



Swimarin 2008 Season Team Guide



Team History

Swimarin, founded by Olympic Swimmer, Ann Curtis in 1981, is a nonprofit organization offering competitive swim team experience for boys and girls ages 5 to 18. We have a diverse membership that has historically drawn swimmers from all parts of Marin County and San Francisco. Our swimmers have gone on to swim at the collegiate and international levels!

Our core value is personal achievement (getting best times) in a fun and supportive environment. We believe that swimming is the ideal sport for many youngsters. Swimmers develop strength and confidence in individual and team competition. For our younger swimmers, the sport provides a lifetime of water safety. Swimming up through the teen years also provides an excellent foundation for other physical pursuits during the "off" season. At Swimarin, our swimmers come back year after year for the competition and for the camaraderie that makes the Swimarin community so special.

Marin Swim League's Mission Statement

Swimarin is a member of the Marin Swim League (www.marinswimleague.org). As a member of MSL, we abide by the league's mission statement, which reads: "The MSL is a summer league dedicated to providing and preserving quality amateur competitive swimming events for its subscribing membership. The MSL fosters and promotes the ideals of good sportsmanship, fair play and good fellowship for participants of all ages and abilities in an environment that nurtures self-esteem in all the children it serves."

2008 Coaching Staff

Head Coach: Kara Werner returns as Head Coach for the 2008 Season and for her sixth year with the team. Kara began her swimming career at the age of 5 on a summer league in Benicia, CA, and swam with them for 8 years. She later swam for her high school, competing in the Free, Back and IM. Then, Kara moved to San Rafael to attend Dominican University for her B.A. in Psychology. When her swimming career ended after high school, Kara discovered the sport of triathlon, and still enjoys swimming on her own at the JCC. Last year, Kara obtained her teacher's credential at Dominican University, and she now teaches first grade at Neil Cummins Elementary in Corte Madera.

Assistant Coach: Kelsey recently graduated from Sonoma State this past year with a degree in economics. Many of you may have met her this past Fall as she coached the San Rafael HS water polo teams. She has a long history with the Marin Swim League, spending 8 years

with the Lucas Valley Swim Team. She was an accomplished age group/high school/college swimmer and water polo player. She set several Marin Swim League records, was a five-time highpoint award winner at Champs from ages 8-13. She was ranked in the top 16 nationally as an age group swimmer. She went on to excel in water polo and became a Jr. Olympic All American in 1996-1998, was a high school All American swimmer and Water Polo player at Marin Catholic. She has participated in water polo and swimming in college through club teams and continues to swim and play water polo in the Marin Women's League. Welcome Kelsey!

Communications with Coaches: If you have a question for a coach, we encourage you to send them an email or try to catch them at a time when they are not on the pool deck coaching. Coach Kara can be reached at swimarincoach@yahoo.com (mobile: 707-853-3556) and Coach Kelsey can be reached at (415) 823-0649 or louderbk@somona.edu.

2008 Board and Leadership Team

Swimarin is a nonprofit organization managed by a volunteer Board of Directors & Leadership Team. The Board & Leadership team meets monthly throughout the year. All parents of Swimarin swimmers are welcome to attend the meetings. If you are interested in joining the Board & Leadership Team, please contact a Board member below.

Swim Team Board

President:

Laura Woodhead

Home: 456-4518
Cell: 370-3215
laura@thewoodheads.net

Past President:

Andrew McCullough

Home: 456-0700
Cell: 613-0770
andrew_mccullough@yahoo.com

Operations:

Bob Gray

Home: 454-4279
bajgray@comcast.net

Treasurer:

Lisa Salvias

Home: 457-2860
lisasalvias@aubergeresorts.com

Secretary:

Robin Merwin

rmm4dcc@sbcglobal.net

Board Members

Lisa Turbis

lisaturbis@yahoo.com

Steve Arenson

sarenson@comcast.net

Leadership Team

Volunteer Coordinators:

