

SEA LIONS GENERAL INFORMATION 2009-2010

1. 2009-2010 theme - Work hard, maintain a good attitude, and let's swim faster this year. Always support your teammates and practice good sportsmanship.

2. Volunteers - Parents are required to work a minimum of two meets. Training will be provided to parents that are new to the team, or have not done a job in the past. 17 volunteers are needed to run a meet. Each meet requires (9 timers, 1 head timer, 2 locker monitors, 1 runner, 2 table workers, 1 place judge, 1 start-stroke-and turn judge). A minimum of six coaches will be on deck to help with organizing the swimmers, i.e. making sure everyone is lined up in the right lane, etc.

3. Costs - \$135 for one swimmer and \$35 for each additional swimmer per family. These fees cover the cost of the pool from September through March and do not include swimsuit and other materials. Make checks payable to N.E.P.S.C.A.; please pay to (treasurer) by Saturday, October 17. She/he will keep track. If team dues are not paid by October 28, the child(ren) will not be allowed to continue until dues are paid.

4. Fund raisers - There are many ways of raising extra capital towards team expenses. We've done candle sales and are willing to look at new ideas.

5. Recruiting - As of today, We will be sending flyers to about 6 schools. If you know kids who might be interested, please encourage them to come and take a look.

6. Communication - Will use e-mail. Please return a short e-mail so we know that you are receiving e-mails, phone messages, etc.

7. Practices - Wednesdays from 8:00-9:00 PM and Saturday mornings from 9:30-11:00 AM. If we have a Saturday meet, practices are 9:30-10:15, which will be light and cover starts, turns and finishes. Get to practices 10 minutes early- stay in locker until earlier team leaves on Wednesday. Please make sure your child is on the deck, at the start of practice. A child arriving late disrupts the entire lane.

8. Team Swim Suits & goggles (It's a good idea to put your name on the inside of your swim suits/goggles using a permanent marker)- Suits can be purchased at wholesale prices from Personal Best, Grant-Academy Plaza (215-464-6680). These are top quality suits by Speedo that the kids can be proud to wear all year round. Payment will be expected in full. Personal Best has said they will order extra suits for their own in-store stock. So last minute additions to the team should be able to get suits. Children with long hair (below the shoulder) must wear a swim cap.

9. Valuables and friends outside of team - leave home. Bracelets that fall off are often difficult if not impossible to find. NO dangling earrings, studs only.

10. Locker room - no socializing, keep moving - get in, get changed and get out.

11. Disciplinary actions will include removal from pool, laps after practice and in extreme cases dismissal from the team. Reasons for disciplinary action will include talking during practice, rough play in or near the pool, refusing to perform the practices as instructed by the coaches and whining or otherwise interfering with other swimmer's ability to participate in the practices. It is not my intention to dismiss anyone from the team and I will only do so if all else fails. NEPSCA organization will stand behind my decision.

12. Security - We need to have locker rooms monitored during swimming meets and at all practices.

13. Smoking - do it away from door- clean air from pool to car.

14. Car pooling is encouraged. It is a good way to get to know your neighbors. The roster will list everyone's phone numbers and addresses. As parents, we realize it can be very difficult to get your kids to all of their social and athletic events.

15. Cross Training - A good approach - Other sports are OK.

16. Diet - make sure child is fed before practices- no starvation diets.

17. If child cannot make meet - call by 7:00PM the Thursday before the meet. My home #215-725-9122 Cell # 267-243-7940 Unexcused absences will not be tolerated. If you cannot make a meet, you must let me know as soon as possible but at least one hour before warm-up time by phone. DO NOT TRY TO REACH ME BY EMAIL ON THE DAY OF THE MEET!! I will allow one unexcused absence. If a child misses a 2nd meet, they will not be scheduled to compete again. They can still come to practice, if they're not a disturbance to the rest of the team.