



KILDAIRE FARMS KILLER WHALES 2010 SWIM TEAM HANDBOOK

WELCOME!

The Kildaire Farms Pool Committee welcomes you to the Killer Whales! If you are a returning team family, we're glad to have you back. If you're new to the team, we look forward to getting to know you and your swimmers. Our goal is that this handbook should contain all of the information you will need in order to participate on the team, but please feel free to contact any of us regarding any questions or concerns you may have.

Bob Goudreau – 656-1983
Brian Long – 465-7379

Clay Lowder (Chairman) – clay@cegrouppinc.com
Patti Merz – 463-0017

Debbie Hatt – 387-9170
Kate Keller – 362-9770

COACHING STAFF

We are happy to welcome **Kelsy Smith** as our Head Coach. Kelsy swam competitively for the Marlins of Raleigh for over 14 years and earned a swimming scholarship to the University of Florida. As a Gator, she was a five-time All-SEC Swimmer, an NCAA Academic All-American, and was named co-captain for the 2009 SEC champion team. Kelsy also qualified for the 2008 Olympic Trials. She recently graduated with a Bachelor of Science in Health Education and will be continuing her studies at Duke in the fall. Kelsy has coached with the Marlins of Raleigh for the past year.



Kelsy



Gracie

Assistant Coach **Gracie Randall** returns for her third season on the staff. Gracie swam for the Killer Whales for 11 years and is now a rising senior at the University of North Carolina in Chapel Hill.

REGISTRATION AND FEES

Kildaire Farms **Swim Team Registration Day** will be held on **Sunday, April 25th** from 2:00 to 5:00 pm at the Kildaire Farms Clubhouse. Registrations after this date must be made at the Tennis Pro Shop. Every swimmer who signs up by May 10th is guaranteed to receive a team T-shirt in the correct size.

A non-refundable registration fee of \$60 for each swimmer must be paid in order to allow that swimmer to participate on the team.

TEAM PICTURES

Team pictures will be taken on **Tuesday, June 8th** at the Intra-Squad Meet. Individual pictures will begin at 4:00 pm and team pictures will be taken around 4:30 pm. Individual pictures will resume after the team pictures for those who may have arrived later. Look for more information about this in your Family Swim Team Folder and on the bulletin board. Information packets will be distributed in advance, as payment will be required at the time the pictures are taken.

COMMUNICATIONS

Information of interest to swim team families will be distributed via one or more of the following channels: the team Bulletin Board, the team Email List, and Family Folders.

The **Swim Team Bulletin Board** is located on the wall between the snack bar and the men's locker room. Individual swimmer times will be posted weekly following each meet, and information about major team events will be prominently displayed on this bulletin board.

Swim team parents will automatically be enrolled in the **Swim Team Email List**. The coaching staff and the team administration will regularly use this list to communicate important information about team events. It is especially useful for announcing late-breaking news such as weather-related cancellations. Any member of the list can distribute announcements to all the other members by sending a message to swimteam@kildairefarmclub.com. Note that your email address will not be visible to other members unless you post a message, and message contents and member email addresses will **never** be visible to outsiders. Only Kildaire Farms swimmers, parents and staff will be permitted to join the list. See http://kildairefarmsclub.com/mailman/listinfo/swimteam_kildairefarmclub.com/ for more details.

Each family on the team will be assigned its own **Family Swim Team Folder** which will be used to distribute ribbons and other physical items for delivery to specific individuals. These folders can be found in file boxes that will be available on the wooden deck near the concession stand during team practices and stored in the lifeguard office at other times. The coaching staff will also have a folder of its own in the first file box.

Parents will need to confirm in advance whether their child will be present or absent at each meet at by use of a web-based signup mechanism. Links to these meet attendance web pages will be distributed via the team email list before the season begins. **It is important to complete this information by the Sunday afternoon prior to each Tuesday meet**, so that the coaches have adequate time to plan their meet event entries.

Parents can communicate with the coaches by sending email, calling on the telephone, leaving notes in the coaches' folder or speaking with them before or after practice. Please don't interrupt the coaches during practice, as this takes away from our swimmers' instructional time.

SWIMSUITS, CAPS AND SHIRTS

Swimsuit vendors discontinue most suit lines every two years, so this year we will have a new style and color scheme: TYR's "Belmont Plaid" line of girls' suits and boys' jammers in blue. Although a team suit is not required, purchasing it is one way that we can show team spirit and it creates an exciting atmosphere at the meets as we cheer on our team. Please keep in mind that a suit will not last for two seasons if it is worn to the pool frequently, so please consider using other suits for practices and saving the team suit for use in meets.

All swim team members are required to wear a team swim cap during the meets. Because of the popularity of this item, be sure to purchase a cap on Registration Day.

The **Team Swimsuit Fitting** will be held on Registration Day (**Sunday, April 25th**). Suits will be available for advance order at the prices listed below starting on that day and continuing through May 10th. Please contact the Swim Team Apparel chairperson listed on page 11 if you need to set up a fitting after Registration Day. If you miss the team order deadline, you can still receive the team discount by ordering your suit directly from the company (though you will be responsible for applicable shipping and handling charges). Please keep in mind that team photos will be taken on Tuesday, June 8th, and we encourage swimmers to wear their team suits to this event.

Girls swimsuits, sizes 22-40	\$49
Boys swimsuits, sizes 22-40	\$33
Silicone swim caps, one size fits all	\$11

Team T-shirts will be provided at no additional cost for each swimmer who registers by May 10th. Additional team T-shirts for other family members are available for a nominal fee, and other items including zip-up "hoodie" sweatshirts, ladies' tank shirts, girls' cheer shorts and boys' mesh shorts can also be ordered. All apparel orders must be placed by **May 10th**.

