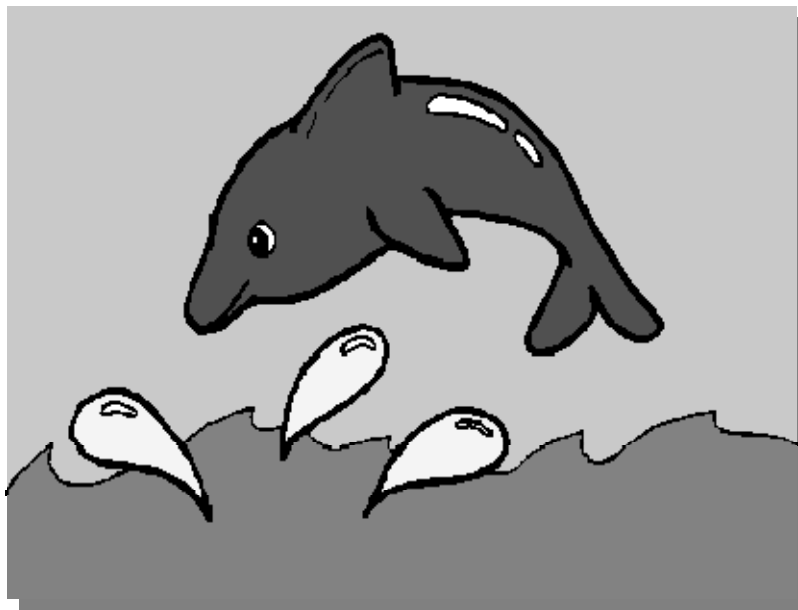
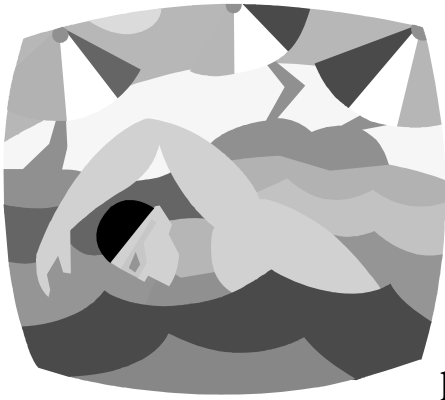


2011 Season
GEORGETOWN
DOLPHINS
SWIM TEAM



PARENTS' HANDBOOK

May 2011



Welcome back to Georgetown Swim Team. We hope everyone is ready to swim fast this season. We are excited to have Philip Quick as our Head Coach this season. Our Assistant Coach for this season is Rachael DeSantis. Both Philip and Rachael have been Georgetown swimmers, Georgetown lifeguards and Cumberland Regional swimmers. We are very lucky to have such a talented and experienced coaching team. Both will work with our children to reach their swimming potential, encourage good sportsmanship, work as a team and most of all, have fun!!

Since our swim season is a fast and furious one, our Tri-County rep, Michael Pastirko, will be counting on us as parents to work together as our own team to make the season run smoothly. It takes a lot of teamwork to run a swim meet and the most efficient way to sail through our season is to divide up the many responsibilities. In this handbook, we have outlined the main committees that need to be established. The committee system has helped to run our seasons smoothly. Please feel free to let us know if you have any questions, comments or suggestions that could help us run even more efficiently.

The next few pages list the committees and their responsibilities. Your participation as a Dolphin parent is critical in the success of the team. Please choose the one (or ones) you feel you'd like to help on or even chair at swim team registration.

Andrew Carnegie once said, "Teamwork is the ability to work together towards a common vision." As the Georgetown Parents' Association, we can focus on a common vision, assuring our children have a successful and fun swim season.

