

# TEAM HANDBOOK for the SUNDANCE HILLS SWIM TEAM

## ◆ *The Sundance Sailfish* ◆

*updated March 2019*

### Team Mission and Purpose

The Sundance Sailfish is a summer swim team in Greenwood Village, Colorado. All youth that join the Sundance Hills Pool and Tennis Club have the opportunity to join the Sundance Hills Swim Team and participate in our recreational summer swim program.

Sundance Hills Swim Team offers professional swimming instruction, training, and competition in compliance with the Rocky Mountain Swim League (our governing body). Additional information for the swim league can be found at [rmsl.org](http://rmsl.org).

The main purpose of the Rocky Mountain Swim League (RMSL) is as follows:

1. To provide an opportunity for young people to develop swimming skills and gain a positive recreational swimming experience through competition.
2. To provide an organized framework within which coaches, competitors, parents, and league officials can operate with courtesy, good will, and sportsmanship.

### The Facility

The Sailfish hold all our practices at the Sundance Hills pool located at 5626 South Galena Street, Greenwood Village. The Sundance pool is a 6-lane, 25-yard pool. The Sundance Hills pool usually hosts 2–3 dual swim meets during the summer swim season. The other meets are held at local pools that are less than thirty minutes away.

### Team Website

The online home of the Sailfish is <https://sailfish.swimtopia.com/>. Upon joining the team, new members will be given access to the members-only section of the website. It is through this website that people are able to register for swim team, sign up for volunteer positions, declare attendance for our meets, and find up-to-date information about the swim team. All of the information in this handbook and more, including our weather policy and coaches' bios, can be found on our website.

## Program Registration and Details

**Membership:** All team members are required to be members of the Sundance Hills Pool and Tennis Club. A family pool membership must be purchased prior to registering for the swim team. The membership fee varies depending on if you live in Sundance Hills or outside of the HOA. The pool membership allows your family to use the pool and tennis courts all summer during set hours. Your family also has access to the Sailfish Room, our clubhouse that can be rented (for a fee) for parties, meetings, etc.

**Registration:** Pool registration will open in early April. To register for the pool, please visit [mpmrecreation.com](http://mpmrecreation.com). Look for the Pools tab on the top, use the drop-down menu to find Sundance Hills, and then hover to get another drop-down menu on the right. Upon completion of pool registration, you will have the option to register for swim team if registration is already open.

**Registration for the swim team begins on Sunday, April 14, at 10:00 a.m.** The Sailfish website will have the registration link on its home page as soon as registration is open.

**Swim team registration is \$130 per swimmer. The following is included with this fee:**

- Swim practices daily
- Team T-shirt (distributed in May)
- Doughnut Days during Monday practices in June
- Team lunch on Friday, June 7
- Individual and team pictures on Thursday, June 13
- Swimming Under the Stars potluck event on Tuesday, June 18
- Pirates Cove team night on Sunday, June 23
- Root beer floats on Friday, July 12
- Sleepover with doughnuts the next morning on Sunday, July 14
- Collector's pin
- Bonus items for those who participate in meets (ribbons), prelims (bracelet), and finals (swim cap)

**On-site registration will take place in the Sailfish Room on Sunday, April 14, from 10:00 a.m. to 1:00 p.m.** Representatives from the swim team and M.P.M. Recreation will be available to answer your questions. Swimmers will be able to try on and order swimsuits, and we will also be selling other team gear (hoodies, tank tops, shorts, etc.). **You can use credit cards, checks, or cash to pay for the swimsuits; you can use only checks or cash to pay for the other team gear.** A list of team merchandise can be found on our website. If you are unable to try on swimsuits on April 14 in the Sailfish Room, feel free to visit the MI Sports store at 4025 East Iliff Avenue in Denver. Please contact Lisa Mauvais at [lmauvais@yahoo.com](mailto:lmauvais@yahoo.com) or 303-912-9454 with any questions.

