

Washington Water Jets



**Team Handbook
Summer 2009**

Team Information

Welcome to the Washington Water Jets (WWJ) swim team! You have made an excellent choice; swimming is great exercise for the mind and for the body. WWJ swim team will offer you excellent instructional swimming, plenty of water time and opportunities to improve techniques— at whatever swimming level you may be. Compared to other organized activities, swimming enables youth of all ages to come together to compete individually as well as contribute to overall team scores. Finally, team swimming fosters enriched social development for swimmers and their families.

Team Philosophy

It is our philosophy that any swimmer who practices regularly, works to improve, and meets minimum standards, deserves as many opportunities as possible to swim at meets (some swimmers may swim more than others). The positive support of coaches, parents and teammates will help all of our swimmers to reach their goals of individual and team improvement. We must not measure success by how someone performs against teammates or opponents, but by how each swimmer performs against the clock and his or her own best times. We encourage every swimmer to cheer fellow teammates at meets and at practice. We encourage parents to stress improvement of individual times, and not just winning the race.

Team Goals

- To have **FUN!**
- To teach competitive swimming
- To strive for self-improvement
- To support each other at practice and meets
- To encourage personal goal-setting
- To give every swimmer a chance to participate
- To provide a positive experience

Parent Board

Don't hesitate to call or e-mail us if you have questions or concerns. Also, visit the team website for important information: www.washingtonwaterjets.com.

President	Julia Sander	745-9375 (Home), 648-0119 (Cell) president@washingtonwaterjets.com
Vice President	Rhonda Koller	251-7483 (Home & Cell) vp@washingtonwaterjets.com
Secretary	Kara Ksycki	secretary@washingtonwaterjets.com
Treasurer	Jean Escue	treasurer@washingtonwaterjets.com
Publicity	Carol Willis	publicity@washingtonwaterjets.com
Records	Jerry Danks	records@washingtonwaterjets.com
Fundraising	Andrea Eddy	fundraising@washingtonwaterjets.com
Web Master	Brian Jenkins	webmaster@washingtonwaterjets.com

Practice

Swimmers should be on time for daily practice. Please leave a dated note in the coaches' mailbox in advance of vacations or other extended leaves from practice. Practice times are as follows:

Ages 10 & under: Monday through Friday, June 8 through July 24, 8:15 – 9:15 a.m.

Ages 11 & up: Monday through Friday, June 8 through July 24, 7:00 – 8:30 a.m.

Parents are welcome and encouraged to watch practices from the picnic/concession area. Please stay off the pool deck and please refrain from talking with the coaches during practice. It is a distraction to the swimmers, coaches, and the other parents. Questions for coaches should be addressed after practice or by writing a note to the coach and placing it in his/her mailbox.

Swimmers are responsible for their own transportation to practice and to the meets. If a swimmer needs a ride, please make arrangements prior to the meet. Practice will end at the scheduled time. Please pick up your children promptly after practice.

Swimmer Guidelines/Expectations

All swimmers 10 years of age and under will be taught basic stroke mechanics, starts and turns. The attendance goal is three to four practices per week. To participate, swimmers must be able to swim the **length** of the pool, using any combination of strokes, by Time Trials. Swimmers not able to achieve these minimum requirements by the end of the second week of practice will receive a refund less a \$10 cancellation fee and will be encouraged to attend swim lessons offered by the Washington Park District. Regardless of swimming technique and understanding of each stroke, each swimmer will have the opportunity to compete in a meet. However, the final decision is left to the discretion of the coaching staff.

All swimmers ages 11 & up are expected to have the basic skills and are ready for a more “competitive” environment. The emphasis in this level is teaching and refining competitive strokes, starts, turns and conditioning. The attendance goal is four practices per week.

Good sportsmanship and mature conduct is expected of all swimmers and parents. Foul language, destruction of property or disrespect towards coaches, parent volunteers, or other swimmers will not be tolerated. Proper discipline is at the discretion of the coaching staff, parent board, and individual circumstances. Persistent disruptive behavior will result in the swimmer being told to leave the water. If behavior is repeated, the coach may request a conference with the parent. In extreme situations, the swimmer will be asked to leave the program.

