

Pheasant Run

TRI-COUNTY CHAMPIONS:

**1993, 1994, 1995, 1996, 1998, 2000, 2001,
2002, 2003, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012**

BURLINGTON COUNTY CHAMPIONS:

**1991, 1992, 1993, 1994, 1995, 1996, 1998, 2002,
2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012**

“A” DIVISION CHAMPIONS:

**1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 2000,
2001, 2002, 2003, 2005, 2006, 2007, 2008, 2009, 2010**



FLYERS

2015 Team Handbook

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2015 Flyer Calendar

May 12	Swim Team Registration 5-7 PM	PRSC
May 19	Team Suit Sale 5-7 PM	D&Q
May 27	Outdoor Practice Begins 4-8 PM	PRSC
June 6	Time Trials at PRSC TBD	HOME
June 7	Group Lesson Registration	PRSC
June 7	Private Lesson Registration	PRSC
June 13	Practice Meet- TBD	HOME
June 13	T-Shirt Barbecue 12:00 PM	PRSC
June 19	AM Sessions Begin 7:30-12:30	PRSC
June 20	Greenfields 9:00 AM	Greenfields
June 22	LTS Session 1 Begins 1-5 PM	PRSC
June 24	Covered Bridge "B" Meet 6:00 PM	HOME
June 27	Deerbrook 9:00 AM	HOME
June 30	Sunnybrook "B" Meet 6:00 PM	HOME
July 2	Haddon Glen 9:00 AM	Haddon Glen
July 6	LTS Session II Begins 1-5 PM	PRSC
July 7	Team Pictures 5:30 PM	PRSC
July 8	Downs Farm "B" Meet 6:00 PM	Downs Farm
July 11	Wenonah 9:00AM	HOME
July 12	ACS Swim-a-thon / DJ Entertainment to follow	PRSC
July 15	Kingston Estates "B" Meet 6:00 PM	AWAY
July 16	Mini Team Relay Carnival	PRSC
July 18	Wedgewood 9:00 AM	Wedgewood
July 18	Parents Party PM	Wilson's Home
July 19	Riverdel Mini Meet and Brookside Master Meets	AWAY
July 20	Practice Tri-County Qualifiers Only 7:30-11	PRSC
July 21	LTS Session III Begins 1-5 PM	PRSC
July 25	Burlington County Championships 9 AM	Woodstream
July 31	Final 50 9:00 AM	PRSC
July 31	Pasta "Q-Cap" Night 5:30 PM	PRSC
Aug. 1-2	Tri-County Championships	Greenwood Park
Aug. 2	End-of-Season Party Following Meet	PRSC

COACHING STAFF

Head Coach - Elizabeth (Gadomski) McGrath

Coach Liz swam for the Flyers from 1995 through 2005. This will be her 10th year coaching at Pheasant Run, her 4th year as the head coach. A graduate and 4-year varsity swimmer at Vassar College, Coach Liz teaches French at Highland High School in Blackwood. She is also Highland's Assistant Swimming Coach and works at Tom Wilkinson's Learn to Swim program at the Moorestown Community House. Additionally, Coach Liz works with the PRSC Winter Swim Program.

Assistant Coach - Kristen Snow

Coach Kristen swam for Riverdel Swim Club for 14 years and was a 12 and Under coach there for 2 years. Kristen graduated with an education degree from The College of New Jersey. This will be Coach Kristen's fourth year as an assistant coach for the Flyers. She will assist with the all age groups and run our group Learn to Swim lessons.

Assistant Coach – Eric Pluckhorn

Coach Eric swam for the Flyers for 14 years, and volunteered as a mentor and Mini Team coach. This will be his second year as an assistant coach for the team. He will assist with all age groups and conduct private swim lessons. A Moorestown High School graduate, Eric is currently studying at Rowan University.

Assistant Coach – Paul Long

Coach Paul has swam for various winter club teams as well as the Larchmont Swim Club in the summer. This will be his second year as an assistant coach for the team. He will assist with the all age groups and conduct private swim lessons. Paul is currently a member of the Rowan University swim team, where he swims breaststroke and distance freestyle.

Assistant Coach – Mitchell Cain

Coach Mitch swam for the Flyers from 2000 to 2012. This will be Mitch's first year as an assistant coach with the Flyers. He will be assisting with the twelve and under age groups as well as conduct private lessons. A Moorestown High School graduate and 4-year varsity swimmer, Mitch currently studies Political Science and Business Administration at Albright College, where he is a butterfly and distance freestyle swimmer.

Assistant Coach – David Finnan

Coach David swam for Pomona but finished his Tri-County career at Pheasant Run in 2014. This will be David's first year as an assistant coach with the Flyers. He will be assisting with the twelve and under age groups. David was a four year varsity swimmer at Cinnaminson High School. He is currently attending Burlington County College and majoring in Computer Science.

Message from the Coach

SUMMER IS HERE! It's hard to believe that another summer at Pheasant Run will soon be under-way. The summer of 2014 was one for the books, with a hard-fought 4-1 record and 2nd place in Tri-County, we showed impressive determination and strength. We made incredible strides as both individuals and a team. This team truly knows the meaning of perseverance and what it means to be a champion.

We have many goals for the 2015 season. I am looking forward to a summer full of **FUN** for all swimmers, families, and coaches. We want all of our swimmers to **IMPROVE** as athletes and people, and to continue to work **TOGETHER** as a true **TEAM** and **family**. Each year we set our sights on the “**A**” **Division Championship**, and this year we will continue to strive for the **Burlington County and Tri-County** titles. This will require us to work harder and train better than ever before. Achieving these goals also involve **everyone** in the pool, on the deck, and in the stands. I ask that you **communicate** with your coaches and teammates, and **show-up** – make this team a priority in your life.

I am very excited for our 2015 coaching staff. Coaches Kristen, Eric, and Paul return to the coaching staff, and will be joined by Mitchell Cain and David Finnan – two Flyer graduates. I know that all members of our coaching staff understand the **commitment, dedication, and drive** that are needed to be a part of this team. I hope that you will continue to respect them as a part of our Flyer family.

