

Dewing Park Swim Team Member Handbook 2010

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MESSAGE FROM THE MANAGEMENT COMMITTEE

Welcome back to Dewing Park. We are looking forward to a totally terrific, absolutely awesome, fantastically fabulous 2010 Seahorse Season! We are so glad you will be joining us for what is sure to be a great adventure! Our theme for the season is 'Lights, Camera, Action!'. The mighty seahorses will be taking their meet themes this year from blockbuster movies. This fun theme will be incorporated into many of our exceptional events and socials. Our goal this year is to focus on sportsmanship, spirit and fun. We'd love to see every swimmer, from the struggling beginner to the county qualifier, have a truly great season. We believe that swim team should be a positive, rewarding experience for swimmers of every level, and that there is a home for swimmers of all abilities here at Dewing Park. Safety of our swimmers is another priority. We hope to have your support in meeting these goals for this summer. Dewing Park is such a special place because of the families that comprise the community. Each and every one of you contributes to the success of the team, and we are abundantly grateful to you for the part that you play. We couldn't do it without you!

We look forward to seeing you at the pool! Let's make 2009 a season of good times and great memories! Please contact any one of us with any questions or concerns.

Warmly,

RJ Lavalee & Laurie Hinds
swimteam@dewingpark.com

The 2010 DPST Management committee:
RJ Lavalee, Laurie Hinds (co-directors), Elizabeth McCormick,
Steve Rego, Allison Ridenhour, Eric Bohm, Mary Dockter, Carolyn McIntosh,
Samantha Francois, Kirsten Madsen, Julia McLeod, Dessira Tish,
Debbie Cosentino, Natalie Tognolini, Monica Cox, Rodd Olson, Scott McCommon

ABOUT DEWING PARK SWIM TEAM

Dewing Park Swim Team is over 50 years old. It has a great tradition of success both in and out of the water. Friendships develop and life-long memories form on the pool deck. We're a community of diverse families with the common goal of creating a nurturing and safe environment for our children. The strength of the team lies in our Seahorse pride. We are so happy you have chosen to join the team and partake in this great experience!

Dewing Park is part of the Walnut Creek Swim Conference (WCSC). The other pools in our conference are: Indian Valley, Larkey, Rudgear Estates, Rudgear Meadows, Springbrook, Sun Valley and Walnut Heights. We swim each of these pools in one "dual meet" over the course of the summer. (We also swim non-conference pools during the season.) The season culminates with the climactic WCSC Championship Meet, which is always a highlight of the year! This summer the Championship Meet (referred to as "Conference") will be held at Acalanes High School on August 9th and 10th.

Operating Procedures

DPST is governed by the Dewing Park Operational Procedures, enacted by the team membership early this year. The Operating Procedures are posted on the team website (www.dewingpark.com). We encourage you to read them!

SWIM TEAM REGISTRATION

Any Dewing Park Pool Member who is under the age of 19 and can swim 25 yards unassisted may be a swim team member. Junior Swim Team and Polliwogs are both great options for children who are not yet ready for the full swim team experience. Although Dewing Park Pool requires that families join the pool in order to be on swim team, new families may rent a pool membership for one year to try out the team and the pool. Thereafter, they must buy a pool

membership to continue on the team. Please refer to the pool's website, www.dewingpark.com for information and rates for pool membership.

Below is the 2010 swim team fee schedule:

Before May 2nd	After May 2nd
1st swimmer \$233.00	\$263.00
2 nd swimmer \$203.00	\$233.00
3 rd swimmer \$170.00	\$200.00
4 th swimmer \$140.00	\$170.00
All 15/18s \$128.00	\$158.00

Fees include one team t-shirt per swimmer (if registered by deadline) and City Meet and Conference fees. Please refer to the website (www.dewingpark.com) for registration forms and additional information about registration. For Junior Swim Team and Polliwog fees and information, please see below.

JUNIOR SWIM TEAM AND POLLIWOGS

Junior Swim Team is designed for a child who is 8 or under and unable to swim one lap of freestyle unassisted and without stopping. Junior Swim Team is not for beginning swimmers, but for swimmers who are comfortable in the water, ready to learn some swim team skills, and likely to be ready for swim team within the next year. Dewing Park Junior swimmers can "graduate" to 6-unders or 7/8s when deemed ready by the coaches.

The Polliwog program is designed for a child who is 3-6 years old and not yet able to swim. Polliwogs is an excellent preparation program for junior swim team. Children will play games and practice developmental water skills. Polliwogs can "graduate" to Junior Swim Team when deemed ready by the coaches.

Both programs are designed to be FUN and INSTRUCTIVE! If your children are only swimming on Junior Swim Team or Polliwogs, you will not have job requirements. Your jobs will be added on a pro-rata basis if your child moves up to swim team.

The season for both programs culminates in the wildly exciting "Mini Meet" where Junior swimmers, Polliwogs and 8 & unders all compete in a sweet and silly meet. The date for Mini Meet is published in the online calendar. In addition, Junior swimmers may have the opportunity to swim in one "real" dual meet at the

end of the season. These events are, of course, optional.

Here is the fee schedule for Junior Swim Team and Polliwogs:

Fees	
By May 2nd	After May 2nd
1 swimmer: \$175 2 swimmers: \$325 3 swimmers: \$475	1 swimmer: \$185 2 swimmers: \$345 3 swimmers: \$505

Fees include a team t-shirt for each swimmer registered by the deadline. Please see the practice schedule for practice times. For those children who aren't yet ready for either option, Dewing Park Pool will be offering swim lessons to the public. Check the pool's website (www.dewingpark.com) for details.

