

BELMONT DOLPHINS 2011-2012

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**HAND
BOOK**



DOLPHIN MEET SCHEDULE 2011-2012

Opponent	Location	Date	Bus Leaves	Warm-Up	Start
Dedham	Away	SAT, 12/311	2:30 pm	3:30 pm	4:00 pm
Weston	Home	SUN, 12/11/11		12:30 pm	1:00 pm
Framingham & Brookline*	Away	SAT, 1/14/12	8:30 am	9:30 am	10:00 am
Westboro	Home	SUN, 1/22/12		12:30pm	1:00 pm
Wellesley	Away	SUN, 1/29/11	2:45 pm	3:45 pm	4:15 pm
Acton Boxboro	Home	SUN, 2/5/12		12:30 pm	1:00 pm
Milford	Home	SUN, 2/12/12		12:30 pm	1:00 pm
Westwood	Away	SAT, 2/18/12	1:30pm	2:30 pm	3:00 pm
B Championship	TBD	TBD	No Bus	TBD	TBD
A Championship	TBD	TBD	No Bus	TBD	TBD

It is expected that all swimmers attend all meets. All swimmers **MUST** attend a minimum of 5 meets to compete at the championships!

Home Meets:

Swimmers must be on deck 15 minutes prior to the start of warm-up.

Away Meets:

The buses will leave promptly at the time listed above. Please arrive 15 minutes prior to the buses leaving.

* At Keefe Tech in Framingham

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GENERAL INFORMATION

The Belmont Dolphins Swim Team is a Belmont Recreation Department program. The swim season begins in October and runs through mid-March. The team participates in the *Winter Suburban Swim League*, a regional league that operates with the assistance of parent volunteers and part-time coaches. Swim meets require parent volunteers for timing, score keeping, and many other tasks.

The Parents of Dolphins Swimmers (PODS) organization was formed to help coaches with the volunteer effort needed to run a successful program. Your time and support are valuable assets to this organization, and parental participation is expected.

Mission Statement

The goal of the Belmont Dolphins Swim Team is to provide a program which emphasizes: the mastery of all four competitive strokes (*freestyle, butterfly, breaststroke and backstroke*), starts, turns and finishes; the mastery of proper technique; personal achievement through quality instruction and outstanding performance.

The program focuses on competition, commitment, teamwork and fun. Children will be taught how to interact with their teammates and their competitors, and will be guided in learning to win and lose graciously. Finally, our goal is to ensure that swimming is fun. We strive to meet that goal through creative swim workouts and special holiday practices.

Practices

Practices must be attended regularly, at the assigned time for each age group. Regular attendance assures that each swimmer gets the most benefit from the program. Arrive on time and allow enough time to change clothes. Be on the pool deck at the practice start time. Do not leave your belongings in the locker room — bring them to the pool deck.

Parents are not allowed in the pool area during practices. If you would like to discuss anything with your swimmer, please do so before or after practice. Any swimmer that needs to leave practice early **MUST** have a note from their parents.

Team suits should NOT be worn for practices since they will stretch out with extended use. Swim suits should fit snugly to prevent drag in the water. In order to maintain your team suit for the entire season, please wear an alternate suit to practice.

POOL DIRECTIONS

Directions to the away meets are provided below. Please check with *Google maps* or *Map Quest* to confirm directions.

Parents are welcome to attend any of the meets. Seating at some facilities is limited. When this is the case, you may stay in the pool area for your swimmer's events only, and then allow others to be seated during events they would like to watch.

Dedham, Dedham High School, 140 Whiting Ave. From 128 South: to exit 14 (East St). Stay on East st. until rotary. Go halfway around rotary. Follow East St. under the railroad bridge approximately 8 blocks until you reach a 4 way intersection. Fairbanks house will be on your left. Take a right onto Whiting Ave. Go past the middle school at the intersection & take a left onto Mt. Vernon St. Two blocks up you will see tennis courts on your right. The pool is behind the courts at the rear of Dedham High School.