The sport of swimming, and the Flyer program in particular, has been a part of my life for the past 20 years. I am very proud to now be such an integral part of this program, and as always, I plan to share my passion and pride with everyone on this team. My coaching staff and I will all “bleed orange” for you this summer, will you?

Whatever It Takes,
Elizabeth (Gadomski) McGrath
Head Coach
Pheasant Run Flyers

Summer Swim Team Dues

In previous years we conducted a raffle which consisted of taking tickets which you received when you paid your swim team summer dues.

The dues pay for all things such as Tri-County Due, Team T-Shirt, ribbons entrance fees to Mini-Meet and various other team related items. (A detailed listing is available upon request).

One swimmer is \$100.00

Two Swimmers is \$175.00

Three or more swimmers is \$235.00

Payment is due at registration before practice begins.

This year we have eliminated the raffle because

1. It is an added cost to the team.
2. No one stepped up to run the raffle
3. We relied on donations from swim team members
4. The dues pay for swim team related fees for your summer

Helpful Hints for All Team Members

Communication and Parent Involvement

For communication, we rely on the email system, Flyers NewsFlash (distributed every Friday by email), the website (prflyers.org), daily meetings at practices (swimmers), PRPA meetings (parents), and the bulletin board by the Social Hall. It is extremely important that we have updated email/contact information. You can also join our text message group to receive updates via text message by texting @prsc2014 to (520) 777-1739.

Communication is the key to good swimmer-parent-coach interaction. However, please email a coach or set up a time after practice to speak with a coach so as not to interrupt him or her while he or she is conducting practice. Coaches check their email in the morning and in the afternoon or evening. You will not always receive a reply, however you can be sure it has been read

Parent involvement is important to the success of every child. Please do not hesitate to contact a coach with your concerns at an appropriate time. The coaching staff asks that you be supportive of your child no matter what and allow the coaches to do their job. This includes **staying off the pool deck during practice**, and being a **positive role model** for every swimmer.

Registration

At registration a photo will be taken of your child for publicity during the summer.

****New this year, you will have to sign a Photo Release for your children's picture to appear in public. Your child will sign up for Time Trials. You will be asked to sign up for the T-Shirt Barbeque and to purchase tickets for the fundraiser to benefit the swim team. Your child will be sized for the team T-shirt. The team swim suit, practice suits, goggles, etc., will be on sale. You will receive written information on a number of related matters.**

Importance of Time Trials

All registered swim team members with the exception of Mini Team swimmers MUST attend Time Trials on Saturday, June 7, at Pheasant Run. Swimmers ages 10 & Under will be timed in the four competitive strokes. Swimmers who are 11-12 will be timed in four competitive strokes and the individual medley. Swimmers who are 13-18 will be timed in the four competitive strokes and the 100 freestyle. ALL swimmers are REQUIRED to swim ALL strokes at Time Trials. Time Trials are essential for group and lane placement, as well as the scheduling of the practice meet.

Swimmers are urged to make arrangements concerning prior commitments (work schedules, athletic contests, family trips, etc.) so that they will have the opportunity to be timed. As a result of our demanding training schedule and limited pool time, additional timing sessions similar to Time Trials will not take place. Furthermore, it is likely that if a swimmer does not attend Time Trials, he or she will not have an opportunity to be timed until the dual meet season begins. The coaching staff must be notified immediately if a swimmer will not be able to participate.

Importance of Time Trials

The purpose of Time Trials is to provide all swim team members the opportunity to be timed in all of the strokes. These times are then used by the coaching staff as one of the criteria for group assignments and meet participation. It should be emphasized that additional factors are also examined to determine group assignments and meet participation, i.e. skill competency, attendance, training discipline, attitude, etc.

Swimmers and parents must understand that the coaching staff will be better able to meet the needs of our athletes and meet the goals of this program if every team member participates in Time Trials on June 6.

Practice

Swimmers must be on the pool deck in their swim suit, cap, and goggles 10 minutes before practice to schedule to start (Flyer time). Practices will be held rain or shine unless a call or e-mail is sent in advance. In case of inclement weather, please check e-mail regularly. Each swimmer should have a swim bag equipped with caps, goggles, fins, towels, and a sweatshirt. All items should be labeled with the child's name. Parents are more than welcome to stay and watch practice, but should observe from the patio area.

Attendance is required and will be recorded at every practice by the coaching staff. Missing practice forfeits a swimmer's right to swim in a Saturday meet. **3 latenesses** to practice is considered a missed practice. Swimmers arriving late will miss important information at team meetings and jeopardize their opportunities to swim in meets. Swimmers who wish to train with a comparable program must, in communication with the coaches, volunteer with the younger swimmers and be available for skills and takeovers on Fridays.

Extenuating circumstances (family emergencies, sickness) must be communicated via **email** or phone call as soon as possible. Please keep sick swimmers home and away from the pool.

Posting of Meet Sheets

There are Wednesday evening and Saturday morning meets. **Wednesday** meets are held for novice/intermediate swimmers- no score is kept but ribbons are awarded. **Saturday** meets are for the more advanced swimmers; score is kept, and results are official in league standings. Swimmers can qualify for the Tri-County Championship Meet only in Saturday meets. In a Saturday meet, a swimmer may swim a maximum of two individual and two relay events. The coaching staff should be contacted immediately if there are any questions regarding the meet sheets. The Wednesday night meet sheet (who is swimming in what event) is posted on the team bulletin board during Tuesday and/or Wednesday's practices. The Saturday meet sheet is discussed before, during, and after practice the week leading up to the meet.

Who swims in an event for each meet is determined by many factors and is the ultimate decision of the coaching staff.

Meets

For home meets at Pheasant Run, swimmers should arrive before the scheduled time and report to the team area. Once there, they are under the supervision of the coaching staff and appointed “stagers.” Parents should stay away from this area during meets. If your swimmer wanders over to you, please instruct them to go back and sit with the team. Summer swimming is a team sport and meets are the only time during the week for the entire team ages 5-18 are all together. They should be encouraged to stay with the team to bond and cheer on the swimmers in their age bracket and other age brackets.