Christine Cowan (christinecowan@comcast.net) (454-6209)

Kris Kelson (kris_kelson@yahoo.com) (460-9962)

Robin Merwin (rmm4dcc@sbcglobal.net) (720-5000)

Snack Bar:

Gamin Thomason (gamin.thomason@kp.org)

Kim Feigon (kfeigon@comcast.net)

Computer Rep:

Sally Shoff (sallyt@fairisaac.com)

Marin Swim League Reps:

Andrew McCullough (andrew_mccullough@yahoo.com)

Head Timer:

Peter Gebbie (peter.gebbie@blueshieldca.com)

Head Stroke & Turn Judge:

Lisa Turbis (lisaturbis@yahoo.com)

Ribbons & Awards:

Jennifer Sharpe (Jennifer@ssharp.com)

Team Communication

Email: It is very important you provide us with your email address so that you will be included in the team communications throughout the season. Email is now our main form of communication with swim team members. You will receive weekly emails throughout the season of upcoming events, coaches reports etc.

Website: Swimarín's website www.swimarin.org is your source for all team information. The website includes meet and practice schedules, a calendar of events, results from swim meets, team news and more. Please check the website often.

Mailboxes: The team has file folder boxes that are brought to the pool most days during practice and home swim meets. These file boxes are the individual family mailboxes. Each family has a file with their name on it. Periodically you'll find flyers for different events, notes from coaches, ribbons awarded after the swim meets etc. It is very important that you check your family mailbox at least once a week or you may miss out on some very important information.

2008 Calendar of Events

Bowling & Pizza @ Country Club Bowl	Sunday, March 16 (4:00-6:00 pm)
Movie Night	April TBD
Parent Social	Sunday, May 18th
Swimathon	June 18 th
MSL All Stars Meet	Sunday, June 22
Russian River Canoe Trip	TBD
Pancake Breakfast	Friday, July 18 th
MSL Championship Meet	Saturday, July 19

End of Season Banquet

Sunday, July 20th

2008 Practice Schedule

Regular Practice

(March 10-May 16)

	Time
Tiger Sharks (8-unders)	6:00 -6:30 pm
Leopard Sharks (9-10 yrs.)	6:30-7:15 pm
Great White Sharks (11& up)	7:15 -8:30 pm

(May 19-July 18)

Shark Pups	4:00-4:30 pm
Tiger Sharks (8-unders)	4:30-5:15 pm
Leopard Sharks (9-10 yrs.)	5:15-6:15 pm
Great White Sharks (11 & up)	6:15-7:45 pm

Practice Equipment

Practice Swimsuit (not team suit), goggles, swim cap (for long hair) are required.

Swim Fins are recommended. Z2 Zoomers or Tritan Swim Fins are available at T&B Sports or www.swimoutlet.com

No Practice Dates:

There will be no 8-under practice and modified times for the other two groups (9&10s swim from 7-7:45 pm and 11 & Ups swim from 7:45-8:30 pm) on the following Fridays due to San Rafael HS home swim meets:

April 18
April 25
May 2
May 9

There will be no practice on Thursday, June 12, 2008 due to San Rafael HS graduation.

Stroke & Turn Clinics (\$25 fee charged)

Saturday, April 19 8-unders: 9-10:00 am
 9 & 10s: 10-11:00 am
 11& Ups: 11-12:00 noon

Saturday, April 26 8-unders: 9-10:00 am
 9 & 10s: 10-11:00 am
 11& Ups: 11-12:00 noon

Shark Pups (Begins May 19 4:00-4:30pm)

Shark Pups formerly “Tadpoles” is for beginning swimmers not quite ready to join the team. Focus is on stroke fundamentals and having fun. Contact Laura Woodhead for details of the Shark Pups program at laura@thewoodheads.net.

Swimarin Team Gear

Swim Suits and Logo Warm-Ups

For the 2008 Season, we will have the same Navy TYR team swim suits, sweatshirts and flannel pants that were introduced last year with our new Shark Logo. Each swimmer is asked to wear a team swimsuit during swim meets. Warm-ups (sweats) are optional, but are really warm and comfortable on the pool deck.

