

**MCT
MARLINS
SWIM & DIVE TEAM**



**HANDBOOK
2014**

I. GENERAL INFORMATION

On behalf of the Mill Creek Towne Swim Association (MCTSA), we would like to welcome you to the Swim and Dive Team's 2014 summer season. Our teams have a winning tradition that has been built upon a strong sense of competition, family and spirit. This summer will be another exciting season of fun, friends, excellent performances, and best times. We hope that you and your family will have an excellent season with us.

A. SWIM/DIVE REPS

The swim and dive reps act as liaisons with the MCTSA board, the Montgomery County Swim League (MCSL), the Montgomery County Diving League (MCDL), the parents, the kids and the coaches. They are:

"A" Rep	Jennifer Crocker	301-208-2653	joncrocker@aol.com
"B" Rep	Cristine Ceely	240-401-4497	ceelys@comcast.net
Rep in Training	Emily Matussek	240-694-5303	markemilymatussek@erols.com
Dive Reps	Anna McBain	301-814-4406	mcbaina@comcast.net
	Traci Bird	301-980-6953	dt2jbird@verizon.net

The reps coordinate the entire swim/dive program and represent MCT at all MCSL and MCDL meetings. This involves a variety of organizing and planning work that begins in February and continues through the conclusion of the season in early August. It includes selection of coaches, soliciting volunteers, swimmer/diver registration and managing the budget for both swim and dive teams. In addition, the "A" Reps coordinate the Saturday MCSL meets, the "B" Reps coordinate the Wednesday evening "B" meets, the Pre-Team Coordinators organize the Mini-Marlins participation in mini-meets, and the Dive Reps coordinate the dive meets.

Contact any of the reps if you have Swim or Dive Team related questions, suggestions or concerns. Swim and dive meets are operated solely with volunteers. Please assist the reps as much as you can this summer to make the meets run efficiently and as quickly as possible.

B. COACHING LINEUP

Swim Coaches

Head Coach- Dave Kraft returns for his 17th season as our Head Coach. Prior to MCT, Dave swam for 11 years and coached for four more at Forest Knolls Swim Club in Silver Spring. He continues to enjoy the fun of the summer league experience after over 30 years around the pool, and is proud of what we have built here at MCT over these very successful seasons.

In addition to his MCSL experience, Dave is also the National Training Group Coach at RMSC-Olney, where he has coached since 1996. He has produced over 20 Potomac Valley Swimming Outstanding Athlete Award winners, as well as numerous Olympic Trials, Nationals, Sectionals, and Zone qualifiers. His athletes have recorded almost 300 nationally-ranked swims, and have broken over 40 Potomac Valley Swimming records and two National Age Group records. Dave was named Potomac Valley Age Group Coach of the Year in 2005, and became the first two-time recipient of the Award in 2009. Proud of his role as a developmental coach, Dave's RMSC alumni have continued to excel, as over 50 have gone on to compete at the college level (including six alumni who have also swam for MCT).

Dave grew up swimming in MCSL, and for RMSC, Blair High School, and Washington College. When he's not around the pool, he teaches mathematics, including the dreaded AP Calculus BC, at Magruder High School. And when he's not working, he spends time with his wife Kelly and daughters Amanda and Allison, who we're sure to see plenty of this summer.

Assistant Coach- Jordan Martinko begins her 1st season as Assistant Coach, after spending the previous three years as a Junior Assistant and the three before that as a CIT. Jordan swam for MCT for 13 years, competing at the All-Star level, and collecting several records and awards, including the Hunky LaMotte Spirit Award in 2010. Jordan also swam for Dave at RMSC, and had a decorated age group and High School career. She is on the University of San Diego Varsity Swim/Dive Team and will be a sophomore in the Fall. She is on a pre-med track for Physical Therapy (a graduate program).

Junior Assistant Coaches are MCT or non-MCT individuals hired as needed to ensure that there is an adequate level of experienced coaching to augment the Head Coach and Assistant Coach. They are paid a stipend for the swim season. Training is provided. The number of junior assistant coaches hired each year will vary depending on budget availability, and the overall profile of coaching requirements as assessed by the reps and coaches at the beginning of the season. Graduates of our CIT program or qualified candidates from other programs who have demonstrated exceptional maturity and ability to handle added responsibility will be considered.