Swimmers should wear their team shirt and bring with them extra caps, goggles, and suites (in case of emergencies), a water bottle filled with ice, and sun block. Swimmers are not permitted to eat junk food or visit the snack bar during the meet. Pack pretzels, fruit, or juice if necessary. Make sure your swimmer gets a good night’s sleep.

Before the Meet

For all away swim meets, the team meets in the Pheasant Run parking lot and travels in a caravan. Directions to away meets are located on the Tri-County website and will be attached to the Flyers News Flash each Friday.

Coaches ask that swimmers relax away from the club on the day of a Wednesday meet or on the Friday afternoon before a Saturday meet in they are swimming in the meet.

After the Meet

Wednesday evening meets last approximately three hours. Ribbons from Wednesday night meets are given out at practice on Thursdays.

Saturday meets last approximately two and a half hours. **All swimmers are expected to remain for the entirety of the Saturday meet.** Ribbons are given out at Pheasant Run after the meet. We will also discuss the meet and upcoming events. Most families choose to buy either a hoagie or lunch at the club snack bar and eat during the “ribbon ceremony.” Hoagies may be ordered during the week. Please contact Erica Polaneczky if you are interested in purchasing a hoagie (s).

Mini Team

This program is offered to all 8-and-under children who are interested in competitive swimming. The requirements for the Mini Team are minimal; however, all children must be able to swim 10 yards (30 feet) without assistance. All NEW eight and under swimmers will be evaluated by the coaching staff at the start of the season. Mini Team swimmers participate in the evening home meets (Wednesday nights) and the Riverdel Mini Meet (July 19).

All mini team swimmers will be evaluated on Thursday, June 5. Swimmers who do not meet this requirement will be retested on Wednesday, June 18. **ALL MEMBERS OF THE MINI TEAM SHOULD ENROLL IN GROUP LESSONS.**

Continued Practice

Swimmers scheduled for the Burlington County Championships and the Tri-County Championships continue to practice after the last dual meet (July 18).

Burlington County Championship Meet

This meet will be held at Woodstream Swim Club on Saturday, July 25. The swimmers for this meet are chosen by the coach and notified ahead of time. Only one swimmer from each team may swim in each event. With the exception of the individual medley (IM) event, each participating swimmer may only swim one individual and two relay events. Alternate swimmers are also chosen in case a primary swimmer cannot swim; however, the changes must be announced before the meet begins. No last-minute replacements may be made.

There is a fee for admission and program. T-shirts are on sale. Be prepared for a long meet. There are two heats for each event to accommodate the nine clubs in Burlington County.

Riverdel Mini Meet

This is a separate meet for swimmers 5-9 years old. It will be held Sunday, July 19. All Flyers 9 years old and under are EXPECTED to swim in this meet. Swimmers swim by individual age, not by age group. A high-point trophy is awarded to the best all-around swimmer in each individual age. Rosette ribbons are awarded for first, second, and third place finishers in each event. All participants receive a ribbon for each event. There is also a kick board event for the youngest swimmers. There is a fee for admission and the program.

Awards & Incentives

All members of the Pheasant Run Flyers will be awarded their 2015 team shirt at the annual T-Shirt Barbecue held on Saturday, June 13 at the club. Swimmers will receive their team gift after the season is completed.

The 2015 Flyer incentive program will be the similar as past years. Swimmers will be eligible for a variety of awards or incentives based on their accomplishments. The criteria for earning the special awards are as follows:

Flyer Socks will be given to any swimmers the first time they record a Tri-County qualifying time in any stroke, the first time a team and/or pool record is established, and to any swimmers who establish either a Burlington County or Tri-County Championship record.

Record Patches (team/pool) are awarded to all swimmers the first time they establish a team/pool record (including relay participants).

Tri-County Qualifying Caps are awarded to all swimmers who qualify for Tri-County (including relay participants). This “special” incentive will be given on Pasta “Q-Cap” Night on Friday, July 31.

Swimmers who are 18 years of age before June 15 are recognized by the Tri-County swim league and at Pheasant Run as “Graduate Swimmers”. These swimmers will be recognized throughout the summer and will raise the flag with their families and be honored at our last home meet. They will additionally swim their “Final 50” the last day of practice, Friday, July 31.

American Cancer Society Swim-a-thon

For many years Pheasant Run Flyers have raised several thousands of dollars to benefit the American Cancer Society. This is a fun event as well as a chance for our swimmers and the flyer family to give back to a worthy cause. The swimmers will swim with their designated age group and times will be given out at practice several days before the event on July 12. Each family is encouraged to donate to this cause; your contribution is tax deductible. Please encourage family members to sponsor your swimmer a lap fee or a flat fee. This is a great event. The event is followed by food and a DJ at the club. Maya Kay, Linda McDevitt, and Brenda Corsello have graciously agreed to host to make this event a success. If you would like to volunteer your time please sign up to help.

Tri-County Championship Meet

The Tri-County Championship Meet will be held at Westwood Swim Club on August 1-2. Swimmers can qualify for this season-ending meet in Saturday meets only. The 2015 qualifying times are listed within this handbook and can also be found on the Tri-County website (www.tricountyswimming.org). When a swimmer earns a Tri-County Qualifying Time, he or she will receive special recognition at the Saturday “ribbon ceremony.”

Swimmers may swim only two individual events at this meet, even if they have qualified for more. The coach chooses the relay teams and alternates. This is a two-day event. All swimmers who have qualified will swim on Saturday. Results are posted. The top 12 finishers in each event swim on Sunday in three heats. The top six finishers swim in the “finals” for medals, and the 7th through 12th place finishers swim in the “consolations” for ribbons. Although final placement can change within a heat because of time, no place movement between heats can occur. Some relays will swim on Saturday, some on Sunday, depending on seed time (the top 12 relays swim on Sunday.)

