

NORWOOD AQUATICS CLUB



NORWOOD STINGRAYS

www.norwoodstingrays.com

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WINTER 2011 - 2012 INFORMATION

Program Focus

Our goal is to develop swimmers with a good foundation of competitive swimming skills in a fun and supportive environment. Competitive swimming is a great individual sport that builds confidence, fitness, and lifelong friendships!

Our focus throughout the season is stroke technique of all four competitive strokes, starts, and turns. Our goal is to provide the athletes with a strong foundation of competitive swimming fundamentals so they can be successful at the USS, High School, and Collegiate Levels if they choose that path.

- Stroke Technique work at every level
- Work on Starts & Turns
- Games & Team Building
- 9 Dual Meets & A & B Championship Meets
- Awards Banquet
- Stroke Clinics for an additional fee during Winter Break.
- Professional and Knowledgeable Coaching Staff

Contact Information

The best way to contact the coaching staff is via email. The email listed below is checked several times a day and typically responses are sent within 24 hours.

The team website has good general information, however weekly email updates will be sent to all families to keep everyone well informed.

Email - norwoodstingrays@gmail.com

Website - www.norwoodstingrays.com

Training Locations

Blue Hills Regional Technical School, 800 Randolph Street, Canton, MA 02021

Vanderbilt Club, 45 Vanderbilt Ave, Norwood, MA 02062

Westwood High School, 200 Nahatan St., Westwood

Dedham Pool, 1 Recreation Road, Dedham MA 02036

Training Groups

Little Rays Session I

Entry Level 8 & Under swimmers to the NAC program. Main focus on free, back and dives but breaststroke and butterfly are introduced at this level.

Little Rays II Session II

8 & Under swimmers who still need more work on free, back and diving. This group also continues to work on breaststroke and butterfly.

Blue

6 year olds, 7 & 8 year olds and 9 & 10 who are swimming free and back multiple lengths of the pool, but need more work on diving, butterfly and breaststroke.

Gold

10 & Under swimmers who are legal in (or almost legal) but still perfecting the four competitive strokes they are able to do short swim sets. Work on dives and turns are introduced at this level.

Gold II

9—11 year olds who are working on perfecting the four competitive strokes, starts and turns. This group swims for an hour and spends time on building more endurance.

Pre-Junior

10—12 year olds who are working to continue perfecting the four competitive strokes, starts and turns. This group swims for an hour and spends time on building more endurance.

Junior

10—13 year olds who are able to handle more endurance work and continue to build on stroke, start and turn technique.

Senior

12 & older most experienced, able to handle more endurance work as they continue to perfect stroke, start and turn technique.

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WINTER 2011 - 2012 INFORMATION - CON'T

October/November 2011

Sat., 10/29

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sun., 10/30

Blue Hills

1 - 1:45 Little Ray/Blue/Gold
1:45 - 2:30 Little Ray/Blue/Gold
2:30 - 3:30 Gold II/Pre-JR/Junior/Senior

Tuesday, 11/1

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

Sat., 11/5

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sat., 11/12

Blue Hills

12 - 12:30 Little Rays I and II
12:30 - 1:00 Blue I/II and Gold IA/IB
1:00 - 2:00 Gold II/Junior/Senior

Sun., 11/13

Blue Hills

1 - 1:45 Little Rays I and II
1:45 - 2:30 Blue I/II and Gold IA/IB
2:30 - 3:30 Gold II/Junior/Senior

Tuesday, 11/15

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

Sat., 11/19

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sun., 11/20

Blue Hills

1 - 1:45 Little Ray/Blue/Gold
1:45 - 2:30 Little Ray/Blue/Gold
2:30 - 3:30 Gold II/Pre-JR/Junior/Senior

