

**Wembly Waves Swim Team Committee
would like to welcome swimmers and
their families to the 2011 swim team
season.**



The Wembly Waves compete in the Greater Richmond Aquatic League (GRAL). Joining the Wembly Waves swim team offers a chance to have fun, build friendships, exercise and increase a child's swimming skills.

Welcome!

We are pleased that you have chosen to spend your summer swimming! Swimming is one of the very few sports where both boys and girls, ages 5 to 18, of varying ability levels compete on the same team. It is also a season with daily practices, six meets, and a lot of fun activities all in just 12 weeks.

**Please join me for our swim team registration/open house
May 1st 2:00 pm– 4:00 pm in the club house**

The Swim Team Registration Form may be filled out and brought to registration or mailed, along with payment.- Go to Wembly.org to find forms:

Mary Helen Edwards
2018 Raintree Drive
Richmond VA 23238
804-741-7445
Bertie44@verizon.net

****Cost is \$80.00 per swimmer with a Maximum of \$200.00 per family**

****Swimmers that are Sr. in high school this year the cost is \$25.00 per child.**

Please look over this handbook, which is designed to provide you with basic information about our team guidelines. Our website is up and running. The website can be viewed at www.wembly.org. Check us out during the season for updated info, calendar of events, and pictures taken during the season. You can also visit the GRAL website for loads of helpful information: directions to each club, which is important, when the Waves travel to meets that are away, <http://www.gralva.com>.

Meet the Wembly 2011 Swim Team Coaches

Head Coach - K.J. Shaw – K.J swam for the Wembly Waves for 9 years. While swimming for Wembly he also was a member of the NOVA swim team. K.J also taught swim classes at NOVA. He currently attends the College of William and Mary where he is a member of the varsity swim team. Welcome back K.J!

Assistant Coach - Tamara Lazzari – Tamara has been with the Wembly Waves for 8 years. She taught swimming at the YMCA and helped with strokes and turns clinics. Tamara is currently a Junior at Radford University. She is majoring in Recreation, Parks, and Tourism with a concentration in Recreation Management and Tourism. Tamara is a member of the Radford Swim Club. Welcome back Tamara!

Junior Coach – Rachael Brennan – Rachael has been with the Wembly Waves for 13 years. Rachael was also a member of the NOVA swim team and also taught swim classes for NOVA. Rachael is current attending Virginia Tech. She is majoring in Business Management and Hospitality and Tourism Management with a minor in Business Leadership. Rachael is a member of the Virginia Tech Swim Club. Welcome Rachael!

COMMUNICATION – Please be sure to check all forms of communication.

Email: If you have not been receiving emails please let me know so I can add you to our list. *This is our primary source of communication! My email address is bertie44@verizon.net*

Bulletin Board: Outside the restrooms is a bulletin board where we display important news.

Website: WWW.WEMBLY.ORG This will be updated often with information that you may find helpful about upcoming events, etc.

SWIM TEAM PRACTICE

Swimmers should make every effort to attend practice daily. Make sure your swimmer knows how to reach you in case of bad weather. As a reminder, Wembly's policy is to have a parent or guardian present for all swimmers under 12 years of age. This policy should be followed for swim team practices as well. **Please don't interrupt a practice to speak to the coaches.** This is a safety issue as well as a GRAL ruling. Coaches need to observe even the older swimmer's strokes to prevent them from being disqualified at a meet. The Parent Rep is also available for any questions or concerns, as the parent rep is the liaison between the parents and the coaches.

Waves Practice Times

May 18 -- June 17 (afternoon only)	June 20 – July 22th
Afternoon practice only until public school ends	Morning: 8:15 – 9:15 Midgets, Jrs.
3:15–3:45 Mini-Mites ages 5-6	9:15 – 10:00 Mites & mini-mites
3:45 – 4:30 Mites ages 7-8	9:45 – 11:00 Ints., Sr.
4:30 – 5:30 Midgets ages 9-10	Afternoon: M,T,W,TH <small>**only one afternoon practice time on Friday's 4:00 -5:00***</small>
4:30 – 5:30 Juniors ages 11-12	4:15 – 5:00 Mites & Mini-mites
5:30–6:30 Intermediates ages 13-14	5:00 – 5:45 Midgets & Jrs.
5:30 – 6:30 Seniors ages 15-18	5:45 - 6:30 Ints., Srs.

Swimmers Responsibilities/Expectations:

- Swimmers MUST be able to swim the length of the pool without assistance (i.e. wall, bottom, lane line) by the first meet.
- Expected to attend practice daily and promptly
- Listen carefully to the coaches' instructions at all times, particularly when safety is concerned.
- On meet days, make every effort to arrive at the meet on time, rested, and ready to do your best.
- Older swimmers are expected to serve as a model of good behavior for younger swimmers, and to help maintain order during practices and meets. They need to show, through leadership and attitude, good sportsmanship and a positive competitive spirit.
- Check goggles and cap before practice starts
- Not hang or sit on lane lines.
- Always put equipment back in its proper place.
- Make sure handouts and announcements given out at the pool get home.
- Have fun and enjoy swimming.

