



# SMOKY HILL SHARKS SWIM TEAM 2010 Registration & Information Packet

Welcome to the 2010 ***Smoky Hill Sharks Swim Team!*** This is our 30<sup>th</sup> year in the Mountain Hi Swim League (time flies...!). The *Sharks* were the first, and remain the only, organized community athletic activity in the Smoky Hill Metro District.

Swimming, especially competitive swimming, offers numerous benefits for children such as building self-esteem, teamwork, and physical conditioning. Children can develop skills and set goals that (s)he is comfortable with. Coaches are dedicated to providing each swimmer the best in instruction and motivation.

Parents also benefit from the swim team experience. You'll have a chance to meet the other families in the area, which gives everyone the sense of community involvement. Everyone is encouraged to attend the practice sessions - it's a great way to wind down at the end of the day!

Year after year, the swimmers, parents, and Swim Team Board of Directors strive to provide a first-rate social and athletic environment for everyone involved. Everyone plays a specific, and significant part in the success of our team. The swimmers, win or lose, rain or shine, give it their all. It's also up to the parents to give their all, because each swim meet requires dozens of volunteers in order to run smoothly. All parents are required to volunteer at every meet, whether at home or away.

Please read this packet about the ***Smoky Hill Sharks Swim Team.*** It contains important information concerning safety, team policy, social events and other pertinent data to ensure a fun and successful season for our team!

## **2010 Swim Team Board of Directors**

President	Mary Gaul	(720) 427-5778	<a href="mailto:marygaul08@gmail.com">marygaul08@gmail.com</a> Mary@bensoncase.com
Parent Rep	Lorrie Eheart	(720) 244-5379	leheart6@comcast.net
Coaches Rep	Geoff Gaston	(720) 233-7126	gaston-g@comcast.net
Volunteer Coordinator	Renee Smith	(303) 617-0469	renee.charlifue-smith@ucdenver.edu
Treasurer	Maria Matney	(303) 766-2158	maria_matney@hotmail.com

Coaches                      Andrew Spratt and Jillian Taylor (both returning!)

# REGISTRATION INFORMATION

Registration Date, Smoky Hill Pool, 5405 S. Telluride

○ **Sunday, April 25<sup>th</sup> 12pm-4pm**

- Registration and team information can also be found on our website [www.shsharks.org](http://www.shsharks.org). If you are unable to attend registration, please contact any board member.
- Team swimsuits and caps may be purchased at registration. A representative from Out of Breath Sports, our 2010 swimsuit vendor, will be available to assist you with sizing suits at the April 25<sup>th</sup> registration.
- Order forms for apparel may be turned in and must be paid separately from registration fees.
- After registration, you can order swimsuits and other apparel directly from Out of Breath Sports, (303) 798-5037, or from their website, [www.outofbreathsports.com](http://www.outofbreathsports.com).  
**Note:** Swimsuits should be ordered as early as possible to guarantee delivery prior to the first swim meet of the season.

**NOTICE:** No swimmer will be allowed into the water until all the attached forms and fees have been signed by both parents/guardians and submitted - NO EXCEPTIONS!

**SWIMMER QUALIFICATIONS:** **New this year.** In accordance with NEW league rules regarding qualifying for insurance coverage, swimmers must be 5 years old by June 1<sup>st</sup> in order to swim. Also, each swimmer must be able to swim at least one legal stroke the length of the pool without stopping or touching the side in order to qualify for acceptance onto the team. Coaches reserve the right to make the final decision regarding swimmer qualifications. Swimmers should consult with the coaches before the June 7<sup>th</sup> refund deadline.

**REGISTRATION FEES:** Make checks payable to: ***Smoky Hill Sharks Swim Team***

**New this year! Receive \$10 off each swimmer who is registered by May 1<sup>st</sup>!**

**Resident** of Smoky Hill Metro District (residing in Smoky Hill 400)  
\$150.00 for first swimmer in family; \$125.00 for each additional swimmer

**Non-Resident** of Smoky Hill Metro District (outside of Smoky Hill 400)  
\$160.00 for first swimmer in family; \$135.00 for each additional swimmer

## **VOLUNTEERS:**

- Volunteers are necessary to help run the swim team. Without the active participation of parents, it is not possible to have any meets. Each family is required to volunteer at each and every meet, regardless of it being at home or away. Please complete and return the Volunteer Agreement attached to the packet, indicating your areas of interest.
- At the start of the season, you will be given your family's "Shift Assignments" for the year. If you cannot cover the shift that has been assigned to you, YOU are responsible to find a replacement volunteer AND letting the volunteer coordinator your replacement.