There is a fee for admission and programs on both days. T-Shirts are on sale. Everyone is invited to come and cheer on your team. Parents, try to sit together in a block to cheer for the team. If you did not qualify we encourage you to bring your swimmers to this race to cheer on their friends and share in the excitement of seeing the best swimmers in South Jersey Tri-County swimming compete.

Team Suit Information

The Flyers will be wearing a black Speedo swimsuit. Boys can purchase either a “jammer” or “racer.”

Volunteer Opportunities

A swim team the size of Pheasant Run takes an army of volunteers to run the meets and other events hosted by the swim team. If you have not already volunteered please step up and let us know you are interested. Your children benefit from seeing you involved in something they enjoy and it is fun to spend time with people you know and this can be accomplished quickly by volunteering. If you are interested in volunteering, please notify Brenda Schurer bschurer01@aol.com , Karen Greer staffordway@yahoo.com, or Ruth Anne Pluckhorn pluckhorn@aol.com. If you have never been involved with swimming before and feel you don't know what you are doing, no problem. We will train you and you will learn a whole bunch about swimming which can only benefit you and your swimmer.

Please see all the volunteer positions at the end of this handbook.

Pheasant Run Flyers Swim Team Program

2015 Flyer Training Program

To meet the needs of such a diverse group of athletes, our swimmers are placed in one of five training groups based on their overall ability and experience. The major objective of this training program is to provide all swimmers with the opportunity to achieve their personal goals. In order to swim on the team one must practice and compete on a regular basis.

The emphasis of this training program is on stroke mechanics, competitive training, **discipline**, and **commitment**. It is hoped that all of our swimmers learn that swimming is a “lifetime” sport – a sport that they can participate in as an adult for fitness or just plain FUN!

Equipment Needed: Sneakers should be brought daily for dry land training. Please be sure swimmers have fins, cap(s), goggles, and are wearing their “practice suit”. Swimmers should also bring water bottles; they can become dehydrated even though they are swimming and a light snack.

Group Requirements and Practice Schedule

13-18: Monday-Friday -- 2 hours daily

Description:

This session is tailored to meet the needs of our most advanced senior swimmers. Sound stroke mechanics and fundamentals are further reinforced. Swimmers are exposed to the most advanced training techniques under in competitive swimming today. High intensity training is utilized. Strength and flexibility programs are included.

Requirements:

Swimmers in this group must demonstrate advanced competitive skills, a serious attitude, and commitment to the swim team. Swimmers must be able to swim serious “meterage” with little effort, and be proficient in the four competitive strokes.

Practice Schedule:

Afternoons Good Weather (until schools dismiss):	6-8 PM
Regular Season Good Weather (June 19- July 17)	7:30-9:30 a.m.
*Championship Season (July 21- Aug 1)	7:30-9:30 a.m.
*Burlington / Tri-County Qualifiers Only	

9-12 Age Group: Monday—Friday –2 hours daily

Description:

This group is open to all 9-12 year old swimmers. Emphasis is given to stroke mechanics as well as competitive fundamentals. Moderate to high intensity training techniques are utilized geared to each swimmers’ ability.

Requirements:

The minimal requirements are having the ability to swim laps of the pool with little effort while demonstrating competency in the four competitive swim strokes. Any 9-12 year old swimmer who is unable to meet the requirements of this group will be reassigned to the mini team or Group I.

9-12 Age Group cont'd...

Practice Schedule:

Afternoons Good Weather (until schools dismissed):	4-5:30 p.m
Regular Season Good Weather (June 19- July 17))	9- 11 a.m.
*Championship Season (July 21- Aug 1)	9-11 a.m.
*Burlington / Tri-County Qualifiers Only	

8 & Under Age Group: Group II: Monday—Friday – 2 hours daily

Description:

This group is restricted to advanced 8 and under swimmers. Emphasis is given to stroke mechanics as well as competitive fundamentals. High intensity training techniques are utilized geared to each swimmer's ability.

Requirements:

Swimmers in this group must demonstrate advanced competitive skills, a serious attitude, and commitment to the swim team.

Practice Schedule:

Afternoons Good Weather (until schools dismiss):	5:15- 6:30 p.m.
Regular Season Good Weather (June 19-July 17)	10:30 a.m.- 12:30 p.m.
*Championship Season (July 21- Aug 1):	9:00 a.m.- 11:00 a.m.
* Burlington/ Tri-County Qualifiers Only	

Group I: Monday- Friday—1.5 hours daily

Description:

This group consists of intermediate 8 & under swimmers. The prime emphasis is on stroke mechanics and developing sound fundamentals. Moderate training techniques are utilized based on each swimmer's ability.

Requirements:

The minimal requirements are to be capable of swimming laps of the pool with little effort and demonstrate competency in the four competitive swim strokes.

Practice Schedule:

Afternoons Good Weather (until schools dismissed):	5:15 -6:30 p.m.
Regular Season Good Weather (June 19-July17):	10:30-12:00 noon

Mini Team: Monday-Friday 1 hour daily

Description:

This group consists of our novice 8 and under swimmers. The emphasis is on stroke mechanics and general exposure to competitive swimming.

Requirements:

MINIMAL!! However, all children must be able to swim 10 yards (30 feet) without assistance. All mini team swimmers will be evaluated at the start of the season. **ALL MINI TEAM SWIMMERS SHOULD ENROLL IN LESSONS!!**

Practice Schedule:

Afternoons Good Weather (until schools dismissed):	5:15- 6:30 p.m.
Regular Season Good Weather (June 19-July 16)	10:30-11:30 p.m.

How do coaches choose swimmer's events at each meet?

Beau Caldwell – Assistant Swim Coach, First Colony Swim Team

Believe it or not, there is a significant amount of thought process that goes into selecting a swimmer's events. When a coach selects events for a swimmer, they're going through the entry process with an individual plan in mind for each swimmer.

