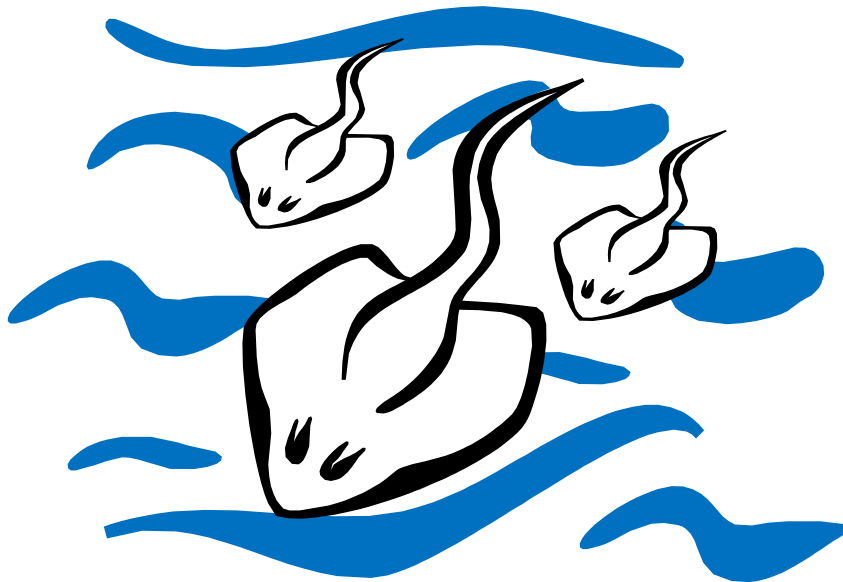


**New Sherwood Stingrays  
2015  
Swim Team**

**Parent Handbook**



# The New Sherwood Stingrays Swim Team 2014 Handbook

League Rep.....	Wendy Bartlett	(336) 403-3854
	Mark Cavanaugh	(336) 423-9340
Head Coach.....	Jamie Grimstead	(336) 793-6452
	(no calls after 8pm please)	
Assistant Coaches:		
	Will Rankin	(336) 970-0106
	Brianna Chessock	(336) 251-2991
	McAlister Stowe	(336) 817-8391

We're so glad to have your family join the Stingray family. Our mission is to provide a safe and fun environment for you and your child(ren) to have a positive experience in summer league swimming.

Please take time to read the handbook thoroughly. It contains very specific information. You will want to refer to it in the future for details regarding our swim team. If you should have any questions, please feel free to contact your swim team rep or anyone on the coaching staff.

## General Information

A file system has been set up to enable us to communicate with parents and swimmers. This file box (aka "The Big Blue Box") is accessible to our swim team families during practice hours. Your last name will be in alphabetical order in the file box - all ribbons will be put in the box after each meet. Email is our primary way of communication, so please check your email regularly for any updates. If you have not received an email from the swim team representatives please check with them to make sure your email is correct and on the list. Our website is also a good place for you to gain important information (<http://newsherwoodpool.com>). Please continually check the website for information that is posted on a daily basis throughout the summer.

## Awards

Everyone is a winner on the Stingray's team! Ribbons will be awarded at practice on days following the meets. We will have an end-of-season party at the conclusion of Finals. Check our website for further information later in the season.

### IMPORTANT DATES FOR YOUR CALENDAR:

Date	Event	Time
May 16	Swim Team "Kick Off Party"	3:00 PM – 6:00 PM
May 18	Swim Team Practice Begins - Ages 7 – 18	
	Ages 7 – 10 5:30 – 6:15PM; Ages 11 and up 6:15 – 7:00PM	
May 25	No Practice – POOL OPENS!!!	
May 26	Swim Team Practice for all ages: Ages 6 and under 5:00 – 5:30 PM; Ages 7 – 10 5:30 – 6:15PM; Ages 11 and up 6:15 – 7:00PM	
June 6	Swim Team Timed Trials @ New Sherwood	8:00 AM
June 8	Morning Practices begin	
	Ages 7 – 10 9:00 – 10:00 AM; 6 and under 9:45 – 10:15 AM; 11 and up 10:00 – 11:00 AM	
June 9	NS @ Peace Haven	5:30 PM
June 16	Waterford @ NS (Pizza and a Movie night)	5:30 PM
June 23	NS @ Old Town	5:30 PM
June 26	City Meet	All day – Bolton Pool
June 30	Brookberry @ NS	5:30 PM
July 7	NS @ Shallowford Lakes	5:30 PM
July 13	Westwood @ NS	5:30 PM
July 17	League Finals 11 & Up – New Sherwood	5:30 PM
July 18	League Finals 10 & under – New Sherwood	8:00 AM
July 18	End of Year Party – New Sherwood	5:00 PM

