



SMOKY HILL SHARKS SWIM TEAM

2009 Registration & Information Packet

WELCOME!

Welcome to the 2009 *Smoky Hill Sharks Swim Team!* This is our 29th 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!

Swim Team Board of Directors

President	John Andrzejczak	(303) 693-2745	johna@merrick.com
Vice-president	Mary Gaul	(303) 680-4672	jpgaul@mho.net/mary@bensoncase.com
Treasurer	Johanna Matheson	(303) 309-1876	pandalink@comcast.net
Coaches Rep	Tammie Williams	(303) 699-0873	tammiewilliams@comcast.net
Volunteer Coordinator	Michele Wetherbie	(303) 699-9668	mswetherbie@msn.com
Secretary/Media	Katherine/ Geoff Gaston	(720) 233-7126	klgaston68@comcast.net gaston-g@comcast.net

Head Coach Jillian Taylor

REGISTRATION INFORMATION

- Some forms require the signature of **BOTH** parents and/or legal guardians - these forms cannot be accepted without both signatures and must be submitted before the swimmer may get into the water. Please complete and submit all forms with the appropriate fees at registration. Incomplete packets will not be accepted. All registration checks should be payable to: **Smoky Hill Sharks Swim Team**. Registration and team information can also be found on our website www.shsharks.org. If you are unable to attend registration, please contact Michele Wetherbie at (303) 699-9668 or [mswetherbie@msn.com](mailto:mwetherbie@msn.com).
- Registration Dates, Smoky Hill Pool, 5405 S. Telluride
 - Sunday, May 3rd, 12pm-4pm
- 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.
- Team swimsuits, caps, and apparel may be purchased at registration. A representative from M.I. Sports & Casual, our 2009 swimsuit vendor, will be available to assist you with sizing at the May 3rd registration.
- Order forms for apparel may be turned in and must be paid separately from registration fees.
- After registration, you can order swimsuits directly from M.I. Sports & Casual, (800) 693-3539. (Check with a Tammie first to see if she has suits from registration before calling.)
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: 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 1 refund deadline.

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

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

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 \$1,000 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 1, 2009; NO REFUNDS CAN BE MADE AFTER THIS DATE!

Swim Suits - M.I. Sports & Casual, an outside vendor, supplies our suits. Please direct all requests for refunds or exchanges directly to them at (800) 693-3539. 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.

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 Tuesday, May 26th, at the Smoky Hill Pool, 5404 S. Telluride. No one will be allowed into the pool area until 7:15pm!!

Evening Practice (Monday through Thursday): Starts Tuesday, May 26th.

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

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

Friday Evening Practice: 7:15-8:15pm for ALL age groups.

Morning Practice*: Starts Wednesday, June 10th.

Conditioning swimmers: Warm-up at 6:30 a.m. and practice ends at 8:00am.

Clinic swimmers: Warm-up at 7:45 a.m. and practice ends at 8:30 a.m.

*Morning practices are held Monday-Thursday. NO Friday morning 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 like. All swimmers must attend a minimum of two practices a week in order to swim in that week's meet and these practices must be completed by Wednesday evening so the coaches can complete the Swim Meet roster on Wednesday night. If a swimmer is unable to attend two practices, a parent should leave a note in the Coach's Folder before end of Wednesday morning's practice.

PRACTICE CANCELLATION: 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, but may cancel all practices if it does not look like the weather will improve. Second, if the SHMD Pool does not open that day, we cannot use the pool for evening practice. In either case, we will have a "Practice Cancelled" sign that will be posted.

MEET ATTENDANCE: If a swimmer will not attend a meet, please indicate so in the meet attendance book by Wednesday morning. Also, please remember to submit requests for meet entries by Wednesday morning. Coaches spend hours of time preparing the Meet roster, so please be considerate of attendance guidelines.

DRY RUN MEET: A "dry run" swim meet is scheduled at the Smoky Hill Pool on Saturday, May 30th from 8:00 am-finish (approximately 10 a.m.) for all swimmers and parents. The dry run will orient families and swimmers to the pool layout, how a swim meet functions, spectator areas, and pool rules, volunteer and official's duties, concessions and swim meet jargon. Rain Date: Thursday, June 4th, in lieu of an evening practice that night. The meet includes a time trials, giving swimmers a chance to establish 2009 (unofficial) times

PARENT MEETING: The Sharks Board of Directors will host a question and answer forum on Tuesday, May 26th (the first night of practice) from 7:45-8:15 p.m. This will give us a chance to register swimmers and tie up loose ends, before being available for questions.