Coaches-In-Training (CIT): Students entering 8th grade (age 13 or older) are eligible to apply to be a CIT. CIT's work with the 8 and Under pre-team swimmers. CIT's are unpaid but gain experience that develops teaching and leadership skills. Training is provided. CITs can earn Student Service Learning hours.

The coaches are happy to address any concerns you may have about your swimmer or diver, but please, not during practice. Coaches request that parents and observers stay off the deck during practice. The coaches can give a certain amount of attention to each swimmer during practice. If you feel your child would benefit from private lessons, most all the coaches will be available (at a set fee). We highly encourage you to take advantage of this opportunity. To contact a coach for lessons, comments, or concerns please leave a note in their mail folder, located under the Pavilion.

Dive Coaches

Head Coach - Allison Cole – This will be Alli's 10th year as head coach. Alli was a record holding diver for MCTSA from age 5 – 18 and has been involved in coaching our team since 2001. Alli is also a certified USA Gymnastics Coach and a State Level Gymnastics Judge.

Asst. Coach – Brady Newell – This is Brady's first year as an assistant coach. She was a diver for MCT for 13years and a CIT for many years while on the team. She has finished her second year at the University of South Carolina where she is studying exercise science.

Asst. Coach – Lital Elfassi- This is Lital's first year as an assistant coach at MCT. She is an ex-gymnast/acrobat and has coached gymnastics/acro along side Alli for several years.

C. SWIM/DIVE TEAM DUES

Dues collected pay for league fees, handbooks, trophies, ribbons, pep rallies, photographs, coaches' salaries and other amenities. Please turn in all registration forms and dues no later than Friday, May 31st for Swim Team. Any swim or dive registrations received after **May 31st** will not receive the complimentary team T-shirt. Make checks payable to MCTSA.

Fees this year are paid online. Visit www.active.com for registration.

The following procedures will be implemented in regards to refunds of swim team dues. Requests for refunds must be made in writing to Jennifer Crocker or Lori Powell (treasurer). Requests must be submitted by June 6th. The deadline for requesting a refund for Pre-team swimmers extends to June 20th. If a request is received by the deadline, the dues minus a \$20.00 registration and outfitting fee will be refunded.

D. PARENT MEETING AND Q&A SESSION FOR SWIM TEAM PARENTS

On Wednesday, June 4th, at 6:00 p.m., under the pavilion, there will be a mandatory Swim Team for NEW parents to meet the coach and discuss issues for the upcoming year. You will stay for the meeting to follow at 6:30 p.m. This is your chance to ask Coach Dave questions you may have about anything that pertains to the Swim Team. By attending and participating, we can hopefully eliminate some of the confusion and misunderstandings that has occurred in the past.

II. SWIM TEAM

A. SWIMMER ELIGIBILITY

A.1 General Eligibility Requirements

Children of Mill Creek Towne Pool members who are between the ages of 5 and 18 (as of June 1, 2014) are eligible to try out for the Swim Team. Registration forms must be completed and all dues must be paid before they can participate in practice*.

To be on the Swim Team, the child must be able to swim the length of the pool (25m), without assistance, in 60 seconds or less and be able to follow a coach's directions.

*NOTE: If you are unsure if your child will be able to meet the criteria for joining the Swim Team, please do not register your child until he/she has been evaluated by the coaching staff. You may defer payment until you have received an evaluation from the coach.

A.2 8 & Under Swimmers

Swimmers who are 8 years old or younger will be evaluated. Swimmers who can swim the length of the pool (25m) in 60 seconds or less will be allowed to practice and compete on the Swim Team immediately. Swimmers who display beginning swimming skills will be given the option of joining the Pre-Team. Swimmers who do not display adequate swimming skills will be recommended for swim lessons. Swimming evaluations will be conducted for all new 8 & Under's on Tuesday, May 27th and Wednesday, May 28th at the designated practice times. Swimmers to be evaluated should plan on attending both sessions. If your child cannot be evaluated at that time, please see Coach Dave to make an appointment.

A.3 Pre-Team, "The Mini-Marlins"

The Pre-team will begin practice Monday, June 16th, and will practice Monday through Friday AM. In order to accommodate a growing pre-team, children will be assigned one of three sessions, either 10:00 – 10:30 a.m., 10:30 – 11:00 a.m. or 4:00 -4:30 p.m.. These swimmers will work on basic aquatic skills and introductory freestyle and backstroke, with the goal of competing in a "B" Meet or Mini Meet by the end of the year. These swimmers will also be included in the social functions available to 8 & Under Swim Team members.