Framingham, Keefe Tech, Fountain Rd (Winter St) Framingham
From Route 128: Take the exit for Rt. 9 and follow Rt 9 west toward Framingham. Stay on Rt 9 until you get to Temple St. Follow directions below for Temple St.

From Temple Street: The intersection of Route 9 and Temple St. has the following establishments on the corners: Stop & Shop, CVS, a Gulf Station and Temple Place. If you are traveling west on Rt. 9, you will have to exit to the right and swing around to get onto Temple St. If you are traveling east on Route 9, you will turn right onto Temple St. Follow Temple St for .2 miles until you come to a stop light. Turn left onto Salem End Rd and follow road for .3 miles until you come to a stop light. Turn right onto Winter St and follow road for 1.5 miles. Keefe Tech is on the left.

Wellesley, Babson College, Babson Park. Take Rt. 128 South to exit 20B (Rt. 9 West). Continue on Rt. 9 for about 2 miles, and take the Rt. 16 exit. At the end of the ramp, turn left onto Rt.16 west. Follow Rt.16 for 0.6 miles to Forest St. Turn left and go 1.2 miles to Babson College. The main entrance is on the right. Go through first stop sign. At second stop sign (end of road), go left, then the first left into the parking lot. Webster Athletic Center will be on your left.

Westwood, Westwood High School, 200 Nahatan St. From 128 South: Take exit 16B onto High St/Rte 109. Follow for approximately 2 miles and turn left onto Nahatan St.

BELMONT DOLPHINS TEAM RECORDS

Girls	Time	Year	Boys	Time	Year
GRADUATED RELAY: 100 YDS					
Min Jee Park Zhi Mei Chen Lauren Kennedy Acadia DeAtley	59.98	03-04	Matthew Jones Michael Wynott Paul Scorza Nick Trilla	59.73	01-02
FREESTYLE RELAY: 8-UNDER, 100 YDS.					
Sarah Thomas Antonina Les Julia Kobus Katie Long	1:06.30	95-96	James Saidnawey Gianpaolo Rufo Michael Wynott Robert Newbrough	1:10.20	99-00
FREESTYLE RELAY: 9-10, 100 YDS.					
Julia Kobus Leah Muzzioli Katie Long Jessica Glynn	58.42	96-97	Colin Hunsberger Paul Tarabelsi Michael Wynott Josh Brostoff	58.57	02-03
FREESTYLE RELAY: 11-12, 200 YDS.					
Margaret Ramsey Megan McKenna Whitney Ryan Evageline Geskos	1:54.66	95-96	Robert Newbrough Michael Wynott Gianpaolo Rufo Josh Brostoff	2:01.71	03-04
FREESTYLE RELAY: 13-14, 200 YDS.					
Elizabeth Jepsen Elizabeth Reynolds Caroline Lindstrom Klio Geskos	1:51.75	95-96	Benjamin Kennedy Daniel Lam Gabriel Plass Zak Logan	1:50.28	06-07
FREESTYLE RELAY: 15-18, 200 YDS.					
Maria Sodini Katie Tripple Casey Fitch Margaret Ramsey	1:50.42	00-01	Rudy Kopcke Andrew Longmire J.D. Wilson Ryo Nishiyama	1:40.94	96-97

SWIM MEET PROCEDURES

Notification of Meet Attendance

Parent should ALWAYS call the head coach whenever they know a swimmer will not be available to attend a meet. It is much easier to change lineups when an absence is known. Scheduling over 100 swimmers is complicated, and last minute changes cause confusion and delays for other swimmers.

YOU MUST CALL 24 HOURS AHEAD IF YOU ARE UNABLE TO ATTEND A MEET! Failure to attend a swim meet without prior notification will result in the swimmer not being entered in the next meet.