Swimmers/parents are expected to inform coaches in writing of any medical problems that may affect practice/meet performance or attendance. Swimmers who have asthma should bring their inhalers on deck with them during practice.

Communications

We will be utilizing the team website www.washingtonwaterjets.com as our main communicator. We will e-mail important information regarding practices, meets, and events so please be sure to provide us with your e-mail address **AND** sign up for our group Yahoo! account. The links are on our home page. Additionally, mailboxes, which consist of a marked folder for each swim family, will be utilized. Swimmers are responsible for checking their mailboxes daily **AFTER** practice. We use practice time to distribute ribbons, newsletters and other information as needed.

The coaches and the board have mailboxes as well. Parents who wish to talk to the coaches are advised to leave a note in the coaches' mailbox. Include a phone number and the best time for them to reach you. The coaches will make every effort to try to reach you within 24 hours. **Following this procedure allows the coaches to concentrate on the swimmers during practice.**

Newsletters are distributed in the swimmers' mailboxes (generally on Tuesdays) throughout the summer. The newsletters are very important; they keep you informed of upcoming activities, cancellations or time changes. Deadline for submitting information for the newsletter is the Friday before publication. The newsletters will also be posted on the team website.

Weather Considerations

The minimum air temperature and water temperature is 68 degrees for any swimmer to get in the water for practice or meets. If it is just raining in the morning, swimmers should still report to practice. Practice may consist of stretching, dry land activities, and/or running. We will post cancellations on the team website www.washingtonwaterjets.com and send a group e-mail. As a last resort, you may call the pool at 444-9432 to find out if practice is cancelled. We rarely cancel practice.

Coach Information

The coaching staff is employed by Washington Park District, but works hand in hand with the Parent Board.

Head Coach: Colleen Sheridan

We are pleased to announce that Colleen will be returning as the head coach! She will also take on the role of Manager of the Washington Park Pool. Colleen, age 23, is a native of Oakpark, IL. She has always loved the water and swimming. She resides in Marquette Heights with her grandmother while she is attending ICC, as an undergrad nursing student. She has applied to both the OSF and Rush Presbyterian Nursing Programs for the fall of 2009. She began swimming competitively when she was in 6th grade and continued through the fall of her senior year in high school when she injured her rotator cuff. Her events were the 500-meter freestyle and 1 mile freestyle. After her injury, she started coaching. She has been the JV coach for her high school and the park district club coach in Oak Park. In the off-season, she worked at Five Points as a head guard and the swim lesson coordinator. She can be reached via e-mail at coachcolleen@washingtonwaterjets.com or cell phone (630) 853-7532.

Assistant Coach: Bryant Kempt

Assistant Coach: Marjorie Magnuson

Event Information

Time Trials/Mock Meet - Time trials and a Mock Meet will be held on **Tuesday, June 16th**. **Swimmers 10 and under will swim from 7 PM – 8:30 and swimmers 11 and up will swim from 8 PM – 9:30.** We will run a practice meet and measure each swimmer's times in the four basic strokes. These times are used to determine swimmer placement in the early meets, and serve as a "measuring stick" for swimmers to monitor their improvement throughout the season. Records cannot be broken at time trials. **It is very important to attend this event.** This event will give both swimmers and parent volunteers experience in how a meet runs. For all those veteran swimmers and parents, your attendance is also critical to assist in the event running smoothly and mentoring the new families.

Fun Fridays – At the Head Coach's discretion, every Friday will be a "fun day".

Pictures - Individual pictures and a team picture will be taken on **Friday, June 19th at 8 a.m.** There will be no practice or swimming after pictures. After the team picture is taken, swimmers are dismissed. Swimmers should wear their team swimsuit, if they have one, team apparel, black, white, or orange. You are not obligated to purchase any photographs. We are requesting, however, that all swimmers be there for the team picture. More details will be put in the swimmers' mailboxes.