NOTE: Mid-season 'move-ups' will be allowed. If a swimmer displays enough improvement to "move up" from lessons to Pre-Team, or from Pre-Team to Swim Team, they will be reevaluated by the coaching staff and placed appropriately.

A.4 Swim Restrictions

To swim in a meet the swimmer must be able to swim his/her stroke legally (the coach will decide if the swimmer is legal or not). Swim lessons are available from the coaching staff and may be taken before or during the season. See individual coaches for scheduling and fees.

B. COMPETITIVE EVENTS

8 & Under: 25M Free, 25M Back ,25M Breast ,25M Fly

9 – 10: 50M Free, 25M Back, 25M Breast ,25M Fly

11 – 12: 50M Free, 50M Back, 50M Breast, 50M Fly, 100M IM

13 – 14: 50M Free, 50M Back, 50M Breast, 50M Fly, 100M IM

15 – 18: 100M Free, 100M Back, 100M Breast, 50M Fly, 100 IM

C. PRACTICES

Swimmers are expected to attend practice on a regular basis. A minimum of four practices per week is suggested. After school practices will be held Monday - Friday. Summer practices will be held Monday - Friday in the morning and in the evening (except Wednesday). Friday evenings will be reserved for start and turn clinics for all age groups. Check the practice schedule in this handbook to see which practice your child should attend. Please have your child arrive promptly. If your child will be absent for more than two days, please let the coaches know.

Practices are held for the purpose of helping each swimmer improve technique, endurance, and time, thus swimmers are expected to conduct themselves in a positive manner at all practices and meets. A wholesome attitude is expected toward coaches, teammates, officials, and visiting team members. Disruptive or rude behavior will not be tolerated.

D. TIME TRIALS

Time Trials are used to establish initial swim times and evaluate legality of strokes. Time Trials for swimmers will be held on Saturday, June 7th. (Mini swimmers need to check with their coaches for eligibility.) You must be registered by Friday, June 6th to participate. Warm ups are at 8:00 a.m. and the first event is at 9:00 a.m.. Swimmers are expected to swim all of the events for which they are eligible. An exception may be made for new swimmers who may not be legal in breaststroke or butterfly. Swimmers 10 and under will swim the Individual Medley only with the coach's permission.

Swimmers who do not swim Time Trials must make other arrangements with their coach to be timed. You must inform the coaches if you are not going to be there prior to June 6th. All "make-up time trials" must be completed by Wednesday, June 13th. Swimmers without a time will not be allowed to swim in a meet.

E. MEET LINEUPS

The line-up of Saturday "A" meet swimmers will be posted on the Swim Team Bulletin Board by the preceding Thursday. Always check the line-up as it changes weekly. The roster for special meets, such as the Relay Carnivals and Divisionals will also be posted on the bulletin board.

F. "A" MEETS

Three boys or girls from each age group will be entered for each event, except for 8 & Under, 9-10, and 11-12, **13-14 and 15-18 freestyle** (second heat of 13-14 and 15-18 new in 2009), in which six boys or girls will be entered. "A" Meets are sanctioned by the Montgomery County Swim League (MCSL) and held under rules found in the MCSL Handbook. "A" Meets are held on Saturday mornings. Correct stroke techniques and fastest times are what coaches, in their discretion, look for in these swimmers. Parents and swimmers should check the Swim Team Bulletin Board to see if they were selected for the "A" meet. **Please check the board every week even if your child is not a "regular" "A" meet swimmer.** If a swimmer cannot swim in a meet, they must notify the head coach in writing at least one week in advance so an alternate swimmer may be selected. Absentee forms are available either on the bulletin board or in the Swim Team Box under the Pavilion.

Any scheduled "A" swimmer who misses a Saturday meet, for any reason other than illness or family emergency, and did not notify the coach in writing, may not swim his/her stroke(s) in the following "B" meet. Any "A" swimmer, who fails to be on the deck ready for his/her scheduled event during a meet, will not be allowed to swim that stroke in the following "B" meet (excluding injury sustained during said meet).

The teams assigned to our division (Division C) for the 2014 season are:

Mill Creek Towne (MCT)
Potomac Woods (PW)
Quince Orchard (QO)
Hallowell (HA)
Connecticut Belaire (CB)
Robin Hood (RH)

G. "B" MEETS

Our "B" meets are held on Wednesday evenings with warm-ups beginning at 5:00 p.m. for home meets and 5:20 p.m. for away meets.