PRACTICE SCHEDULE

Attendance at practice is highly encouraged for all swimmers and is a prerequisite for competing in Main Events during swim meets. It is at practice where swimmers receive the instruction necessary to become proficient and strong swimmers. Our younger swimmers are especially inspired when the older swimmers model good sportsmanship and leadership during practice.

Practices are offered on the following schedule, with weekday morning practices beginning once school ends for the summer:

Dates	11-18 Early	11-18 Late	7-10	6 & Under
Weekdays, May 24 - June 10	4:30-5:30 PM	4:30-5:30 PM	5:15-6:00 PM	6:00-6:30 PM
Weekdays, June 11 - July 20	8:00-9:30 AM	8:30-9:45 AM	9:15-10:15 AM	9:30-10:15 AM
	4:00-5:00 PM	4:30-5:45 PM	5:30-6:15 PM	6:00-6:30 PM
Saturdays, May 29 - July 10	8:00-9:30 AM	8:30-9:45 AM	9:15-10:15 AM	9:30-10:15 AM

Note that part of each practice will often be devoted to “dry-land” exercises

However, there is no practice during the following times:

- The afternoon of a swim meet or the Intra-Squad meet (Tuesdays starting June 8)
- The morning after a swim meet (Wednesdays starting June 16)
- Memorial Day (Monday, May 31)
- The day of the Cary City Meet (Saturday, July 17)

The coaches will assign swimmers aged 11-18 into separate “Early” and “Late” practice groups early in the season, based on age, performance and other criteria.

Swimmers should arrive 15 minutes before the start of practice to stretch and get their caps and goggles on. Parents, please review the Parent Behavior Guidelines on page 8 regarding behavior during practices.

INTRA-SQUAD MEET

The Intra-Squad Meet will be held on **Tuesday, June 8th** at 6:00 pm at the Kildaire Farms pool. This meet has several purposes. It provides an opportunity for new swimmers to experience swim meet conditions and provides the coaches with timing data so that swimmers can be placed in the appropriate heats for the first official swim meet. It also gives parents an opportunity to see their child’s progress, to encourage and support the team, and to familiarize themselves with the volunteer positions needed for each swim meet prior to an official meet.

REGULAR SEASON MEETS

This year, Kildaire Farms will compete in Division 3 of the Southern League of the Tarheel Swimming Association (www.tsanc.org). Our TSA season consists of six dual swim meets, split evenly into three home meets and three away meets as described in the table to the right. Away swim meets will require personal transportation. Maps to the pools hosting these away meets are included in this handbook. In addition, directions will be posted on the Swim Team Bulletin Board a few days in advance. All six meets will be held on Tuesday evenings, weather permitting. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Swimmers should plan to be at the pool at least 15 minutes before our team’s designated warm-up time: 4:45 for home meets, and 5:15 for away meets.

June 15	Away at Cary Park
June 22	Away at Walden Creek
June 29	Home vs. Silverton
July 6	Home vs. Wellsley
July 13	Home vs. Cary
July 20	Away at Scotts Mill

SPECIAL MEETS

The **Cary City Invitational Swim Meet** on **Saturday, July 17th** is a competition featuring many TSA Southern League swim teams at one pool. This year, it will be hosted by the Scottish Hills Recreation Club, located at 1423 Tarbert Drive (see attached map). This is an open meet, which means that any registered swimmer may sign up to participate. It is also a very long competition: the meet lasts the entire day, with 10-and-under swimmers competing in the morning session and 11-and-up swimmers competing in the afternoon. A tent will be set up for the Kildaire Farms Swim Team and you will need to bring the necessary items for a normal swim meet, plus sunscreen, snacks and anything that will make your stay more comfortable. More information on this meet will follow.

TEAM OUTINGS

In keeping with tradition, the team will take a day trip to **Wet'n Wild Emerald Pointe Water Park** in Greensboro on **Thursday, June 24th** with a rain date of the next day. Please mark your calendars with these dates, as parent drivers will be necessary to transport team members to and from the park. Also, look for reminders that will be posted on the bulletin board and around the pool. To get the best ticket price, you will need to participate in our advance group order a few days before the trip. Those discounted tickets will cost \$25 for each adult or child at least 48 inches in height, and \$17 for children below 48 inches (children younger than 2 get in free). Watch the bulletin board for more details closer to the date.

Remember to bring:

- Cash for locker rentals and food purchases
- Sunscreen
- Towel and change of clothes
- A cooler containing lunch, if you prefer not to buy lunch at the park

Emerald Pointe has fun attractions for all ages from toddler up. Bear in mind that some of the more challenging rides have a minimum height requirement of 45 inches. For directions and more information, go to www.emeraldpointe.com.

ADDITIONAL TEAM ACTIVITIES

In addition to the events listed on page 12 of this handbook, there may be additional team activities planned by the coaches or parents throughout the season. Please watch the bulletin board and check your Family Swim Team Folder.

END-OF-SEASON AWARDS CELEBRATION

The End-of-Season Awards Celebration will be held on the evening of **Thursday, July 22nd** at the Kildaire Farms Clubhouse. Please mark your calendar and plan to attend this event to recognize every swimmer who contributed to the success of the season. The Awards Celebration is a pot-luck dinner, so please plan on bringing the requested type of dish. Information about what to bring will be distributed via the email list in the week before the event.

