

# Otterbein Otters 2011

Otterbein Swim Team Parents and Swimmers,

Welcome back to Otterbein Swim Team! We are excited for another great season. I want to congratulate everyone for doing so well last summer and hope to continue building strong swimmers. This summer we have some new and exciting teams to swim against as well as some great team social activities planned.

We will be welcoming a new face to the Otters in our assistant coach Cléo Baker. She has been working alongside me all winter and spring teaching swim lessons with the Michael Phelps Swim School at Meadowbrook Pool. Cléo grew up in Baltimore swimming for the Bolton Hill Swim Team. I have no doubt that she will be a great addition to our team.

Our goal for this summer is to continue producing great swimmers while keeping the fun and light-hearted spirit of Otterbein. We plan on accomplishing this by having a tie-dye party, pasta feeds, a record board, team captains and much more! We will also be promoting team unity so that all our swimmers become a part of the OST family. We will be showing our team spirit through our new team t-shirts and OST Otters swim caps!

Another big change for this season will be hosting swim meets at our wonderful Otterbein pool. We will still be traveling to other clubs, but it will be nice to have "home field advantage" for a couple meets. You will see our meet and practice schedule on the second page of this packet.

I am looking forward to a great summer! If you have any questions please don't hesitate to call, text, or email me. My contact information is listed below.

See you around the pool!

Coach Julia  
Head Coach  
503-329-8585  
[Julia@otterbeinswimclub.com](mailto:Julia@otterbeinswimclub.com)

Coach Cléo  
Assistant Coach  
443-527-7187



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**Parents Meeting:** Thursday, June 2<sup>nd</sup>, 5:00 pm in the Pavilion

**Cy's Team Suit Fitting:** Saturday, June 4<sup>th</sup>, 5:00 p.m.

## **Practice:**

### **First Week (6/6-6/9):**

Mon, Tues, Thurs (June 6<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>):

4-5 pm 9 & Up

5:15-6:15 pm 8 & Under

6:30-7 pm Tech. Clinic

Sat (June 11<sup>th</sup>):

8-9:15 am 9 & Up

9:30-10:30 am 8 & Under

10:30-11 am Tech. Clinic

### **Rest of the Season (6/13-7/30):**

Mon, Tues, and Sat:

8-9:15 am 9 & Up

9:30-10:30 am 8 & Under

10:30-11 am Tech. Clinic

Thurs:

4-5 pm 9 & Up

5:15-6:15 pm 8 & Under

6:30-7 pm Tech. Clinic

## **Meet Schedule:**

Saturday, June 18<sup>th</sup> @ Hunting Hills Swim Club (300 Nottingham Rd, 21229)

Team Meeting @ 8 am, Warm-Ups @ 8:15 am, Meet Begins @ 9 am

**NO PRACTICE 6/18 DUE TO THE MEET!**

Wednesday, June 29<sup>th</sup> **HOME** vs. Cedarwood Cove Swim Team

Team Meeting @ 3:45 pm, Warm-Ups @ 4pm, Meet Begins @ 5 pm

Wednesday, July 6<sup>th</sup> @ Rolling Road Golf Club (814 Hilltop Rd, 21228)

Team Meeting @ 5:15 pm, Warm-Ups @ 5:30 pm, Meet Begins @ 6 pm

Wednesday, July 13<sup>th</sup> **HOME** vs. Crosby Crossing Swim Team

Team Meeting @ 3:45 pm, Warm-Ups @ 4pm, Meet Begins @ 5 pm

Wednesday, July 20<sup>th</sup> @ Cedarwood Cove Swim Team (waiting on address)

Team Meeting @ 4:15 pm, Warm-Ups @ 4:30, Meet Begins @ 5 pm

Wednesday, July 27<sup>th</sup> **HOME**- RECORD BREAKER MEET

Team Meeting @ 3:45 pm, Warm-Ups @ 4 pm, Meet Begins @ 5 pm

**There will be team awards banquet after the Record Breaker Meet on 7/27**

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## Attendance Policy:

This year our attendance policy will be based on points. We will be giving awards to those who have the most attendance points at the end of the season! Each practice that a swimmer attends will be worth 2 points, each meet will be worth 3 points, and each team function will be worth 1 point. Swimmers will be expected to attend a minimum of 2 practices a week of their choosing, unless the swimmer is on a family vacation or is sick. While two practices is the minimum, the more practices a swimmer attends, the more points they will earn, and the better they will become.

We will also be enforcing timeliness. Swimmers are expected to have their suit on, swim cap on (if necessary), goggles in hand, and ready to go right at the start of their practice. I suggest coming in a few minutes early to make sure your swimmer is ready to go on time. Swimmers who are more than 10 minutes late to practice will only receive 1 point for attending practice that day.

## Swim Team Attire:

Upon registering for swim team this year each swimmer will receive a team t-shirt and team swim cap. Coach Cléo and I would love to see all of our Otters in only OST t-shirts (last years shirt is acceptable) at meets so that we can promote team unity. Everyone, both boys and girls, will be given a team cap, and anyone whose hair covers their eyes when wet will be required to wear a swim cap to both practice and meets. Wearing a swim cap will keep hair out of their eyes so they can see where they are going, make the swimmer's body more streamlined, and will show their Otterbein team spirit! Swimmers will be allowed to wear any cap they currently have or their Otterbein cap for practice but will be required to have an Otterbein cap for meets. There will be extra caps available for purchase if you forget yours or if your cap rips.

