**CATfish Swim Team**

Facebook: CATFISH Columbus Aquatic Team [http://catfishswimteam.webs.com](http://catfishswimteam.webs.com/)

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| **PRACTICE** | |
| When? | \*practice is held every weekday in May – try to attend at least 3 times per week  \*June practices are Tues-Friday - NO Monday practices (the pool is closed)  \*only attend practice for YOUR age group unless the Coach tells you otherwise  \*Practice after school May 1 - May 30: 4:00pm-4:30pm (6 & under)  4:15pm-5:00pm (7 & 8)  5:00pm-6:00pm (9 & 10, 11 & 12)  6:00pm-7:00pm (13 & up)  \*Practice from June 3 - June 20  7:00am-8:00am (13 & up)  8:00am-9:00am (9 & 10, 11 & 12)  9:00am-10:00am (7 & 8)  9:00am-10:00am (6 & under) |
| What do I Wear? | \*one-piece swimsuits - save your team swimsuit for meets so it will last a several seasons  \*goggles are required – swim caps are HIGHLY recommended  \*team t-shirts are for sale during registration only – highly recommend having your name printed on the sleeve.  \*Swim caps must be worn during practice and swim meets. |
| **SWIM MEETS** | |
| Mock Meet | \*Practice meet for Columbus swimmers and adult volunteers  \*Candy is awarded instead of ribbons  \*Usually lasts about four hours (even with just Columbus swimmers!) |
| Regular Meets | \*wear your TEAM swim suit, goggles and swim cap  \*bring a cooler with drinks and snacks – usually a concession stand onsite too  \*bring camp chairs, ground blanket, bug spray & SUNSCREEN  \*freestyle/backstroke held first, so beginning swimmers can leave early  \*meets usually last about 6 hours (from warm up to the last event)  \*plan to volunteer for half of EVERY meet (see Volunteering Section) |
| Columbus Meet | \*we host two events – usually one Saturday morning, and one Monday evening  \*EXTRA volunteers will be needed for the concession stand  \*Columbus swimmers will sit on the north side (near the road) – VERY limited seating – arrive early for a good spot  \*usually swim only 4 lanes – makes for a longer event |
| Schulenburg Meet | \*held at Wolter’s Park Swimming Pool  \*some seating in bleachers; limited area for seating behind bleachers (no view of the swimming pool, though) – bring bug spray!  \*usually swim only 4 lanes – makes for a longer meet |
| LaGrange Meet | \*held at Camp Lone Star  \*can swim 8 lanes – swim meet usually over by 1pm  \*lots of area around the pool with some trees – Columbus usually sits at the far end of the pool at the bottom of hill – BRING BUG SPRAY!  \*fairly long walk downhill, over rough ground from the parking area to the pool |
| Meet of Champs | \*held at the El Campo Aquatic Center  \*all three teams swim at once  \*only the top swimmers in each event from each team will swim  \*medals are awarded for the top 8 places (but not the day of the event)  \*order of events is a little different (mainly IM) |

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| **VOLUNTEERING** | | |
| General | \*Every family needs to plan to volunteer for EVERY meet– we can’t do this without you!  \*if you can’t work your assigned job, try to find a replacement FIRST – don’t forget grandparents, aunts/uncles, brothers/sisters (over 16) can work, too!  \*volunteers work only one-half of the meet – if you have a beginning swimmer, we will try to only schedule you for the FIRST half. | |
| Ready Moms | \*in charge of a specific age group of swimmers for every meet  \*makes sure swimmers line up for their events on time and in the right lane | |
| Timekeepers | \*sits at the end of the pool and times each race  \*three timers per lane – at least one from the other team  \*timer in the middle chair writes everything down | |
| Runners | \*picks up timesheets from timers and takes them to scorers after every race  \*takes timesheets from scorers to ribbon tent | |
| Circling | \*one person from each team will circle middle score on timesheet and place in order of finish | |
| Scoring | \*one person from each team writes down points for each swimmer and keeps a running score | |
| Ribbons | \*distributes ribbons to Columbus swimmers for each event | |
| Stroke Judges | \*MUST attend training! Training is usually held early in the season before the meets begin.  \*watch for false starts, correct turns and strokes | |
| **WHO DO I CALL?** | | |
| I can’t attend a swim meet.  *Please email as soon as you know!* | | Coach’s or Julie Mick jbmick@gmail.com |
| I can’t work at the swim meet as scheduled.  *Try to find a replacement first!* | | Julie Mick jbmick@gmail.com |
| I’m not getting any emails with updates. | | Any Board member or email colcatfishteam@gmail.com |
| I’m not getting text messages with updates. | | Text: 81010 *this message*: @23catfish |
| I need to buy a … | | Website or any Board Member |
| I would like to become a sponsor. | | Any Board Member can help! |
| I would like to see pictures! | | CATfish Columbus Aquatic Team Facebook Page or our website [**http://catfishswimteam.webs.com**](http://catfishswimteam.webs.com/) |
| **CATfish Swim Team Board** | | |
| Tiara Flores  Tiarafeakes@yahoo.com | | David DeMers Nique\_d2@yahoo.com |
| Justin Clem | |  |
| Jane Vasquez  Janemvasquez@gmail.com | |  |
| Julie Mick  [jbmick@gmail.com](mailto:jbmick@gmail.com) | |  |