

Wedgwood Pool News

Volume 41.3

May 2004

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From the Manager

Here we are at the beginning of another swim season. The anticipation, preparation, and the weather we've had kind of make you want to swim, huh? Well, on Saturday, May 22nd the pool opened for its 40th season. So dust off that suit and dig for those goggles - the season is here!

I would like to take the opportunity to remind everyone that this is your pool. It belongs to you and your children. In order to ensure that your pool stays both safe and clean we're going to need your assistance; be it following the rules, picking up after yourselves, or bringing items to the attention of the staff that need to be addressed. These are a few of the ways in which you can help keep Wedgwood Pool such a great place to swim.

Please take the time to familiarize yourself with the included code of conduct and the list of pool and diving rules. We feel it is important that every member have a copy and review these prior to the start of the season. Our intent is to protect the safety of all, as well as to ensure pool courtesy and cleanliness. Thank you in advance for taking the time to look them over.

Please feel free to talk to me at anytime. I will try to learn and relearn your names as best and quickly as I can, so forgive me if I have to ask twice.

See you at the pool!

- Raab

P.S. Don't forget the five "B's". They will be posted at the pool in case you may have forgotten them. ☺

2004 Directory Cover Contest

Kids! Have you been working on your entries for the Directory Cover Design Contest? Winning designs will appear on the 2004 Wedgwood Membership Directory front and back covers.

- ◆ Members age 5-18 may enter.
- ◆ Entries must be drawn in black ink on white paper
- ◆ Fold an 8½ by 11" sheet of paper in half, draw on one side. (Look at last year's directory or wait until pool opens and see the sample there.)
- ◆ Design should include the words "Wedgwood Swim Pool Directory" and year "2004".
- ◆ Print your name and age on the back of your entry.
- ◆ Turn in your entries to the pool office by Sunday, June 6.

Questions? Call Pat Hegarty

or pat.hegarty@shorelineschools.org

Membership

Reminder: 2004 dues must be paid prior to pool use.

All payments received after May 3 are subject to a \$35 late fee. If you have any questions, please call or email:

Cindy Loudon, Membership Chair
c.loudon@comcast.net

Club Wedge Celebrates 40 Years



Saturday, June 26
5:00 – 10:00 PM

Join us at the pool to celebrate Wedgwood's 40th Anniversary. Swing, Jive, or Boogie with the *Rococo Blues*. Relax and enjoy a catered meal while you mingle with friends and fellow pool members

Save the date for this exciting *adult* event.

Beth Lagerberg, Special Events Chair

Water Polo update

We are still hoping for your response to last month's newsletter appeal for water polo volunteers. If you would like to see this sport return to Wedgwood Pool and are able to help out, please email the water polo committee at wwpool@comcast.net.

Water polo will only return with the help of parent volunteers.

Family Swim

Returns June 21st, and continues weekdays 5:30-7PM through the summer. An adult family member must accompany swimmers under 16 years of age during this time.

Teen swim

Teens may bring one guest to the pool on any day after 7 PM for \$1 beginning June 21. The guest will not count against the family's annual allotment.

Water Aerobics

Debbie Grace has agreed to lead noon sessions again this summer when available: June 22, 23, July 1 and subsequent Tuesdays and Thursdays (Monday and Wednesday when possible).

Guests

Prepaid guest fees not used last year will be carried over for this season. Guest fees are \$3 each for the first 20; additional guests are \$5.00 each.

Member's children cared for by a "babysitter" must register their sitter at the office. The sitter is allowed to use the pool only when supervising those children.

Houseguests must be from out of town and living at member's home. Register at the office with beginning and ending dates of stay. One time fee during stay: \$3/person or \$5/family.

Senior Members should contact the office to register those individuals other than themselves who might be using their swims.

The complete guest policy is posted at the pool and on the website.

Parties and Rentals

Parties for groups of up to twelve can usually be held during regular pool hours. Parties need to be pre-arranged with the office. We schedule only one party at a time to lessen the impact on the other members using the pool. Parties are scheduled on a first-come first-served basis. The cost is \$3/person,

and these do not count against the 20. If prior arrangements are not made, partygoers will be counted as regular pool guests.

