

# Swim Team News -- May 2010

## Oh No!! Fans and Swimmers To Go Hungry This Year at Wedgwood Pool Swim Meets!

(If we've got your attention ... read on!)

**Yikes ... that *might* be the Seattle Times headline if we don't find one or more volunteers to coordinate and run concessions at the swim meets this summer!**

The swim team committee is still looking for a few good people to run concessions this year. It is part of the summer swim league culture to provide food for people attending swim meets. It raises money for the swim team (between \$5,000 and \$8,000 each season) and most importantly, it provides food for people who come after a day's work, to watch their children swim. Every team in the SSSL provides this amenity; it is a hospitable and friendly part of swim meets.

We understand why folks are reluctant to volunteer for this position, but in the interest of encouraging someone to step forward we offer the following thoughts:

1. You will not be alone. Ideally, we are looking for one person to coordinate/confirm the volunteers on meet days and two people to plan the concessions menu. In addition, you will have an army of volunteers to help with setting up, selling, and cleaning up. The swim team committee also will be there for every meet, making sure that you are doing okay.
2. It doesn't have to be perfect. You don't have to be a gourmet cook. A simple fare consisting of Caesar salad, hot dogs and hamburgers is just fine.
3. It's only for five home meets, one of which is Wedge vs. Wood, which is only a dry run, among friends. We are not hosting Prelims, Northerns, or All-Cities this year, so you won't have to plan for a big meet.
4. You will win the eternal gratitude and loyalty of the swim team committee.

There are many volunteers who give generously of their summertime hours to allow the swim meets to happen. If your child is swimming this summer, or has been a swimmer seasons past, you have been the lucky beneficiary of their time and expertise. This is a way to give back, to make friends, and to do something helpful while your child swims. You will have a bird's eye view of every race you want to watch, and you will model for your child that part of being in a community is pitching in to help. Please consider giving back to the Wedgwood Swim Team in this way.

**If you can help us out, please contact your swim team committee at:**

[swimteam@wwpool.org](mailto:swimteam@wwpool.org)

### **SWIM TEAM REGISTRATION – DUE BY MAY 16<sup>TH</sup>**

Swim Team registration is underway! You can find links to the swim team handbook and registration form at <http://www.wwpool.org> under the Swim Team section. Please

complete all six pages of the form and mail it, along with the registration fee (\$75 per swimmer) to:

Jacque Ives  
6823 27th Ave NE  
Seattle WA 98115

You also can turn in your registration form at the suit fitting/parent meeting on May 16<sup>th</sup> (see below for details). **Any forms or payment received after May 16 will be charged an extra \$25 (per family).** Remember that your registration form must be completed and team dues paid prior to participation in workouts.

### **THE SWIM TEAM SUIT FITTING/SALE AND PARENT MEETING -- SUNDAY, MAY 16<sup>TH</sup>**

**The suit fitting/sale is from 4:00 to 6:00 p.m.** Sylvia's Swim Shop will be there with suits for trying on. They also will have other swim gear (goggles, caps, jackets, suits, etc.) on sale. Suit orders from Sylvia's will be done online this year. We will try to have a few computers available for online orders that afternoon or you can order online from your home. You will need to order your suit(s) within a couple days of the suit fitting to receive the full team discount and obtain a suit with the Super W on it. In order to avoid having to pay individual shipping costs, all orders will be sent to the pool (the same as in years past).

If you cannot make it to this fitting you might want to go to Sylvia's Swim Shop and have your swimmer(s) try on the suit prior to the fitting date. Then you can order the right suit(s) online from home. Call or email Carolyn D'Albora with any questions regarding the suits at 524-8213 or [cdalbora@seanet.com](mailto:cdalbora@seanet.com).

**The parent/swimmer kickoff meeting is at 6 p.m.** This meeting provides an opportunity to hear from the coaches and is especially important and helpful for those of you new to the team.

### **FROM THE COACHES' CORNER ... MATT MILLER**

Welcome to the 2010 season of the Wedgwood Swim Team!!

As I head into my tenth summer on the Wedgwood coaching staff, I am very appreciative to all those who have helped me and helped this club through the past decade and who continue to do so on a regular basis. The coaches and staff members I've worked with are the ones seen by the most people, but there have been numerous parents who have volunteered their time, energy, creativity and plenty of space on their hard drives to make the summers go smoother for absolutely everyone involved... and I thank you all for that.

We have hired a new coach for this summer to round out our staff since Jill decided to head south permanently for warmer weather. Sara Behrens has been a Wedgwood staple since her green-haired days as a pool rat when her age was still in single digits. She graduated from the team last season and successfully displayed an amazing level of spirit,

determination and leadership that will absolutely translate to the coaching aspect of the team. My first real memory of Sara is trying to get her to swim the IM when she was nine-years-old during my first year on the coaching staff. I'm excited for her to take on certain "challenging tasks" of her own as a coach ... and I'm positive she's up for it. If you are unaware of who Sara is, please feel free to come introduce yourselves to her and help her get a head start on the process of memorizing all the names she can... she'll be easy to spot, as the only coach with long, blond hair who doesn't look like Peter.