2010 SEAHORSE COACHES

We have a superb coaching staff lined up to lead us this season. We want to thank Scott McCommon for his efforts in recruiting and hiring our fabulous head and assistant coaches. Hiring decisions are based on feedback provided by members and performance in previous seasons. Here's the skinny:

Sue Barry Miller Head Coach

We are thrilled to have Sue leading the Seahorses this year! Sue started swimming as a three year old and competed locally until the age of 19. She swam for DVRA, Walnut Heights and the Aquabears, and spent four years on the varsity team at Las Lomas. She is currently the Varsity Swimming coach at Las Lomas High School. Prior to this, Sue coached swimming at Carondolet, helping the team win NCS in 2006 and place second in 2007. She has also worked for local private swim schools and served in the Navy as a swim instructor and

coach.

Sue's goals for the 2010 season: "I would like to instill a love for swimming in all of our kids, to help them achieve at a level that they never thought they could while keeping a fun environment that nurtures self esteem and confidence."

Kim Carlson
Co-Head Coach

We are tremendously fortunate to have Kim Carlson joining Sue at the helm. Kim comes to us with over 20 years of experience in coaching at the recreational, high school, masters and USS levels. During her high school years, Kim was the CIF southern section champion in the 100 backstroke. At 17 she qualified for the Olympic Trials in the 200 meter backstroke. Kim attended Florida State University (placing in the finals of the NCAA Division I Nationals in both the 200 medley relay and the 200 backstroke) and Cal Poly (from which she graduated as a 5 time All-American).

Kim began helping out her club team as a Masters coach while at Cal Poly. After moving to the Bay Area, Kim continued to coach rec swimming at Forest Hills in Martinez. When her daughters and son showed an interest in swimming, she helped run pre-season clinics for IndianValley Swim Team and taught private stroke lessons in her backyard pool. Itching to get back into coaching, Kim signed on as an assistant at Carondelet High School in 2005. She took over as Head Coach, winning an NCS title and high school coach of the year honors for the section. Kim and Sue Miller had such a great time coaching together at Carondelet, they thought it would be fun to coach together again at Dewing. Kim is married to Mike Carlson and they have three kids, Kasey, Taylor and Connor. Kasey and Taylor are year round swimmers. Kasey will head to USC this fall and Taylor is a junior at Las Lomas High School.

Casey Lawrence
Assistant Coach

Casey Lawrence's favorite memory of his years of rec swimming is when he won high point his 9/10 year and purposely tied with his best friend so they could share the award. At Las Lomas, Casey swam three years as a varsity swimmer and was a varsity diver in his senior year. After high school Casey represented Diablo Valley College in both swimming and diving for two years. Casey graduated from UC San Diego in June of 09 with a degree in communications. He is currently coaching Junior Varsity Swimming at Las Lomas with his 'wonderful amigo', Brian Marker. His goal for Dewing park this season would be to win back the Mighty Seahorses' rightful spot as conference champions - "We must beat Walnut Heights!"

Brian Marker
Assistant Coach

Brain is ready for the season to begin! Brian is currently the Las Lomas Junior

Varsity Coach with Casey Lawrence, and has also been coaching for the Terrapins year-round swim team. Brian has been part of the Dewing Park family for 17 years, working his way up from the baby pool to the age groups. He says he is “now living out a dream by coaching the team I love. My favorite things to do when I am not hanging out at Dewing include: camping, hiking, swimming, and 4-wheeling.”

Regarding his goals for 2010, Brian says: “I want to keep us at the top with all of our swimmers improving on a daily basis. Improvement is the most important concept in the realm of swimming. I also continue to support the strong sportsmanship values that Dewing swimmers embody. In swimming, you may swim individual events; however, swimming is not an individual sport. I think DPST is the textbook definition of this. We are who we are because we are one big family. We rise by lifting the people around us.”

Erin Wolff

Assistant Coach

Erin Wolff has been swimming on DPST since she was five. Her Seahorse career includes winning Conference's High Point Award when she was 12 and breaking the pool record for the 100 yard butterfly last year. In the last few years, Erin has been a polliwog coach and lifeguard. Erin is a graduate of Las Lomas High School where she was a captain on the Varsity Swim Team. She has just completed her first year at UC Berkeley.

Erin says "Dewing Park has always been an important part of my life. I hope that in coaching this year I can help give back to the team that I grew up with and love."

Nick Egan

Junior Coach

Nick started swimming for the Pleasant Hill Dolphins when he was six. As a Dolphin, he broke multiple team and Battle of the Ages records. At 10 he moved to the Terrapin Swim Team where he ranked 2nd in the nation in the 50 free. He now trains in the Terrapin National Group and swims varsity for De La Salle. His recent accomplishments include making it to finals in the 200 backstroke at Senior Sections making it to finals in the 200 and 500 free at last year's North Coast. Not just a swimmer, Nick played soccer competitively for ten years.

Tim Smith

Junior Coach

Tim started swimming for the Larkey Sharks as a nine year old. While at Larkey, he won Conference High Point and broke the 50 yard breaststroke record--a

record that still stands. At 14, Tim joined the Terrapins, moving to the National Team at 16. Tim also swims at De La Salle, where he has been an NCS finalist and a member of the varsity squad since his freshmen year. **Tim** qualified for and went to Junior Nationals last summer, and was voted captain of the De La Salle Swim team this season.