The pool is also available for rent when not regularly open. We can accommodate groups of up to 75 people. Rates, times, and availability vary. Contact the office if you are interested in finding out more.

2004 Dates to Remember:

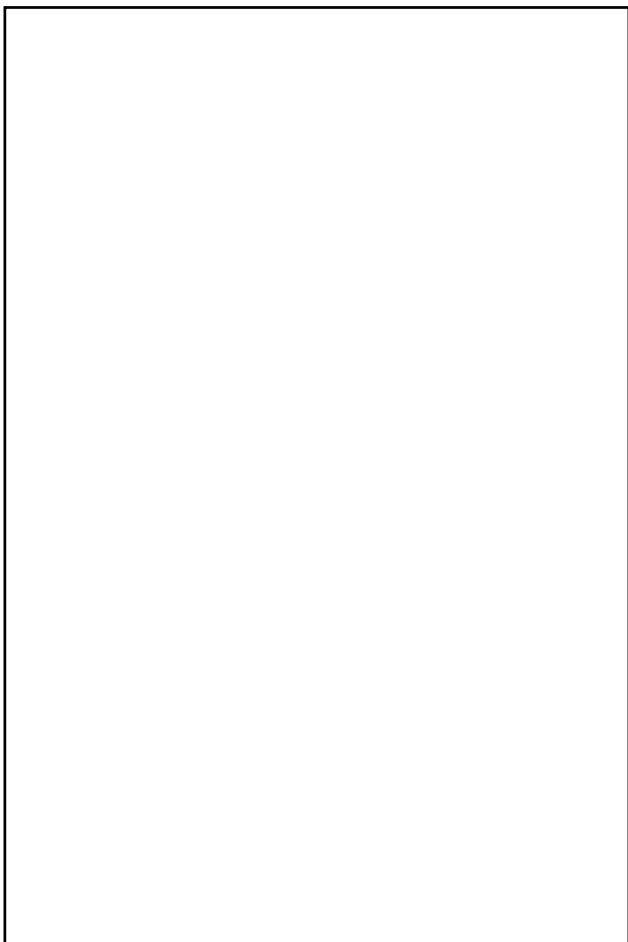
May 24	Swim Team suit sale 5:30 PM Parent/swimmer Meeting 7 PM
May 25	Swim team evening workouts begin
June 6	Directory cover entries due
June 17	Lesson session 1 registration
June 18	Out of school swim 8-10 PM
June 19	Time trials
June 21	Morning workouts begin Lesson session 1 begins Adult team workouts begin, 8-9
June 22	Pool closes at 4 PM for WvW meet Team picture day
June 24	Home meet vs KL - 4 PM close
June 26	Adult party 5-10PM early pool closure (4PM?)
June 27	Almost anything goes 12-2 PM
July 1	Home meet vs VR - 4 PM close
July 5	Lesson Session 2 begins
July 13	home meet vs AC - 4 PM close
July 15	home meet vs SP - 4 PM close
July 18	Almost anything goes 12-2 PM
July 19	Lesson Session 3 begins
July 24	Cake bake contest & Chili cook-off
July 30	Adult meet @ SP ? (evening?)
August 2	Lesson Session 4 begins
August 4	Swim team end-of-season celeb.
August 16	Lesson Session 5 begins
August 28	Water Show
Sept 1	Biathlon & Labor Day Games Lost & Found Auction

Protect your valuables

In order to avoid theft, please check your valuables at the office or bring a padlock to secure your locker. Padlocks must be removed when you leave the pool.

WWP email list

If you would like to be included on an email list for general WWP announcements, please send a message with your membership name and email address to wwpool@comcast.net with subject line: wwp email list



Cell phone policy

With the increasing prevalence of cell phone cameras, we are asking members and guests not to use cell phones in the locker rooms. If you encounter someone using their cell phone in the locker room we ask your help in reminding them of this policy or bringing it to the attention of the pool staff.

