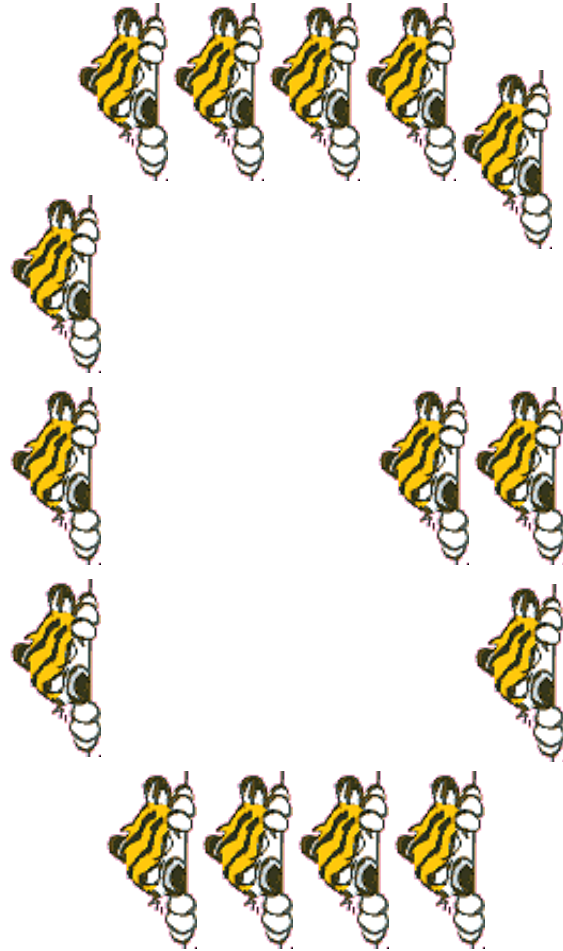


# GLENWOOD TIGERS SWIM TEAM



**2010**  
**TEAM HANDBOOK**

**May 2010**

**Dear Glenwood Tiger Family,**

**Welcome to the 2010 season of the Glenwood Tigers Swim Team!**

**This handbook is designed to give you an overview of the philosophy and operation of the Montgomery County Swim League and specifically the Glenwood Tigers Swim Team Program.**

**The Glenwood Tiger experience is one which the entire family can enjoy, and one which involves the entire family. It is an intense two months of conditioning, improving, socializing, volunteering, early Saturday mornings and late Wednesday nights, and, above all else, FUN!**

**We look forward to celebrating five decades in the water this summer with you and your family!**

**Jeremy Butler  
Head Coach**

**Fig Ruggieri  
Swim Team Rep**

**Karen Clark & Nancy Foster  
Ass't. Swim Team Reps**

**P.S. The utility of this handbook will improve each year through your input. Please share it with us either in the Coaches' Mailbox or by emailing [swimteamrep@glenwoodpool.org](mailto:swimteamrep@glenwoodpool.org).**

## TABLE OF CONTENTS

<b>WELCOME</b>	<b>1</b>
<b>HISTORY</b>	<b>3</b>
Montgomery County Swim League The Glenwood Tigers	
<b>EXPECTATIONS OF SWIMMERS</b>	<b>4</b>
Attendance Behavior Nutrition Meet Preparation	
<b>EXPECTATIONS OF PARENTS</b>	<b>5</b>
Volunteers Officials Certification Clinics	
<b>COMMUNICATION</b>	<b>7</b>
Bulletin Board Family Folders Coaches' Mailbox Web site Email	
<b>PRACTICES</b>	<b>8</b>
Practice Schedule Lessons The Pre-Team	
<b>MEETS</b>	<b>11</b>
A-Meets B-Meets Illegal strokes Time Trials Relay Carnival Divisionals All-Stars and Long Course 2010 Schedule	
<b>MISCELLANEOUS</b>	<b>15</b>
Weather Policy Suits and Equipment Annual Banquet and Awards Highpoint Trophies / Hauser Award / Slattery Award	
<b>APPENDIX</b>	<b>17</b>
The 2010 Coaching Staff Bios Team Records (visit <a href="http://www.glenwoodpool.org">www.glenwoodpool.org</a> ) Directions to Away Meet Pools Registration Form	

## **Montgomery County Swim League**

The Glenwood Tigers Swim Team is a member of the Montgomery County Swim League (MCSL). The league consists of 88 different teams distributed into 15 divisions of six teams each, ranked A - O. Division placement is determined by a computerized swim-off using times from the previous summer, the most successful team being placed at the top of "A" division. This year, Glenwood is the 3<sup>rd</sup> 'seed' in Division G. In the past 10 years, we have fluctuated between Divisions E through H.

The league is open to any swimmer 18-years-old or less (as of June 1st) who is a member of his or her pool. The vast majority of MCSL teams operate out of pools similar to Glenwood in size and organization. However, a few are public pools, which are operated by the County's Recreation Department. Country Clubs are not included in MCSL, as they have a separate league.