In addition to our head and assistant coaches, Dewing has hired Junior coaches and Polliwog coaches for the season. The junior coaches will be helping with the younger age groups and the junior swimmers. The Polliwogs coaches will be helping with the Polliwog group. These are talented, enthusiastic kids who have contributed tremendously to the spirit of the team over their many years as Seahorses! We're very excited to have them on board!

All of our coaches are prepared to help your children have their best summer ever! They work long hours on the pool deck on behalf of our team and our swimmers, and are committed to bringing out the best in every child. Please be supportive of their efforts!

Some of the coaches will be offering private swim lessons this summer. Check the information board at the pool for lesson schedules and rates.

If you have any questions or concerns regarding the coaching staff, please contact our Coach Liaison, Scott McCommon. (mccommon@sbcglobal.net). If your questions pertain to the junior coaches or polliwogs coaches, contact either of the Directors. We would appreciate it if you would refrain from approaching the coaches during practice and at meets; their job is to give 100% of their attention to our swimmers.

FAMILY COMMITMENT

Overview

Dewing Park Swim Team happens because of the energy invested by every

swim team family. Basically, families assume one of the following three categories of jobs:

1) Meet Jobs. Most families at Dewing work meet jobs. These families must work six dual meet jobs (see below) over the course of the season AND must also work a shift at a “Big Meet” (either City Meet, Conference or the Dewing Park Invitational Meet) Each meet job requires approximately 4-4.5 hours of work. Meet job workers must also work a committee job, which could mean organizing an age group social, planning the pasta feed, running a car wash, etc. A complete list of committee jobs is posted on the website.

2) Pre-Assigned Jobs. Some families agree to assume jobs that continue over the course of the season. These “pre-assigned jobs” replace the meet job requirements. Families working pre-assigned jobs also work a committee job and, in most instances, a Big Meet job.

3) Big Jobs. Still other families agree to undertake a bigger commitment on behalf of DPST. These families work the “big jobs” that require ongoing responsibility and time throughout the pre-season and season. Persons filling big jobs will sit on the DPST management committee (as their committee job) but will not be required to work a Conference job.

Check the website (www.dewingpark.com) for a complete description of all jobs and a list of persons holding those jobs. Members holding Big Jobs are also listed at the end of this document. For details regarding the Management Committee, please refer to the DPST Operational Procedures posted on the website.

Policies Regarding Obligations

Each family is responsible for fulfilling its job commitment to the team. If you are unable to work a job, you are responsible for switching with another family or finding a substitute. All substitutes must be 16 years of age or older. (Per WCSC rules, Conference Meet substitutes must be at least 18 years of age.) The “blue book” (to be distributed at Time Trials) will contain a list of possible substitutes. Subs are paid \$30 per job. If you or your substitute fails to show up or otherwise complete a shift, a fine of \$60 will be imposed. PLEASE CLEAR ALL CHANGES WITH THE MEET DIRECTORS (Samantha Francois or Kristen MAdsen) PRIOR TO THE MEET. They need to know who to expect on meet day!

Each worker should check in with the Meet Directors 30 minutes prior to commencement of the meet. PLEASE BE ON TIME! It is extremely important

that meets begin on time, and this cannot happen unless workers report to duty punctually. Workers must stay for their entire shift. In some instances, this requires completing the job after the meet has ended.

Sub-on-deck

A scheduled worker who fails to timely report to his or her job will be replaced by the team's "sub-on-deck". If a worker is replaced by the sub-on-deck, the worker will need to reimburse the team \$60 (\$30 of which will be used to pay the sub). Once seated, the sub-on-deck shall complete the shift regardless of whether the scheduled worker ultimately shows up to work. Adults willing to serve as the sub-on-deck should contact swimteam@dewingpark.com. Note that adults who serve as the sub-on-deck do so as a supplement to, rather than replacement of, their other team commitments.

COMMUNICATIONS

The primary method of communication for the team is Constant Contact e-mail. Please make sure that the Directors have your current and best e-mail address for receiving Constant Contact. Also, please make sure that your e-mail provider recognizes Dewing Park as a valid sender. This will keep important communications from winding up in your spam folder!

The DPST website, www.dewingpark.com, is another valuable resource. A great deal of information about the team (the social calendar, the meet schedule, meet results, coach bios, directions to meets, etc.) can be found on the website. Please refer to it regularly to see what's on the horizon at DPST! It is our goal to update the website regularly.

Posters will be put up at the pool periodically advertising upcoming events. There is also a white board that will have information pertaining to the team. Take a look at the fence by the guard shack as you enter the pool to see what's afloat.

Families will also have a folder in the team's hanging files located on the pool deck during practice. Be sure to check your folder frequently. This is where your children's ribbons will be distributed. It is also where you will receive photo order forms and other documents that can't be e-mailed or posted on the web.

Last, each family will be given a "blue book" at Time Trials. The Blue Book contains a lot of handy information about the team (sub lists, meet directions, goal times, etc.). It's compact and can easily be carried with you to meets. This is an indispensable resource for many families at the pool!

