



2010 Summer Mavericks Handbook

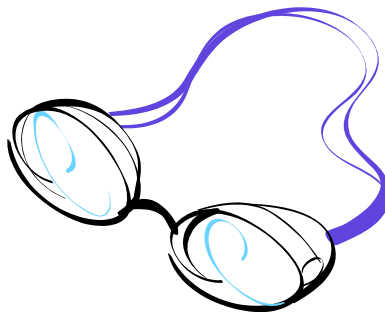
Welcome!

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.

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.



Parent Informational Meetings:

Saturday, June 19, 2010 @ 10:00am

Monday, June 21, 2010 @ 5:00pm

The meetings will be held at Menlo Swim and Sport on the picnic tables, under the trees. 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 14 – August 20, 2010
(off July 2 for Independence Day)

Pricing

Full Session: June 14 – August 20

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

Short Session: June 14 – July 23

The session includes 7 swim meets and 10 practices per week.
\$185 for 6 weeks

Practices Times for Summer Session

Monday–Friday (coaches recommend at least 3 practices per week)

Mornings

Level 1 8:30 – 9:00am -or- Level 1 9:00 – 9:30am
Level 2 8:30 – 9:15am
Level 3 8:30 – 9:30am
Level 4 8:30 – 9:30am

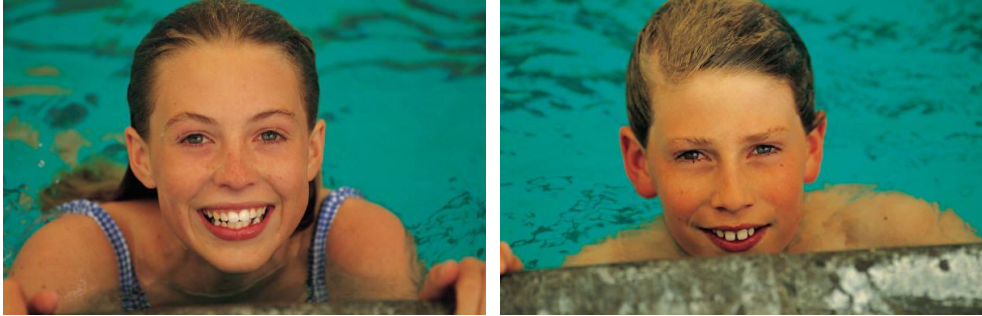
Evenings

Level 1 5:30 – 6:00pm -or- Level 1 6:00 – 6:30pm
Level 2 5:30 – 6:15pm
Level 3 5:30 – 6:30pm
Level 4 5:30 – 6:30pm

Special Events

Team Pictures

The team photo will be taken on **Tuesday, June 29th at 5:00pm**, with individual athlete photos to follow. 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. A potluck dinner 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

We have several special days that are fun and exciting for all levels.



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.

2010 WBSL Meet Schedule

Thursday, June 24, Menlo v. Covington Critters @ Burgess Pool

Wednesday, June 30, Menlo v. Redwood City Sharks @ Herkner Pool

Thursday, July 8, Menlo v. Peninsula Covenant Aquatics @ Sequoia High School

Saturday, July 10, League Relay Meet @ **Woodside High School**

Tuesday, July 13, Menlo v. Pacific Athletic Club Panthers @ Pacific Athletic Club

Wednesday, July 21, Menlo v. Ladera Recreation Dolphins @ Burgess

Saturday, July 24 League Championship Meet @ **Woodside High School**

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 Meet (Woodside High School) 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 • 3535 Truman Ave. • Mt. View • 94040 • (650) 940-4600

Redwood City Sharks

Herkner Pool • 1315 Madison Ave. • Redwood City • 94061 • (650)

Pacific Athletic Club Panthers

Pacific Athletic Club • 200 Redwood Shores Parkway • Redwood City • 94065 • (650) 593-4900

Peninsula Covenant Aquatics Dolphins

Sequoia High School • 1201 Brewster Avenue • Redwood City • 94092 • (650) 367-9780

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

Woodside High School

199 Churchill Avenue • Parkway • Redwood City • 94062 • (650) 367-9750



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 14, 2010.

Swimmers age 6 and under swim only Freestyle and Back stroke.

Swimmers age 8 and under swim 25-yard events.

Swimmers age 9 and older swim 50-yard events.

Event Rules

- Entries are based on the coaches' discretion to maximize team points, the swimmer's experience, and the swimmer's qualification for the championship meet.
- 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.
- 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.

- 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.
- 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.
- 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 for Parents

Swimmers are not required to compete in every swim meet, but are encouraged to participate in more than one 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 10, 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 Woodside High School Saturday, July 24, 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

Please, 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).

Stay connected and follow the Menlo Mavericks community on UpToUs.

Create an account on www.uptous.com and receive important information and messages from the coaches, the team volunteer coordinator and fellow parents.

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 24. 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