Each swimmer has their own past, present and future with swimming; therefore, each swimmer's event choices are unique to them based on several variables. Variable aspects for each swimmer include: age, birthday, recent achievement, past & future meet entries, past meet experiences, relative practice attendance & performance, and future goals. Additionally, many meet goals will revolve around the current focus and training of their respective practice group.

Below are stages of thought that go into choosing events. Depending on the variables above, each of the stages of thought will be more or less significant to each swimmer. While it may not be possible to choose the "perfect" events at every meet, there may be better events to choose than others.

The Basics – Eligibility and parameters for each meet.

1. How many events can one enter per meet?
2. What events are offered?

Planning Stage – Make the meet competitively beneficial!

1. What are the swimmer's goals? What are the swimmer's needs?
2. How can this meet best serve this swimmer?
3. What events did the swimmer compete in at the last meet?
4. Is the swimmer locked into certain events at an upcoming meet?
5. If the swimmer skips a particular event at this meet, when will they have this opportunity again?

Opportunity Stage – Achieve higher levels of the sport!

1. What are the swimmer's physical and technical strengths? What are their physical limits?
2. In what events can the swimmer see time improvement?
3. In what events can the swimmer earn a new time standard?
4. Are there any new events/strokes/distances that can be swum?
5. Is team score being kept? Does the team need points? Are points relevant to this swimmer's events?
6. How can the swimmer be more competitive for the next oldest age-group?

Psychological Stage – Race with confidence!

1. What does the swimmer want to swim? What are they comfortable with? What's fun?
2. What challenges will the swimmer accept and welcome?
3. How do I balance challenging the swimmer without overwhelming them with a heavy workload?
4. How often have they swum a particular event? Will this event become trite or stale?
5. What expectations need set up, and what conversations need to happen, for the swimmer to have confidence before the meet starts?

Some common principals of developmental and age-group swimming:

1. Best events will change over time, usually for reasons beyond anyone's control.
2. A fast swim at a young age may not translate into a competitive stroke 2-3 years later.
3. Success in swimming is measured by progress over time – it may take a few months/meets to determine what works and how the swimmer is making progress.
4. Compare times season-to-season and year-to-year, not meet-to-meet; it's much easier to see improvement and success, and for the swimmer to get excited about their swimming.
5. The swimmer, parent, and coach almost always share the same desired outcomes for the swimmer, but may have a different idea/plan for how to get there. Communicate concerns ahead of time to ensure both parties are on the same path to the end goal.

What does it mean to be a
PHEASANT RUN FLYER?

Fearless

Try your best
Never give up
Be a *Champion* no matter what
Stay true to yourself
Persevere no matter the circumstances
“Whatever It Takes”

Loyal

Being part of a team
Being part of a **family**
Team unity
Include everyone
Support each other
Caring
Dedicated to this team and this family

Youth spirit

Bleed Orange!
Good sportsmanship
Coaches who are loving and caring

Enthusiastic

HAVE FUN!
Unwavering spirit
Guarantees happiness to each and every swimmer big and small
Motivation

Reliable

We show up every day to become better swimmers and *better people*.
Mentoring – to be the best **role model** you can be
Always work hard to improve
ATTITUDE + EFFORT = SUCCESS
Commitment

The 10 Commandments for Swimming Parents

by Rose Snyder

(Adapted from Ed Clendaniels 10 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 performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

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

If you are going to show up at a swimming meet, you should be encouraging, and never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for".

5. Thou shalt acknowledge thy child's fears.

Your child's 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 compete in it. Remember your job is to love and support your child through their entire swimming experience.

6. Thou shalt not criticize the officials.

If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can.

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, as it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team.

The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions.

9. Thy child shalt have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much 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. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

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

There are 280,000 athletes in USA Swimming and we keep a record of the Top 100 all time swimming performances by age group. Only 2% of the swimmers listed in the 10 & under age group make it to the Top 100 in the 17-18 age group. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to 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, like you want your child to be, and you should be happy your child wants to participate.

Nine Ways to Be a Great Team Member

By Jon Gordon, Author, Motivational Speaker

While watching the Oscars I noticed that almost every award winner said they couldn't have done it without their team, family, and the support of others. The fact is no one achieves success alone. We all need a great team to accomplish great things. We are at our best when we are surrounded by those who want the best for us and when we are bringing out the best in others. In this spirit I want to share 9 ways to be a great team member.

1. Set the Example – Instead of worrying about the lack of performance, productivity and commitment of others you simply decide to set the example and show your team members what hard work, passion and commitment looks like. Focus on being your best every day. When you do this you'll raise the standards and performance of everyone around you.

2. Use Your Strengths to Help the Team – The most powerful way you can contribute to your team is to use your gifts and talents to contribute to the team's vision and goals. Without your effort, focus, talent and growth the team won't accomplish its mission. This means you have an obligation to improve so you can improve your team. You are meant to develop your strengths to make a stronger team. Be selfish by developing you and unselfish by making sure your strengths serve the team.

3. Share Positive Contagious Energy – Research shows emotions are contagious and each day you are infecting your team with either positive energy or negative energy. You can be a germ or a big dose of Vitamin C. When you share positive energy you infectiously enhance the mood, morale and performance of your team. Remember, negativity is toxic. Energy Vampires sabotage teams and complaining is like vomiting. Afterwards you feel better but everyone around you feels sick.

4. Know and Live the Magic Ratio – High performing teams have more positive interactions than negative interactions. 3:1 is the ratio to remember. Teams that experience interactions at a ratio equal or greater than 3:1 are more productive and higher performing than those with a ratio of less than 3:1. Teams that have a ratio of 2:1, 1:1 or more negative interactions than positive interactions become stagnant and unproductive. This means you can be a great team member by being a 3 to 1'er. Create more positive interactions. Praise more. Encourage more. Appreciate more. Smile more. High-five more. Recognize more. Energize more. Read more about this at www.FeedthePositiveDog.com

5. Put the Team First – Great team players always put the team first. They work hard for the team. They develop themselves for the team. They serve the team. Their motto is whatever it takes to make the team better. They don't take credit. They give credit to the team. To be a great team member your ego must be subservient to the mission and purpose of the team. It's a challenge to keep our ego in check. It's something most of us struggle with because we have our own goals and desires. But if we monitor our ego and put the team first we'll make the team better and our servant approach will make us better.