"B" League teams for the 2014 season are:

Upper County (UC)
Flower Valley (FV)
Hallowell (HW)
Olney Mill (OM)
Damascus (DA)
Mill Creek Towne (MCT)

These meets are designed to handle as many swimmers as possible. They offer the swimmers a chance to improve their techniques and times in an organized meet. The times attained in a "B" meet may qualify a swimmer to participate in an "A" meet.

G.1 "B" Meet Sign Ups

Swimmers or parents are to sign up on-line via the website (www.active.com) after practice on Friday and Monday for the upcoming "B" meet. Designated parent volunteers will be available during those date practice times to coordinate registration questions. Failure to sign up will result in a swimmer not being able to swim in the "B" meet. The reps and coaches are unable to change entries for a meet once they have been entered in the computer and the program has been printed. **There will be no deck entries at "B" meets.**

Parents should be certain that their child signs up for the correct events in a timely manner. If there are any questions please check with the coach, the sign-up volunteers, or a "B" Rep.

G.2 "B" Meet Eligibility Criteria

Swimmers must be capable of swimming a stroke legally in 60 seconds in order to enter an event.

In order to provide an equal opportunity for every child to swim in the maximum number of events each week, a child is eligible to swim in up to 3 individual events and an IM per week ("A" and "B" meet combined). Any events swam in the "A" meet cannot be swum in that week's "B" meet. For example, if a child swims only freestyle in the Saturday "A" meet, he or she is eligible to swim two of the remaining three individual events (backstroke, breaststroke, fly) and IM in the following Wednesday's "B" meet.

The standard age groups apply to "B" meets (i.e., no separate breakdown of 8 & unders).

G.3 Exhibition Swimmers

In some cases, the coaching staff may request that a swimmer swim exhibition in a "B" meet, exceeding the "three strokes and the IM" rule. A swimmer may request that they swim exhibition, but the coach will make the final decision whether or not they are allowed to do so. Exhibition swimmers must wear an orange cap and will not be eligible for event or heat ribbons.

H. SPECIAL MEETS

H.1 Relay Carnivals

There is an "A" Relay Carnival and a "B" Relay Carnival. The coach will determine who will swim in the "A" Relay Carnival, while swimmers will sign up for the "B" Relay Carnival as they would for a regular "B" Meet. NOTE: The coach may request certain 8 & Unders to participate in the "B" Relay Carnival.

Relay Carnival Eligibility:

12 & unders: If a swimmer swims one or more events in the "A" Relay Carnival, he/she is not eligible to swim in the "B" Relay Carnival.

13 & up: If a swimmer swims two or more events in the "A" Relay Carnival, he/she is not eligible to swim in the "B" Relay Carnival.

Swimmers are permitted to "swim up" to another age group, but only if there are no other swimmers eligible.

H.2 Divisionals

At the end of the swimming season, the top two boys and the top two girls from each age group for each event shall be eligible to swim in the Divisional Championships. In order to compete, a swimmer must have swum in at least one MCSL dual ("A") meet. The coach will have discretion to select swimmers for events in this meet.

H.3 Coaches Long Course

The Coaches Long Course Meet includes the top 8 MCSL boys and girls from each age group for each event. This meet is swum in a 50-meter pool at Rockville Municipal Swim Center.

H.4 Mini Meets

Two mini-meets will be available for 8 & Unders only. We try to limit these meet entries to pre-teamers and swimmers that have not had much opportunity to swim. Dates and locations will be announced.

H.5 All Star Meets

The top 16 MCSL boys and girls from each age group for each event will qualify for the Individual All Star Meet. The top 8 relays from the Division A-G Relay Carnivals will qualify for All Star Relays.

I. AWARDS

I.1 Weekly Dual Meets

Ribbons are given to swimmers in individual events for the 1st 6 places with duplicates for ties in "A" meets. Ribbons are given in individual events for the 1st 10 places in "B" meets. Heat winner ribbons are also awarded at "B" meets. "A" meet ribbons are distributed under the MCT Pavilion on Saturday following the morning meet. Lunch will be available. "B" meet ribbons will be given at the Thursday morning "post B Meet practice" and at the next Pep Rally.