Fundraising - In addition to the generous contributions from our team sponsors, fundraisers are held. The money is used to defray expenses such as meet forms, time cards, ribbons and other awards, and to purchase equipment.

Monday, July 6th Splash for Cash (during Practice). Swimmers are encouraged to ask family and friends to make pledges; they earn money by swimming as many laps as possible. Prizes will be awarded to the swimmers who earn the most money as well as those who swim the most laps.

Additional fundraisers may be added throughout the season, if the opportunity is right. Any information will be communicated through the Team Newsletter.

Awards Picnic - To conclude the summer swim season, all swimmers and their families are invited to attend the awards program and picnic on **Thursday, August 6th at 5:30** at the Wenger Shelter. Swimmers will be recognized for their achievements individually & overall. Further details will be included in the newsletter. Parents will be asked to bring a dish to share, along with table service for your family. The picnic concludes with an open swim at Washington Pool for all the Water Jets and their immediate family members.

Meet Information

Dual Meets - Dual meets (a type of meet where two teams or clubs compete against each other) are usually held on Tuesday and Thursday evenings and there are no fees charged. **All swimmers must complete a sign-up sheet at the beginning of the season to indicate which meets they intend to swim. Swimmers are responsible for notifying the coach at least two days in advance when plans change. Swimmers must also be present at practice the day of the meet to be eligible to swim, unless prior arrangements have been made with the coach.** Preparing for a swim meet is a time consuming and difficult job for the coaching staff and for the parent board; it is made even more challenging when swimmers don't show up, requiring last minute scurrying to fill individual events and relays.

Invitational Meets - Invitational meets include many teams, are usually held on the weekend, and participation fees are charged. All swimmers are encouraged to participate. Due to the nature of these special meets, sign ups are required.

Swimmers should stay in the designated team area and sit as a team during all meets. It is important that swimmers stay for the entire meet. There may be times when someone has to leave unexpectedly or cannot make it to the meet at the last minute, leaving vacant races when others are asked to step in. If you must leave a meet early or are unable to attend at the last minute, please notify the coaches immediately so provisions can be made.

Tazewell County Meet - The pinnacle of each summer swim season is the Tazewell County Swim Meet. Anyone who swims for a team in Tazewell County or who lives in Tazewell County can sign up to swim in this meet. Hosting of meet rotates between the Tazewell County teams. This year's meet will be held on Saturday, July 25th at Pekin. All swimmers are highly encouraged to participate; it is an excellent opportunity to swim in a broader field, in which swimmers are seeded according to their best times.

Strokes & Events

- Each meet consists of 80 events, with as many as six swimmers or relay teams per event (3 per team in a dual meet). There will be 10 events of the same stroke/relay divided into girl and boy age groups. Swimmers' age is determined as of the day of the meet.
- One length of our pool is 25 meters. In each individual event, the 8 & under girls and boys will swim 25 meters each, except in the long free where they swim 50 meters. Swimmers aged 9 & up will swim 50 meters for individual events and 100 meters for the long free.
- Each swimmer is limited to three individual events and two relay events per meet. If a swimmer is asked to "swim-up" into the next age group (usually done to fill holes in that age group and complete a relay team), he/she will have to swim the entire meet in that age group. Points earned will still be counted in their own age group.
- Coaches will determine the swim meet line-up based on times, lane availability and attendance at practice.

Age Groups - All swim meets are divided into age groups for boys and girls as follows:

- 8 & under
- 9 & 10
- 11 & 12
- 13 & 14
- 15 & up

Orange/Black Teams for Large Age Groups - In the event that a particular age group has 20 or more swimmers, a meeting will be held following the time trials to determine whether or not the age group will be divided into two “teams.” The purpose for considering the split is so that swimmers would not be traveling to away meets to swim in only one or two events. At each away meet, if the group is divided, either the orange or the black team will swim. The parents, children, and coaches will be involved in this decision. Note that this applies only to away meets. Both teams will swim at all home meets. If the determination is made to divide the age group, the orange/black teams will be posted prior to the first away meet. If the possibility exists for an age group split, notification will be put in the mailboxes the first week of practice. When there is a shortage of swimmers to fill the events for an away meet, the coaches will invite the fastest swimmers from the age group to finish rounding out the line-up.

