

Summer 2008

Updated 4/10/08

GREEN VALLEY PARK GATORS



Welcome

Welcome to the Green Valley Park Swim Team. Green Valley has a long tradition of having a great swim team. It is big, it is competitive, and *FUN!* We hope your child will love being a **Gator**. You will be guided by one Head Coach assisted by other coaches. Additionally, some junior assistants help as well. Be prepared to dive into the best swim team in Greensboro!

Communication

Communication is so crucial to running a summer swimming program. We will communicate by means of the bulletin board outside near the Gator Grille. Notices and sign up sheets will be posted. We will also be using the internet with emails. If you need to communicate directly with a swim coach, please avoid approaching the coaches during swim practice. You may communicate with the coaches after practice, by email, by simply passing them a written message, or by leaving them a note in their mailbox at the pool.

Readiness for team swimming

The team is divided by ages beginning from ages 6 and up to age 18 (19 if you are still in high school). The first age category is "6 and Under." (Occasionally, a child under 6 will participate on the team. It is recommended that the swimmer still follow the same required readiness as the other 6 and under swimmers in order to be eligible for swimming on the team.) Followed by the "8 and Under" age category. As they mature and develop the skills necessary to compete, these young athletes will provide the foundation for the future of Green Valley Swimming. It is our objective to nurture our younger swimmers, at a pace that is consistent with their skill level.

To achieve this objective, we are asking all “6 and Unders” to demonstrate the ability to swim one lap of freestyle, unassisted, without touching the lane rope, in under 60 seconds. They must be able to do this by the day of the *Green and White Meet*, which is held traditionally the 1st Saturday in June. This gives the swimmers three weeks of practice to develop their skills. If a swimmer cannot demonstrate this ability by the Green and White meet, the swimmer might want to sign up for some private lessons instead of the swim team. As soon as the swimmer is capable of meeting the requirement, he/she can sign up for the team and begin attending the practices scheduled for his/her age.

Warm-up

We will have Spring Clinics to get the team warmed up for the 2008 season at Greensboro College under the leadership of Head Coach Scot Budde. The warm-ups will be held on Wednesdays from 5:00pm-6:30pm and Saturdays from 1:00pm-2:30pm starting April 23rd and ending May 17th. The cost for the warm-up is minimal for each swimming family and simply covers the cost of using the facility. These clinics enable us to get into the water indoors to get the swimmers conditioned for the season.

Parent Participation

At Green Valley, we are proud to say that we run the best meet in town. We could not do it without the help of all of our parents. When you register your child for swim team, you should be prepared to volunteer to help during a minimum of two meets. There are so many jobs that you can be assured of finding one in which you feel comfortable. Volunteering will put you in the heart of the action, can be fun, lets you meet other parents, makes time go by faster, and it earns you hours towards your GVP maintenance and activity fee(MAF). For the meets, we will need help in the following categories:

- Timers-times every race in any given lane
- Hospitality-serve refreshments to all helpers at the meet
- Scorers-adds up numbers based upon the timers remarks
- Ribbons-print and place stickers onto the ribbons for swimmers
- Runners-runs around the pool with the timers cards after each heat
- Tent mom/dad-helps get swimmers “pre-lined-up” based on their heats as shown on the “heat-sheets”
- Clerk of course(place to line up)-officially puts swimmers on the “green line” for the race start

- Someone to supply a “portable, yet healthy” dinner to the swim coaches during the meets

For every meet, we will also require a meet official, starter, and stroke and turn judges, all of which require a special training class. If you are willing to attend training, please contact our Community Swim Association(CSA) rep.

Aside from the meets, we will need help with both the Spirit Dinner and Awards Banquet. Volunteer sign-ups will always be posted on the bulletin board directly outside of the Gator Grille.



Practice Schedule

The coaches would like the swimmers to arrive at the pool 10 minutes before practice begins each day so that they have time to stretch before practice officially starts. During the first week of practice, the coaches will show the children effective ways to stretch.

The practice schedule for the season is as follows:

May 19 th -June 6 th	6 and under/8 and under	4:00-5:00 P. M.
	9 and 10	5:00-6:00 P. M.
	11 and up	6:00-7:00 P. M.
June 12 th -July 9 th	6 and under/8 and under	9:00-10:00 A. M.
	9-10 year olds	10:00-11:00 A.M.
	11-12 year olds	11:00-12:00 Noon
	13 and older	4:30-6:00 P.M

It is important that swimmers attend as many practices as possible. On meet days, will have spirit activities at the conclusion of each age group’s morning practice. This will include making posters, decorating the fence, painting hair and fingernails green, etc... It is recommended that the swimmers take the rest of the day off from swimming to rest up for the meets. The 13 and older practice is not held on the days of the meets.

Time Trials

One Saturday morning early in the season will be set aside to run races--time trials--in order to record official times for each swimmer in any or all events. Additionally, the Green and White meet is held the Saturday prior to the first meet. This a “fun” time trial that gets kids

acclimated to the meet atmosphere while providing coaches a second opportunity to record event times for each swimmer.