## Swim Team Suits:

This year Cy's will be coming in to fit our swimmers for team suits. These suits will be our team suits for the next two seasons and are 100% polyester so they shouldn't fall apart after a couple practices. I know they will be a great investment for your child. I realize that some swimmers may still be in school on June 13<sup>th</sup> when Cy's will be at the club. You will still be able to get fitted and purchase a team suit by going into the store at anytime. They are located at 719 Frederick Rd, Catonsville, MD 21228. Team suits are **NOT** required, but are encouraged. If your child does not get a team suit this year they may compete in any blue, black, or blue and black suit at the meets. Please no other colors so that we can continue to look unified.

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## Record Board/Record Breaker Meet:

This year we are going to have a record board at the pool that has our team's fastest times for each event by age group and gender. The times and names will be updated after each meet. All events will be listed in meters, since that is what our pool is. If any of the pools we swim at are yards, we will convert the times from yards to meters. This record board will be used from season to season and names will be kept on the board until they are broken, regardless of the year.

Our "Record Breaker Meet" at the end of the season will give the swimmers the opportunity to swim their choice of events and try to break existing records and get their name on the board or to improve their own records and keep their name on the board.

## Team Functions:

We will be having 3 team functions, separate from our awards banquet. We will need parent help for all of the team functions. Please sign up during the parent meeting or email Coach Julia.

The first event will be a team tie-dyeing party on **Tuesday, June 21<sup>th</sup> at 11:15 am**. Swimmers should bring their OST team t-shirt, which is white this year, to our tie-dyeing party. We will have blue dye for the kids to use and we will be there to help them decorate their shirt.

The second and third team functions are "pasta feeds" the night before each of home meets. The pasta feeds are potluck style. Each age group will be responsible for a specific item. The pasta feeds are scheduled for **Tuesday, June 28<sup>th</sup> and July 12<sup>th</sup> at 5 pm** in the pavilion.

6 & Unders: Salad and Desserts

7-8: Spaghetti and Sauce

9-10: Garlic Bread and Drinks

11 & Up: Cutlery, Cups, Plates, Napkins

## Team Captains:

This year we will have team captains. We will have a boys and a girls team captain, possibly two of each if the coaches see fit/have enough swimmers to do so. The captains will be in charge of keeping the team excited at meets, leading cheers, helping get the younger swimmers to their events, leading stretches, and helping the coaches as needed. Being a team captain is a privilege. They are role models for the younger swimmers and should try to spend time with them and encouraging them at practice and meets.

## Practice/Stretching:

This year we decided that we will have team stretching for 15 minutes at the beginning of each practice. This is **NOT** optional. Team stretching will be led by the coaches for the

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first couple of weeks and then will be turned over to the captains to run (with coach supervision) for the remainder of the season. Our older swimmers, 9 & Up, will stretch for 15 minutes and then swim for an hour, while our younger swimmers, 8 & Under, will stretch for 15 minutes and then swim for 45 minutes. All afternoon practices will be 15 minutes of stretching and 45 minutes of swimming for all ages. We want to promote strong and healthy bodies. Stretching before each practice will help warm the swimmer's muscles up and help prevent injuries.

### Parent Questions:

We have built in 15 minutes between the two practice times that is devoted to answering parent questions. We want to make sure that we are devoting our entire practice time to helping our swimmers, but we don't want to ignore parent questions, comments, or concerns. We think things will go smoother if we address all of those in the break we have set up.

### Technique Clinics:

We will once again be offering technique clinics for members of the team. For 30 minutes each day after practice, Coach Cléo and I will be available to work with swimmers in small groups to improve their strokes, starts, and turns. Each day will be dedicated to a certain skill. A schedule is located below.

Mondays: Freestyle, Starts, and Turns

Tuesdays: Backstroke

Thursdays: Butterfly

Saturdays: Breaststroke

Unlike last season these will be by coaches permission only. Last season we had an overwhelming response to the clinics, which was great, but also made it difficult to focus on the swimmers who needed the most help. This season a swimmer may participate in a clinic for that specific day if a coach suggests it to the swimmer or parent or if the swimmer requests to participate and the coach gives the "OK." We are trying to limit the number of swimmers per clinic so that each child gets one on one time with a coach and so that everyone's strokes improve. This time is not intended to be used as an extra practice but more as a "fine tuning" of the swimmer's strokes. Again, both Coach Cléo and I will have our suits on and be getting in the pool if necessary. It is our goal to be in the pool working with the swimmers more this season.

### Private Lessons/Coaching:

If you think that your swimmer needs more help, or you'd simply like to have one of us devote additional time improving your child's strokes, we are available for private swim lessons/coaching. These lessons would be an additional fee, separate from the swim team.

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If this is something you're interested in, give us a call or send an email and we can work out a schedule that works for everyone.

### Parent Committee:

Last summer it was obvious that we had the best parent volunteers of all the teams we competed against. Since we're competing as our own team this year for meets, we will need our parents to step up again to help. We will need parents to help in the bullpen, at the judge's table, and lots of timers. The more parent volunteers we have, the smoother our meets will run. Please sign up for a specific job ahead of time so that we don't have to worry about who is doing what on meet day. I have sign up sheets for each meet, both home and away, and would love if a parent from each family volunteers for at least one meet. If you are interested in helping please sign up on the sign up sheets or email me.