

# O'FALLON TORPEDOES

## SWIM TEAM 2012

### PARENT INFORMATION

Welcome to the 2012 season of the O'Fallon Torpedoes Swim Team!  
Once again we are part of the St. Charles County Swim League.  
Our goal is to work hard and have fun!  
**THE TEAM FILLS QUICKLY, DON'T FORGET TO SIGN UP EARLY.**

Here are some facts you'll need to know for the **2012** season:

**REGISTRATION:** O'Fallon Renaud Spirit Center (636)474-2REC

**RETURNING SWIMMER REGISTRATION:** April 6<sup>th</sup>-April 19th exclusively, (then until team is full). Registration will begin at 7:30 am and must be done in person at the Renaud Spirit Center.

**NEW MEMBER REGISTRATION:** begins April 20<sup>th</sup> for residents and April 23<sup>rd</sup> for non-residents on a first-come, first-serve basis until all spots are filled. Registration will begin at 7:30am and must be done in person at the Renaud Spirit Center.

If the team is full when you try to register, don't be discouraged. Please get added to the waitlist. We will do our best to add as many kids to the team as possible. We will have our final roster by the first week of June.

**FEES are:**  
\$88.00 per resident child  
\$97.00 per non-resident child  
\$50.00 volunteer deposit due at time of registration (one deposit per family)

**POOL:** Alligator Creek Aquatic Center (636)272-1626

**LEAGUE REPRESENTATIVES:** - Marnie Gulsvig and Dave Simonds

The O'Fallon Torpedoes Swim Team belongs to the St. Charles County Swim League. Every team has league representatives that go to four or five meetings a year to communicate schedules, swim team concerns and any other concerns between coaches and the league. League representatives are in charge of the swim meets. If you would like to volunteer as a league representative, please email [jmccall@ofallon.mo.us](mailto:jmccall@ofallon.mo.us).

**COACHES:** Kate Timke, Cassie Hoffner, Thomas Fitzler and Lexi Webb

#### **TEAM OBJECTIVE:**

The Torpedoes Swim Team is a recreational summer swim team. We strive to do our best by improving on times throughout the summer, supporting our team mates and most importantly, having fun!

#### **TEAM CRITERIA:**

**Swimmers:** Participation, a positive attitude, and attendance are a winning combination. Please read carefully the following guidelines for each age group.

- **6 and Under** – The swimmer must be able to swim one length of the pool without touching the bottom of the pool or grabbing hold of the lane line or wall. The freestyle stroke must be attempted. If a child cannot perform this task, the O'Fallon group swim lessons would be a better option at this time. If this cannot be accomplished by the second week of practice, the swimmer will be asked to leave the team. **Refunds will not be offered in this situation.** If you are unsure about your swimmer's ability, contact Jakcee McCall at the Renaud Spirit Center to schedule a swim test.
- **7-18 year olds** – The swimmer should be able to perform two of the basic four strokes (free style, breast, back, butterfly) and be able to swim at least two lengths of the pool using both strokes. If this cannot be accomplished by the second week of practice, the swimmer will be asked to leave the team.

**Refunds will not be offered in this situation.** If you are unsure about your swimmer's ability, please contact Jakcee McCall at the Renaud Spirit Center to schedule a swim test.

**Parents:** The swim team is in need of parent volunteers. To administer the full schedule of meets every parent is needed to volunteer. The team cannot function without volunteers! Be sure to fill out the attached form for scheduling of the swim meets and bring to the parent meeting. This year each family will have to pay a \$50 deposit at the time of registration. This deposit is to help ensure that everyone fulfills the volunteer requirements for the summer season. Please see attached form for deposit information. For 2013 swim team season this deposit may be increased. **Want to volunteer in a different way? Volunteer to be a league Representative or part of the Parent Committee. Contact Jakcee McCall for more details.**

Following these simple guidelines will help make our season fun and successful. These guidelines were set up so meets can run as smooth as possible for you and your children

1. Each family works ½ a meet 4 times.
2. If you have signed up to work and cannot, it is your responsibility to find a replacement.
3. All workers must be at least 16 years of age or older.
4. If you are not able to fulfill your volunteer requirement, the family deposit will not be refunded.

**MEET WORK DESCRIPTION:**

**Starter:** Starts each race and makes necessary announcements during home meets.

**Bullpen Worker:** Four workers from each team work in the team's bullpen. They organize the swimmers into heats and walk the swimmers to the lanes when it is time to swim.

**Timer:** Ten timers from each team use stop watches and record times on heat cards before sending them to the scorekeepers (via runners).

