

2011
HANDBOOK



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PERSIMMON CREEK SWIM TEAM 2011

Welcome to a new and exciting season! This handbook was created to help explain how our swim team functions and help answer questions about who we are. The following pages include contact information for the head coach and swim team vice-presidents, meet and practice schedules, special activities, volunteer opportunities/requirements, snack bar donation requirements, directions to away meets and much, much more! If you can't find what you are looking for, please don't hesitate to contact your swim team vice-presidents or check us out on the web at www.persimmoncreekswim.com. We are here to answer your questions and help make your experience as a Piranha a positive one!

The Persimmon Creek Swim Team is a member of the Suburban Swim League (SSL) and operates in the Newark area. The team is made up of swimmers 18 years-old and younger, of varying degrees of ability ranging from the first time swimmer to the serious competitor. The team offers the opportunity to learn new strokes and techniques under experienced swim coaches and instructors. Swimmers enjoy the experience of competition throughout the eight dual meets, time trials, and championships. It is the philosophy of the Persimmon Creek Swim Team to provide all of our swimmers with opportunities for personal growth, fitness, team participation, and most importantly FUN!

The SSL is made up of 3 divisions. Persimmon Creek is in the RED division, the most competitive of all the divisions. Visit the SSL website at Suburban Swim League (SSL) at www.sslswim.org to find out more about the league.

ELIGIBILITY

Each swimmer's family must be an active (2011) member of the Persimmon Creek Swim Club. The age group for a swimmer is determined by his/her age as of **May 30, 2011**.

Swimmers are eligible to compete through age 18. The age groups are as follows: 15&over, 13&14, 11&12, 9&10, 8&under and 6&under. We have a mini's group for our youngest swimmers who need more comprehensive strong mechanics.

COMPETITION

The season begins with a Crossover Meet, which involves a team from another division. The purpose of the Crossover Meet is to provide an opportunity for swimmers to experience a meet and prepare for competition with their own division. Crossover meets enable swimmers to gain experience in different strokes. Dual meets are held on Wednesday evenings beginning at 6 p.m. and Saturday mornings beginning at 9 a.m. **All swimmers should be at the pool 1 hour prior to the start time.** Each swimmer is permitted to swim a total of 3 events consisting of any combination of relays and individual events. Even our youngest swimmers will participate in the swim meets with events of 25 yard freestyle and 25 backstroke for swimmers 6 years old and younger.

Swimmers who proceed to Championships must first attend their designated Age Group Time Trial. All swimmers are welcome to participate in Time Trials. Swimmers are seeded in heats according to their best times in a particular event with the top 16 advancing to the Suburban Swim League Championships. The top 8 swimmers in each event move into the final heat and the next 8 will swim in the consolation heat at Championships.

2. Organization/Contacts/Coaches

COACHES

Head Coach:

Alex Hampel 302-668-6414

Assistants:

Ian Guidash 302-379-0573

Brad Brooks 302-528-3468

Gabrielle Pagan 302-757-0617

Nicole Farina 302-290-2689

SWIM TEAM BOARD MEMBERS

Vice-Presidents:

Judy Guidash 368-1550

Beth Pagan 738-9577

Swim Team Treasurer: Becca Leyson

LEAGUE REPRESENTATIVE

Rafael Pagan: raberoga@verizon.net

COMMUNICATION

The swim season is a very fast paced program with events and activities frequently changing or developing quickly. Please watch for the upcoming events which will be posted on the bulletin board or pool website at www.persimmoncreekswim.com or via email notices

If you have any questions please email the Vice-Presidents @ swimteam@persimmoncreekswim.com

TEAM PARENT MEETING

June 9th at 6:00 pm. There will be a team parent meeting at the pool to discuss our team time trials, the 2011 season and answer any questions.

3. Practice Schedule

Practices are the foundation of a good team. Swim practice can be a lot of fun and is great exercise; however there may be unavoidable conflicts with other sports and summer activities. Please make every effort to attend practices regularly. Coaches must be advised if your child will be unable to attend practices.