Points & Scoring - Ribbons are awarded for 1st through 6th place for individual events and relays. Ribbons will also be given out for all exhibition events. Ribbons can be picked up from the swimmer’s mailbox after practice the day following the meet. Points are earned as follows:

Individual events:	1 st Place	7 points	4 th Place	3 points
	2 nd Place	5 points	5 th Place	2 points
	3 rd Place	4 points	6 th Place	1 point
Relay Events:	1 st Place	8 points	2 nd Place	4 points

Relay teams receive only 1st & 2nd place points. One team cannot earn both places.

Home Meet Event Order – The home team swims lanes 2, 4, and 6 and the visiting team lanes 1, 3, and 5.

Event #

1 – 10 **Long Free** - 50 meters 8 & under, 100 meters 9 & up.

11 – 20 **Medley Relay** - Four-member team each swimming one of the four strokes; backstroke, breaststroke, butterfly, freestyle. Ages 8 & under each swim 25 meters of one of the four strokes. Ages 9 & up each swim 50 meters of one of the four strokes.

21 – 30 **Short Free** - 25 meters 8 & under, 50 meters 9 & up.

31 – 40 **100 IM** - 25 meters each of fly/back/breast/free, all age groups.

41 – 50 **Backstroke** - 25 meters 8 & under, 50 meters 9 & up.

51 – 60 **Breaststroke** - 25 meters 8 & under, 50 meters 9 & up.

61 – 70 **Butterfly** - 25 meters 8 & under, 50 meters 9 & up.

71 – 80 **Free Relay** - Four-member team all swimming freestyle, 25 meters 8 & under, 50 meters 9 & up

What to Bring to a Swim Meet - The old saying goes “If I had one day to live I’d want to spend it at a swim meet—because they last forever!” Although a slight exaggeration, swim meets do tend to last long, especially invitational meets on the weekends. A typical dual meet can last until 9:00 p.m. or so. You will want to bring the following:

- Swimsuit
- Towel (You’ll probably need more than one; even in July it can get rather chilly on the pool deck.)
- Lawn chairs
- Goggles
- Swim cap (optional)
- Team shirt or sweatshirt, if you have one
- Extra clothes (Wet clothes are cold no matter what time of year.)
- A positive attitude!

Many parents ask about food. According to the policy of the Washington Park Pool **only water is allowed on the pool deck**. All other food, including snacks must be eaten in the concessions area. (Policies of other pools may vary.) Also remember to help keep our pool and others clean by picking up any litter off the decks.

Good Nutrition - Swimming fast is a result of hard work, dedication, and making wise food choices. The type of food a swimmer eats influences how well the swimmer competes. The key to good nutrition and swimming is to make sure you eat a well balanced diet, choosing from five basic food groups. Please try and eat a healthy snack before a meet. Avoid junk food, soda, fried food, and high sugar items before and during swim meets. Bring water or Gatorade to all meets to replenish your body needs after each race. Remember, eating nothing at all leaves you with very little energy.

Conduct - Good sportsmanship and mature conduct is expected of all swimmers and parents. Win or lose, swimmers should wait in the pool until all swimmers have finished the race, and shake the hand of the opposing team member.