MCSL has a well defined set of rules and operating procedures which are outlined in the MCSL Handbook, which you should have received during 2010 Swim Team Registration. Additionally, the league's web site [www.mcsl.org](http://www.mcsl.org) includes meet results, driving directions to pools, all-star rankings and more.

### **The Glenwood Tigers**

The Glenwood Swim Team was established in 1958 as one of the six teams which founded the MCSL. The first ever league meet was held at Glenwood. Since then, the league has grown, and so has our team. In 2010, there will be nearly 200 Glenwood Tigers. We have one of the largest teams and strongest traditions in the MCSL. Above all else, we consistently lead the MSCL in team spirit and in having fun.

Our goal is to provide a positive summer experience for our team members and their families. The team is meant to improve aquatic skills, while fostering good sportsmanship and team work, and having fun. Unique to swimming is the opportunity for children of a wide range of ages to compete on the same team. Because of this, the older swimmers act as role models for the younger ones, who in turn grow up to do the same. Many of our coaches and Glenwood lifeguards through the years have been current team members or Glenwood Tiger Alumni.

## EXPECTATIONS OF SWIMMERS

In order to have fun, improve, and contribute to the team, swimmers should read and follow a few simple guidelines.

### Attendance

- Swimmers are expected to attend practice every day. You cannot improve or have fun if you don't show up.
- Arrive 5 minutes early to practice so that you are ready to go when practice starts. If you are late you may miss important announcements or some of the fun.
- *If you are going to miss a meet, please fill out the Meet Absences form you received at the swim team registration and/or leave the coaches a note in the Coaches' Mailbox AT LEAST 48 hours in advance.*

### Behavior

- Follow the coaches' instructions during practice. They are experienced and only want you to be successful. The goal of swim team is for each swimmer to improve over the season and to have fun. These goals are easier to reach if you listen to the coaches.
- During meets, stay in the team area and follow instructions. Meets can be loud and confusing. Not following instructions may cause you to miss your race.
- Good sportsmanship is a must. Sportsmanship means keeping a positive attitude, working hard, and showing respect for your teammates and your opponents. The Tiger Sportsmanship Award will be given periodically to swimmers showing excellent sportsmanship.
- Swimmers must clean up after themselves at all meets. It is important that the team area be left clean after a meet, regardless of whether the meet is home or away.

### Nutrition

- Swimmers need to eat good food and drink plenty of water, especially during meets.
- At meets, donuts, candy, etc are absolutely prohibited until a swimmer is done swimming for the day. Donuts and junk food make good treats for after all the day's races are done. We suggest bagels, fruit, non-sugary cereal, etc. as good pre-meet foods.
- We suggest bringing a water bottle to meets and practices. It is easy to become dehydrated very quickly in the summer heat, even if you are in the pool. This is a good idea for parents and officials too.

### Meet Preparation

- For Saturday meets, swimmers need to get a good night's sleep on both Thursday and Friday nights. On Fridays, swimmers need to stay out of the sun and the heat. This means minimizing time spent hanging out at the pool. Junk food is also a bad idea on Fridays.
- For Wednesday meets, swimmers should get a good night's sleep on Tuesday night. On the day of the meet, heat, sun, and junk food should be avoided.

## EXPECTATIONS OF PARENTS

Parents are the backbone of the swim team. We ask that parents take a few simple steps to help the swim team run smoothly to ensure that it is a positive experience for the children.

- Ensure that you are subscribed to the Swim Team List-Serve (simply send a blank email to [glenwoodswim-subscribe@yahogroups.com](mailto:glenwoodswim-subscribe@yahogroups.com)). We encourage both spouses and additional guardians to subscribe to make sure information gets through to each Swim Team family.
- Stay informed of team news by checking the bulletin board daily.
- Make sure your swimmers have read and understood the above “Expectations of Swimmers.”
- Volunteer for three jobs, plus one for each additional child (maximum of five jobs/family) (e.g., two swimmers would equal four jobs, three swimmers would equal five jobs) during the season (see below).
- **Inform the coaches in writing if your child is going to miss a meet by filling out the Meet Absences form at registration and/or by placing a note in the Coaches’ Mailbox.**

### Parent Volunteers

MCSL, and each team in the league, could not exist without the help of parent volunteers. It takes approximately 25 people from each team to hold a meet. In short, **“It takes a village to run a swim meet.”** This figure does not include the people needed to prepare for a home meet and coordinate the many non-meet team functions (Family Dance, Pep Rallies, Swimathon, Banquet, Sportswear, etc.).