When you register for swim team, you must put down a \$400 deposit for volunteer shifts. **Your card will not be charged** unless you choose to opt out of shifts for \$400 or you do not show up for a shift during the season. It will look as though your card is being charged, but **it will not be charged.**

“Payment authorized” is **NOT** “payment confirmation.” “Amount approved” is **NOT** “amount paid.”

# The Mudskipper Program

The Mudskipper program is an opportunity for kids who are not ready for swim competition to develop their swimming skills and participate in the fun of the neighborhood swim team. The goal of the program is to prepare kids to move up to the competition team by the following season or within the season, if ready. The Mudskipper program also allows us to fuel the future of the Sundance Sailfish team by introducing kids to the sport of swimming in an age-appropriate and comfortable environment.

In order to participate in the Mudskipper program, your child must be potty-trained. Additionally, they must have a history of swimming lessons and/or be between the ages of 4 and 6. Most importantly, your child must be willing to attempt forward motion in the water.

We have a comprehensive program that includes goals, lots of supervision, and fun!

We offer Mudskipper practice five days a week. We want to assure safety and swimming progress, so practice times will be assigned once evaluations have taken place. Your child will be placed in a class with children of a similar swimming ability, therefore ensuring appropriate instruction. Evaluations of swimming level will be conducted during the first week of morning practices.

There is supervision; however, it is imperative that participants are water safe! The Mudskipper program is not intended to be a substitute for beginning swim lessons; rather, the primary goal of Mudskippers is to get the kids to swim freestyle or backstroke across the pool without help. Some Mudskippers might be invited to swim in an exhibition event at a home meet if they appear ready and interested.

Mudskipper-Only families (that is, families with no swimmers on our “regular” swim team) will not have to register for volunteer shifts at registration; if we have extra needs, the volunteer coordinators will contact you and ask if you can help to fulfill extra shifts at a social event or home meet. This is a great way to meet more people and get a feel for the swim team at a higher level.

There will be an end-of-season Mudskipper swim meet to allow our youngest swimmers the excitement of participation. This is a low-key, no-pressure meet where the swimmers have the opportunity to show their parents how much they have learned over the season. We encourage all members of swim team to cheer on our youngest members!

# Volunteer Commitment

This is a volunteer organization. We appreciate everything our volunteers do for our swim team. We can't run our meets and events without volunteers, and we value your time immensely. Families (regardless of the number of swimmers in the family) are required to do six points' worth of volunteer shifts in order to fulfill the volunteer requirement for the season.

When registration opens on April 14 at 10:00 a.m., you will be able to register your swimmers and then sign up for your volunteer shifts online. If you have a strong preference for specific dates or shifts, it is recommended that you complete registration and choose your volunteer shifts as soon as registration opens on Sunday. Once you start registration, you must complete the process and pay within fifteen minutes, or you will "time out" and lose the volunteer shifts that you had chosen. You cannot complete your registration without picking six points' worth of volunteer points. **Regular-season shifts are worth one point each; prelims/championships shifts are worth two points each.** Shift times and basic descriptions of jobs are listed at the end of this section.

## Please note:

- We must "hold" your credit card on file, but we will not charge it unless you miss a shift.
- If you can no longer fulfill one of your shifts, you are in charge of finding your own replacement. The volunteer coordinators can give you contact information if you would like to swap shifts, but you are in charge of finding your own replacement.
- If you fail to show up for a shift, we are obligated to charge a \$400 fee to your credit card on file.
- You can choose to "opt out" of volunteer shifts by paying \$400 during registration.
- You can sign up for only one shift during the Fun Meet.
- There is only one Alternate shift per meet. If you sign up for this shift, you must be available for the entirety of the meet. We will use you only for the approximate length of one shift (~2.5 hours), and we will let you know the week of the meet where and when we need you. But we have no idea if that will be early Saturday morning, during the meet, or for cleanup, so you must be open and available for anything if you choose to sign up for an Alternate shift.
- If the only swimmer you have is a Mudskipper, you are not required to sign up for shifts during registration. If we have needs throughout the season, we may call on you to help fill in, and this can be a terrific way to get a feel for how volunteer points and shifts work and meet other parents.
- If you don't want to worry about individual volunteer shifts and would rather have more control, management, and input regarding our swim team, please consider a board position or an exempt position. You can talk to any board member for more information on different positions and what might be available.