Meet Volunteers - We have four home meets this season. It is the host team’s responsibility to supply meet volunteers and it takes 30 – 40 volunteers to run each meet! This would be impossible without the help of each and every family. Therefore, one member of each family is **required** to volunteer for **at least one home meet** to receive a refund of the \$25 Volunteer Fee. If the volunteer requirement is not met, the \$25 will be used to pay for Park District Employees needed to staff home swim meets. The following information is provided for you to become familiar with the volunteer opportunities. Please review and consider in which area you’d most like to volunteer. Don’t be afraid to try; there’s something for everyone (Grandparents and family friends are welcome to help, too!). Instruction is provided. We appreciate all volunteers and thank you in advance for your support. Volunteer opportunities are as follows:

- **Starter (1)** Calls out the event number, age group, and stroke. Instructs the swimmers to step up on the starting block, to take their mark, and then starts the race. This person has a terrific view of all the races.
- **Head Timer (1)** Responsible for ensuring that all timers have accurate and working stopwatches. Clock every race as a back up, in the event a timer's stopwatch has failed. If a timer misses the start, he/she will raise their hand so the head timer can bring them the back-up stopwatch. This job allows you to be on deck... close to the swim lanes. It's one of the best seats in the house!
- **Timers (12-18)** This job requires the most volunteers. It is a very important, but easy job. As swimmers report to their assigned lane for the race, they give the timer a card that indicates their name, lane, heat, and event number. Timers should be sure the swimmer is the right event, heat, and lane. Keep swimmers off the blocks until the starter calls their race. Timers clear their stopwatches and wait for the starter to start the race. Just push start when the light flashes and push stop when the swimmer touches the wall. One timer records both times on the swimmer's card. The Runner collects the cards after each event. Swimmers may ask for their times; just tell them what your stopwatch read. Talk about being close to the action... and you really get to know the swimmers!
- **Runner (1 or 2)** Like the name suggests, runners move quickly after each race, taking the cards from each timer, putting them in place order, and delivering them to the scorers' table. It's great exercise!
- **Scorers (3)** Records results (times, places and disqualifications) accurately, and calculates scores. This job allows you to sit poolside for the entire meet... and you don't even have to bring your own chair!
- **Bull Pen Workers (3-4)** The bullpen is the staging area for each event. Workers are responsible for helping direct the children to where they are supposed to be for each event. A stack of cards (pink for girls, blue for boys) is provided to the bullpen by the coaching staff. Workers find the children, distribute their cards, and organize them by lane and heat specifications. They will then be called to the starting blocks when the starter and timers are ready. This is fast moving and requires continuous organizing in order to keep the meet running smoothly. The older, more experienced swimmers are more aware of the routine and do not require as much direction as the younger children. Relays do require added attention and more care. Swimmers should be kept in the designated team area so they are easy for bullpen workers to locate. This job is another great one for getting to know the children!
- **Ribbon Writers (3-4)** Responsible for getting the appropriate ribbon label filled out and placed on the back of the ribbons for each swimmer and each event. Ribbon writers are seated at the scorers' table. This job, too, allows you to sit poolside for the entire meet... and you don't even have to bring your own chair!
- **Place Judges (6)** Each judge is assigned a lane; at the conclusion of each race, the place judge indicates by show of fingers to the timers of their lane, the place that person finished. This information is used in conjunction with the stopwatch times to accurately "place" the finishes.
- **Announcer (1)** Welcomes everyone in attendance, announces any and all information pertaining to the swim meet. The most important task is to call swimmers to the bullpen prior to each event. When time permits, the announcer can also announce names of the swimmers in each lane, the winners of the races, record-breakers, and occasionally announces the score (as provided by the scorers).

Directions to Opponents' Pools - Be sure to refer to the calendar to determine away meets for the 2009 season.

Central Park Pool (Peoria)

Take Route 24 into Peoria across the McCluggage Bridge. Turn left on Knoxville Avenue. Turn right on McClure Avenue. Turn left at the stop light on North Street and go several blocks. Peoria High School and Central Park Pool will be on the right. **Allow 30 minutes.**

East Peoria

Take Route 24 (Washington Road) through Sunnyland into East Peoria. Turn left on Farmdale Road and right onto Reeser Road. Reeser Road becomes East Ridge Road; turn right onto Eastside Drive. The Splashdown complex will be on your left. **Allow 20 minutes.**

El Paso

Take Route 24 through Eureka to El Paso. Go through the four-way stop and look for the park pool sign on your right hand side (a block or two past the four-way stop). Turn right and follow the road to the pool, which will be on your left-hand side. **Allow 45 minutes.**

