CROFTON AQUATICS
CATS

HANDBOOK

SUMMER 2019

Dear Parents and Swimmers,

Welcome to the 49th season of the Crofton Aquatics swim team. We are known as the CATS (Crofton Aquatic Team Swimmers) and have been competing in the Central Maryland Swim League (CMSL) for many years. The CMSL is made up of 9 divisions. The CATS will swim in Division III for the 2019 season. We finished our 2018 season with a 5-0 record in Division III.

We have been League Champions in 1985, 1987, 1989, 2014, and 2018 and continue to be respected for our skill, enthusiasm and sportsmanship. Our goals for this year's swim season are to continue to have fun, improve skill, endurance and good sportsmanship, and to develop an enjoyment of the sport of swimming.

We are very excited about this summer swim team season and are very pleased to welcome Torie Wang as our new head coach and welcome back Sam Devito, Allison Corey and Alan Usher as our assistant coaches. These coaches bring a great deal of experience to our team and look forward to working with our children and sharing with them their love of the sport.

We will host two home dual meets, the Cameron Diamond Invitational Meet (formerly the Novice Meet) and Divisionals. We also will take part during the season in three (3) dual meets hosted by other swim clubs in Division III. Our meet schedule is posted on the Swim Team Calendar of the Crofton Swim & Tennis Club website (www.croftonswimandtennis.org). For our home meets, please park outside the club so that we may offer the visiting team parking spots in the lot. We also participate in the Rock 'n Roll Relays at Crofton Country Club on June 24th (if there's enough interest) , Straehle Invitational Championship and Divisionals.

This year we will be using the TeamUnify platform to manage the meets and send communication to parents. Please go to **http://www.teamunify.com/reccmslccst** and register for the team website. We will be sending out all swim team communications from the TeamUnify platform. Additionally, if your swimmer must miss a meet you will need to go onto TeamUnify website to sign your swimmer out of that meet. The coaches spend many hours on line-ups and paperwork so that our team and each team member will be challenged and successful. It is essential we know if you child will be in attendance. All sign-outs must be completed the TUESDAY before the scheduled meet. Please note that if you sign out of a meet and then have a change in plans and want to participate, the coaches will do their best to enter your child into the meet when/if appropriate, but cannot promise entry in all cases.

The money our team raises is used to pay for team equipment, trophies, ribbons, banquet costs, social activities, league dues, meet fees, payment of officials, team supplies and coaches' salaries. **As always, we appreciate your support of our swim team and hope your support will continue.**

Our swim team is run totally by volunteers. With a swim team of over 265 swimmers this year, it is as important as ever that **ALL** families support the team. We have swim team committee chairs to coordinate job assignments for all swim team events. You will be notified by the committee chairs to let you know your job assignments for this season by email or phone.

We have done our best to honor the requests made on your registration; however, you may be placed where you are most needed.   If you did not sign up for a job, one has been assigned to you. If you do not sign-up for the required volunteer slots by **JUNE 15th** your child will not show as an eligible swimmer in the TeamUnify system.

       The only paid official at a swim meet is the starter. All others are volunteers. If you cannot be at the meet to perform your job, it is your responsibility to find a replacement. Failure to work at an assigned meet or function, as determined by a subcommittee chair, will result in a $50 fine per meet or function missed. Additionally, if you do not sign up for the required volunteer obligations your child will not be permitted to swim in the meets. The TeamUnify platform will help our committee chairs track and confirm that all parents have fulfilled their volunteer requirements.

**Throughout the season we will post news, results and updated information on the Swim page of our Club's website at www.croftonswimandtennis.org. Additionally, we will be sending messages through TeamUnify. Finally, each swim family will have a ribbon folder in file folders near the check-in desk under the pavilion. Please don't forget to check our bulletin board at the pool (to the left of the entrance)!!

       Finally, if you have any suggestions, questions, comments or concerns, please let us know. This is your team! We are doing our best, and we all look forward to a productive and enjoyable season.

