



Cherry Valley Tiger's  
Swim Team  
Handbook  
2011

# 2011 Tiger's Coaching Staff and Team Liaisons

## Head Coach:

Kate Mead - [ilucky720@yahoo.com](mailto:ilucky720@yahoo.com)

## Assistant Coaches:

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## Coaches In Training:

Lynn Marie Juan - [Athlete234life@aim.com](mailto:Athlete234life@aim.com)

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## Swim Team Board Representative:

Maureen Tyler - [maureent Tyler@comcast.net](mailto:maureent Tyler@comcast.net)

## Tri-County Representative:

Jim Lymper - [mjrepmyl@comcast.net](mailto:mjrepmyl@comcast.net)

# Cherry Valley Swim Team

## Parent Guide and Team Rules

### Communication

Clear communication is essential to our success as a team. Parents and swimmers are welcome and encouraged to contact the head coach with team related requests, suggestions and concerns. Coach Kate can be reached via e-mail at [ilucky720@yahoo.com](mailto:ilucky720@yahoo.com).

### Rules

**The goal and purpose of the swim team is to promote the values of sportsmanship, hard work and a strong sense of community.**

- **All swimmers should arrive fifteen minutes prior to the start of practice.**
- Parents are welcome to remain at the pool during practice but must remain in the seating areas.
- Swimmers are responsible for the cleanliness of our pool and team areas at practices and meets.
- Children should not be left unattended at the pool after their practice.
- Parents - please be prepared to have an extra suit, cap and goggles.
- Children under age 10 cannot be left alone at the Swim Club for Swim Team parties.
- **Have fun!**

### Practice Attendance:

- Please inform the coaching staff if a swimmer must miss practice.
- Swimmers may miss practice only with parental approval.
- Written notification is **required when missing a meet or absent from practice** for 2 or more days in a week. Unexcused absences will affect a swimmer's placement in A meets.

### Meet Attendance:

- Plan to attend every "A" meet. The five Saturday meets determine our division standing. Unanticipated absences from both A and B meets are disruptive and affect the entire team.
- Inform the coaching staff immediately if a swimmer is absent due to illness or emergency.
- Notify the head coach by Thursday morning if you are unable to attend the A meet.
- Swimmers need to stay in the "TEAM AREA" and "SUPPORT" each team member at all meets.
- Swimmers should not leave until the ENTIRE meet is over.

### Equipment Needed

- Goggles
- Swim Cap (optional for boys)
- Do not wear other team's caps to Cherry Valley meets
- Towel
- Water Bottle (essential)
- Fins - the black rubber type that flex, not hard scuba fins. Fins are available for purchase at Danzeisen & Quigley. Be sure to label fins with white-out or nail polish.

### Team Eligibility

Swimmers must be able to swim at least one lap of freestyle to participate. Children must be able to swim one length of the pool independently without stopping. All developmental swim team members are invited to kickboard and/or swim in the Wednesday night "B" Meets. This provides swimmers with great competitive experience and an opportunity to witness the excitement of a swim meet.

### Age-Group Determination

A swimmer's competitive age for the entire season is his/her age on June 15.

## **Practice Information:**

The summer season is a short, fast-paced period of time and each of our 5 dual meets are very important. Practice is necessary for every competitive swimmer to improve technique and endurance, as well as avoid injury. Swimmers are expected to attend every practice and be on time.

### **After School Practice begins**

#### **Tuesday, May 31**

Middle/High School 3:30 - 4:30 pm

Elementary School 4:30 - 5:30 pm

8 and Under's 5:30 - 6:00 pm

### **Morning Practice begins**

#### **Tuesday, June 21**

Age Groups 9-10 and 11-12 8:30 -9:30 am

Age Group 8 and under 9:30- 10:15 am

Age Groups 13 and over 10:15-11:15-11:30 am

Learn to Swim - Group Swim Lessons 11:30 am - 12:00 pm

### **Afternoon Practice is held on Monday, Tuesday and Thursday**

#### **Beginning June 21**

If you are not able to make the morning practice or would like an extra practice to work on stroke mechanics and flip turns.

5:30 – 6:30 PM

## **Time Trials**

All swimmers are expected to participate in time Trials on **Saturday, June 18 at 9:00 a.m.** Parents are also needed to attend and volunteer to time, coordinate swimmers in their heats or help supervise the swimmers.

## **Team Suit**

The 2 year team suit for 2010 to 2011 is Sun Swirl by Speedo, in red. These can be purchased at Danziesen & Quigley, located at 1720 East Route 70, Cherry Hill (856-424-5969). The team week the accessories are discounted is June 12 through June 18. Suits may be purchased at anytime. The cost of the girl's suit is \$55.00 and the boy's suit is \$33.00.

## **Swim Meet Information:**

Saturday meet line-up will be posted during Friday morning practice. Wednesday meet line-ups will be posted during Wednesday morning practice.

### **Saturday Morning A Meets:**

Home Meets -, Swimmers should arrive for warm-ups by 7:30 am.

Away Meets - Departure time for caravan from CVSC are announced by coaches at Friday morning practices.