Please note the following changes from previous years:

DRY LAND: For ages 12 and under only. (This practice will give the children an opportunity to become familiar with their coaches and begin conditioning.)

May 17th and 19th and May 24th and 26th, Tuesdays and Thursdays respectively, from 5:30 pm to 6:30 pm

Please wear sneakers and bring a water bottle and a towel to sit on if you like.

POOL PRACTICE:

May 30th to June 10th (Monday through Friday)

****Mini's will not begin Pool practice until June 13th**

Ages 10 & under	5:00 pm to 6:00 pm
Ages 11 & older	6:00 pm to 7:00 pm

June 13th to July 15th (Monday through Friday)

Ages 11 & older	8:00 am to 9:30 am
Ages 10 & younger	9:30 am to 11: 00 am
Mini's	11:15 am to 12:00 pm

EVENING PRACTICES: (Mondays and Thursdays)

June 13th to July 14th

All ages groups (except mini's)	6:00 pm to 7:00 pm
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4. Meets and Meet Schedules

If for some reason you will be unavailable for a meet, the coaching staff should be advised at least two days in advance since their absence may affect other swimmers. Please let the coaches know at practice or contact them by phone if you are unable to participate in a meet.

TEAM TIME TRIALS

June 11th, Warm-ups will be at 8:00 am, time trials will start at 9:00 am

This is a required pre-season meet to obtain times for each swimmer in all strokes so that the coaches can learn the swimmers best events. This is also a good opportunity for timers and officials to develop their skills for the dual meet season and to learn a new job! Adult volunteers are necessary and appreciated, and will be solicited just before the Time Trials begin.

DUAL MEETS

The swim meet schedule can also be found at www.persimmoncreekswim.com and at www.sslswim.org.

<u>DATE</u>	<u>DAY</u>	<u>HOME/AWAY</u>	<u>OPPONENT</u>
June 18	Saturday	Home (crossover)	Penn Acres
June 22	Wednesday	Home	Skyline
June 25	Saturday	Away	Kennett Y
June 29	Wednesday	Away	Nottingham Green
July 6	Wednesday	Away	Fairfield (crossover-scored)
July 9	Saturday	Home	Western Y
July 13	Wednesday	Home	Drummond Hill
July 16	Saturday	Away	Delaware Bluefish (UD)

AWARDS for DUAL MEETS

1. Ribbons will be distributed to all children ages 12 and under.
2. Swimmers over the age of 12 may request to receive ribbons. Requests must be submitted in writing, before the first meet, to the V.P. of the Swim Team.
3. All ribbons will be placed in the 'Swim Team Box', in the swimmer's family file.
4. If a swimmer is disqualified, he/she will receive a participant ribbon, noted with a 'DQ' in the corner.

* Trophies and/or team gifts will be distributed to all registered swimmers at the Swim Team Banquet. Additional individual awards may also be presented at the banquet, at the coaching staff's discretion.

SPECIAL MEETS (The dates for these meets have not yet been determined)

(Please see the coaches 2 weeks prior to meet for entries)

Stars & Stripes Meet

Girls Mini-Meet (7 & Under)

Old Timers Meet

Boys Mini-Meet (7 & Under)

AGE GROUP TIME TRIALS

(Our team will need to provide 2 parent timers at every age group time trial-please contact Judy or Beth if interested.)

<u>Date</u>	<u>Age Group</u>	<u>Location</u>	<u>Warm-up/Start</u>
Sunday, July 17h	13 & Over	OAKWOOD VALLEY	2:30 / 3:45
Monday, July 18th	11-12	PENN ACRES	4:20 / 5:30
Tuesday, July 19th	9-10	FAIRFIELD	4:20 / 5:30
Wednesday, July 20th	8&U	SKYLINE	4:20 / 5:30
Thursday, July 21st	Time Trials Rain Date		

*****All swimmers will be asked to sign-up for time trials by **June 24th**. *****

In order to assist the coaches through this process we will be asking for a parent volunteer from each age group to assist the coaches with the entries. An extra set of eyes never hurts! We'll provide more information on time trials once the season gets started.

