

2009 SOLECO SWIMMERS HANDBOOK

The Swimmers Handbook has been compiled to provide you with a source of important information for the upcoming summer swim season. The Handbook contains key information on the following topics:

- Swimmers Rules
- Pre-Swim Team
- Parent Information
- Meet Schedule
- Coach / Board Member Contact Information
- Practice Schedule
- End-of-Season Banquet
- Directions to Away swim meets

More information can be found on our team website: www.solecostingrays.com

SOLECO KEY PHONE NUMBERS

Coaches

| | | |
|------------|----------------|--|
| Head Coach | Matt Goldsmith | 610-704-3798 mattheos@temple.edu |
| Asst Coach | TBD | |

Board Members

| | | |
|-----------------|-------------------|--------------|
| Co-president | Amy Johnston | 610-282-8251 |
| Co-president | Maggie Koller | 610-691-1642 |
| Vice President | Jody Hogman | 610-282-1202 |
| Treasurer | Chuck Linden | 610-954-7820 |
| Secretary | Clare Donato | 610-691-3252 |
| Parent at Large | Sue Clarke | |
| Parent at Large | Ray Harrison | |
| Parent at Large | Monika Klar | |
| Parent at Large | Kim Kreider | |
| Parent at Large | Jennifer Luchetti | |
| Parent at Large | Kim Luybli | |
| Parent at Large | Karen Markham | |
| Parent at Large | Debbi Pereira | |
| Parent at Large | Beth Vorosmarti | |

Practice Schedule

| | | |
|--|---|--|
| <p>Tuesday, May 26th through Friday, June 5th Rodale Aquatic Center at Cedar Crest College. (Pre-swim Team starts once school has ended)</p> | | |
| <p>Monday thru Friday</p> | <p>Middle/High School Elementary School</p> | <p>3:00 - 4:15 p.m. 4:15- 5:00p.m.</p> |
| <p>Outdoor practice begins Monday, June 8th – <u>While school is in session</u></p> | <p>Middle/High School Elementary School</p> | <p>3:30 - 4:30 p.m. 4:30 - 5:30 p.m.</p> |
| <p><u>Once school has ended</u>, the following schedule applies:</p> | | |
| <p>Monday - Friday</p> | <p>13 and over 9-12 8 and under</p> | <p>8:00 – 9:45 a.m. 9:45 – 10:45 a.m. 10:30 – 11:30 a.m.</p> |
| <p>Monday, Wednesday, and Thursday</p> | <p>Pre-swim Team</p> | <p>10:30 - 11:00 a.m.</p> |

2009 Meet Schedule

| | | | |
|---------|-----------|------------------|-------------|
| June 15 | Monday | Lower Macungie | Home |
| June 18 | Thursday | Whitehall | Home |
| June 22 | Monday | Palmerton | Home |
| June 25 | Thursday | Hanover | Home |
| June 29 | Monday | Northern Lehigh | Away |
| July 2 | Thursday | NO MEET | |
| July 6 | Monday | Quakertown | Home |
| July 9 | Thursday | Northampton | Away |
| July 13 | Monday | Macungie | Away |
| July 16 | Thursday | BYE | |
| July 22 | Wednesday | Best of the Rest | Northampton |
| July 25 | Saturday | Championships | Soleco |

SWIMMERS RULES

- Attendance is mandatory for all scheduled practices. Swimming practice will begin promptly. Please plan to arrive 10 minutes before your scheduled practice time and be ready to enter the water at your starting time. Children should be picked up within 15 minutes of the end of their practice.
- Swimmers will be allowed to miss practices only if approved by coaches. Please record any excused absences in the logbook. The logbook will be located in the office just as you enter the gate by the corner of the building.
- Attendance at practice the day of a meet is required in order to participate in the meet. Exceptions might be made if the coaches are notified prior to the practice.
- It should be understood that swimmers who are practicing with other USS or club teams and are also a part of Soleco are welcome but must attend a minimum of one practice per week to participate in meets and championships.
- Efforts will be made to include all swimmers in at least one event per meet. We have a large team and often it is difficult to have all swimmers swim more than one event. Priority will be given to the swimmers who attend regularly and put forth their best effort for dual meets and championships. Swimmers are expected to attend swim meets, regardless of whether they are swimming.
- Swimmers must notify coaches, in writing, one week in advance if they cannot attend a meet. **If a swimmer is scheduled to swim and does not show up for that meet, they will not be entered in the next swim meet! No exceptions!**
- Swimmers must remain with the team during the entire meet, in the designated area only! We do not want to have to look for anyone during a meet. All swimmers should be with the team until the end of the meet, even if they are finished swimming. We are a team!**

