**MASTERSON STATION**

Manta Rays



**Parent and Swimmer**

Handbook

2018

Our Swim Team

Welcome to the Masterson Station Manta Rays! We are excited about entering our Eighth year. While competition is challenging and rewarding, our team emphasizes developing and improving swim skills, endurance, and character. We want every swimmer to have a great experience!

Please remember that ***we value every swimmer on our team*** and our goal is to enjoy the season whether we score points or not. We expect our swimmers and parents to cheer for all swimmers, have a positive attitude, and enjoy the summer meet season!

Eligibility

The eligibility of a participant to swim in a specific age group will be determined by his or her age on June 1 of the current year. It is required that the swimmer be able to swim the entire length of the pool in the freestyle/front position. For those swimmers who are working on developing their proficiency in the pool we offer our Manta In Training Program.

Age groups are as follows:

Girls and Boys 6 and under Girls and Boys 7 – 8

Girls and Boys 9 – 10 Girls and Boys 11 – 12

Girls and Boys 13 – 14 Girls and Boys 15 – 18

Registration/Fees

Registration packets must be received no later than June 1st 2016

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| DATES | RATE | NOTES |
| March 1st - March 31st  Early Registration | $110 first swimmer  $100 2nd swimmer  $95 3rd swimmer  $90 4th swimmer | All payments are due at the time of registration.  Refunds will be given as stated in the team by laws. |
| April 28th-May 25th  On time registration | $115 first swimmer  $105 2nd swimmer  $100 3rd swimmer  $95 4th swimmer | All payments are due at the time of registration.  Refunds will be given as stated in the team by laws. |
| May 27th - June 1st  Late Registration | $120 first swimmer  $110 2nd swimmer  $105 3rd swimmer  $100 4th swimmer | All payments are due at the time of registration.  Refunds will be given as stated in the team by laws. |

We will be at the Club House on the following dates to complete registration and order apparel.

Saturday April 28th Sunday April 29th Monday April 30th

Swim Strokes

There are four strokes that competitive swimmers will have opportunities to practice and master.

**Freestyle**: This means any style for individual distances and any style but breaststroke, butterfly or backstroke for medley competitions. The wall has to be touched at every turn and upon completion.

**Butterfly:** This means a technique with synchronous arm movement and synchronous dolphin leg kick.

**Breaststroke**: This means a technique with synchronous arm movement while the legs perform a frog-kick. It is possible to keep the head elevated out of the water throughout the stroke.

**Backstroke:** This means a technique performed on one’s back, especially while using alternating over-arm strokes and a flutter kick.

Practices

**Morning Practices (Monday – Friday) Starting May 28th**

**AGES TIMES**

Early Bird 7:00 a.m. to 7:30 a.m.

Ages 13 and over 7:30 a.m. to 8:45 a.m. (arrive at 7:15)

Ages 9-12 8:45 a.m. to 9:30 a.m.

Ages 8 and under 9:30 a.m. to 9:55 a.m.

It is expected that swimmers will bring goggles, cap, water bottle and towel(s) to practice. Fins and boards are optional. Swimmers should attend practice daily each week. The purpose of practice is to build skills and endurance necessary for each swimmer to reach his or her potential. We ask all swimmers to do their best and respect other swimmers during practices and meets, as well as listen and follow directions from the coaches.

Swim Meets

Our team is a member of the Man-O-War Swim Conference and we compete in six meets that are held each week. Swimmers are required to arrive at the pool at 20 minutes before warm ups begin. If we are hosting, the meet warm ups will be from 4:55 p.m. -5:25 p.m. If we are the visiting team warm up will be from 5:25pm - 5:55pm. The meet begins at 6:00 p.m. and ends no later than 10:00 p.m.

Times are evaluated each week and swimmers are placed in heats with swimmers of comparable times.

The Conference Championship meet will take place July 14th (preliminaries) and July 15th (finals). All swimmers compete in the preliminary competition and the top 18 fastest swimmers from the preliminary competition (in each event, in each age group) return to compete in the championship finals.

**Meet Basics**

The first heat of every event is considered a live heat and is the only heat that scores points based on fastest times. One team may not sweep an event (i.e., receive first, second and third place points). A team must have a swimmer in an event in order to receive the third place point. Swimmers disqualified by a referee or stroke/turn judge cannot receive points. In the event of a tie, the place points will be averaged and divided evenly among swimmers.

All swimmers participating in a meet will receive a ribbon based on their place of finish in their heat. Disqualified swimmers will receive a participation ribbon. Ribbons will be placed in a swimmer’s folder following each meet.