Representatives from T&B Sports will be at Splash Off with samples and sizes of the team swimsuit and our logo warm-ups. You may place your order at Splash Off or if you cannot attend, please contact T&B Sports prior to March 30, 2007 to place your order. T&B Sports is located at 1345 4th Street, San Rafael and their phone number is 1-888-453-2433.

Swimarin Parent Participation

Swimarin is a non-profit organization run completely by volunteers. The success of the swim team is dependent on parent participation. In 2008, we will continue with the volunteer point system that was introduced in 2007 and worked well to fairly allocate jobs among the families. Each volunteer job will have a value of one point. Each family will be required to sign up for 7 volunteer jobs over the 2008 season. If possible, we will reduce the requirement to 6 points. Sign-ups start at 9:30 AM at Splash Off February 9, 2008, and are on a first come basis. Sign-Ups began at Splash Off on February 9, 2008. If you were not able to sign up at Splash Off, please contact our Volunteer Coordinators, Christine Cowan at christinecowan@comcast.net or 415-454-6209, Kris Kelson at kris_kelson@yahoo.com or 415-460-9962 or Robin Merwin at mmm4dcc@sbcglobal.net or 415-720-5000. A summary of volunteer positions is set forth on the next page of this Guide.

Several weeks prior to Time Trials, we will distribute Volunteer Assignments for the entire season based upon your sign-ups. In addition, if your swimmer is participating in All Stars or Championships, you will be expected to assist during these events in addition to the season commitment. Details to be announced on a later date to those participating.

If you are unable to volunteer for the 2008 Season, we offer a Volunteer Commitment Buy-Out option. This year the buy-out fee is \$250. If a swimmer chooses to practice, but not swim in meets, families still must meet their volunteer obligation or pay the buy-out fee. Your family is responsible for completing the jobs you have signed up for. If you find that you are unable to fulfill your commitment **you** are responsible for finding a replacement. If you do not complete/fulfill your job, there will be a \$25.00 fee assessed (for each job not fulfilled). We appreciate your commitment to Swimarin! It's going to be a great season! Go Sharks!

VOLUNTEER JOB DESCRIPTIONS

SWIM MEETS

SET UP

Set up lane ropes, starting blocks, PA system, benches, tables, chairs and desk before the meets. Home meets only.

CLEAN UP

Put away everything the set up crew put out, as well as picking up the litter, cleaning the snack bar, etc. Home meets only.

TIMER

Uses a stopwatch or a button to time the swimmers in his/her lane from start to finish. Home and away meets.

8-UNDER LINE UP PARENT

Assist 8-under swimmers to line up for their events. If you have an 8-under, this is a job for you. Home and away meets.

RIBBONS/AWARDS

Check printed times and file ribbons during the swim meet. Home and away meets.

RUNNER

Take the lane sheets from the timers to the desk during home and away swim meets.

SNACK BAR/CONCESSION SALES

There are many exciting positions in the snack bar including: food preparation (good if you have a 10 & under) and food and concession sales. Home meets only. Morning shift includes set-up (7am). Afternoon shift includes tear down and clean-up.

STARTER

Starts each heat using an electronic system. Training required. Home meets only.

STROKE & TURN JUDGE

Judges whether each swimmer is performing strokes, kicks and turns legally. Training provided! Home and away meets.

COMPUTER DESK

Responsibilities include, entering times into a computer during home swim meets, assist in running the timing system, verifying swimmer times etc. Training provided.

EVENTS COMMITTEE

Coordinate team social activities. Assist in planning/executing Swim-a-thon, Parent's Social and Awards Banquet.