All parents are expected to volunteer for three or more job assignments (per the formula above) and encouraged to do more. If your schedule presents a challenge for service during a meet, please contact the Team Rep or Ass’t. Team Reps to make alternative arrangements. **You may not purchase banquet tickets if you have not fulfilled your parent volunteer duties.**

You may sign up for specific shifts until June 12 (time trials), at which time a set of duties will be assigned. Specific meet duties include:

- \* **Clerk of Course** (check swimmers in before each event and escort them to the starting area)
- \* **Timers** (with two other parents, keep time in one lane for each event)
- \* **Ribbon Writers/Scorers** (assist the Computer Operator with scoring verification and process swimmer awards as each event is completed)
- \* **Runner** (courier time sheets between timers and Scorer’s table)

And, for home meets:

- \* **Inventory** (coordinate food purchasing and/or donations)
- \* **Concession Set-Up** (get food and equipment organized and ready for sale)
- \* **Seller** (work the Glenwood Tigers Concession Stand for a 2-3 hour shift)
- \* **Griller** (for experienced grillers, prepare burgers, chicken and hot dogs)
- \* **Clean-Up** (return the Snack Bar area and Storage Room to pre-Meet condition)

You will receive the brief training necessary to be effective at any of these assignments. **If you are unable to serve at a meet that you have signed up, we ask and expect that you will secure a replacement.** A Team Directory will be distributed at Time Trials on Saturday, June 12.

NOTE: You may be asked to work a meet where your child is not swimming. We try to avoid doing this, but sometimes it is necessary in order to run the meet and we ask your cooperation. Other parents have found it preferable to volunteer at meets where they do not have a swimmer entered, so they can relax and enjoy those at which they do.

### **Officials Certification Clinics**

Some of the jobs at each meet require formal MCSL training and certification. These include: Stroke and Turn Judge, Referee, and Starter. To become certified, you must attend one of the league training sessions below, and must renew your certification every two years.

For more details, please visit [www.mcsl.org](http://www.mcsl.org) and click on the “Officials Certification” link.

### **MCSL Officials Certification Clinics**

**Olney Swim Center**  
16605 Georgia Avenue  
Olney, MD 20853  
301-570-1210

- Sunday, June 6, 8:00-11:00 AM, full clinic – Starter / Referee / Stroke & Turn
- Sunday, June 13, 8:00-11:00 AM, full clinic – Starter / Referee / Stroke & Turn

Another full clinic will be held at:

**Georgetown Prep School** (10900 Rockville Pike, North Bethesda, MD 20852 301-493-5000) on Wednesday, June 9 at 6:00 - 9:00 PM -- Starter/ Referee/ Stroke & Turn

A Stroke & Turn only clinic will be held at the **Germantown Indoor Swim Center** on Thursday, June 24 at 7:00 – 9:00 PM

## COMMUNICATION

With a team as large as this, communication is a challenge. We have several means in place for the exchange of information between parents, swimmers and coaches. Please avoid talking to the coaches during practice; their priority is to your kids at that time.

### **Bulletin Board**

The Swim Team Bulletin Board at the pool is the only 100% up-to-date source of information. Parents and swimmers should check this bulletin board daily. All Line-ups and notices will be posted on the bulletin board.

### **Web Site**

The pool's website, [www.glenwoodpool.org](http://www.glenwoodpool.org) has a variety of information related to the Swim Team and is maintained more frequently during the summer. But, for the MOST current information, you will need to consult the Bulletin Board on a daily basis.

### **Email**

A minimum of one parent from each family must (but all parents/guardians are encouraged to) subscribe to the Swim Team List-Serve (simply send a blank email to: [glenwoodswim-subscribe@yahoogroups.com](mailto:glenwoodswim-subscribe@yahoogroups.com)). This distribution list allows for quick and easy dissemination of important team information. As a courtesy, please avoid posting messages to the list-serve which are intended to be direct responses to a specific individual and/or non-swim team related matters.

NOTE: As a general rule, email is not an efficient or reliable means of contacting the coaches. The computer in the coaches' office is not connected to the internet at this time. The easiest way to contact the coaches is through the Coaches' Mailbox (see below).

### **Family Folders**

Each Swim Team family has a folder in the coaches' office (inside the door, to the left) where ribbons, notices, and other material will be put. Please check your folder often.

### **Coaches' Mailbox**

The Coaches' mailbox is the green metal mailbox mounted on the wall just outside the door to the coaches' office. Any notes for the coaches can be left in here. It is checked several times daily. This is also the place to leave notes regarding swimmers attendance.

**If any swimmer is going to be unavailable for any meet, for any reason, the coaches must be notified in writing. Please fill out and turn in the Meet Absences form at or before Time Trials on June 12.**

### **Other Contact Information**

Glenwood Pool	301-681-7599
Swim Team Rep, Fig Ruggieri	301-565-2550 <a href="mailto:swimteamrep@glenwoodpool.org">swimteamrep@glenwoodpool.org</a>
Ass't. Team Reps Karen Clark	301-588-6407 <a href="mailto:kjclark@erols.com">kjclark@erols.com</a>
Nancy Foster	301-495-9380 <a href="mailto:nfoster@aha.org">nfoster@aha.org</a>
Certified Officials Coordinator, Sandy Kweder	<a href="mailto:sandra.kweder@fda.hhs.gov">sandra.kweder@fda.hhs.gov</a>

## PRACTICES

It is important that swimmers come to practice every day on time and ready to swim. Missing practice might mean missing important instruction. Water bottles are strongly suggested. Please avoid talking to the coaches while they are coaching; their priority is to the swimmers.