8. All swimmers will provide their own practice suits, goggles caps, etc.
9. Swimmers should eat smart during meets. No swimmer should be eating junk food during the meet. Fruits and bagels are a good source of carbohydrates to give you energy for your swims. Sugar is the worst thing to put in your body during competition. It is also important to bring some sort of drink with you to meets. Gatorade, sports drinks, fruit juices and water are good sources of fluids for meets and practices. Your body can lose as much as 30% of peak performance due to dehydration. Replenishing fluids is essential for keeping your body ready to swim fast.
10. All swimmers are expected to do their best. It is more important that you try your best than what place you get. Coaches will be happy with any results if one's best effort is put forth.
11. If you would like your son or daughter to swim a different event during a meet, please write it in the logbook. Effort will be made to honor these requests, within reason.
12. Participation in post season competition (**Championships**) will depend on the following five criteria: 1) Times 2) Attitude 3) Consistency 4) Work Ethic 5) Attendance the week prior to Championships. **Coaches will have final say on these decisions!**

Most important is that parents try to attend all meets to encourage their son or daughter. Support them, encourage them and stay positive regardless of the outcome of their races!

PRE-SWIM TEAM

1. The **GOAL** of the Pre Swim team is to encourage children to participate and learn to master the competitive swim strokes.
2. Swimmers on the pre-swim team will be advanced to the regular swim team based on proficiency of the major competitive strokes. This will be decided by the coaches.
3. Pre-swim team members are encouraged to attend all meets but they may not participate in those events until they are ready.

PARENT INFORMATION

- In order to maximize coaching instruction and efficiency, we ask that you leave your child off at the entrance gate prior to the scheduled practice. Please pick them upon promptly after practice. We encourage you be about 10 minutes early before and after practices.
- Parents will **not** be allowed on the pool deck during practice for any reason! All communications with the coaches must take place prior to 8:00 a.m. or after 11:15 a.m. on practice days.
- All communications from coaches such as cancellations, time changes, etc. will be communicated via the ONE CALL System. It is very important that you include contact telephone numbers on Registration forms.
- Communication to the coaches can take place through the use of the logbook that is used for swimmers attendance. It should be located on a table nearest the office just inside the gate.
- Absences from meets and practices must be logged in the logbook. Remember, absences from meets require one week notification!
- Please communicate any concerns directly with coaches outside of practice time. Do not let anything fester inside. Coaches will make every effort to honor any reasonable request.
- Team Mailbox- Each family will have a folder located in a crate labeled “ Soleco Ribbons & Mail”. Make sure you or your child checks your folder at least twice a week for all important information from the coaches and board (ribbons, picture information, etc.). A folder will be placed in the front of the crate for swimmers to place their Summer Splash Registrations.

VOLUNTEERS... For a swim meet to run smoothly it takes many volunteers! Every family who has a child swimming on the team is expected to help work the meets. There are several different jobs you can volunteer for such as set up, timing, runner, concessions, score table, and ribbon writing. None of these jobs require detailed training so please do not let any intimidate you. We have found it necessary for each family to sign up for at least 2 jobs and 2 food donations for the dual meet season and for 1 job and 1 food donation for our annual fund raiser.

Our team fund raiser this year is hosting the league championship swim meet on Saturday, July 25th. We are responsible for hosting this meet once every nine years and will need everyone's help to make this a successful meet. Even if your child is not swimming in this meet, you will be required to support this event. The entire team will benefit from the money raised during this meet. Our annual fund raiser, Summer Splash, will resume next year.

New this year!! All parents must fill out a volunteer commitment contract. A separate escrow check of \$100 per family should be submitted with the contract. This check will be returned once your commitments are fulfilled.

Please refer to our web site, www.solecostingrays.com, for on-line food and job sign-ups.

SOLECO SWIM LEAGUE

We participate in the Suburban League which consists of 9 teams.

Hanover
Northampton
Quakertown

Lower Macungie
Northern Lehigh
Soleco

Macungie
Palmerton
Whitehall

MEETS

Each meet is a dual meet. **The warm ups begin at 5:00 p.m. The meets begin at 6:00 p.m.** We compete against each team once. The league competes first for a regular season champion and then the season culminates with Championships. Championships will be at Soleco this year.