In addition to the food and a slide-show retrospective of the season, the celebration will include the presentation of the following awards:

- **Participant Trophies** – Given to each swimmer who participated on the team.
- **Most Improved Swimmer Awards** – Awarded to one boy and one girl per age group based on exceptional individual improvement over the summer, as determined by the coaches.
- **High Point Awards** – Given to the boy and girl in each age group who earned the most points in individual events over the course of the season's six dual meets.
- **Coaches' Awards** – Presented to one swimmer in each age group who has been especially cooperative and helpful to the coaches, tried his or her best, and displayed good sportsmanship and an excellent attitude.

SWIM MEET TIPS FOR SWIMMERS AND THEIR PARENTS

- ❖ Swim meets start promptly at 6:00 pm and generally last until 9:00-10:30 pm. The 6-and-under swimmers can leave after the breaststroke (just after the midpoint of the meet) since they do not swim in the butterfly or relay events. As you leave the meet, *please* clean your area, whether at our pool or at a visiting pool. Clean-up is everyone's responsibility. It only takes a few people to get the job done quickly.
- ❖ If a swim meet is postponed or halted on Tuesday night, TSA rules require the meet to resume following evening, at the same location and time. (However, if the breaststroke event has been completed, the meet will be declared complete on Tuesday night.) Please let the coaches know if you cannot make the rescheduled Wednesday meet. If you were scheduled to volunteer in some capacity during the meet, you also need to notify the Volunteer Coordinator that you will be unable to assist during the rescheduled meet.
- ❖ Swimmers should always be at the appropriate pool at the assigned time each Tuesday afternoon of a meet. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Although this arrangement is standard practice, it may be reversed for some meets. Our coaches will inform you if there is a change. **In any case, swimmers should plan to be at the pool at least 15 minutes before our team's designated warm-up time: 4:45 for home meets, and 5:15 for away meets.**
- ❖ Each member of the team is assigned a unique swimmer number. These numbers make it easier for the timers to record times accurately. If you can, **please write your swimmer's number on his or her shoulders in black marker before each meet.** You can find their numbers on the timing charts on the Swim Team Bulletin Board.
- ❖ You may want to bring lawn chairs with you to both the home and away meets. Some pools do not have enough pool furniture to accommodate all the attendees at a typical swim meet.
- ❖ Label all of your child(ren)'s swim items.
- ❖ Swimmers should sit in the team area to build team unity. This also allows those assisting the Clerk of Course to locate swimmers, thereby making the meet run more efficiently. In particular, younger swimmers need to stay with the other members of their age group so that their group's Kid Pusher can ensure that they get to the starting blocks on time. Kid Pushers will not be responsible for locating children who do not sit with their group; such swimmers are responsible for getting themselves to the blocks on time.
- ❖ Please bear in mind that when we visit other pools, we are their guests, and we should behave accordingly. Likewise, when we have home meets, let's all try to be polite and gracious hosts. Remember that all of us (swimmers, coaches and parents) are representatives of Kildaire Farms wherever we go.
- ❖ For home meets, please consider walking to the pool, car-pooling or anything else that will reduce our use of parking spaces. Our parking facilities are very limited and we want to leave as many spaces as possible for use by the visiting team.
- ❖ Please note that TSA rules prohibit smoking and consuming alcohol at any TSA swim meet.
- ❖ Swim meet concession sales are a major source of revenue for the swim team. Kildaire Farms will host the concession stand during the intra-squad meet and the three home swim meets. Hot dogs, hamburgers, pizza and other items will be available for sale. A sign-up sheet will be posted a week in advance and families are asked to contribute items for resale. In addition, two volunteers will be needed to work at each of the home meets.

Things that swimmers should bring to meets:

- Sweatshirt, sweatpants or warm jacket -- it gets chilly sitting around in a wet bathing suit.
- At least two towels; perhaps a blanket or extra towel to sit on
- Goggles (helpful to have a spare)
- Team Swim cap
- Flip-flops or Crocs
- Water bottle
- Cards, music, games, book, etc. – meets are long and kids need something to help pass the time
- Money for the snack bar
- Healthy snacks: Power bars, fruit, string cheese, goldfish

SWIM MEET EVENTS AND SCORING PROCEDURES

1. Team members swim the following distances:

6 and under: 15 yards (finish line marked by a rope – Kid-Catchers are used)
7 to 10: 25 yards (or meters)
11 to 18: 50 yards (or meters)

2. Team members swim the following strokes in the order listed from the youngest to the oldest swimmers. A swimmer's age group is defined by his or her age as of June 1st of the current season. Boys swim before girls in the same age bracket:

6 and under: freestyle, backstroke, breaststroke
7 and up: medley relay, freestyle, backstroke, breaststroke, butterfly, freestyle relay

The medley relay begins the meet and the freestyle relay ends the meet.

3. Swimmers who are 6 and under may swim a maximum of 2 individual main events and will be encouraged to swim in one of the heats of the third stroke. Swimmers 7-18 may swim a maximum of 3 individual main events and will also be encouraged to swim in one of the heats of the fourth stroke. Swimmers may also participate in one or both of their age group's relay races; relay events do not count against the individual-event limits. Swimmers' times will be recorded in all heats, with results being used by the coaches to help determine who will swim the main events the following weeks.
4. All team members swim in every meet. However, if a meet is delayed or interrupted for any reason (thunderstorm, etc.), the teams' TSA representatives may decide, in the interest of time, to swim only main events.
5. Only the main event is scored and earns points toward winning a meet. The main event swimmers are the 3 fastest timed swimmers for each stroke in each bracket. Scoring for all individual events is as follows:

First place: 5 points
Second place: 3 points
Third place: 1 point

In relay events, only 5 points are awarded, all of which go to the first place team.

