

**Covered
Bridge
Swim & Dive
Team
Parent
Handbook
2010**

2010 Crocodile Coaching Staff

Head Coach:

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Assistant Coaches:

Jessica Burnett – Burnett@eden.rutgers.edu

Swim Team Coordinators:

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Dive Team Coordinator:

Andy Blandy – 428-6904; mailforandy@aol.com

Tri-County Rep:

Steve Ries – 429-2754

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Swim Meet Volunteer Coordinators:

A Meet – Bridget Bell; 609-458-9690; bridget500@comcast.net

B Meet – Jen Miller; 429-7509; millers.jen@gmail.com

2010 Swim Meet Schedule

6/19 Time Trials – Covered Bridge

A Meets

| | | |
|----------|----------------------------|------------|
| 6/26 | Deerbrook | Away |
| * 7/1 | Wedgewood | Away |
| 7/10 | Kingston Estates | Home |
| 7/17 | Pheasant Run | Home |
| 7/24 | Brookside | Away |
| 7/31 | Cherry Bowl | Willowdale |
| 8/7, 8/8 | Tri-County Championship | Fox Hallow |

B Meets

| | | |
|------|---------------|------|
| 7/7 | Old Orchard | Home |
| 7/14 | Downs Farm | Home |
| 7/21 | Cherry Valley | Away |

* Indicates a change from normal days.

Directions to Swim Meets

Deerbrook

I 295 to Exit 34 A, Route 70 East. Take 70 East to 541 (“Medford Circle”) and turn right onto Route 541 (Main Street). Continue for 2 miles to Jackson Road and turn right. Swim club is approximately .4 mile on right.

Kingston

Rt. 70 to Kingston Dr. Stay to left to continue on Kingston Dr. Turn left on E Tampa Ave. Turn third right onto Princess Ave. KESC is at the junction of Princess Rd and Deland Ave.

Old Orchard

(120 Evans Lane, 08803)

I 295 to Exit 34A (Route 70 E) Take 70 East to fourth stop light and turn right onto Old Orchard Road. Continue on Old Orchard to fourth street and turn right onto Evans Road. Swim club on left.

Downs Farm

(1701 Haddonfield Berlin Road, 08003)

I 295 N or Exit 92 (Route 561) Take exit ramp and bear right onto 561 East. Take 561 to 3rd traffic light. Swim club is on right. Parking lot just past stop light.

Pheasant Run

I 295 to Exit 36. Route 73 North. Take 73 N for approximately 2 miles to ramp for Route 537 East, Moorestown at Moorestown Pub. Take 537 for .4 mile to New Albany Road and turn left. (If you miss the turn make left at McDonald’s and turn right at first light onto New Albany Road.) Go for approximately 2 miles until road dead ends into Riverton Road. Turn left onto Riverton Road and make first right onto New Albany Road. Go .5 mile and club is on right.

Wedgewood

I 295 South to Exit 30 (Warwick Road.) Turn left off exit onto Warwick Road. Go approximately .5 miles to Upland Way and turn right. Stay on Upland through stop sign. Swim club is on right about ¼ mile, just after the railroad underpass.

Swim Practice Information

The summer season is a short, fast-paced 6 weeks and each meet is important. Practice is necessary for every competitive swimmer to improve technique and endurance, as well as avoid injury.

Swimmers are expected to attend every practice. Coach Tim expects everyone to be **on time** for practice. Written notification is **required when missing a meet or absent from practice** for 2 or more days in a week. Unexcused absences will affect a swimmer's placement in A meets.

Swimmer's Age Group—determined by age as of June 15th:

8 & under = age 8 or younger as of 6/15/10

9-10 = age 9 or 10 as of 6/15/10

11-12 = age 11 or 12 as of 6/15/10

13-14 = age 13 or 14 as of 6/15/10

15-18 = age 15 to 18 as of 6/15/10

From **June 1st through June 22nd** (weekdays only) the practice schedule will be:

13-18 year olds 3:30-5:00

9-12 year olds 4:45-6:00

8 & under 5:45-6:30

From **June 23rd on** the practice schedule will be:

Open practice 7:00-8:00am

9-12 year olds 7:45-9:30am

13-18 year olds 9:15-11:00am

8 & under 10:50am-12:00pm (11:30 for some)

Swimmers who have a conflict with their practice time have the option of attending the 7:00-8:00am practice.

Practices occur rain or shine. If there is thunder or lightning, there is a delay until 20 minutes after the electrical storm clears.

Parents **must** stay off the deck during practice, for safety and efficiency. Coach Tim assures us he will be a regular fixture at the pool, and will be readily available for questions and concerns after the 12:00 practice.

Swim Meet Information

Team Swimsuit –Due to the swim suit manufactures only making suits available for one year, we will continue to use our Supernova suit, as well as any black suit. These are available at Danzizen & Quigley on Rt. 70. Team suits are always discounted 20%. Sale weeks for discounts on swim accessories & suits are 4/21-5/2, 5/22–5/30 and 6/12–6/18.