6. Build Relationships – Relationships are the foundation upon which winning teams are built and great team members take the time to connect, communicate and care to build strong bonds and relationships with all their team members. You can be the smartest person in the room but if you don't connect with others you will fail as a team member. It's important to take the time to get to know your team members. Listen to them. Eat with them. Learn about them. Know what inspires them and show them you care about them.

7. Trust and Be Trusted - You can't have a strong team without strong relationships. And you can't have strong relationships without trust. Great team members trust their teammates and most of all their team members trust them. Trust is earned through integrity, consistency, honesty, transparency, vulnerability and dependability. If you can't be trusted you can't be a great team member. Trust is everything.

8. Hold Them Accountable – Sometimes our team members fall short of the team's expectations.

Sometimes they make mistakes. Sometimes they need a little tough love. Great team members hold each other accountable. They push, challenge and stretch each other to be their best. Don't be afraid to hold your team members accountable. But remember to be effective you must built trust and a relationship with your team members. If they know you care about them, they will allow you to challenge them and hold them accountable. Tough love works when love comes first. Love tough.

9. Be Humble - Great team members are humble. They are willing to learn, improve and get better. They are open to their team member's feedback and suggestions and don't let their ego get in the way of their growth or the team's growth. I learned the power of being humble in my marriage. My wife had some criticism for me one day and instead of being defensive and prideful, I simply said, "Make me better. I'm open. Tell me how I can improve." Saying this diffused the tension and the conversation was a game changer. If we're not humble we won't allow ourselves to be held accountable. We won't grow. We won't build strong relationships and we won't put the team first. There's tremendous power in humility that makes us and our team better.

In addition here are a few of my favorite sayings about being a great team member.

Your team doesn't care if you are a superstar. They care if you are a super team member.

You have to work as hard to be a great teammate as you to do be a great player.

Many teams communicate but the great ones connect. Great teams form bonds of trust that strengthen relationships and the team.

-Jon Gordon © Jon Gordon 2013

Celebrate Success

By Jon Gordon, Author

Each night before my children go to bed I ask them what their success of the day is. The idea came from a story I read about the Olympic gymnast, Bart Connor. Turns out 9 months before the 1984 Olympics he tore his bicep muscle. They said he would never make it back in time to compete in the Olympics. But not only did he make it back, he won two gold medals.

When Charlie Jones, the television broadcaster, was interviewing him, he asked Bart how he did it. Bart thanked his parents. Charlie Jones said, "Come on Bart, everyone thanks their parents when they win a gold medal." Bart told Charlie that this was different. He said, "Every night before bed my parents would ask me what my success was. So I went to bed a success every night of my life. I woke up every morning a success. When I was injured before the Olympics, I knew I was going to make it back because I was a success every day of my life." Talk about a confidence booster.

Since engaging in this practice with my children I can attest it works. I also know it works because I share this story in my keynotes and hear great stories from people all the time who are doing this with their children.....

Teams and organizations that focus on and celebrate success create more success. Success becomes ingrained in the culture and people naturally look for it, focus on it and expect it. That's why certain football coaches and business leaders are always successful. They implement systems and principles that create a culture that celebrates and expects success and this drives behavior and habits that create successful outcomes.

So how do we put this into practice? For your own personal growth, keep a daily and weekly success journal. Write down your success of the day. Do this for 30 days and you'll see amazing results.

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The Only Six Words Parents Need to Say to their Kids About Sports – Or Any Performance

By Brad M. Griffin

[The author writes about his son is getting ready to play T-Ball..]

...I stumbled across this great article by student leadership development expert Tim Elmore. In it he discusses research on what parents can say both before and after the game to encourage their kids, without making everything about performance (either positively or negatively). Elmore suggests:

Based on psychological research, the three healthiest statements moms and dads can make as [kids] perform are:

Before the Competition:

Have fun.
Play hard.
I love you.

After the competition:

Did you have fun?
I'm proud of you.
I love you.

It gets even better. Researchers Bruce Brown and Rob Miller asked college athletes what their parents said that made them feel great and brought them joy when they played sports. Want to know the six words they most want to hear their parents say?

“I love to watch you play.”

That's it. Nothing aggrandizing like “you're an all-star,” and nothing discouraging like “here are a couple of things I noticed that you can work on.” Just “I love to watch you play.”...

A Seal's Perspective: 5 Ways to Be a Better Leader

By Jeff Boss

After spending 13 years in the SEAL Teams, there are five lessons I want to share...

1. Test yourself -- daily. Leaders need challenges. They need to defy the unknown and achieve the unexpected. If this means waking up an hour earlier to work out, read the paper or just have personal time, do it. The sense of accomplishment yielded from your efforts will have a snowball effect on your self-efficacy. And remember, every day counts.

2. The BUD/S (Basic Underwater Demolition/SEAL training) motto of “The only easy day was yesterday” always held true because every day became harder than the last. I remember thinking to myself after enduring a conditioning run, “That was the hardest run I ever did!” That is, until the next conditioning run, and then that run became the hardest one I ever did. The point is that every day affords an opportunity to become better than what and who you were yesterday. If you don't take advantage of the opportunity, your competitor will.

3. Workout (i.e. sweat!). Having the mental fortitude to push yourself does two things: it shapes your body and sharpens your mind. It's easy to brush off the mental component of exercise if you're not pushing yourself, especially if you just go to the gym to talk. But if you exert yourself, breathe heavily and sweat profusely (no grunts, please), then your mind feels the same effects and raises its pain threshold, which in turn allows the body to push itself further.

4. Demonstrate your C2. Character is who you are; competence is what you can do. The confluence of these, which I call C2, is the secret sauce that turns good leaders into unforgettable people that others aspire to be.