In case of a tie, the place points are added together and the points are evenly split. For example, a tie for first place in an individual event earns 4 points each (5 points for first place plus 3 points for second, divided by the 2 swimmers). A tie in a relay event earns 2.5 points per team.

Although the main event is the only heat that earns points, all heats are important because coaches, swimmers and parents will all want to see how every swimmer improves his or her times from week to week. Coaches will use this timing information to select their event lineups for subsequent meets.

5. Ribbons are awarded for 1st through 6th places in all main events (including relays). Every heat winner and participant also receives a ribbon.
6. If a swimmer false-starts twice, he or she will be disqualified from the event. If a swimmer is disqualified for any reason, he/she will receive a participant ribbon, but will not score or receive a place ribbon.
7. At the end of the meet, any swimmers from either team who have swum a "perfect meet" will be recognized by the meet announcer. To swim a perfect meet, a swimmer must earn the maximum possible number of individual event points. Children in the 6-and-under age group, who can race in only two main events, are publicly lauded as "double winners" if they win both of their events. Swimmers in all other age groups are eligible to compete in up to three main events and must therefore become "triple winners" in order to achieve this special level of recognition.

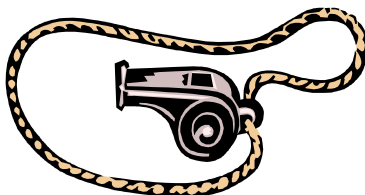
SWIMMER BEHAVIOR GUIDELINES

Successful swimmers. . .

- ✓ Listen to their coaches
- ✓ Work hard at practice
- ✓ Attend as many practices as possible
- ✓ Always want to improve
- ✓ Think of the team first
- ✓ Treat their teammates, coaches and opponents with respect
- ✓ Ask questions
- ✓ Cheer for their teammates at swim meets
- ✓ Are motivated from within to work hard
- ✓ Are open-minded to new ideas
- ✓ Enjoy themselves in all aspects of life

Tips from the Coaches

- ❑ **Practice** – It is strongly recommended that swimmers attend at least one practice daily. Regular attendance is the key to improvement and overall success. It is mandatory that you attend a practice on Monday in order to participate in the next day's swim meet. The coach prepares the line-up for the swim meet based on Monday's attendance.
- ❑ **Weekly meets** – Please try to attend every meet. We depend on all of our swimmers each week. It is preferable that you stay for the entire meet to support your team. If you must leave a swim meet early, please see the coach before you leave to determine if you are needed for a relay team. Remember, if you are unable to attend a meet, please let the coaches know, in writing, as soon as you can.
- ❑ **Special meets** – Encourage all swimmers to represent our team at the Cary City Meet. The meet provides a great opportunity to measure the progress of each swimmer on a larger scale over the season as well.
- ❑ **Eating habits** – Monday night supper should be high in carbohydrates, such as meat and potatoes, spaghetti, macaroni and other pasta and wheat dishes. Tuesday evening supper should be light and healthy. Snacks eaten during the meet should be light, such as fruit, crackers, popsicles and juice. Juice or water is the drink of choice. Carbonated drinks are strongly discouraged.





COACH'S EXPECTATIONS



- Listen, Listen, Listen!!! This means when a coach is speaking, all swimmers must stay quiet and remain courteous at all times.
- Be on time. Early is on time, on time is late. Swimmers, please arrive at least 15 minutes before practice starts to stretch out and prepare to enter the pool. For example, if practice starts at 8 a.m., arrive at 7:45 a.m. and be ready to swim at 8 a.m. An 8 a.m. practice time does not mean you should wait until 8:00 to show up.
- Go to practice. In joining this team, you have made a commitment that should not be broken. The coaches understand there are other obligations, such as being involved with a year-round swim team, religious activities, academic requirements, family emergencies, sickness, job commitments, vacations, etc. Swimmers will not be penalized for any of these reasons; however they are encouraged to attend as many practices as possible.
- Respect!!! Swimmers must respect their teammates, other teams, other pools and their coaches. Being disrespectful to anyone is not tolerated! If a swimmer is being disrespectful he or she will be issued a warning. If it continues, further disciplinary action may be required.
- Stay motivated and positive. An excellent attitude leads to excellent swimming. The coaches will do everything to make sure the team remains positive at all times. In addition, coaches expect all swimmers to motivate each other and display leadership to one another.
- Practice good habits only. Habits are contagious, good and bad; therefore the coaches expect only good habits to be displayed. If everyone swims with great technique then there is no room for bad habits. Remember, "Perfect practice makes perfect."
- Give every practice and meet your all. As coaches, we expect 100% at practice and meets. Giving more than 100% will separate the good swimmers from the awesome swimmers.
- HAVE FUN!!! In order to have fun, you need to fulfill all the expectations previously mentioned. If you come to practice (on time), show respect, stay positive, always give over 100% at practice and meets and swim with good habits, it is guaranteed you will have fun. You will be rewarded with fast times if all of our expectations are met.



PARENT BEHAVIOR GUIDELINES

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The fun your children have and the progress they make depends to a great extent on this triangular relationship. It is with this in mind that we ask you to read and pledge your agreement to the following parent guidelines. These guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as a swimmer, *while having fun!*

1. The Coach is the Coach! When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion. If you have a problem, concern, or complaint, please contact a member of the Pool Committee, and refrain from complaining to other parents. If you *must* talk to the coach regarding your child, please do so before or after practice, not during practice and especially not during a meet.