Away Meets

Buses are usually provided for away meets. All swimmers should plan on going to the meet on the bus. Buses will leave from Belmont High School at a time designated by the coaches. *Swimmers are encouraged to return home from away meets with their family. If returning home on the bus, the swimmers will return to BHS after the meets, where they may call parents to be picked up.*

What to Bring

Please bring your team suit, swim cap, a towel, goggles, and a sweatshirt or warm-up suit. Many swimmers also wear pool shoes while on the pool deck. *League rules prohibit swimmers from wearing suits or caps with logos from other swim teams (e.g., U.S. swim teams).*

Warm-ups

Warm-ups usually begin one-half hour before the meet begins. This is a crucial time for swimmers to prepare for the meet, get accustomed to the pool, and the starting blocks. A proper warm-up is essential for preventing injuries. During the warm-up period, the coaching staff will confirm the events in which swimmers are scheduled to compete. Listen to the coaches: *they will be giving last minute instructions and directing the warm-ups.*

SWIM MEET PROCEDURES CONTINUED

During the Meet

Sit on the side of the pool & cheer on your teammates. They need your moral support!

Stay clear of the meet officials as they walk up and down the pool area. Never put your foot, hand or arm in the pool during a race, as swimmers could be disqualified.

Prior to the start of the meet, the coaches will post the events that each swimmer will swim.

Prior to each event in which you are entered, you will lineup and be organized into heats and lanes by parent volunteers in an area on the pool deck called the "bullpen".

Timers in each lane record your time after you swim.

Relays

You must not leave the swim meet early if you are entered in a relay event. If a swimmer is not available at the time of the relay, the all remaining swimmers will not be able to swim.

Meet Cancellations

Occasionally a swim meet needs to be postponed due to inclement weather. If this happens, a message will be posted to the *Dolphins Yahoo group*: <http://sports.groups.yahoo.com/group/belmontdolphins/> and an email sent to the Dolphins Yahoo email list. Information about cancellations can also be obtained from the Belmont Recreation Department's pre-recorded Hot Line, 617-993-2768.

Personal Bests

While swimming for Belmont Dolphins is a team effort, the team philosophy is that each swimmer should strive to do his/her *personal best*. A swim meet provides an opportunity for personal achievement. Ribbons are given to individuals who achieve their *personal best* at a scheduled swim event. To establish a baseline for your personal best times for each event, time trials are held at the beginning of the season. Attending & swimming in meets gives swimmers the opportunity to improve their individual times, and also achieve their *personal best*.

BELMONT DOLPHINS TEAM RECORDS

GIRLS	TIME	YEAR	AGE	BOYS	TIME	YEAR
BUTTERFLY				BUTTERFLY		
Sarah Thomas	15.60	96-97	8-under	Michael Wynott	17.52	00-01
Alison Sawyer	14.16	10-11	9-10	Josh Brostoff	14.52	02-03
Margaret Ramsey	29.36	96-97	11-12	Ben Brostoff	29.37	02-03
Michelle Cardinale	29.27	96-97	13-14	Benjamin Kennedy	27.72	07-08
Margaret Ramsey	27.62	00-01	15-18	Benjamin Kennedy	24.30	10-11
FREESTYLE				FREESTYLE		
Acadia DeAtley	14.80	02-03	8-under	Robert Hahn	15.93	91-92
Kayley Seder	13.30	98-99	9-10	Josh Brostoff	13.82	02-03
Evageline Geskos	27.25	95-96	11-12	Josh Brostoff	27.73	04-05
Klio Geskos	26.67	95-96	13-14	Nick Trilla	25.17	01-02
Margaret Ramsey	54.65	00-01	15-18	Benjamin Kennedy	51.01	10-11
IM				IM		
Kayley Seder	1:13.56	98-99	9-10	Calvin Yang	1:15.49	10-11
Whitney Ryan	1:06.45	96-97	11-12	Ben Brostoff	1:08.10	02-03
Lauren Kennedy	1:07.21	03-04	13-14	Benjamin Kennedy	1:03.43	07-08
Margaret Ramsey	1:04.38	00-01	15-18	Benjamin Kennedy	59.99	08-09
BREAST				BREAST		
Sarah Thomas	19.74	96-97	8-under	Michael Wynott	21.16	99-00
Whitney Ryan	18.19	94-95	9-10	Michael Wynott	17.66	02-03
Whitney Ryan	34.34	96-97	11-12	Ben Brostoff	36.99	02-03
Lauren Kennedy	35.00	03-04	13-14	Mike Bokhman	33.21	95-96
Zhi Mei Chen	34.40	03-04	15-18	Colin Hunsberger	32.19	08-09
BACK				BACK		
Alison Sawyer	18.03	08-09	8-under	Michael Wynott	17.40	00-01
Min Jee Park	15.68	02-03	9-10	Michael Wynott	16.00	01-02
Caroline Lindstrom	30.53	93-94	11-12	Benjamin Kennedy	32.15	05-06
Min Jee Park	30.33	06-07	13-14	Benjamin Kennedy	28.35	07-08
Mariana Trilla	30.89	99-00	15-18	Benjamin Kennedy	27.30	08-09

