



2009 Summer Mavericks Handbook

Welcome!

The Summer Mavericks is our family-based summer swim team that introduces kids to friendly competition and the camaraderie of a team. Our goal is to create, and then perpetuate, a genuinely healthy perspective and approach to competitive swimming in a fun and safe learning environment.

The program is for children ages 5 to 18 years. Each swimmer must be able to complete one length of the pool unassisted.

The program has four main objectives:

- Introduction of family involvement to a swim team atmosphere.
- Introduction to swim competition dynamics.
- Becoming accustomed to measurement and comparison of ones ability level.
- Understanding how individual behavior is incorporated into team dynamics.

Spring 2 Session (pre-season) April 6 – June 12, 2009

We recommend starting your summer swim season in the spring. It improves the whole experience if a child is progressively prepared for the competitive part of the summer season. Three levels ensure age and skill-appropriate practices.

Start any time, get in shape and be ready for the meets that begin June 25!

Pricing

1x per week: \$150 for the session
2x per week: \$175 for the session
3x per week: \$200 for the session
4x per week: \$225 for the session

Practices Times for Spring 2 Session

Monday–Thursday
Level 1 4:15 – 5:00pm
Level 2 5:00 – 5:45pm
Level 3 5:30 – 6:30pm

Parent Informational Meeting: 6/9

Tuesday, June 9, 2009 at 6:30pm at Menlo Swim and Sport on the picnic tables in the grass area. The meeting will inform parents on the details of the summer session and will be a time to place a swim suit order for the summer team.



Summer Session June 15 – August 21, 2009 (off for Independence Day)

Pricing

Full Session: June 15 – August 21

Aligns with our 10-week session schedule and keeps kids swimming all summer.
\$255 for 10 weeks

Short Session: June 15 – July 26

Encompasses 7 swim meets and 8 practices per week.
\$185 for 6 weeks

Practices Times for Summer Session

Monday–Friday (coaches recommend at least 2 practices per week)

Mornings

Level 1 9:00 – 9:30am
Level 2 8:30 – 9:15am
Level 3 8:30 – 9:30am

Evenings

Level 1 5:30 – 6:00pm
Level 2 5:30 – 6:15pm
Level 3 5:30 – 6:30pm

Special Events

Team Pictures

The team photo will be taken on *Wednesday, June 24th at 10:00am*, with individual athlete photos at 9:30am. Each swimmer will have the option to purchase a professional package of individual and team prints.

Awards Ceremony

The annual Mavericks awards ceremony takes place back at the Burgess Park pools on the Saturday immediately following the championship meet. Lunch and dessert will be served to the swimmers, and families are encouraged to attend. View it as a picnic at the pool and a celebration of the team. Awards will be presented to each swimmer who participated throughout the season.

Special Workouts

Watermelon Day, Ice Cream Day, Opposites Day, Duathlon Day, Dynamic Duo Day, Ironman Day, Tennis Shoe Day (swimmer brings own), Baggy Shorts Day (swimmer brings own) and T-shirt Day (swimmer brings own).



Workout Warmups

Warmups for all three levels...

Children should arrive on time and be prepared to warm up. This means they should be in their swim suits, have their goggles on, and have gotten their fins and/or other gear as instructed by the coach. If your child has forgotten their goggles, try on a pair from the goggle bin and be ready to swim on time.

All swimmers will warm up in the lane assigned by the coach. There is a regular warm-up routine such as this that swimmers may be required to memorize:

- | | |
|----------------------|--|
| Flutter kick | Dolphin kick |
| Kick 6 Free | Hip delay butterfly |
| Free | Butterfly |
| Flutter kick on back | Kick 6 Breaststroke then take off fins |
| Kick 6 Back | Breaststroke kick |
| Backstroke | Breaststroke |

Swim Meets

West Bay Swim League

The Menlo Mavericks are part of the West Bay Swim League. This league focuses on building community and family fun.

It consists of 6 teams: Pacific Athletic Club, Ladera Recreation, Covington, Redwood City Recreation, Peninsula Covenant Community Center, and the Menlo Mavericks. Each team swims in 5 dual-team meets plus in a relay and a championship meet.