Food and insect allergies

Some of our members have severe allergies to bees and peanuts. Exposure can result in life-threatening reactions (anaphylaxis). We can all help in two ways:

Throw leftover food (especially peanuts and related products) in the appropriate garbage and recycle cans. Small amounts of peanut residue can trigger a reaction. Unattended food or drinks attract bees.

If you observe anyone who is having difficulty breathing or is unconscious in the locker room or elsewhere in the pool vicinity, alert the lifeguard immediately. The staff have access to epinephrine, which is essential in treating anaphylaxis.

Driving & Parking

Remember that our swim club sits in the middle of a quiet residential neighborhood. Please be considerate of our neighbors. Drive carefully and slowly. When leaving in the evening, please do so quietly.

On the days when we need it most our parking lot is often quite full. One option is to park along 80th next to University Prep and walk up the gravel path along the east side of Dahl Field. Of course you can always park on the street, but if you do so please remember to obey all parking regulations regarding intersections, driveways and fire hydrants.

Swimming Lessons

Morning lessons will run Monday-Friday. The times vary from 9:30-noon. Evening lessons will be offered on Monday and Wednesday. Member rates are \$35 and \$14 for morning and evening sessions, respectively.

- Session 1 June 21 - July 2
- Session 2 July 5 - 16
- Session 3 July 19 - 30
- Session 4 Aug 2 - 13
- Session 5 Aug 16 - 27
- Session 6 Aug 30 - Sept 3

Member registration for the first session of group swimming lessons will take place on Thursday, June 17th, 3-7 PM.

Private and semi-private lessons will be offered at \$16 and \$20 per half hour session, respectively.

More information about lessons can be found posted at the pool and on the website. Lesson brochures are also available at the pool and in downloadable pdf format on the website.



Summer hours return June 19!

The pool will *usually* be open from
noon – 9 PM on weekends
&
1 – 9 PM weekdays

with the exception of home meet and special event days. Keep the enclosed calendar handy.

Swim Team News

Attention all Swimmers! Keep those registration forms coming in. Thanks to those who have already sent them in! We look forward to seeing all of our returning swimmers and welcoming our new swimmers.

Remember that your registration forms must be completed and team dues paid prior to participation in workouts. The registration forms are on the pool website if you have misplaced yours.

The *parent/swimmer meeting* is *Monday, May 24th* at the pool at *7:00 PM*. Sylvia's Swim Shop will be there starting at *5:30* for the team swim suit fitting. If you want your team discount, you must purchase your suit at the fitting. Call Mary Lippold with questions about our team suits. Toastz coats will also be available to purchase at the team meeting. These coats are great for cold swimmers even on warm sunny summer days.

One last reminder: Please be courteous when parking for any event at Wedgwood Pool, particularly swim meets. Let's respect our pool neighbor properties and be careful not to park in driveways.

Questions? Call Christi Seymour or e-mail Christi.Seymour@earthlink.net.

- Swim Team Committee



Team Suit Fitting

Mon, May 24 5:30 PM

A last reminder that the Swim Team suit fitting is scheduled for Monday, May 24 at 5:30 before the Parent/Swimmer meeting. The prices are as follows - please be sure to add the 8.8% sales tax if you send a check with a friend!

Female Youth (sizes 22-28)	\$39.40
Female Adult (sizes 30-40)	\$40.80
Male Youth (sizes 22-28)	\$26.20
Male Adult (sizes 30-38)	\$27.70

The style this year is TYR Frequency in Black/Blue. There will also be 10% off regular priced accessories: goggles, caps, shoes, etc.

See you there!

Mary Lippold
lippold@earthlink.net

From the Coach

Hello Wedgwood Swimmers. The show is about to begin and you're in it. You'll have a chance to work harder than you have ever worked, scream louder than you have ever screamed, eat more pizza than you have ever eaten, and swim faster than you have ever swam; all this, in ten action packed weeks.

Who is going to surprise us with their intensity? Who is going to surprise us with their speed? Who is going to make us laugh 'til we fall? Who is going to break a pool record? Who is going to catch the flying disc? Who is going to get the pie on Team Day? Who is going to paint themselves blue and white and curdle banshee blood with their screams?

