

Powhatan Secondary Seastars Parent Handbook

www.powhatan-seastars.org



Summer of 2010

Mission Statement:

The mission of the Powhatan Secondary Seastars Swim Team is to provide a recreational summer swim program providing the children of our community with an opportunity to learn sportsmanship, build team camaraderie, and compete in athletic swim events in a fun and healthy environment. With the cooperation of our coaches, parents, and community members, we will encourage team spirit, personal commitment, and individual growth for each member of the team.

Seastar Swim Board:

Chairperson	Andrea Freeland	afreeland1@cox.net	345-6147
Vice-Chair	Todd Shaner	todd.shaner@cox.net	345-9709
Secretary	Kendy Wood		258-5331
Treasurer	Susanne Esch	ESESCH@verizon.net	258-3366
VPSU Rep.	Eric Dawnkaski	eric.dawnkaski@gmail.com	220-5867
Pool Rep.	Cindy Satira	dcmr219@cox.net	565-2011
Concessions	Dawn Broker	Joseph.Broker@cox.net	259-0185
Webpage	Melanie Felbinger	mmtl.usa@gmail.com	345-6604
Group Picture	Wendy Nelson	vawendy@cox.net	

Committee Chairs:

Ribbons	Ginny Van Wicklin
Publicity	Tammy Lynch
Clerk of Course	Denise Webster
Merchandise	Beth Robles and Molly Dry
Debbie Bebout	Weestar Splash Meet

Coaching Staff:

Head Coach	Matt Dryden	mdd3bster@gmail.com
Assistant Coaches	Lauren Freeland, Kyle Evans, and Olivia Freeland	

**Extra coaches may be hired if needed.

**Coaches will be going over DQ slips the day after each meet.

**New this year will be Swimmer Evaluations given out 2 times over the season. These will include attendance, attitude, areas that need to be improved and positive comments about what each swimmer is doing well.

2010 Practice Schedule:

****Until school gets out. Begins on Tuesday, June 1st.**

5:00-5:45 Ages 6 and under

5:45-6:30 Ages 7 and 8

7:00-8:00 Ages 9 and 10

8:00-9:00 Ages 11 and over

****Beginning Monday, June 21st.**

8:00-8:45 Ages 8 and under

8:45-9:45 Ages 9-12

9:45-11:00 Ages 13 and over

Frequently asked questions:

1. How will I know if practice has been cancelled?

An email will be sent out asap when the coaches/board members see dangerous weather conditions. The rule of thumb on rain is that if you can't see the bottom of the pool, the practice is cancelled for safety reasons. A sign will also be posted on the pool gate.

2. Is it possible for my child to change practice times?

The answer is yes and no depending on the situation. We schedule our practice groups by peer age to make the practice experience more comfortable and fun. If your child has a camp for a week, we will try our best to work with the families but the coaches and chairperson have the final say. We believe that each child learns technique best in their correct group where coaches have the numbers to focus better on the swimmers. Safety can also be an issue when bigger kids are swimming with smaller kids.

3. Do I need to stay for practice as a parent?

Parents are welcome to stay for practices especially for the younger ones in the early part of the season. However, it can be distracting to the coaches and the swimmers if the numbers get too high and it becomes a social event. Please be courteous and remember our mission statement about being positive. Let the coaches do their jobs and speak with them only beginning or after practice. The best way to communicate is through email for safety reasons.

Registration Information:

~Each family is required to fill out a Powhatan Secondary Seastar Registration Form that includes address, phone numbers, emergency contacts, and date of birth for each swimmer.

~Swimmers will swim in the age category they belong to on June 1st regardless of birthday. Please be very careful when filling in birthdays.

~Each family must also fill out and sign a VPSU Waiver Form. No swimmer may get in the water for a meet without it completed.

~Dues for the 2010 Season are as follows: 1st swimmer is \$75.00, the 2nd swimmer is \$60, and the family maximum is \$175.00. All dues must be paid in full by the first practice on June 1st.

~Each family must have paid their Pool Dues before joining the swim team. There will be no exceptions.

~Registration forms may be downloaded from the Powhatan Secondary Seastar Website and the VPSU Waiver may be found on www.vpsu.com.

Frequently asked questions:

1. What are the qualifying events for refunds?

Prior to June 1st, families may qualify for ½ of a refund based on condition of injuries that keep swimmers out of the water (a broken arm, etc...) or a change in residency. After June 1st, there will be no refunds given.

2. Why are the rules for refunds so harsh?

The swim team board budgets our year using the number of swimmers. We may hire additional coaches and/or make purchases expecting to have available funds. Refunds make a difference in the planning of such events. You may petition the board on a case by case basis but the board has the final say.

3. What about insurance?

Members of the team are covered by an umbrella policy through the Home Owners Association. However, this year the governing board of VPSU has inquired on a policy to cover each swimmer. The cost of that policy will be encompassed in the dues.





Regular Meet Schedule for 2010:

Monday, June 21	Windsor Great Park	Home
Monday, June 28	Kingswood	Away
Thursday, July 8	First Colony	Away
Monday, July 12	Windsor Forest	Home
Monday, July 19	Queens Lake	Away
Monday, July 26	Kingsmill	Home
Saturday, July 31	Summer Awards	Kingswood
Sunday, August 8	Champs Meet	Fort Eustis



Frequently asked questions:

1. What division are we in this year?

We are proud to say that we are in Division 1 for the first time ever. This division is more competitive but we are up to the challenge!

2. How do I find directions to the pools we are swimming at?

All of the directions to participating VPSU pools are found on the website www.vpsu.com.