There are 36 swim clubs in the Tri-County Swim Association, divided evenly into 6 divisions, named A to F. Placement in the divisions is determined by the team's record for A meets (Saturday meets) from the previous season. The highest team in each division moves up a level the following year, while the lowest team in each division moves down a level. CBSC remains in the A division for 2010.

A Meets are on Saturday mornings. Coaches determine the A meet rosters and inform swimmers at Friday morning practice. Swimmers can swim up to 2 individual events and 2 relays. The roster is posted at the meet by event number, swimmer's name, and designated lane.

Caravans (optional) depart from CBSC to Away Meets – Departure times are announced by coaches at Friday morning practices. Warm-ups are first, and then meets begin at 9a.m., and run about 3 hours.

There are 66 events in an A meet. The order of events is IM (Individual Medley – swimmers 11-12 and up), Medley Relays, Individual Stroke Events (Back, Breast, Fly, Free), Freestyle Relays. Each event is in order by age group, starting with 8 & unders, girls first, then boys for each age.

Stroke Terminology

Fly = butterfly

Back = backstroke

Breast = breaststroke

Free = freestyle

IM (Individual Medley) = 1 swimmer, all 4 strokes: fly, back, breast, free

Medley Relay = 4 swimmers, 1 stroke per swimmer: back, breast, fly, free, in that order.

Scoring in A meets:
1st place– 5 points
2nd place– 3 points
3rd place– 1 point
1st place relay– 7 points

When completing a lap of breast or fly, you must touch the wall with two hands or you will be disqualified. When completing a lap of back or free, you need only touch with one hand.

If a swimmer achieves a qualifying time in an A meet (see Tri-County Qualifying Times), he/she will no longer be eligible to swim that event in a B meet.

B Meets are on Wednesday nights. B meets are open to all swimmers age 14 & under typically, and are a great opportunity for all to get experience, try a new stroke, or improve their time. Beginning young swimmers can sign up for kickboard relays at the start of the meet. Swimmers can sign up for 2 individual events of their choice. Relay teams are determined by the coaches. Sign-ups are posted on Mondays and Tuesdays. The coaches make the roster from the sign-up sheet and it is posted at the meet by event number, swimmer's name, and designated lane. Arrival time for all B meets, home or away is 5:00. Warm-ups are first, and then meets begin at 6:00pm and run about 2 hours.

At all meets, swimmers stay together in the designated team area. The Team Parents give swimmers event cards for each event they swim. The card has the swimmer's name, event name and number, and lane assignment. Each relay team receives one card with all four swimmers names in the order they will be swimming. Swimmers present the event card to their lane timers at each of their races.

Meets run rain or shine. If there is thunder or lightning, races stop and are delayed until 20 minutes after the electrical storm clears. Be prepared with sunscreen, hat or visor, sunglasses, raingear, etc. Food and beverages are available for purchase.

Meet results are posted at CBSC after meets, including individual times, standings, new records, and most improved times.

Swim Team Activities

www.cbsswimclub.org

7/5 Team Pictures
8:30am – all morning during practice time

8/1 Team Banquet
6:00pm – Dinner, awards, slide show

Please check the website, team calendar and team bulletin board for daily updates on pep rallies, team breakfasts, outings with the coaches and other special events.

Volunteers

A swim meet requires many volunteers. It is expected that a parent volunteer will work at least 3 swim meets and participate as an active member on one committee.

For Friday evening pep rallies, volunteers are needed to purchase/prepare food and supplies for activities.

Every A and B home meet needs an announcer, place judge, scorer, runners, stroke & turn judges, team parents, starter/referee, timers ribbon writers, and food table sales. Volunteers are also needed to bake and/or shop for the food table.

For away A and B meets, ribbon writers, scorer, stroke & turn judge, team parents, and timers are needed.

To be a starter, scorer, referee, place judge, or stroke & turn judge, you must attend training sessions sponsored by the Tri-County Swim Association. On Saturday, **June 12th**, there will be a Stroke & Turn and Starter/Referee clinic at Greenfields Swim Club. There will also be a Scorer Table training session held there.

Training sessions are available for new timers, but not required – you can be shown what to do just before a meet and others timers are always available to help you if needed.

Post-Season Swimming: Regular season ends 7/24/10.
Swimmers who have been selected by the coaches for Cherry Bowl

or who have qualified for Tri-County Championships continue to have morning practices for the next two weeks in preparation for those meets.

Cherry Bowl

www.cherrybowl.net

Cherry Bowl is a Cherry Hill tradition in which the 13 Cherry Hill swim clubs come together in a one-day swim meet to race for top Cherry Hill swim team honors and to celebrate our youth and community. Each club enters one swimmer/relay per event. Swimmers are selected by the coaches. This year's Cherry Bowl will be held at Willowdale Swim Club. It's a fun weekend for the whole team from the pep rally Friday night, to the team parade before the meet and cheering for CBSC participants at the meet.