It's a wonderful show and you all are the stars. Don't miss it.

See You Soon,

- Chris

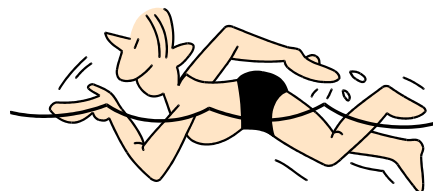


Adult Swim Team

What is low carb, high energy and lots of fun? The Wedgwood adult swim team!! Swimmers ages 19-99 are welcome to join us on *Monday* and *Wednesday* evenings from *8-9 PM* beginning *June 21*.

Whether you want stroke advice, a good workout or just want to hang with some fun people, this is the place to be on a summer evening. Coaches Fosberg and Lippold return to provide poolside advice. The season will end with an optional (but highly enjoyable) Adult Swim Meet on the last weekend of July.

Questions? Call Karin Fosberg or Mary Lippold .



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
16	17	18	19	20	21	22 <i>12-7</i> open at noon
23 <i>12-7</i>	24 <i>3:30-7</i> team/parent meeting suit sales	25 <i>3:30-7</i>	26 <i>3:30-7</i>	27 <i>3:30-7</i>	28 <i>3:30-7</i>	29 <i>12-8</i>
30 <i>12-8</i>	31 <i>12-7</i>			May		

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 <i>3-7</i>	2 <i>3-7</i>	3 <i>3-7</i>	4 <i>3-7</i>	5 <i>12-8</i>
6 <i>12-7</i>	7 <i>3-7</i>	8 <i>3-7</i>	9 <i>3-7</i>	10 <i>3-7</i>	11 <i>3-7</i>	12 <i>12-8</i>
13 <i>12-7</i>	14 <i>3-7</i>	15 <i>3-7</i>	16 <i>3-7</i>	17 <i>3-7</i> member lesson registration 3-7 last evening team workout	18 <i>3-8</i> 8-10 out of school swim	19 <i>12-9</i> Time Trials non-member registration Sess I @9AM
20 <i>12-9</i>	21 <i>1-9</i> Lesson Session I begins deep end closes @ 8PM adult team	22 <i>1-4</i> early closure for home meet Wedge v Wood	23 <i>1-9</i> deep end closes @ 8PM adult team	24 <i>1-4</i> early closure for home meet KL @ WW	25 <i>1-9</i>	26 <i>12-4 (?)</i> adult party 5-10 PM
27 <i>12-9</i> 12-2 almost anything goes	28 <i>1-9</i> deep end closes at 8PM adult team	29 <i>1-9</i> away meet WW @ BR	30 <i>1-9</i> deep end closes at 8PM adult team	June		

WEDGWOOD POOL CODE OF CONDUCT

Patrons at Wedgwood Swim Pool are expected to behave in a manner which

- shows respect for other patrons and staff,
- shows respect and care for property,
- is non-violent and non-threatening,
- maintains the safety of themselves, other patrons, and the staff, and
- allows the staff to perform their duties and maintain a safe environment.

The pool managers have the authority to penalize patrons who willfully violate this code. Penalties may include warnings or temporary suspension of pool privileges. Serious or repeated violations may result in consideration by the pool Board for longer-term suspension of pool privileges or termination of membership (Bylaws sections 5.7 and 5.8.).

Lap Lane Etiquette

Lap swimming has surged in popularity over the last several summers. We now have two lanes set aside instead of one during open hours and there are frequently more swimmers than lanes at early morning lap swim. Most of our swimmers seem to be aware of the standard rules of the lap lanes and do a good job of sharing an ever smaller resource, but it seemed a good time for a reminder.