Rain Dates for meets (if needed): 6/11; 6/18; 6/25; 7/1; 7/9; 7/14

**SEE YOU AT THE POOL!!**

### Meet Protocol

All swimmers 10 and younger are required to remain in the "Stingray Zone" during the entire meet. We recommend cards, dominos, legos, coloring, or any other games for down times. We need parents to work as "age group parents" to help swimmers get lined up correctly in the correct lane. If your child wants to go to the restroom or the concessions, s/he needs to get permission from the Stingray Zone volunteer. Please do not leave the meet early without notifying a coach. There is a chance that your child may be needed to swim on a relay team for another swimmer.

It is recommended that swimmers bring a head covering and/or sunglasses, team t-shirts, and a warm sweatshirt. Please put your child's name on all equipment, clothing, and towels and bring a bag to store them in during the meet. The team will not be responsible for lost or stolen items.

Coach Grimstead will be in charge during all swim meets. If you have any questions pertaining to the meet or your child's events, please direct them to him.

Each swimmer may swim in a maximum of 3 individual events and 2 relay events. **If you know in advance that your child will not be attending a meet, please be sure to let the coaches know as soon as possible.** You will be asked to fill out a swim card (located on our website) indicating if your child(ren) will or will not be participating in the meets.

Each event will consist of one scoring heat, as well as exhibition heats. The meets typically start at 5:30pm and end at 8:30pm. Warm ups for swim meets will begin prior to the meets at 5:00pm. Swimmers are expected to arrive by 4:45. The visiting team will have warm-ups first (5:00 - 5:15pm), the home team will warm-up second (5:15 - 5:30pm).

### **Parking**

Due to the volume of people attending our home meets, you may want to walk to the pool or carpool if you can. We ask that you limit your vehicles to one per family if possible.

### **Practice Schedule**

Coach Grimstead will be in charge of both morning and afternoon practices. If you have any questions pertaining to your child's training or instruction, please direct them to Coach Grimstead or an assistant coach.

Practice for ages 7 and up begin on May 18<sup>th</sup>  
Practices for all ages will begin on May 26<sup>th</sup>

### **Practice Schedule**

#### ***Monday May 18th - Thursday May 21st***

- Ages 7 - 10 5:30 - 6:15
- Ages 11 and up 6:15 - 7:00

#### ***Tuesday May 26th - Thursday May 28th -***

- **Ages 6 and under 5 - 5:30**
- Ages 7 - 10 5:30 - 6:15
- Ages 11 and up 6:15 - 7:00

#### ***Monday June 1st - Thursday June 4th -***

- Ages 6 and under 5 - 5:30
- Ages 7 - 10 5:30 - 6:15
- Ages 11 and up 6:15 - 7:00

#### ***Saturday, June 6th -- "Mock Meet" 8AM***

- Just 12 and unders are going to participate this year (for the sake of time).
- We would like 13 and ups to come and be buddies to the younger swimmers and help time.

*Monday, June 8th - Wednesday, June 10th* -- AM PRACTICES BEGIN; PM practices continue as above

- Ages 7 - 10 9 - 9:45
- Ages 6 and under 9:45 - 10:15
- Ages 11 and up 10:00 - 11:00

*Thursday, June 11th -- Away Meet vs. Peace Haven (Date changed due to public school last day changed).*

*Monday, June 15th - Friday, July 10 --*

- *AM practice schedule stays the same*
- *PM practice schedule changes*
  - *6 and under 5 - 5:30PM*
  - *7 - 8 year olds 5:30 - 6:15 PM*
  - *9 and up 6:15 - 7:00 PM*

**\*\* No Friday Afternoon practices**

**\*\* First Fun Friday AM practice will be June 19th**

Swimmers may attend morning or evening practice or both. The pool does remain open during the evening practice hours. The team will use 3 lanes for practice purposes; unless the coaching staff deems it necessary to open additional lanes to safely accommodate the number of swimmers attending practice.