CODE OF CONDUCT: Parents

Parents of Dolphins swim team members are expected to:

- Fulfill their volunteer responsibilities for the team (working at meets, board positions, banquet planning, etc.) **YOU ARE REQUIRED TO WORK A MINIMUM OF 2 SWIM MEETS & THE CHAMPIONSHIP MEET IN WHICH YOUR CHILD PARTICIPATES.**

Note: It is the parent's responsibility to find a substitute for any assignment which they cannot fulfill. Please plan accordingly.

- Make the necessary arrangements to ensure that your child arrives at practices and meets on time, equipped with all the required training or meet attire, and remain at all practices and meets until they have ended. It is also the parents' responsibility to arrange for timely pick-up of your child following practices and meets.
- Refrain from talking to the coaches during practices and/or meets. Although the coaches are very interested in hearing from you regarding any concerns that you may have, in the interest of the safety of all swimmers (*and due to time constraints*) it is not possible for them to take the time to do so at practices and meets. Please contact the Coach by telephone or email.
- Be supportive of your swimmer and all of the swimmers on the team, and display "good sportsmanship" at all meets.

Note: Parents are prohibited from being on the pool deck except when working at a meet.

Communication

Communication between Dolphins staff and swimmers and their families is through the Dolphins Yahoo group listserve. All families are expected to register in order to receive team email. See <http://sports.groups.yahoo.com/group/belmontdolphins/>

HOW A SWIM MEET IS RUN

Swim meets provide an opportunity for individual swimmers to show how well they can do in a competitive environment. The objective is for the team to score the most points it can, and win the meet.

For individual swimmers it is not always how fast they are compared to other swimmers that counts, but how well they do compared with their personal best for that event.

Swim meets last from 3 – 4 hours and will be more interesting if you know what is happening. Since your child will be swimming for only several minutes during the meet, we hope the following information will give you a better understanding of what is going on.

Meets are structured so that swimmers of similar age & ability compete together. Events are grouped by stroke, age and gender. A listing of specific events & the order of events is in this booklet. Knowing the event and the probable order, will give you a good estimation of when in the meet your child will be swimming.

The coaches post a **line-up sheet** before every meet indicating the events in which each swimmer is entered. There are often more swimmers for an event than the pool lanes allow. Therefore, the same event may be continued in several heats until each swimmer in that event has an opportunity to swim. It is the swimmer's responsibility to be on the pool deck before their events. *If a coach cannot find a swimmer, he or she will miss the race!*

The **starter** calls swimmers to the **blocks** for each event, and instructs the swimmers to **take your mark**. When the swimmers are in place, the starter sends them off with a pistol or horn.