**INSURANCE:** A portion of your registration fee pays for secondary individual swimmer insurance provided through the Mountain Hi Swim League. This insurance provides secondary insurance to your primary coverage during sanctioned MHSL events. There is a \$2,500 deductible per claim. Due to insurance requirements, no swimmer will be able to swim in any

meet without a parent or legal guardian present at all times. Please **DO NOT** drop off your child and leave; they **WILL NOT** be able to swim.

REFUNDS: Any request for a refund will exclude the \$25.00 fee, which covers the Mountain Hi Swim League Insurance fee, Smoky Hill Metro District Pool registration fee, and the Smoky Hill Sharks Processing Fee. All requests for a refund must be made in writing and received by a Smoky Hill Shark Board Member by 8:00pm on Monday evening, June 7, 2010; NO REFUNDS CAN BE MADE AFTER THIS DATE!

Swim Suits - Out of Breath Sports, an outside vendor, supplies our suits. Please direct all requests for refunds or exchanges directly to them at (303) 798-5037. The Smoky Hill Sharks are unable to accept responsibility for refunds or exchanges.

COMMUNICATION: Each family has a folder where all team communications are placed. This includes the event ribbons, flyers, notices, notes from coaches, etc. Each family is responsible to check their folder at each practice. Folders are set up in the file box by last name.

All communication with the coaches should be done through a note in the coaches' folder or after practice has ended. Never interrupt coaches during practice. It takes away time from our kids.

We also have a website, **shsharks.org**. This year the newsletter will be e-mailed out to families, or available from the team website. A weekly team newsletter is our main method of communication providing up-to-the-minute information on meets, team functions, coaches' announcements, etc. The information in the newsletter supersedes any information contained in this packet. For league information, *including maps*, you can log onto the league website, **www.mhsl.org** (Mile Hi Swim League)

OUTDOOR PRACTICE: Starts Thursday, May 27th, at the Smoky Hill Pool, 5404 S. Telluride. No one will be allowed into the pool area until 7:00pm!!

Evening Practice (Monday through Thursday): Starts Thursday, May 27th

10 & Under: Warm-up at 7:00 p.m. on the lawn - practice ends at 8:00 p.m.

11 & Older: Warm-up at 7:45 p.m. on the lawn - practice ends at 9:00 p.m.

Friday Evening Practice: 7:00-8:00 p.m. for ALL age groups.

Morning Practice\*: Starts Wednesday, June 9<sup>th</sup>.

Conditioning swimmers: Warm-up at 7:00 a.m. and practice ends at 8:00 a.m.

Stroke swimmers: Warm-up at 7:45 a.m. and practice ends at 8:45 a.m.

\*Morning practices are held Monday-Thursday. NO Friday morning practice! Semi-private clinics are available for Friday mornings. Look for the sign-up book at practice

TARDY POLICY: Swimmers who arrive more than 10 minutes after practice start will not be allowed to enter the pool. Be considerate, be on time!

PRACTICE ATTENDANCE: Swimmers are encouraged to attend as many practice sessions as they can!

PRACTICE CANCELLATION: We try hard **NOT** to cancel practice. However, two events will cause practice to be cancelled.

- One, if there is lightning, no one may enter the pool. Coaches may decide to wait out the weather, or may cancel all practices if it does not look like the weather will improve. This is usually done at the last minute and sometimes during practice.
- Second, if the SHMD Pool does not open for day (due to temperature), we cannot use the pool for evening practice.

In either case, we will have a "Practice Cancelled" sign that will be posted on the fence. Because of the last minute nature of canceling practice we have no way cost effective of contacting all of our parents and ask that you simply drive by and check.