**\*\*All Meets begin at 9:00 am\*\***

**Wednesday Evening B Meets:** Swimmers should arrive for warm-ups by approximately 5:00 pm. Meets begin at 6:00 pm. Departure time for away meets caravan from CVSC is 4:45 PM.

## **Volunteers Needed**

Parent volunteers are needed for all sorts of things during the regular swim season, especially Pep Rally Parties, Food Concessions, and A & B Meets. Sign-up sheets will be posted in the breeze way.

## **Information and Email Notices**

Important notices providing information on the team, changes in events, dates, and practice schedules are communicated by email. Please make sure you are subscribed to the team email. To Subscribe, send an e-mail to: [CVSwimTeam-subscribe@yahoo.com](mailto:CVSwimTeam-subscribe@yahoo.com)

## **Rain Cancellation Policy**

- Children should not walk to practice when there is a reasonable possibility of thunderstorms.
- If there is a possibility of thunderstorms, please make sure that you can pick your children up if practice is unexpectedly canceled.
- No one is allowed in the pool for 1/2 an hour after the sound of thunder or the appearance of lightning.
- The sound of thunder within 1/2 an hour prior to the start of a practice session is sufficient to cancel that session of practice.
- AM practice can be held in the rain, PM practices will not be held in the rain.
- A and B meets are held in the rain and can only be canceled by the meet official. If a meet is canceled they are rescheduled with the consent of both clubs tri-county representatives.
- Tri-county officials do not like to postpone the championship meets due to adverse weather conditions, so bring something good to read and some fun games to Cherry Bowl or Tri-county.
- The safest place to wait out a thunderstorm is in your car.

## **Other Information**

Parents and swimmers need to check the breezeway for notices regarding team dinners and other activities. There will be signup sheets weekly for dinners, parties and other activities.

## **Parent Swim Team Meeting**

There will be a brief meeting on Monday, June 13 after each practice. Additional time will be spent with New Swim Team Parents after this meeting to answer any additional questions.

## **Swim Team Pictures**

Friday, July 8<sup>th</sup> during morning practice.

## **Photos Wanted**

Last year we had some great photographers submit pictures for the swim team. If you take digital pictures at the Cherry Valley Tiger meets we want your photos for our end of the year slide show. Drop off your burned CD to the front desk at Cherry Valley marked to the attention of Cherry Valley Tigers Photos. Make sure your name is on the CD and the envelope. Your CD will be returned to you at the banquet.

## **Graduating Swimmer Information**

**Attention parents of graduating swimmers.** Please provide a brief biography of your swimmer for the TriCounty program and the senior recognition at our final home meet of the season. Also, look through your baby pictures and send in between 6 to 10 pictures of your graduating swimmer. Please have them scanned and copied onto a CD. Drop off your envelope at the front desk at Cherry Valley by **July 11**. Mark your envelope to the attention of Cherry Valley Tigers Photos. Make sure your name is on the envelope.

## **Cherry Bowl**

Cherry Bowl is a Cherry Hill tradition in which the 13 Cherry Hill swim clubs come together in a one-day swim meet to race for top Cherry Hill swim team honors and to celebrate our youth and community. It is a fun day for the whole team, beginning with a parade of all the teams. This year the meet will be held at Erlton Swim Club, on Saturday, July 30. The swimmers for this meet are chosen by the head coach and notified ahead of time. A list will be posted on the Swim Team bulletin board on Saturday, July 23. Only one swimmer from each club may swim in each event. Each participating swimmer may only swim in one individual and two relay events. Alternate swimmers are chosen in case a primary swimmer is not able to swim a relay. No last minute replacements are allowed.

## **Cherry Bowl Party and Team Banquet**

The culmination of our season is an Awards Ceremony. All swimmers and their families may attend. Additional details will be announced later in the season. Each swim team member will receive recognition and there will be other special awards.

## **Tri-County Championship**

Tri-County Championships involves swimmers from the 36 swim clubs of Burlington, Camden, and Gloucester counties. In order to participate in the Tri-County Championships as an individual, a swimmer must meet or beat the qualifying time for that event. Qualifying times are included in this handbook and will be posted on the team bulletin board. Non-qualifiers are frequently asked to participate on the relay teams at the championships. The championships are a two-day event with the preliminary heats on Saturday August 6<sup>th</sup> and finals on Sunday, August 7<sup>th</sup>. The top 16 swimmers are invited back on Sunday. This year's Championships will be held outdoors at Wexford Leas Swim Club. Please speak with the coaches about any conflicts you may have with the Championships.

## **2011 Cherry Valley Swim Team Important Dates**

### **MAY**

28<sup>th</sup> – Pool Opens

31<sup>st</sup> - First day of outdoor After School practice  
Middle/High School 3:30 - 4:30 PM  
Elementary School 4:30 - 5:30 PM  
8 and Under 5:30 - 6:00 PM

### **JUNE**

18<sup>h</sup> – 9:00 AM – Time trials at Cherry Valley

21<sup>rd</sup> – Morning Practice begins  
Age Groups 9-10 and 11-12 8:30 -9:30 am  
Age Group 8 and under 9:30- 10:15 am  
Age Groups 13 and over 10:15-11:15-11:30 am  
Learn to Swim - Group Swim Lessons 11:30 am - 12:00  
Afternoon Practice begins (Monday, Tuesday and Thursday) 5:30-6:30PM

25<sup>th</sup> – 9:00 AM – “A” meet home vs. Gibbstown  
12:00 – 2:00 PM Swim Team Car Wash – Directly following swim meet.