<div align="right">

Your 2019 Swim Team Committee and Coaching Staff
croftoncats@gmail.com

</div>

Swim Team Committee

Swim Team Chairs	Julie Zimmer	443-254-0426 jrfz07@gmail.com
	Gena Batchelder	914-924-2932 Genat938@yahoo.com
Meet Director & CMSL League Representative	Chrissy Keane	718-541-7946 Chrissykeane5@aol.com
	Lisa Elias	443-221-8258 ruffdayout@yahoo.com
Stroke and Turn	Donna Corey	443-942-1156 xaipeur@msn.com
Timers	Franny Schneider	612-250-2678 frannieschneider@gmail.com
Concessions	Rachel Postorino Joe Postorino	410-721-3466 rachelpostorino@gmail.com
Runners	Karen Berned	410-570-7090 kberned@yahoo.com
Clerk of Course	Katie Murphy	240-882-0917 Kathrynmarvin@comcast.net
Social/Parties	Amy Mautino	410-570-4898 amymarielou@yahoo.com
Trophies	Erin Anderson	410-937-4127 andersonerinm@gmail.com
	Michelle Parlante	410-598-2401
Ribbons	Shelly Rampulla	410-777-0458 shell_ramp@verizon.net
Team Apparel	Christine Bruner	301-807-7250 christidowell@hotmail.com

Coaching Staff

Head Coach
Torie Wang

Assistant Coaches
Allison Corey
Sam DeVito
Alan Usher

2019 PRACTICE SCHEDULE

Due to a large number of swimmers, we split our afternoon sessions into alternating practice groups until we move to morning practices on June 17th.

Afternoon Practices: June 5th to June 7th and Week of June 10th (no practice June 14th)

6 & Under	4:00 – 4:30 PM	M/W/F
7-8	4:30 – 5:15 PM	M/W/F
9-10	5:15 – 6:00 PM	M/W/F
11-12	4:00 – 5:00 PM	T/Th
13 and ups	5:00 – 6:00 PM	T/Th

Morning Practices (Mon – Fri):   June 17th until end of season

9-12 yr olds	8:00 – 8:45 AM
13 & ups	8:45 – 9:40 AM
7-8 yr olds	9:40 – 10:10 AM
6 & unders	10:10 – 10:40 AM

Here are some basic CATS guidelines to follow:

- Be **early to practice** so that you may enter the water at the practice start time.
- Please make every effort to attend practice as often as possible.
- Be prepared – have goggles, cap, suit, towel
- Girls (and boys with shaggy or long hair) need to wear caps in practice and meets.
- Parents, please avoid speaking to swimmers and coaches during practice. If you need to speak to a coach, please email them, place a note in their file folder, or wait until after practice**.**
- **Requests for swimmer's events/relays at meets may be made to the coaches in writing no later than the Tuesday prior to the meet. They will try to accommodate, but cannot promise to honor all requests.**
- The order in which a relay is swum is to be the one indicated on the swimmers' card, unless otherwise instructed by a <u>coach</u>. If for some reason, you are unable to swim your relay, please let the coaches know as soon as possible, so alternates can be alerted.
- During swim meets, team members shall wear the team suit or a suit of similar colors, and if wearing a cap, shall wear the team cap or a solid black, royal blue or white cap. Swimmers should remove their caps between events, especially on hot days, to avoid becoming overheated.
- Parents - please be **EARLY for swim meets**.
- We ask that all swimmers during meets show courtesy to other swimmers by waiting until all swimmers have finished an event before exiting the pool. Regardless whether they are opponents or teammates, they wait at the wall for all of the swimmers to touch. A handshake with the swimmer on either side also shows good sportsmanship.

2019 Crofton Aquatics Team Swimmers (CATS) Schedule

Saturday, June 22:   1st Dual Meet **HOME vs. Waverly Woods**
Warm-up at 7:45am. Meet at 9:00am

Saturday, June 29th: 2nd Dual Meet **AWAY vs. Springlake (Timonium)**
Warm-up at 8:15 am. Meet at 9:00 am.

Saturday, July 6th: 3rd Dual Meet **HOME vs. Shipley's Choice**
Warm-up at 7:45 am. Meet at 9:00 am.

Saturday, July 13th: 4th Dual Meet **AWAY vs. Nottingham (Mt. Airy)**
Warm-up at 8:15am. Meet at 9:00am

Saturday, July 20th: 5th Dual Meet **AWAY vs. Westminster**
Warm-up at 8:15am. Meet at 9:00am

Monday, July 22nd: **Cameron Diamond Invitational Meet at HOME**
Warm-up at 4:00 PM. Meet at 5:00 PM.

Wednesday, July 24th: **Straehle Invitational Meet. Four Seasons Swim Club.** Must meet qualifying times (see last page).

Saturday, July 27th: **Division III Championship at HOME**
Must qualify. Coaches determine lineup.
Warm-up at 8:15 am; Meet starts at 9:00 am.

