



CHURCH RUN ROCKETS • EST. 1989

2010
SWIM TEAM-
HANDBOOK

HOTLINE:
1-888-301-5909

E-MAIL:
crrswim@verizon.net

The Church Run Rockets Swim Team Board would like to welcome swimmers, parents, and families to the 2010 swim team season.

The Church Run Rockets are a member of Greater Richmond Aquatic League (GRAL), which consists of local teams in three divisions. We are in Division I. Team and League officials have been working hard since last year to organize and plan the 2010 summer swim team season. Like you, we are individuals who volunteer our time and energy to provide a positive experience for the entire family. Participating on a swim team offers great opportunities to form friendships, have fun, improve one's health, and increase a child's swimming ability. However, a successful season depends on you! Commitment, both from the swimmers and parents, is the key ingredient to having a great season. Swimmers can show their commitment by regularly attending one practice per day, participating in meets, supporting fellow swimmers, and most importantly, listening to and following directions from the coaching staff. Parents can show their support through volunteering their time as meet workers as well as being enthusiastic fans for the team.

This handbook has been written to answer various questions you may have. Please take the time to read it. If you have any further questions, comments, or suggestions; please feel free to contact any of the board members listed below. We look forward to a wonderful season and spending time with you this summer. A calendar with important dates is included in this handbook.

2010 BOARD MEMBERS

President	Suzanne Ridgway	747-5322
Communications	Susan Hockman	360-5864
Treasurer	Padraic Baxter	346-4511
GRAL Representative	Donna Gerndt	273-0238
GRAL Representative	Lori Haas	527-1624
Parent Representative	Peg Hastings	364-1786
Parent Representative	Kristen Levengood	364-5929
Computer Representative	Bridget Westhoven	527-0105
Fundraising	Open	
Merchandising	Ellen Bradley	762-9685
Social	Brigid Correll	303-1338
Social	Gwyn Perkins	270-3240
Equipment/Facilities	Angie Jett	477-7190

2010 COACHING STAFF

Head Coach	Sarah Ridgway
Assistant Coach	Wyatt Haas
Assistant Coach	Jessica Arndt
Assistant Coach	Patrick Maloney

SWIMMER AGE DIVISIONS - AS OF 6/1/10

Your child will compete against only those swimmers in his/her age bracket. Mini-mites are considered "mites" during a swim meet but are scored separately for backstroke and freestyle.

Mini-Mites	6 & under
Mites	7 & 8
Midgets	9 & 10
Juniors	11 & 12
Intermediates	13 & 14
Seniors	15 - 18

SWIM TEAM PRACTICE

All swimmers should make plan to attend practice daily. Dry land activities will be substituted if weather or pool conditions prohibit practicing in the pool. Please wear appropriate clothing over swimsuit (shorts, t-shirt, and tennis shoes) for a dry land practice during the first two weeks. Practice will only be canceled if weather or safety conditions make the pool area unsuitable for practice. Cancellations will be posted on the hotline, 1-888-301-5909, as soon as possible. **DO NOT LEAVE SWIMMERS UNATTENDED AT THE POOL IF THE WEATHER IS QUESTIONABLE.** Make sure your swimmer knows how to call you in the event practice ends early. Please do not interrupt a practice to speak to the coaches. Please support the coaches in their training and disciplining of the swimmers. If you have a question/concern, please leave a note for the coaches in the coaches' files (see below for instructions on this).

To ensure the safety of our 8 and under swimmers, a parent/caregiver will need to be certain that the child is dropped off in the pool deck area behind the starting blocks. Following practices, this age group will be held in the area near starting block #1 (near the baby pool) until a parent/caregiver comes into the pool to pick up the child. Please be prompt in having your child picked up after practice, as the next scheduled group will have begun its practice.

Prior to the Church Run Pool being open to the general membership, during the first days of practice, please remember:

- Non-swim team children should not be in the pool deck area,
- Swim team children may not be at the pool before or past their assigned practice time, and
- Other than our coaches, there is not a certified lifeguard on duty during practices to watch the pool and pool deck area in the event of an accident.

Parents/caregivers who stay during practice times are requested to find seating away from the practice lanes so that children are not distracted by their presence. Parents are welcome to observe any practices, but please understand that if your child is distracted, you may be asked to wait outside the pool entrance. We appreciate your support of this policy.