GENERAL SWIM TEAM INFORMATION

- Swim Team Registration - Friday, May 20 from 4:30 to 7:30 pm at the pool
- Please complete permission/liability forms at Registration
- Suits will be available to try on.
- We will be wearing the Speedo Magnetic suits this year. Female suits are \$58 and Male suits are \$35. D & Q will be at registration to supply suits, be prepared to pay them directly at the time of purchase.
- Practice suits and goggles will be available as Cash and Carry at Registration.
- Pep and Pasta will be Friday, June 24 at 6 pm.
- For team information, including times, scores, changes in schedules or practices, and directions to away meets, visit www.gtdolphins.com.
- Georgetown Pool phone number – 451-9711
- Tri-county Representative – Mike Pastirko – 856-392-1690 mikeyp4life@comcast.net
- Head Coach – Philip Quick – 609-774-1537
- Mailboxes for each swim family will be out at every practice. Swimmers are responsible for checking their boxes daily for notes, ribbons and other important team communication.
- Make sure you check the Swim Team Bulletin Board regularly for event times, caravan departures, directions, meet times etc...Please refer to the Yellow Georgetown Calendar for practice times until the coaches make up the morning practice schedule.

MEET OPERATIONS

OBJECTIVE: TO MAKE THE MEET RUN AS SMOOTHLY AS POSSIBLE!

Probably **THE** most important committee when it comes to a swim meet, there would be no meet without these parents.

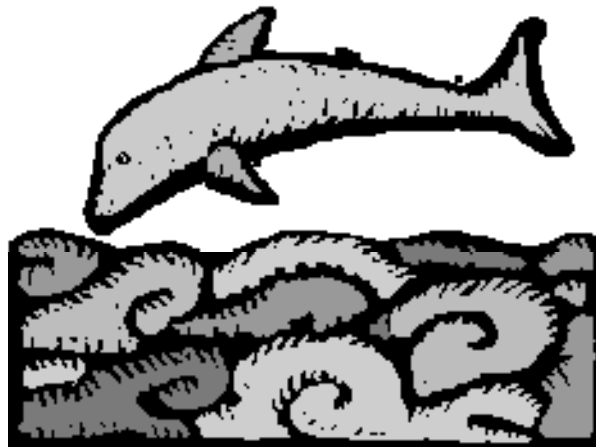
Responsibilities include:

*****Being in constant communication with our Tri-County Rep, Mike Pastirko**

- **Setting up the pool the night before the meet (we have 3 Home A Meets), including putting in lane lines, setting up chairs and checking with lifeguards to make sure pool area is clean since we are the host team.**
- **Check in with concession committee to make sure they are set up for the morning**
- **Making sure all Officials are scheduled. These include: starter ref, stroke and turn judges and place judge.**
- **Arranging for timers and having stopwatches available.**
- **Assigning 1 or 2 runners, the person who collects cards from timers after an event. Two has been suggested since it gets hectic during the 25m events.**
- **Making sure that we have scorers, ribbon handlers, data entry person, and the all- important announcer.**
- **VERY IMPORTANT!!! - Designating “8 and under helpers”. We really need help in this area to help teach our youngest swimmers where they need to be during a swim meet, help them be at the right place before their events and to feel included on the team.**

We have 3 Home A meets this season, so we need to have sign up sheets up and posted on the team bulletin board in advance.

Place reminder notes in the swimmers' mailboxes regarding upcoming meets as necessary.



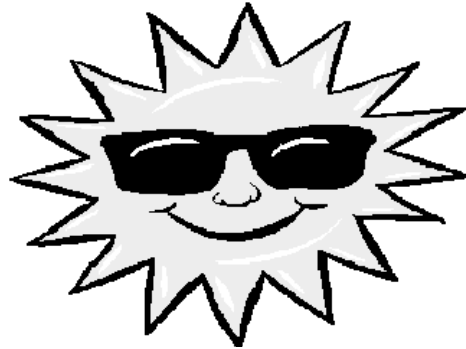
B MEET OPERATIONS

OBJECTIVE: TO MAKE THE B MEET RUN SMOOTHLY!

We only have 1 B meet at home this year; so finding volunteers to run it will be very important.

