

Summer 2009

Welcome

# GRANITE MARLINS

The Swim Team Committee want to extend a warm welcome both to the returning swimmers and their parents, and to those who are new to the team this year. We are excited to welcome back Head Coach Matt Porter, Assistant Head Coach Becca Thompson, Assistant Coach Jim Tracy, Assistant Coach Kelly Allen, and Joss Sallade' will fill the new position as junior assistant coach to work with mini-mites. We look forward to working with you and your children this summer.

## YOUR SWIM REPRESENTATIVES:

Email us at: [swimteam@planetgranite.org](mailto:swimteam@planetgranite.org)

Susan Hayes  
804) 230-6242

Stephanie Churchman  
(804) 794-6471

Kristin Lyons  
(804) 920-7123



**HEAD COACH:** Matt Porter ([mattporter@mindspring.com](mailto:mattporter@mindspring.com))

**COACHES:** Becca Thompson · Jim Tracy · Kelly Allen · Joss Sallade'

# Swim Practice Schedule

## *May 19 through May 22 – Monday through Friday*

4:00 to 5:00 p.m. Juniors, Intermediates, & Seniors

5:00 to 5:45 p.m. Mites and Midgets

No Mini-Mite practice until May 26

## *May 26 through June 12 – Afternoons & Weekend*

### *Monday through Friday Afternoon*

4:00 to 5:00 p.m. Intermediates and Seniors

5:00 to 5:45 p.m. Midgets and Juniors

5:45 to 6:15 p.m. Mini-mites

5:45 to 6:30 p.m. Mites

### *Saturday Morning (May 30th and June 6th)*

9:00 to 10:00 a.m. Mites & Midgets

9:30 to 10:00 a.m. Mini-Mites

10:00 to 11:00 a.m. Juniors, Intermediates, & Seniors

### *Sunday Evening*

5:45 to 6:15 p.m. Mini-Mites

6:00 to 6:45 p.m. Mites and Midgets

6:45 to 7:30 p.m. Juniors, Intermediates, & Seniors

## *June 15 until the Season Ends – Mornings & Evenings*

### *Monday through Friday Morning*

8:30 to 9:45 a.m. Juniors, Intermediates, & Seniors

9:45 to 10:45 a.m. Mites and Midgets

10:45 to 11:15 a.m. Mini-Mites

### *Sunday through Thursday Evening*

5:45 to 6:15 p.m. Mini-Mites

6:00 to 6:45 p.m. Mites and Midgets

6:45 to 7:30 p.m. Juniors, Intermediates, & Seniors

# Swim Meet Schedule

(all meets begin at 6:00 p.m.)

Tue. June 16	Granite at Brandermill (away)
Tue. June 23	Willow Oaks at Granite (home)
Tue. June 30	Granite at Midlothian (away)
Tue. July 7	Granite at Woodlake (away)
Tue. July 14	ACAC at Granite (home)
Mon. July 20	Bon Air at Granite (home)

Champs:	Mon. July 27 (Mites & Midgets)
	Tue. July 28 (Juniors & above)

The qualifying times swimmers must achieve in order to swim an event at Championships are at the back of this handbook. However, if no one on our team qualifies, then the silver swimmer with the fastest time will be able to swim at Champs. Also, some non-qualifying swimmers will be needed to field relay teams. It is a fun and exciting event. Work hard to qualify! A list of qualifiers will be updated on the swim bulletin board each Wednesday. (Please note, there is a nominal fee that parents are expected to pay for each individual event your child swims at Champs. A Champs T-Shirt is an optional item for your purchase before Champs. If paying for Champs is too burdensome, please talk to one of your Swim Team Representatives.)

## Important Dates

### Picture Day

Tuesday July 14 – Individual pictures begin at 3:45 p.m. The group picture will be taken at 4:30 p.m. Picture forms will be provided and payment must be made that afternoon.