Practices are designed to focus on various aspects of mechanics and conditioning while still being fun for the swimmers. A primary focus of practice will be to teach and improve the swimmers strokes, with close attention paid to technique. Specialized time will be spent working on each stroke and starts, turns, and finishes. In addition to technique, practice also serves the purpose of improving the swimmer's conditioning and preparing them for competition. Most importantly however, practices are meant to be fun, work on team building, and foster a love for the sport of swimming.

### **Practice Schedule**

From the beginning of the season until public school dismisses, practices are held in the afternoon only. After public school dismisses, practices are held in the morning. For those who cannot attend morning practice, we offer afternoon practice on Monday, Tuesday and Thursday only. Morning practices are highly preferable to afternoon because we have more space, more time, more energy and fewer distractions.

### **June 2 – June 16**

Afternoons (Monday – Friday only)

<b>Age</b>	<b>Start Time</b>	<b>End Time</b>
13 & over	4:00	5:00
11-12	5:00	5:45
9-10	5:45	6:30
8 & under	6:30	7:00
Pre-Team	6:30	7:00

### **June 17 through end of season**

Morning practice (Monday – Friday only)

<b>Age</b>	<b>Start Time</b>	<b>End Time</b>
13 & over	7:30	9:00
11-12	8:45	10:00
9-10	9:45	11:00
8 & under	10:45	11:30
Pre-Team	11:00	11:30

Afternoon practice (for those who cannot attend morning practices only)  
(Monday, Tuesday and Thursday only)

<b>Age</b>	<b>Start time</b>	<b>End time</b>
13 & over	4:30	5:30
9-12	5:30	6:30
8 & under	6:30	7:00
Pre-Team		

### **Cost**

Payment (checks only) is \$70 per child (or \$180 for 3 or more children) per season, payable to Glenwood Swim Team. There are no refunds of swim team fees after Time Trials (June 13).

**Private Lessons** (for one or two individuals) can be scheduled at a mutually convenient time with a lifeguard and/or a Coach. Rates range from \$15-\$20 for a 30-minute lesson.

**Group Lessons**, while primarily for non-swim team members, can be a good way for the youngest swimmers to reinforce fundamentals and practice new strokes. Group Lessons do not have the same level of individual attention as a private lesson but do have the value of consistent scheduling. Information is available at [www.glenwoodpool.org](http://www.glenwoodpool.org) (click “Swim Classes”) or by contacting Val Rippetoe, Group Swim Lessons Coordinator.

## **The Pre-Team**

The Glenwood Tigers Pre-Team is designed to prepare young swimmers to join the swim team. It is taught as a group lesson.

In addition to improving water skills, another goal of the Pre-Team is to introduce young swimmers to some of the other aspects of the swim team: teamwork, sportsmanship, spirit, and most importantly, fun. It is important to note that Pre-Teamers are considered by the coaching staff to be an important part of the Glenwood Tigers Swim Team... they are the future!

If and when a swimmer is ready to move up to the swim team, the Pre-Team Coaches will inform the Swim Team Head Coaches and the necessary arrangements will be made.

### **Pre-Team Schedule**

June 2 - June 16 (Monday – Friday only): 6:30 – 7:00 PM

June 17 – end of season:

11:00 – 11:30 (Monday – Friday only)

6:30 – 7:00 (Monday, Tuesday and Thursday only)

All new swimmers must be screened for placement on the Team or the Pre-Team. Screenings will be held during Swim Team Registration on Tues., June 1, or on Weds., June 2, and Thurs., June 3 at 7:00 PM, or by appointment with the Head Coach.

**NOTE:** Pre-Team Practice will be held at the same time as 8 & Under Swim Team practice. The goal is to further bridge the gap between Pre-Team and Swim Team so that when swimmers are ready to move up, the transition will be easier.

## **Cost**

Payment (checks only) is \$85 per child per season, payable to Glenwood Swim Team. Upon promotion to the Swim Team, no additional registration fee or dues will be required.

Pre-Teamers are encouraged to attend all team activities, including meets, pep-rallies and other social events. Such events will be announced beforehand and are always posted on the Swim Team bulletin board. During the season, Pre-Teamers will be invited to participate in a special pre-team swim in one (or two) of our Wednesday B meets.

Questions concerning Pre-Team protocol and logistics for the Pre-Team Coaches (or Swim Team Head Coach Jeremy Butler) should be placed in the Coaches' Mailbox.