MEMBER SUPPORT (MENTORS & BUDDIES)

It is our hope to provide enough support to our new families to make the transition to swim team a painless one. As new members get acquainted with swim team policies, they can ask the Membership Coordinators (Shauna McGlynn and Tess Haskett) or any member of the management committee for assistance and guidance. This year we are continuing the buddy program and implementing a mentor program for new families. Please read about both below.

Mentors

Families willing to serve as mentors will be paired with a new (or newish!) family and will be available to guide and support the new family as it gains its footing and learns the sometimes complicated ropes of swim team. This should be a rewarding experience for mentors and mentees alike. A sign up form to participate in the program (the "Options" form) is available on the website.

Buddies

The buddy program is entirely focused on spirit, cheering and support for the big and little buddies. Buddies can bring cards or posters to meets. "Buddy gifts," if given at all, should be limited to something small at City Meet and Conference. We'll be kicking the season off with a buddy social on Saturday June 5th. Being a buddy is a great addition to a swimmer's season. Some of the best swim memories come from the bonds formed between big and little swimmers. The sign up form to participate in the buddy program is available on the website.

TEAM SUIT/EQUIPMENT/APPAREL

This year's team suit is the TYR Alliance T- Splice, black with blue, and is available through our website's team store at a 30% discount, with free shipping for orders over \$75. The suit may be available elsewhere, including other websites. This suit is a basic suit, which should be available for many years. You should feel free to use your suits from last year.

Dewing's head coach requests that every swimmer come to practice equipped with a pair of molded fins called Floating Fins. These are available at NorCal for \$19. Swimmers 13 and up should also bring to practice a pair of paddles called Strokemakers (1.0 version in dark green). These, too, are available for purchase at NorCal (\$16.95).

This does not apply to Junior Swim Team members or Polliwogs.

Our well-loved line of team apparel (sweatshirts, pajama bottoms, etc.) can be ordered through our Spirit and Apparel coordinators, Dessira Tish and Debbie Cosentino. Check the website for details and the order form.

AGE GROUP PRACTICE SCHEDULE—SPRING & SUMMER

Swimmers are broken up into the following age groups: 6 & unders, 7-8s, 9-10s, 11-12s, 13-14s and 15-18s. A swimmer's age group is determined by his or her age as of June 15th.

Swimmers should practice with their own age groups, and may not "swim-up". Our team is large and each of the age groups has swimmers with a wide variety of abilities. The coaching staff will support the various levels of swimmers in each group. Your child will have the opportunity to socialize with friends in other age groups throughout the summer, and will be able to make friends in his or her own age group as well.

Below is the tentative practice schedule. Note that times may change at the coaches' discretion in order to balance the number of swimmers in each practice.

Spring Work-Out (Begins May 10th):

6 & unders:	3:15-4:00
7/8:	4:00-4:45
9/10:	4:45-5:45
11/12:	5:45-6:45
13 & up:	6:45-7:45

Summer Work-Out (Begins June 14th):

13 & up:	7:45-9:00
11/12:	9:00-10:00
9/10:	10:00-11:00
7/8:	10:30-11:30
6 & unders:	11:15-12:00
Jr. Swim Team:	12:00-12:30
Polliwogs:	12:00-12:30

Swim team practice is held Monday through Friday. In general, swimmers benefit from regular attendance at practice. Accordingly, the coaching staff recommends that swimmers attend as many practices each week as possible. The team understands, though, that families have vacations and other obligations that may take precedence over practice. In the end, swimming should be fun for the participants and not become a chore!

2010 SEAHORSE MEET & SOCIAL SCHEDULE

Please see our website, dewingpark.com, for the complete meet and social schedule.

MEET SIGN IN/OUT PROCEDURE

Most families have summer vacation plans and other activities that will conflict with some swim meets. No family should feel obligated to attend any swim meet. **Sign up for each meet online. You will be prompted by e-mail to sign up for the week's meets. More info to follow.**

SIGN OUT POLICY/MEET ATTENDANCE

Most families have summer vacation plans and other activities that will conflict with some swim meets. No family should feel obligated to attend any swim meet.

If you know that your swimmer is unable to attend a meet, please sign him or her **IN OR OUT** of the meet online. Each meet has a deadline to sign in/out, which closes at midnight. After that date, you will **not** be able to sign your swimmer in/out. It is important to indicate what your swimmer is doing for EVERY meet: Attend this event – yes or no. If you do not input an indication, your swimmer will **not** be scheduled in that meet.

If you have notes to add to your swimmer's indication for a meet, add them to the "notes" box.

All meets are "open" online now, so you can sign in or out for all meets in advance. You can change your input up to the deadline date at midnight. Each meet has specific notes about the schedule, warm ups, etc. which you should read carefully as they vary by meet.

Although families should feel free to sign out of dual meets, it is our hope that they will make every effort to attend the Walnut Creek Swim Conference Championship Meet (known as Conference). This meet is always a highlight of the year, and is considered to be the most important meet for the team. The date of Conference changes a little each year – check the calendar on the website, dewingpark.com. To make our best showing ever, we need a full turn out of swimmers, so please try to make sure that you are available for this great event. Entrance fees for each swimmer are paid well in advance, be sure to sign in or out online in advance.