Swimarin Insiders Guide to Swim Meets

The 2008 Swim Meet Schedule is set forth below:

Date	Opponent	Location	SM Warm-Ups
May 3	Swimarin Time Trials	@ San Rafael HS Pool	7:30 am
May 17	Sleepyhollow Sea Lions	@ San Rafael HS Pool	7:30 am
May 31	Strawberry Seals	@ San Rafael HS Pool	7:30 am
June 7	Kentfield Tidalwaves	@ Terra Linda HS Pool	7:30 am
June 14	Scott Valley Sea Serpents	@Scott Valley	8:00 am
June 21	Marinwood Waterdevils	@ San Rafael HS Pool	7:30 am
June 22	All Stars	(qualifiers only, at Indian Valley College)	TBD
June 28	Rolling Hills Stingrays	@ Rollinghills	8:00 am
July 12	Terra Linda Orcas	@ Terra Linda Rec Center	8:00 am
July 19	Championships @ Indian Valley College (Novato) (all swimmers)		TBD

Time Trials: The first swim meet of the season is scheduled for May 3rd at the San Rafael HS pool. This meet is referred to as Time Trials. This is a Swimarin-only practice meet, where all swimmers can swim each stroke and the parent volunteers can experience working a swim meet. This meet establishes times for the swimmers so that they may be properly seeded in the first meet against another team.

Dual Meets: All other meets (except for All Stars and Champs) are held on Saturday mornings. There are seven dual meets during the 2008 season, ending with the league championships on Saturday, July 19. For home swim meets at San Rafael HS pool, the Swimarin swimmers and parents are to arrive for warm-ups at 7:15 am; for away meets parents and swimmers are to arrive for warm-ups by 7:45 am. Most meets are over between 12:00 and 2:00 pm. Directions to all swim meets are included at the back of this Guide.

Participation in Swim Meets: All swimmers are encouraged to participate in swim meets. If your swimmer will not be participating in a meet, you are required to email the Coach no later than the Monday prior to that meet. Otherwise, the Coach submits event entries for all swimmers on Tuesday of that week. If swimmers are entered and do not show up, our relay teams suffer and the meets take longer (due to events with empty lanes).

Warm-Ups

Warm-up sessions before meets begin at 7:30 am for home meets at the San Rafael HS pool and 8:00 am for away meets. The warm-ups last approximately 30 minutes and give swimmers a chance to loosen muscles up and practice starts and turns before their races. Some of the younger children do not like warm-ups, especially when it is still foggy outside or if they went to bed late. It's the parent's decision, although we encourage you to help bring your child to the meet in plenty of time so that they are comfortable and ready when its time to swim. It's a good idea for your swimmer to bring at least two towels and have some warm sweats to pull on after warm-ups. Don't forget sunscreen, hats, games to play between events etc.

Parent Volunteers

Parents who are scheduled to volunteer at a Swim Meet should check in at the volunteer desk upon arrival. At the desk you will receive a name tag with your job assignment and further instructions as to where to go, etc. If you are not sure if you are scheduled to volunteer, go to the check-in desk prior to the meet to confirm. Always check the website beforehand to confirm your volunteer assignment.

Snack Bar

At each home swim meet, our team hosts a great Snack Bar. Our Snack Bar is one of our team's most important fundraising efforts. Swimarin is known throughout Marin for having the best Snack Bar of any team in Marin Swim League. This year we will be hosting a Snack Bar on May 3 at Time Trials and at our other home meets on May 17, May 31 and June 21. Each year we ask each family to donate a specific food or beverage item to each of the four home Snack Bars. These items are sold at the Snack Bar to raise money for the team. In mid April, food contribution assignments will be distributed with a brief explanation of each contribution. These assignments will be posted on our website and will also be emailed to everyone. If you prefer, you have the option to "Buy Out" your weekly food or beverage contribution and make a payment of \$75 for the season in place of your four food and beverage donations. These funds will be used to purchase items we sell at the Snack Bar that are not on the donation list. If you would like to opt out, please mail your check for \$75 payable to Swimarin Snackbar to Laura Woodhead, 150 Montecito Rd., San Rafael, CA 94901 by April 15, 2008.