### Swim Banquet

Saturday July 25 – Dinner is at 5:30 and the banquet begins at 6:15 p.m. We meet, rain or shine, in the recreation building. We ask that everyone bring a dish to share. Families, whose names begin with the letters A – P, please bring a dessert, those whose last names begin with the letters Q – Z, please bring a covered dish or salad. Drinks will be provided. Trophies will be awarded by the coaches and there will be a swim party afterwards. A swimmer must swim in three swim meets in order to receive a trophy. (All mini-mites will receive a trophy.)

### Champs Award Luncheon

Wednesday July 29 – We will distribute medals and ribbons achieved at Championships and have pizza. This will be held at Granite from 11:00 a.m. until 12:30 p.m.

# Team Parties

Pizza Nights at Maldini's – Pizza Nights are held after swim meets. If the team is going for pizza after a meet, it will be announced over the loudspeaker. Maldini's has offered to stay open to serve pizza, french fries, and soda to the swim team. The restaurant will close to the public at 10 p.m., but will remain open for us where a buffet-style setup will be available. For \$5.00 swimmers can get one slice of pizza, french fries and a soft drink. Additional slices of pizza are available for \$2.50 per slice. Please note that gratuity is not included in these set prices.

## Movie Night – Swim Team Event!

Thursday, June 25<sup>th</sup> – Show time begins right after the pool closes. \$2.00 per swimmer lets you lie on a float and watch a movie under the stars, complete with popcorn and drinks.

Committee chair: Paige Skidmore (Want to help her? [paigeskidmore@hotmail.com](mailto:paigeskidmore@hotmail.com))

## Swim Under the Stars – Swim Team Event!

Saturday, July 11<sup>th</sup> between 8:30 – 10:30 p.m. Drinks and snacks provided. Bring floats. Cost per swimmer is \$2.00.

## Spirit Week –

July 13 through 20 – *Get ready for our last home meet by having some fun after practice. We'll observe Granite's 50<sup>th</sup> year of summertime fun by celebrating a different decade each day. Lisa Dawson and Katie Barron are co-chairing the Spirit Week Committee. They welcome and appreciate your ideas and extra helping hands. Find them at the pool if you want to be a part of this fun week for the swimmers.*

★ **MONDAY MORNING THE 13<sup>TH</sup> – 1960's – Granite: just a young child!**

★ **Tuesday morning the 14<sup>th</sup> – Pancake Breakfast**

*No silver dollar pancakes here... it's our Golden Anniversary so look for deluxe golden dollar pancakes to fuel you for tonight's meet.*

★ **Wednesday morning the 15<sup>th</sup> – 1970's – Granite: the teenager!**

★ **Thursday morning the 16<sup>th</sup> – 1980's – Granite: young adult!**

★ **Friday morning the 17<sup>th</sup> – 1990's – Granite: 30-something!**

★ **Sunday night the 19<sup>th</sup> – Pasta Dinner:** *It's a new century and low-carb is all the craze. But not tonight! Come have a spaghetti dinner in preparation for our last swim meet of the season against Bon Air.*

★ **Monday morning the 20<sup>th</sup> – The Breakfast Club:** *No matter how young or old you are, breakfast is the most important meal of the day!*

# General Information

The Richmond Metropolitan Aquatic League (RMAL) has the following age divisions:

*Mini-Mite – Six years old and under*

*Mite – Seven to eight years old*

*Midget – Nine to 10 years old*

*Junior – 11 to 12 years old*

*Intermediate – 13 to 14 years old*

*Senior – 15 to 18 years old*

The cutoff date for ageing up to the next age group is May 31. Any swimmer with a birthday during the summer after May 31 stays in the younger age group.

Swimmers in each age division swim in three speed categories: Silver, Gold, and Blue (the fastest category). When a swimmer swims a qualifying time, he/she automatically moves to the next division for the next meet. These times are posted on the Swim & Dive Bulletin Board.

*It is ultimately the coaches' decision as to when a mini-mite is ready to compete. To push a child to swim in a meet before he/she has reached an adequate competency level can be counterproductive.*

Go to [www.swimrmal.org](http://www.swimrmal.org) for access to league times, events, and other data.

Go to [www.planetgranite.org/swimteam](http://www.planetgranite.org/swimteam) for up-to-the minute notices about the swim team.