THE MEET

Swimmer's Guidelines for the day of a Swim Meet

- Attend morning practice.
- For the rest of the day, please avoid strenuous physical activity in the sun.
- Avoid carbonated beverages, drink lots of water, and if possible, eat a high carbohydrate dinner the night before.
- Wear your team suit, cap, and goggles.
- Be at the meet ready for warm-ups by 4:30 p.m. or when coaches tell you. Each swimmer must be checked in at the front gate. If you are not checked in you will be scratched from the meet program. Please remember to contact your Buddy Family (get cell number) if you cannot make the check in requirements. The meet will begin at 6:00 p.m. sharp.
- Individual events will be posted at the meet and the relays will be up also. Make note of these events.

Bring 2-3 towels, nutritious snacks, juice and dry clothes to wear between events and after the meet. Don't forget Waves Team Sweats and T's, which will keep you warm and show our team spirit. Also, bring something to do to pass the time between cheering for teammates and your event: a deck of playing cards, magazines, hand-held games, board games, art work, beads, etc. Have fun and smile. Be a great sport. Wembly is known for showing great sportsmanship by swimmers and parents as well.

2011 Meet Schedule

June 16 Wembly at Rockville -away

June 22 Fox Hall at Wembly -home

June 29 Wembly at Wellesley -away

July 6 Dolphin Club at Wembly - home

July 13 Raintree at Wembly - home

July 19 Wembly at TVW - away

Champs

Champs will be held July 30th & July 31st and will continue as a two day format with all events for each age group held on 1 day. All 10 year old and under events will be held on Saturday the 30th, and all 11 year old and over events will be held on Sunday the 31st

VERY IMPORTANT

If your child will miss a meet, please let the coaches know. Also add your name to the poster on the bulletin board. They need to receive this in writing no later than Monday morning before the meet. It takes some time for the coaches to seed the events each swimmer will swim. (125 swimmers x 3 events plus relays) **Remember if you are scheduled to swim in a relay and are not there, it will affect three of your teammates that night**

MEET GUIDELINES

- Be sure you are at the pool for warm-ups when the coaches tell you so you can get a feel for the pool and diving blocks and to count the strokes for back strokes turns from the red flags.
- If you are scheduled to work the 1st half, check in at the front table when you arrive. Prepare a nametag. The meet will begin at 6:00 p.m.
- Swimmer needs to check his/her name off the relay that will be posted on board. Remember if you are unable to attend, it will affect the relay for the other 3 swimmers.
- Make sure your swimmer knows where the clerk of the course is located. Make sure they can hear announcer for the event number to report to the clerk on time. There will be a faster turn around time at clerk this year, so report quickly when your event is called.
- If your child is in a mite relay, you may be asked to gather your child and the 3 other swimmers and take them to the Clerk of the Course at the appropriate time. Make sure the proper swimmer gets to the proper end of the pool and is in the right order for their leg of the relay.

MEET GUIDELINES –cont.

- 2nd half workers should report to their assigned job immediately after the announcer asks for second half workers to report. 1st half workers please wait until you are relieved.
- Wembly teammates and parents have always displayed wonderful sportsmanship during these meets. Enjoy the evening and encourage all of the swimmers on both sides to do their personal best. Swimmers are urged to congratulate the other team.

Mock Meet

On Sunday, June 5th we will have a Mock Meet. This is really a fun event that gives the Wave's Swimmers and their families a chance to experience the excitement, without the pressure, of a swim meet. It begins at 5:00, with a potluck dinner immediately following the meet. This is a great opportunity to meet the swimmers and their families and see how a meet is run.

How Parents Can Support the Coaches and the Team

- Have your child(ren) consistently on time for practice, and Swim Meet warm-ups.
- If your children are not 12, they must not be left unattended at the pool before or after their practice. Make sure they know how they will be going home immediately after their practice time and that you are timely in picking them up.
- During morning practices, the only children allowed in the pool are those who are practicing. Siblings and those swimmers waiting for their practice must stay on the deck. The pool is not open until 11:00 and there are NO lifeguards. The coaches; attention is on the children they are coaching, not those who are waiting.
- Support the Coaches' decisions regarding which Events your child will swim in each Swim Meet.
- Parents are expected to volunteer their time in support of the team.
- If your child is going to miss a swim meet please let the coaches or parent rep know as soon as possible.
- Please do not address any concerns or issues with the coaches during practice.
- Clean up your area at both home and away meets.
- Set a good example for your child and others with good sportsmanship.
- You should endeavor to see that your children abide by the Swimmer's expectations as stated above.