Responsibilities Include:

- Making sure lane lines and chairs are set up once the pool closes.
- Making sure pool area is presentable. Check with Lifeguards or Linda Carman if necessary.
- Make sure we have ribbon-writers, a starter ref and announcer.
- Ask for timers, usually the older swimmers will do this job, especially if they have younger siblings swimming in the B meet.
- Find a parent to be the 50/50 person.
- Concession is taken care of by the pool concession stand.
- Make sure Ice Pops are ready to be given out at the end of the meet.



TRI-COUNTY SWIMMING POOL ASSOCIATION

Division	Club Name	2011 DUAL MEET SCHEDULE				
		6/25	7/2	7/9	7/16	7/23
A	Pheasant Run	PO-A	DB-H	KE-A	CB-H	WG-A
	Wedgewood	DB-A	CB-A	PO-A	KE-H	PR-H
	Kingston Estates	CB-H	PO-H	PR-H	WG-A	DB-A
	Deerbrook	WG-H	PR-A	CB-A	PO-H	KE-H
	Covered Bridge	KE-A	WG-H	DB-H	PR-A	PO-H
	Pomona	PR-H	KE-A	WG-H	DB-A	CB-A
B	Brookside	WO-H	ER-A	HG-H	SB-A	GF-H
	Green-Fields	ER-H	SB-H	WO-A	HG-A	BR-A
	Haddon Glen	SB-H	WO-A	BR-A	GF-H	ER-A
	Erlton	GF-A	BR-H	SB-A	WO-H	HG-H
	Sunnybrook	HG-A	GF-A	ER-H	BR-H	WO-H
	Woodstream	BR-A	HG-H	GF-H	ER-A	SB-A
C	Downs Farm	WE-H	ST-A	GP-H	TH-H	WD-A
	Willowdale	ST-H	TH-H	WE-A	GP-A	DF-H
	Greenwood Park	TH-H	WE-A	DF-A	WD-H	ST-A
	Stratford	WD-A	DF-H	TH-A	WE-H	GP-H
	Tavistock Hills	GP-A	WD-A	ST-H	DF-A	WE-H
	Wenonah	DF-A	GP-H	WD-H	ST-A	TH-A
D	Whitman Square	WW-H	CR-A	OO-A	WL-H	RD-H
	Riverdel	CR-H	WL-A	WW-A	OO-H	WS-A
	Old Orchard	WL-A	WW-H	WS-H	RD-A	CR-A
	Chestnut Run	RD-A	WS-H	WL-H	WW-A	OO-H
	Wexford Leas	OO-H	RD-H	CR-A	WS-A	WW-H
	Westwood	WS-A	OO-A	RD-H	CR-H	WL-A
E	Barclay Farm	FH-A	GT-H	TC-A	WC-H	WB-A
	Woodbine	GT-H	WC-A	FH-A	TC-H	BF-H
	Tenby Chase	WC-A	FH-H	BF-H	WB-A	GT-A
	Georgetown	WB-A	BF-A	WC-H	FH-H	TC-H
	Woodcrest	TC-H	WB-H	GT-A	BF-A	FH-H
	Fox Hollow	BF-H	TC-A	WB-H	GT-A	WC-A
F	Charleston	MB-H	RT-A	CV-H	GB-A	HA-A
	Haddontowme	RT-H	GB-H	MB-A	CV-A	CH-H
	Cherry Valley	GB-H	MB-A	CH-A	HA-H	RT-H
	Riverton	HA-A	CH-H	GB-A	MB-H	CV-A
	Gibbstown	CV-A	HA-A	RT-H	CH-H	MB-H
	Meadowbrook	CH-A	CV-H	HA-H	RT-A	GB-A

The 2011 TRI-COUNTY Championships will be held on August 6, and 7.