**Runners:** Two runners from each team pick up the cards from all the lanes after each heat and take them to the ribbon table. Runners must pick up all lanes in one trip.

**6 & under relay:** Two parents per relay – organize relay as directed on heat card.

**Ribbon Table:** Three workers from each team take the cards from the runners, write the swimmer's name, time, and event on ribbons. They also keep and post the score throughout the meet.

**Hospitality:** Help set up and deliver drinks to other workers on deck during meet. Hospitality workers are only needed for home meets.

**Stroke Judges:** If you would like to be a Stroke Judge, you need to attend a **Stroke Judge Clinic** to volunteer as a stroke judge. Attending a clinic qualifies a participant for two years. The location of these clinics is below. Please email Jakcee McCall at [jmccall@ofallon.mo.us](mailto:jmccall@ofallon.mo.us) if you are interested This will count as your volunteer time for the swim meets.

Stroke Judge Clinic – TBD

Location: TBD

**LEAGUE:**

O'Fallon is in the Lewis Division.

**MEET SIGN-UP:**

A sign-up sheet will be used for each meet. Please let the coaches know if you will not be attending a meet at least one week in advance.

**MEETS:**

Communication is extremely important. If a swimmer has signed up for a meet and cannot make it to the meet, please try to call a coach or league representative. It is very hard to place swimmers in a meet. When someone does not show up, problems occur for everyone. We depend on parents to keep in touch with the

coaches. All swimmers are encouraged to attend **at least three practices a week** in order to benefit from the program.

## **MEET INFORMATION**

### **Before the Meet**

Arrive early: Warm-ups begin 30 minutes before the start of the meet. Arrive early enough for swimmers to be ready when warm-ups begin. Swimmers who are absent at time of warm-ups are removed from relays.

#### A. Swimmers:

- a. Check off your name on the attendance sheet so the coaches will know that you have arrived.
- b. Pick up your heat cards. There are pink cards for girls' events, blue for boys' events. (Mixed relays 5-6 & 15-18 age groups can be either color). The pockets will be hung on the fence in our team area. Look for our team banner! Maximum number of events per swimmer is four.
- c. Check your events and if there is a mistake, see a coach immediately. Most swimmers use a waterproof marker to write their events on their hands. **NO OTHER WRITING ON THE SKIN IS ALLOWED!** (Parents usually write down their child's events also, so they know when to watch for their swimmer.)
- d. You are now ready to warm up and have FUN, FUN, FUN!

**\*Special note for relays.** There will be one official pink or blue heat card for the entire four-person relay. This card will be located in the pocket of the first swimmer of the relay. White reminder cards will be placed in the pockets of the other three swimmers. There is also a printout of all relays for parents and swimmers to double-check. Coaches will determine participation in the relay events.

#### B. Parents:

- a. After you arrive, check in at the worker table to confirm your arrival and to find out which task/job you are assigned too, or to see if the team needs some additional help.

Reminders: Most swimmers like to bring a blanket or sleeping bag to stretch out on the ground. When they are not swimming, they rest, chat with friends, etc. You may want to bring along something to pass the time such as: a deck of cards, drawing supplies, a good book or magazine and most important to your swimmer is **MONEY FOR THE CONCESSION STAND!** Also remember to bring sunscreen for swimmers and lawn chairs for parents who are not working. Also please note that during swim meets at Alligator's Creek the leisure pool will be closed during the meet.

### During the Meet:

- A. Swimmers should watch for their events to be called to the bullpen. Event numbers will be posted on a board near the bullpen. When a swimmer's event is called, the swimmer must take his or her heat card to the bullpen.
- B. In the bullpen, swimmers will be lined up and assigned a lane. Once the swimmer's lane is assigned, that swimmer should remain in his or her seat until moved to the starting blocks. It is important that all swimmers keep their voices calm and listen for instructions.
- C. At the starting blocks, the swimmer should hand his or her card to the timer. Wait for the starter to direct the start. Swim the event and head back to the bullpen to relax and prepare for the next event.
- D. Team scores are posted outside the ribbon area. (Ribbons will be handed out, or put in mailboxes at practice a couple days after each meet.) Swimmers will not receive their ribbons the day of the meet.
- E. Parents please contact the league representative or the head coach during the swim meet if you need to discuss any problems regarding the meet.