Schedule of Events

The meets start promptly at 8:30 am. The first five events are relays as are the last five events. In between the relays are swim races of different strokes, for the five different age groups- 8&unders, 9&10s, 11&12s, 13&14s and 15-18s. An announcer will name each event and sometimes the swimmers name before the race begins. A starter will start each race with a horn starting system. On Friday night we will email out a list of events each swimmer is entered in along with the relay line ups. This list will include what heat and lane your child will be swimming in for each of the events. It is helpful to write this information on their hands (with a permanent sharpie) so that they will know where and when they are to swim the following day. For 8-unders, there are line-up parents at the end of the pool with a list of

swimmers. They will help the younger swimmers get to the right lane and in the right order. The line-ups will also be posted on the pool deck prior to the beginning of the swim meet.

Distances:

8&unders swim one lap (25 yards) for freestyle, backstroke, breaststroke and butterfly. For the Individual Medley (called IM), they swim 1 lap of each stroke (fly, back, breast & free) or 100 yards. Swimmers may only swim in three events per meet.

All other age groups swim 2 laps or 50 yards for freestyle, backstroke, breaststroke and butterfly races and swim a 100 yard IM. The exception is in the freestyle event for the 15-18 age group, when the swimmers swim 100 yards instead of 50 yards.

Relays

There are two kinds of relays: The Medley Relay is the first event of the swim meet and the Freestyle Relay is the last event of the swim meet. There are Medley and Freestyle Relay races for each age group. The Medley Relay is made up of two male swimmers and two female swimmers. The order of the Medley Relay is backstroke, breaststroke, butterfly and freestyle. 8-unders swim one lap of each stroke and all other age groups swim two laps of each stroke. Each swimmer is allowed to swim in two relays. The coaches make up the relay teams and post them on the morning of the meet. Please check the list and make sure your child is ready to swim. If for some reason, they can't stay until the end of the meet to swim the Freestyle Relay, please inform the coach as early as possible. Relays are scored 7 points for 1st place, 3 points for 2nd place and 1 point for 3rd place.

Individual Races

Each swimmer is allowed to swim up to three individual events. The coaches will determine which events are best for your swimmer and will seed them according to their best time for that event. An event can have many heats of swimmers. A heat is six swimmers (3 swimmers from Swimar in and 3 swimmers from the opposing team) that race at the same time. The swimmers with the fastest seeding times swim in the earlier heats. The top three best times in each event score points for the team score. First place receives 5 points for their team, 2nd place earns 3 points for their team and third place earns one point for their team. However, if all three top swimmers are from the same team, that team earns 8 points and the other team receives one point ("no sweep" rule). Swimmers from any heat can score points.

Swim Meet Awards

Each swimmer will receive a ribbon for each individual race he or she successfully completes. Ribbons are given for 1st through 6th place for each heat, so the type of ribbon depends on how your child placed in the heat. A label on the back of the ribbon will give the swimmer's time in the event. All awards are placed in the Family Folders on the pool deck after the swim meet.

If your swimmer is on one or both of the relays (medley or freestyle) they will not receive a ribbon unless they win the relay event.

Best Times

If your swimmer improves his or her best time in that event, they will receive a best time award at practice the following week. These awards will be placed in the Family Folders or otherwise available on the pool deck during the week following the meet. As part of this guide, you will receive a Best Time Log to help your swimmer track their improvements from week to week. The results from swim meets will be distributed via email or available on our website the Monday or Tuesday following the Saturday meet.

Aging Up

If, during the swim season, a swimmer has a birthday that will move the swimmer up to the next age group, Marin Swim League rules state that the child must compete in that age group at the next swim meet. For example, if your child is 10 years old at the start of the season and has a birthday in June, then your child will age-up to the 11&12 years age group for the swim meet following the birthday and swim in that age group's practices and meets for the remainder of the season. For Champs and All-stars, the swimmer is allowed to swim in the age group that they were in as of the last scheduled dual meet used to seed swimmers for All Stars or Champs.