SCORING

| Regular Meets | Individual 6 Lanes | Individual 5 Lanes | Relay Races 6 Lanes | Relay Races 5 Lanes | Crescendos |
|-----------------------|--------------------|--------------------|---------------------|---------------------|-------------|
| 1 st Place | 5 | 5 | 8 | 6 | 8 |
| 2 nd Place | 3 | 3 | 4 | 3 | 4 |
| 3 rd Place | 1 | 1 | 2 | 1 | 2 |
| Championships | | | | | |
| 1 st Place | 7 | 6 | 14 | 12 | *See Relays |
| 2 nd Place | 5 | 4 | 10 | 8 | “ |
| 3 rd Place | 4 | 3 | 8 | 6 | “ |
| 4 th Place | 3 | 2 | 6 | 4 | “ |
| 5 th Place | 2 | 1 | 4 | 2 | “ |
| 6 th Place | 1 | | 2 | | “ |

***Relay Races-** Medley – a different person swimming one of the four strokes.

***Crescendo-** boys or girls of different age groups swimming freestyle.

ORDER OF EVENTS

| | | | | | | | |
|----|-------|------------|------------------|----|---------------------|------------|-----------|
| 1 | Girls | 8 & under | 100 Free relay | 30 | Boys | 10 & under | 25 Fly |
| 2 | Boys | 8 & under | 100 Free relay | 31 | Girls | 12 & under | 50 Fly |
| 3 | Girls | 15 & over | 50 Free | 32 | Boys | 12 & under | 50 Fly |
| 4 | Boys | 15 & over | 50 Free | 33 | Girls | 14 & under | 50 Fly |
| 5 | Girls | 10 & under | 100 Medley relay | 34 | Boys | 14 & under | 50 Fly |
| 6 | Boys | 10 & under | 100 Medley relay | 35 | Girls | 15 & over | 50 Fly |
| 7 | Girls | 12 & under | 100 Medley relay | 36 | Boys | 15 & over | 50 Fly |
| 8 | Boys | 12 & under | 100 Medley relay | 37 | Girls | 8 & under | 25 Back |
| 9 | Girls | 13 & over | 200 Medley relay | 38 | Boys | 8 & under | 25 Back |
| 10 | Boys | 13 & over | 200 Medley relay | 39 | Girls | 10 & under | 25 Back |
| 11 | Girls | 8 & under | 25 Breast | 40 | Boys | 10 & under | 25 Back |
| 12 | Boys | 8 & under | 25 Breast | 41 | Girls | 12 & under | 50 Back |
| 13 | Girls | 10 & under | 25 Breast | 42 | Boys | 12 & under | 50 Back |
| 14 | Boys | 10 & under | 25 Breast | 43 | Girls | 14 & under | 50 Back |
| 15 | Girls | 12 & under | 50 Breast | 44 | Boys | 14 & under | 50 Back |
| 16 | Boys | 12 & under | 50 Breast | 45 | Girls | 15 & over | 50 Back |
| 17 | Girls | 14 & under | 50 Breast | 46 | Boys | 15 & over | 50 Back |
| 18 | Boys | 14 & under | 50 Breast | 47 | Girls | 8 & under | 25 Free |
| 19 | Girls | 15 & over | 50 Breast | 48 | Boys | 8 & under | 25 Free |
| 20 | Boys | 15 & over | 50 Breast | 49 | Girls | 10 & under | 25 Free |
| 21 | Girls | 12 & under | 100 IM | 50 | Boys | 10 & under | 25 Free |
| 22 | Boys | 12 & under | 100 IM | 51 | Girls | 12 & under | 50 Free |
| 23 | Girls | 14 & under | 100 IM | 52 | Boys | 12 & under | 50 Free |
| 24 | Boys | 14 & under | 100 IM | 53 | Girls | 14 & under | 50 Free |
| 25 | Girls | 15 & over | 100 IM | 54 | Boys | 14 & under | 50 Free |
| 26 | Boys | 15 & over | 100 IM | 55 | Girls | 15 & over | 100 Free |
| 27 | Girls | 8 & under | 25 Fly | 56 | Boys | 15 & over | 100 Free |
| 28 | Boys | 8 & under | 25 Fly | 57 | Girls 8-12-15-14-10 | | Crescendo |
| 29 | Girls | 10 & under | 25 Fly | 58 | Boys 8-12-15-14-10 | | Crescendo |

(25-50-50-50-25)

DIRECTIONS TO MEETS

NORTHERN LEHIGH Swimming Pool Assn.