One boy and one girl will be selected as "**Swimmer of the Week**" based on attendance, spirit, and in-the-pool achievement, and will receive a prize. The announcement will be made at the Pep Rally each week, so be sure to attend!

I.2 End-of-Season Awards

I.2.1 Age Group Award Program

In order to emphasize individual achievement rather than ranking within the team, we have adopted a new age-group award system. There are 5 levels of awards: All-star, Gold, Silver, Bronze and Participation. Swimmers earn points based on their best time in each stroke. The combined score determines the level of award. The time standards for each event/age group are provided in the back of this Handbook.

I.2.2 Special Awards

Most Improved Boy and Most Improved Girl

A plaque will be awarded to a boy and a girl on the Swim Team who have exhibited overall improvement, a positive attitude, and consistent attendance.

The Hunky LaMotte Spirit Award

This plaque will be awarded to one swimmer based on enthusiasm, team spirit, camaraderie and congeniality.

President's Cup

This trophy is given to the best all-round swimmer based on attitude, interest, effort, ability, dedication, and willingness to perform.

High Point

One boy and one girl will be awarded the High Point Plaque for accumulating the most points for the team during "A" meets and Divisionals. This plaque is awarded for their performance against fellow teammates as well as other teams.

J. PEP RALLIES AND TEAM SPIRIT

The team will hold a Pep Rally under the pavilion at 6:30 p.m. every Friday evening. There will be cheers, sign painting, and possibly a craft activity to support the theme of the week (this depends on parent volunteers). The theme for the week will be posted by Thursday. Swimmers and parents are encouraged to "dress" for the meets in creative theme related outfits, team clothing, or in red, white, and blue (our team colors). Also, during the Pep Rally the coaches will be giving out "B" meet ribbons and will announce the Swimmers of the Week. All swimmers are encouraged to attend!

K. PARENT PARTICIPATION

While the Swim Team is basically a program for our children, parent support is **VITAL** to the success of the Swim and Dive teams. Adults are needed to help at the meets in many different capacities. Except for coaching, **all other work is done by parent volunteers.** There are over 500 different jobs that must be filled in order to coordinate our swim and dive meets, picnic, fundraisers, gala, other social activities during one summer season. With approximately 112 families involved, the math is fairly easy to figure out. Every family must help a lot! Therefore, for the 2014 season, families will be asked to fulfill the following obligations:

- a. Work at **5 meets or swim team events** (timer, official, announcer, computer operator, snack bar, etc.), or **3 meets for parents of pre-team swimmers.** This does not count special meets (relay carnivals, mini-meets, Divisionals, etc.) that your children may participate in (see #3). If your child participates in Divisionals and/or relay carnivals those parents will be asked to help.
- b. **Plan to volunteer at the special meets that your child/ren may participate in.**
- c. If an obligation is not fulfilled and you fail to secure replacement and/or notify one of the reps your child(ren) may not be able to swim in the meet the following week.

*** If there are any special circumstances that prevent your family from fulfilling their obligations, please contact one of the Reps. ***

- d. It will be the responsibility of the volunteer to sign in when they arrive to work. The sign-in sheet is kept on the reps table (under the Pavilion for home meets). If you do not sign in, your time will not count.

*** If your obligation is to work in the snack-bar, you must sign in and sign out in order to get credit for your time. The sheets will be in the snack-bar. ***

- e. The specific parent obligations that you have signed up for can be found at www.active.com. If you need to change your obligation, please contact the Rep at the email located on www.active.com.
- f. It is the parent's responsibility to make sure that their children are aware of the team's rules and regulations. Children are not to be left at a meet without parental supervision. If you cannot accompany your child to a meet, make arrangements with another adult. It then becomes the responsibility of that adult to supervise your child.

There are a variety of duties for volunteers, as well as several committee positions that must be filled. Some of the positions require more time than others and will satisfy some or all of the parent obligations. In addition, registration fees for up to two children will be waived for the team reps and automation coordinators. Please speak to a rep if you are interested in working on a committee.

Some jobs require certification or experience. Certification courses are provided free of charge by MCSL. The course offerings can be found on the MCSL website (MCSL.org.) Please see www.MCSL.org for details and driving instructions to each facility or contact a **team rep**.

SWIM TEAM FILE FOLDERS

A folder is kept for each family in the Swim Team Box under the Pavilion. The folders will contain information from coaches, ribbons that have not been claimed, and other important information (often time sensitive). Folders will be available on a daily basis and it is the responsibility of parents and swimmers to check their folder regularly.