Meeting Dates: Clinics: Wedgewood: Seeding:
 6/11 7/14 7/28

CONCESSION

OBJECTIVE: TO PROVIDE FOOD AND BEVERAGES TO SWIMMERS, PARENTS AND GUESTS DURING THE SWIM MEET

This committee is second in importance only to operations. EVERYONE wants to eat at a swim meet!!! We need to have a large enough committee so everyone who would like to get involved can, but not miss their child's events!

Responsibilities Include:

- **Purchasing items for the Concession stand. Each family has paid their cost for food in registration fees.**
- **Making sure the food is at the pool either Friday night or early Saturday morning.**
- **Need to schedule help for the Concession stand**
- **Two shifts 7:30 to 9:00 and 9:00 to 10:00.**
- **Regular pool concession stand takes over at 10:00**
- **Provide and deliver water to the timers and officials around the half-way mark of the meet.**
- **Need to make sure Ice Pops are frozen and ready to give out to swimmers at the end of the meet.**
- **Ask a parent to handle 50/50**
- **Placing reminder notices in advance in swimmer's mailboxes if necessary.**



SPIRIT COMMITTEE

OBJECTIVE: TO PROMOTE TEAM SPIRIT AND GET EVERYONE INVOLVED!!

Not for the faint-hearted, this committee requires individuals who are creative, fun and are great at motivating others!!

Responsibilities Include:



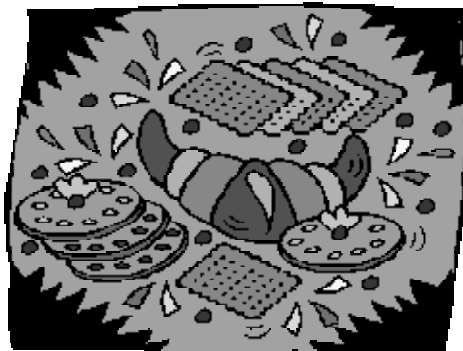
- **Maintaining communication on Swim Team bulletin board.**
- **Advertise for meets. Encourage swim club to come and cheer our Dolphins on!**
- **Putting up sign up sheets for Pep and Pasta night and Sweets and Spirit night.**
- **Getting team members to make signs for home meets and decorate pool area with chalk and posters.**
- **Making sure directions to all away meets (A and B) are posted in advance**
- **Arranging Sweets and Spirit Night**
- **Post signs for Team Picture day. Place order forms in advance in mailboxes.**
- **Work with Coaches to get Tri-County qualifiers names and times. Also keep track of new pool records for the season.**
- ***Work with coaches to find ways to recognize swimmers all season. Last year, the “Dolphin of the Week” program worked great. Coaches chose swimmers from each practice each Friday and the spirit committee rewarded those swimmers with an incentive.**
- **Find unique and creative ways to motivate swimmers and parents to get in the “dolphin spirit”.**

BANQUET

OBJECTIVE: TO PROVIDE A “HASSLE-FREE “ END OF THE SEASON CELEBRATION FOR OUR CHILDREN TO HAVE FUN AND RECEIVE ACKNOWLEDGMENT FOR THEIR HARD WORK.

Responsibilities Include:

- **Setting up pool after early closure that day.**
- **Making sure we lifeguards bring down plates, cups, napkins, table covers, coffee pot, utensils, etc...**
- **Ordering meatballs and rolls**
- **Ordering cake**
- **Taking care of drinks, ice and salads.**
- **Informing Swim Team families to provide one dish (of any kind)**
- **Provide sign up sheet for attendance on Swim Team Bulletin Board**
- **Setting up food/drink stations around the pool**
- **Collecting fee (if any)**
- **Setting up tables for coaches awards if necessary**
- **Directing families to eat upon arrival**
- ****Getting finished at a reasonable time so the swimmers can swim!**
- ****Discuss with coaches about a way to recognize ALL swimmers at the banquet.**
- **Clean up after banquet**



TRI COUNTY

OBJECTIVE: SWIMMERS WHO MEET QUALIFYING TIMES DURING ANY “A” MEET. SWIMMERS WILL COMPETE AT TRI-COUNTY CHAMPIONSHIP MEET AT THE END OF THE SEASON. ANY QUESTIONS, SEE MIKE DONNELLY. THIS COMMITTEE NEED NOT BE FORMED UNTIL AFTER SWIMMER BEGIN TO QUALIFY.