A **false start** is called if a swimmer takes off before the signal, and the swimmers will be called back to the blocks.

In the **bullpen**, volunteers organize the swimmers per assigned heat and lane.

Timers are assigned to each lane of the pool. In dual meets, three timers are assigned to each lane. Timing of a race starts at the starter's signal and stops when the swimmer touches the wall with two hands. Swimmers wanting to know their times may ask the timer at the end of the race. *They should NOT go to the scorekeeper's table during the meet.*

HOW A SWIM MEET IS RUN CONTINUED

Scorekeepers receive the times from the runners and compile meet results and team scores.

Stroke and Turn Judges watch swimmers to see that they execute proper turns & to assure that they conform to proper stroke technique, consistent with league rules. These judges move up and down the pool with the swimmers. Places are awarded based on the recorded times.

Should any official observe a rule infraction, a hand is raised for about 20 seconds. This indicates that a swimmer has been disqualified (DQ'd) from an event, and the raised hand lets the meet referee know that an infraction has been noted. The individual swimmer will be notified of the infraction at the completion of the race.

Scoring: Individual events and relays are scored differently. In the relays, 7 points are awarded for first place, and 4 points for second place. A team cannot receive points for both second and third place in a single relay event.

In individual events, points are awarded to the five swimmers with the best times in the first heat of each event. First place gets 6 points, second place gets 4 points and third place 3 points, fourth place 2 points and fifth place one. A team can not receive points for first, second and third place for the same event.

CODE OF CONDUCT: Swimmers

The Belmont Dolphins program is geared to developing both the physical and mental qualities of our swimmers. This process demands the dedication of the swimmer and an equal commitment by the parents. The Dolphins is a parent-run organization. It is necessary for ALL PARENTS to volunteer at meets and/or for administrative activities, as well as being supportive of the coaches and all swimmers on the team.

Of utmost importance is the safety of our swimmers and respect for the varying abilities of all swimmers. This Code of Conduct MUST be adhered to by all to ensure the safety and respect of all swimmers, and to run a successful swimming program for all team members.

Practices and meets cannot run smoothly and effectively without the cooperation of all swimmers. As a team member, you will be expected to:

- Be on the pool deck 10 minutes prior to practice & meet warm-up times, prepared to enter the water (i.e., caps, goggles, team swim suit).
- Attend weekly scheduled practices, swim in meets & the Championship meet. It is the responsibility of the swimmer to notify the coach if he/she will miss a meet or have a conflict which will result in arriving late to, or leaving early from, a meet. *Failure to do so may result in the swimmer not being scheduled to participate in the meet.*
- Follow pool safety rules at all times. This includes no running on the pool deck & no diving of any sort into the pool or off the starting blocks — except when instructed by the coach.
- Refrain from talking when the coach is speaking.
- Encourage and support all of your teammates and participate in creating a team atmosphere.
- Remain at all meets until the coach has posted the line-up for the relays. We encourage all swimmers to stay until the end of every meet to support & cheer for the team.
- It is the responsibility of the swimmer to notify the coach if he/she will not be traveling on the team bus. It is also the responsibility of the swimmer to notify the coach if he/she will be leaving a meet early and/or not going home on the team bus.
- Behave appropriately at all meets, practices, and in the locker rooms.

PODS raises money for program support through:

Equipment Sales: Swim-related equipment such as; towels, sweatshirts, T-shirts, shorts, equipment bags, fleece jackets and hats. All equipment comes with the Dolphins logo. Some are personalized with the swimmer's name. You will be able to see & order personalized equipment at the Equipment day event.

Stroke Clinics: Stroke clinics (usually 2/season) are organized to provide individual coaching of strokes, starts & turns. Clinics are conducted by professional college or secondary school coaches. A fee is charged for participation and covers the cost of running the clinics. You will receive notification as to when clinics will be offered.

