

2011

Tega Cay Swim Team

Breakers

Parent Information

Dear Parents,

We hope this information will be helpful for you as our new season begins. We have tried to include the information that you will need; however, if you have any questions, please contact the coach or a parent committee member.

Head Coach

Cindy VanBuskirk (803) 548-6260 vanbuskirk@comporium.net

Parent Committee

President	Karen Field	(803) 396-5514	kfield@comporium.net
Vice President	John Scales	(803) 396-8755	john.n.scales@baml.com
Secretary	Joan Corkery	(803) 547-6607	jcork@comporium.net
Treasurer	Kathleen Michaeli	(803) 548-3789	kathleen@mshop.com
Web Master	Trish Herron	(803) 547-3070	trish@trishherronphotography.com

Web Site www.tegacaybreakers.com

- **Swimmers age 10 & under must be able to swim one full length of the pool. Swimmers age 11 and up must be able to swim 2 full lengths of the pool.** For safety reasons, the coach reserves the right to recommend swimmers take lessons and consider swim team the following year. Registration fees will be returned to you. If you are not sure your swimmer(s) meets these requirements, please wait to purchase your team suit. There will be no refunds on swimsuits.
- Our youngest swimmers are referred to as “Shrimps” in the league. This is the 6 and under age group. For safety reasons, parents of shrimps are required to be at the pool at all times when their child is in the water. It takes more effort and attention to ensure the safety of these little ones. If the parent is not present, the child will not be allowed to enter the pool.
- Please do not take practice time away from team members in order to talk with coaches. The coaches need to give their attention to our swimmers during practices. Please speak to the coaches before/after practice, call them, or e-mail them.
- Throughout the season, there will be additional information we need to communicate to you. Please check your email and web site daily for announcements, flyers, etc. **It is your responsibility to ensure that you are aware of what is happening with the team.**
- **We also ask that you notify the coach in writing if your swimmer will miss any swim meets. There will be a notebook at the pool with sign-up sheets for the various meets or you can email Cindy at vanbuskirk@comporium.net. This is very important.** The coach spends many hours planning for a swim meet. If your child is entered in events and doesn't show up, it affects all paperwork for running the meet. Also, if your swimmers are entered as a member of a relay team, that entire relay team will be scratched from their event thus eliminating three other team members from participating. It is critical that we know several days prior to each meet if your swimmer will be unable to attend. We understand that unforeseen circumstances arise. In this situation, we ask that you call Cindy as soon as possible to inform her of any changes.
- In the case of inclement weather, **Please always check your email and web site before assuming a meet or a practice has been cancelled.** If it is not thundering/lightening, we will swim!! Because the league's meet schedule does not allow time for rescheduling rainouts, the meets will most likely go on as scheduled if it is only raining.

Tega Cay

Practice Schedule

(We practice every day, Monday thru Thursday)

Evening Practices

April 25 – June 1 from 4:30-7:30 (specific times for each age group listed below)

April 25-April 28 Dry Land Practice

Wear t-shirts, shorts, tennis shoes.

Be ready to run! Bring water!!

Same evening schedule as in pool practice which is listed below.

May 2- June 1

Shrimps (5&6)

7 & 8's

9 & 10's

11 - 18

In Pool Practice

4:30 – 5:00 Mon. thru Thurs.

5:00 – 5:45 Mon. thru Thurs.

5:45 – 6:30 Mon. thru Thurs.

6:30 – 7:30 Mon. thru Thurs.

May 31st & June 2 No Practice (Memorial Day and last day of school!)

Morning Practices

All Practices starting June 6th will be held in Mornings

June 6-June 23

11 - 18

9 & 10's

7 & 8's

Shrimps (5&6)

7:30 – 8:30 Mon. thru Thurs.

8:30 – 9:15 Mon. thru Thurs.

9:15- 10:00 Mon. thru Thurs.

10:00-10:30 Mon. thru Thurs.

We will offer Tuesday and Wednesday evening practices starting June 7th and going through June for those unable to attend morning practices.

Practices will be from 6:30 – 7:30 PM

No Shrimps or 7 & 8's can swim at this practice.

Please sign the book located at the registration table if you know you are not going to be at a particular meet. We want every swimmer to have the opportunity to participate at the meets. If your child is not at the meet when he/she is supposed to be and is scheduled to be in a relay, the other three swimmers will not be able to swim either. This is not fair to those swimmers. It is very important that you be considerate of the other swimmers.

If your child is sick on the day of the meet, please call Coach Cindy VanBuskirk (548-6260) or email her at vanbuskirk@comporium.net by 3:00 that day so she will be able to inform people of the changes.

League Pool Locations

SHILAND HILLS SWIM CLUB (803) 366-2532

- Take I-77 south to Rock Hill. Take Exit 82C.
- Turn right at bottom of exit ramp onto Highway 161 and go 2 miles.
- Turn left on India Hook Road and go 2 tenths of mile.
- Turn left on Bayshore Drive and go another 2 tenths of mile.
- Turn right on Aspen Terrace and go one-tenth mile to Shiland Hills Swim Club.

ROCK HILL COUNTRY CLUB (803) 328-1894

- Take I-77 south to Exit #73 (Hwy 901).
- Turn right off exit ramp.
- At first light, take a left and go about ½ mile.
- Turn left on Harper Gault Road.
- Turn left on Country Club Drive, which is first left.