## MEETS

A common misconception is Glenwood has separate "A" and "B" Teams. This is far from the truth; we are one team. Some swimmers may swim the A Meet one week and the B Meet the next week, and some swimmers may swim both. Regardless, we encourage everyone to attend every meet. Coming to meets is the best way to have fun, make friends, learn the cheers, and get the most out of being a Glenwood Tiger.

**Please fill out and turn in the Swim Meet Absences Form at or before Time Trials. If your swimmer(s) will be unavailable for any meet, for any reason, the coaches must be notified in writing** (see **COMMUNICATIONS** section). Unexpected absences generate a lot more work for everyone in terms of line-up changes, and could cause our team to lose A Meet points. There are far too many swimmers for the coaches to remember everyone's schedule.

### Time Trials

Time Trials can be likened to a "practice swim meet." It is a chance for the coaches to get times on all the swimmers and for the meet officials and other parent volunteers to work out the kinks of running the meet. All Glenwood Tigers will swim in Time Trials on Saturday, June 12. Individual Medley (I.M.) and Relay events are not swum in Time Trials. NOTE: Please be sure to arrive by 6:45 AM for the annual Team Photo; optional individual / sibling photos take place immediately thereafter. Remember to bring your checkbook if you plan on ordering a Team or individual Photo.

### A Meets

A Meets are swum on Saturday mornings, each one against a different team in our division. In general, the fastest swimmers in each event will swim in the A Meet (for related rules see MCSL rules, section 11). The coaches make the line-up for each Saturday and post it on the preceding Thursday using a list of every swimmer's times in every event as of that date. This line-up will change every week due to swimmers' improvement, absences, and other factors. The coaches are very careful and deliberate when making this line-up. Decisions pertaining to it will be completely at their discretion. The line-up will be posted on the bulletin board at the pool. Please make sure you regularly check the bulletin board.

A Meets begin at 9:00 AM. However, swimmers need to arrive earlier to allow time for warm-ups. Parent Volunteers also need to arrive earlier to allow time for set up (see "Expectations of Parents" section). For away meets, we typically rendezvous at Glenwood first to check in, ensure that everyone has a ride, and decorate vehicles. Arrival times will be announced and posted separately for each meet. **It is very important that everyone be on time.** Swimmers who are late may be scratched from the meet. A-meets will usually be over by 11:30.

### B Meets

B Meets are swum on Wednesday evenings, typically with teams which are geographically close to Glenwood, rather than teams that are in our division. For this reason, team scores are not kept in B Meets. Our policy is that swimmers who did not

swim, or swam only one event, the previous Saturday can swim on Wednesday. No swimmer will swim the same event in both meets. Relays are not swum in B Meets. B Meets typically begin at 6:00 PM with warm-ups beforehand. Specific times will be announced and posted separately for each meet. B meets usually end between 8:30 PM and 9:30 PM, depending on how many swimmers each team has.

For Wednesday meets, the coaches will have a preliminary line-up ready for practice on the preceding Monday. During practice on Monday or Tuesday swimmers will consult with the coaches regarding what they will or will not swim. NOTE: If a swimmer does not attend practice on Monday or Tuesday, he or she will not be included in Wednesday's meet. No changes to the line-up will be made on the evening of the meet. Such changes create more work for meet officials, distract the coaches from coaching, and interrupt the flow of the meet, causing it to run later into the evening.

### **Illegal Strokes**

For younger swimmers or for swimmers new to the sport, it is common to experience difficulties learning certain aspects of the different strokes, especially breaststroke and butterfly. When these strokes are done incorrectly, they may be illegal. The difficulty is that one incorrect kick over the length of the whole race can cause a competitor to be disqualified.

Swimmers will not be allowed to compete in any stroke unless the coaches are confident that he or she can complete that event legally. The reason for this policy is that it would be unfair to all parties if we were to allow swimmers to compete who may be gaining a competitive advantage as a result of an illegal motion. Also, "D.Q.s" as we often call them, create more work for meet officials and significantly slow down the meet. Again, for young swimmers, these difficulties are more the rule than the exception. In fact, it is only within the past decade that 8 & Under swimmers were included in breaststroke and butterfly events.

For detailed rules on the legality of the strokes, consult your MCSL handbook section "USA Swimming Rules for Swimming the Strokes." In addition, you can visit [www.usaswimming.org](http://www.usaswimming.org), click on the 'Parents' link, and review the 'Swimming 101' section. If you are unsure about the status of your swimmers' strokes, please ask any of the coaches when practice is not in session.

### **Relay Carnival**

Composed entirely of relay races, this is often the most fun meet of the season. All six teams in the division are present for this meet. Like an A-Meet, a line-up will be made and posted prior to the meet. It is especially important to let the coaches know in advance if your swimmer is not available to swim at this meet because making the relay line-up is even more difficult than the dual meet line-ups. Relay Carnival is very loud and confusing, but also very fun. It is especially important that swimmers in this meet be attentive and follow instructions. In 2010, Lake Marion will host the Relay Carnival on Sunday, July 11.