There are limits to the number of individual and relay events that each swimmer may enter, so swimmers will be asked to list their 1st, 2nd, and 3rd choices of events. Every effort will be made to accommodate their choices-but please be aware that the coaches will make final decisions regarding entries (based on times and number of swimmers allowed per event) and will post the entry forms once completed and before the different age group Time Trial to avoid any confusion.

It is important to note that there is a fee per swimmer and per event entered at Time Trials. This fee is paid by the Persimmon Creek Swim Team. Your swimmer may also be placed in relay events with other swimmers from PCST at Time Trials. Therefore, if swimmers sign-up for a Time Trial, it is critical that they do attend since their absence will affect other swimmers (who may be in relay events with that swimmer and will therefore be unable to swim). **If you won't be around for time trials, or you don't really think you want to participate, please do not sign up.**

CHAMPIONSHIPS

Saturday, July 23, 2010 at the Western YMCA. Warm ups are at 7:30 AM, meet starts 9:00 AM

5. Socials/Special Events

SWIM-A-THON **** JUNE 30th****

This will be our 1st year organizing a swim-a-thon for raising funds. The children will get sponsors to donate money per lap or as a lump sum and then they swim during practice to see how many laps they can complete! We hope to purchase several items from this fundraiser including: stainless steel lane line holder, memo boards for the breezeway, repairs to snack bar (carpeting/flooring), pace clocks and practice equipment. We could not do this without your support and help. Stay tuned for more information.

SWIM TEAM BANQUET

The PCST Banquet will be held on **Saturday, July 23th** (the evening of Championships) from 4 p.m. until 11 p.m. A parent committee will plan and organize a wonderful and exciting time to celebrate our 2011 swim season that will include: dinner, team trophies/awards/gifts, music, dancing, and lots of fun for the whole family!

SPECIAL ACTIVITIES (See Also Swim Team Calendar on the website www.persimmoncreekswim.com)

Pancake Day #1	June 17, after each age group practice
Team Photo	June 21 at 9:00 am, please arrive at 8:30 am
Swim a Thon	June 30 during regular practice hours
Pancake Day #2	June 30 for those participating in Swim-a-Thon, after each practice
Donut Day	July 7, after each age group practice
Ice Cream Social/Pep Rally	July 15 at 6:00 pm

Blue Rocks Night (TENATIVE)

Parents, we are always open to new ideas and possibilities. Your cooperation/support allows our swimmers to enjoy the many social activities scheduled throughout the entire swim season. THANK YOU!

PICTURES

While you enjoy taking pictures of your favorite swimmers please keep the team in mind and order doubles of your prints. There will be a designated place for you to place them for our team bulletin board and/or team photo album/scrapbook.

6. VOLUNTEERS

Persimmon Creek Swim Team is brought to you through the hard work of all parents who volunteer their time so that all of our children may benefit from competitive swimming. As with any well-run organization, life is much easier if people voluntarily assume responsibility according to their time and talents.

A work schedule is available at registration as well as the committee sign-up sheets. This year we are asking that each family sign-up to work 4 meets, and also participate on 1 committee. We ask that the families of the mini's volunteer as well. This gives everyone an opportunity to help in different areas. Emergencies occur and plans change in every family, so should you be unable to work your scheduled time, **you are responsible for arranging a trade or finding a replacement**. Some jobs do require training at official clinics (visit www.sslswim.org for specific dates), so be sure to read the job descriptions below if you are unsure of the job requirements.

Note: (We especially need more parents to learn clerk of course, runner, place judge and how to score at meets)

JOB DESCRIPTIONS

Starter/Referee*: Must attend an SSL Clinic. This can be two different people, or one person may do both. Referee must be knowledgeable about SSL rules and their interpretation. The starter signals the start each event. Descriptions in SSL handbook.

Stroke & Turn Official*: Must attend an SSL Clinic. Watches swimmers in each race for legal strokes and turns. Perfect for someone with a swimming background.