## Volunteer Shift Times

There are many different shift times for our regular-season swim meets, depending on the job.

- Friday night setup: 7:45 p.m. to 9:30 p.m.
- Saturday morning meet and concessions setup: 6:00 a.m. to 8:00 a.m.
- Shift 1: 7:30 a.m. to 10:00 a.m.
- Shift 2: 10:00 a.m. to 12:00 p.m.
- Shift 3: 12:00 p.m. to 2:00 p.m. or the end of the meet
- Post-meet cleanup: 1:00 p.m. to 3:30 p.m.

Please note that prelims/championships have a fourth shift from 2:00 p.m. to the end of the meet. Social events have shift times that vary and are listed on the website. If you sign up for the last shift of a meet in an area such as heating, scoring, or timing, you are expected to stay until the end of the meet, even if that time exceeds the posted time for the shift.

## Volunteer Job Descriptions

**Friday Night Setup:** This volunteer (with others) sets up the pool the night before a home meet. Responsibilities include setting up the pool deck by moving furniture, setting up flags and ropes, and setting up tents/canopies. This job requires awkward and heavy lifting!

**Saturday AM Meet and Concessions Setup:** This volunteer (with others) makes sure everything is set up and ready to go for a home meet. Responsibilities include putting up tents/canopies and flags/ropes, filling water jugs, making coffee, and setting up the concessions tables.

**Upkeep Shift (formerly called the Cleanup Shift):** This volunteer walks around during a home meet to make sure that trash cans are emptied and bathrooms are clean and stocked. This volunteer also distributes water and snacks to all coaches and deck volunteers.

**Post-Meet Cleanup:** This volunteer (with others) cleans up the deck area, empties trash cans, and checks bathrooms. When the meet is finished, this volunteer (with others) puts away all materials from the meet, including tents/canopies, and moves all furniture back to original locations.

**Concessions Shift:** This volunteer (with others) sells items, assists customers, restocks products as necessary, cleans up the concessions tables, puts items away, and sometimes mans the grill. The early concessions food pickup volunteer picks up any concession items necessary, such as burritos, bagels, doughnuts, etc., from various vendors before the meet.

**Concessions Runner Shift:** During the meet we might run out of change, ice, or another needed supply, and at times we will need food picked up from a vendor. This person will have to make no more than one short trip to pick up whatever items needed. When not making a run, this volunteer will help at the concessions table.

**Heating/Clerk of Course Helper Shift:** This volunteer (with others) helps to organize the swimmers in the heating area.

**Deck Runner Shift:** This volunteer collects time sheets and DQ slips and delivers them to the scoring area.

**Scoring Shift:** This volunteer works with the official scorers at the scoring table to enter results, process DQs, and post results.

**Timing Shift:** This volunteer times all swimmers in one lane for the shift. If you sign up for a timing shift at a prelim or championship meet, you must have already timed in a regular-season meet.

**Backup Timing Shift:** This volunteer holds a backup stopwatch so that if any timers have a problem, this volunteer can accurately time the race for that lane. If you sign up for a timing shift at a prelim or championship meet, you must have already timed in a regular-season meet.

**Heat Winner Shift:** This volunteer will give to the winner of each heat a ticket, which can then be redeemed at the concession stand for a prize.

