

Wilchester Club

Summer League - Swim Team News 2009

It's time once again for Swim League. Swimmers ages 4 – 18 are welcome!
Please read this carefully as there have been some League changes and Wilchester team policy changes.

LEAGUE NEWS

SWIM LEAGUE PHILOSOPHY (from the by-laws)

It is our desire that all competition is conducted on the highest level, and every adult associated with the program emphasizes by word and action, the virtues of clean competition and sportsmanship.

It is our desire that the conference provide a competitive outlet and disciplined training program for many to who this would normally not be available, and that it encourage the broadest possible participation, protect the dignity of younger and less experienced competitors, and provide balanced competition for all. The ultimate goal of this program is to provide a fun and competitive experience of all involved. This is not a U.S.A. swim league.

Parents are responsible for their child's behavior at all swim meets, practices and swim team functions. It is the child's responsibility to be ready to swim at race time. Please make sure your child stays in designated areas during swim meets, time trials and other functions. Homeowners dues must be paid up to date for you child to participate on swim team.

Swim League Eligibility - Rule

Please note that you are NOT eligible to swim in our League if you trained on or competed with a USA swim team, or USA swim team sponsored conditioning program (stroke clinics are OK) after March 15, 2009. Any failures will result in our team having to forfeit any swim meet participated in by any ineligible swimmer!

Meet Format Changes

- Meets for our division will start at 6pm (*several teams have issues with noise abatement requirements after 10pm*)
- Warm-up time will be shorter
- The order of events will include an extra heat of Fly, Back & Breaststroke for ages 7-8, and 9-10, boys and girls. This means two heats of the stroke events, per age group 7-8 & 9-10 for boys & girls.
- The 7-8 freestyle relay will be moved earlier the meet, from after the individual stroke events to after all the medley relays. At a summary level order of events is;
 - Individual IM;
 - 6 & under Free Relays;
 - 7- 8 through 15-18 medley relays
 - 7-8 Free relays
 - 6 & under individual freestyle
 - All individual freestyle events
 - All individual stroke events
 - 9-10 through 15-18 Freestyle Relays

Swim Preparation Programs

Some area aquatic facilities offer summer league preparation programs and stroke clinics which do not impact eligibility under league rules.

- Stroke clinics (usually 1 wk programs) at swim clubs and athletic facilities. This includes USA club, MAC and other stroke clinics.

- Summer league preparation courses currently approved by the league are:
 - * Youth Aqua Fit (YAF) @ the MAC, and
 - * Streamline @ DADS Club Aquatic Center

Please contact these facilities if you would like information on the prep programs

Swim League Rule on Half-Lappers.

In an effort to make our meets more efficient, the Memorial – Spring Branch Swimming Conference voted, effective with the 2007 season, that to be eligible to swim during any meet a **“Six and under” must be able to complete a full length of the pool in one minute or less.** If a Six and under cannot do so, they will be limited to swimming home meets with the Half-Lappers prior to the start of the sanctioned meet (which starts at 6 p.m.)

WILCHESTER SWIM TEAM Information

Wilchester’s “Six and Under’s” and “Half-Lappers” Policy

In response to several concerns, safety and liability being at the forefront, Wilchester Swim Club has decided that the following rules apply to these age groups.....

- A “Half-Lapper” is defined, consistent with the League Rules, as a “Six and Under” **who cannot swim the length of the pool unaided in a minute or less.**
- Half-Lappers cannot participate in any of the after-school practices (5/11 - 6/3). Half-Lappers are invited to join the Team for summer practice in the morning starting Monday, June 8th.

Due to the safety concerns we can not make exceptions to these rules. However, if you have a Six & Under that would like to swim during the after-school practices, they must pre-qualify prior to the first day of practice. Pre-qualification will take place during Swim Team Registration – April 26th at the Wilchester Pool (please bring your child in swim wear. We will have a swim coach there as well). Again, to qualify your child must willingly be able to swim the length of our pool - unaided, (without touching the bottom, sides, ropes, etc) – in a minute or less.

PARENT RESPONSIBILITY

During practice hours swimmers may be in the water ONLY during their practice time. No lifeguards are on duty during practice hours, accordingly no one, regardless of age or experience, will be allowed in the water except for their practice time – this includes the rock pool, the big pool, the deep end and the stairs. This is a liability issue for the club.

- For your children’s safety please ensure your children are only in the water for their practice.
- If you or your child fails to adhere to this rule during practice hours, you and your child may be asked to leave the pool.
- Our coaches can be more effective when they are not baby sitting swimmers siblings, or having to police the deep end and the steps.
- If a child’s’ parent is present the child will be allowed in the baby pool when the parent is supervising.

REGISTRATION Sunday, April 26th from 2 - 4pm @ the Wilchester Pool.

Pre-Registration (optional): This year we are providing the option to pre-register.

- Forms will be E-mailed to last year’s list of swim team families.
- Drop completed forms and payment off to Carter & Erin Nicholas - 13418 St. Mary’s
- Be sure to include an E-mail address you check regularly & T-shirt sizes

Registration Day: Forms may also be completed and payment made 4/26 registration day.