Place Judge: Determines the order of finish for each race. It takes a person who is experienced and/or feels comfortable making decisions. When place judges disagree, times are used to assist in determining the order of finish.

Announcer: Announces the swimmers for each event before it takes place and announces the results afterward, when ever possible.

Runner: Verifies the swimmers and lanes at the start of each event; collects the times after each event is swum and give the cards to the scorers' table.

Scorer*: Must attend an SSL Clinic. Keeps official score according to SSL rules and prepares event cards from the coaches' roster before the meet begins.

Clerk of Course: Line up the swimmers on the ready bench and check that they are directed to the proper lanes

Timers: Using a stopwatch, times each event, averages time with timer from opposing team and reports it to the Runner.

Head timer: Using a stop watch, times each event and provides back up to timers if needed.

Meet Set-up: Must be there at 3:30 on Wednesdays. Set up is Friday night at for Saturday morning meets. Workers set up tables, chairs, connect speaker system, back stroke flags, and any help that is needed at the snack bar.

SnackBar: **Set up Snack bar and work first half of meet and/or work second half of meet and clean up. MUST ARRIVE 1 HOUR PRIOR TO THE START OF THE MEET.**

Meet Clean-up: Cleans up the pool area, taking down flags, ropes, lane line, speaker system, etc.

It is important for volunteers to arrive 30 minutes prior to the start of the meet except those families doing snack bar set-up, who should arrive 1-hour prior. If you are splitting a job for a meet, change of shifts should occur by event **38a**.

SNACK BAR (This applies to Home Meets only).

Each Family is required to donate food items for the snack bar during each home meet. Please donate the food items you are asked to bring for each home meet. The list of food assignments for each home meet will be posted on the website when the meet schedule is finalized.

OFFICIALS CLINICS

****Tentative Clinic Schedule** is as follows. Please check the www.sslswim.org for updates to this schedule.

Thursday, May 26 **Referee & Starter Clinic (experienced)**, 6:30 pm - Shue Middle School, 1500 Capitol Trail Newark, DE 19711. Attendance requires at least 2 years SSL officiating experience or alternate certification (USA or YMCA)

Thursday, June 2 **Stroke & Turn Officials, Referee & Starter Clinic**, 6:30 pm, Western Y Youth Development Center. Participants will be split into groups based on experience.

Saturday, June 11 **Stroke & Turn Officials, Referee & Starter Clinic**, 8:00 am, Greater Newark Boys & Girls Club. One Positive Place, Newark, DE 19702. Additional parking is located in the Food Lion.

Thursday, June 9 Scorers Clinic, 6:30 pm, Shue Middle School, 1500 Capitol Trail Newark, DE 19711.

Thursday, June 9 Coaches Clinic, 6:30 pm, Shue Middle School, 1500 Capitol Trail Newark, DE 19711.

6. DIRECTIONS TO POOLS

ARUNDEL

Arundel is on the north side of Limestone Road (Rt. 7) between Milltown Rd and Pike Creek Valley. At the traffic light on Limestone Rd. turn onto Arundel Dr. Go to the second left (at the stop sign) and turn onto Elderon Drive. The pool is on the right

CRESTMOOR

From west Kirkwood Hwy to Rt. 41, East on 41 and left on Boxwood Rd (past GM) Left on North Ave (opposite Conrad Jr. High tennis courts) Proceed to pool

From 1-95 – Newport Exit. Right on Rt. 4 (Newport Pike) and left on Boxwood Road, right on North Ave. Proceed to the pool.

DRUMMOND HILL

Take Kirkwood Hwy to Polly Drummond Hill Rd. Follow North to Forge Rd. Turn right onto Forge Rd. and first left onto Alton Rd. The pool is at the end of the road on the right.