## Team Swim Suits and Attire

Suits can be purchased through Disco Sports ([www.discosports.com](http://www.discosports.com)) located at 1400 Starling Drive, Richmond, VA 23229. The suits are in stock and can be fitted at any time. Generally, the suits will have to be left at the store to be embroidered and picked up later. If you have any questions concerning the suits, please call Susan Hayes. One team cap will be distributed to each swimmer upon registration. Extra caps and T-shirts may be purchased from Stephanie Churchman. New T-Shirts are only distributed to the whole team every other year. This year only NEW swimmers will receive a t-shirt.

## Practice Info

There will always be at least two coaches at all practices. Morning practices are held on the days of swim meets. There is no practice during a storm with thunder and lightning, but practice will be conducted if it is just raining. The most efficient way of contacting all swimmers regarding canceled practices or delayed meet time due to bad weather is via e-mail. Please make sure we have your current e-mail address so you can receive up-to-date communication from the swim committee and your coaches.

# Meet Day

Swim meets start at 6:00 p.m. The pool closes at 4:00 p.m. on home meet days. Swimmers should arrive at the pool for warm-ups no later than 4:30 p.m. for home meets and 5:00 p.m. for away meets. Home meet warm-ups are:

- 4:45 to 5:00 p.m. – Mini-mites, Mites, & Midgets
- 5:00 to 5:15 p.m. – Juniors, Intermediates, & Seniors

On the day of a meet, swimmers should stay out of the sun, get plenty of rest, and as always, maintain a healthy diet. Foods high in carbohydrates tend to produce lasting energy. Remember to bring nutritious snacks, towels, goggles, caps and a t-shirt to all swim meets. Pay close attention to the coaches so that everyone can swim his/her BEST. Meets are conducted in rain, but lightning and/or thunder will cause delays. Swim meets are only canceled or postponed to another night if thunder and lightning persist.

Granite Marlins are expected to be models of good behavior, both at our pool and away meets. *There is never an excuse for bad behavior and it will not be tolerated at practice or at meets.* Please leave the pool area free of litter at home and away meets. We ask that the swimmers help set up for home meets (moving chairs) and clean up after the home meets (put chairs back).

Swim meets require more participation from parents than most sports. Our goal is to start the season as organized as possible, and have the meets run smoothly and efficiently. Swim team parents are required to work a minimum of three meets (six halves) to insure that our swim meets run smoothly, and are finished in a timely manner. Sign up to help with the various jobs that are needed. Home meets require more workers than away meets. All the jobs are fun and easy to learn. Most jobs during a meet are divided into two shifts. Thank you for contributing your time and effort in support of a rewarding season for the Marlins.

*If your child is unable to swim the night of a swim meet, please let the coaches know as early as possible.* This is especially important as all events are pre-seeded. No changes can be made to individual events after 12 noon on the day of the meet. Furthermore, coaches need to be able to decide on the best strategy for putting together relays and individual medley participants. *If you have to leave a meet before relays, please make sure your child is not in a relay.* If one swimmer on a relay team is missing, the entire relay team has to be scratched.

**Concessions:** At each home meet, the Marlins host a Bake Sale. Each swimmer should bring an item to sell. This is a major fund-raiser for us and helps to keep our fees down. Michelle Zipperer (who organizes our bake sale) says that home-baked dessert items are always the best sellers. It helps to individually wrap your items in sandwich baggies ahead of time, and please indicate in writing if they contain nuts. If you are too busy to bake, here are some popular alternatives: fruit cups, bagged baby carrots or grapes, little boxes of raisin/craisins, energy bars (not NutriGrain as these are provided by concessions), single serve yogurt/jello/pudding cups, small bags of chips, cheese sticks, or trail mix. Just remember: no glass containers and no gum. Contact Michelle for questions or volunteer opportunities: 233-6684 or [zip0713@mindspring.com](mailto:zip0713@mindspring.com).