School Session Practice Schedule

Monday, May 17 until Thursday, June 17

Ages 5-6 - 4:00 – 5:00 p.m.

Ages 7-8 - 5:00 – 6:00 p.m.

Ages 9-10 - 6:00 – 7:00 p.m.

Ages 11-18 - 7:00 – 8:00 p.m.

Exceptions

Monday, May 31, Memorial Day - No Practices

Fridays, May 28, June 4, and June 11 - Group Division Practice to be Announced, Practice 4:00 - 6:00 p.m.

Friday, June 18 - Group Division Practice to be Announced, Practice 1:00 - 5:00 p.m.

Summer Practice Schedule

Monday, June 21 - Wednesday, July 21

Monday through Friday Mornings

8:00 - 9:00 a.m. - ages 5, 6, and 7

9:00 - 10:00 a.m. - ages 8, 9, and 10

10:00 - 11:00 a.m. - ages 11 and up

Monday, Tuesday, and Thursday Afternoons

4:00 - 5:00 p.m. - ages 5, 6, and 7

5:00 - 6:00 p.m. - ages 8, 9, and 10

6:00 - 7:00 p.m. - ages 11 and up

Fun Practice is usually held the morning after a meet instead of regular practice. Fun Practice times are 9:00 - 10:00 a.m. for Mites and Midgents and 10:00 - 11:00 a.m. for Juniors, Intermediates, and Seniors. Any changes will be announced at the meet.

Remember, you **MUST** practice with your age group. Exceptions may only be made by the head coach.

Remember to check our Hotline: 1-888-301-5909 for practice changes. Do not leave messages on the hotline – it is not checked.

****There are no practices the afternoon of a Meet.****

COMMUNICATION

Communication is vital to a well-run team. There are several methods used for communication between coaches, parents, board members, and other swim team families:

EMAIL: Email will be used as the primary communication between the swim team and families.

COMMUNICATION BOXES: There are file boxes located at the pool behind the desk containing a folder for each swim team family where written messages will be left for you. You may use these to communicate with coaches, board members, or other families. Please check your file daily.

COACH FILES: These are located at the front of the parent boxes. Please use these to leave written messages for the coaches (i.e. when a swimmer is unable to attend a meet).

BULLETIN BOARD/DRY ERASE BOARDS: These are located at the pool entrance area. Please check daily for current announcements.

NEWSLETTER: A newsletter is prepared weekly once the season gets underway. The newsletter will report meet results, directions to away meets, swimmer achievements, and other timely news. Newsletters will be emailed to each family and are always posted on the website.

HOTLINE: This is used primarily to announce changes or cancellations to the practice schedule (especially during passing thunderstorms). If the weather is questionable, please check the hotline before sending your swimmer to practice. Updates will be made fifteen minutes prior to each practice time. The hotline number is 1-888-301-5909.

WEBSITE: The team's website is www.churchrunrockets.com. You may visit our website for news, pictures, time standards, swimmer records, and other interesting team facts. If you take some great pictures that can be used on the website, please e-mail them to crrswim@verizon.net or put them on a disc and place them in the Hockman folder at the pool.

TELEPHONE: You may always call a board member for information.

SWIM GEAR

All items below are encouraged but not required. Please LABEL all your swim gear, as much of it is identical to that of others!

TEAM SUITS: Team swimsuits help identify our swimmers at meets and provide a symbol of team spirit. Suits are available at The Virginia Swim Shop located on at the Nova Aquatics Center, 12207 Gayton Road. Please call the shop at 754-3402 to verify hours. Suits should fit very snugly as they stretch when wet.

GOGGLES: Properly fitted goggles keep a swimmer's eyes from getting irritated and allow clearer vision in the water. Tinted goggles are recommended for daytime practices.

SWIM CAPS: Caps keep hair out of the swimmer's face, retain body heat in cold water, and help identify CRR swimmers during a meet. They are highly encouraged for all swimmers.

ROCKETWEAR: The team sells spiritwear for swimmers and family members. This is a great way to show your team spirit and support your team. This year we will have a special 20th Anniversary sports jersey that can be personalized. Parents, please wear RED to show team spirit at swim meets. Rocketwear orders will continue to be taken during the summer; please contact Ellen Bradley at 762-9685 to place your order.

SWIM BAG: Any sports bag or backpack large enough to hold towels, sweats, snacks, water bottles,

dry clothes, etc. is a necessity for meets. We highly recommend these bags be waterproof. We will also have these for sale.