Tri-County Championship

www.tricountyswimming.org

Tri-County Championships involves swimmers from the 36 swim clubs of Burlington, Camden, and Gloucester counties. In order to participate in the Tri-County Championships as an individual, a swimmer must meet or beat the qualifying time for that event. Qualifying times are included in this handbook and will be posted on the team bulletin board. Non-qualifiers are frequently asked to participate on the relay teams at the championships. The championships are a two-day event with the preliminary heats on Saturday August 7th and finals on Sunday, August 8th. The top 16 swimmers are invited back on Sunday. This year's Championships will be held at Fox Hallow Swim Club. Please speak with the coaches about any conflicts you may have with the Championships.

Tri-County 2010 Qualifying Times

Girls

| | | |
|------------|-----------|---------|
| 8 & under | 25 Free | 20.50 |
| | 25 Back | 26.35 |
| | 25 Breast | 29.00 |
| | 25 Fly | 25.50 |
| 9-10 | 50 Free | 37.60 |
| | 25 Back | 21.00 |
| | 25 Breast | 22.50 |
| | 25 Fly | 18.90 |
| 11-12 | 50 Free | 33.75 |
| | 50 Back | 40.75 |
| | 50 Breast | 44.50 |
| | 50 Fly | 39.25 |
| 12 & under | 100 IM | 1:28.75 |
| 13-14 | 100 Free | 1:11.25 |
| | 50 Back | 38.00 |
| | 50 Breast | 42.00 |
| | 50 Fly | 35.50 |
| | 100 IM | 1:21.50 |
| 15-18 | 100 Free | 1:08.00 |
| | 50 Back | 35.50 |
| | 50 Breast | 39.50 |
| | 50 Fly | 33.75 |
| | 100 IM | 1:16.75 |

Tri-County 2010 Qualifying Times

Boys

| | | |
|------------|------------|---------|
| 8 & under | 25 Free | 20.25 |
| | 25 Back | 26.75 |
| | 25 Breast | 30.00 |
| | 25 Fly | 26.40 |
| 9-10 | 50 Free | 38.00 |
| | 25 Back | 21.75 |
| | 25 Breast | 23.50 |
| | 25 Fly | 19.50 |
| 11-12 | 50 Free | 33.90 |
| | 50 Back | 43.00 |
| | 50 Breast | 47.50 |
| | 50 Fly | 40.50 |
| 12 & under | 100 IM | 1:31.00 |
| 13-14 | 100 Free | 1:08.25 |
| | 50 Back | 37.80 |
| | 50 Breast | 40.50 |
| | 50 Fly | 34.50 |
| | 100 IM | 1:19.50 |
| 15-18 | 100 Free | 1:00.30 |
| | 100 Back | 1:11.40 |
| | 100 Breast | 1:19.50 |
| | 50 Fly | 30.00 |
| | 200 IM | 2:35.00 |

Dive Team

2010

DIVE TEAM COACHING STAFF:

KATE BLANDY
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JULIA HALL AND HOPE WARD
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DIVE TEAM PARENT:

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SOUTH JERSEY DIVE TEAM REP:

ANDY BLANDY
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Dive Team Information

The CBSC Diving dues (\$71 sent in with the CBSC Dive Team application) includes \$5.00 for the South Jersey Diving dues. In addition, AAU Diving insurance is also required. Each parent must register their diver on line and pay a \$14.00 fee.

1. Log on to www.aausports.org
2. Click on Join AAU
3. Click on Athlete: purchase a 2010 Athlete membership – Athlete Application
4. Complete Athlete Application
5. Program: youth
6. Membership term: membership expires 8/31/10
added benefit membership \$14.00
7. Sport: Diving
8. Club Name: South Jersey Diving Assoc.
9. Club Code: MADIAE5KA0
10. Complete registration process
11. Print ID Card and present to Dive Coach or Rep.
Keep a copy for your records.

Diving age for the meets is determined by the age of the diver on June 15th.

Please enroll in the CBSC Divers Mailing List.

You may also refer to the South Jersey Diving website for additional diving information
(www.southjerseydiving.org)

Dive Practice Information

After school practice will begin on Tuesday, June 1st. Practice will be held from 4:15-5:45. Divers can come to practice at any time during this practice session.

Morning practices begin Wednesday, June 23rd. Groups and times will be determined based upon age and the number of divers.

2010 Dive Meet Schedule

1 - METER QUALIFYING MEETS:

Sunday, 6/27 Covered Bridge

Sunday, 7/11 Haddon Glenn

Sunday, 7/18 TBA

1 - METER CHAMPIONSHIP MEET:

Thursday, 7/22 Brookside

**RAIN DATE FOR ALL MEETS IS THE
FOLLOWING DAY**