SWIM MEETS

Events

Individual events consist of freestyle, backstroke, breaststroke, butterfly and the individual medley. The individual medley (referred to as the IM) is an event in which the swimmer swims one lap of each of the four strokes. (6 & unders do not swim the IM.) Relays consist of the free relay (with four swimmers each swimming freestyle) and the medley relay (with four swimmers each swimming a different stroke). 8 & unders swim 25-yard individual events (one lap) and 100 yard relays (four laps). 9-10s, 11-12s and 13-14s swim 50 yard individual events (two laps) and 200 yard relays (eight laps). 15-18s swim 100 yard individual events (four laps) and 200 yard relays (eight laps). The IM, however, is always

100 yards.

In our swim conference (the Walnut Creek Swim Conference), the order of events at meets is as follows: medley relay, freestyle, breaststroke, backstroke, butterfly, IM, free relay. When we swim at pools that aren't in our conference, the order of events can change. Sometimes, when a meet is running too long, certain events are cancelled.

In general, each swimmer swims two individual events at each dual meet. Some swimmers are chosen to swim in the relays and a very small number of swimmers participate in the IM. The coaches choose relay teams and IM swimmers. The coaches will try to give all swimmers the opportunity to swim in some relays over the course of the summer. Because we are a big team and some of the age groups are very large, it isn't possible for every child to swim in a relay at every meet. For the same reason, it isn't possible for every swimmer to swim the IM in a dual meet during the season. Your child has the opportunity, however, to swim the IM at City Meet (see below).

The coaches schedule swimmers in events. (The exception to this is City Meet, where each swimmer may participate in three individual events of his or her choice.) For dual meets, the coaches prepare a meet schedule (also known as a meet sheet), which is usually posted at the pool the day before the meet. This sheet lists each swimmer and his or her events. All swimmers should again check the meet schedule when they arrive at the pool for a swim meet--last minute changes are sometimes made to the schedules

Meet Procedures

On meet days, swimmers arrive at the pool in time for warm-ups (an announcement will be made before each meet by Constant Contact or poster at the pool) informing the team what time to arrive. Swimmers warm up with their age groups. Younger swimmers (8 and unders) must check in with a Shepherd and get their hand marked with their heat and lane assignments. This information will also be available on Meet Schedules, which are posted before and during the meet. The Relays are posted separately. Please check those also.

It is your responsibility to make sure your swimmers know what and where they are swimming and to double-check your younger swimmers' hands to make sure they are marked with the correct information. (This year we will be selling "Meet Programs" which should make this process easier.) Prior to the start of each 8 & under event a cowbell will ring, letting you know it is time to line your child up for the next event. Older swimmers will know from the cowbell that it is time for them, too, to keep an eye on the meet to see when to line up.

Results are posted on a bulletin board shortly after each event. Prior to leaving the pool at the end of your individual events, please recheck the relay board. Sometimes relay teams change over the course of a meet—your child may be added to a relay that he or she was not originally scheduled to swim.

What To Bring

Be prepared for the elements! It may be very hot and it may be very cold, sometimes both in one meet! What should you bring? A lot of what you choose to bring is personal preference. Your swimmer will need a towel (sometimes more than one is a good idea if it is cool out), sunscreen, cap and goggles (spares of each are a good idea). Parents might want to bring a sharpie (to write on a swimmer) or a highlighter (for the Meet Program). Camp chairs or blankets are useful, as are pop-up tents or umbrellas and stands. Unless it's very hot, you may want to bring swim parkas and blankets. Kids often bring handheld video games, playing cards, paper and markers to amuse themselves. Food and drink are available for purchase at all meets. We'd greatly appreciate your support in purchasing meals from our well-run snack shack during home meets!

Directions

Directions to all away meets can be found on the website and in the blue book. Take care not to confuse Rudgear Meadows and Rudgear Estates!

Meet Programs

This year we are offering for sale a Meet Program subscription for the entire season. Subscribers will be given a Meet Program at each dual meet showing all swimmers, heat and lane assignments and seed times. (There may be a few programs available for purchase the day of the meet but we cannot guarantee their availability if you do not have a subscription.) Please contact Tess Haskett for more information. This will be a great way to watch the races...you'll learn about other swimmers on our team and the teams we swim against and be able to see who is swimming in each event!

MEET DESCRIPTIONS

(Time Trials, Dual, Invitational, City, Conference & County)

Time Trials

Time Trials is an intra-squad meet to establish base times for each swimmer in each event. IM Time Trials will be held during practice on Friday, June 4th. Time Trials for the other strokes will be held on Sunday morning, June 6th. Time Trials

enables a swimmer to map his or her progress over the summer. It also serves as a warm up meet, giving swimmers and families a bit of experience before the start of the season.

Dual Meets-Saturday Morning and Wednesday Evening

Saturday Morning meets officially begin at 9:00 a.m. and end at about 1:00 p.m. Warm-ups are generally scheduled for 8:00 a.m. for home meets and 8:30 a.m. for away meets. All swimmers are expected to be at warm-ups. Once your swimmer has finished his or her individual events and you have confirmed that he or she is not in the free relay, you are free to leave.

Wednesday Evening meets start at 5:30 or 6:00 p.m. and end at approximately 9:00 p.m. Warm-ups begin at 4:30 or 5:00 p.m. for home meets and 5:00 or 5:30 p.m. for away meets. All swimmers are expected to be at warm-ups. Once your swimmer has finished his or her individual events and you have confirmed that he or she is not in the free relay, you are free to leave.