TEAM TIE DYE SHIRTS: We will be tie dyeing shirts again for our team shirts this year. Please bring a white, pre-washed shirt. (We will have some available for purchase if needed.) Each swimmer will be able to tie-dye 1 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. (Please bring your own shirts.)

SWIM-A-THON: We are choosing not to do swim-a-thon this year!

TEAM PHOTO: A team photo session is scheduled on Thursday, June 18th at 7pm, (Back-up Rain Date: Thursday, June 25th 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 24th. 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 the package.

SHARKS CALENDAR OF IMPORTANT DATES - 2009

See www.mhsl.org for maps and other league information.

May	3	Sunday	Registration - 12pm-4pm, Smoky Hill Pool
	23	Saturday	SHMD Pool Opens
	26	Tuesday	1 st Evening Outdoor Practice - SHMD Pool, 7:00-8:00, 7:45-9:00
	30	Saturday	Dry Run Meet, SHMD Pool, 8:00 am - Finish
June	1	Monday	Last Day to Request Registration Fee Refund, 8pm
	3	Wednesday	Tie-Dye Shirt Night (bring a shirt)
	4	Thursday	If Needed - Dry Run Meet Rain Date, 7:15pm-Finish
	6	Saturday	SWIM MEET - Arapahoe Lakes at Smoky Hill, 7:30am
	10	Wednesday	1 st Morning Practice - SHMD Pool, 6:30-8:00am, 7:45-8:30am
	13	Saturday	SWIM MEET - Smoky Hill at Willow Creek I, 8:00am
	18	Thursday	Team Photos - SHMD Pool, 7pm - Finish
	20	Saturday	SWIM MEET -Lifetime Fitness at Smoky Hill, 7:30am
	25	Thursday	If Needed - Team Picture Rain Date, 7pm - Finish
27	Saturday	SWIM MEET - Dam East at Smoky Hill, 7:30am	
July	3	Friday	No Practice
	4	Saturday	No Meet - Happy 4th of July!
	11	Saturday	SWIM MEET - Smoky Hill at Stroh Ranch, 8:00 am
	13	Monday	PRELIMS 1 @ Dam East
	14	Tuesday	PRELIMS 2 @ Stroh Ranch
	18	Saturday	CHAMPIONSHIPS @ Arapahoe Lakes
	18*	Saturday	END OF THE YEAR PARTY, 5-9pm at Clubhouse
	25	Saturday	ALL STARS @ Castle Rock
26	Sunday	If Needed - ALL STARS Rain Date	

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

MAY 2009

S	M	T	W	T	F	S
					1	2
3 Registration Smoky Hill Clubhouse 12pm-4pm	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 MEMORIAL DAY	26 1 st PM Practice 7:00-8:00pm 7:45-9:00pm	27	28	29	30 DRY RUN 8:00 am -finish

JUNE 2009

S	M	T	W	T	F	S
	1 Refund Requests Due 8:00pm	2	3 Team Tie Dye (bring a shirt)	4 Rain Date Dry Run Meet 7:15pm	5	6 HOME MEET v. Arapahoe Lakes 7:30am
7	8	9	10 1 st AM Practice 6:30-8:00am 7:45-8:30am	11	12	13 AWAY MEET @ Willow CreekI 8:00 am
14	15	16	17	18 Team Photos 7:00pm	19	20 HOME MEET v. Lifetime Fitness 7:30 am
21	22	23	24	25 Rain Date Team Photos 7:00pm	26	27 HOME MEET v. Dam East 7:30am
28	29	30				

JULY 2009

S	M	T	W	T	F	S
			1	2	3 No Practice!	4 No Meet!
5	6	7	8	9	10	11 AWAY MEET @ Stroh Ranch 8:00 am
12	13 Prelims Dam East	14 Prelims Stroh Ranch	15	16	17	18 Championships! @ Arapahoe Lakes
19	20	21	22	23	24	25 ALL STARS @ Castle Rock
26 Rain Date ALL STARS	27	28	29	30	31	

BACKGROUND INFORMATION - 2009 COACHING STAFF

JILLIAN TAYLOR - Head Coach

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 Parkview Penguins during the winter season.