1 Victory Park, Slatington, Pa. 18080

PHONE- 610-767-1355

6 Lanes- 25 Meters

Take Route 309 North

Bear Right onto Route 873 (First Union Bank at fork)

Follow 873 for 5.3 miles

Turn Right on Grove Street

Go 1/10 of a mile Turn Left into pool driveway

NORTHAMPTON Jr. High School Pool

1617 Laubach Ave.

Northampton, Pa. 18067

PHONE_ 610-262-7811 ext. 234

6 Lanes- 25 yards

Take Route 22 East

Exit 7th St north(Route 145 North/MacArthur Rd)

Turn RIGHT on Route 329

At 3rd traffic light, turn Right on Laubach

(there is a Plymouth Dealer on corner)

Turn Left into High School driveway

Follow drive around to the Right until you reach back of the Jr. High

Pool is across from the football field

HANOVER Township Pool

Take Route 22 East

Take Route 512 North Exit (turn Right off the exit on Center St.)

Go under Route 22, immediately turn Left at 2nd light on Stokes Park Rd.

Follow Stokes about 1 mile to 1st light

Turn Right on Jacksonville Rd.

Pool is on Right behind Township Building (about ¼ mile from stop sign)

QUAKERTOWN Pool

Mill Street, Quakertown, Pa. 18951

PHONE- 215-536-5235

Take Route 309 South

Turn Left at light onto Pumping station Rd.

At "T" intersection, turn Right on California RD.

Pass YMCA, Post Office, then look for Mill St.

Turn Left onto Mill St.

Pool is on the Left after you pass 9th St.

MACUNGIE (Memorial park Pool)

PHONE 610-966-5757

5 Lanes- 25 meters

Route 22 West

Route 100 South

Cross railroad tracks into Macungie

At bear family Restaurant(on the right) turn

Left into Macungie Memorial Park

WHITEHALL (Parkview Pool)

Take Macarthur Rd North(7th St exit of 22)

After U-Haul Company turn Right on Lehigh St Pass Skateaway

Turn Left on South 3rd St.

Turn Left on School St.

Follow curve and turn left on 5th St

Pool is on the left

LOWER MACUNGIE

Take route 309 North

Get off at Cedar crest Blvd.

Turn Left at bottom of ramp onto Cedar Crest blvd.

Turn Right at 4th light onto lower Macungie Rd.

Turn Left Onto Brookside Rd.(Shell station is on the left corner)

Pool is approximately one mile down on the Left

Turn into lot for Lower Macungie Township Building

Pool is behind building

PALMERTON Memorial Park Pool

PHONE- 610-826-5357

6 Lanes- 30 Yards

VIA 309

Take 309 North –Bear Right onto 873

Go through Slatington

WATCH- Road turns

Take 248 West

Get off at Palmerton exit(Delaware Ave)

Go through 1st light(Miller's cycle shop) to 3rd light

Turn Left onto 3rd St.(Just before the park)

Follow 3rd St for 7 blocks as it winds up the hill

The pool entrance is on the left across from the cemetery

VIA 145

Take 145 North(MacArther Rd)

Take 248 West

Get off at Palmerton exit(Delaware Ave)

Go through 1st light (Miller's cycle shop) to 3rd light

Turn Left onto 3rd St.(just before the park)

Follow 3rd St. for 7 blocks as it winds up the hill

The Pool entrance is on the Left across from the cemetery

FROM TURNPIKE

Take Turnpike to Mahoning Exit

Take Route 209 North

Just before you get t the Forest Inn Restaurant

You will see a very wide intersection on your right

Turn Right onto this road

At the bottom of the mountain at the "Y" in the road,

bear Right onto Delaware Ave

At the light just past the park turn Right onto 3rd St and

follow it 7 blocks up the hill

The pool is on the left across from the cemetery

SWIMMING BANQUET

DATE: Thursday July 23, 2009

TIME: 6:00 p.m.

LOCATION: Southern Lehigh High School

_____ We will be attending the Banquet _____ Total number attending
_____ We Will not be attending the Banquet

Parents Name

Swimmers name

Please Return no later than Monday July 13, 2009

- Last names beginning A-L please bring a main dish
- Last names beginning M-Z please bring a salad or dessert