3. What time do I need to have my swimmer at the meets?

For home meets, please have your swimmer at the pool by 4:45 since we warm up at 5:00. For away meets, please be at the pool by 5:00. Our warm ups will be at 5:30 for these but often there may be parking or traffic issues to be worked out.

4. What if my swimmer won't be at a meet?

This year, there will be a "Red Book" in the Guard Shack and in the front, there will be sheets for each meet for you to fill out to let us know of any upcoming absences. This is very important because our coaching staff needs to have the meet roster ready the day before each meet. Please fill out the weeks your child will miss for camps and/or vacations.

5. What items will my swimmer need for a meet?

Please make sure your swimmer has a suit, cap, and goggles plus a couple of towels. A permanent marker is also helpful to write down your child's events and to do some body decorating-GO SEASTARS! You may bring your own food and drinks but each pool sells concessions. Don't forget a couple of extra shirts or sweatshirts in case it gets chilly later in the evenings. Sunscreen and bug spray are not bad ideas either.

6. What will my child be swimming at each meet?

That depends on the coaches. We like to swim kids in at least 2 events each meet but only if the coaches feel they are ready. Remember to support your coaches by letting them decide what your child swims, it may be based on the need for points. If your child would like to swim or not swim an event, encourage them to speak directly to the coaches.

7. What about relays?

Relays are not only fun but they are very important for scoring. Please have your swimmer check with the coaches before they leave to see if they are in a relay. Once the cards get turned in to the head official that is how the relays must be done. Relays may change from the beginning part of the meet due to how kids are swimming or possibly illnesses. In some meets, there may be non-point relays put together but they are still a great experience.

8. What about weather cancellations?

Plan on going to each meet. Just because it is storming in Powhatan Secondary does not mean that it is storming in other parts of Williamsburg. The cancellation of a meet is a decision made between both teams (meet officials, coaches, VPSU Representatives, and the lifeguards) with the Meet Director of the Home Team having the final say. Please stay until the meet is called. The meet must be completed through half of the events in order to not be made up. However, the Meet Director can ask for the entire meet to be finished. The protocol is that meets are to be made up as soon as possible, preferably the very next night. There are exceptions to this rule. Please pay close attention to your emails during meet make ups.

9. What about ribbons?

Each VPSU pool will award ribbons but the policy must follow the VPSU by-laws. At our home meets, we will give ribbons for Finishes #1-6 in both competitive and exhibition heats. Ribbons will be handed out at the practice following the meet. If your swimmer isn't there to get their ribbon, the ribbons will be placed in a swim team box in the guard shack. Please

only ask for these ribbons when there are guards in the shack, not on duty. Policies at away meets may differ.

Parent Work Commitments:

Swimming is a unique sport because all of the positions are volunteer slots. The meets cannot happen successfully unless parents participate. It is the expectation that each family will participate in at least 1 volunteer slot per meet. The goal is to have each family only work ½ of the meet in a given position. Depending on the number of lanes, we may need more or less volunteers.

Powhatan Secondary is known for having a wonderful set of volunteers but everyone must pull their share of the workload. Some teams have requirements on volunteering or swimmers are not allowed to swim. We would like to keep this as a strictly volunteer basis but we need your help.

Frequently asked questions:

1. What if I have small children or I am a single parent?

The good news is that there are a lot of positions you can do and watch your children like Early Concession Set Up, Clerk of Course, or Runner. The best seat in the house is the one closest to the pool.

2. What if I signed up for a spot but cannot make it?

In this case, you are responsible for finding a replacement. Emailing the meet director right before a meet is not acceptable since they are responsible for their own duties. If you absolutely cannot find a replacement, call Andrea Freeland at 345-6147 or 540-353-6778. Emergencies arise and we will try to work with you but again, this is a sport that requires parent volunteers.

3. How will I be reminded of the slot I signed up for?

The day before the meet, the chairperson will send out a Volunteer Roster with positions and names. The meet is divided into 2 parts so if you have little ones, you may want to try to sign up for the early session.

4. Who are the people dressed in navy blue pants and white shirts?

These are volunteers that went to special training sessions to learn how to be an official. Some are Starters, Stroke and Turn Judges, and Referees. Please do not ask a Stroke and Turn Judge about disqualifying a swimmer at the meet. They are not there to disappoint your swimmer; they are there to make sure your swimmer swims the correct technique and

to make the races fair for all for all of the swimmers. Just like you, they are volunteers. Ultimately, the Meet Referee has the final decision on disqualifications.

Volunteer Job Descriptions:

Meet Referee-	in charge of meet including rules, DQ's and cancellations
Starter-	at home, we have 2 workers doing ½ the meet
Stroke & Turn Judge	makes sure all swimmers are following stroke rules
Head Timer-	assigns lanes and watches at home meets plus has extra watches
Timer-	works ½ of the meet getting correct times-3 timers per lane
Runner-	distributes swimmer's cards to timers & picks up finished cards
Ribbon Writer-	works at the table on ribbons
Scorer-	averages times for each swimmer/keeps score
Concessions-	works in different sessions including set up/break down
Clerk of Course-	corrals our swimmers and makes sure kids are in correct lanes
Hospitality-	at home meets, distributes water and snacks to workers

** All of our families will be asked to send in either bottled water or Gatorade for the season. Each family will also be asked for a 1 time donation of a food item for one home meet.

Uniforms:

~We encourage but do not require each swimmer to wear the team suits. However, it does make the team appear more uniform.

~Each swimmer will be given 1 cap. The fee is included in your registration costs. However, replacement caps will be \$1.00 this year to offset costs. They will be available from the coaches at away meets and in the concession stand during home meets.

~We like to encourage swimmers and parents to wear Seastar merchandise.

