

Welcome to the Fermata Swim Team!

Please Read Carefully and Save - This letter contains important swim team dates and information.

Brittany Gobat will be our Head Coach. Elizabeth McIntyre and Jeanette Travers will be the assistant coaches. We look forward to a great summer and successful season with Brittany, Elizabeth, and Jeanette.

CSRA League

The CSRA swim league consists of 4 divisions this year. Fermata will be swimming in Division II against Cambridge Stevens Point, Petersburg, Riverwood, and North Augusta Country Club. There will be 4 dual meets and the championship meets will be by Division. The All-Star meet is the final meet for qualifiers from the championship meet.

Fermata Swim Team Goals

Our goals for each swimmer are:

1. To teach the competitive swimming strokes.
2. To provide some aerobic conditioning.
3. To introduce and involve the swimmers & parents to organized sports competitions in the form of swim meets.
4. To instill good sportsmanship and team work.
5. To have fun!

General swim team registration will continue until May 19 (after May 19 a late charge of \$15.00 will be assessed). **Your Fermata dues must be paid in order to register for the Swim Team.**

Lizette McIntyre, our Treasurer and Erin Spears our Membership Coordinator are generously taking care of registration, swimsuit orders, caps, goggles, T-shirts etc. At registration on April 16th and during the first week of practice someone will be at most practices to allow you to register and make purchases. **Please note that swimsuits must be ordered by May 24 in order for your child to have their suit by the first swim meet.** Try-on suits are available at registration and the first week of practice. We hope to have T-shirts available for sale at registration on April 16th.

As always, meets cannot be run without your help. Volunteers are essential in running smooth, efficient meets and in making the swim season more enjoyable for all. There are sign up sheets on clipboards in order to volunteer at each meet (i.e. Set up/tear down, parking, timer, runner, ribbons, scorer, chaperones, ready chair, concessions, stroke & turn). Select an area that you are most interested in and fill in your name for all swim meets. **We require one adult from each family to work each meet in which you have a swimmer.** If you are unable to fulfill your assigned area at the time of the meet, you are responsible for finding a substitute. See our volunteer coordinator if you have any questions. Duties such as meet referee, stroke & turn judge, computer operator require certification (see Terry Dennis for information about these positions).

Check the calendar carefully - practice times vary slightly depending on the day of the week and time of the season. Communication to swimmers' families will be primarily through email. Materials that need to get to your family, like ribbons and pictures will be placed in the folders in the box at the pool. If any swimmer is not present to receive his ribbons, then they will be placed in his folder for later pick up. You may send messages for the coaches, volunteer coordinator, or membership coordinator via email. **If a swimmer knows that he will miss a meet, this information must be submitted *in writing or via email* to the coaches and the coordinators as soon as possible. Please remember not to leave a swim meet until the coach dismisses the swimmer.** Swim meets can be lost due to swimmers inadvertently leaving early, not realizing they were in a relay.

SWIMMER'S CODE OF CONDUCT

- Swimmers should always be respectful of their teammates, opponents and coaches.
- There should be no horse-playing around the pool. General pool rules will be obeyed.
- During instruction swimmers should listen quietly, and follow the directions to the best of their ability.

GUIDELINES FOR PARENTS DURING PRACTICES

To give your children the full benefit of gaining instruction and training at practice, please:

- Refrain from approaching the pool to encourage/instruct your child. The coaches will do this during practice.
- Refrain from approaching the coaches during practice time. It is hard for them to coach the team if they are conversing with parents/guardian.
- The morning and evening practices are the same. Your child should attend either the morning or evening practice, not both.
- Smaller children should not be left at the pool for practice. Sometimes they don't want to swim and the coaches cannot be responsible for them and coach the rest of the swimmers. Check with Coach Brittany if you have a question about this.

Please help the coaches to do their jobs by minimizing communication with your child or with the coaches during practice time. Your child will actually do better if parents/guardians are not in the immediate vicinity. Feel free to leave if you wish, but please return to pick up your child by the end of their practice. If you choose to remain, please put some space between yourself and your swimmer.

Other Information

SWIMMER'S AGE GROUP

A swimmer's age as of June 1, 2011 will determine the age group that he/she swims in for the entire summer season.

TIME TRIALS

The time trial is a mock meet and provides initial times for swimmers. The coaches use these times for placing the swimmers in events for the first meet. The times are also used as the baseline for swimmer improvement and personal bests. Six and Unders swim only free and back. We will need volunteers, (i.e. timers, judges, starters, recorders) to help with the time trials. Plan on staying at the pool this morning. Sign up on the volunteer sheet on the clip board to choose your work.

FUN PRACTICE

The practice after a meet includes some fun time as well as some practice time. Exactly what swimmers do will be the coaches' choice. We like to have some treat for the swimmers after their session but need your help to provide it. The fun practice coordinator will let you know what you need to bring and when. It will be something simple like popsicles, watermelon, or ice cream bars.

SWIMMING LESSONS

Red Cross Swim Lessons are available at the pool. This is a good way to get further instruction for your child. We encourage swimmers to enroll in swim lessons in addition to participating in swim team.

ABOUT MEETS

All meets begin at 6 pm. Swimmers should be at the pool no later than 4:45 pm for home meets and 5 pm for away meets. At home meets, please drop your swimmers and gear at the pool and then park your vehicle at the Rye Patch so that we have plenty of parking for our guests. Your cooperation in this is greatly appreciated.