

**2017 COACHING STAFF**

Head Swim Coach – Brian Thomas  
Assistant Swim Coaches – Stephanie Hein, Kate Mesaros  
Head Dive Coach – Emily Tubbs  
Assistant Dive Coach – Tyler Knorpp

<b><u>2017 SWIM PRACTICE SCHEDULE</u></b>	
<b>May 30 – June 16, (M-Th)</b>	
• 8 & Under, 9-10 age groups:	5:30 p.m.
• 11 & up age groups:	6:30 p.m.
<b>June 19 – July 21, (M-F)</b>	
• 9 & 10 age group:	9 a.m.
• 8 & Under age group:	10 a.m.
• 11 & Up age groups:	11 a.m.

<b><u>2017 DIVE PRACTICE SCHEDULE</u></b>	
<b>May 30 – June 16, (M-Th)</b>	
• All ages:	4:30 p.m.
<b>June 19 – July 22, (M-F)</b>	
• 11 & Up age groups:	9 a.m.
• 9 & 10 age group:	10 a.m.
• 8 & Under age group:	11 a.m.

**SWIM & DIVE TEAM INFORMATION**

The GTCC swim and dive team competes in the Washtenaw Interclub Swimming Conference (WISC). This league includes A, B and C divisions (based on the event times of their team members in the previous season). This year we compete in the B division, which includes Liberty, Orchard Hills, Chelsea, Vets Park, and Chippewa.

We will compete in five Friday/Saturday swim/dive meets in June and July, culminating with the league championships in late July. The championships are the only swim & dive events held on weekdays, with a different age group swimming & diving each day, Monday through Thursday.

**SWIM TEAM READINESS**

It is assumed children who join the Swim Team are fairly proficient swimmers and are comfortable in deep water. Children needing instruction in such swim skills as putting their faces under water, floating, etc., should sign up for Georgetown’s swim instruction program, which runs simultaneous to swim team practice, but in shallow water.

Children who are beyond needing basic swim instruction, but still lack the swim skills necessary to succeed on the Swim Team should plan to join the Penguin Development Team (see below). A good measure for your child’s readiness for the swim team is if your child can SWIM (not dog paddle) an entire length (25 yards) of the pool, with his or her face in the water, using rhythmic (side to side) breathing, unassisted.

**PENGUIN DEVELOPMENT TEAM (AGES 5 & UP)**

These swimmers are not quite ready for the swim team, but with the rigorous instruction they’ll receive during swim practice times, they should be “meet ready” by the last two meets of the season. These swimmers will enjoy all the benefits of team membership, including participation in all social events and an end-of-season award.

## Swim & Dive Team Guidelines

### PRACTICE ATTENDANCE

Our coaching staff is committed to working with your children on a consistent basis throughout the season so they can have their best possible performance at our meets. We ask that if your child plans to participate in the meets, he/she attend practice in the prior week. This allows the coaches to have regular contact with our swimmers and divers, to ensure that they're getting the best possible training — and to ensure that they're having fun!

### PARENT/GUARDIAN INVOLVEMENT

You are encouraged to come and observe practice, particularly if competitive swimming & diving is new to your family. When practice is over, and as time permits, our coaches will be happy to discuss your child's progress, but attendance at practice will allow you to see first-hand how your children are doing.

It is important to allow the coaches to assume leadership of the team members during practice periods. If there is any information about your child that you believe the coaches should have to increase your child's enjoyment of the program, please do not hesitate to share this with the coaches. Our number one focus is fun and team building.

Information regarding Volunteer opportunities is listed on page 5.

### SPORTSMANSHIP

It goes without saying that we at GTCC observe all standards of good sportsmanship. This means that we want as many supporters as possible to attend our meets, and we want them to cheer loudly! At the same time, we want our swimmers, divers, and their families to be good sports whatever the outcome of a meet, because this program is really about having fun and teaching our kids to do their personal best.

### MEET LINEUPS

Typically, you should have a meet lineup at the last practice before a meet. This will tell you what events your child is scheduled to compete in at the meet. It is very important that your child show up to compete in those events, or that you tell the coaches as soon as possible if you will be unable to attend. Please do not sign up for meets if you plan to be out of town. If you do sign up and your plans change, please let us know as soon as possible that you will not be able to attend the meet. Once you sign up, the team is counting on you. **SIGN UP FOR MEETS MUST BE COMPLETED BY THE WEDNESDAY PRIOR TO THAT MEET, NO LATE ENTRIES WILL BE INCLUDED!!!**

Sign-up sheets for each week's meet will be emailed through Sign Up Genius. You or your child must sign up for each meet you plan to attend, so we can register you for the various events. **UNREGISTERED SWIMMERS & DIVERS CANNOT COMPETE AT MEETS.**

Should your child not want to participate in the meets, please let the coach know at the beginning of the season. Your child is welcome to join the team and attend the meets to cheer for the rest of the team. If your child changes his/her mind later in the season and wants to start competing in the meets, no problem. Just let the coach know.