**Alternate Shift:** This position is utilized to fill any needs we might have in any area surrounding a meet. If you sign up for an Alternate shift, you will work only a single shift for that meet, but you must be available from 7:30 a.m. until 3:30 p.m. until we know when and where you will be needed. The volunteer coordinator will notify you the week of the meet to tell you when and where you will be placed. We may also have a "Day Of" Alternate shift, and we won't know until the last minute where we will put you on that day.

**Merchandise Shift:** This volunteer will man the merchandise table, selling items as needed, and pack up the merchandise at the end of the meet. This volunteer will then put away the merchandise bins where required.

**Championship Signs Shift:** We provide the signs, and these volunteers will fill out the names of the athletes who qualified for finals for a specific prelim/age group. The volunteers will find their addresses and tape the signs onto the doors/houses of the athletes. This should be done by 4:00 p.m. on the day after that specific prelim.

**Social Events (Team Lunch, Swimming Under the Stars, Banquet) Shift:** This volunteer (with others) helps to set up the cabana area, put up decorations if necessary, fill drinks, set up and/or serve food, run games if necessary, empty trash cans, and clean up the cabana area.

**Doughnut Day Shift:** These volunteers will pick up the doughnuts, bring them to the pool, manage the table for the duration of the shift, and clean up.

**Team Tent Manager:** This volunteer will pick up the team tent from the Sundance pool (the day before), bring the tent to the meet, set it up, take it down at the end of the meet, bring it back to the Sundance pool, and put it away in the storage closet.

**Overnight Chaperone:** This volunteer (with another) must stay awake and be sober for the entire shift. This person must be visible inside the pool area during this shift and frequently patrol the pool area to ensure the safety of the children. This position is worth six points (the entire volunteer commitment for the season).

**Overnight Sunday AM Shift:** This volunteer picks up doughnuts and delivers them to the pool, cleans up the pool and cabana area, moves furniture to original locations, and makes sure bathrooms and the Sailfish Room are back in order.

# Swimmer Information

## Age Groups

Swimmers compete based on their gender and age as of June 1, 2019. The age groups are as follows:

6 & under swimmers	11–12 swimmers
7–8 swimmers	13–14 swimmers
9–10 swimmers	15–18 swimmers

Sometimes these age groups are combined or share space in the pool when necessary.

## Gear

Swimmers in every age group will need a swimsuit, goggles, and fins. Swimmers are not required to wear the team swimsuit during meets. Swim caps are optional but encouraged. Goggles are considered required, as are fins, although often there are so many fins in the lost and found bin that swimmers can borrow them for practices. We usually have a merchandise table set up at home meets for swimmers to purchase swim caps and goggles.

## Practice Times

Afternoon practices begin Monday, May 13. The times are as follows:

<b>13–14</b> swimmers:	5:00 p.m. – 6:00 p.m.
<b>15–18</b> swimmers:	5:00 p.m. – 6:00 p.m.
<b>6 &amp; under</b> swimmers:	5:30 p.m. – 6:00 p.m.
<b>7–8</b> swimmers:	5:30 p.m. – 6:00 p.m.
<b>9–10</b> swimmers:	6:00 p.m. – 7:00 p.m.
<b>11–12</b> swimmers:	6:00 p.m. – 7:00 p.m.

Morning practices begin Tuesday, May 28. The times are as follows:

<b>7–8</b> swimmers:	7:45 a.m. – 8:30 a.m.
<b>9–10</b> swimmers:	8:30 a.m. – 9:30 a.m.
<b>6 &amp; under</b> swimmers:	9:30 a.m. – 10:15 a.m.
<b>11–12</b> swimmers:	9:30 a.m. – 10:30 a.m.
<b>13–18</b> swimmers:	10:30 a.m. – 11:30 a.m.
<b>Mudskippers:</b>	10:15 a.m. – 10:45 a.m., 10:45 a.m. – 11:15 a.m.

Swimmers are allowed to join another age group's practice if necessary (summer camp conflict, etc.), but they are encouraged to swim with their age group when possible.