Sunday, July 28th: **Swim Team End of Season Party and Awards**
At CSTC 6:00pm in the parking lot near tennis courts.

Team Awards, League Rules & Eligibility

Team Member – Member in good standing of Crofton Swim & Tennis Club. Registration fee paid. Able to swim one length of the pool.

Age Determination – Age is determined by a swimmer's age on May 30th of the current season. A swimmer must compete in his or her own age group.   A swimmer's final season of competition will be the summer season immediately after graduation from high school.

Best Time Award – Ribbons awarded when a swimmer improves his or her time as established in a meet by at least one hundredth of a second.

Ten Year Medal – Awarded for 10 years of dedication and participation as a CATS swimmer.

Senior Swimmer Award – A special recognition for swimmers who participate for many years as Crofton Aquatic swimmers and remain active with the team through their last year of eligibility. Each swimmer's name will be engraved on an award plaque to be displayed at the pool.

Dual Meet – Weekly swim meets during a season against other teams in the same Division.

Division Championships – To be eligible for the Divisional Championships, a swimmer must be a team member who has swum in at least two dual meets during the season. The swimmer should have placed 1st, 2nd or 3rd in a dual meet, although other criteria are also considered by the coach. A team's entries are limited to three swimmers per event. No swimmer can swim in more than three events (including relays). Relay assignments are determined by the coach. The coach makes the final decision as to which swimmers will be entered.

Straehle League Championships – To be eligible for the Straehle League Championships, a swimmer must be a team member who has swum in at least two dual meets during the season and has attained a qualifying time established by the League during a dual meet. A swimmer may enter up to three individual events and a relay. A swimmer on a relay must have swum on a relay team that recorded a qualifying time during a dual meet.

Cameron Diamond Invitational Meet – Formerly known as the Novice Meet, it was renamed in 2010 to honor Cameron Diamond, a young girl who epitomized courage, perseverance and grace in her battle with leukemia. She inspired Campower – a strength and spirit that brought our community together.   Through the generosity of our swim team families and greater community, this event has raised many thousands of dollars in donations to the Johns Hopkins Children Center in Cameron's honor. Please see http://www.camerondiamond.org for more details and for a link to make a contribution. The money raised at this meet will continue to be put toward donations in her honor.

To be eligible for this meet, a swimmer must be a team member not

usually placing 1st or 2nd in any dual meet. No swimmer can swim in more than three individual events and a relay. The Coach makes the final decision as to which swimmers are entered in which events. Any swimmer entered in the Division Championships cannot be entered in the Cam Diamond Meet.

Record Award – This award is given to any team member (including members of a relay team) who breaks an individual or team record while participating in a dual, divisional, league or invitational meet.

Team Participation Award – Awarded to each swimmer at the end of the season, provided the swimmer has competed in at least *three* dual meets.

Coach's Award – Each coach chooses one CATS swimmer to receive this award. Awarded to a swimmer that a coach feels demonstrates impressive dedication, effort, and sportsmanship. This swimmer often volunteers their time, energy, and enthusiasm to help others, and plays a role in the maintenance of the overall positive environment of CATS swimming.

CATS Award – Awarded to the swimmers in each age group who demonstrate exemplary performance as defined by leadership, sportsmanship, effort, technique, results and coach assessment in a way that makes them a valuable asset to the team.

Most Improved Award – Awarded to the boy and girl for each age group who has demonstrated the most improvement during the season.

Team Spirit Award – Awarded to a swimmer(s) who has demonstrated exceptional support, effort, sportsmanship and enthusiasm for the CATS swimming program and its team members.

Swim Meet Procedures

The Dual Meet is the focal point of the hard work the coach and swimmers undertake during the week. The atmosphere is electrifying at times, particularly when races are close. Parents are as involved in the meet as the coach and the team. Each meet is conducted according to Central Maryland Swim League rules adopted by the member teams. A few of these rules are summarized below.

Dual meets may last for four or more hours. Championship and Invitational meets last longer. Meets are held in all kinds of weather. Unless you receive an email from the Coach or see an announcement on the webpage or bulletin board, please report to the pool on schedule. After a meet, parents should help police the area, clean up after yourselves, and rearrange chairs. Parking lots are often crowded and caution must be exercised. Your support is appreciated.

NUMBER OF EVENTS
Each meet consists of 61 events. Events alternate between girls and boys by age group, and are arranged in the following order: Individual Medley, Freestyle, Backstroke, Butterfly, Breaststroke and Relay. Meet ribbons are given to the eight fastest swimmers in each individual event and to each member of a relay team placing 1st, 2nd or 3rd. Also, ribbons are awarded to the swimmer who wins the heat.