- Swim counterclockwise, staying to the right of the center line.
- Turn in the middle of the lane at the wall and then move to the right.
- Make sure you are in the correct lane (this summer we're going to try a faster and slower lane system).
- If you are lapping people in the slower lane, consider moving to the faster lane.
- If you are in the faster lane and getting lapped, consider moving to the slower lane.
- Tap the toes of the swimmer in front of you if you would like to pass that person.
- Understand that a toe tap is okay and allow that swimmer to move ahead of you.
- If your toes have been tapped, stop at the wall and let that person pass. If you are the tapper, make sure there is a large gap between you and the next swimmer. Sometimes people can only go as fast as the person in front of them.
- Leave the appropriate space between you and the swimmer in front of you, five seconds minimum.
- If you must pull over or sit out a lap, move to the right side of the lane on the wall, so that you are out of the way of swimmers turning.
- Be aware where others are in your lane.
- Don't push off right in front of someone about to turn.
- Brush your teeth before early morning lap swim. ☺

These have been compiled from the January issue of the Oregon Master's Swimming newsletter.

A date has not yet been set for the start of Early Morning Lap Swim. Check postings at the pool and/or on the web site for updates.

Pool Rules

The following rules have been established for the benefit of all members. Your cooperation in abiding by these regulations is expected for the safety and peace of mind of all members. The staff have the authority to enforce all rules and restrict any activity they consider to be unsafe; they may forbid anyone from entering the pool and may order anyone to leave the pool.

- All swimmers must take a shower before entering the pool. *Showers are also required after sunbathing or leaving the pool area to remove lotions, grass, perspiration, etc.*
- Remove all bandages, hairpins, and other items likely to fall off, before entering the pool.
- People in "street clothes," shoes or eating food or drinking beverages must remain behind the ropes.
- No glass (or other breakable or sharp objects) are allowed in the pool area or building.
- Sunbathing and/or the use of lawn furniture is limited to designated areas behind the ropes.
- Always walk (on the deck *and* on the grass).
- No "horse-play" in or out of the water. This includes riding on shoulders or unsafe stunts from the side of the pool.
- Talk to the guards only when necessary.
- No cut-off jeans allowed in the pool.
- Smoking is prohibited in the pool area. (Includes chewing tobacco)
- Toys and balls must be approved by the staff. Toys will be limited to use by very young children in the wading pool. The staff has the right to restrict games and the use of equipment to time and place.
- No alcoholic beverages are allowed in the pool area (except for special adult membership functions authorized by the Board).
- Non-swimmers, under the age of 10, who cannot swim a length of the pool will not be admitted unless accompanied by a competent member of the family or responsible baby-sitter (14 or over). These children must be attended at all times while in any portion of the pool.
- Valuables may be checked at the pool office. Wedgwood Pool or staff are not responsible for items left in the dressing rooms.
- The office telephone is for emergency calls and official business. Outgoing calls will be limited to one minute. Messages for patrons will be written on the white board placed in the back window of the office.
- Early morning swimmers must be 18 or over, except for those teenagers with full-time jobs (such cases must be cleared by the manager)

- Lap lane swimmers must be at least 16, unless the guard gives permission. Lap swimmers should observe the following common lap lane courtesies: swim in a circle (down the right side), leave room at the end of the lane for turning swimmers, allow faster swimmer to pass, keep your strokes narrow so as not to disturb any oncoming swimmers.
- Proper and safe behavior is expected in the dressing rooms. Property broken or damaged by a member or guest shall be promptly paid for by the member or guest.
- Kick boards are typically allowed only in the lap lane, but may be used by *adult supervised* children *with* the guard's permission.
- In the 2 foot area, jumping is only allowed off the gutter.
- Patrons may only jump straight off the side of the pool while facing forwards. (no somersaults, twists, or jumping off backwards)
- Cell phone use in the locker rooms is prohibited (due to existence of camera-phones).

Diving Rules

- Diving is only allowed in the 9 - 12 ft area.
- The staff has the authority to restrict any diving activity that they consider unsafe.
- Non-swimmers (unable to swim one length of the pool) are not allowed on the diving board or in the diving area without a responsible adult.
- One person on the board at a time.
- No running on the board.
- No repeated bouncing on the board.
- No swimmers allowed in the diving area while the board is open.
- Leave the water by the adjacent pool ladder.
- The guard may close the board for group activities or on very crowded days.
- Inward dives and reverse dives (facing forward on the edge of the board and diving backwards) are not allowed.