2. The Coaches and only the Coaches decide lineups and swimmer positions for meets. Many factors go into deciding meet line ups, including but not limited to: swimmer times; practice attendance; attitude; and team morale. None of these factors has precedence; rather it is the whole package that determines swimmer placement.

3. The Coaches need to run practices. All swimmers will benefit if the coaches can run practices without external interruptions. Some of the youngest swimmers may easily become distracted by the presence of their parents, so be prepared to move a little farther away from the action if your child is constantly doing things that interrupt his or her focus on the team practice. Examples of this behavior include frequently leaving the pool to seek parental comforting, trying to draw mom or dad into the water to assist the child, or simply horsing around to seek attention. Please give the coaches the first opportunity to handle any such misbehavior; they will not hesitate to ask you for additional help if they need it.

4. Have FUN! Remember, the Kildaire Farms Killer Whales are part of a summer league, and as such we foster a relaxed, social environment for beginning as well as experienced swimmers. We provide many opportunities over the swim season for socializing and getting to know other parents and swimmers. Take advantage of these occasions for family fun!

The Ten Commandments for Parents of Athletic Children

Edited and reprinted from *The Young Athlete* by Bill Burgess

1.	Make sure your child knows that -- win or lose, scared or heroic -- you love him/her, appreciate their efforts, and are not disappointed in them.
2	Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.
3	Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4	Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
5	Try not to relive your athletic life through your child.
6	Don't compete with the coach.
7	Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
8	Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9	Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10	Make a point of understanding courage, and the fact that it is relative. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

PARENT VOLUNTEERS

There are many volunteer opportunities during the season. By being a volunteer, you show support for our team and also have fun. Each family is required to work a minimum of two sessions per swimmer. (Example: you have two children swimming, so please sign up for a minimum of four volunteer sessions). **Volunteering to be a committee chairperson (see next page) counts as one session.**

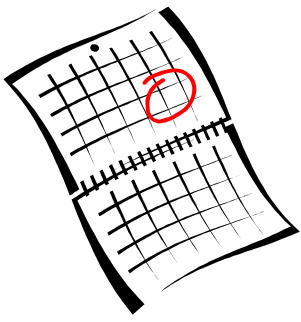
Below is an explanation of each volunteer position that we need to fill for every meet:

- **Clerk of Course** – This individual helps the swimmers line up as the coaches have assigned them. If a swimmer in the main heat swims out of his or her heat or in the wrong lane, he or she is automatically disqualified. Each team must provide one clerk of course per meet.
- **Announcer** – The only requirement is a good voice and a thorough understanding of the order of events. We need one announcer per home swim meet.
- **Place Judges** – There are six place judges for each meet and they only judge the main heats. The judges determine the 1st through 6th place swimmers and handle any disputes about how the swimmers place. Each team provides three place judges per meet.
- **Timers** – There will be two timers per lane. Each group of timers is responsible for recording the swimmers' time. Since half the lanes in the pool will be assigned to each team, the number of timers we must provide for each meet will equal the number of lanes in the pool. Our home pool has 6 lanes, but other pools we swim at may have 8 or even 10 lanes.
- **Recorder** – This official records the places in the main heat and submits the record to the official scoring table. We need one recorder for each home meet.
- **Heat Ribbon Distributors** – These individuals hand out heat winner and participant ribbons to the swimmers who did not swim in the main heats. We need two volunteers for each home meet.
- **Ribbon Writers** – These individuals take the place information from the scorer and record it onto the ribbons. We need two volunteers per home meet.
- **Runner** – These volunteers watch the stroke and turn judges and deliver disqualification slips and main heat sheets to the scorers' table. We need two volunteers for each swim meet.
- **Scorer** – These volunteers are responsible for recording the swimmers' times, placements, disqualifications and keeping a running tally of points per team. We need two scorers per swim meet.
- **Starter** – Very Important Position. This individual starts the races by running the starter equipment. We need one starter per home meet.
- **Stroke and Turn Judges** – The judges watch the swimmers and determine if they are properly swimming each stroke. The judges are required to attend an annual Stroke and Turn Clinic. Each team will provide one stroke and turn judge per meet.
- **Parent Supervisors/Kid Pushers** – Involves chaperoning a specific age group at the meets and getting the swimmers to the Clerk of Course when called. We need six parent supervisors per meet.
- **Concession Sales** – These volunteers staff the concession table during the home swim meets. The concession sales are a fundraiser for the team. We need two volunteers per home meet.
- **Raffle Ticket Sales** – This job requires promoting sales of raffle tickets to spectators during home swim meets and conducting the winning drawings.
- **Hospitality** – This individual works with the concession stand to provide ice water to all volunteers during the swim meet. We need one volunteer per home meet.

SWIM TEAM COMMITTEE CHAIRPERSON POSITIONS FOR THIS SEASON

If you are interested in becoming more involved and supporting the Kildaire Farms Swim Team, please consider chairing one of the following committees during this Swim Team season or the next. **Remember, chairing one of these committees counts as one of your required volunteer obligations.** Empty boxes denote committees still in need of a chair for this season.