# “What Do I Do at a Swim Meet?”

Compiled by Tommy Jackson and Ian Perry with editing by Catherine Perrin

For a lot of new swimmers and some experienced swimmers, going to a swim meet can be a nerve racking event. First of all...Relax. Swim meets are a fun, learning experience. Being nervous at a meet is absolutely normal. Being in a new environment with new people can be a bit intimidating, but don't let it ruin your meet. It is very important that you are fully prepared for a swim meet. Having the essential tools will give you a peace of mind and allow you to concentrate more on your races. Below is a list of suggested items that will have you ready for your meet.

## SWIMMERS

If you are a swimmer you should pack:

- Team suit
- Team cap
- Goggles (preferable 2 pairs)
- Two to three towels
- Blanket or sleeping bag to sit on
- Healthy snacks
- Clothes to wear over your wet suit (sweat suit along with T-shirt and shorts).
- Highlighter pen, waterproof pen and fine line marker
- Something to do (book, deck of cards, headphones, etc.)
- Slip on shoes
- Sunscreen & hat

*Some Swim Meet Do's and Don'ts:*

- Do report to the coach before and after every race.
- Do warm down after every race (depending on the period between events, it is a good habit to warm up before competition).
- Do be on time (or early) for everything including: stretching, meet warm-ups, and team meetings.
- Do conserve your energy. Stay off your legs (save them for the pool); wear shoes for warmth and protection; wear shirt and hat to reduce exposure; stay out of the sun.
- Do eat healthy food and snacks. Fruit, bagels and sports drinks make good “between race” snacks. In general, avoid items with a lot of fat, fiber and refined sugar.
- Do get enough sleep the night before.
- Do cheer for your teammates.
- Do swim fast!
- Do have fun!
- Do congratulate fellow competitors.
- Do be a positive role model.
- Don't miss the team warm up.
- Don't become dehydrated. Drink plenty of water or other liquids (NO sodas).
- Don't wander off between races.

## PARENTS

*If you are a parent you should bring:*

- Folding chair where allowed (depends on local fire codes)
- Something to do (book, magazine, etc)
- Cash
- Layered clothing (Temperatures vary, and weather changes)
- Food: Bring a light dinner and light snacks, **but no alcohol**. Alcohol is not allowed at sporting events involving children.

*Some Swim Meet Do's and Don'ts:*

- Do share in duties or jobs required or asked of parents to run a meet.
- Do display good sportsmanship at all times.
- Don't go and wait with your child when he/she is called to report for his/her event.
- Don't leave a swim meet early without informing the coach. He/she may be counting on your child to swim in a relay.
- Don't bring or consume alcohol at any swim meet. At the first offense you will be asked to leave. If a second offense occurs, you and your children will be banned from the rest of the meet and all future meets.

## Fun Day

Fun Day happens the morning after most swim meet between 10:00 and 11:00 a.m. There are refreshments, water polo, and games for all ages. Bring your floats! Doughnuts and ribbons are distributed the last 15 minutes of Fun Day. There is no practice in the morning, but the evening practice schedule is followed. Evening practice also receives doughnuts and ribbons. There is a Fun Day after the last meet.

# Meet Workers

There are many ways you can help to make our swim season a success. Listed are some of the jobs and what they require. It's a fun and necessary part of our season, and a way to be a part of your children's activities. There is always someone to show you the task.

*Announcer* – Announce the meet. An attractive gig for DJ wannabes!

*Bake Sale* – Sell baked goods and cookout items. You have first crack at the eats!

*Clerk of Course* – Organize and stage swimmers for each heat. A good job for those with patience.

*Colorado Timing System (CTS) Operator\** – A job with a view of the finish.

*Computer Operator\** – Input times on computer.

*Computer Operator Assistant\** – Works with computer operator to sort timer sheets, DQ slips, ribbon labels, and result sheets.

*Cooks* – Cook hot dogs and hamburgers. You get to sample your work!

*Head Timer* – In charge of all timers. The top watch!

*Mite Moms* – Moms or dads who organize swimmers. You get to be near your little ones!

*Referee\** – The top meet official. *THE* job for those who don't get enough respect at home!

*Runners* – Collect time cards and DQ slips for table workers (but you don't really run!).

*Starter* – Starts each heat. Look out for false starts!