Snack Bar: The snack bar is maintained at home meets. It carries a selection of foods for purchase and is staffed by PODS volunteers. *NO food is permitted in the locker rooms or pool deck. This will be strictly enforced.*

PODS Committees:

Awards — Members select trophies & ribbons for presentation at the annual banquet, and arrange for individual engraving of trophies.

Banquet — Members plan the Annual Team Banquet ; selecting location, decorations and menu.

Communication — Communication between staff, swimmers & their families is through the Dolphins Yahoo group listserve. All families are expected to register to receive team notifications. (*see <http://sports.groups.yahoo.com/group/belmontdolphins/>*)

Meet Volunteers — Organizes volunteers to work at all meets, & assists coaches in training volunteers. Members also assure that meet equipment, such as stop watches & starting equipment, is in good working order. Parents are expected to sign up to volunteer at Equipment day.

Membership — All parents are required to join PODS. Annual dues of PODS membership are paid on Equipment Day. Dues cover the cost of ribbons & cards, individual trophies, team photos, & the yearly banquet. *Financial aid is available.*

Publicity — Pictures & news articles for the Belmont Citizen-Herald are compiled by team captains. If you would like to help with photography at meets, your efforts are needed and appreciated!

SWIM MEET ORDER OF EVENTS

1. Graduated Relay—100 yd.

Girls Order: Backstroke, Breaststroke, Butterfly, Freestyle

2. Graduated Relay—100 yd.

Boys Order: Backstroke, Breaststroke, Butterfly, Freestyle

Graduated relay consists of one swimmer from age groups 9 & 10; 11 & 12; 13 & 14; and 15—18. Each swims 25 yards.

Butterfly:

3. 8-under 25 yd. butterfly girls
4. 8-under 25 yd. butterfly boys
5. 9-10 25 yd. butterfly girls
6. 9-10 25 yd. butterfly boys
7. 11-12 50 yd. butterfly girls
8. 11-12 50 yd. butterfly boys
9. 13-14 50 yd. butterfly girls
10. 13-14 50 yd. butterfly boys
11. 15-18 50 yd. butterfly girls
12. 15-18 50 yd. butterfly boys

Freestyle:

13. 8-under 25 yd. freestyle girls
14. 8-under 25 yd. freestyle boys
15. 9-10 25 yd. freestyle girls
16. 9-10 25 yd. freestyle boys
17. 11-12 50 yd. freestyle girls
18. 11-12 50 yd. freestyle boys
19. 13-14 50 yd. freestyle girls
20. 13-14 50 yd. freestyle boys
21. 15-18 100 yd. freestyle girls
22. 15-18 100 yd. freestyle boys

Individual Medley (IM): 25 yards each stroke; Butterfly, Backstroke, Breaststroke, Freestyle

23. 9-10 100 yd. IM girls
24. 9-10 100 yd. IM boys
25. 11-12 100 yd. IM girls
26. 11-12 100 yd. IM boys
27. 13-14 100 yd. IM girls
28. 13-14 100 yd. IM boys
29. 15-18 100 yd. IM girls
30. 15-18 100 yd. IM boys

Breaststroke:

31. 8-under 25 yd. breaststroke girls
32. 8-under 25 yd. breaststroke boys
33. 9-10 25 yd. breaststroke girls
34. 9-10 25 yd. breaststroke boys
35. 11-12 50 yd. breaststroke girls
36. 11-12 50 yd. breaststroke boys
37. 13-14 50 yd. breaststroke girls
38. 13-14 50 yd. breaststroke boys
39. 15-18 50 yd. breaststroke girls
40. 15-18 50 yd. breaststroke boys

Backstroke:

41. 8-under 25 yd. backstroke girls
42. 8-under 25 yd. backstroke boys
43. 9-10 25 yd. backstroke girls
44. 9-10 25 yd. backstroke boys
45. 11-12 50 yd. backstroke girls
46. 11-12 50 yd. backstroke boys
47. 13-14 50 yd. backstroke girls
48. 13-14 50 yd. backstroke boys
49. 15-18 50 yd. backstroke girls
50. 15-18 50 yd. backstroke boys

Freestyle Relays: 10 & under swim 25 yards each. 11 & over swim 50 yards each.