2009 WBSL Meet Schedule

Thursday, June 25, Menlo v. Covington Critters @ Mountain View High School Pool

Wednesday, July 1, Menlo v. Redwood City Sharks @ Herkner Pool

Tuesday, July 7, Menlo v. Peninsula Covenant Aquatics @ Burgess Pool

Saturday, July 11, League Relay Meet @ Woodside High School Pool

Thursday, July 16, Menlo v. Pacific Athletic Club Panthers @ Burgess Pool

Tuesday, July 21, Menlo v. Ladera Recreation Dolphins @ Ladera Pool

Saturday, July 25 League Championship Meet @ Carlmont High School Pool

Meet Times

Weekday meets begin at 4:00pm with warm-up beginning at 3:30pm. Usually last 2.5 to 3.5 hours, depending on size of the teams.

Saturday relay and championship meets begin at 8:00am with warm-up beginning at 7:30am. Usually last 4 to 6 hours, depending on size of the teams.

Addresses of League Pools

Covington Critters

Mountain View High School, 3535 Truman Ave., Mt. View, CA 94040, 650-940-4600.

Redwood City Sharks

Herkner Pool, 1315 Madison Avenue, Redwood City, CA 94061.

Pacific Athletic Club Panthers

Pacific Athletic Club, 200 Redwood Shores Parkway, RWC, 94065, 650-593-4900.

Woodside High School (relay meet)

199 Churchill Ave, Woodside, 94062, 650-367-9750.

Peninsula Covenant Aquatics Dolphins

Peninsula Covenant Community Ctr, 3623 Jefferson, RWC, 94092, 650-364-6272.

Menlo Mavericks

Burgess Park Pools, 501 Laurel Street, Menlo Park, 94025, 650-328-SWIM.

Ladera Dolphins

Ladera Recreation District, 150 Andeta Way, Portola Valley, 94028, 650-854-3242.

Carlmont High School (championship meet)

1400 Alameda De Las Pulgas, Belmont, CA 94002, 650-595-0210.



Order of Events during a Meet

Freestyle Relay
Freestyle
Backstroke
Breaststroke
Butterfly
Medley Relay (Back, Breast, Fly, Free)

Age Groups

Age groups: 6/under, 7-8, 9-10, 11-12, 13-14, 15-18.

A swimmer's age group is determined by age as of June 15, 2009.

Swimmers age 8 and under swim 25-yard events.

Swimmers age 9 and older swim 50-yard events.

Event Rules

- 6/under swim only in 3 events: freestyle relay, freestyle, and backstroke.
- Boys swim first in each age group.
- Swimmers may be entered in up to 3 individual events and 2 relays with a maximum of 4 events total.
- Entries are based on the coaches' discretion to maximize team points, the swimmer's experience, and the swimmer's qualification for the championship meet.
- A swimmer may swim up one age group, but must swim in that older age group for all their events for that one meet.
- To be eligible for an event in the championship meet, swimmers must compete in 2 dual meets without disqualification.
- Swimmers are responsible for their own transportation to and from the meet.

Swim Meet Logistics

What to Pack for Swimmers

- Team suit and a spare suit
- Goggles and a spare pair
- Swim cap
- Sun protection
- Towels
- Warm Clothes
- Parka
- Blanket to sit on
- Snacks/Dinner (pack your own or bring money for light snacks usually available to purchase at host pool)
- Toys or low-energy activities for time between swim events

What Happens on Meet Day

- Swimmers arrive at the pool, find the designated area for the Mavericks, and check in.
- Swimmers have their event, heat, lane assignments and relay position written on their arm.

Examples:

#63 MR 1/3 Bk means: event #63, Boys 7-8, 100 yard Medley Relay Heat 1, Lane 3 and the boy is swimming backstroke.

#6 FR 2/5 4th means: event #6, Girls 9-10, 200 yard Free Relay Heat 2, Lane 5, the girl is the last leg and will be starting at the other end of the pool.

#17 Fr 4/8 means: event #17, Boys 15-18, 50 yard Freestyle, the boy will swim in Heat 4, Lane 8.

- Swimmers put their belongings down and change into their suits.
- Volunteer parents report to the parent volunteer coordinator and then report to their station before the meet starts or before the breaststroke events start at the shift change.
- Swimmers warm up.
- Coaches' scratch meeting: If your swimmer hasn't checked in and you haven't called to say that you are on your way, the child will be scratched and relays will be rearranged.
- Meet begins, starting with freestyle relays.
- Shepherds (parent volunteers) guide younger swimmers to their event and lane.