The coaches will have folders as well. Leaving a note in their folder is a good way of communicating with a coach. This is also the preferred way to inform a coach of a period of absence.

Don't forget to check the Swim Team Bulletin Board for the "A" meet line-ups, updates, social activities, and any last minute changes.

M. SWIMMER'S RESPONSIBILITIES

- Get plenty of rest before a meet.
- Be prompt for warm-up, usually 1/2 - 1 hour before the meet.
- Know your events and report to the Clerk of Course when called.
- Stay in the team area, cheer, and be supportive of your teammates.
- Eat healthy snacks (like fruit) and drink water or a Gatorade-like drink. No junk food until you are done swimming.
- When the meet is over, all Swim Team members are responsible for the clean up of the team area. Parents, please encourage your child to complete his/her responsibility of cleaning up before leaving the team area and please help with the set-up and removal of the tent and chairs.
- Communicate with the coaches; inform them as to illness and necessary absences. This will help them when preparing line-ups for weekly meets and relay carnivals.
- You are responsible for all information from the bulletin board, newsletters, and handouts. Please check your family folder often.
- Practice is vital to a good performance. Attend all practices if at all possible.

N. HOW PARENTS CAN HELP KEEP SWIMMING FUN FOR THEIR KIDS!!!

The following is reprinted from a back issue of Splash, USA Swimming's news magazine. It was authored by Suzie Tuffey, Ph.D., Sports Psychology Consultant to USA Swimming. Athletes were asked a variety of questions to uncover their perception of "fun aspects" and "not such fun aspects" of swimming. Part I discussed how parents can be supportive without being excessively "pushy." The following is Part II.

Resist coaching

When parents take on the roles and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve and placing expectations on performance are examples of things parents do that tend to decrease the kids' enjoyment. An exception to this seems to be that when parents have credibility as swimmers, advice is sometimes welcome as it is viewed as coming from an "expert" as opposed to a parent. The following are some examples of kids' feelings about their parent's involvement:

What does this mean?

Taken in conjunction, it seems that kids want parents to be a presence in their swimming. But, they want this presence to be one of unconditional support with little advice. Parental "push" can be taken in both a positive and negative vein. Because of individual differences, it is probably very difficult for parents to define and identify an "optimal push"; a push that is strong enough to be beneficial but not so strong that it is perceived as overpowering by the kids. However, every effort should be made to walk this fine line.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

WHAT DO SWIMMERS WEAR FOR PRACTICE? WHAT DO SWIMMERS WEAR TO A MEET? Most swimmers wear racing suits for practice, but practice suits may be any of your choice. Our Clothing Committee coordinates the ordering for the team. A team suit and cap is recommended for meets. Swim/dive supplies such as goggles, suits, etc. are available at Aardvark or Underwater Wear. The clothing committee will communicate which location will carry our team suits.

WHAT SHOULD SWIMMERS BRING TO A MEET? Bring at least one extra towel and an extra set of sweats to keep you warm while you wait for your events. Remember that you will be wet after warm-ups and may have to wait for a long time between races. Also, it may get chilly during the "B" meets after the sun goes down so plan for that. Bring a water bottle, sunscreen, and healthy snacks. Don't forget your goggles and swim cap! Finally, bring some quiet activities to keep yourself busy while you wait for your events - like a book, coloring stuff, cards, travel size games, etc. Leave your valuable equipment at home.

WHAT DO SWIMMERS DO DURING THE MEETS? Swim fast, go for their personal best times, and show that Marlin spirit lives! It is important for all swimmers to remain in the team area at all times, except for bathroom breaks. The coaches need to be able to easily find swimmers to line up for their events. Also, swimmers are to rest between events. There is to be no running or horsing around, no basketball, etc. during the meet. Save your energy for your races.

ARE THERE PRACTICES WHEN IT IS RAINING OR COLD? Practice is held as scheduled unless there is a storm with thunder and lightning. Call the pool to see if practice has been canceled.