Tuesday, 11/29

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

December 2011

Sat., 12/3

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sun., 12/4

Swim Meet

In Milford V. Westboro & Westwood
8:30 Warm-up - 9:00 Start

Tuesday, 12/6

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

Sat., 12/10

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sun., 12/11

Swim Meet

In Westwood V. Sudbury
2:30 Warm-up - 3:00 Start

Tuesday, 12/13

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

Thursday, 12/15

Westwood

3:30 - 4:30 Gold II/Pre-JR/JR/Senior
4:30 - 5:00 Little Ray/Blue/Gold

Sat., 12/17

Blue Hills

12 - 12:30 Little Ray/Blue/Gold
12:30 - 1:00 Little Ray/Blue/Gold
1:00 - 2:00 Gold II/Pre-JR/Junior/Senior

Sun., 12/18

Swim Meet

In Acton/Boxboro V. Acton/Boxboro
8:30 Warm-up - 9:00 Start

Tuesday, 12/20

Vanderbilt

3:15 - 4:10 Senior./JR
4:10 - 5:00 Pre-Junior/Gold II

Tuesday, 12/27

Westwood

10:00 - 11:30 Gold II/Pre-JR/Junior/Senior

Thursday, 12/28

Westwood

10:00 - 10:45 Session I Little Ray/Blue/Gold
10:45 - 11:30 Session II Little Ray/Blue/Gold

Thursday, 12/29

Westwood

10:00 - 11:30 Gold II/Pre-JR/Junior/Senior

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WINTER 2011 - 2012 INFORMATION - CON'T

January 2012

Tuesday, 1/3

3:15 - 4:10

4:10 - 5:00

Vanderbilt

Senior./JR

Pre-Junior/Gold II

Sat., 1/7

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 1/8

In Westwood V. Newton - 2:30 Warm-up - 3:00 Start

Swim Meet

Thursday, 1/19 Westwood

3:30 - 4:30

4:30 - 5:00

Gold II/Pre-JR/JR/Senior

Little Ray/Blue/Gold

Sat., 1/21

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 1/22

In Westwood V Brookline - 2:30 Warm-up - 3:00 Start

Swim Meet

Tuesday, 1/10

3:15 - 4:10

4:10 - 5:00

Vanderbilt

Senior./JR

Pre-Junior/Gold II

Tuesday, 1/24 Westwood

3:30 - 4:30

4:30 - 5:00

Gold II/Pre-JR/JR/Senior

Little Ray/Blue/Gold

Sat., 1/14

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sat., 1/28

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 1/15

1 - 1:45

1:45 - 2:30

2:30 - 3:30

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 1/29

In Westwood V Natick - 2:30 Warm-up - 3:00 Start

Swim Meet

Tuesday, 1/17

3:30 - 4:30

4:30 - 5:00

Dedham

Gold II/Pre-JR/JR/Senior

Little Ray/Blue/Gold

Tuesday, 1/31 Vanderbilt

3:15 - 4:10

4:10 - 5:00

Senior./JR

Pre-Junior/Gold II

February 2012

Sat., 2/4

In Dedham V Dedham - 3:30 Warm-up - 4:00 Start

Swim Meet

Sat., 2/18

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 2/5

1 - 1:45

1:45 - 2:30

2:30 - 3:30

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 2/19

In Milford V Milford - 8:30 Warm-up - 9:00 Start

Swim Meet

Tuesday, 2/7

3:15 - 4:10

4:10 - 5:00

Vanderbilt

Senior./JR

Pre-Junior/Gold II

Tuesday, 2/21

3:30 - 4:30

4:30 - 5:00

Dedham

Gold II/Pre-JR/JR/Senior

Little Ray/Blue/Gold

Sat., 2/11

In Brookline V Brookline - 1:30 Warm-up - 2:00 Start

Swim Meet

Sat., 2/25

12 - 12:30

12:30 - 1:00

1:00 - 2:00

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 2/12

1 - 1:45

1:45 - 2:30

2:30 - 3:30

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Sun., 2/26

1 - 1:45

1:45 - 2:30

2:30 - 3:30

Blue Hills

Little Ray/Blue/Gold

Little Ray/Blue/Gold

Gold II/Pre-JR/Junior/Senior

Tuesday, 2/14

3:15 - 4:10

4:10 - 5:00

Vanderbilt

Senior./JR

Pre-Junior/Gold II

Tuesday, 2/28

3:30 - 4:30

4:30 - 5:00

Dedham

Gold II/Pre-JR/JR/Senior

Little Ray/Blue/Gold

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WINTER 2011 - 2012 INFORMATION - CON'T