The pool is officially closed during swim team practices and meets. There are no lifeguards on duty. The baby pool will open at 11:00 a.m. during the swim team season. Please note that pool management needs to clean and prepare the pool to open at noon (during regular summer hours). Everyone must be out of the pool and cabana area by 11:30 a.m. (with the exception of those inside the baby pool area). If you would like to wait around until the pool opens, it must be outside the fence. No one outside of swim team should be inside the fence until the pool opens at noon.

## Practice and Meet Behavior

It is the coaches' responsibility to create an environment in which all swimmers in each practice group can have fun while also striving to reach their full potential. It is the swimmers' responsibility to always exhibit appropriate behavior. The Sundance Sailfish coaches strive to teach our swimmers to live, train, and compete with character values. These values (modeled after the High Plains Elementary High Five Program) are to be positive, be respectful, be responsible, be safe, and be an achiever. All swimmers will be expected to model these values at all times. This behavior must continue to be on display once swimmers leave practice and is of the utmost importance at meets. Swimmers are expected to leave all facilities, home and away, cleaner than the way they found them. Parents of swimmers must assume responsibility for any damages caused by their swimmer(s), including any necessary costs of repair, replacement, or extraordinary cleaning. Destruction or damage to the Sundance Hills pool facility, any facility we visit, or another member's property can result in suspension or dismissal from the team.

Swimmers at all age levels will be expected to value sportsmanship and respect for teammates, coaches, officials, and opponents. Swimmers of all ages and ability levels are expected to follow their coaches' instructions at meets and practices and show them respect. Swimmers who disrupt practices or meets, have trouble following the coaches' directives, or disrespect their teammates, coaches, or the facilities they use will be reprimanded and their parents will be informed. Repeat offenses may result in suspension or dismissal from the team.

**There are no phones or cameras allowed in the bathrooms. If people are caught using a phone or camera in the bathrooms at any time during practices or meets, they will have said device confiscated. This offense may result in immediate suspension or dismissal from the team. Actions taken may include police contact and/or legal action. This is a very serious offense and will not be tolerated.**

### Sundance Hills Swim Team Code of Conduct

Nothing can replace good sportsmanship. Parents should show their children how easy it is to be a good sport by reviewing with them the list below. If parents encourage and support the importance of sportsmanship, our children will respond in kind.

- Support your team members when they are swimming.
- Cheer for your team. Don't forget the end-of-meet cheer for the other team as well.
- Encourage all team members with positive words.
- Remember that everyone is doing his/her best and everyone wants to hear a teammate say something kind to him/her about his/her race.
- Be careful what you say. Do not say anything negative about anyone!
- If you don't have anything nice to say, don't say anything at all.
- Shake the hand of your opponents at the conclusion of each race.
- Be respectful to your parents, coaches, the other team, and your teammates.
- Thank the coaches before you leave.
- Have fun!

## Regular-Season Meets

Meets are an exciting opportunity for swimmers to measure progress, experience the thrill of competition, and strive for individual goals and team accomplishments. They provide a break from the practice routine, as well as a focal point in practices. Meets should be viewed as swimmers' reward for all their hard work in practices. Therefore, all swimmers are encouraged to participate in meets.

The meet schedule is set at the beginning of the season and is distributed to members through emails and the team website. We have meets most Saturdays during the swim season. You must sign up your swimmers via the website; the coaching staff will not put your swimmers into a meet unless you first "declare" them on the site by the deadline. We send reminder emails to all families, and the deadline for each specific meet is usually the Wednesday before the Saturday meet. ***It is always better to sign up for a meet and scratch your events later rather than not sign up for a meet and hope to be added at the last minute (this is often not possible at all). This is why we recommend you declare your swimmers for the entire season as soon as possible.***

Each meet will have a schedule of ninety events. There may be limits on how many individual events and relays each swimmer can do. Points are awarded to the top finishers for each individual event and relay. You will be given the opportunity to choose preferred swim events (and you can change these preferences all the way up until the deadline), but the coaching staff has the final say over which events your children will swim. You can also declare your desire for your children to swim in early relays, late relays, no relays, or all relays (depending on when you plan to arrive at and/or leave the meet, and again, you can change these preferences up until the deadline).