ELIGIBILITY
Each swimmer is permitted to swim in up to three events, which could be three individual events, or two individual events and a relay. Swimmers are grouped into heats according to times. Fastest swimmers swim in the last heats of each event. Swimmers from each team swim in alternate lanes of the pool. A swimmer is disqualified if a stroke and turn judge decides that the swimmer's manner of executing the stroke does not conform to U.S.A. Swimming rules. It is not uncommon for a swimmer to be disqualified while participating in a meet. Often, particularly with new swimmers or swimmers learning a new stroke, a swimmer will not be entered in an event unless the swimmer can swim the stroke according to the rules.

SCORING
Total team points are compiled during the meet based upon the results of each event. Points are awarded as follows: for individual events, 5 points for 1st, 3 points for 2nd, and 1 point for 3rd; for relays, 5 points for 1st and 2 points for 2nd.

JOBS
Parents from each team (with the exception of the starter, who is a league official) perform various duties during a meet.

> Stroke and Turn Judge - Monitors swimmers during events to determine if swimmers are executing strokes and turns correctly according to the rules.

Timers - Record swimmers' times using stopwatches. Three watches are used in each lane; the middle time is official. The timers record the times after each event.

Runner – Delivers the times from the timers to the Scorer's table. (Great job for older non-swimming children attending the meet.)

Scorer/Ribbon Table - Records event times on all official forms and enters names of swimmers on ribbons.

Clerk of Course - Makes sure all swimmers are lined up for each event.

Concessions - Sells refreshments at home meets.

ORDER OF EVENTS
Dual Meets

1.	9-10	Girl	100 IM	21.	6-U	Girl	25 Back	43.	8-U	Girl	25 Breast
2.	9-10	Boy	100 IM	22.	6-U	Boy	25 Back	44.	8-U	Boy	25 Breast
3.	11-12	Girl	100 IM	23.	8-U	Girl	25 Back	45.	9-10	Girl	25 Breast
4.	11-12	Boy	100 IM	24.	8-U	Boy	25 Back	46.	9-10	Boy	25 Breast
5.	13-14	Girl	100 IM	25.	9-10	Girl	25 Back	47.	11-12	Girl	50 Breast
6.	13-14	Boy	100 IM	26.	9-10	Boy	25 Back	48.	11-12	Boy	50 Breast
7.	15-18	Girl	100 IM	27.	11-12	Girl	50 Back	49.	13-14	Girl	50 Breast
8.	15-18	Boy	100 IM	28.	11-12	Boy	50 Back	50.	13-14	Boy	50 Breast
9.	6-U	Girl	25 Free	29.	13-14	Girl	50 Back	51.	15-18	Girl	50 Breast
10.	6-U	Boy	25 Free	30.	13-14	Boy	50 Back	52.	15-18	Boy	50 Breast
11.	8-U	Girl	25 Free	31.	15-18	Girl	50 Back	53.	6-U	Mixed	100 Relay
12.	8-U	Boy	25 Free	32.	15-18	Boy	50 Back	54.	8-U	Mixed	100 Relay
13.	9-10	Girl	50 Free	33.	8-U	Girl	25 Fly	55.	9-10	Girl	200 Relay
14.	9-10	Boy	50 Free	34.	8-U	Boy	25 Fly	56.	9-10	Boy	200 Relay
15.	11-12	Girl	50 Free	35.	9-10	Girl	25 Fly	57.	11-12	Girl	200 Relay
16.	11-12	Boy	50 Free	36.	9-10	Boy	25 Fly	58.	11-12	Boy	200 Relay
17.	13-14	Girl	100 Free	37.	11-12	Girl	50 Fly	59.	13-14	Girl	200 Relay
18.	13-14	Boy	100 Free	38.	11-12	Boy	50 Fly	60.	13-14	Boy	200 Relay
19.	15-18	Girl	100 Free	39.	13-14	Girl	50 Fly	61.	15-18	Mixed	200 Relay
20.	15-18	Boy	100 Free	40.	13-14	Boy	50 Fly				
				41.	15-18	Girl	50 Fly				
				42.	15-18	Boy	50 Fly				

Things to Bring to a Meet
• folding chairs or beach blankets
• beach umbrella, sport tents
• sunscreen
• water, Gatorade, etc.