**MEET ATTENDANCE:** Swimmers are required to fill out a Meet Entry Form online or at practice by Tuesday night of each week to indicate if they are swimming in the upcoming weekend meet. A link to each meet entry form can be found on the website. This form should also be submitted if a swimmer is unable to attend the meet that week or if they must arrive late or leave early. If a swimmer has not turned in a meet request form, they may discover that they have NOT been entered in the meet.

**DRY RUN MEET:** Due to a "late" Memorial Day we will not be having a "dry run" swim meet. We will have a practice with stop watches and the starter box on Thursday, June 3<sup>rd</sup>. Parents will be asked to help time, as timing is the most used position.

**PARENT MEETING:** The Sharks Board of Directors will host a question and answer forum on Tuesday, June 1<sup>st</sup> from 7:45-8:15 p.m. This will give us a chance to register swimmers and tie up loose ends.

**TEAM TIE DYE SHIRTS:** Thursday, June 10<sup>th</sup> before or after practices. We will be tie dyeing shirts again. Please bring a white, pre-washed shirt. (We will have a few available for purchase if needed.) Each swimmer will be able to tie-dye one shirt (and be given the iron decal for it.) Adults will be asked to contribute \$5 if they would like to tie dye also, in order to cover the cost of the die kit.

**TEAM FUNDRAISERS:**

**Used Suit Sale:** Thursday, June 10<sup>th</sup> During practices. Parents donate gently used practice/old team suits. That evening we will sell used suits for \$10.00 each. Proceeds go to the team.

**TEAM PHOTO:** A team photo session is scheduled on Tuesday, June 15<sup>th</sup> at 7pm, (Back-up Rain Date: Thursday, June 17<sup>th</sup> at 7pm). Please wear your team swimsuit for the photo session. There will be no practice the night of the team photo. Individual photos will also be available and these are started immediately upon completion of the team photo.

**DISCOUNT POOL MEMBERSHIP:** The Smoky Hill Metro District (SHMD) is offering Non-resident Sharks' family Pool memberships at a reduced cost. To take advantage of this offer, you can sign up at the SHMD Pool anytime after May 29<sup>th</sup>. Tell them "I'm a Shark!" The SHMD has our roster to verify you qualify for the discount. For further information about the Pool Registration dates, call the Smoky Hill Metro District at (303) 693-4600.

**VOLUNTEER DEPOSIT:** Each family makes an initial deposit against their volunteer hours. As you volunteer throughout the season, you earn back the deposit. See details on the Volunteer Agreement form, included in this packet.

## BACKGROUND INFORMATION - 2010 COACHING STAFF

### **JILLIAN TAYLOR**

Jillian is returning to the Sharks this year. Jillian graduated from Eaglecrest High School, where she swam all four years and was the captain of the team her senior year. She is current a Physical Education teacher at a Cherry Creek Middle School, and also coaches the Eaglecrest High School Swim team.

Jillian swam with the Sharks for six years and started her coaching career as one of our swimmer coaches, and was an Assistant Coach for 2 years. We are excited to have her back with us this year, and she is thrilled with the opportunity to be coaching the Sharks again!

### **ANDREW SPRATT**

Returning for his fourth summer with the Sharks, Andrew is looking towards another great season coaching. Before the Sharks, Andrew swam with Mission Aurora Colorado Swimming (MACS) and on the Eaglecrest High School Swim Team as a captain. Andrew now swims for, and attends, the University of St. Thomas in St Paul, MN. He holds school records in the 1000, and 1650 freestyle, and qualifying B-Cuts for NCAA DIII Nationals. Andrew believes fast swimming comes from good stroke technique and is excited to keep bringing his own experiences to the team.

## SHARKS CALENDAR OF IMPORTANT DATES - 2010

See [www.mhsl.org](http://www.mhsl.org) for maps and other league information.

Check [shsharks.org](http://shsharks.org) for possible changes to the calendar.