JOB	DESCRIPTION	VOLUNTEER(S)	TELEPHONE
Cary City Meet Coordinator	Attend the pre-event meeting several days before the meet; make tent rental arrangements; organize team spirit activities at meet		
Coaches' Appreciation Gifts	Collect funds from team families to be used for gifts to the coaches at the end-of-season awards celebration.		
Concession Stand Sales/After Home Meet Socials	Organize concession stand/bake sales and ice cream socials during the home meets	Brian Long Clay Lowder	465-7379 469-0098
End-of-Season Party	Organize the end-of-season awards celebration		
Fundraising	Investigate possible money making opportunities for the swim team (e.g.: used book sale, car wash, raffles, etc.)		
Head Timer	Prepare timing sheets, enter times into computer, post times every week	Bob Goudreau	656-1983
Parent Volunteer Coordinator	Coordinate sign up for various positions needed to run a successful swim meet (Very Important Position)	Andi Impink	469-1880
Recreational Activities	Coordinate team recreational events (examples: lock-in, movie day, group trip to Wet'n Wild Emerald Pointe, etc.)	Patti Merz	463-0017
Ribbons	Maintain inventory of KF ribbons used at home swim meets and order new ones when necessary		
Swim Team Apparel	Coordinate ordering and sizing of swimsuits, team t-shirts and swim caps with parents and vendors	Claire Alonzo	380-7191
Team Pictures	Investigate options available and organize the photo session for team and individual photographs	Linda Olson	481-4995
Trophies/Medals	Coordinate ordering of trophies/medals for swim team members for distribution at the end of season awards celebration.		
TSA Rep	Attend TSA meetings in off-season; coordinate operation of dual meets with other teams' Reps during season	Debbie Hatt	387-9170
Tuesday Morning Refreshments	Organize volunteers to provide refreshments during the morning practices on swim meet days		

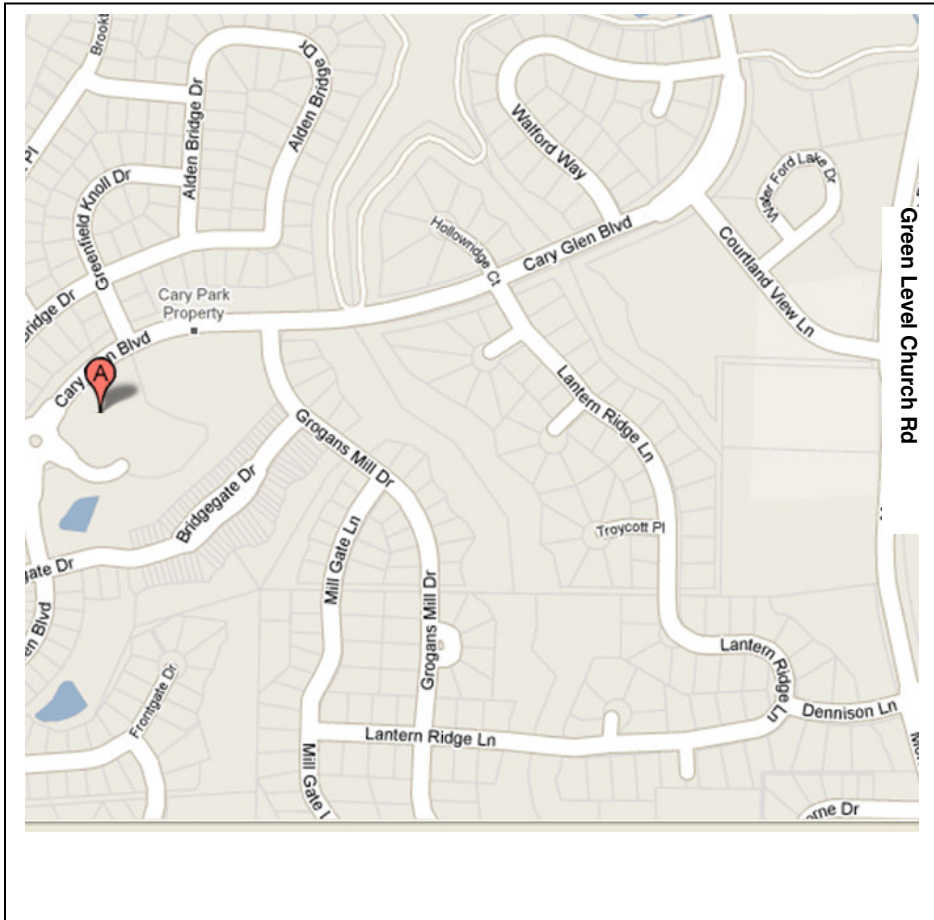


KILDAIRE FARMS SWIM TEAM IMPORTANT DATES TO REMEMBER

Sunday, April 25th	Swim Team Registration and Swimsuit Fitting Day at KF Clubhouse (2:00-5:00)
Monday, May 24th	First day of swim practice (afternoon only)
Friday, June 4th	Welcome pot-luck dinner at KF Clubhouse
Tuesday, June 8th	Swim Team Picture Day Intra-Squad Swim Meet at Kildaire Farms
Friday, June 11th	Twice-daily swim practice begins
Tuesday, June 15th	Away Swim Meet at Cary Park
Saturday, June 19th	Movie Day at Crossroads (" <i>Toy Story 3</i> ")
Tuesday, June 22nd	Away Swim Meet at Walden Creek
Thursday, June 24th	All-day trip to Wet'n Wild Emerald Pointe Water Park in Greensboro
Friday, June 25th	Rain date for Day Trip to Wet'n Wild Emerald Pointe Water Park
Monday, June 28th	Team Moms' Night Out at Lucky 32 restaurant
Tuesday, June 29th	Home Swim Meet vs. Silverton
Tuesday, July 6th	Home Swim Meet vs. Wellsley
Friday, July 9th	Swim Team After Hours at KF Clubhouse and pool (6:30-11:00)
Monday, July 12th	Team Dads' Night Out at the Hibernian Pub
Tuesday, July 13th	Home Swim Meet vs. Cary
Friday, July 16th	Pasta Night at KF Clubhouse (6:30-8:00)
Saturday, July 17th	Cary City Swim Meet at Cary Swim Club
Tuesday, July 20th	Away Swim Meet at Scotts Mill
Thursday, July 22nd	End-of-Season Awards Celebration at KF Clubhouse