WHEN IS THE BEST TIME TO TALK TO THE COACH? The coaches are available for questions after practices, not during a practice session or during a meet. **Or, you may contact Coach Dave at dmkraft77@aol.com, and he will get back to you.**

O. OTHER GENERAL INFORMATION

O.1 Informative Websites on the Internet

Mill Creek Towne Swim Association has its very own website at www.mctsa.com. The Swim Team Page provides comprehensive information about the Swim Team including a copy of the Handbook, team/pool records, meet results and parental obligations for upcoming meets. The MCSL has a web site at www.mcsl.org. It includes information contained in their handbook such as rules, schedules, teams, divisions, etc. United States Swimming can be reached on the internet at www.usswim.org. This site includes standards, Olympian bios and photos, and the swimKid e-mail exchange. The Potomac Valley website is www.pvswim.org. It has a link to the MCSL website and also includes meet announcements, results, rules and regulations.

O.2 The "Marlin Messages" Newsletter

The "Marlin Messages" is MCT's weekly Swim/Dive Team newsletter, which contains important information from the coaches and information about upcoming events. It will be posted on the website and bulletin board each week.

O.3 Team Apparel/Clothing

A team suit is highly recommended, but optional.

O.4 Team Pictures

All swimmers are encouraged to participate in the Marlin team picture. Swim Team group and individual pictures will be taken on **the date listed on the calendar online (www.mctsa.org)**, the Dive Team and individual photographs will also be taken on the same day. Plan to wear your team suit. If it rains, an alternate date will be provided.

DIRECTIONS TO OTHER POOLS

Check the newsletter, bulletin board, or website www.mcsl.org.

AGE GROUP AWARD PROGRAM

2014 Time Standards - Boys

	5 points	4 points	3 points	2 points	1 point
8&U Boys					
25 Free	18.85	20.99	23.99	26.99	29.99
25 Back	24.00	27.99	29.99	33.99	39.99
25 Breast	26.00	29.99	34.99	39.99	49.99
25 Fly	23.20	26.99	29.99	34.99	39.99
9-10 Boys					
50 Free	35.80	39.99	44.99	49.99	55.99
25 Back	20.10	22.99	25.99	28.99	34.99
25 Breast	22.25	24.99	27.99	29.99	36.99
25 Fly	18.70	21.99	24.99	28.99	34.99
11-12 Boys					
50 Free	31.40	35.99	39.99	43.99	49.99
50 Back	38.10	41.99	44.99	49.99	55.99
50 Breast	43.30	46.99	49.99	53.99	59.99
50 Fly	36.30	40.99	44.99	49.99	59.99
100 IM	1:20.00	1:26.99	1:29.99	1:36.99	1:49.99
13-14 Boys					
50 Free	28.40	31.99	33.99	37.99	43.99
50 Back	34.30	37.49	39.99	44.99	49.99
50 Breast	38.20	41.99	44.99	49.99	54.99
50 Fly	32.00	37.99	40.99	46.99	54.99
100 IM	1:12.60	1:19.99	1:24.99	1:29.99	1:39.99
15-18 Boys					
100 Free	58.00	1:02.99	1:07.99	1:12.99	1:19.99
100 Back	1:08.00	1:12.99	1:17.99	1:26.99	1:35.99
100 Breast	1:16.25	1:24.99	1:29.99	1:36.99	1:45.99
50 Fly	29.20	31.99	33.99	37.49	39.99
100 IM	1:07.00	1:11.99	1:16.99	1:23.99	1:32.99

2014 Time Standards - Girls

	5 points	4 points	3 points	2 points	1 point
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8&U Girls					
25 Free	19.20	20.99	23.99	26.99	29.99
25 Back	24.45	27.99	29.99	33.99	39.99
25 Breast	26.60	29.99	34.99	39.99	49.99
25 Fly	23.40	26.99	29.99	34.99	39.99
9-10 Girls					
50 Free	36.35	39.99	44.99	49.99	55.99
25 Back	20.40	22.99	25.99	28.99	34.99
25 Breast	22.25	24.99	27.99	29.99	36.99
25 Fly	18.60	21.99	24.99	28.99	34.99
11-12 Girls					
50 Free	32.70	35.99	39.99	43.99	49.99
50 Back	39.00	41.99	44.99	49.99	55.99
50 Breast	43.40	46.99	49.99	53.99	59.99
50 Fly	37.20	40.99	44.99	49.99	59.99
100 IM	1:21.00	1:26.99	1:29.99	1:36.99	1:49.99
13-14 Girls					
50 Free	31.00	33.99	36.99	39.99	45.99
50 Back	36.30	39.99	42.99	46.99	52.99
50 Breast	41.20	43.99	46.99	50.99	55.99
50 Fly	34.10	38.99	42.99	46.99	54.99
100 IM	1:17.60	1:22.99	1:26.99	1:31.99	1:39.99
15-18 Girls					
100 Free	1:04.60	1:09.99	1:13.99	1:17.99	1:24.99
100 Back	1:15.00	1:21.99	1:25.99	1:29.99	1:37.99
100 Breast	1:25.00	1:29.99	1:34.99	1:39.99	1:49.99
50 Fly	33.00	36.99	39.99	43.99	49.99
100 IM	1:14.00	1:19.99	1:24.99	1:29.99	1:36.99