- Team suits are new this year & will be available for purchase.
- Team caps available for \$10 & Team Yard signs available for \$10
- Pre-qualification for 6 & Under full lappers
- Sign-up to help
- Be sure to include an E-mail address you check regularly & T-shirt sizes

Forms & Payment – Fill out registration & eligibility forms completely

- **Each family** must complete a registration form. Please include the E-mail address you check regularly and indicate T-shirt sizes.
- **Each swimmer** must have a completed league eligibility form. Swimmers age 15+ must complete the bottom part of the form too.
- Payment must be included with registration forms. Checks payable to Wilchester Club.

Team Suit –We encourage swimmers to wear “Team” swimsuits, but they are not mandatory for participation. Even if you pre-register you still may want to come and visit with our vendor April 26th during registration to purchase swim gear. Make payment to TX Swim Shop. If you miss registration and would like team swimwear contact the Texas Swim Shop (10428 B South Post Oak Road – #713-723-0910).

SWIM MEET SCHEDULE

Monday June 8th @ Plaza Oaks
Thursday June 11th vs Memorial Bend
Monday June 15th vs Memorial Forest
Thursday June 18th @ Memorial Bend
Monday June 22nd @Memorial Forest

Meet of Champs* - Saturday June 27th & Sunday June 28th

**Please hold this date. Coaches will notify you if your child will be swimming at Meet of Champs.*

Please Note:

- ½ lap swimmers swim ONLY at home meets starting at 5:45
- Tuesdays are scheduled as make up dates for rained out meets.
- Swimmers participating in the Meet of Champs will be notified in advance. Please hold these dates.
- **All meets start at 6pm.**
- Swimmers are generally requested to be at the pool about 5pm for meets. Coaches will provide details prior to the meets.

PRACTICE SCHEDULE

After School Practice (M-F) – Starts Monday, May 11th through June 2nd (no practice June 3rd)
5 & 6 year olds 3:30 – 4:00 **Full Lap Swimmers ONLY –**
You must pre-qualify to swim during after school practice

7 & 8 “ “ 4:00 – 4:30
9 & 10 “ “ 4:30 – 5:00
11 & 12 “ “ 5:00 – 5:30
13 -18 “ “ 5:30 – 6:00

Summer Practice (M-F) – Begins Friday, June 5th June 4th Practice times TBA
4 – 6 year olds 8:30 – 9:00 **Half-Lappers start practice June 8th**

7 & 8 “ “ 8:00 – 8:30
9 & 10 “ “ 9:00 – 9:45
11 & 12 “ “ 9:45 – 10:30
13 – 18 “ “ 10:30 – 11:30

TIME TRIALS – 8:30 am start - All swimmers, except ½ lappers. 8:15 warm-up optional.

Time trials allow the coaches to evaluate each swimmer as they race the clock. Swimmers are placed in meets based on time trial times, practice attendance & behavior, attitude and meet performance. Due to the compressed schedule time trials will be held on Saturdays. If swimmers arrive on time & ready to swim, and timers are in place we should be finished by 11 am

Friday, June 5th (tentative)

TEAM PICTURES

TBA

SWIM TEAM PARTY

Thursday June 25th , 6 – 8 pm @ the pool.

STROKE CLINICS - To be announced.

SWIM LESSONS

Private swim lessons will be offered by some of the coaches. Contact the coaches for scheduling. Lessons require a 24 hour cancellation notice.

VOLUNTEERS – Parents - we need your help to make swim team happen!

This is an all volunteer league, except for coaches. ALL parents are expected to volunteer to help swim team work. There are a variety of ways to help including;

- timing at time trials
- assisting at meets – judging, ready bench, concessions
- assisting with the team party

Please indicate on your registration form how you would like to volunteer.

We are looking forward to a great summer! See you at the pool!

COACHES AND REPRESENTATIVES

Coaches – Nicole Petersen, Robert Fleming, Rich McGuire

Swim Team Representative – Tom Rathgeb (13627 Perthshire Road), (713-464-2702).

WILCHESTER SWIM TEAM

IMPORTANT DATES

April 26 - Registration Day - *Registration, team suits available, 6 & under full lapper prequalification*

*If you miss registration you **MUST** complete a Registration Form (one per family) and an Eligibility Form (one per swimmer). Drop off completed forms & payment (checks – payable to Wilchester Club) to Carter & Erin Nicholas 13418 St. Mary's. All swimmers must be registered prior to participating in practice & meets.*

- May 11 - After school practice starts
- May 15- No Practice
- May 25 - No practice
- June 3 - No practice
- June 5 - Time trials – *No ½ lapper practice*
- June 8 - Summer Practice schedule starts – *first day of ½ lapper practice*
- June 8 - Swim Meet
- June 11 - Swim Meet
- June 15 - Swim Meet
- June 18 - Swim Meet
- June 22 - Swim Meet & *Last day of regular practice schedule*
- June 23-26 Meet of Champs practice schedule – *To be announced*
- June 25 - Team Party
- June 27 - Meet of Champs – Preliminaries
- June 28 - Meet of Champs – Finals

5/5/09