

**Westwood Recreation
Winter Swim Team
2011-2012**

Philosophy

The philosophy of the Westwood Recreation Swim Team is to develop a fun, safe, competitive swimming program for youth, providing an opportunity for individual and team competition; while stressing personal development, sportsmanship, and team loyalty. The program is structured to provide challenges and skill refinement for all ages.

Safety

All persons in the swimming complex or on school grounds must follow all posted rules. If these rules are not adhered to; you will be asked to leave the facility. During swim meets all spectators must remain in the Spectator Area. Coaches, volunteers, swimmers, officials and lifeguards will be the only people allowed on the pool deck.

Conduct

Coaches, swimmers, and parents should be aware that at any time: before, during and after a practice or meet unsportsmanlike conduct will not be tolerated. Any swimmer demonstrating improper conduct or vandalizing property will be disqualified from the meet and points from previously swum events will be deleted from the score. Any charges related to vandalism will be paid by the parent/guardian of the responsible individuals. Any parent or coach demonstrating improper behavior will be asked to leave the facility. Per the Winter Suburban Swim League, all coaches, swimmers and parents must sign a Code of Conduct. (Form found on web site)

Important Numbers and Addresses

Aquatics Manager- Susan M. Perry
Swim Team E-mail Address
Recreation web-site
Westwood Swimming Pool

sperry@townhall.westwood.ma.us
wwwswimteam@townhall.westwood.ma.us
www.westwoodma.gov/recreation
781-326-7500, Extension 5159

Communication

There are many tools of communication. There is a new e-mail address set up specifically for the Westwood Recreation Swim Team: wwwswimteam@townhall.westwood.ma.us. Also there is the swim team list serve. All members of the team will need to sign up for the list serve, if you have not already done so. To sign up, go to www.westwoodma.gov/recreation, click on "Swim Team E-mail List," (second from the bottom of the list). Next you will see a list of different e-mail lists. Scroll down to the fourth selection, "Recreation Department Swim Team Email List" – "Email list for participants in the Town of Westwood Recreation Department Swim Team." Follow the prompts to sign up. This will be the primary source of weekly updates. There is also the Westwood Recreation website, www.westwoodma.gov/recreation. To get specific information about swim team, click on swim team and select your option.

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Practice Schedule

<u>Age Group</u>	<u>Coach</u>	<u>Practice Days</u>	<u>Time</u>
Ages 8 and Under	Kara Murphy	Tuesday, Thursday, Friday	5:00-6:00 pm
Ages 9 and 10	Kara Murphy	Monday, Wednesday, Friday	5:00-6:00 pm
Ages 11-12	Renny Leveckis	Monday, Wednesday, Friday	6:00-7:10 pm
Ages 13 and Up	Shannon Obey	Tuesday, Thursday, Friday	6:00-7:10 pm

Holidays and Vacation Periods

Veteran's Day - Friday, November 11, 2011 – No practice. **Stroke Clinic** – Breaststroke – 9:00-10:30 am
Thanksgiving - Wednesday, and Thursday, November 23-24, 2011 - No Practice
Friday after Thanksgiving, November 25, 2011 – No practice. **Stroke Clinic** – Butterfly – 9:00-10:30 am
Winter Break - December 26, 2011 – No practice. December 27-30, 2011 – Regular practice.
New Years - January 2, 2012 – No practice. January 3 – 6, 2012 – Regular practice.
Martin Luther King Day – January 16, 2012 – No practice
February Vacation – February 20, 2012 – No Practice. February 21-24, 2012 – Regular practice.

Stroke Clinics

The Stroke Clinics, for members of the swim team, are free. These clinics are optional. There will be a sign ups for these clinics. Additional clinics will be offered throughout the season.

- Butterfly – Friday, November 11, 2011, 9:00-10:30 am - Veteran's Day
- Breaststroke – Friday, November 25, 2011, 9:00-10:30 am – Friday after Thanksgiving

Practice Expectations

Attendance will be taken at all practices. It is expected that all swimmers will practice a minimum of two times per week, ideally three times per week. Any swimmer participating in another league or club must practice with the Recreation Team at least once per week in order to compete in league meets. This is a league rule.