TIME STANDARDS

Swimmers compete in one of four time standards within his/her age group: Advanced, Junior Varsity, Varsity and Sr. Varsity. Please see swim team bulletin board or go to website for these times.

IMPORTANT NOTES to PARENTS

Parent Volunteers

Perhaps more than any other sport your child will be involved in, a swim meet is dependent on the parents that run it. It takes 45 people to run a meet. During a meet the workload is split between two halves. Therefore, we will have 1st and 2nd half workers. Every parent will be assigned a job... If you're new to swimming, we have jobs for you, too. For instance, we need 9 people to time each race. Each team provides 9 timers for each half that's a total of 18 per team, per meet!

There are many jobs available: from those that can be learned on the spot to those that require training and attending a GRAL clinic for certification. If you find that you are unable to fulfill your obligation, **IT IS UP TO YOU TO SWITCH JOBS WITH ANOTHER PARENT.** We cannot have a job unattended, to do so will cause a delay in the meet and in extreme cases could lead to a forfeit. A reminder of parent worker assignments will be posted on bulletin board and emailed the day or two before each meet.

Parent Volunteers

Mite Relays

Mite relays take some extra TLC. Since a Mite relay is only 100 meters each swimmer will swim a 25-meter leg. That means that one half of each Mite relay team will have to be walked to the opposite end of the pool and be positioned in their teams "correct" swim lane. We will need 2 adults for each Mite relay team to lead and position the swimmer in the proper lane. Seems like a small thing, but when you consider that there are typically over 500 people on deck at a meet it's understandable that the little ones can easily get lost or confused on the way to the opposite end of the pool.

Special Events

This Committee plans activities to build team spirit and help your family have fun! The events that are held at Wembly are ones which we especially hope as many team members as possible will be able to attend.

There will be several opportunities throughout the seasons for all of the swimmers to participate in fun, age appropriate activities, such as bowling, movies, and other events. Information on these events will be posted on the bulletin board and the website to allow family's plenty of time to plan to attend.

Fun Practice will be offered the morning after a swim meet. The times are (9:00 am -10:00 pm Int and Sr.) (10:00 am -11:00 am – Mini mites, mites, midgets, Jr) Ribbons will be handed out after the fun practices by the coaches.

Strokes and Turns Clinics

The Waves Swim Team conducts 2 Saturday morning clinics early in the season. The coaches and seniors conduct these. The clinics help swimmers focus on specific skills, such as, touches and turns, racing dives, stroke refinement and swimming strategies.

Swim Suits and Spirit Wear

Swim Suits can be purchased from Disco Sports. We are using the same suit as last year. Disco Sports is located across from Regency Mall. Please try and pick yours up as soon as possible.

<http://www.tyr.com/shop/shockwave-diamondback-p-978.html>

TYR Shockwave.

Fundraising

The Bake Sale and Grill are our biggest fundraiser. Please provide a baked good or any of the other items that are being requested for each HOME meet.

There will be other fun events during the year which will be announced on the bulletin board or website.

GRAL Code of Conduct

Good sportsmanship is of primary importance. Respectful behavior on the part of swimmers, coaches, and parents should be displayed at all times and places. Team membership is both an honor and a responsibility. Un-sportsmanlike conduct will not be tolerated.

Coaches are responsible for the behavior of his/her team.

The Board Rep. or in his/her absence the Parent Rep. is responsible for the behavior of the coaches and team parents.

The Referee has the authority to suspend a swim meet for un-sportsmanlike behavior.

Any individual who cannot uphold the standards of good behavior may be denied further participation in league activities.

Remember, the program is here for the benefit of the children. Please strive as parents, coaches, and swimmers to focus on this fact and encourage an enjoyable experience.

League Weather Policy

At the first sound of thunder or sighting of lightning, the Pool and Deck must be cleared of people and secured. It is the responsibility of the Meet Director and Pool Management to see that this is done. The Meet Director shall issue instructions for that pool's weather safety procedure. In order to compete in the current season, each club shall file with the Executive Committee by the GRAL May meeting a weather safety procedure for their club.

Cancellations/postponements are to be decided by the Parent Rep from each team, the Pool Management, and the Meet Director after a minimum 30 minute delay. At the last sighting of lightning or thunder, a 30-minute waiting period is to be enforced before swimmers may re-enter the water.

The League encourages teams to wait out the storm delay and finish the meet. It is easier to wait it out with all officials and workers in place than to schedule another night to come back. Information on storms in the area and the remaining time necessary to complete the meet will be taken into consideration. If a swimmer must leave, notify the coach before doing so.

Meets must be rescheduled at the earliest possible date acceptable to all teams. If there are questions, contact a GRAL officer before leaving the pool.

GO Waves!!!