WATER BOTTLES: Fluid intake/replacement is a must during the hot summer season, especially because the swimmers are unaware of how much fluid they are losing while in the water. We recommend that swimmers bring water bottles to all practices and meets and drink often.

TOWELS: At least two (2) towels are usually needed for a meet.

SWIM MEETS

Swim meets are held weekly, with three home and three away meets. All meets start at 6:00 p.m. except for the first meet on Sunday, June 7, which begins at 2:00 p.m. Arrival times for swimmers and parent workers will be communicated prior to the meets. There will be a “positive check-in” procedure for swimmers and parent workers. Plan to bring chairs to all meets. Please pack a sweatshirt for your swimmer. The late evenings can get very cool. Please have your swimmer rest the afternoon of a swim meet. Meets can end very late! Your swimmer may want to pack cards, handheld games, etc. to pass the time between his/her events.

If your swimmer is unable to attend a meet, **YOU MUST PUT A WRITTEN NOTE IN THE COACH’S FILE THE FRIDAY BEFORE THAT MEET.** A separate note is needed weekly for each absence. The meet entry process (200 plus swimmers X 3 events PLUS Relays) is long and tedious. We need to know **BEFORE** that process if a swimmer is not attending a meet.

Emergencies can happen (i.e. your swimmer gets sick and/or needs to leave a meet early). If so, please get word to the coaches or a board member immediately. This is imperative, especially if your swimmer is scheduled to swim in a relay and is unable to swim; we would like to find a replacement so that the other three members of the relay team aren’t disappointed.

In the event of a RAIN DELAY, please call the hotline at 1-888-301-5909 for updates. **IF THE MEET IS POSTPONED, YOU MUST SPEAK WITH A BOARD MEMBER TO CONFIRM AVAILABILITY FOR THE CONTINUED MEET (USUALLY THE NEXT DAY).** Each family will be assigned to a board member whom you should contact to indicate your child’s availability to swim and your availability to work. You will find your assigned board member along with instructions in the communication box prior to the first meet. Please do not tell the coaches this information the night of the meet, as it is too hectic during a rain delay is to accurately record information.

The coaches are responsible for selecting the events in which a swimmer will participate at any given meet, based on what they know is best for the swimmer and the team. If you or your swimmer would like to discuss meet entries with the coaches, please contact them during non-practice time by the Friday before a meet.

PARENT WORKERS

All swim meets require many, many workers to make them happen and run smoothly. Each swim meet is divided into two halves. With six swim meets in a season, there are twelve halves to man with workers. The Rockets require that each family volunteer to work at least four halves. 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. We rely entirely on every family’s support to make sure each meet runs smoothly, and we greatly appreciate your cooperation. If you are assigned to work a particular meet and find that you are unable to fulfill your obligation, it is up to you to switch jobs with another parent. Please do not leave a job unattended. Call our parent representative in case of an emergency. A reminder of parent worker assignments will be posted on the bulletin board the day of the meet. Mite parents will be expected to assist with mite relays.

TEARDOWN CREW

In addition to scheduled worker assignments, one parent from each family will be asked to participate on the teardown crew for one home meet. Senior swimmers are also asked to help with teardown.

FUNDRAISING

The team relies on several fundraisers to keep fees reasonable. Our largest is the snack bar offered at home meets. Every family will be required to donate items to the snack bar, which will then be sold for a profit. Additionally, we sell Rocketwear, and accept bids on reserved parking spaces and front row seats for home meets. We also accept cash donations.

TIME STANDARDS

GRAL publishes time standards for each event and age group. Swimmers compete in one of four time standards within his/her age group. Most beginning swimmers compete in the Novice time standard. As their strokes improve, they may move up to another time standard. When awarding ribbons and points at a meet, swimmers are recognized for their place against other swimmers within their time standard and age group. All swimmer times from any team other than the Church Run Rockets must be reported at the time of registration. Failure to report top times will result in a penalty fee to GRAL.

Returning swimmers will notice that the GRAL Time Standards have been revised for 2010. Time Standards should be found on the GRAL website, www.gralva.com.

SPORTSMANSHIP

As with any sport, good sportsmanship is a primary goal. GRAL awards one team in each division the Len Everett Sportsmanship Award at the end of the season. Each of our competitors casts one vote for the team that it believes deserves this recognition. This award is presented at Champs. While we encourage our swimmers to be competitive, we stress good sportsmanship toward fellow teammates and our competitors. The best teachers, however, are the parents of the swimmers. Nothing speaks louder than actions!