### SWIM MEET EVENTS

The events we swim are: freestyle (front crawl), backstroke, breaststroke, and butterfly. Younger swimmers typically aren't experts in every event, and our teenage swimmers occasionally have a stroke or two that is their "specialty."

We encourage our swimmers to compete at least once in each event, because often they discover hidden talents and enjoy a great deal of pride in their efforts. If the coaches sign up your son or daughter for a given event, it is because they believe your child can handle it. You are free to discuss lineup concerns with the Coach, but remember that this league focuses on having **fun** and developing as swimmers. Your child will typically swim in 2 to 4 events per meet.

### DIVE MEET EVENTS

Your child will dive against other children in his/her age group and will be judged against the divers that are of the same gender. Hence there are two top finishers in each age group, one for the girls and one for the boys.

Listed below are the WISC diving requirements by age group. The required dive **MUST** be performed first in each age group.

<b>8 &amp; Under</b> One required dive and 2 optional dives. Optional dives must be from separate groups.	<ul style="list-style-type: none"><li>• 1st meet - forward dive group</li><li>• 2nd meet -back dive group</li><li>• 3rd meet -forward dive group</li><li>• 4th meet - back dive group</li><li>• 5th meet - Championship dive group</li></ul>
<b>9-10</b> One required and 3 optional dives from two different groups	<ul style="list-style-type: none"><li>• 1st meet - front group</li><li>• 2nd meet -back group</li><li>• 3rd meet - twist dive group</li><li>• 4th and 5th meets - Championship dive group</li></ul>
<b>11-12</b> One required and 4 optional dives from 3 different groups	<ul style="list-style-type: none"><li>• 1st meet - front group</li><li>• 2nd meet - back group</li><li>• 3rd meet - twist group</li><li>• 4th meet - inward group</li><li>• 5th meet - championship group</li></ul>
<b>13-14 &amp; 15-17</b> One required and 5 optional dives from 3 different dive groups.	<ul style="list-style-type: none"><li>• Required dives are the same as 11-12.</li></ul>
<b>Championship dive group</b>	<ul style="list-style-type: none"><li>• 8 and Under: Forward dive group</li><li>• 9-10: Forward dive group</li><li>• 11-12: Back dive group</li><li>• 13-14: Inward dive group</li><li>• 15-17: Twist dive group</li></ul>

### AGE GROUPS FOR MEETS

Swim – 8 and under; 9 & 10 year olds; 11 & 12 year olds; and 13-17 year olds.

Dive – 8 and under, 9-10, 11-12, 13–14 and 15-17

Age group is determined by participant's age as of June 14.

## **MEET TIMES**

Dive meets are held at 5pm on Friday evenings. Divers need to arrive at 4pm for warm-ups. The 8 and under divers usually compete first. The diving boards are closed to other swimmers 60 minutes before the meet begins to allow the divers to warm-up.

Saturday swim meets usually start at 9 a.m. and last until around noon. Your child should arrive one hour early, by 8 a.m., in order to swim warm-up laps and review their placements in events. This early arrival is important because it allows the coaches to make necessary changes should scheduled swimmers fail to show up due to illness or other unavoidable circumstance. Anyone who is not present at the meet by 8:30 am will be scratched from relays, because the coaches must have their final line-ups in to the computer operator by then.

The GTCC website ([georgetowncc.org](http://georgetowncc.org)) will provide directions to swimming clubs hosting our away meets.

## **WHAT TO BRING?**

There are a few items you should plan to bring to meets to keep your children as comfortable as possible. These include a blanket, sleeping bag or extra towels for them to sit on between events; warm-up pants and sweatshirts if the weather is chilly; swim goggles; sunscreen; and snacks and drinks if you don't plan to purchase them from concessions.

Many swimmers & divers also bring decks of cards, books, etc., to occupy them while waiting between events. Keep in mind, however, that there is no secure place to keep valuables such as iPods, phones, etc. If you are bringing younger siblings it's a good idea to bring books, crayons, paper, small toys, etc., to keep them busy during the meet. During swim meets no part of the pool is open for non-competing swimmers, however at dive meets only the dive-well is closed during the dive meet.