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 as our Head Coach and she is thrilled with the opportunity to be coaching the Sharks again!

ANDREW SPRATT - Assistant Coach

This is Andrew's third summer as an assistance coach for the Sharks. Andrew has swam with Mission Aurora Colorado Swimming (MACS) for the past nine years and has competed the 500, 1000, and 1650 freestyle at Sectionals. He was also captain of the Eaglecrest High School Swim Team. Andrew now swims for the University of St. Thomas in St Paul, MN. He holds school records in the 500, 1000, and 1650 freestyle, and qualifying B-Cuts for NCAA DIII Nationals.

Andrew really hopes to build on the experiences from the past two years to make even stronger swimmers this year. He is excited to work with Jillian again and looks forward to another exciting summer with the Sharks!

2009 SMOKY HILL SHARKS SWIM TEAM REGISTRATION FORM

(ONE APPLICATION PER CHILD - PLEASE PRINT)

APPLICATIONS NOT FULLY SIGNED (2 signatures) & ACCOMPANIED BY FULL PAYMENT MUST BE RETURNED AND YOUR CHILD CANNOT BE PLACED ON THE TEAM - SORRY, NO EXCEPTIONS!

Name (Child's Last & First)		Date of Birth	Age as of 06/01/08
Parent's Name (First & Last)		Email Address	Day Phone Number
Address, City & Zip Code			Evening Phone Number
Subdivision Name (Smoky Hill 400?)			Siblings? (Y/N)
Parent's Name (First & Last)		Email Address	Day Phone Number
Address, City & Zip Code			Evening Phone Number
Emergency Contact		Phone Number	Relationship
Referred by		Any Medical Conditions?	

Registration Fees:

RESIDENT of Smoky Hill Metro District: First Swimmer in Family \$150.00; \$125.00 each additional swimmer

NON-RESIDENT of Smoky Hill Metro District: First Swimmer in Family \$160.00; \$135.00 each additional swimmer

NOTE: Registration Fee includes an insurance fee from Mountain Hi Swim League, a fee from Smoky Hill Metro District, and Smoky Hill Sharks processing fee. All requests for a refund will **exclude** these fees. Any request for a refund must be submitted in writing to a SHS Board of Director by 8:00pm on Monday, June 1, 2009

UNCONDITIONAL RELEASE OF LIABILITY

For and in consideration of acceptance of the registration for participation in the Mountain Hi Swim League (MHSL) as a member of the Smoky Hill Sharks Swim Team (SHS) I/we, as parent(s) or legal guardian(s) of the registrant do hereby assume all risk associated with such participation, including transportation. I/We certify that the registrant has passed a recent physical examination and hereby release all claim of liability against and agree to hold harmless and indemnify the Smoky Hill Sharks Swim Team, their directors, officers, coaches, volunteers, sponsors and all other participants in case of any injury to my/our child resulting from participating in activities as a Smoky Hill Shark, whether the result of negligence or any other cause, except to the extent covered by accident and/or liability insurance carried by the family and the MHSL. My/our consent for participation acknowledges my/our responsibility for and ability to meet the MHSL insurance deductible, if a claim becomes necessary. Furthermore, I/we understand that injuries may and do occur in youth swimming. I/We also understand that the pool and the adjacent surrounding areas may cause injuries, and that the Smoky Hill Sharks and MHSL, while exercising the utmost care and caution relating to these areas at all times, SHS and MHSL cannot control all the conditions of the pool or the immediate surrounding areas. In case of emergency, if the parent(s) or guardian(s) cannot be reached, I/we hereby authorize the above registrant to be treated by any physician available.

I/we agree to adhere to all SHS and MHSL rules and regulations for the sport for which I/we am/are registering. I/We release, acquit, and forever discharge the MHSL and the SHS from any liability associated with the enforcement of league policies and rules. I/We also certify that all personal information in this registration is factual and accurate.

