

MASTERSON STATION

Manta Rays



Parent and Swimmer

Handbook

2014

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Our Swim Team

Welcome to the Masterson Station Manta Rays! We are excited about entering our fourth 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!

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.

Registration/Fees

Registration packets must be received no later than May 23th, 2014.

	Level One	Level Two	Level Three	Notes
February 17 th - March 20 th	\$85 first swimmer \$75 add swimmer	\$110 first swimmer \$100 add swimmer	\$135 first swimmer \$125 add swimmer	A deposit of 50% holds this rate. The remainder is due by April 28 th . After that date the swimmer will be charged the April 29 th – June 1 st Rate
April 9 th - April 28 th	\$95 first swimmer \$85 add swimmer	\$120 first swimmer \$110 add swimmer	\$145 first swimmer \$135 add swimmer	A deposit of 50% holds this rate. The remainder is due by April 28 th . After that date the swimmer will be charged the April 29 th – June 1 st Rate
April 29 th - June 1 st	\$105 first swimmer \$95 add swimmer	\$130 first swimmer \$120 add swimmer	\$155 first swimmer \$145 add swimmer	A deposit of 50% holds this rate. The remainder is due by June 1.



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 June 9th

AGES	TIMES
Ages 13 and over	7:30 a.m. to 8:30 a.m.
Ages 9-12and under	8:30 a.m. to 9:15 a.m.
Ages 8 and under	9:15 a.m. to 9:45 a.m.

Evening Practices (Monday, Tuesday, and Thursday)

Evening practices will be offered to swimmers who have pool memberships. Evening practices are open to swimmers than can swim one length of the pool independently on their front and back. There is only one coach for the evening practice so it is essential that swimmers be proficient in their stroke mechanics. Also, because of limited space evening practices are open to swimmers who cannot make it the morning practices. The evening practices will be structured as follows:

10 and under: 7:30 p.m. - 8:00 p.m.

11 and older: 8:00 p.m. - 8:50 p.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 at least three practices a 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.



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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.

The Conference Championship meet will take place July 12 (preliminaries) and July 13(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.

Age Group

The eligibility of a participant to swim in a specific age group is determined by his or her age on June 1 of the current year.



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

Meet Scoring

The first heat of every event is considered a live heat and is the only heat that scores points based on fastest times. Times are evaluated each week and swimmers are placed in heats with swimmers of comparable times.

Scoring is as follows:

PLACE	INDIVIDUAL	RELAY
First	5 points	7 points
Second	3 points	2 points
Third	1 point	

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 levels.



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!

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.

Note that Palomar and Equestrian Woods do not have meter pools, so times will be different at these locations.

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

Position	Arrival Time	Number Needed	Description
Lane Timer	(H) 5:30 pm (A) 5:30 pm	12 six per half	Records time on entry cards.
Finish Judge	(H) 5:30 pm (A) 5:30pm	4 two per half	Determines order of finish by listing order of finish on judging slips.
Runner	(H) 5:30pm (A) 5:30 pm	6 3 per half	Picks up entry cards and delivers them to timers and scorekeepers.



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		bjvand2@gmail.com
CR Gash	Assistant Coach		
Megan McLean	Assistant Coach		
Caroline Washnock	Assistant Coach		

Board Members

NAME	ROLE	PHONE	EMAIL
Katie Buchanan	President	492-8865	katiebuchanan@insightbb.com



Mary Wethington	Vice President/Concessions Coordinator
Pam Bishop	Treasurer/Sponsorship Coordinator
Tracy Mullins	Secretary
Kelly Curry	Volunteer Coordinator
Melinda Spaulding	Member at Large/Apparel Coordinator
Meg Larkin	Member at Large/Social Committee Chair
Christy Bates	MOWSC Representative
Greg Washnock	Meet Director