Battle of the Ages

This season Dewing will attend the Battle of the Ages, a two day meet to be held June 26th & 27th at the Pleasant Hill Education Center Pool. This meet is different from the other meets in which we participate in that the swim groups are age-pure: in other words, seven-year-olds swim only against other sevens, ten-year-olds swim only against other tens, and so forth. All Dewing swimmers are welcome to attend this meet. Each swimmer may swim in four individual events of his or her choosing over the course of the weekend. The events include freestyle, breaststroke, backstroke, butterfly, IM and "double distance" freestyle. As we learn more about this meet, we will pass on the information to the team.

Invitational Meets

An invitational meet is a meet that swimmers attend by invitation of the coaches only. This year the team is putting on our first invitational meet, the Bottom's Up Pentathlon. We will host four teams from our conference at a meet where the bottom of the age group will be swimming up (in other words, the age groups will include 7 & unders, 8-9s, 10-11s, 12-13s. and 14-15s). Four swimmers of each gender in each of the age groups will be chosen to swim. We are also participating in the Springbrook Pentathlon, another event in which four swimmers of each gender from each of the traditional age groups will be asked to swim. Swimmers participating in the Bottom's Up Pentathlon may not also swim in the Springbrook Pentathlon.

With both the Dewing Invitational and the Springbrook Pentathlon, participating swimmers must pay their own entrance fee (\$15 for the Springbrook event, \$20 for the Dewing event). In addition, families whose children swim in an invitational

meet are expected to work a shift at the meet. Sign ups for these shifts occur after swimmers are selected.

Walnut Creek All City Meet

The Walnut Creek All-City Meet is a two-day meet scheduled for July 10th and 11th at the Clarke Memorial Swim Center in Heather Farm Park. . All of the recreational teams in the city attend this exciting meet. Swimmers have the opportunity to choose three individual events to swim. Saturday's events are freestyle, butterfly, IM's (11s and up) and the medley relay. Sunday's events are backstroke, breaststroke, IM's (7-10 year olds) and the free relay. Each team is assigned a grassy area to pitch tents and umbrellas. City Meet tends to be a scorcher—bring lots of ice, water and shade! Bring a chair, as well, and be prepared for two long days!

Conference Meet

Conference, also a two-day meet, is scheduled for July 31st and August 1st at Miramonte High School. All of the pools in the Walnut Creek Swim Conference (Indian Valley, Larkey, Rudgear Estates, Rudgear Meadows, Springbrook, Sun Valley, Walnut Heights and, of course, Dewing!) participate in this meet. It is always a highlight of the year! Saturday's events are free, breast, IM's (11 and ups) and the medley relay. Sunday's events are back, fly, IM's (7-10 year olds) and the free relay. We encourage you to stay through the end of the meet to cheer on our relay teams. There are so many white-knuckle endings...it really is fun for everyone!

Each team is assigned its own area at Acalanes where swimmers rest and hang out while waiting for their events. There are shady areas at Acalanes, but you may want to bring a tent just in case. Don't forget your chair! This year our team is in charge of the Clerk of the Course for the meet. Our Conference Reps (Julia Fuqua and Barb Bartels) will have more information on that as we get closer to the event. Many spirit related activities surround Conference. These activities are fun for the whole family.

Each child swims two individual events at Conference, and some (chosen by the coaches) swim in one or both relays. In addition, the two fastest IM swimmers of each gender in each age group (7 and up) swim the IM. Unlike any of the dual meets or City Meet, Conference has both preliminary heats and final heats. Prelims are run in the morning and finals are run in the afternoon.

After each preliminary event (e.g., freestyle), results are posted at the pool. The top twenty swimmers will swim a second time, the fastest ten in one heat and the next ten in another. Do NOT leave the pool until you know whether your swimmer has qualified for a second swim. (There are always surprises at this

meet!) Further, if your child is an alternate, be sure to report to the Clerk of the Course and don't leave until all the swimmers are seated. Every year, many swimmers fail to make it to the Clerk of the Course on time and are disqualified from their second swim. Don't make this mistake! It is really fun for the children to swim in finals. In addition, the team earns points for each second swim completed successfully!

Also, if you are listed as a member of a relay team or as an alternate for a relay team, don't leave the pool until you have checked with the head coach to see whether you will be needed for the relay. Changes are sometimes made at the last minute. The relays are so exciting—your child won't want to miss out on the opportunity to participate!

Contra Costa County Meet

The Contra Costa County Championship Meet (referred to as "County") is another two day meet, held this year on August 14th and 15th at Acalanes High School. To qualify for County, a swimmer must meet the time standards announced each year by Lafayette Moraga Youth Association swim club. These time standards will be posted on the website and printed in the blue book. It is an honor to make County, a meet that is recognized as producing some of the fastest recreational level swims in the nation! Participation in the meet is optional.

SWIMMER RECOGNITION

Success over the season can be measured in many ways. Did you make new friends? Did you gain skills as a swimmer? Did you contribute to the spirit of the team? Did you set goals and then meet them?

Set realistic goals--goals that are high but not out of reach. Shoot for a time improvement at each meet. Remember that goals do not have to be strictly based on time. Time measures your improvement from race to race, but you can also set goals to improve your strokes, starts, turns or finishes. These are all crucial elements to any performance and cannot be measured on the basis of time alone. Inform the coaches of your goals, so they can help you achieve them throughout the season.