28<sup>th</sup> – 6:00 PM – “B” meet at Barclay Farms

### **JULY**

6<sup>th</sup> – 6:00 PM – “B” meet home vs. Fox Hollow

8<sup>th</sup> – Team Pictures during Morning Practice

9<sup>th</sup> – 9:00 AM – “A” meet at Charleston

10<sup>th</sup> – 8:15 AM Old Orchard Mini Meet (Age 9 and under)

13<sup>th</sup> – 6:00 PM – “B” meet home Covered Bridge

16<sup>th</sup> – 9:00 AM – “A” meet home vs. Haddontowne

17<sup>th</sup> – 9:00 AM – Barclay Farms Midi Meet (Ages 10 to 15)

20<sup>th</sup> – 6:00 PM – “B” meet at Kingston Estates

23<sup>rd</sup> – 9:00 AM – “A” meet home vs. Riverton

30<sup>th</sup> – Cherry Bowl at Erlton / Swim Team Banquet at Cherry Valley

31<sup>st</sup> – Masters Swim Meet at Brookside (Adults Ages 19 and over)

### **AUGUST**

6<sup>th</sup> & 7<sup>th</sup> – Tri-County championships at Wexford Leas

***Be sure to check the swim team bulletin Board for updates.***

### **Directions to Swim Meets**

#### **"A" Meets**

**9:00 AM**

**Charleston** 1297 Markkress Road Cherry Hill, NJ 08003

I 295 to Exit 34 A, Route 70 East. Follow 70 to Markkress Road and turn right. Follow Markkress Road south for 1.1 miles to Charleston Swim Club on the left.

### **Directions to Swim Meets**

#### **"B" Meets**

**6:00 PM**

**Barclay Farms** 315 White Marsh Way Cherry Hill, N.J. 08003 I 295 to Route 70 West. Take jug handle at Sheraton to turn onto Covered Bridge Road. Take Covered Bridge Road to third street on left and turn onto Paddock Take first right onto Whitmarsh Way. Swim club entrance is on left.

#### **Kingston Estates**

I 295 to Exit 34 B (Route 70 West). Take 70 west to second light and turn right onto Kingston Drive. Make an immediate left onto Abington Road. Make first left onto Edgemoor Road and proceed to 4th street on left, and make left onto Deland Road. Swim Club is in the middle of block on the right.

### **Directions to Championship Swim Meets**

**Mini Meet @ Old Orchard** 120 Evans Lane Cherry Hill, NJ 08803

I 295 to Exit 34 A (Route 70 East). Take 70 east to fourth stop light and turn right onto Old Orchard Road. Continue on Old Orchard Road to fourth street and turn right onto Evans Road. The swim club is on the left.

**Midi Meet @ Barclay Farms** 315 White Marsh Way Cherry Hill, N.J. 08003 I 295 to Route 70 West. Take jug handle at Sheraton to turn onto Covered Bridge Road. Take Covered Bridge Road to third street on left and turn onto Paddock Take first right onto Whitmarsh Way. Swim club entrance is on left.

**Cherry Bowl @ Erlton** 1505 Park Blvd Cherry Hill, NJ 08002

I 295 to Exit 34 B, Route 70 West to Haddonfield Road jug handle. Take jug handle off to right and turn left onto Haddonfield Road (crossing over Route 70). Go to first light and turn left onto Park Blvd. Swim Club is 300 yards on the right.

**Tri-County @ Wexford Leas** 14 Rooftree Cherry Hill, N. J. 08003

I 295 to Exit 34 A, Route 70 East. Continue on Route 70 E through third light at Springdale Road. Approximately 1/2 mile past the light at Springdale Road turn right onto Wexford Drive. Turn left at first street, Rooftree Road. Swim club is on left



# **The Ten Commandments for Swimming Parents**

**by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming  
(Adapted from Ed Clendaniels 10 Commandments for Little League Parents)**

## **1. Thou shalt not impose your ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

## **2. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

## **3. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

## **4. Thou shalt only have positive things to say at a swimming meet.**

If you are going to show up at a swimming meet, you should be encouraging, and never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for".

## **5. Thou shalt acknowledge thy child's fears.**

Your child's first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience

## **6. Thou shalt not criticize the officials.**

If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can.

## **7. Honor thy child's coach.**

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, as it will only serve to hurt your child's swimming.

## **8. Thou shalt be loyal and supportive of thy team.**

The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions.

### **9. Thy child shalt have goals besides winning.**

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

### **10. Thou shalt not expect thy child to become an Olympian.**

There are 280,000 athletes in USA Swimming and we keep a record of the Top 100 all time swimming performances by age group. Only 2% of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.