Team Photo

The team photo is typically taken prior to the first home meet at 4:00pm. The photos are available for purchase from Teresa Prendergast for a nominal fee.



Swim Season Schedule

Meets are Tuesday(with two exceptions) nights beginning at 5:30pm

April 19 th	Registration
April 23 rd	Second Registration/Spring clinic begins at Greensboro College
May 19	After-School practice begins
May 31	Time Trials-8 A. M. (this is where we get initial times for swimmers)
June 7	Green and White Meet- 8 A. M. (practice meet)
June 12	Regular practice schedule begins(Guilford County school Out!!!)
June 12(Thursday)	Green Valley @ Hamilton Lakes
June 17	Greensboro CC @ Green Valley(**Team Picture at 4:00 P. M.)
June 24	Green Valley @ Friendly
July 1	Elks @ Green Valley
July 7(Monday)	Hamilton Lakes @ Green Valley
July 9 th	Spirit Dinner
July 10 th -12 th	City Meet At Lindley Pool
July 15 th	Awards Banquet

The weekly meets are called duel/tri meets indicating two/three swim teams competing. These weekly meets begin at 5:30 P.M. with warm-ups beginning at 4:45 P. M. for the home team. For away meets, we will gather at GVP at 4:00 P.M., decorate our cars, and caravan to the meet.

Important! *Pack a cooler full of healthy, hydrating food for your swimmer to take with them to the meet.* The meets are long, fun, and exhausting. They last usually until 9:00P.M. The kids **must** sit with the swim team!(even the veterans!) Tent moms/dads are usually working hard to line the kids up for their events. It is very difficult to do this if your child is somewhere else. If you have a concern for your little one, please feel free to sign up to be a tent helper. **Pack a cooler for your family as well.** Think of it as “Tail-Gating”. Often, the snack bars are overcome with the large crowd of the swimmers and families.

The Strokes

There are four basic strokes: backstroke, breaststroke, butterfly, and freestyle. Freestyle is truly freestyle and anything goes. The other strokes have specific kicks, arm movements, starts, finishes, and turns, all of which must be done according to the rules. At each meet there will be stroke and turn judges who watch carefully to make sure the children are swimming legally. Any illegal movement results in a DQ, or a disqualification. One of the goals of practicing is to make the strokes become so ingrained that the swimmers automatically do everything legally. With that said, it should be noted that there is no competitive swimmer alive who has not been DQ'ed for something. It's always a disappointment, but it's never the end of the world and it is generally a good learning experience.

The Events

Typically, the 6 and unders swim early in the evening so that their waiting time is not so lengthy. The youngest children, 8 and Unders, swim backstroke, breaststroke, butterfly, and freestyle races that are only 25 yards (which is one length of the pool), plus they may swim a 50 yard freestyle. Aging up to the 9 - 10's can be daunting as the kids then start swimming 50 yards in everything, plus a 100 yard freestyle as an optional event. Besides requiring a lot more endurance, this also means learning how to turn. In addition, all of the age groups except 8 and Unders have an individual medley (IM) race which is 100 yards long and is comprised of 25 yards each of butterfly, back, breaststroke, and freestyle (in that order). However, this is an optional event and participation is not required.

Relays

All age groups also have two kinds of relay races: medley relay and free relay. Four swimmers make up each relay team. For 8 and Unders these are 100 yard races while for all other age groups they are 200 yard races, which means each child swims two laps. In the medley relay each swimmer is assigned to swim one of the four strokes, which are swum in the order of: back, breast, butterfly, and freestyle; in the free relay every swimmer does freestyle. Who will be chosen to swim in a relay may vary from week to week depending on who has the fastest time (and who is available). It is always extremely important to find out whether or not your child has been chosen to swim in a relay since the free relay is the last event, and even the medley relay may be after your child has finished swimming individual events. In short, you may think your child is done with the meet when, in fact, the team is depending on him or her to be a member of a relay team. **It really hurts to forfeit races because a relay swimmer unknowingly went home early.**

Every child is allowed to swim a maximum of three individual events and two relays in any given meet.

The Dual Meets

Swim Meets consist of 84 events. With five age groups, two sexes, and four strokes, plus IM's and relays, as well as two lengths of freestyle. The meets(dual meets and City Meets)are long and you will want to bring games, books, food, and drinks for your child (and yourself).

With so many children and so many events, the meet may look chaotic, but it is (usually) under control. There will be volunteers handing out the pink (for girls) and blue (for boys) meet entry cards which have the swimmer's name, the event number, and the assigned lane. Before each race the swimmers are given their cards and they keep them with them until they go to the starting block, where they hand the card to the timer in their lane. (After the race their time will be recorded on the card and then the timers will give the card to the "runner" who takes it to the scorekeepers.) The swimmers are called to the clerk of course several heats before it is their turn to swim and they are positioned on the bleachers according to the lanes in which they will swim. When it is time for their race, they are ushered by the clerk of course to their assigned lanes. Parents, please do not enter the clerk of course/starting block

area during meets. The swimmers get very crowded if this happens. Also, do not attempt to ask the scoring table what place your swimmer came in. To do so would be distracting and inappropriate.