Stars

Although some important goals are hard to quantify, we do have goal times for the team. These benchmarks, called star times, are different for each age group, stroke and gender. Star times are posted on the web and printed in the blue book. Upon achieving a star time for the first time each season, you will receive

the applicable star. (This star, along with a commemorative certificate, will be placed in your family's folder shortly after the meet.) Only one star of each color is awarded per stroke per season.

Ribbons

For home meets, DPST gives "place" ribbons to first through sixth place finishers and "heat winner" ribbons for 10 and unders who win their race. Time improvement ribbons are given to those swimmers who improve their time at any meet, home or away. 8 and under swimmers who do not earn a place, heat winner or time improvement ribbon at a home meet, will be given a "participant" ribbon. When we swim away, our swimmers receive the ribbons offered by the home pool. We do not have any input or control over the ribbons awarded by other pools. If you are wondering why your swimmer sometimes receives a certain ribbon but sometimes doesn't, it is likely because of the differences among pools.

Awards Night

The Dewing Park Seahorses will hold their annual awards celebration at the pool on Tuesday evening, August 3rd. This is a great way to end the season. Each swimmer is recognized, awards are given to some of our outstanding swimmers (see below) and a magnificent slide show is presented (thank you Craig and Jiji Pollock!). Don't miss the fun!

So, what are the awards? First, each swimmer will receive a trophy or some other symbol memorializing his or her participation on the team. Second, in each age group, there will be a boy and a girl recipient of the following awards:

High Point: given to the swimmer who has earned the most points for the team.

Most Improved: given to the swimmer who dropped the most time over the course of the season.

Hardest Worker: given to the swimmer who exhibited the greatest work ethic during the season.

Spirit Award: given to the swimmer who best exemplifies Seahorse spirit--upbeat, positive and enthusiastic.

In addition to the age group awards, the following awards will be given out:

Coaches' Awards: given by each coach to one swimmer who the coach feels demonstrated outstanding teamwork and sportsmanship during the season.

These swimmers should be good listeners, enthusiastic, good sports, and dedicated to improving themselves and the team.

Brian Kloster Memorial Award: given to one Seahorse who exemplifies great sportsmanship and the best of Dewing Park. This award is in honor of the late Brian Kloster, a former Seahorse.

Best Conference Swim Award: given to the swimmer who has the most remarkable conference swim.

Swimmer of the Meet Award Program

New for the 2010 Swim Season is the Swimmer of the Meet Award! This program will give a “Swimmer of the Meet” award, given by the coaches, after each meet to a boy and a girl in each age group. The awards will be a patch that can be sewn on the team sweatshirt or towel, and a certificate signed by the coaches.

JOB DESCRIPTIONS

So, what are the Big Jobs and pre-assigned jobs at DPST? What are the dual meet jobs? And what are the Big Meet jobs. Finally, what is a committee job? It's definitely confusing! Here's a quick guide:

Big Jobs

Team Director: Oversees all aspects of swim team; schedules and holds regular management committee meetings; oversees hiring of coaches; schedules meets and social activities; sits on Dewing Park's pool board.

Meet Director: Coordinates all functions required to run swim meets; oversees set up and clean up of meets; notifies meet workers of job assignments prior to meets; checks in workers at home and away meets.

Membership Coordinator: With Obligations Coordinator, organizes registration night; enrolls families in swim team; structures and oversees mentoring program for new team families; produces team handbook and “blue book”; oversees

various subcommittees relating to position.

Obligations Coordinator: With Membership Coordinator, organizes registration night; evaluates staffing needs and fills jobs for upcoming season; develops protocol for filling “big jobs” and “pre-assigned jobs”; oversees various subcommittees relating to position.

Spirit/Apparel Coordinator: With assistance of relevant subcommittees, coordinates all social and spirit aspects of the team, including socials, parties, team apparel and posters; works with coaches to develop themes for City Meet and Conference; promotes team spirit; oversees various subcommittees relating to position.

Fundraiser: Coordinates all fundraising aspects of team (other than snack shack). Develops new ways to raise money for team; sells ads and sponsorships for Meet Program (new in '08!); solicits freebies for team from various retailers; oversees various subcommittees relating to position.

Snack Shack: Coordinates all aspects of snack shack, including meal planning, purchasing of food and supplies, food preparation and sales; oversees various subcommittees relating to the position.

Conference Representative: Represents Dewing Park on the WCSC board; attends WCSC meetings and undertakes job assigned to team for Conference meet; oversees various subcommittees relating to position.

Desk Manager: Oversees all aspects of the desk, including maintaining Hy-Tek database; inputs data relating to meets and times; produces reports (including those used to award ribbons and stars); oversees various subcommittees relating to position.

Treasurer: Develops and oversees budget for team; tracks profits and losses; reimburses members for team expenditures.

Hiring Chair/Coach Liaison: Heads hiring committee for recruiting, interviewing and hiring coaches; evaluates coaches at end of season; servers as liaison between parents and coaches during season.

Pre-Assigned Jobs (most must still sign up for a conference and committee job)

Webmaster: Posts information on website regularly to keep team apprised of events.

Meet Set-Up/Clean-Up Crew: Handles set up and clean up for all home meets, including time trials and invitational meet; work can be divided amongst families

(e.g., two people for set up and two people for clean up); requires arrival at pool approximately 1 ½ hours before meet begins and cleaning up at pool for approximately 45 minutes after meet ends.

Invitational Meet Coordinator: Implements and oversees all aspects of Dewing Park's invitational swim meet, the Dewing Derby.