Once entered, your swimmer is expected to participate in the meet; other team members will be counting on your child to participate in relays, if you choose them. If you are not sure if you will be able to attend the entire meet, then please do not sign up your children for relays. ***Even though it is easier to scratch a swimmer than add a swimmer, you risk letting down the entire relay team if you have to scratch from a relay.*** If you do sign up to attend a swim meet and your child cannot attend (we know that life happens!), then please contact the ***clerk of course*** to scratch your swimmer from the meet. This should happen as soon as you know, especially if you were signed up for relays. We will be publishing the phone numbers for the clerks of course on the website. Also, if you leave a meet early, please tell a coach before you go so that someone knows, especially if our last relays depend up on your participation.

There is always a set warmup time for each team at a swim meet. We encourage families to arrive early to find a spot to set up chairs and coolers, familiarize yourself with the pool, and loosen swimmers' muscles. It can be quite chilly on these early mornings, so pack some layers! A swim team program is usually emailed to the team the night before the meet, and the program will also be posted at the pool. Many swimmers write their event/heat/lane numbers on their arms with a Sharpie (bring or borrow one!) so that they know what and when they are swimming. Make sure goggles and swim caps (highly recommended so that swimmers go faster!) are always at the ready, and label all belongings with your name. Don't forget to apply sunscreen early and throughout the day.

During meets, there is a designated “heating area,” where volunteers organize the swimmers in the upcoming races. Typically, parents are not allowed in this area, because there are so many swimmers (especially when relays are heating) and not enough room. Please listen to the meet announcer and watch the numbers board so that you can see and hear when your swimmer’s events are heating; if a swimmer is not in the heating area at the designated time, she/he could miss her/his race.

Ribbons are earned for a swimmer’s place in his/her heat and sometimes in the event itself. If a swimmer beats his/her best time, he/she will earn a “speeding ticket.” Ribbons and speeding tickets (as well as team and individual photos, when they are distributed) can be found in a file box at the front of the pool. It usually takes our ribbons coordinator several days after each meet to fill out and sort the ribbons.

### **2019 Meet Schedule:**

- Fun Meet: Saturday, May 25 (home with only our swimmers competing)
- Meet #1: Saturday, June 1 (home v. Homestead)
- Meet #2: Saturday, June 8 (away v. Willow Creek II)
- Meet #3: Saturday, June 15 (home v. Hampden Heights)
- Meet #4: Saturday, June 22 (away v. Homestead Farm II)
- Meet #5: Saturday, June 29 (home v. Stonegate)

## **Prelims and Championship Meets**

A swimmer’s participation in regular-season meets is designed to prepare a swimmer to compete in the prelim meets (that lead to the championship meet) at the end of the season. **A swimmer must compete in two regular-season meets in order to compete at prelims.** Prelims are set up by age groups (one prelim meet per day during the week of prelims; see the schedule below), and swimmers compete for spots at championships. Swimmers must achieve 1st through 16th place (plus two alternates) for their age group and event to compete at the championship meet (some events take an additional eight finalists). The competition can be tough for individual events, but prelims are a great way to practice more and show team spirit. *Everyone is encouraged to swim at prelims, even if your swimmer has DQed every race or never won a heat!* Even if your swimmer is not the strongest swimmer, many times she/he can qualify on a relay team, so attend prelims and give it a shot! If your swimmer qualifies for the championship meet, he/she will receive a finals swim cap (cool neon green!) and a medal at championships.