*Strokes & Turns Judges\** – Disqualify swimmers, but you rule with a great view!

*Ribbons* – Put name tags on ribbons. Sort ribbons by team. You get to sit for this one, too!

*Time Recorders* – Record the stopwatch times for the timers. A good view and the chance to get splashed on a hot day!

*Timers* – Operate the stop watches and the CTS buttons. Another job with a good view and the chance to get splashed on a hot day!

*\*These jobs require league certification received by attending a once yearly training set up by RMAL.*

## Directions to Away Meets

### Brandermill – 3100 North Beach Road, Midlothian, VA

From Powhite Pkwy, first cross over Charter Colony, then turn left onto Brandermill Pkwy. Cross over Genito Road, make next right onto North Beach Road. Pool will be on right.

### Midlothian YMCA – 737 Coalfield Road, Midlothian, VA

Take Huguenot Road West for about 3 miles. Turn right onto Midlothian Tnypk (US Rt 60). After about 2 miles, turn Left onto Coalfield Road. The YMCA is 1 mile on the left.

### Woodlake – 5000 Woodlake Village Parkway, Midlothian, VA

Take 288 South to Hull Street Road. Go West on Hull Street until you get to the Woodlake entrance on your right. Take a left on Woodlake Village Parkway ( it will be just after passing the church and child development center.) The pools will be on the left. Look for the signs.

## Coaches Gift

It has been our practice to present each of the coaches with a team gift at the banquet as a token of our appreciation for their dedication and hard work. Please consider making a contribution toward these gifts. From past experience, we know that the coaches are especially grateful for this recognition of their efforts. If you wish to contribute, please try to get your donation to Susan Hayes no later than **July 20**. For your convenience, a pre-addressed envelope can be obtained from Susan.

**RMAL 2009 TIME STANDARDS****BOYS**

<b><u>YARDS</u></b>				<b><u>METER</u></b>		
			<b><u>AGE/EVENT</u></b>			
<b><u>Blue</u></b>	<b><u>Gold</u></b>	<b><u>Qualifying</u></b>		<b><u>Blue</u></b>	<b><u>Gold</u></b>	<b><u>Qualifying</u></b>
			<b>MITES</b>			
17.29	18.49	20.89	25 Freestyle	19.19	20.52	23.19
20.49	23.39	24.79	25 Backstroke	22.74	25.96	27.52
19.69	22.49	24.59	25 Butterfly	21.86	24.96	27.29
23.29	25.69	28.09	25 Breaststroke	25.85	28.52	31.18
			<b>MIDGETS</b>			
31.59	35.19	37.89	50 Freestyle	35.06	39.06	42.06
38.29	43.69	48.19	50 Backstroke	42.50	48.50	53.49
36.69	41.99	46.29	50 Butterfly	40.73	46.61	51.38
42.19	47.89	52.59	50 Breaststroke	46.83	53.16	58.37
1:21.09	1:31.19	1:39.29	100 Indiv. Medley	1:30.01	1:41.22	1:50.21
			<b>JUNIORS</b>			
28.59	30.99	32.39	50 Freestyle	31.73	34.40	35.95
33.49	36.49	38.49	50 Backstroke	37.17	40.50	42.72
32.09	35.19	37.19	50 Butterfly	35.62	39.06	41.28
37.29	40.79	43.29	50 Breaststroke	41.39	45.28	48.05
1:11.49	1:17.59	1:21.69	100 Indiv. Medley	1:19.35	1:26.12	1:30.68
			<b>INTERMEDIATES</b>			
57.39	1:02.19	1:04.99	100 Freestyle	1:03.70	1:09.03	1:12.14
29.49	31.99	33.49	50 Backstroke	32.73	35.51	37.17
28.89	31.29	32.69	50 Butterfly	32.07	34.73	36.29
33.19	35.89	37.69	50 Breaststroke	36.84	39.84	41.84
1:04.49	1:09.89	1:13.29	100 Indiv. Medley	1:11.58	1:17.58	1:21.36
			<b>SENIORS</b>			
55.19	59.79	1:02.39	100 Freestyle	1:01.26	1:06.37	1:09.25
28.09	30.49	31.79	50 Backstroke	31.18	33.84	35.29
27.69	29.99	31.29	50 Butterfly	30.74	33.29	34.73
31.69	34.39	35.99	50 Breaststroke	35.18	38.17	39.95
1:02.19	1:07.29	1:10.49	100 Indiv. Medley	1:09.03	1:14.69	1:18.24