Meet Expectations

Meet intentions are to be communicated at the start of the season. One week prior to a meet a confirmation of your commitment will be sent out. All swimmers are expected to arrive 15 minutes prior to the warm up time and to stay until the meet is completed, including all relays and a team cheer. In years past people arrived late and left early. This year, we ask you attend only those meets in which you are able to fully participate.

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Swimmers: Wear your suit, bring your goggles and towel. We will give you a swim cap.

Arrival: If possible, arrive fifteen minutes early for all practices. Meet in the Pool Lobby. Check in. Attendance will be taken. Make every effort to arrive with your swim suit on. If you need to use the rest room prior to your practice, please use the bathrooms in the Pool Lobby. We will begin by warming in the pool lobby.

Entry: All swimmers will enter the Pool Area from the Pool Lobby through the Spectator Area. All swimmers bags will be placed on the benches in the Spectator Area.

Practice: Practices will consist of warm-up, skills, workout, drills and warm-down. Swimmers are expected to bring their own goggles. Caps, provided by the team, are required for shoulder-length hair or longer. All swimmers are expected to stay in the pool area for the full practice. Once in the water, all swimmers needing to use the restroom will use the Pool Locker Room bathrooms.

Exit: At the completion of the workout, all swimmers will pick up their bags and exit the Pool Area through the Pool Locker Rooms. The locker rooms will be available for use at this time.

General Notes

Bathing Suits: Team swimsuits are available for purchase at the Recreation Department: Girls - \$50, Boys - \$38. Suit sale will begin November 7, 2011.

Caps: Each swimmer will receive a team cap to wear in competition beginning November 7, 2011. Caps with logos, or US team caps are not allowed. If a swimmer displays any US swim team logo's at a meet, then he/she will be disqualified.

Goggles: Each swimmer is expected to purchase his/her own goggles and wear them to practice each night.

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Parents

The Recreation Swim Team relies upon the assistance of Parent volunteers at all swim meets. There are a variety of jobs from which to choose:

Timing system/Computer	Scoring	Bullpen – Deck and Hallway
Concession Stand	Timer	Runner

Stroke and Turn Judge – This requires a training session and certification. See the information below.

Most of these positions require minimal training. Each job often requires more than one person. We ask for planning purposes that each family volunteer for at least one meet. To sign up to volunteer for a meet, please e-mail our parent coordinator, Maureen Curran, at mferjc@comcast.net. Unless otherwise noted, all training for the swim meet volunteer jobs will be provided at the mock meet, or prior to your meet.

Stroke and Turn Clinics

If you are interested in becoming a stroke and turn judge within the league, you must attend a stroke and turn clinic and receive certification. If you are considering this job, it is important to have good general knowledge of the four competitive strokes and turns. Participating in one of the clinics listed below will train and certify you for this job. This is entirely a voluntary job.

Thursday, November 17, 2011, 7:00 pm, Newton North High School, 457 Walnut Street, Newton, MA 02460

- Parking – All parking at Newton North is accessed from Walnut Street. The Teacher's lot is the corner of Elm Street and Walnut Street. This is a good sized lot. Hull Street is a one way street off of Walnut Street.
- Building Entrance is through the Athletic Entrance located near the tennis courts. After entering the building there is a Recreation front desk. Personnel at the desk will direct stroke and turn clinic attendees to a classroom.

Wednesday, December 7, 2011, 7:00 pm, Evelyn Kirrane Aquatic Center (Brookline Pool), 60 Tappan Street, Brookline, MA 02445

- The clinic will be held in the squad room at the pool.

League Rules

League rules will be posted on the website, www.westwoodma.gov/recreation for you review. First click on swim team and then click on League Rules.

Questions

If you have any questions regarding swim team, e-mail Sue at wwswimteam@townhall.westwood.ma.us