### **Week of prelims for 2019: July 8 through July 12**

- Monday, July 8: 13–14, 15–18 swimmers at Ben Franklin
- Tuesday, July 9: 6 & under, 7–8 swimmers at Cherry Creek Vista
- Wednesday, July 10: 9–10 swimmers at Homestead
- Thursday, July 11: 11–12 swimmers at Heritage Greens
- Championships: Saturday, July 13, at Stonegate**

## Parent Commitment and Behavior

Swimming is a tremendous sport that offers your child the opportunity to develop in many ways. It is exciting, enjoyable, and rewarding. Participating in summer swim team does require time and effort. Part of your commitment will include paying for registration; purchasing swimsuits, goggles, fins, and other gear; providing transportation to and from practices and swim meets; and working your volunteer hours at swim meets and social events. You can assist the coaches by being supportive, patient, and understanding of your child. As long as your child has tried her/his best and the coaches are satisfied with her/his performance, you should be too.

Please acknowledge and respect that this is an **all volunteer** swim team (only the coaches are paid). All board members are volunteers who put hundreds of hours into making this swim team the best it can be. Many of us have other jobs and commitments outside of the Sundance Sailfish, and we serve as board members because we love the swim team and have had to step up to keep it running. We know that not everyone has the time to commit to the swim team in a leadership role; we welcome feedback but don't appreciate being attacked or criticized in a disrespectful way. That being said, many of you have great ideas and seem willing to share them, so please join our board! If you would like to help shape the swim team in the way that you think it should be run, then please see a board member about open positions for this year or next. Because there is a great deal of training and mentoring involved in each board position, we require our board members to commit to **two years** and be willing to help train their replacement after they leave their position.

### The Rocky Mountain Swim League (RMSL) Code of Conduct

At all RMSL meets, parents should do the following:

1. Display the characteristics referred to in the RMSL Bylaws: courtesy, good will, and sportsmanship.
2. Demonstrate good sportsmanship by conducting yourself in a manner that earns the respect of your child, other swimmers, coaches, officials, and other parents.
3. Support the swimmers, coaches, officials, and other parents with positive communication and actions.
4. Show respect for the meet facilities and follow the rules of the pool to which you have been invited.
5. Maintain self-control at all times. Allow swimmers to swim, coaches to coach, officials to officiate, and parents to parent.
6. Respect the meet officials and their authority even if you don't agree with a decision. As stated in the RMSL Bylaws, protests may only be made by a team parent representative to the Referee.
7. Understand that criticizing, name calling, use of abusive language, or gestures directed toward an official, coach, participating swimmer, or other parent will not be permitted or tolerated.
8. Understand that such behavior may result in being asked to leave the pool for the duration of the meet and that repeat violations may result in a multiple meet or full season suspension.

Finally, at all meets parents should enjoy the wonderful spirit and tradition that is the Rocky Mountain Swim League.

## Social Events and Other Programs

The Sundance Sailfish love to party! We host a variety of social events throughout the season, and these are listed below. In addition, we have a **Big Kids program** (for swimmers who have finished seventh grade) that offers opportunities for our older swim team members to socialize outside of swim team through age-appropriate activities. We also have the **Big Fish / Little Fish Program**, a buddy program that pairs younger swimmers with older swimmers for the purposes of bonding and fun. And we have a volunteer program, where our “**Skippers**” help with the Mudskippers and 6 & unders during practice time. Our website and weekly emails will tell you about these events and programs so that you won’t miss the chance to sign up.

All of the events below are free for swimmers, except for the banquet.

**Doughnut Days:** Every Monday in June

We celebrate Monday Fundays during Monday practices in June. We play games and serve doughnuts to the swimmers.

**Team lunch:** Friday, June 7

This is a chance for swimmers to play games with teammates and coaches and enjoy a catered lunch.

**Swimming Under the Stars:** Tuesday, June 18

This is a night of swimming, games, and a potluck dinner at the pool for the whole family.

**Team pictures:** Thursday, June 13

Each swimmer gets a 5x7 individual portrait as well as a team picture.

