lowe's) and take a left at the light. Go 1 mile and take left into main entrance of Birkdale. Go straight at stop sign and pool in on the left.
- CHESTER REC** From 288- take 288 South to the Chester Road exit. Turn right onto Chester Road follow for 2 miles. The pool is located on the right
From Route 10- follow Rt. 10 thru Chester until you reach Chester Road(Village Florist is on the left corner, Community Bank is on the Right). Turn left onto Chester Road and follow for 0.3 miles. The pool is on the left.
- CREEKWOOD** From Chippenham- take 360 West to Turner Road. Turn left onto Turner Road. At the first stoplight, turn right onto Walmsley Boulevard. At the first stoplight, turn left onto Newbys Bridge Road. Travel about ½ mile and turn left onto Roundhill Drive (first entrance into Creekwood) Take the third left onto Ketcham Drive. The pool will be located on your left.
From Courthouse Road- take 360 east to Walmsley Boulevard, turn right onto Walmsley Boulevard at the first stoplight turn right onto Newby Bridge Road. Travel ½ mile and turn left onto Roundhill Drive(first entrance into Creekwood). Take the third left onto Ketcham Drive. The pool will be located on left side.
- FALLING CREEK FARMS** From Courthouse Road- turn left onto 360. Travel east on 360 for approximately ½ mile. Turn right onto Fordham Road (at the State Farm Insurance Building). Take the first left, past St. Lukes's Methodist Church, onto Gregory Drive. The pool is on the right.
From Chippenham Parkway- take 360 West for

	approximately 2 miles. Turn left onto Fordham Road (at the State Farm Insurance Building). Take the first left, past St. Lukes's Methodist Church, onto Gregory Drive. The pool is on the right.
FOUNDERS BRIDGE	<u>From Midlothian Tpk/ Rt. 60 West-</u> Turn right onto Winterfield Road. Travel through Salisbury and turn left into Founders Bridge.
FOXCROFT	<u>From 288-</u> take Old Hundred Road. Exit, got thru traffic light take the second left onto Waterhill Parkway. Waterhill Parkway becomes Woolridge Road. Go thru traffic light @ Genito. Approximately 2 miles turn left into Foxcroft. At stop sign turn left onto Foxclub Parkway. Pool is on the left, approximately one-half mile. Lake Bluff Parkway & Foxcroft Parkway.
GREGORY'S POND	<u>Central Chesterfield-</u> Approximately 0.6 miles east of Courthouse Road on Providence Road. Turn is marked b a Central Chesterfield Ruritan Club sign, the pool is a ¼ mile on the right.
HAMPTON PARK	Travel west of Rt. 360 (Hull Street) approximately 5 miles past 288 interchange. Hampton Park Is on the left about 1 mile past Woodlake. Turn left on Hampton Park Blvd. Turn left onto Hampton Forest Drive. Pool is on the left and parking lots are on both sides of the streets.
THE HIGHLANDS	From Rt. 10 at the old Chesterfield Courthouse, turn right on Beach Road. Travel 1.1 miles and take a left at Nash Rd. Travel 2.2 miles to the second Entrance of the Highlands. Turn left onto Highland Glen Dr. Pool parking Lot is on the left behind the Sales Center.
MEADOWBROOK	<u>Driving south on Chippenham Parkway-</u> take Hopkins Road Exit. Turn left at the stoplight onto Hopkins Road, at the second stoplight, turn right onto Cogbill Road. Travel appox ½ mile and club is located on you left <u>Driving north on Chippenham Parkway-</u> take Hopkins Road Exit. Turn right at the stoplight onto Hopkins Road, at the second stoplight, turn right onto Cogbill Road. Travel appox ½ mile and club is located on you left
QUEENSMILL	<u>From Hull Street(route 360)-</u> take 288 and exit onto Lucks Lane. Turn right and at the 4-way stop, turn left onto Walton Bluff Parkway. Follow the power lines for approximately ½ mile and turn left onto Lady Ashley Road. Follow this to the first stop sign. The pool will be on your left at the corner of Lady Ashley and Kingscross roads.

SALISBURY

From Midlothian (Route 60) West- Pass through the Village of Midlothian to the stop light at Winterfield Road. There is a Minit Mart and Amoco gas station on your right. Turn right onto Winterfield Road. Travel 1.3 miles and turn right on Salisbury Road (at the Episcopal Church of the Redeemer. The pool driveway is 0.6 miles on your left, just past the tennis courts

TARRINGTON

Take the Powhite Parkway south past the 288 exit. At the stoplight turn left onto Charter Colony. At the next light turn right onto Genito Road. Stay on Genito for 3.5 miles and turn left onto Otterdale Road. Summer Lake is .5 miles up on the right hand side of the road. The pool is located at the end of Lake Summer Drive.

WALTON LAKE

From 360. take Courthouse Road towards Rt. 60. Turn left unto Lucks Lane. Take the fifth right onto Walton Bluff Parkway (this will be after the power lines.) Immediately after crossing water, turn right into Walton Lake entrance. Go to the top of the hill. Second and third left are pools parking.

From 288- take Lucks Lane exit. Turn right onto Lucks Lane. Take first left onto Walton Bluff Parkway. Immediately after crossing water turn right into Walton Lake entrance. Goto the top of the hill. Second and third lefts are pool parking.

WATERMILL

From 288 take exit Old Hundred South. Travel past Charter Colony Pkwy, through intersection. Continue on till Watermill Pkwy. Turn left onto Watermill Pkwy. Turn right onto Windmill Ridge. Turn left onto Rose family Lane. Clubhouse on right. Pool in back of Clubhouse. Parking to the left or right of Clubhouse.

WOODLAND POND

From Rt. 10, at the old Chesterfield Courthouse, take Beach Road toward Pocahontas State Park. Turn left onto Woodland Pond Parkway, approximately 3 miles from Route 10. The entrance to the pool is the second left after the divided road ends.

YMCA POWHATAN

Take Route 60 West, approx 10 miles past Powhatan County line. Pass Academy Drive and Ford Dealership. Take a left onto Mann Drive. Pool is on the right.