

O'FALLON TORPEDOES

SWIM TEAM 2016

PARENT INFORMATION

Welcome to the O'Fallon Torpedoes Swim Team!

The O'Fallon Torpedoes is a swim team comprised of athletes age 5-18. Our mission is to teach and train summer swimmers by promoting healthy competition, sportsmanship, and teamwork while fostering friendships and instilling lifelong love of the sport of swimming. Our goal is to help make every swimmer his or her best and to instill pride and confidence in all our Torpedoes, regardless of age, ability, skill or experience. Our team belongs to and follows the rules and regulations of the St. Charles County Swim League. The League is made up of several swim teams from the St. Charles County area. The website for the League is <http://www.summerswimleague.com>. All rules and regulations as well as meet schedules can be found on this site.

Here are some facts you will need to know for the **2016** season:

REGISTRATION: Registration must be completed in person, at the Renaud Spirit Center. The RSC is located at 2650 Tri Sports Circle, O'Fallon, MO 63368. Their phone number is 636-474-2732.

RETURNING SWIMMER REGISTRATION: April 2nd -April 8th exclusively, (then until team is full). Registration will begin at 7:00 am and must be done in person at the Renaud Spirit Center.

NEW MEMBER REGISTRATION: begins April 9th for residents and April 13th for non-residents on a first-come, first-serve basis until all spots are filled. Registration begins at 7:00 am and must be done in person at the Renaud Spirit Center.

If the team is full when you try to register, do not 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:

- \$92.00 per resident child
- \$103.00 per non-resident child
- \$50.00 volunteer deposit due at time of registration (one deposit per family please see parent contract for additional information)
- \$10.00 per t-shirt (we will have a new t-shirt design for the 2016 season)

POOL: All practices and home meets will be held at Alligator's Creek Aquatic Center 636- 272-1626

LEAGUE REPRESENTATIVES: - Cherie French-Edwards, Brona Sarchett, Allison Zika and Jen Clark. League Representatives are the main contacts for the swim team. They are in charge of the volunteer schedule, organizing and running home meets and many other behind-the-scenes aspects before and during the season.

COACHES: Head Coach: Katie Hilliard
Assistant Coaches: Ashley VonHartzsch
Courtney Coe
Kayla Grimm

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 you are unsure about your swimmer's ability, contact Jakcee McCall at the Renaud Spirit Center to schedule a swim test. Swim tests will be held Tuesdays and Thursdays between 4:30 and 6:30 pm, by appointment only.

- **7-18 year olds** – The swimmer should be able to perform two of the basic four strokes (free style, breaststroke, backstroke, and butterfly) and be able to swim at least two lengths of the pool using both strokes. If you are unsure about your swimmer's ability, please contact Jakcee McCall at the Renaud Spirit Center to schedule a swim test. Swim tests will be held Tuesdays and Thursdays between 4:30 and 6:30 pm, by appointment only.

Parents: Being involved on the O'Fallon Torpedoes Swim Team REQUIRES parent commitment. Part of this commitment is a volunteer requirement. Below, you will find the Volunteer Form. Please fill this out and return it either with your deposit, or at the parent meeting. Please see attached form for deposit information. For 2016 swim team season, this deposit may be increased.

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 and your ability to register for the swim team in the future will be in jeopardy.

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.

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 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.

MEETS:

Communication is extremely important. If a swimmer has signed up for a meet and cannot make it to the meet, please try to contact 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.

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 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. Our team area (at home meets) is the grassy area down the hill under the tree, in the shade. While swimmers may sit anywhere they like, sitting within their age groups among the team will facilitate friendships, make it easier for swimmers to know when to get ready for their events and give the coaches a meeting point if they need to talk to swimmers before and after races. 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!** 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 their seat 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).

All parents will be expected to:

1. Transport their child to and from practices and meets on time.
2. Be supportive of all swimmers on all teams.
3. Help your child understand that they are contributing to a team effort.
4. Focus on mastering skills and having fun, not winning.
5. Attend meets and cheer on the team.
6. Refrain from criticizing opponents; be positive with all swimmers.
7. Respect the officials.
8. Respect the coaches and their decisions. They are putting a lot of time and effort into your child's team. If for some reason you are dissatisfied with a coach for any reason, please contact Jakcee McCall so that the situation can be reviewed and resolved.