**Gabby Krause Swim-a-Thon:** Friday, June 21

This benefit is held during practice times; swimmers can collect pledges and swim for a local charity close to our hearts. More information can be found on our website.

**Pirates Cove:** Sunday, June 23

The park is closed to the public in the evening and open to Sundance swimmers and their immediate family members.

**Root beer floats:** Friday, July 12

This is a celebration of a hard week of prelims. All swimmers can enjoy root beer floats, decorate cars, and get mohawks.

**Banquet and overnight:** Saturday, July 13

We celebrate the end of the season with a fun banquet, featuring a catered dinner, drinks, dessert, music, remarks by the coaches, and awards. Swimmers can sleep at the pool with or without a parent, depending on their age. The banquet is an extra fee for swimmers and family members. There are doughnuts at the pool in the morning for those who spend the night.

## Sundance Hills Swim Team Board Members

If you are interested in a board position or an exempt position (listed below; requirements vary), please talk to a board member about open positions for this year or next. We love to have new people join our board! See the Volunteer Commitment section of this handbook for more information.

Parent Reps:	Susan Buckheit Marcella Murphy	303-489-1324 612-702-8289	stbuckheit@gmail.com marcella.murphy99@gmail.com
Volunteer Coordinators:	Amy Pugh Christy Greene	713-819-6922 720-985-4616	amy.pugh@msn.com ctgreene77@gmail.com
Clerks of Course:	Patricia Luong Karen Thomas	303-921-2183 617-899-6382	patricialuong@hotmail.com karenethomasmd@gmail.com
Concessions Chairs:	Jenn Hayes Jennifer Bailey	303-905-1945	jennhayes23@gmail.com spartanswill@me.com
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## Sundance Hill Swim Team Exempt Positions

Big Kid & Big Fish / Little Fish Program Coordinator:	Natalie Messersmith
Head Timer:	October Minnotte
Meet Setup / Cleanup Coordinator:	Mark Hafley
Team Photographer:	Julie Williams
Ribbons / Spirit Table:	Colleen Wheeler
Afternoon / Evening Practice Coordinator:	Tara Zimmerman

# “The Ten Commandments for Swimming Parents”

by Rose Snyder

(adapted from Ed Clendaniel’s “Ten Commandments for Little League Parents”)

1. **Thou shalt not impose your ambitions on thy child.**

Remember that swimming is your child’s activity. Improvements and progress occur at different rates for each individual. Don’t judge your child’s progress based on the performances of other athletes, and don’t push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.

2. **Thou shalt be supportive no matter what.**

There is only one question to ask your child: “Did you have fun?” If meets and practices aren’t fun, your child should not be forced to participate.

3. **Thou shalt not coach your child.**

You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

4. **Thou shalt only have positive things to say at a swim meet.**

If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

5. **Thou shalt acknowledge thy child’s fears.**

A first swimming meet, 500 free, or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don’t yell or belittle; just assure your child that the coach would not have suggested the event if your child was not ready to complete it.

6. **Thou shalt not criticize the officials.**

If you do not have the time or desire to volunteer as an official, don’t criticize those who are doing the best they can. If you also serve as an official, then know that everyone is trying to do his/her best and respect the position.

7. **Honor thy child’s coach.**

The bond between coach and swimmer is a special one, and one that contributes to your child’s success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child’s swimming.

8. **Thou shalt have goals besides winning.**

Giving an honest effort, no matter what the outcome is, is more important than winning. One Olympian said, “My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure; in fact, I was very proud of that swim.”

9. **Thou shalt not jump from team to team.**

The water is always bluer at the other team’s pool. This is not necessarily true. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind. Oftentimes swimmers who do switch teams never do better than they did before they sought bluer water.

10. **Thou shalt not expect thy child to become an Olympian.**

There are 270,000 athletes registered with USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child’s odds of becoming an Olympian are 1 in about 5,200. Swimming is much more than just the Olympics. Ask your coach why he coaches; chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport onto others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.