CHAMPS

GRAL hosts an end of season championship meet for swimmers who reach a JV or Varsity time in any event. This is a league-wide two-day meet with all GRAL teams participating (hundreds of swimmers). It is an honor to make Champs; and we encourage all swimmers who qualify to participate. Champs will be held at the Freedom Center in Manassas, Virginia. Swimmers will be notified of any events for which they qualify.

FUN STUFF

The team schedules many fun social activities for swimmers and their families. Please participate in as many as possible. Participation bonds our swimmers together as a team and provides our children with a better experience. Some of our team activities are listed below. Others may be announced by flyer or poster at the pool.

PASTA PARTY & TEAM PICTURES: Please check the calendar for this fun event. The team gathers at the pool for a team picture (and optional individual pictures), and each family brings a large bowl of pasta (any kind) to share. The team provides paper products and dessert. All family members are welcome.

DAY TRIPS & MOVIE OUTINGS: The team will gather together for outings for different age groups at different times. We are planning a team trip to Water Country USA. Movies and other activities are often in the early afternoon on a meet day. See the calendar and watch for flyers or announcements on the dry erase board.

RIBBONS, DONUTS, & FUN PRACTICE: Practices after meets are fun for all swimmers. Don't miss them!

AWARDS & POOL PARTY: This event is held annually at the end of the regular season (before

Champs). We will meet for a short awards assembly. Every swimmer receives a team participation award, and there are other awards (spirit, high point, effort, etc.) as well. Graduating seniors are recognized, coaches' gifts are given, and any pertinent business is discussed. This year a special party honoring this season and our 20th Anniversary will be held on a separate evening. See the calendar for dates and times.

CALENDAR OF EVENTS

May:

17 - Practice begins

21 - Parent Meeting for Parents of New Swimmer, 5:30 p.m.

25 - Poster contest is announced.

June:

3 - Mock Meet, Time TBA

7-11 - Posters Due

16 - First Meet at Away vs. Twin Hickory, 6:00 p.m.

23 - Movie Day following a.m. Practice, Movie/Time TBA

Second Meet 2 Home vs. Wyndham, 6:00 p.m. (Theme - Favorite Sports Team)

28 - Pasta Party and Team/Individual Pictures

Individual pictures start at 5:00 p.m., Team Picture 6:30 p.m., Pasta party to follow.

30 - Lunch at Chick Fil A in the Mall Food Court

Third Meet Away vs. Canterbury, 6:00 p.m.

July:

7 - Movie Day following a.m. Practice, Movie/Time TBA

Fourth Meet Home vs. the Colonies, 6:00 p.m. (Theme: Show your best Pirate, or you may walk the plank.)

8 - Water Country Trip

9 - Rain Date for Water Country Trip

14 - Bowling following a.m. Practice

Fifth Meet Home vs. Fox Hall, 6:00 p.m. (Theme - Hawaiian)

18 - Rockets Night at a Squirrel's Game (Each family is responsible for getting their own tickets for general admission.)

20 - Movie Day following a.m. Practice, Movie/Time TBA

Sixth Meet Away vs. Hungary Creek, 6:00 p.m.

25 - Pool Party, 7:00-10:00 p.m.

Rain Date - TBA

28 - Annual Awards Ceremony, 6:30-8:00 p.m. at Christ Church Episcopal on Pouncey Tract Road

31 - Champs for 10 and Under, Freedom Center in Manassas

August:

1 Champs for 11 and Over, Freedom Center in Manassas

**Every Friday is Blow Pop Practice

**Practices after a meet will have donuts in the am and Skittles in the pm.

If inclement weather forces a meet postponement, the rain date will usually be the next day at the same time. The first meet of June 7, will have a different rain date policy to be announced.

**CHURCH RUN ROCKETS HOTLINE #
1-888-301-5909**

**GO
ROCKETS!**

NOTES

WORKER ASSIGNMENTS:

#1

#2

#3

#4

TEARDOWN CREW DATE:

SNACK BAR DONATIONS:

Greater Richmond Aquatic League

Code of Conduct

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

Coaches are responsible for the behavior of their teams.

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

The referee has the authority to suspend a swim meet for unsportsmanlike 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.