MEET #1: WEDNESDAY, JUNE 15 AT CARY PARK
Please arrive no later than 5:15

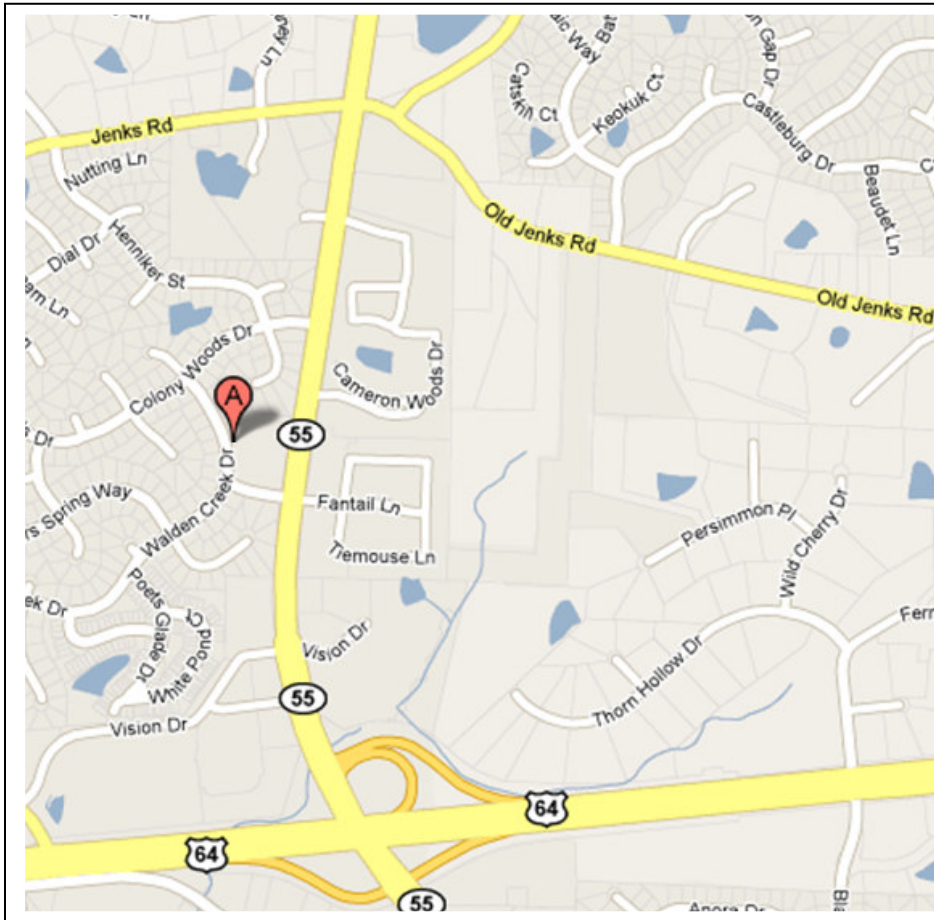


Cary Park
5353 Cary Glen Boulevard
Cary, NC 27519
(919) 460-7720

Take Cary Parkway westward and northward to High House Road. Turn left onto High House and proceed westward, crossing NC 55. Two miles after that, turn right onto Green Level Church Road and proceed northward for about two miles. Turn left onto Courtland View Lane, and left onto Cary Glen Boulevard. The pool is on the left just before the traffic circle