Eureka

Take Route 24 to Eureka. Turn right at stoplight. Turn left on Reagan Drive (just before the cemetery). Go approximately three blocks. Indoor pool at the Reagan Physical Education Center is on the left. **Allow 25 minutes.**

Lake Camelot

Take Route 24 across the McCluggage Bridge. Just after the bridge, take the Route 24/Route 29 ramp and turn right towards Peoria. Stay on that through Peoria and all the way to Cameron Lane. Turn right on Cameron Lane and go approximately 3 miles to the first stop sign. Turn left and follow that road until you see the Lake Camelot entrance on your right. The road will split; turn right and follow the road over the dam. The clubhouse and pool will be on your left as you near the top of the hill. **Allow 40 minutes.**

Lexington

Take Route 24 East to Gridley, then Route 29 South to Route 8 East, which takes you into Lexington. Pool is on the main drag. **Allow 45 minutes.**

Metamora

Take North Main out of Washington to Metamora. Go straight at the stop sign and cross Route 116. The pool is on the right. **Allow 20 minutes.**

Morton

Take Washington Road to Route 150. Turn right. Turn left on Tennessee Avenue. Turn right on Jefferson. Turn left on Fourth Street. Turn left on Greenwood. Pool is on the right, just past Grundy School. **Allow 25 minutes.**

Pekin

Take Washington Road towards Morton, but cross over Route 150 and continue to Broadway. Turn right on Broadway and stay on that until you get into Pekin. Turn left at Parkway Drive (Monical's Pizza is on the corner). Turn right into the high school parking lot. **Allow 30 minutes.**

Roanoke

Take Main Street north to Metamora. Go east (right) through Metamora on Route 116 to Roanoke. Turn left on Green Street. Follow signs to the pool. **Allow 35 minutes.**

Tremont

Take I55 from Morton. Exit Route 9 and turn right (West). The pool will be on the right. **Allow 30 minutes.**

Wedgewood (Peoria)

Take Route 24 into Peoria across the McCluggage Bridge. Stay on Route 150 (War Memorial Drive) past Northwoods Mall, Cub Foods, and Target. Turn right at the stoplight at Montello (before Kohl's/Sam's Club). Pool is directly on the right. **Allow 30 minutes.**

Willow Knolls YMCA (Peoria)

Take Route 24 into Peoria across the McCluggage Bridge. Stay on Route 150 (War Memorial Drive) through several stoplights. Turn right on University Avenue and continue past Richwoods High School. Turn left at the stoplight at Willow Knolls and turn left again into the YMCA parking lot. **Allow 30 minutes.**

Guidelines in Review

BE A TEAM

- Support each other at practice and at meets.
- Sit as a team at meets.
- Have team spirit! Cheer each other on!

BE COMMITTED

- Be on time. Listen to the coaches.
- Practice hard and have fun, too.
- Be prepared. Have your suit, cap, goggles, towels, and a water bottle.

WHAT TO REMEMBER AT SWIM MEETS

- Be sure to sign out if you are not going to a meet.
- Know the events you are swimming, listen for your race to be called and report to the bullpen accordingly.
- If you are in a relay, get your team together and report to the bullpen on time.
- Bring a water bottle or sports drink. Staying hydrated is especially important when sitting in the hot sun!
- Bring your suit, cap, goggles, towels, etc...
- Be on time for warm-ups.

PARENT REMINDERS

During practice, please sit in the picnic/concession area. Do not walk around the pool while practice is going on.

If you have any concerns, please see a coach (before or after practice or meets) or board member, or place a note in the appropriate mailbox.

Be supportive of your swimmer and the entire team. We need you!

Please volunteer your time to help run the home swim meets. It's a lot of fun; you get to know the swimmers and their families—and it makes the meets seem to go more quickly!

All home meets begin with warm-ups at 5:30 p.m. Meets start at 6 p.m. Away meet times may vary. Detailed meet and event information will be included with your meet sign-up information, be in the weekly newsletters, and will be available on the team web site.