THE LANDING (803) 631-6315

- 1 Take Hwy 160W to 49 south. Turn left onto to Hwy 49.
- 2 Cross over Buster Boyd Bridge.
- 3 Turn right at the second light after the River Hills entrance. (A Winn Dixie is on the right).
- 4 Turn right into "The Landing"
- 5 Clubhouse and pool are down on the left.

BAXTER (803) 548-3375

- 1 Take Hwy 160E to the FIRST entrance to the Baxter Community (which is Sutton Road).
- 2 Turn right onto to Sutton Road. (There is no street sign that states that it is Sutton Rd., however it is across the street from Pleasant Rd.)
- 3 Turn right onto Founders Street, which is the third right.
- 4 Go to the stop sign. You will see the Baxter Community Center (white building with green trim) straight in front of you.
- 5 The pool is behind the Baxter Community Center. Please park in the rear of the pool area.

Palisades (704) 504-3600

1. Take I-77 North to Hwy 160 Exit. Take Hwy 160 west, pass Gold Hill Road and then turn left on Zoar Road.
2. Zoar Road dead ends, take left on Youngblood Road.
3. Come to a roundabout and take third exit, which takes you into the Palisades development, you will be on Grand Palisades Parkway.
4. The Clubhouse will be on the left and the Sports Complex (pool) down on the right.

Breakers Bash: May 21st

This is our Practice Meet/Team Photo/Pizza Party.

Swimmers will arrive at 7:45 a.m.. Team photo will be taken at 8:15 a.m.. Swimmers will wear their new Breakers t-shirt for the team picture which will be given to them that morning. Warm ups start at 8:30 a.m. Practice Meet starts at 9:00 a.m.. **IT IS VERY IMPORTANT THAT ALL SWIMMERS AND PARENTS ATTEND THIS PRACTICE MEET.** It allows the coaches to get starting times for the swimmers in all of the events (freestyle, backstroke, breaststroke, and butterfly) for the season. Also, it is the time when the parents learn the volunteer positions so that they are ready to go for the meet season.

Dual Meets/Tri Meets (See enclosed schedule)

Dual meets (two teams) and Tri meets are held on Monday and Thursday evenings or Saturday mornings (see schedule above). The tri meet is a meet that is scored as two smaller teams compete against one larger team. The meets are broken down by event (freestyle, backstroke, breaststroke, butterfly, individual medley, and two relay events). Each event is broken down by age group. The age groups are 6 and under, 7-8, 9-10, 11-12, 13-14, 15 and over. Each age group is also broken down by male and female swimmers. Because most pools have only 6 lanes and we will have more than 6 swimmers participating in most events, each event is broken down into "heats". The heats are determined by the swimmers' times so your swimmer should be placed in the heat with swimmers having the closest times to one another. Please keep in mind that only the top six overall finishers in each event will receive a place ribbon. This means that your swimmer may win his or her heat, but someone in another heat may swim a faster time. Again, only the top 6 fastest in each event will receive a place ribbon. Heat ribbons will be awarded to the winner of each heat.

Invitational Meet or Championship Meet

Swimmers will have the opportunity to qualify to participate in either the ***Invitational Meet*** or the ***Championship Meet***, but not both. Please let the coach know if your vacation schedule conflicts with the date of these meets (Invitational meet held June 25th in the morning. Championship meet held June 25th in the afternoon). Both meets will have the same event order as a dual meet. However, each team is limited to three swimmers per event for the Championship meet. The three swimmers with the top three fastest times in each age group for each event qualifies to participate in the Championship meet. All other swimmers will have the opportunity to swim in the Invitational meet.

Please encourage your swimmers to keep track of their swim times. Remind them that they are swimming against the clock and their goal should be to do their best. By knowing their time, they can see their improvement from one week to the next.

Coaches will determine the events for each swimmer. This determination will be made based on what is best for each swimmer as well as what is best overall for the team. This means that swimmers will be asked to swim events that will benefit the team even if that event is not a favorite of the swimmer.

Sometimes, swimmers are disqualified during a race. ***Disqualification*** is not a punishment! It should be seen as a way to become a better swimmer. We will have parent volunteers who have been trained as stroke/turn judges. These parents watch the swimmers stroke execution to ensure that no swimmer gains an unfair advantage. If they observe an illegal kick, stroke, start or turn, they will submit a DQ form to the scorekeeper. These DQ forms are given to the coaches for review with their swimmers. In pointing out swimmers' mistakes, they can then avoid making that mistake again and thus become a better swimmer.

When ***packing for a swim meet***, plan ahead. You will be at the pool for several hours. Some of the items you may want to include are:

- Swim cap and Goggles (having extras on hand is helpful)
- Towels (more than one per swimmer)
- Water/sports drink
- T-shirt or sweatshirt (it sometimes gets cool after the sun goes down)
- Quiet games/books to keep them entertained between events
- Nutritious snacks - please NO nuts with shells. They make a BIG mess to clean up. Each swimmer is responsible for cleaning up after themselves. We want to respect the property of others.
- Folding chairs for parents and blanket/rubber mat (doesn't get soaking wet) or chair for swimmers

What to eat prior to and during swim meet:

- Fruit – particularly bananas
- Bagels
- Pasta
- Water/Sport Drink
- Energy bars
- granola bars

What to avoid:

- Soda
- Burgers, fries
- Heavy, difficult to digest foods
- Junk food

The best pre-swim meal should contain primarily carbohydrates (see above list). Fatty foods, such as burgers, fried foods, etc., take longer to digest and provide little energy for your swimmer. Proteins such as peanut butter, cheese and high-fat meats are also more slowly digested. Eating the wrong foods prior to a swim meet can also cause digestive problems during swimming.