Swimmers will be placed in practice lanes based on speed and ability. This is to run an efficient practice, and it will enable the coaches to better meet the needs of swimmers regardless of their swimming ability. Coaches may take swimmers to the deep end for more individualized work if they deem it necessary.

It is recommended that your child attend a minimum of 3-4 practices per week.

To be eligible for league finals, a swimmer must swim in at least two meets during the season.

### **Team Suits and Equipment**

You may purchase your team suit from Swim Gear of Clemmons (766-3006 or <http://www.swimgearnc.com>). Suits will cost between \$28-\$45 depending on size and gender.

It is highly recommended that all swimmers use caps and goggles during the meets. Your child will swim better and faster if they can see!

## Volunteers

Volunteering is the only means by which a swim meet can run successfully. Because we are a self-supporting, non-profit, parent-run organization **we need everyone** to step forward in some capacity during the course of the season. Also volunteering is a great way to learn about the sport of swimming and get a great seat at the meet! We will be utilizing the Volunteer Spot to organize the volunteer sign ups. If for some reason you do not receive an email from the swim team rep with the link, you can use the link on the swim team website.

**At least twenty (20) volunteers are needed to host a home meet.** No experience is necessary. Training will be provided for all timers, scorekeepers, ribbon writers, etc. When you volunteer to work a meet, please make every effort to be on time for instructions. If, for any reason, you cannot fulfill your volunteer duties during a meet, please try to find a replacement. Contact the swim team reps if you need assistance.

## New Sherwood Swim Team Volunteer Descriptions

### Concessions

The concession stand requires several volunteers to work in hourly shifts. You can sign up for shifts on Volunteer Spot, or you can choose to sign up to bring food or supplies. This is a fund raising event for the swim team, so encourage everyone to purchase from the concession stand during home swim meets.

### Meet Officials

These positions are the Referee, Stroke Judge, and Starter. They require volunteers who are fully aware of the WSASC rules as well as attending a stroke clinic. The clinic lasts approximately 2 hours and dates for these clinics will be announced before the beginning of the swim season.

### Ribbons/Socials/Spirit

These volunteers are needed to put labels on ribbons the morning after a meet during practice. In addition, they work to improve the spirit and camaraderie of the team through social events and activities. They lead the cheers at the beginning of the meets and decorate the pool with signs. They are in charge of organizing and setting up the end of year party.

## Meet Worker

### Timer

A total of 6 volunteers are required for both home and away swim meets (1 extra backup volunteer for home meets). Each timer will be paired with an opposing swim team timer, one set for each lane. A stop watch will be provided and times are recorded on the swimmer's event card. Timers also ensure that the name on the event card corresponds with the swimmer swimming in the event.

### Scorekeeper

One volunteer is all that is required to enter transfer times from the time sheets and entered into the computer. Sheets containing labels are then printed off and given to the Ribbon Writers so that the appropriate ribbon can be awarded.

### Runner

1 or 2 volunteers are required for every home and away swim meets. The volunteers are responsible for delivering the swimmer's time cards from the Timers to the Scorekeeper.

### Stingray Zone/Age group parents

These volunteers are needed at all swim meets and only for the 10 and under swimmers. Two volunteers for each age group are needed to ensure that swimmers are lined up by lane so that the coaches can take them to the appropriate place at the pool. When kids are not swimming they will have games and activities in the Stingray Zone to keep them entertained.

We cannot have a meet without the volunteers. During swim events, all volunteers and meet workers will be issued a nametag that will clarify their working position. This is to avoid any confusion and easier recognition.

Most pools do not have enough chairs to accommodate all visitors. You may want to bring chairs, towel, or a blanket to sit on. Thank you for all your help to make this a fun and memorable experience for our kids.