FAIRFIELD

From Kirkwood HWY to Cleveland Ave to 896 North. Turn right at the light at Fairfield Shopping Center onto Fremont Rd. The pool is one block down on the left

GLASGOW PINES

From Newark take either Rt 896 or Rt 72 South to US 40. Turn left onto US 40 East Entrance to Glasgow Pines. Glasgow Pines is the 2nd light from Rt 896 and the 1st light from Rt 72 (just past RR tracks and Citgo Station) Turn left into development

KENNETT Y

From Limestone Rd (DE 7 N). Limestone Rd becomes Kaolin Rd. Turn Left to stay on Kaolin Rd. Kaolin Rd becomes S Union St. Turn Right onto E South St/PA-82. Turn Left onto S Walnut St. End at 636 S Walnut St Kennett Square PA

MAPLE VALLEY

West on Kirkwood HWY makes a right turn onto Old Possum Park Rd. between Yasik Funeral Home and Tom Livizos Reality. Pool is one block on right.

Coming east on Kirkwood HWY make a U turn at Delaplane Avenue (Pizza Hut on right) Follow above directions.

NORTH STAR

From Rt 7 (Limestone Rd) to Rt 72 (Papermill Rd) follow Rt 72 towards Newark past the Independence School. Turn right onto North Star Road. Proceed 1 mile and turn right onto Neptune Dr. follow Neptune to the end where you reach Jupiter Dr. turn right onto Jupiter and proceed approx 50 yards to Saturn Dr. turn right on Saturn and follow it to the end where the pool is located.

NOTTINGHAM GREEN

Rt. 273 West to Radcliff Dr. Turn left at sign for Nottingham Green development. Pool is on second corner on right

OAKLANDS

Follow West Main St. Newark past the Deer Part Restaurant straight onto Rt 273 West. Go across the railroad tracks and turn left at the first traffic light onto Hillside Rd. The pool is approx ¼ mile on the left

PENN ACRES

When coming South on Rt 141 (Basin Rd) turn left onto Crippen Dr at the traffic light at Penn Mart Shopping Center. Go approx 4/10 mile to stop sign at Fithian Dr. Turn left and the pool is about 200 yards on right.

SHERWOOD PARK

Rt 7 North to Milltown Rd (Take right exit lane immediately after funeral home) Go straight at traffic light onto McKennan's Church Rd. Go 3-blocks and then left on Bardell St (last left before Delcastle Recreation Area) Take first left onto Highgate. The pool is on the right.

SKYLINE

From Newark take Kirkwood Hwy east turn left onto Polly Drummond Hill Rd. Go to Linden Hill Rd and turn right. Follow to second traffic light. Turn right onto Skyline Drive the pool is about ¼ mile on left. (Across from Skyline Jr. High)

UNIVERSITY OF DELAWARE

Located on South College Avenue (Rt. 896) Turn in the gate at the Field House. Go left and then right toward the Ice Arena in back. Pool is located behind the Ice Arena. Go into the lobby of the Ice Arena and out door on right to get out to the pool

VALLEYBROOK

Follow Milltown Rd to W. Parris Drive at the entrance to Cedarcrest Development. The pool is on the right.

WEDGEWOOD

From Newark go east on Rt 273 to Eagle Glenn Development. Turn right onto Wedgefield Dr. (between Rt 7 and Appleby Rd.) Pool is on the right

WESTERN YMCA

On Kirkwood Hwy across from the Farmers Market. Drive thru parking lot on right of building to rear of building. Outdoor pool is on your left.

WESTMINSTER

From Kirkwood Hwy turn North on Rt 41 (Newport Gap Pike) Proceed North on Rt 41 to Millcreek-Hercules Rd (Emily Bissell Hospital). Continue North on Rt 41 ¼ mile to Westminster sign on right. Turn right onto Cheltenham Dr. Pool is on the right at the first driveway.

YORKLYN

From traffic light at Lancaster Pike (Rt 141) & Yorklyn Rd. in Hockessin, turn North on Yorklyn Rd in Hockessin, turn North on Yorklyn Rd . Go about 2 miles past NVF over the Red Clay Creek Bridge and bear right. At the Y in the road (CCA sign) take the left fork toward CCA Center. At the end of the row houses on the left, turn left onto Yorklyn Pool entrance road. Pool is at the top of the hill. Park at the bottom of the hill.