Stroke & Turn: Works as stroke and turn judge at swim meets.

Shepherd: Checks in 8 & under swimmers at beginning of meets and helps ensure swimmers are properly lined up at race time.

Swimmer Recognition/Boardkeeper: Under guidance of Desk Manager, develops ways to regularly recognize swimmers during season, such as swimmer of the week program, time-improvers chart, swimmer "bios", star reward charts, etc. Creates and maintains all boards relating to recognition at the pool.

Desk: Data Entry/ Computer Input: Under guidance of Desk Manager, handles data entry and computer system at meets.

Snack Shack Shopper: Purchases food for snack shack for home meets.

Snack Shack Food prep: Prepares food for snack shack for home meets.

Assistant Snack Shack: Assists the snack shack chair in operating the snack shack.

Cash Box: Works in coordination with the treasurer.

Ribbons: Purchases and distributes ribbons for the team.

Photographer/slide show: Takes photos during the season of all swimmers; creates slide show for the end of the season; makes and sells CDs of the slide show.

Starter/announcer: Starts the races at home meets; announces events.

Ice: Provides ice for snack shack and team events; brings coolers with ice to Big Meets.

Dual Meet Jobs

Timer/Recorder: Time/record swimmers (with stop watches) in one lane for meet

Head Timer: Oversee timers during meet, operate back-up stopwatches

Runner: Collect lane slips after each race and deliver to desk

Desk (Ribbons or Reader): Sort & sticker ribbons, post times and/or read lane slips for computer input throughout meet (often must stay half an hour after meet ends to finish job)

Relief: Relieve workers, serve beverages to volunteers

Snack Shack (first shift): Arrive at 7:30 (Saturday meets) or 4:00 (Wednesday meets) to help set up snack shack, prepare and sell food during meet

Snack Shack (second shift): Arrive at 8:30 (Saturday meets) or 4:00 (Wednesday meets), prepare and sell food during meet, clean up after meet ends

BBQ: Man BBQ for Snack Shack

Parking Lot/Facilities Monitor: Arrive 75 minutes before meet begins, man parking lot before meet, empty trash cans during meet, monitor bathroom and bathroom supplies during meet

Table sales: Man table where Jamba Juice, snow cones, candy and/or tchotchkes are sold

Conference Jobs In addition to some of the jobs listed above, job options for the Conference Meet may include the following:

Clerk of the Course: Help man area where swimmers wait before their events

Marshall: Ensure swimmers and guests follow rules and keep out of prohibited areas

Check-in: Ensure volunteers are in place for both shifts over both days

Committee Jobs

Please see current season list of events on the website.

DPST MANAGEMENT COMMITTEE 2010

We want to extend a big thank you to those parents who stepped up to fill big jobs and sit on the newly formed DPST management committee. This committee has been hard at work getting its ducks in a row to ensure a fun and successful swim season. We'll continue to meet regularly over the course of the season to make decisions affecting the swim team. If you have an issue you would like the management committee to consider, please let us know. We value your input! (If you wish to submit your issue confidentially, we will periodically provide a link in our Constant Contact communications to enable you to do so anonymously.)

Directors:

RJ Lavalee (5881983)
Laurie Hindes (210-1633)
swimteam@dewingpark.com

Meet Directors: Samantha Francois (939 7991) & Kirsten Madsen (932 6864)

Membership Coordinator: Julia McLeod (979 0145)

Obligations Coordinator: Mary Dockter (280-1192) &
Carolyn McIntosh (964-0856)

Apparel & Spirit Coordinator: Dessira Tish (9371821) & Debbie Cosentino (287 8065)

Snack Shack Chair: Natalie Tognolini (287-0371)

Treasurer: Steve Rego (280 7346)

Desk Manager: Allison Ridenhour (932-8208) & Eric Bohm (938 2646)

Conference Representatives: Monica Cox (939-2736) & Rod Olson (944 8722)

Head Coach: Sue Barry Miller sbarrymiller@yahoo.com

Other Pre-Assigned Jobs

We also want to thank the parents who have agreed to fill pre-assigned jobs this season. Those parents are listed below:

Coach Liaison: Scott McCommon 939 3020

Webmaster: Christine Horley 934 9538

Invitational Meet Committee: Angela Bradley & Kit Turner

Shepherds: Whitney Wilson, Jenna Krook, Pam O'Connor, Jennifer Baldwin & Suzanne Mooney

Stroke & Turn Judges: Chris Wheaton 939 6002, Jack Gillis 510 517 6683

Swimmer Recognition/Board-keeper/Ribbons: Jodie Heng

Desk/Data Entry: Mike Mulligan, Roger Stephens & Greg Haskett

Shoppers: Julie Geary 280 1901 & Chelsea Wechsler 945 1374

Food Prep: Bonnie Watson 934 2052 & Lisa Froines 932 2715

Assistant Snack Shack: Lisa Snyder 945 6624 & Scott Dickinson 943 2426

Photographer/Slide Show:

Starters/Announcers: Jim Mallon 9321272 & Craig Pollock 935 0795

Ice Supplier: Scott Dickinson 943 2426

CONCLUSION

We hope this book has answered all of your questions pertaining to the mighty Seahorses. Please contact any member of the DPST management committee if you have concerns about the team or need additional information. We are so pleased you are a part of the community, and look forward to a summer of happy swimming. See you poolside!