- Older swimmers are expected to show up to their heat and lane on their own (an opportunity to learn to be responsible).
- After completing their event, the swimmer may be asked to warm down, get dried off, or talk to the coach.
- Between events, swimmers should rest, stay dry and warm. They should stay out of the sun for long periods and drink water or other liquids.
- If a swimmer needs to leave before their last event, the coach needs to be notified immediately.
- Swimmers are encouraged to stay until the end of the meet to cheer for their teammates and help foster team unity.
- Parents volunteering for the second half of the meet need to stay to the end of the meet, regardless of when their swimmers finish.
- Ribbons are given to any swimmer who is not disqualified, but they usually aren't ready by the end of the meet. Ribbons can be picked up at the pool and are filled by last name. Coaches are notified of disqualifications so they can explain the issues to the swimmer.
- Once the meet is over or when you and your swimmers leave, please clean up after yourselves and say goodbye to your coach.

Suggestions

Swimmers are not required to compete at all, but are encouraged to at least attend a swim meet for the experience.

Make sure you feed your swimmers so they can perform their best. Liquids, carbohydrates, and fruit are better than hamburgers and cheese. Don't feed a swimmer within 30 minutes of their event.

Encourage your children to watch and cheer others. This gives your child a chance to think about others, gain more interest in the meet and give support to their teammates.

Focus on the child's performance rather than how well they placed — winning is important, but only their performance is within their control.

For children who do not like to compete, have them focus on comparing their current performance to past swims and think about how they have improved.

What if...

You are going to be late?

Call the designated number to let the coaches know you are still coming and when you will arrive. If you are volunteering, tell us what your job assignment is. Remember, what you do affects others and could even hold up the entire meet.

You need to leave early?

Let the coaches know so they can scratch your child from their remaining events and relays. We expect a child who causes a relay to be scratched to apologize to the other swimmers (with the help of a parent if necessary). You can also notify the coaches in writing or by email ahead of time.

Your child misses an event?

Kids will be kids. Still, we expect the child to apologize to the coaches and to other relay members if they were on a relay (again, with parental assistance if necessary).

A swimmer leaves or doesn't show up?

Children who leave early or don't show up two times are excluded from relays at the next meet and might be entered in fewer events. This is not meant as punishment, rather, it is to be fair to other swimmers on the team who weren't selected to swim the strokes or on relays your child was entered in. The coaches may have been relying on your swimmer to get points, gain experience, or get a legal time for the championship meet.

Remember, swim meets are team competitions — everyone counts!

All-League Meets and Volunteering

Relay Meet

The League Relay meet will be at Woodside High School on Saturday, July 11, starting at 8:00am (warmups at 7:30). This is a meet where only relays consisting of 4 or more swimmers are contested. Once a swimmer is placed on a relay team, it is extremely important that the swimmer follows through on their commitment to the team so that the other three swimmers will be able to participate.

Championship Meet

The League Championship meet will be at Carlmont High School in Belmont on Saturday, July 25, starting at 8:00am (warmups at 7:30). This meet consists of individual swims of freestyle, backstroke, breaststroke, and butterfly. Swimmers will be entered in the meet nearly a week ahead. Event, heat, and lane assignments are locked in days in advance with no opportunity for additions or deletions. Plan to celebrate afterward at our Awards Ceremony.

Parent Involvement

Summer swim meets are truly family events. The only way a swim meet can take place is with a great deal of family involvement. There are numerous duties that are necessary to ensure our swimmers have a great experience. Unlike other sports where parents are spectators 100% of the time, swim meets require and benefit from parent involvement 100% of the time. Think of it as active spectating!

Volunteer Requirements

Plan to work at 3-4 meets. If you can only work half a meet, you can arrange to split time with another parent, switching off at the break between the backstroke and breaststroke events. Choose a job from the list below and enter your preferences on the Meet Sign-Up Sheet (page 10).

Parent Volunteer Job Descriptions

Volunteer Coordinator

Coordinates all parent volunteer jobs for the summer season.

Timer

Sits at the end of lane, times and records the swimmer's time on a stopwatch.
There are 3 timers per lane.

Head Timer

Times all events with an extra stopwatch that can be used in the event that one of the lane timers has a problem with their watch.