The Man-O-War Swim Conference competes under the rules of USA Swimming. USA certified and/or Man-O-War Swim Conference trained stroke and turn judges provide for a fair competition by observing each swimmer in each heat of each event, ensuring strokes are performed in compliance with the technical requirements for each stroke. Although the conference is a recreational league, the rules of disqualification must be enforced at every age level to help swimmers properly learn the stroke and to provide a fair competition environment for all swimmers at all level

**Events**

For 10 and under swimmers, all events are 25 meters with the exception of the 100 meter individual medley. All events for 11 and over swimmers are 50 meters with the exception of the 100 meter individual medley.

Swimmers may compete in a maximum of four (4) individual live heat events. Meets consist of five individual events: Freestyle, Backstroke, Butterfly, Breaststroke and Individual Medley. In addition, each meet includes two relay events: Medley and Freestyle.

Parent Involvement

We require parents and families to volunteer for the swim meets during the swim season. Your involvement makes all the difference in the world, and there’s an opportunity for everyone.

**Meet Volunteers**

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| **Position** | **Arrival Time** | **Number Needed** | **Description** |
| **Lane Timer** | **(H) 5:30 pm**  **(A) 5:30 pm** | **18**  **9 per half** | **Records time on timer sheets** |
| **Runner** | **(H) 5:30pm**  **(A) 5:30 pm** | **4**  **2 per half** | **Picks up timer sheets and DQ slips and delivers them to the score table** |
| **Score Keeper** | **(H) 5:30 pm**  **(W) 5:30 pm** | **4**  **2 per half** | **Records the official score throughout the meet in the computer.** |
| **Event Board** | **(H) 5:30 pm**  **No Away** | **2**  **one per half** | **Maintains the event board.** |
| **Bull Pen Parent** | **(H) 4:30 pm**  **(A) 5:00 pm** | **12**  **7 first half**  **5 second half** | **Organizes the Bull Pen and gets swimmers to their lanes.** |
| **Concessions** | **(H) 5:00 pm**  **No Away** | **8**  **5 first half**  **3 second half** | **Sells concessions.** |
| **Set Up/Tear Down** | **Set Up 3:00pm**  **Tear Down** | **8**  **4 for set up**  **4 for tear down** | **Set up and tear down for home meets.** |

**Committee Volunteers**

**Board –** Consists of a president, vice president, treasurer, and communication director. Elected or appointed by swim team membership for one year terms. Responsible for one or more committees.

**Communication –** Manages electronic newsletter and website. Writes articles about swim team and events. Ensures all members are informed about changes in practice and/or meet schedules and locations.

**Concessions –** Plans concession items such as pasta, fruit, energy bars, pizza, hot dogs, drinks, snacks, ice, cups, plates, napkins, etc., for each home meet. Schedules volunteers responsible for purchasing, delivering, selling and cleaning up after home meets.

**Membership –** Plans strategies for recruitment and retention of swim team members. Works with Masterson Station to set policies for pool and non-pool memberships, membership rates and fees.

**Social –** Plans for team activities during the summer season, including kick-off events, parties, after meet dinners and related social functions.

**Sponsorship** – Identifies swim team sponsors among community organizations, businesses, companies and corporations. Sets funding goals and priorities.

**Volunteer Committee** – Coordinates volunteers for every home and away event (see meet volunteers) to ensure every meet function is covered. Schedules volunteers and identifies backups.

Contact Information

**Coaching Staff**

**NAME ROLE PHONE EMAIL**

Ben VanderHorst Head Coach 859-559-1139 [bjvand2@gmail.com](mailto:bjvand2@gmail.com)

**Board Members**

**NAME ROLE PHONE EMAIL**

Chassity VanderHorst President 859-230-1070 [chassvanderhorst@gmail.com](mailto:chassvanderhorst@gmail.com)

Cory Wilkes Vice President 859-2130829 [corywilkes@gmail.com](mailto:corywilkes@gmail.com)

John Hart Treasurer 859-447-6244 [john@safarihuntingreview.com](mailto:john@safarihuntingreview.com)

Kate O’ferral Secretary 859-536-9450 [keo2055@gmail.com](mailto:keo2055@gmail.com)

Zachary Derbyshire Conference Rep 202-560-0377 Zachary.derbyshire@gmail.com

Justin Wedeking Meet Director 651-283-2146 [justin243455@gmail.com](mailto:justin243455@gmail.com)

Karma Wilson Volunteer Coordinator [kpotterwilson@gmail.com](mailto:kpotterwilson@gmail.com)

Lindsey Myers Member at Large 859-699-7499 [lnmyers3@gmail.com](mailto:lnmeyers3@gmail.com)

Kelly Curry Member at Large 859- 4211893 kellymarshcurry@gmail.com