March 2012

Sat., 3/3

12 - 12:30
12:30 - 1:00
1:00 - 2:00

Blue Hills - TENTATIVE

Little Ray/Blue/Gold
Little Ray/Blue/Gold
Gold II/Pre-JR/Junior/Senior

Sun., 3/4

1 - 1:45
1:45 - 2:30
2:30 - 3:30

Blue Hills - TENTATIVE

Little Ray/Blue/Gold
Little Ray/Blue/Gold
Gold II/Pre-JR/Junior/Senior

Tuesday, 3/6

3:30 - 4:30
4:30 - 5:00

Dedham

Gold II/Pre-JR/JR/Senior
Little Ray/Blue/Gold

****ATTENTION****

MARCH WORKOUT SCHEDULE

Blue Hills is likely not going to be available in March due to facility maintenance, therefore we will be adding some additional workouts during the week the final two weeks of the season. This workout schedule will be pinned down after January 1, 2012.

CHAMPIONSHIP MEETS

These meets have not been finalized due to venue challenges. As soon as the A and B Championship meets have been added to the schedule information will be sent out to the team.

2011 - 2012 Winter Swim Meet Schedule

Sunday, Dec. 4 Away against Westboro & Westwood at Westboro 8:30 Warm-up/9AM start
Milford High Pool, 31 West Fountain Street, Milford

Sunday, Dec. 11 Home against Sudbury 2:30 Warm-up/3 Start

Sunday, Dec. 18 Away against Acton/Boxboro 8:30 Warm-up/9AM Start
Acton-Boxboro Regional High Pool, 36 Charter Rd Acton Mass

Sunday, Jan. 8 Home against Newton 2:30 Warm-up/3PM Start

Sunday, Jan. 22 Home against Brookline 2:30 Warm-up/3PM Start

Sunday, Jan. 29 Home against Natick 2:30 Warm-up/3PM Start

Saturday, Feb. 4 Away against Dedham 3:30 Warm-up/4PM Start
1 Recreation Road, Dedham MA 02036

Saturday, Feb 11 Away against Brookline 1:30 Warm-up/2PM Start
Evelyn Kirrane Aquatics Center at Brookline High, 60 Tappan Street, Brookline

Sunday, Feb. 19 Away against Milford 8:30 Warm-up/9AM Start
Milford High Pool, 31 West Fountain Street, Milford

March *B and A Championship Meets - Dates, Times & Locations TBD
(Typically the first and second weekend in March)*

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WINTER 2011 - 2012 INFORMATION –CON'T

Swim Meet Arrival Time Please have your swimmers to the pool **at least 45 minutes prior to the start time** listed for warm-up. The meet will start promptly at the time listed. Most meets should be done within two hours of the start time.

Swim Meet Focus Dual Meets are a learning experience for our athletes. All 6 & under swimmers will likely swim just freestyle and backstroke events, and if they are LEGAL they may be asked to swim breaststroke or butterfly.

Although we'd love to see everyone swim at swim meets, we understand that some of our less experienced and younger athletes will move into these at their own pace.

Swim Meet Entries We submit our meet line-ups to opposing teams PRIOR to the meet. Therefore it is imperative that swim meet commitment forms are filled out accurately so that line-ups and entries are reflective of swimmers planning to attend. The reason for this is the meets will be run with a meet software program and both teams share their line-ups so the heats and lanes can be developed and times can be entered at the meets.

Swimmers are only able to swim two events and a relay each swim meet. We will send out a roster list well in advance of the meet prior to putting the line-ups together to double check availability, and then publish the line-up prior to the meet. This will allow the swimmers and parents to know what they are swimming prior to the meet, and approximately which race they are swimming in.

Championship Meet Eligibility:

Swimmers MUST SWIM IN A MINIMUM OF FIVE (5) DUAL MEETS DURING THE WINTER IN ORDER TO BE ELIGIBLE TO SWIM IN THE EITHER CHAMPIONSHIP MEET.