51. 8-under 100 yd. free relay girls
52. 8-under 100 yd. free relay boys
53. 9-10 100 yd. free relay girls
54. 9-10 100 yd. free relay boys
55. 11-12 200 yd. free relay girls
56. 11-12 200 yd. free relay boys
57. 13-14 200 yd. free relay girls
58. 13-14 200 yd. free relay boys
59. 15-18 200 yd. free relay girls
60. 15-18 200 yd. free relay boys

WINTER SUBURBAN SWIM LEAGUE

Belmont Dolphins participate in the *Winter Suburban Swim League*. This Dual Meet league consists of the following 13 teams from eastern Massachusetts:

Acton-Boxboro	Belmont	Brookline	Dedham
Framingham	Milford	Natick	Newton
Sudbury	Wellesley	Westboro	Weston
Westwood			

US Swimming rules apply at league meets. The league has 2 divisions, which change year-to-year based on prior year's divisional standings. Teams within each division compete against each other during the regular season. Swim meets with teams in other divisions do not count toward divisional standings. Division awards are given out for the best record.

CHAMPIONSHIP MEETS

The Winter Suburban Swim League sponsors championship meets at the end of each season. Swimmers **MUST** compete in 5 dual meets to qualify for either championship meet.

To accommodate the large number of swimmers who participate in the championships, and to provide a competitive environment at an appropriate skill level, there are two categories of championships:

A Championships: Swimmers must achieve a predetermined qualifying time in specific events to qualify for the "A's." This time must be achieved during a regular-season meet. Once qualified, a swimmer must compete in the event in which he or she qualified. The coach may then enter the swimmer in any other event at the meet.

B Championships: Swimmers who do not qualify for the A's are entitled to attend the "B's." *Belmont Dolphins have always done well at the championship meets, and the coaches want as many swimmers to participate as possible. Medals or ribbons are awarded to the 12 swimmers with the best times in each event.*

ABOUT PARENTS OF DOLPHINS SWIMMERS (PODS)

PODS is a not-for profit (tax exempt) parent volunteer organization, started in 1992, and dedicated to supporting the Dolphins team and coaching staff. PODS organizes equipment sales, team pictures, stroke technique clinics and other events throughout the season. However, the most important function of PODS is to organize and run the swim meets.

Meets are run almost entirely by parent volunteers. Parents of ALL team members are expected to volunteer in running the meets and other PODS activities. Volunteers time, score, judge, oversee pool safety and manage the snack bar.

The annual PODS meeting takes place at the team banquet at the end of the swim season. The new co-president nominee is presented by the nominating committee and is voted on by the membership in attendance.

PODS Board positions and responsibilities include:

- Assisting the head coach in whatever way deemed necessary to enjoy a successful season and assisting during swim team tryouts prior to the start of the season.
- Helping ensure that the team complies with the requirements of the *Winter Suburban Swim League*.
- Organizing parent volunteers to staff the swim meets.
- Conducting fundraising activities. Funds are used for equipment, gifts for the coaches and captains, and whatever the head coach and board deem necessary for serving the best interests of the team.
- Providing enhancements to the swim program with stroke clinics.
- Providing statistics at the conclusion of each meet. This information will also be used by the captains to write articles for the local newspaper.
- Providing personal best ribbons to swimmers.
- Organizing individual and team photos.
- Planning and running the end of season banquet.
- Producing the swim team handbook and PODS Board Member job descriptions to be distributed at the start of each season.

If you are interested in helping with any of the committees, contact the chairperson listed in the front of this booklet.