MEET #2: TUESDAY, JUNE 22 AT WALDEN CREEK

Please arrive no later than 5:15

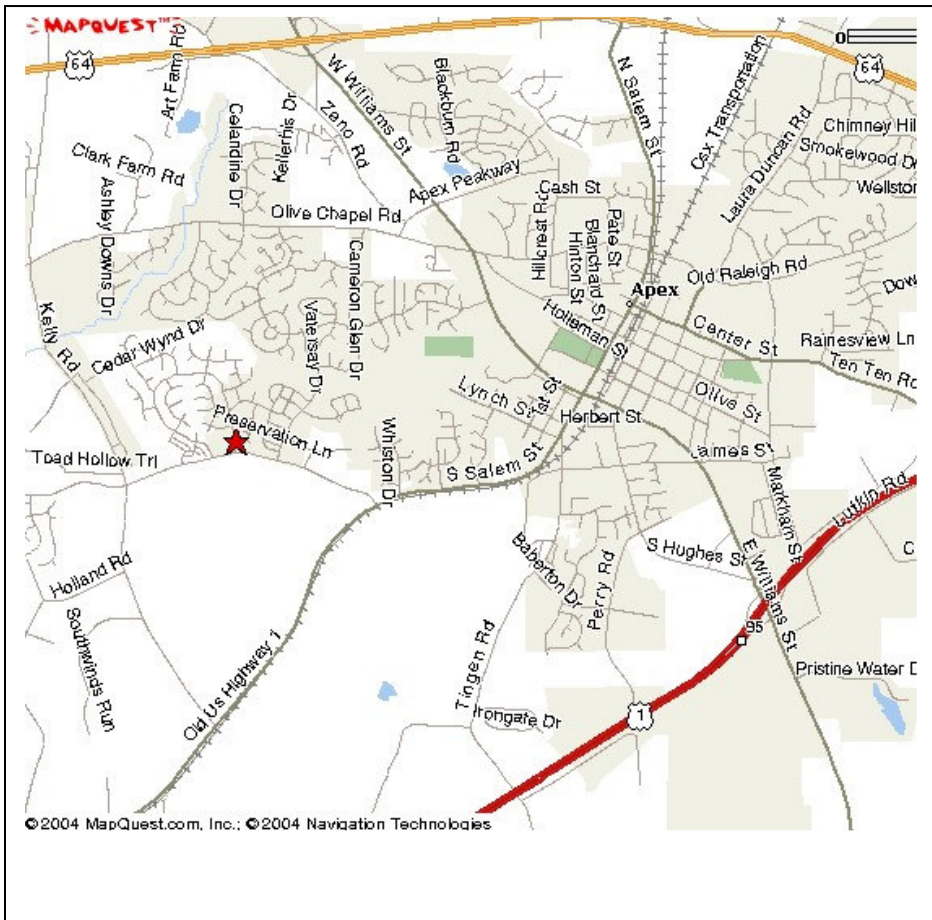


Walden Creek
2207 Walden Creek Drive
Apex, NC 27523
(no phone number listed)

Take Cary Parkway westward and turn left onto Old Apex Road, which eventually merges onto US 64 westbound. Get off at the NC 55 exit and turn right at the top of the ramp. Go through the traffic signals, then turn left onto Walden Glen Way to enter the Walden Creek subdivision. Turn right at the stop sign onto Walden Creek Drive. The pool will be on your immediate right. You can park on the street if the pool parking lot is full.

MEET #6: TUESDAY, JULY 20 AT SCOTTS MILL

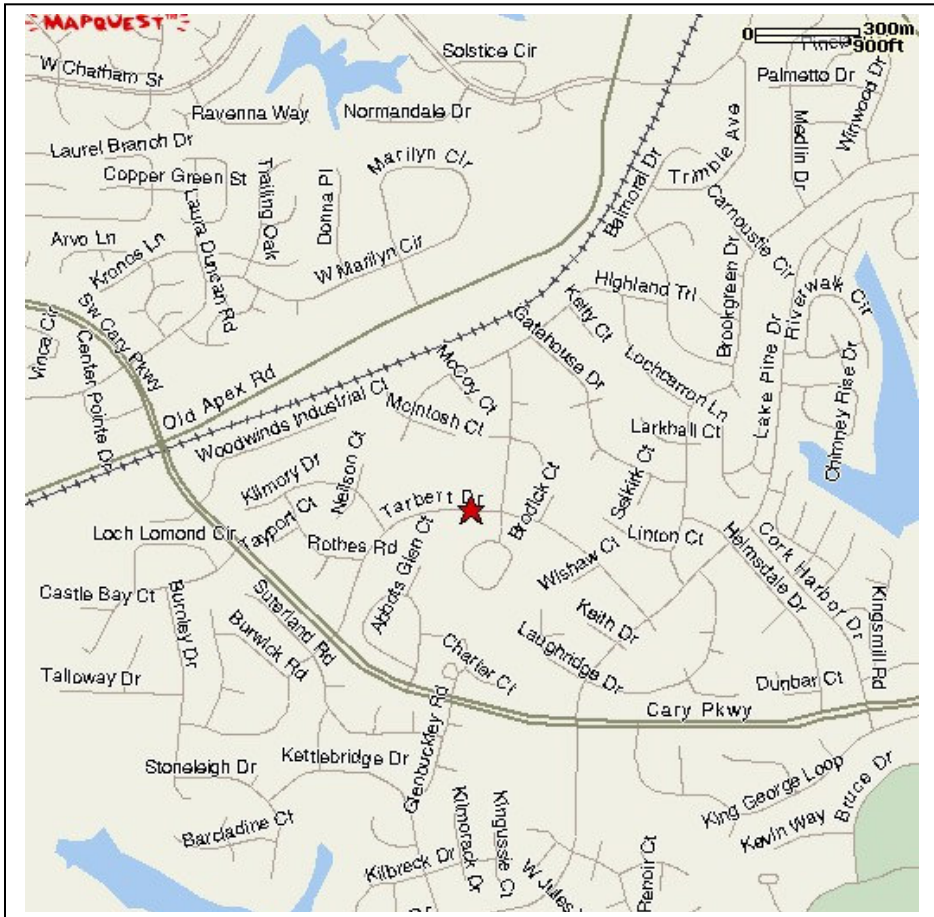
Please arrive no later than 5:15



Scotts Mill
201 Scotts Ridge Trail
Apex, NC 27502
(919) 303-5000

Take US 1 South toward Apex. Get off at Exit 95 and turn right onto NC 55 westbound (Williams Street). After a mile, turn left onto South Salem Street. Proceed another mile and turn right onto Apex Barbecue Road. Go half a mile and turn right onto Scotts Ridge Trail at the entrance to the Scotts Mill subdivision.

CARY CITY MEET: SATURDAY, JULY 17 AT SCOTTISH HILLS



Scottish Hills
1423 Tarbert Drive
Cary, NC 27511
(919) 469-8109

Go west on Cary Parkway through the intersection at Lake Pine Drive. Take the third right after Lake Pine (about 1/2 mile) onto Tarbert Drive. The pool is at the bottom of the hill on the right (about 1/8 mile); Annie Jones Park is directly across the road on the left.