5. Be humble. Nobody likes hearing the same voice over and over again. In fact, incessant talkers are what I like to call social hand grenades -- throw them in a room full of people and watch the crowd disperse. Don't be that guy (or gal) who likes to talk just to show everyone how much you know. Remember this: Nobody cares how much you know, until they know how much you care.

Medical Information--Swimmer's Ear

With the arrival of the hot, humid days of summer, swimmers are prone to develop Swimmer's Ear. Swimmer's Ear is an infection of the ear canal caused by bacteria or fungus. Early symptoms include clogging or a feeling of fullness within the ear. This progresses to hearing loss and pain. The pain is more pronounced when pulling on the ear. The opening of the ear canal will begin to swell closed. There may be drainage and crusting/scaling at the ear canal.

Treatment requires appropriate eardrops to kill the offending organisms. Sometimes suctioning is needed and a medicated wick may need to be placed in the ear and soaked for several days. During the hot, humid weather, the moisture that collects in the ear does not evaporate adequately. Therefore, a warm media in which bacteria and fungus thrive is established. **PREVENTION** is the key in dealing with Swimmer's Ear. Prevention of Swimmer's Ear involves faithfully employing measures that dry the ear and create a media unfavorable to the growth of fungus and bacteria.

Commercial preparations are available at the drug store. These promote the evaporation of moisture and create an environment that is unfavorable for the growth of bacteria and fungus. An easy home remedy is to mix one-part white vinegar with one- part isopropyl alcohol and place several drops of this mixture in the ear canal. The evaporation of the alcohol cools and dries the canal skin and helps the canal to "breathe."

The solution should be installed into the ear canal before swim practice, after swim practice, when finished swimming for the day, and at bedtime. Again, the key to prevention is faithful use. Also, it is a good idea to dry the external ear, head, and hair when finished swimming. Do not probe or attempt to dry the ear with cotton tip applicators. In the event a swimmer does develop ear pain or drainage, consult your physician immediately. Early treatment is important!

Pheasant Run Learn-to-Swim Program:
Summer 2015

Coach Liz – Program Director – prflyerscoach@yahoo.com
Coach Kristen – Group Lesson Instructor – kwons22@yahoo.com
Coach Eric – Private Lesson Instructor – pluckhorn7@gmail.com
Coach Paul – Private Lesson Instructor – pauljaegak@hotmail.com
Coach Mitch – Private Lesson Instructor – cainmitch12@gmail.com
Coach David – Private Lesson Instructor – djfinnan@gmail.com

Lessons will be held rain or shine unless severe weather forces pool closing.
Children will be considered in the order that they are registered.

*****Registration—Sunday, June 7th 1-3pm @ PRSC*****

Group Lessons

Each session contains 6 classes and will be held on the following dates:

Session 1: June 22, June 23, June 25, June 29, June 30, July 1

Session 2: July 6, July 7, July 9, July 13, July 14, July 16

Session 3: July 21, July 22, July 23, July 27, July 28, July 29

Group lessons will be given between 1:00 and 5:00 p.m. Children will be placed in a class determined by their age and ability.

The three-year-old non-swimmer classes will begin at 1:00 p.m. Group lessons are geared for children ages 3-10.

It is highly recommended that swimmers sign up for all three sessions. The cost is \$35.00 per session, PAID AT REGISTRATION.

Private Lessons

Lessons are \$12 for each 20 minute lesson, PAID AT REGISTRATION.

Failure to pay at registration may forfeit your time slot

If you cannot make it to registration, you will be added afterwards as lessons are available. We CANNOT accept any pre-registrations.

2015 Tri-County Swimming Divisions

“A” Division	“B” Division	“C” Division
Wedgewood	Erlton	Kingston Estates
Pheasant Run	Brookside	Greenwood Park
Wenonah	Sunny Brook	Westwood
Green-Fields	Woodstream	Tavistock Hills
Deerbrook	Covered Bridge	Old Orchard
Haddon Glenn	Pomona	Willowdale
“D” Division	“E” Division	“F” Division
Wexford Leas	Chestnut Run	Whitman Square
Fox Hollow	Woodbind	Georgetown
Tenby Chase	Gibbstown	Cherry Valley
Stratford	Riverton	Barclay Farm
Downs Farm	Riverdel	Charlestown
Woodcrest	Voorhees	Haddontowne

2015 Tri-County Championship Qualifying Times

Age Group	Gender	Free	Back	Breast	Butterfly	IM
8 & under	Girls	20.30	25.80	28.80	24.50	
	Boys	20.10	26.75	30.00	26.40	
9-10	Girls	38.00	21.10	22.80	19.00	
	Boys	38.00	21.60	23.25	19.50	
11-12	Girls	33.10	39.50	43.40	38.00	1:26.00
	Boys	33.90	42.50	47.00	40.50	1:31.00
13-14	Girls	1:10.00	36.80	41.35	34.80	1:20.50
	Boys	1:06.75	36.50	39.25	33.75	1:17.50
15-18	Girls	1:07.00	35.10	39.20	33.40	1:16.75
	Boys	59.75	1:11.40	1:19.00	29.50	2:33.50

Individual swimmers must compete in at least TWO dual A-meets to be eligible for championships

Relays do not have qualifying times. Freestyle and Medley relays are seeded by the best legal time (all members from the same age group) swum in the five regular dual meets.