In order to swim in the "A Championship Meet", swimmers must qualify during the season. If they qualify in ONE event, they will get to swim one other event in the A Championship Meet in addition to possibly a relay.

All 15 -18 swimmers will swim in the "A Championship Meet" ONLY.

All swimmers not swimming a qualifying time for the "A Championship Meet" will swim in the "B Championship Meet".

Parent Volunteers

We need your help! The league is very specific on what their expectations are every meet. We have not had any problem in the past filling volunteer roles and appreciate the support of all families.

New this season, all volunteers are required to be CORI checked. Forms are attached, and must be turned in with a copy of a photo I.D. (MA license or Passport) for verification.

Team Fundraisers

We are committed to keeping our swim fees down, as we continue to offer quality programs and scholarships to high school athletes. The program will have various fundraisers throughout the year from dine-out programs to other family events. We would greatly appreciate any and all support that your family can provide these much needed programs. Stay tuned for more information.

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WINTER 2011 - 2012 INFORMATION –CON'T

League Codes of Conduct

The league has a "Code of Conduct" sheet that all swimmers, parents, and coaches need to sign. All are attached for your review to this packet. If you have not filled this out yet, please do so and turn this into the Team Reception Table.

Parents "Code of Conduct" is attached, **whether you are volunteering or not, you MUST sign and return one of these to the Team Reception Table by no later than Saturday, December 10.** If it is more convenient, you may **mail or drop-off the forms to Coach Kim Miller's house at 96 Maple Street.**

Team Behavior Expectations

Please remember we are guests at ALL facilities we visit, whether we are working out or at a meet. All families, swimmers and coaches are representing not only themselves and their families, but their town. Please treat property at other facilities as if it were your own home. We want to be welcomed back into the league next year and to the facilities we workout at, so help us in policing each other.

Here are a couple simple tips:

Police your area for garbage and trash.

Do not deface any property.

Be respectful of the staff and club members at facilities and their space (e.g. Vanderbilt).

Volume of noise should be kept to a dull roar.

No running through the facility or hallways.

Please be gentle with the showers and any "extra" equipment you find in the locker room.

Do NOT take or "barrow" anything that does not belong to you.

Showing good sportsmanship whether we win or lose is **EXTREMELY IMPORTANT.** We all need to support one another and swimmers on other teams.

Here are a couple tips:

Stay in the water until everyone has completed their race.

Congratulate swimmers you swam against or tell them they did a good job.

Treat each other with respect and dignity - showing off, trash talking and taunting others is not acceptable.

Cheer for your teammates and support them win or lose.

During Workouts

We ask all parents to please remain in the stands during workouts. As tempting as it might be to interject if your child is not paying attention to us, please don't. Bring a good book, craft project, your computer or you can even go workout when we are in the pool. Your young swimmer will do better if they are not looking over their shoulder to see if you are watching their every move.

During Swim Meets

We ask all parents to please remain in the bleachers during swim meets, unless you are volunteering at the meet. Most pools that we swim at have limited deck space. We ask that all swimmers sit with the team in or near the bullpen area. This will help us make sure we get your children to where they need to go before their race.

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WINTER 2011 - 2012 INFORMATION – CON'T

Communication

Communication between the coaching staff, the board of directors, the swimmers and the parents is what is going to make this program successful. Please remember if you ever have any concerns, questions, feedback or just need more information, the coaching staff is here. All we ask is that these are done either before workouts, following workouts or even at other times. Keep in mind our workouts go back-to-back, so if you are in the first group questions would be best before workout begins, and if you are in the second workout, questions would be best following workout.

We have a limited amount of pool time and want to make the most of every moment with your young athletes. If you feel it is something that needs to be discussed in detail away from the pool, just let us know and we will find a time that works for everyone.

If a question arises in between workout days, please email us at norwoodstingrays@gmail.com. This email is checked daily sometimes multiple times a day by our coaching staff.

Team weekly "Splash Notes" will be sent out via email at least once a week. It will be filled with important information, upcoming events, tips and recognition of our swimmers and volunteers.