Other Swim Meets

There are two other Marin Swim League meets that occur during the Season, All-stars and Champs. These meets are run differently than regular dual meets. Both the All Star and Championship Meets are held at the Indian Valley College Pool (Novato). Each team in the Marin Swim League takes turn hosting the meets, but all teams provide volunteers to work the meets. In order to participate in the All Stars swim meet, the swimmer must meet a qualifying time established at the beginning of each season. Fewer than 30 swimmers from each age group typically qualify for an event. It is a great honor to qualify for All-stars and a lot of fun to participate.

Championships ("Champs") is a meet for the entire Marin Swim League. This swim meet is open to all swimmers on every team. It is a fun day and a great experience for all swimmers participating. 8-unders swim in the morning from about 7:30 am to 11:30 am). The afternoon session is for all other age groups and runs from about 12:00 noon to 6:00 pm. This is a very important end of the season event for our team and everyone should plan on attending!

Awards Night – Dinner Banquet is a terrific end of the season event. The Sunday night following Champs is our annual Team Dinner & Awards Night. Your child will receive a participant trophy and other contributions are recognized. The coaches will award MVPs,

Most Improved, Most Best Times, Coaches Awards etc. After the awards presentation, the team enjoys an awesome slideshow of pictures taken throughout the season by our team photographer, Steve Underwood. We hope you can attend this special night!

Directions to Practice and Swim Meets

Directions to San Rafael High School (for Swim Meet Parking)

Take the Central San Rafael exit and proceed east on Second Street. Go past Whole Foods Market and the Montecito Shopping Center. Enter on the left for the main school parking lot, and park closest to the track. Walk around the near side of the track to the Gymnasium at the north end, and proceed right alongside the Gym to the pool.

Directions to the drop-off point for the SRHS Pool (for Practices):

To get to the rear of the school from 3rd Street, turn onto Union Street (alongside Whole Foods and across from Montecito Plaza) and proceed to Mission. Turn right on Mission, and follow until the road starts to curve left and you see the Gym ahead. The covered, lit walkway is on the right side of the Gym. It leads straight back to the pool. If you are going to park and stay for practice, please park in the main parking lot off of Third Street and walk through the track to the pool.

Directions to Terra Linda HS (June 7) (Kentfield Tidalwaves Home Meet)

Terra Linda HS, 320 Nova Albion Drive. 101 South to Terra Linda Exit/Freitas Parkway. Left on Las Gallinas. Right on Nova Albion. Continue to T.L.H.S. pool on the right side past Kaiser.

Directions to Scott Valley (June 14) (Scott Valley Swim & Tennis Club)

Take 101 North to Tiburon Blvd./Blithedale Ave exit and stay in the far right lane. Turn right at the stoplight onto East Blithedale and proceed west toward Mill Valley. Turn Right onto Camino Alto and proceed uphill for .2 miles. Turn right onto Azalea Drive, continue for .3 miles until the second stop sign at the corner of Vasco Drive. Turn right onto Vasco Drive and continue for .1 miles (where Vasco Drive becomes Underhill Rd at the corner of Vasco Court). Continue on Underhill Rd. for another .4 miles until you reach the stop sign located at the driveway entrance to the Scott Valley Swimming & Tennis Club.

Directions to Indian Valley College for Allstars on June 22. Take 101 north. Exit at Ignacio Blvd. and head West. Ignacio Blvd ends at the College of Marin. Parking is on the left.

Directions to Terra Linda Orcas (July 12) (Terra Linda Rec Center Pool) Take 101 North to Freitas Parkway exit towards Terra Linda. Drive 1.4 miles and take a right onto Del Ganado. The Terra Linda Rec Pool is located on the right at 670 Del Ganado.

Directions to Indian Valley College for Champs on July 21. Take 101 north. Exit at Ignacio Blvd. and head West. Ignacio Blvd ends at the College of Marin. Parking is on the left.