Trophy system	11-12, 13-14, 15-18	8&Under, 9-10
All-Star level	17-20 points	13-15 points
Gold level	13-16 points	10-12 points
Silver level	9-12 points	7-9 points
Bronze level	5-8 points	4-6 points
Participation level	0-4 points	0-3 points

Rules and Guidelines

1. The swimmers' season best time in each stroke will be assigned a point value based on the above time standards.

2. The lowest point value will be dropped. In other words, swimmers ages 11-18 will be scored in their best four of the five disciplines (free, back, breast, fly, IM), while 10 & Under swimmers will be scored in their best three of the four disciplines (free, back, breast, fly). A 10 & Under swimmer can earn points in IM as well.
3. The combined score will qualify the swimmer for one of five levels of award.
4. Times achieved at any of the five "A" meets, any of the five "B" meets, and Divisionals will be considered for trophy scoring.
5. A time achieved at Time Trials will not count toward any scoring.
6. Relay splits will not count towards any scoring.
7. Swimmers who participate in at least 3 meets will receive a trophy. Swimmers who participate in 2 meets or less will receive a participation medallion.
8. If a swimmer is signed up for an event and shows up to swim, he/she will receive credit for participating if the meet must be cancelled. Swimmers who leave early or do not show up, will not receive credit.

III. DIVE TEAM

A. Dive Team Eligibility

Children of Mill Creek Towne Pool members who are between the ages of 5 and 18 (as of June 1, 2014) are eligible to join the Dive Team. Registration forms and all dues, including insurance, must be paid before they can participate in practice. Any person who has not previously been on a dive team may have a trial period for one week by paying only the \$10 insurance fee.

B. Level of Competition

8 & Under	Forward dive; back dive or back jump; any dive that is different from the 1st and 2nd dives performed.
9 - 10	Forward dive; back dive; one optional dive
11 - 12	Forward dive; back dive; two optional dives
13 - 14	Forward dive; back dive; three optional dives
15 - 18	Forward dive; back dive; inward dive; three optional dives

C. Dive Practice Schedule

Please see our dive board website at www.mctsa.com

D. Parent Participation

In order to run an efficient dive meet we need officials (judges, referee), table workers for recording and tallying scores, a ribbon writer, and snack bar workers. New judges who attend the official's clinic can act as back up to more experienced judges. Each family is required to fulfill obligations to help with running meets and/or special activities. The number of obligations per family is decided by the Dive Reps according to the number of divers on the team.

E. Officials' Clinic

The Officials' clinics are designed for parents who are interested in participating as referee, judge, or table worker. Even if you think you're not interested in volunteering to fill one of these positions, attendance at these clinics will increase your understanding and enjoyment of the sport of diving. Dates of the clinics are generally the first week in June and will be posted on the Dive Team Bulletin Board or please check the MCDL website. <http://www.mcdiving.org/clinics.shtm>

F. Special Activities

1. Friday Crafts: Each Friday once morning practices start we will have a craft from 10:30 – 11:30.
2. Doughnuts: Each diver will receive a free doughnut at Thursday morning practices.
3. Pancake Breakfast as posted online on swim/dive team calendar.

G. Calendar

Regular dual meets start at 4:00 PM. The warm-up times will be announced before each meet.

The regular season schedule for 2014 season is posted online at www.mctsa.com

H. Awards

A participation trophy will be awarded to any diver who dives in at least 2 meets. We will award a first place and second place trophy to the two highest scoring male and female divers in each age group. The traditional Nodine Cup, Hunky LaMotte Spirit Award, and the Most Improved Diver (male and female) will also be awarded.

PLEASE check Dive Team bulletin board daily for any updates, changes, and additional information!!