### **Founders Relay Carnival**

Like the A relay carnival, the Founders Relay Carnival is composed entirely of relay races. Daleview and Kenmont, two of the original six MCSL teams (along with Glenwood), will also participate in this meet. It is especially important to let the coaches know in advance if your swimmer is not available to swim at this meet because making the relay line-up is even more difficult than the dual meet line-ups. Kenmont will host the 2010 Founders Relay Carnival on Wednesday, July 21.

### **Divisionals**

Divisionals is the annual Division Championship Meet. All six teams in the division are present. Each team enters only two swimmers in each event. The Divisionals line-up will be made and posted after the final A Meet. In 2010, Glenwood will host the Division G Championship Meet on Saturday, July 24.

### **All-Stars and Coaches' Long Course Invitational**

These are MCSL-wide meets for the fastest swimmers in the league. To qualify for the All-Star Relay meet, a relay team must have the fastest time in the division, as determined at the Relay Carnival. To qualify for the Individual All-Star meet, a swimmer must first achieve an All-Star Nominating Time (see MCSL handbook). Of the swimmers who achieve an All-Star Nominating Time, the top 16 will be invited to Individual All-Stars and the top 8 will be invited to Coaches' Long Course Invitational. Coaches' Long Course and the All-Stars meets are held at Rockville. In the Long Course meet, swimmers race the same number of lengths of the pool, but the pool is twice as long (50 M). For example, a 9-10 would swim 100 Free. Glenwood usually sends a handful of swimmers to these meets. They are a good opportunity for everyone to come out and see some excellent swimming. Coaches' Long Course Invitational will be held on Tuesday, July 13. All-Star Relays will be held on Saturday, July 31, and Individual All-Stars will be held on Sunday, August 1.

## 2010 Schedule

June 1	Swim Team Registration and Parent Volunteer Sign-Ups/Meeting
June 2	Practice Begins
<b>June 12</b>	<b>Time Trials and Team Picture – 6:45 AM</b>
June 17	Morning Practice Schedule Begins
June 18	Pep Rally – Family Pasta Dinner
<b>June 19</b>	<b>Meet AWAY @ Mohican</b>
June 23	B Meet HOME v. Garrett Park
June 25	Pep Rally – Theme TBD
<b>June 26</b>	<b>Meet HOME v. Lake Marion</b>
June 30	B Meet HOME v. Northwest Branch
July 2	Pep Rally – Theme TBD
<b>July 3</b>	<b>Meet HOME v. Tally Ho</b>
July 4	Independence Day Party at the Big G
July 7	4th Annual Green & Black Intrasquad Meet
July 9	Pep Rally – Theme TBD
<b>July 10</b>	<b>Meet AWAY @ Woodcliffe</b>
<b>July 11</b>	<b>Division G Relay Carnival @ Lake Marion</b>
July 13	MCSL Coaches Long Course Meet (Rockville) – No Afternoon Practice
July 14	B Meet AWAY @ Rock Creek
July 16	Pep Rally – Theme TBD
<b>July 17</b>	<b>Meet HOME v. Tanterra / SENIOR DAY</b> <b>Glenwood Swim for Tim Swimathon (through July 18)</b> <b>Family Ice Cream Social/ Dance</b>
July 21	Founders Relay Carnival v. Kenmont & Daleview @ Kenmont
<b>July 24</b>	<b>Division G Championship Meet (Divisionals) @ Glenwood</b>
July 29	Swim Team Banquet (Knights of Columbus)
July 31/Aug. 1	All-Star Relays (RMSC) / All-Star Individuals (RMSC)

For Meet results, visit [www.mcsl.org](http://www.mcsl.org) and click “Meet Results.”

## **Miscellaneous**

### **Weather Policy**

With the exception of thunder and lightning, bad weather will not cause the cancellation of a meet or practice. Practices will be held on cold and rainy days. Remember, the pool is heated, and when you're swimming, you're wet anyway. In the event of a thunder storm, the pool must close and remain closed for a period of 30 minutes after the thunder has stopped. For meets, the Team Reps and Pool Manager will make decisions on a case by case basis. Also, remember that thunder in the morning is very rare.

### **Suits and Equipment**

A new team suit is selected prior to the start of every even-numbered season (i.e., 2010, 2012). Suits, caps and goggles are available at:

Capital Sport and Swim  
10558 Metropolitan Ave.  
Kensington, MD  
301-949-7366

Be sure to mention you are from Glenwood Swim Team to receive a team discount on your suit. In addition, a wide array of optional Glenwood Tiger Sportswear (t-shirts, sweatshirts, etc.) is sold by parent volunteers each year.