PARENTS MEETING

There will be a mandatory parents meeting at: The Renaud Spirit Center on Thursday, May 12th, 2016 (see times below) in the Multi-Purpose Room.

New Families: at 7:00 pm

Bring: VOLUNTEER SIGN UP SHEET

Returning Families: at 8:30 pm

Bring: VOLUNTEER SIGN UP SHEET

Parents: Be sure to bring your completed volunteer form to this meeting. If you are unable to attend this meeting, please drop off your volunteer form at the Renaud Spirit Center before this date.

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.

May 31st-June 2nd EVENINGS ONLY

June 6th - July 21st Morning and Evenings Offered

July 26th-July 28th EVENINGS ONLY

July 30th —All County

Mornings: Monday, Wednesday, and Thursday

8 & Under 8:45-9:15 am

9-12 yr. 8:00-8:45 am

13 & Over 7:00-8:00 am

Evenings: Monday (on non-meet weeks), Tuesday, Wednesday, and Thursday

8 & Under 7:05-7:35 pm

9-12 yr. 7:35-8:20 pm

13 & Over 8:20-9:20 pm

* Practice times are subject to change at the discretion of the coach. Your child may be asked to swim with a different group depending on their ability. Practices will be held Monday mornings before meets. Practices are not held Tuesday mornings.

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. For weather related information, call 636-333-9900 ext. 9. This will direct you to the RainOut line for the Torpedoes Swim Team. This information can also be found on the website. You can also go to www.rainoutline.com directly and search for "O'Fallon (MO) Parks and Recreation." This will show all of the City of O'Fallon's rainout lines. From here, you are able to sign up for email and text alerts regarding the Torpedoes Swim Team.

Team Suits: Team suits are available for purchase through Johnny Mac's in St. Peters. Johnny Mac's is located at 5819 Suemandy Road, St. Peters, MO 63376. Jeanie Norris is the representative. She can be reached at 636-278-6300. There are two fabric choices for suits—a Lycra suit or a polyester suit. Female suits range in price from \$40-\$45 depending on the material chosen. Male suits range in price from \$30-\$34 depending on material. **SALES TAX NOT INCLUDED. Please reference this packet and our bid to ensure you are getting the correct suit price.**

TEAM PICTURE Wednesday, June 1st, beginning at 6 pm. .

Information on team pictures will be available at the parent's meeting. Swimmers should wear their team swimsuit or a plain black swimsuit for pictures and be ready as soon as they arrive. Individual and a team picture will be taken. Swimmers are expected to be in the team picture.

Instead of evening practice, we will have an informal team get together. Bring your own food and family—come swim, hang out and meet other swimmers and their families. The coaches will be available to meet and talk to as well.

Awards and Pool Party

FRIDAY, AUGUST 19th from 5:30-9:30 pm at Alligator's Creek.

This is a family event. Please bring your families, swim, and celebrate the success of the 2016 season. Dinner for swimmers is included in their registration fee. Families may purchase dinner for an additional fee.

ALL COUNTY MEET

All County meet is held at the REC-PLEX in St. Peters on Saturday, July 30th. Swimmers must be signed up in advance for this meet. Parents **must** be able to volunteer for the All County meet if your child would like to participate.

Communication:

Each family will be assigned to a "mailbox" in the file folder box. These will be brought out each practice so parents can check their folder for information, ribbons, notes from coaches, etc. Coach Katie will also put together a weekly newsletter that will be emailed out to each family. Please make sure we have the correct email address. It is best to update your e-mail address at the time of registration with the front desk.

Coach Katie can be reached through her mailbox at the pool or by email.

If you are unable to reach Katie or have other concerns, please contact Jakcee McCall at jmccall@ofallon.mo.us or 636-474-8113.

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

Anna Kiefer—636-272-1626 Jakcee McCall—636-474-8113

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. 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. If I fulfill the volunteer requirement, I would like the deposit:

_____ Put on my account with the City for future registrations

_____ Refund mailed to the account main contact by check from the City

Signature _____ Date _____