Recorder

Sits behind timers and writes down the 3 swim times for each swimmer.

Runner

Collects swim times from recorders and takes them to computer for input.

Ribbons

Distributes ribbons to kids after putting stickers on the back of ribbons. Places uncollected ribbons in a file box.

Computer/Computer Assistant

Inputs times for all swimmers, scores meet.

Check-in

Upon arrival to meet, swimmers will report to check-in desk where they will have the check-in volunteer mark on their hand the events that they are swimming, with the heat and lane information

Announcer

Announces updates on the meet throughout the day, calls the events.

Starter

Starts each event, after calling each race to the starting blocks.

Stroke and Turn Judge

Evaluates the legality of a swimmer's stroke to ensure fairness of races. There will be a training class for this, announced at the team meeting for those interested.

Shepherd

Lines up swimmers age 10 and under by event, heat, and lane, to ensure that the younger swimmers get to their events.

We recommend that you volunteer for the same job for the entire season as this will improve our effectiveness and efficiency.

Full Session Continuation

The Mavericks continue to come together as a team after the WBSL season ends on July 25. Practices, special workouts, events, and excitement do not have to end!

***And if you liked the summer, then you should know
that you can "Maverick" all year long.....***

For more information pick up a flyer at the front desk or go to www.menloswim.com

Swim Meet Sign-Up Sheet

Please fill out this form and return it to your coach as soon as possible. This information helps us plan our season of meets. Please fill out one sheet per child.

If the coaches do not have your completed form by June 18, 2009, your swimmer may not be able to be entered in the first meet.

Swimmer's Name _____

Age as of June 15, 2009 _____

Parent's Name _____

Home phone _____

Cell phone _____

Email address _____

Please check the appropriate box to let us know which meets that you and your swimmer **WILL** be able to attend/volunteer. Please fill out one sheet per child.

	Swimmer	Parent
June 25 v. Covington @ Mountain View High School Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 1 v. Redwood City @ Herkner Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 7 v. Peninsula Covenant Aquatics @ Burgess Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 11 League Relays @ Woodside High School Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 16 v. Pacific Athletic Club @ Burgess Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 21 v. Ladera @ Ladera Recreation Pool	<input type="checkbox"/>	<input type="checkbox"/>
July 25 League Championships @ Carlmont High School Pool	<input type="checkbox"/>	<input type="checkbox"/>

Parent Job Preference _____

If you're interested in being a volunteer coordinator, stroke and turn judge, or announcer, please talk to your coach.

Summer Swim League Stroke & Turn Rules

For the 8 and under age group, the League has a special, “three strikes and you’re out” rule in dual meets. For these youngsters, no disqualification will take place unless the swimmer has committed three infractions during the race. Please note, however, that this special rule does not apply at the League Relay Meet, or at the Championship Meet.

In general, the benefit of the doubt always goes to the swimmer. If a swimmer has done an illegal stroke or turn, the stroke judge raises his/her hand, writes up a disqualification slip, and gives one copy to the desk, and another to the swimmer or swimmer’s coach.

BREASTSTROKE



Stroke — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer’s head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick — After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, or downward butterfly kick is not permitted except as previously described. Breaking the surface with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY



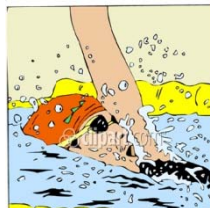
Stroke — After the start and after each turn, the swimmer’s shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

Kick — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

BACKSTROKE



Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

BACKSTROKE , cont'd

Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Finish — Upon the finish of the race, the swimmer must touch the wall while on the back.

FREESTYLE



Stroke — In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turns — Upon completion of each length the swimmer must touch the wall.

Finish — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.



INDIVIDUAL MEDLEY (IM)— The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start — The forward start shall be used.

Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

Turns — Intermediate turns within each stroke shall conform to the turn rules for that stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

Butterfly to backstroke — The swimmer must touch as in a butterfly finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

Backstroke to breaststroke — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

Breaststroke to freestyle — The swimmer must touch as described in a breaststroke finish. Once a legal touch has been made, the swimmer may turn in any manner.

Finish — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.



RELAYS

Freestyle Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

Medley Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: backstroke, breaststroke, butterfly, and freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

Rules Pertaining to Relay Races

- No swimmer shall swim more than one leg in any relay event.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.