

## Helpful Tips for the 2011 Swim Season

### TRADITIONS:

Color Groups- All age groups will be divided into the “blue” group or the “white” group so that practices may be tailored to a swimmer’s particular skill level. We have extra volunteer assistants in the beginning that will be helping the coaches with the groups giving your children more individualized attention. Your child will receive their color group on the first day of practice.

Starboards- this is our system for keeping track of attendance at practices. Although attendance is not mandatory, we strongly encourage your swimmer to attend as many practices as they can. Their skill level will develop at a much faster rate if they are practicing. Every day that they come to practice they receive a star on the board. If they have attended most of the practices each week they will receive candy. Plus, they are very proud to see their stars on the board.

Game Day and Swimmer of the Meet- Every Wednesday morning after each meet, (except the one meet we have on Thursday-game day will be the following Friday morning), the coaches play games with the children and hand out the Swimmer of the Meet Awards. Swimmer of the Meet goes to a child who had a particularly good swim or showed an act of good sportsmanship. The schedule for game days can be found on the master swim calendar posted on the website, [www.theriversideclub.com](http://www.theriversideclub.com).

Meet Days- the pinnacle of our fun during this six weeks! Swimmers 6 & under will swim 1 freestyle lap during each meet, 7 & up can swim 3 or more events. It is VERY IMPORTANT that you encourage your children to stay in their bullpens during the meet. It is very difficult for the volunteer bullpen moms to track down children during the chaos of a meet.

Also, VERY IMPORTANT that volunteers show up for their assigned positions. It takes over 50 volunteers to run a home meet and at least 40 to run an away meet. So volunteers we can’t do it without you! And thank you in advance for sweating it out and manning your post!

Brusters- Brusters is kind enough to give us a discount on ice cream, therefore, we meet there to celebrate each meet directly after it is finished. This is so much fun! Don’t miss out.

Kids for kids Meet- this is not a competitive meet between the SSSA teams, instead all of the teams become one to raise money for charity. You will receive more information later in May.

Swim-a-thon- this is also a fundraiser, yet, strictly for Riverside swimmers. Swimmers who participate ask for family and friends to donate a certain amount per lap they swim. All of the money goes to CHOA!

Movie and Bowling- date to be determined. This is a day where all five coaches take the younger swimmers to a movie and the older swimmers bowling later that evening. We will provide more information on this toward the middle of the season.

Sweats Day- Date to be determined. This is a day where coaches and swimmers come to practice in their sweats. They will swim in them. The kids have a blast with this!

End of the Year Party- Not to be missed! It will be held Wednesday, June 29<sup>th</sup>. Popeye's chicken and biscuits are provided by the swim team and then each family contributes a side. We also give out special awards after our meal! Bring your towel and bug spray!

#### NEED TO KNOW INFO:

-All of our coaches provide private swim lessons outside of swim team. We have the best coaching staff! Take advantage of their lessons!

-The baby pool is CLOSED during all meets.

-9 and under swimmers MAY NOT be left unsupervised at swim practice.

-Please write your child's name on all swim caps, goggles, suits, towels, bags, etc. We will have a new lost and found bin by the kitchen, but we won't know whose stuff belongs to whom without a name!

-Please clean up after your family once the meets are finished (OTHERWISE IT BECOMES THE JOB OF YOUR FAVORITE SWIM TEAM VOLUNTEER MOM, ME!) Also, encourage your children to pick up their bullpen areas.

-Please let Michelle Thompson (our head coach) know if your child is not swimming in the meet by the Sunday previous to the meet. This is crucial as it affects the entire dynamics of the meet and our final roster.

-Swimmers are to arrive for the meet by 5 pm sharp and report immediately to the bullpen.

Thank you for taking the time to read through all of this. I hope it is helpful, especially for our new families. Please call me or email me with any questions.

Shana Szikman