2015 Swim Log

Use the following section to establish goal times for each of your events, and keep track of all your swims during the season. Here is an example:

Swimmer I:								
Date	Meet	IM	MR Split	FR	BK	BR	FL	FR Split
05/28	Goal Times							
06/07	Time Trials							
06/14	Practice Meet							
06/21	Deerbrook							
06/24	Pomona							
06/28	Erlton							
06/30	Covered Bridge							
07/01	Riverdel							
07/05	Wenonah							
07/9	Sunnybrook							
07/12	Greenfields							
07/16	Kingston Estates							
07/19	Wedgewood							
07/20	Riverdel Mini							
07/26	Burl County							
08/02	TC Prelims							
08/03	TC Finals							

Swimmer II								
Date	Meet	IM	MR Split	FR	BK	BR	FL	FR Split
05/28	Goal Times							
06/07	Time Trials							
06/14	Practice Meet							
06/21	Deerbrook							
06/24	Pomona							
06/28	Erlton							
06/30	Covered Bridge							
07/01	Riverdel							
07/05	Wenonah							
07/09	Sunnybrook							
07/12	Greenfields							
07/15	Kingston Estates							
07/19	Wedgewood							
07/20	Riverdel Mini							
07/26	Burl County							
08/02	TC Prelims							
08/03	TC Finals							

Directions to Opposing Swim Clubs:

Deerbrook Jackson & Tavistock Drive Medford, N.J. 08055

I 295 to Exit 34 A, Route 70 East. Take 70 east to 541 ("Medford Circle") and turn right onto Route 541 (Main Street). Continue for 2 miles to Jackson Road and turn right. Swim Club is approximately 0.4 mile on right.

Erlton 1505 Park Blvd Cherry Hill, NJ 08002

I 295 to Exit 34 B, Route 70 West to Haddonfield Road jug handle. Take jug handle off to right and turn left onto Haddonfield Road (crossing over Route 70). Go to first light and turn left onto Park Blvd. Swim Club is 300 yards on the right.

Greenfields 989 Jessup Road, Thorofare, NJ 08086

From 295 South, take exit 21 (Woodbury, Paulsboro). At the light, turn left onto RT 44 (Crown Point Road). At the next light, turn left onto Grove Road. Continue straight through the next light, the road changes into Jessup Road. Follow Jessup road through the next light and GF is on the left after the golf course.

Haddon Glen Walnut Ave, Haddon Heights, New Jersey 08035

I 295 South to Exit 28, Route 168 (Black Horse Pike). Bear right at top of the exit ramp and turn right onto 168 North. At the first traffic light turn right onto Prospect Ridge Blvd. Continue one block past the curve and to Devon Ave and turn right. Turn right onto Walnut Lane (just pass the athletic fields). Swim club is at end of Walnut Lane. OR I 295 North to Exit 28, Route 168 (Black Horse Pike). Bear left at top of exit ramp onto 168 North. At second traffic light turn right onto Prospect Ridge Blvd. Continue one block past the curve and turn right onto Devon Ave. Turn right onto Walnut Lane (just pass the athletic fields). Swim club is at end of Walnut Lane.

Kingston Estates

I 295 to Exit 34 B (Route 70 West). Take 70 west to second light and turn right onto Kingston Drive. Make an immediate left onto Abington Road. Make first left onto Edgemoor Road and proceed to 4th street on left, and make left onto Deland Road. Swim Club is in the middle of block on the right. 	

Pomona Branch Pike & Pomona Rd. Cinnaminson N.J. 08077

I 295 to Exit 36, Route 73 North. Take 73 N to Route 130 North. 130 N to first jug handle on right, Branch Pike. Continue on Branch Pike for approximately 1 mile to Pomona Road (light). Make left onto Pomona Road and then quick right to swim club parking lot.

Riverdel 200 Whittaker Street Riverside, NJ 08075

I 295 to Exit 43, and follow sign for Delran. Take exit onto Creek Road. Continue on Creek Road approximately 3 miles to second traffic light and turn right onto Bridgeboro Street. Go under the over pass (Route 130) to fourth left and turn onto Whittaker Street. Swim club is 1/4 mile on left.

Sunnybrook 700 Devon Road, Moorestown, 08057

I 295 to Exit 36, Route 73 North. Take 73 N to Rt. 537 (Maple Shade-Moorestown). At top of exit ramp, bear right onto Camden Avenue. Follow Camden Avenue past McDonalds (Lenola Road). Make next left onto Devon Road. Follow Devon Road 2 blocks. Swim club is on left.

Wedgewood 635 Center St. Haddonfield, NJ 08033

I 295 South to Exit 30 (Warwick Road). Turn left off exit onto Warwick Road. Go approximately .5 mile to Upland Way and turn right. Stay on Upland through stop sign. Swim club is on right about 1/4 mile immediately after the railroad underpass.

or

I 295 North to Exit 29 B (Route 30 West). Take 30 West to first intersection and turn right onto Highland Avenue/Chews Landing Road. Continue approximately .3 mile to top of the hill and turn right onto Hutchinson Avenue. Follow Hutchinson to the end. At the end of Hutchinson take a left and then an immediate right

onto Upland. Stay on Upland through stop sign. Swim club is on right about 1/4 mile immediately after the railroad underpass.

Wenonah

I 295 to Route 42 South to Route 55 South. Take 55 South to Exit 56 B, Route 47 (Woodbury). Take 47 North for .2 mile to traffic light and turn left onto Bankbridge Road. Go through first traffic light and continue approximately 1 mile to stop sign. Turn right onto Woodbury-Glassboro Road (Route 553). Go .8 mile and turn left onto Maple Street. Go one block and turn right onto Stockton Avenue. Swim club is at end of road.

Westwood 1007 Woodlane Road Eastampton, NJ 08060

295 North to Exit 45A, Mount Holly. Turn left at 3rd traffic light onto Irick Road. At next light turn right on to Route 630, Woodlane Road. Continue thru 4 traffic lights. Swim club driveway is on left, next to "6-12 Food Mart"

Woodbine 7025 Maple Avenue Pennsauken, N.J. 08109

I 295 to Exit 34 B (Route 70 West). Follow 70 to Haddonfield Road and turn right. Continue on Haddonfield Road past the Cherry Hill Mall. After mall continue approximately 1 mile to Maple Avenue (7-11 on left corner) and turn left. Swim club is on right about 1 mile behind Maple Lanes Bowling.

Woodstream Corner of Greentree Road & Brandywine Drive Marlton, NJ 08053-0183

I 295 to Route 73 South. Take 73 S to Greentree Road and turn right. Continue on Greentree about 3 miles and turn onto Brandywine Drive. Swim club is on left.