April	25	Sunday	Registration 12-4 Smoky Hill Pool
May	10	Monday	6:30-9:30 p.m. Stroke & Turn Judge Clinic (Dam West Clubhouse)
	18	Tuesday	6:30-9:30 p.m. Stroke & Turn Judge Clinic (Woodlands Rec Center)
	27	Thursday	<b>1<sup>st</sup> Evening Outdoor Practice</b> - SHMD Pool, 7:00-8:00 p.m., 7:45-9:00 p.m.
	28	Friday	7:00 - 8:15 p.m. GROUP Practice
	29	Saturday	SHMD Pool Opens to all members
June	1	Tuesday	Practice 7:00-8:00 p.m., 7:45-9:00 p.m. 7:45-8:15 p.m. Parent Question Session with Board
	3	Thursday	"Dry Run" during practice: parents try out volunteer positions, swimmers will do 25 meters of each stroke,
	4	Friday	Parent Social, 7-8 p.m. in the clubhouse/on the grass
	5	Saturday	<b>SWIM MEET at Holly Park, 8 a.m.</b>
	7	Monday	6:30-9:30 p.m. Stroke & Turn Judge Clinic (Eastridge Rec Center)
	9	Wednesday	<b>1<sup>st</sup> Morning Practice</b> - SHMD Pool, 7:00-8:00 a.m., 7:45-8:45 a.m.
	10	Thursday	<b>Tie-Dye Shirt Night</b> (bring a shirt) /Swim Suit Sale - fundraiser
	11	Friday	Swim Clinic available
	12	Saturday	<b>SWIM MEET at Clark Farms, 8 a.m.</b>
	15	Tuesday	Team Photos-SHMD Pool, 7 p.m. to finish
	17	Thursday	If Needed - Team Picture Rain Date, 7pm to finish
	18	Friday	Swim Clinic Available
	19	Saturday	<b>SWIM MEET (HOME), 7:30 a.m.</b>
	25	Friday	Swim Clinic Available
	26	Saturday	<b>SWIM MEET (HOME), 7:30 a.m.</b>
July	2	Friday	No Practice (AM or PM)/No Swim Clinic
	3	Saturday	No Meet - Happy 4th of July!
	5	Monday	No AM practice
	9	Friday	Swim Clinic Available
	10	Saturday	<b>SWIM MEET at Dam West, 8 a.m.</b>
	12	Monday	<b>PRELIMS 1 (HOME); 7:30 a.m.</b>
	13	Tuesday	PRELIMS 2
	16	Friday	Swim Clinic Available
	17	Saturday	<b>CHAMPIONSHIPS at Clark Farms</b>

17\* Saturday END OF THE YEAR PARTY, 5-9pm at Clubhouse  
 24 Saturday ALL STARS @ Castle Rock  
 25 Sunday If Needed - ALL STARS Rain Date

\* Dinner, Dessert, & Awards with Swimming till 9pm (weather permitting - no rain date)

**MAY:**

27 Thursday 1<sup>st</sup> Evening Outdoor Practice - SHMD Pool, 7:00-8:00 p.m., 7:45-9:00 p.m. 28 Friday 7:00 - 8:15 p.m. GROUP Practice  
 29 Saturday SHMD Pool Opens to public

**JUNE 2010**

S	M	T	W	T	F	S
	MEMORIAL DAY	1 1 <sup>st</sup> PM Practice 7:00-8:00pm 7:45-9:00pm Parent Forum	2	3	4 PARENT SOCIAL 7-8 p.m.	5 SWIM MEET at Holly Park 8 a.m.
6	7	8	9 1 <sup>st</sup> AM Practice 7:00-8:00 am 7:45-8:45 am	10 TYE DYE NIGHT/ Suit Sale	11 Swim Clinic	12 SWIM MEET At Clark Farms 7:30 a.m.
13	14	15 Team Photos 7:00pm	16	17 Rain Date Team Photos 7:00 p.m.	18 Swim Clinic	19 SWIM MEET at HOME 7:30 a.m.
20	21	22	23	24	25 Swim Clinic	26 SWIM MEET at HOME 7:30 a.m.
27	28	29	30			

## JULY 2010

S	M	T	W	T	F	S
				1	2 No Practice!	3  <b>No Meet!</b>
4	5 NO AM practice	6	7	8	9	10  <b>SWIM MEET At Dam West 8 a.m.</b>
11	12  <b>Prelims At HOME</b>	13  <b>Prelims</b>	14	15	16	17  <b>Championships!</b>
19	20	21	22	23	24	25  <b>ALL STARS @ Castle Rock</b>
26 Rain Date ALL STARS	27	28	29	30	31	