### **Annual Banquet and Awards**

The annual Awards Banquet will be held at the Knights of Columbus Hall (just a few blocks from Glenwood) on the THURSDAY after the Divisional Meet (July 29). As one of the culminating events of the season, it is an exciting night of dinner, dancing and awards, including:

#### **➤ Highpoint Trophies**

Highpoint trophies are given to the first, second, and third swimmers in each age group who have scored the most total points over the course of the season, including Divisionals. Junior Highpoint trophies are given to the boy and girl who have scored the most points out of all 12 & Under swimmers. Likewise, Senior Highpoints are awarded to the highest scoring 13 & over boy and girl. Awards for Most Improved and Most Dedicated are bestowed accordingly. Glenwood Medals are awarded by the coaching staff to those swimmers who stand out in terms of sportsmanship, spirit, positive attitude, dedication, etc.

➤ **The Karen Hauser Memorial Award**

*Presented to the 12 & under swimmer demonstrating the most team spirit*

Karen Hauser was a long-time swimmer, teacher and coach at Glenwood. She had a great team spirit and was well liked by both her peers and the adults who worked with her. Karen unfortunately died as a result of an automobile accident in 1993. Several of her former teammates felt that Karen and her team spirit should be remembered each year. At the 1994 Swim Team Banquet the first Karen Hauser Team Spirit Award was presented to her family.

1994	The Hauser Family	2002	Phoebe McDermott
1995	Brendan Butler	2003	Caitlin Hearn
1996	Christine Iannicelli	2004	Andrea Garcia-Prado
1997	Kyle McNickle	2005	Melia Jannotta
1998	Ben Lutz	2006	Elyse Frank
1999	Elizabeth Finn	2007	Matt Daronco
2000	Kevin Finn	2008	Taylor Gray
2001	Zachary Curtis	2009	Jenna Pastel

➤ **The William J. Slattery Memorial Award**

*For the Swimmer of Outstanding Character*

William J. Slattery was a very active pool member who served on the Board of Directors and whose children swam and coached at Glenwood beginning in 1973. After his death in the summer of 1980, then coach Dave Wathan had the idea to start this award in memory of Mr. Slattery. Since then the Slattery Award has become Glenwood's most important tradition and its highest honor. It is presented to a swimmer who, throughout his or her career, has exemplified a strong character, been a positive role model and a hardworking team player. The recipient may or may not be a top swimmer. The award may or may not be given each year.

1980	Paul McDermott	1997	Brendan Butler
1981	Karen Hauser	1998	Meredith Hooker
1982	Steve Slattery	1999	Kathleen McClellan
1983	(no award)	2000	Jeremy Butler
1984	Valerie Fitzgerald	2001	Mark Schopmeyer
1985	Vernice Gibson	2002	John Foley
1986	Kevin Thompson	2003	Kyle McNickle
1987	Elizabeth Lorenz	2004	Stacy Robinson
1988	David Crouch	2005	Sarah Lincoln
1989	Kathi Butts	2006	Grace Champion
1990	Joey Crouch	2007	Kevin Finn
1991	Steven Butts	2008	Mary Coyne
1992	Aki Crouch	2009	(no award)
1993	Karyn Schopmeyer		
1994	Demetrios Mustakas		
1995	Jessica Breitenreicher		
1996	Michael Amussen		

## Appendix

### The 2010 Glenwood Tiger Coaching Staff

#### **Jeremy Butler, Head Coach**

Jeremy returns to Glenwood after several years in Ohio and Colorado. He previously swam at Glenwood for 11 years, working as an assistant coach for 4 seasons and winning the Slattery Award. A graduate of Walter Johnson High School and Miami University in Ohio, Jeremy lived in Colorado for five years, teaching 8th grade history while coaching high school basketball and middle school track. He is currently teaching his second year at Loiderman Middle School in Silver Spring while working toward his Masters Degree in Administration. This will be his second year as head coach at Glenwood.

#### **Kelly Butler, Ass't. Head Coach**

Kelly grew up swimming at her YMCA (which wasn't nearly as much fun as the Big G!). She ran cross country and track at Logan High School and St. Olaf College in Minnesota, where she also worked as a lifeguard for two years. Kelly coached high school track and field for 6 seasons in Colorado. A music teacher for 8 years, Kelly currently teaches at Eastern Middle School and is a full-time student at the University of Maryland, earning her Masters Degree in Choral Conducting. This is Kelly's second year at Glenwood. Go Tigers!

#### **Colleen McNickle, Asst. Head Coach**

Colleen has been a Glenwood Tiger since age five, following the tradition set by older brothers Kyle and Brendan. Colleen will be returning for her second year as an assistant coach. A 'quadruple' threat, she won numerous varsity letters in basketball, field hockey, and track and field before graduating from Magruder High School in 2008. Colleen has just completed her sophomore year at Xavier University in Cincinnati, OH, where she rowed crew.