I'm really looking forward to this season and am very excited about continuing to excel on the many levels we hold near and dear at Wedgwood. **Go Wedgwood!**

### **WORKOUT SCHEDULE**

Evening workouts start **Monday, May 24<sup>th</sup>** and will continue Monday through Thursday nights through June 21<sup>st</sup>. Practice times for age groups are:

- 8 and under swimmers 7 – 7:30 p.m.
- 9-10 swimmers 7:30 – 8 p.m.
- 11-13 swimmers 8 – 8:45 p.m.
- 14 and up swimmers 8:45 – 9:30 p.m.

Morning workouts will begin on Wednesday, June 23<sup>rd</sup>, after school ends for the Seattle Public Schools. Practice times for age groups will be:

- 15 – 18 swimmers 7 – 7:50 a.m.
- 13 – 14 swimmers 7:50 – 8:40 a.m.
- 11 – 12 swimmers 8:40 – 9:30 a.m.
- 9 – 10 swimmers 9:30 – 10:15 a.m.
- 8 and under swimmers noon – 12:45 p.m.

### **MEET SCHEDULE\* and Other Important Dates**

**All dual meets including Wedg vs. Wood begin at 6 p.m. Preliminaries, Northerns, and All-City's begin at 4 p.m.** (unless otherwise noted). Directions to other pools are included at the back of the handbook. We will also try to send out via email directions and a map prior to away meets. Note: meets are marked with a "\*".

<b>Sunday, May 16</b>	Suit Fitting (4-6 p.m.) and Parent Meeting (6 p.m.)
<b>Monday, May 24</b>	Evening workouts begin
<b>Thursday, June 17</b>	<b>All Team Fun Day/Evening (7-8:30 p.m.)</b>
<b>Saturday, June 19</b>	Time Trials – Warm-ups at 10:00 a.m., Time Trials at 10:30 a.m.
<b>*Tuesday, June 22</b>	Wedg vs Wood Meet
<b>Wednesday, June 23</b>	Morning Workouts begin
<b>*Thursday, June 24</b>	Wedgwood at Innis Arden
<b>Saturday, June 26</b>	Swim Team Sleepover
<b>*Tuesday, June 29</b>	View Ridge <b>at Wedgwood</b> – <i>Picture Day</i>
<b>*Thursday, July 1</b>	Wedgwood at Sheridan Beach
<b>Monday, July 5</b>	No workouts
<b>*Thursday, July 8</b>	Sand Point <b>at Wedgwood</b>

<b>Saturday, July 10</b>	Private Lesson Day	
<b>Friday, July 16</b>	<b>All Team Fun Day</b>	
<b>*Tuesday, July 13</b>	Wedgwood at Blue Ridge	
<b>*Thursday, July 15</b>	Klahaya <b>at Wedgwood</b>	
<b>*Tuesday, July 20</b>	Aqua Club <b>at Wedgwood</b>	
<b>*Friday, July 23</b>	B Champs at View Ridge (One meet, combining boys' and girls' events, starting at 9:00 a.m.)	
<b>Saturday, July 24</b>	Mini-Clinic for swimmers going to Prelims	
<b>*Monday, July 26</b>	Girls' Prelims at Sand Point	4 p.m. start
<b>*Tuesday, July 27</b>	Boys' Prelims at Aqua Club	4 p.m. start
<b>*Thursday, July 29</b>	Northern Division Finals at Klahaya	4 p.m. start
<b>*Saturday, July 31</b>	Adult Swim Meet at Wedgwood	In the a.m.
<b>Sunday, August 1</b>	Practice for swimmers going to All City's (times TBD)	
<b>*Tuesday, August 3</b>	All City Championship at Lakeridge	
<b>Wednesday, August 4</b>	Wedgwood Swim Team End-of-Season Celebration	

### **KEY VOLUNTEER POSITIONS STILL NEEDED**

We still need volunteers to fill the following key positions:

- **Concessions Manager(s)** – this job is probably best shared between three people – one person to schedule volunteers and two people to plan the menu and coordinate set-up, sales, and clean-up at the five home meets. Volunteer to help feed our team, both nutritionally and financially! (see related article above)
- **Coordinator of Stroke and Turn Judges** – this job requires someone to train (as necessary) and schedule stroke and turn judges for our five home meets. The meets can't take place without these judges so this job is absolutely critical! And... if you decide to take it on, you're guaranteed to have a front-row seat at every home meet.
- **Creator and Maintainer of the Star Charts** – this job requires someone to create (at the start of the season) and maintain (after each meet) the star charts for our 10 and under swimmers. The star charts highlight each swimmer's personal best time for every event they swim. It's a fun and creative way to encourage the newest members of our team!
- **Coordinator of Split Timers** – this job requires someone to schedule a few people to record split times for the different legs of each relay and provide these times to the coaches. Split timers are used at home and away meets.

Please contact one of us ([swimteam@wwpool.org](mailto:swimteam@wwpool.org)) if you want more information or are interested in volunteering for one of these positions. Thanks!

*Swim Team Committee*

*Patty Cannon, Jacque Ives, and Erin Manca*