Conversions: Multiply yard time by 1.11 to get meter time

Divide meter time by 1.11 to get yard time

# GIRLS

<u>YARDS</u>				<u>METER</u>		
			<u>AGE/EVENT</u>			
<u>Blue</u>	<u>Gold</u>	<u>Qualifying</u>		<u>Blue</u>	<u>Gold</u>	<u>Qualifying</u>
			<b>MITES</b>			
17.29	18.99	20.89	25 Freestyle	19.19	21.08	23.19
20.49	23.39	24.79	25 Backstroke	22.74	25.96	27.52
19.69	22.49	24.59	25 Butterfly	21.86	24.96	27.29
23.29	25.69	27.89	25 Breaststroke	25.85	28.52	30.96
			<b>MIDGETS</b>			
32.19	35.99	38.79	50 Freestyle	35.73	39.95	43.06
38.09	43.49	47.79	50 Backstroke	42.28	48.27	53.05
37.29	42.99	47.79	50 Butterfly	41.39	47.72	53.05
41.99	47.79	52.59	50 Breaststroke	46.61	53.05	58.37
1:22.59	1:33.79	1:42.99	100 Indiv. Medley	1:31.67	1:44.11	1:54.32
			<b>JUNIORS</b>			
29.49	31.89	33.29	50 Freestyle	32.73	35.40	36.95
33.89	36.79	38.59	50 Backstroke	37.62	40.84	42.83
32.39	35.09	36.79	50 Butterfly	35.95	38.95	40.84
37.79	40.89	43.09	50 Breaststroke	41.95	45.39	47.83
1:13.99	1:20.09	1:24.29	100 Indiv. Medley	1:22.13	1:28.90	1:33.56
			<b>INTERMEDIATES</b>			
1:02.19	1:07.39	1:10.49	100 Freestyle	1:09.03	1:14.80	1:18.24
31.49	34.09	35.79	50 Backstroke	34.95	37.84	39.73
31.19	33.79	35.39	50 Butterfly	34.62	37.51	39.28
35.69	35.69	40.69	50 Breaststroke	39.62	39.62	45.17
1:09.19	1:14.99	1:18.69	100 Indiv. Medley	1:16.80	1:23.24	1:27.35
			<b>SENIORS</b>			
1:00.79	1:05.79	1:08.89	100 Freestyle	1:07.48	1:13.03	1:16.47
30.59	33.19	34.69	50 Backstroke	33.95	36.84	38.51
30.49	32.99	34.59	50 Butterfly	33.84	36.62	38.39
34.79	37.69	39.59	50 Breaststroke	38.62	41.84	43.94
1:07.59	1:13.29	1:16.89	100 Indiv. Medley	1:15.02	1:21.35	1:25.35

Conversions: Multiply yard time by 1.11 to get meter time

Divide meter time by 1.11 to get yard time

<i>Parent Volunteer Commitment*</i>		
<i>Date</i>	<i>Meet</i>	<i>Job</i>
<i>06/16/09</i>	<i>Granite at Brandermil l</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>
<i>06/23/09</i>	<i>Willow Oaks at Granite</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>
<i>06/30/09</i>	<i>Granite at Midlothian</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>
<i>07/07/09</i>	<i>Granite at Woodlake</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>
<i>07/14/09</i>	<i>ACAC at Granite</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>
<i>07/20/09</i>	<i>Bon Air at Granite</i>	<i>1<sup>st</sup> half:</i>
		<i>2<sup>nd</sup> half:</i>

*\*Every swim family is required to work at three meets (six halves). Sign-up opportunities are available during registration week for all swim meets. While we will ask that you make your commitments at this time, we understand family obligations and plans can change. You will have many opportunities at the pool throughout the summer to make changes*