***Important: Under Washtenaw Interclub Swimming Conference rules, your child must compete in at least 2 meets to qualify for the championship meet at the end of the season.***

## **VOLUNTEERS**

Participation on the Georgetown Swim & Dive Team is a great experience for our young swimmers — and it's made all the more memorable when their families get involved so our swim season can run smoothly. Our team's success relies heavily on the generous assistance of parents. As the saying goes, ***no one has to do everything, but everyone should do something.***

We would like to see every family volunteer during at least two home meets and for at least one slot during WISC championships. The more volunteers we have, the more likely it is that we can all have the pleasure of watching our own children compete.

<b>Title</b>	<b>Description</b>
Greeter (1)	Checks workers in and alerts the meet coordinator if someone doesn't show up, directs home & away teams to appropriate location on the pool deck
Setup (2-4)	Arrives early to get the pool deck ready for the meet
Announcer (1)	Announces all events, heats and general information throughout the meet. Starts races by sounding the buzzer.
Head Timer (1)	Instructs and assists all timers. The head timer also serves as a back up timer
Timer (16)	Before each race; verifies swimmers, times swimmers and records time on the time card. Each lane has 2 timers
Head Marshal (2)	Assigns lanes, combines heats and works with all marshals to ensure steady flow of the meet.
Age Group Marshals (10)	Assists with swimmer check-in, Helps gather and prepare swimmers for their events. Ensures that all swimmers arrive at their appropriate lanes on time.
Runners (2)	Collects time cards and delivers them to the scorers table.
Finish Judge (1)	Sits at the finish wall and calls out the finish order of the races by lane to finish writer.
Finish Writer (1)	Records the results called out by the finish judge, gives sheet to runner to turn in with each event's cards.
Concessions (2-4)	Assists with the operation of the concession stand.
Ribbons (2)	Helps to write or stick labels on the ribbons for GTCC swimmers & divers, files the ribbons in the family file folders.
Clean up Crew (2-4)	Helps to return the facility and surrounding areas back to a clean organized state after the meets are over.
Score Keepers (2-4)	Help at score table specific directions will be provided at the table

In addition to the volunteers needed at meets the aquatics committee is also volunteer based. There is a standing committee of the following positions:

*Committee Chair, Communications Coordinator, Social Coordinator, WISC Parent Representative, Swim & Dive Meet Coordinator, Apparel Coordinator, Meet Materials & Rewards Coordinator, Synchro Team Coordinator*

These coordinators rely on the support of the GTCC Swim & Dive community to help plan and execute the individual events. We are always looking for more people to help with these positions as well. If you can help out, let us know!

Finally, our club is REQUIRED to provide volunteers during championships. There will be a signup during the summer asking for these. Teams that fail to provide sufficient volunteer support for championship meets forfeit points at the meet.

## **SOCIAL EVENTS**

The swim & dive teams typically host the following social events during the season:

- Mock meet – targets new swimmers/families and helps everyone get into the swim meet routine.
- Spaghetti Dinner – serves as the kickoff to championship week.
- Banquet – culmination of the season. Swimmers and divers receive their trophies, medals and championship ribbons

## **PARENT COMMUNICATION**

Coaches and committees will leverage email to communicate updates related to schedules, events and the need for volunteers throughout the season. We encourage following us on Facebook as well - Georgetown Country Club. Team information is also updated regularly on our club website: [georgetowncc.org](http://georgetowncc.org)

Please send any aquatics related questions, comments or concerns to [gtccgm@gmail.com](mailto:gtccgm@gmail.com).

There is a file box near the team bulletin board where ribbons earned at meets are put for each family as well as any other important information. Please plan to check your family's file on a regular basis – they are emptied at the beginning of each swim season and anything left is discarded.

## **2017 SWIM & DIVE TEAM KEY DATES**

Parent Meeting - Aquatics Committee	Sunday, April 23
Mandatory Parent Meeting - Team Suit, Apparel, etc	Sunday, May 21
Pool opens	Friday, May 26
Memorial Day Party	Sunday, May 28
Afternoon Practice starts	Tuesday, May 30
Mock Meet & Aquatics Cookout	Wednesday, June 14 (or Friday, 6/16)
Last day of AAPS	Friday, June 16
Morning Practice begins	Monday, June 19
GTCC @ OHAC (hosted by OHAC @GTCC)	Friday, June 23 & Saturday, June 24
GTCC @ Forestbooke	Friday, June 30 & Saturday, July 1
GTCC@ Chippewa	Friday, July 7 & Saturday, July 8
Vets @ GTCC	Friday, July 14 & Saturday July 15
Liberty @ GTCC	Friday, July 21 & Saturday July 22
WISC Pasta Party	Sunday, July 23
WISC Week Monday, 13+ swim, 8U dive Tuesday, 9-10 swim, 11-12 dive Wednesday, 8U swim, 13+ dive Thursday, 11-12 swim, 9-10 dive	Monday, July 24 - Thursday, July 27
Dessert Party & Awards Banquet	Sunday, July 30