#### **Matt Ruland, Ass't. Head Coach**

Matt Ruland started swimming for Glenwood at the age of 5 and was a Tiger until he was 11, "when I was forced to change pools due to a family move." He still holds the Glenwood 8 and under boys' breaststroke record. He will be a senior at the University of Maryland (where he is also an assistant manager of the football team) in the fall and is majoring in kinesiology. Matt was an assistant coach at Norbeck Hills swim club for 5 years and looks forward to returning for his second year at Glenwood as a coach.

## **The Pre-Team Coaching Staff**

### **Natalie Daronco**

Natalie has been a Glenwood Tiger since she was nine years old. She swam competitively for the Einstein High School Titans during the winter and will graduate from Einstein in June. This will be her fourth year as a Glenwood lifeguard and swim lesson instructor, and her third as pre-team coach. She feels honored to be part of the excellent Glenwood coaching staff and to give back to this great community. Natalie will be attending St. Mary's College (Maryland) in the fall.

### **Brendan Hearn**

Brendan Hearn has been swimming at Glenwood since the age of 7, making this his 12th year on the team. He is a recent graduate of St. Anselm's Abbey School in Washington, DC, and will attend Case Western Reserve University in the fall of 2010.

Brendan has always loved the pool community, and began lifeguarding at the beginning of the 2008 swim season. His favorite stroke is breaststroke. In addition to swimming, he enjoys playing the cello, along with bass guitar and electric guitar in several local music groups.

### **Glenn Pastel**

Glenn has been a Glenwood Tiger since he was 8 years old; this is his second season coaching and teaching private seasons. A soon-to-be graduate of Albert Einstein High school, Glenn swam (and was team captain senior year) and played soccer since freshman year and played lacrosse for two years. "I am very excited to be a part of the coaching staff." He will attend the University of Maryland in the fall.

### **Sam Kaiser**

Sam has been a Glenwood Tiger since 2000, making this his 11<sup>th</sup> season with the team. This is his first year as Pre-team coach, and his third year as a Glenwood lifeguard and swim lesson instructor. He will be a senior at Albert Einstein High School this fall, where he will captain the swim team. Besides swimming, he plays football in the fall, lacrosse in the spring, and sings in Einstein's A Capella group and plays trombone in the Honors Jazz Band. Sam is known to hang out at Glenwood with friends, so introduce yourself if you don't already know him. "I can't wait to meet all your eager swimmers and get this season started, which I'm sure will prove to be great as always. Happy Swimming!"

## **Directions to Away Meet Pools**

### **June 19: Meet at Mohican**

**7117 MacArthur Blvd., Bethesda, MD 20816 (301) 229-4953**

#### **From 495:**

- Go West toward Virginia.
- Exit at Glen Echo, Clara Barton Pkwy.
- Exit at MacArthur Boulevard and take a Right onto MacArthur.
- About one-half a mile, the pool is on your left.

#### **From River Road:**

- Take Wilson Lane south toward the river.
- At the end, take a left onto MacArthur Boulevard.
- Pass Glen Echo Park and the pool will be the Left about one-half mile from the park.

### **July 10: Meet at Woodcliffe**

**Kings Crossing Blvd and Broken Timber Way, Boyds 240-686-4557**

#### **From 270 North**

- Exit 15B, 118 South, Germantown Road
- Right on Clopper Road
- Left on Richter Farm Road
- Right on Kings Crossing Blvd
- Pool is on the right
- Park in pool parking lot in spaces labeled "pool". All others may be towed.
- Overflow parking is available in the county park parking lot located just before the pool on Kings Crossing Blvd

## **July 11: Division G Relay Carnival Lake Marion**

**8821 East Village Avenue, Montgomery Village 20886 (301) 948-8082**

### **From I-495**

- Rt. 495 West to I-270 North.
- North on I-270 to Montgomery Village Ave.
- Exit onto Montgomery Village Ave (only goes East) and proceed ~ 5 miles to stop light at Wightman Rd.
- Right on Wightman to first traffic light (Goshen Rd.).
- Left on Goshen Rd. to East Village Ave. (several hundred yards on right).
- Right on East Village Ave. to pool ~ 1/4 mile on left.

## **July 14 Meet at Rock Creek**

**8619 Grubb Rd, Silver Spring, MD 20910 (301) 585-1185**

### **From Silver Spring:**

- Take East-West Highway.
- Turn right at light onto Grubb Rd.
- BEFORE the road curves to the right, turn left to remain on Grubb Rd. (It is well marked.)
- Go down the hill.
- Pool is on the right.

## **July 21 Founders Relay Carnival at Kenmont**

**2900 Faulkner PI Kensington, MD 20895 (301) 933-0047**

### **From I-495 (beltway)**

- Take 97 (Georgia Ave) North
- Turn left on Windham, which will become Mccomas
- Turn right to Drumm
- Turn right to Faulkner PI

**These directions are obtained from [www.mcsf.org/teamdiv/directions.html](http://www.mcsf.org/teamdiv/directions.html).**