**\* Please remember that each swimmer must participate in half of the meets to be eligible to participate in the All-County meet.**

## **SPORTSMANSHIP:**

The coaches want to stress the importance of good sportsmanship and positive behavior/attitudes. We expect sportsmanlike conduct from each swimmer and parent at all times. The coaches and team representatives reserve the right to remove disruptive swimmers from the team. In the unlikely event that a swimmer violates the rules of fair play (listed below), the coach or team reps will contact the swimmer's parents in the form of a written complaint.

### **FAIR PLAY**

All swimmers will be expected to:

1. Follow their coaches' and parent volunteers' directions to the best of their abilities.
2. Respect one another and one another's belongings.
3. Respect and show courtesy to members of the opposing teams.
4. Refrain from using profane language.
5. Refrain from placing themselves or others at risk (i.e. hitting, biting, kicking, and spitting.)
6. Refrain from participating in any unlawful activities (i.e. vandalism, illegal drugs, and weapons).

## **PARENTS MEETING**

**There will be a mandatory parents meeting at:** The Renaud Spirit Center on Monday, May 14, 2012 (see times below) in the Multi-Purpose Room.

### **New Families: at 7:00 p.m.**

Bring: T-Shirt Money  
VOLUNTEER SIGN UP SHEET

### **Returning Families: at 6:00 p.m.**

Bring: T-Shirt Money  
VOLUNTEER SIGN UP SHEET

**Parents: Be sure to bring the meet schedule request form so we can put a schedule together of the parent volunteers at the meets. Completed request form is due to the league reps at this meeting.**

## **PRACTICE –**

Be prepared to practice in or out of the water. In addition to swimsuits, goggles and towels, comfortable clothing and appropriate shoes should be worn for deck and/or track workouts. **Ten minutes of practice will be completed on dry land.**

**May 29<sup>th</sup>-July 26<sup>th</sup> (approximate) No morning practice until June 4<sup>th</sup>**

**Mornings:** Monday, Tuesday, Wednesday and Thursday, (NO FRIDAY)

6 & Under 8:45-9:15a

7 – 10 yr 8:00-8:45a

11 & Over 7:00-8:00a

**Evenings:** Monday, Tuesday, Wednesday and Thursday, (NO FRIDAY)

6 & Under 7:05-7:35p

7 – 10 yr 7:35-8:20P

11 & Over 8:20-9:20p

\* Practice times are subject to change at the discretion of the coach.

## **Team/Weather Hotline**

Practices will be held in light rain. If the weather is severe there will be no practice. If weather is threatening, please do not drop off swimmers, there are no inside facilities available. **Weather Hotline # 636-379-5468**

**TEAM SUITS (optional)**

Team suits are available at: **Johnny Mac's Sporting Goods in St. Peters, MO.**  
5819 Suemandy Road, St. Peters, MO 63376 636-278-6300

Female Suits \$47.85

Male Suits (JAMMERS) \$29.90

**SALES TAX NOT INCLUDED**

**TEAM PICTURE Tuesday, June 12<sup>th</sup> beginning at 8am.**

Information on team pictures will be available at the parent's meeting. Swimmers should wear their swimsuit or Team T-shirt and be ready for pictures when they arrive on the day of pictures. Individual pictures, as well as a team picture will be taken.

Last name A-M: individual pictures begin at 8am

Last name N-Z : individual pictures begin at 8:30am

TEAM PICTURE: 9am

There will not be an evening practice this day.

**Awards and Pool Party**

TBD

**ALL COUNTY MEET**

All County meet is held at the REC-PLEX in St. Peters on Saturday, July 28<sup>th</sup>. All swimmers will be entered unless the coaches are otherwise notified. Parents must be able to volunteer for the All County meet if your child would like to participate.

The coaches and parent volunteers look forward to a **Great, Fun, and Successful 2012 Season.** Hope you will join us!

**Phone Numbers:**

**Pool Supervisor at Alligator's Creek (Memorial Day – Labor Day)**

Shannon Smallwood – 636.379.5469

Jakcee McCall—636.474.8113

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# O'Fallon Swim Team Parent Volunteer Form

As a parent of the Torpedo Swim Team each family is required to volunteer for 4 half swim meets per summer. To ensure each family is fulfilling these requirements, the City of O'Fallon will be collecting a \$50 volunteer deposit at the time of registration for each family. This deposit will be credited to your account with the city to use toward another program with the City of O'Fallon upon completion of the swim season. If a family does not fulfill the volunteer requirements, the \$50 deposit will automatically be surrendered and this may jeopardize future registration with the swim team.

The undersigned recognizes that you agree and understand the \$50 volunteer deposit policy.

Signed \_\_\_\_\_ Date \_\_\_\_\_