RESPONSIBILITIES FOR TRI COUNTY INCLUDE:

- **Attend seeding meeting**
- **Prepare ad for booklet**
- **Tri-county shirts (order from host team)**
- **Making sure stopwatches, badges, banners and timers are ready to go up to Tri County. Make sure we have tents and tarps for Tent City.**
- **Check to make sure swimmers receive tickets**
- **Spirit breakfast for tri county qualifiers on the last day of tri county practice.**
- **Verifying data base information matches Tri County information. Confirm with Mike.**



**TRI-COUNTY SWIMMING CHAMPIONSHIP
QUALIFYING TIME SCHEDULE
2011**

(No changes from 2010)

TRI-COUNTY QUALIFY for 8 & U			
Girls			Boys
	20.50	25 S Free	20.25
	26.35	25 S Back	26.75
	29.00	25 S Breast	30.00
	25.50	25 S Fly	26.40
TRI-COUNTY QUALIFY for 09-10			
Girls			Boys
	37.60	50 S Free	38.00
	21.00	25 S Back	21.75
	22.50	25 S Breast	23.50
	18.90	25 S Fly	19.50
TRI-COUNTY QUALIFY for 11-12			
Girls			Boys
	33.75	50 S Free	33.90
	40.75	50 S Back	43.00
	44.50	50 S Breast	47.50
	39.25	50 S Fly	40.50
TRI-COUNTY QUALIFY for 12 & U			
Girls			Boys
	1:28.75	100 S Medley	1:31.00
TRI-COUNTY QUALIFY for 13-14			
Girls			Boys
	1:11.25	100 S Free	1:08.25
	38.00	50 S Back	37.80
	42.00	50 S Breast	40.50
	35.50	50 S Fly	34.50
	1:21.50	100 S Medley	1:19.50
TRI-COUNTY QUALIFY for 15-18			
Girls			Boys
	1:08.00	100 S Free	1:00.30
	35.50	50 S Back	
		100 S Back	1:11.40
	39.50	50 S Breast	
		100 S Breast	1:19.50
	33.75	50 S Fly	30.00
	1:16.75	100 S Medley	
		200 S Medley	2:35.00

Individual swimmers must compete in at least TWO dual A-meets to be eligible for championships

**RELAYS DO NOT HAVE TIMES
TEAMS WILL BE SEEDDED BY THE BEST "LEGAL" QUALIFYING TIME
SWUM IN THE FIVE DUAL MEETS**

SELECTION CRITERIA

8/U Relays
9/10 Relays
11/12 Relays
13/14 Relays
15/18 Relays

All legal relays may swim.
Top thirty (30) times swim.
Top thirty (30) times swim.
Top twenty-four (24) times swim.
Top twenty-four (24) times swim.

NEWCOMERS COMMITTEE

OBJECTIVE: TO HELP NEW GEORGETOWN SWIM TEAM FAMILIES FEEL WELCOME

This committee was suggested on the survey to help new swim team families familiarize themselves to the operations of the team.

SUGGESTED RESPONSIBILITIES INCLUDE BUT IS NOT LIMITED TO:

- Pairing up an experienced family with a new family
- Pairing up an experienced swimmer with a new swimmer at practice.
- Making sure new families sign up for a committee to help work on this season.
- Making sure new families are familiar with our communication system.
- Coming up with a Q & A info sheet of most frequently asked questions. Work with Coaches, find out what parents always ask. Give sheet to webmaster for website.

IF YOU ARE ON THIS COMMITTEE, FEEL FREE TO BE CREATIVE IN HELPING OUR NEW FAMILIES FEEL LIKE PART OF THE GT FAMILY.