Swimming is a very objective sport and the coaches keep careful records of the swimmer's times in order to be fair. Times are recorded at meets as well as at time trials (which are run on a few Saturday mornings for the sole purpose of recording times), or at trials arranged with the head coach. Each Monday, the coach will post the entries for the Tuesday meet so that your child will know what he/she is swimming. **It is imperative that you let the coach know as soon as swim season starts whether your child will be missing any meets during the season.** We are allowed only a very limited number of substitutions once entries are posted, so discovering on Tuesday that a child is not available to swim can be very costly to the team. To sign-out for a specific meet, you must go to the bulletin board and look for the **"Meet Sign-Out"** sheets.

The dual meets are scored according to the following: Individual events: 7 points for first place, 5 for second, 4 for third, 3 for fourth, 2 for fifth, and 1 for sixth. The fact that we get points for every place makes it important for us to have every lane filled for each event—and it is why every swimmer is important. Relays count 10 points for first place and 5 points for second. A team may enter multiple relay teams in an event: however only one relay team may score points for the club in that event. After Dual Meets, the ribbons your child wins will be placed in your child's folder in the swim team file box.

Swim for Cancer

Every year the Community Swim Association organizes a drive for the American Cancer Society. All of the clubs participate by having their swimmers ask family and friends to pledge a per lap donation (although simple donations are also obviously welcome). One day of practice is then set aside for the swimmers to swim their laps in order to collect the pledged donations. A good goal is the \$75.00 mark since this earns a swimmer a free pass to Emerald Pointe, which many of the kids use on the Monday after City Meet. The coaches also try to go to the water park that day (although they are not responsible for the children) so that all of the Gators can have one last day of fun at the end of the season. The children who collect the most money for GVP are recognized at the GVP awards banquet and those who

are also top earners for CSA are recognized at the City Meet awards ceremony. Other methods of fundraising are certainly welcomed. We will be holding a silent auction to raise money. Any donations for Swim for Cancer are welcomed and tax deductible. If your company would like to participate, please see the Swim for Cancer rep at Green Valley for details. For 2008, see Lynne Goodwin.

Spirit Dinner

On the Wednesday night before City Meet, the team holds it's annual carbo-load dinner. It is covered dish. Sign-up sheets will be posted for what dish your family will be bringing. Please plan to bring enough for your family, plus one.

City Meet

City Meet is a three-day event which brings together the 1600 or so swimmers of all 20 CSA teams at Lindley Pool. Each club rents a tent that serves as a base (and provides shade) for the team members. In order to make sure as many children as possible can compete, it is divided into two meets. The first day, Thursday, is a meet for the swimmers who do not have one of the top three best times on the team in an event and virtually all 6 & Unders, and the second and third days, Friday and Saturday, are for the swimmers who are the top three GVP swimmers in each event. The coach will post the entries for City Meet so your child will know when and what he/she is swimming. The two meets are treated as separate events in terms of scoring and trophies, so there are award ceremonies after the meet on Thursday and again on Saturday after the two-day meet. A rain date (Sunday) is built into the schedule in case a day of the event must be postponed and everything must be shifted, but it will take major, incessant thunderstorms to cause a postponement.

When it is all finally over, the team heads back to Green Valley for a celebration. Most people end up in the pool, so be forewarned that you should not wear formal attire--or any clothes that do not look good wet. Usually, pizza is ordered for the team.

Banquet

On the Tuesday night after City Meet the swim team holds its annual Awards Banquet, which is actually a Potluck. All families will be asked to bring a particular category of food. After

dinner each of the age groups are honored and ribbons and trophies are distributed. We also enjoy a lovely slideshow with pictures from the season's highlights.

Contacts and Coaches

GVP Board Members on Swim Team Committee:

Ms. Deborah Gorman

Mr. Lee Brogden (Chair)

Mr. Steve Patton

GVP's Community Swim Association (CSA) Rep

Mrs. Lynne Goodwin (swim team mom)

Mr. Gary Flynn

Coaching Staff:

Head Coach Scot Budde

Scot's Swim Bio

-Assistant Coach with Star at the Guilford College site

-Current Head Coach and Aquatics Director at Greensboro College

-High School All-American Swimmer (1994-1995)

-Third team All-American Water Polo (1994)

-Varsity swimmer at the University of Maryland (1995-1999); two-time captain; former record holder in 1650 freestyle

-USS coaching Experience: Mariner Swim Club, Baltimore, MD

-2000-2004 Mason Makos, Fairfax, VA

-Interim Head Varsity Women's Water Polo Coach, University of Maryland (2003-2005)

-Assistant Varsity Men's and Women's Swimming Coach, George Mason University (2004-2007)

Scott's contact information is scotalan@yahoo.com

Green Valley Website:

www.greenvalleyswimandtennis.com/gvp

CSA website:

www.greensborocsa.org