Parent(s)/Guardian(s) Signature _____ Date: _____

Parent(s)/Guardian(s) Signature _____ Date: _____

TO BE COMPLETED BY TREASURER

Date: _____

Check # _____

Amount _____

SMOKY HILL SHARKS SWIM TEAM VOLUNTEER AGREEMENT FORM

The Swim Team exists only because of Volunteers. With assistance, the team will have a successful and enjoyable season. **All swimmer families are required to provide volunteer assistance at every swim meet, whether away or at home.** The meets are approximately six (6) hours long and each volunteer assignment is a three (3) hour shift (2 shifts per meet). Please indicate the areas where you will volunteer service by numbering the choices, with 1 being your most preferred area. We are always looking for individuals who would be willing to manage any of these areas; if you would be interested in helping us out in this capacity, please write "CHAIR" on the line. Thank you!

Parent #1 **Parent #2**

SET-UP/BREAKDOWN – Home Meets Only

6 workers are needed to help set-up (at 6am) for home swim meets and then breakdown equipment at the end of the meet. Total Number of Volunteers Needed/Meet: 6

TIMING

3 timers are required at each team lane per event, plus 2 backup. Total Number of Volunteers Needed/Meet: 22

HEATING

3 heating area assistants are required at all times to organize the swimmers and get them to the starting block on time. Total Number of Volunteers Needed/Meet: 6

RUNNERS

1 Runner is required each shift to distribute and pick up event cards. Total Number of Volunteers Needed/Meet: 2

SCORING/COMPUTER DESK

2 data entry workers are required at each shift to score the meet. Total Number of Volunteers Needed/Meet: 4

RIBBONS

4 ribbon organizers are required for the later shift to assist with labeling and filing ribbons. Total Number of Volunteers Needed/Meet: 4

CONCESSIONS – Home Meets Only

5 concession assistants are required at each shift to assist with the concession stand. Total Number of Volunteers Needed/Home Meets Only: 10

STROKE & TURN JUDGES & ADVISORS

2 stroke & turn judges are required at each shift to document swimmer rule violations. The judges must be trained each year, training provided by the League. 2 stroke & turn Advisors are also required at each meet to notify swimmers of their disqualification and the reason for the disqualification
Total Number of Volunteers Needed/Meet: 8

END OF YEAR PARTY COORDINATOR

2 volunteers are needed to coordinate the EOY Party. Duties include year-end awards, recognitions, refreshments, supplies, etc.

Swimmer Name(s) _____

Parent #1 Name: _____ PM Phone:(_____)

Parent #2 Name: _____ AM Phone:(_____)

E-mail address _____

<u>Preliminary League Swim Meets are on July 13th & 14th</u>		
My family will be able to provide one or more volunteers for these meets:	YES	NO

SMOKY HILL SHARKS SWIM TEAM VOLUNTEER AGREEMENT

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.

At the start of the season, you will be given your family's "Shift Assignments" for the season. If you cannot cover the shifts that have been assigned to you, YOU are responsible to find a replacement volunteer and let the volunteer coordinator know of your replacement. By knowing your shift assignments before the season begins, you will have plenty of time to make arrangements to cover meets you will miss. We will provide a team phone list and are willing to make suggestions/recommendations. We are unable to accept requests for vacations or other commitments, since to accommodate these requests delays getting the schedule out to everyone.

We have adopted a policy used by several teams in our league. At registration, each family makes an initial deposit against their volunteer hours. As you volunteer throughout the season, you earn back the deposit. The \$100 volunteer deposit is divided amongst the five dual meets at \$20 per meet. When you meet your five meet obligations, your check is returned. If you miss an assignment and failed to provide a substitute, your check is cashed immediately and the net will be returned at the end of the season.

We know that only one volunteer shift per meet per family is not sufficient to run the team. Everyone is encouraged to pitch in and help when the need arises, even if you already met your assigned shift.

Since we are keeping track, it is critical that you check in with the volunteer coordinator at each meet. This will minimize the chance of you not being credited for your effort. This is especially important when you have a substitute volunteer working in your shift assignment.

Parent/Guardian Signature

Date

Swimmer _____

2009 Sharks Swim Team

_____ **Registration Form**

_____ signed by both parents

_____ check # _____ for \$ _____
_____ cap
_____ registration

_____ **Volunteer Form**

_____ volunteer deposit check (to be returned at end of season)

_____ **Pool Liability Waiver**

_____ signed by both parents

_____ **League Insurance Form**

_____ signed by a parent

_____ 2 copies (or carbon form)