Youth Volunteers

There are opportunities for our older young athletes to begin developing leadership skills. If you have a swimmer who is 13 or older and would like to help out at swim meets or possibly during workouts, please fill-out the Youth Volunteer Form. Swimmer who apply to be "Coaching Helper" will be selected based on age, swimming ability level and their willingness to be coachable themselves so as they learn to work with our young swimmers.

Winter Break Swim Clinics

Swim Clinics are a great way for your swimmers to work more on stroke refinement in a small group environment (6-8 swimmers per group). Registration forms will be emailed and available at practices leading up to the clinic dates. The Winter Break Clinics are run through the club for an additional fee, and pre-registration **WILL BE REQUIRED** so we can schedule enough staff and space is limited. Clinics are intended for swimmers currently on team. Groups are broken up based on training group and ability levels.

Dates: Tues., 2/21; Wed., 2/22; Thur., 2/23
Times: 10 - 10:45 Little Ray - Gold Swimmers
10:45 - 11:30 Gold II - Senior Swimmers
Location: Westwood Pool

Summer Bridge Clinic

Our program will offer a Summer Bridge Clinic for an eight (8) week session beginning immediately following the April Vacation week. Dates and times will be announced once we receive confirmation from Westwood and registration forms will be emailed and given out at practices sometime in March.

Clinic sessions will be 45 minutes in length, once a week, and the ratio of swimmers to coach will be 6 - 8 depending on the age and ability levels that register. This program is open to current team members first and then those who are thinking of joining team in the summer time.

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THE COACHING STAFF

Head Coach:

Kimberly Miller (Little Rays and Seniors)

Kimberly Miller moved to Norwood from Phoenix, Arizona December 2008 and began coaching Norwood Aquatics Club in the Fall of 2009. Kimberly grew-up swimming year round for USS programs in Arizona, she was a High School All-American, competed at the national level, and also swam collegiately at the University of Arizona. Kimberly coached swimming for twelve years, nine with USS Programs in Arizona before "retiring" in 1996. She was a Level 3 ASCA Certified Swim Coach and has worked with athletes who have qualified for Junior Nationals. Kimberly earned a BA in Education from Arizona State University, and has over 19 years of marketing and event planning experience.

Assistant Coaches:

Christine Chang (Gold & Gold II)

Christine earned her Bachelor's Degree from Boston College in 2008, and her Master's degree in Science Teaching in 2010 also from Boston College. She taught swim lessons and coached a recreational team throughout her college years, the last three summers were spent with the Boston College Eaglet's Swim Team. Christine is a High School Biology Teacher and brings much enthusiasm to the Norwood Aquatics Club.

Colleen Cormier (Blue and Pre-Junior)

Colleen is a graduate of Norwood High School, class of 1996, and served as captain of girls swim team during her senior year. Throughout her college years she was a lifeguard and swim instructor. Colleen graduated from Providence College in 2000, and then from Boston University's MAT Program in 2002. She has been part of the Norwood Public Schools Social Studies Department since 2002. Colleen taught at Coakley Middle School from 2002 - 2005, and has been teaching since 2005 at Norwood High School. Currently, Colleen is the teaching advisor to Student Government, and has been the Assistant Coach of the Girls Swim Team since 2008 under Kim Goodwin.

Kim Goodwin (Coaching Substitute)

Kim has been coaching the Norwood Aquatics Club during the winter season for over ten years. She signed her three boys up for the team when they were 3, 5, and 7 and began by volunteering. Anyone that knows Kim knew she could not stay in the background for long. After about a month of volunteering, she was asked to share head coaching duties with David Barner.

Prior to coaching the Stingrays, Kim was head coach of the Dedham Swim Team and a coach for New England Masters Swimming. She has continued her own competitive swim career and is a current member of the New England Masters and holds numerous records. Kim has been the Head Swim Coach for the Norwood High School Girls Swim Team since 2008. She is also a Special Education Teacher and Evaluation Team Facilitator for the Boston Public Schools.

Andrew Patterson (Juniors)

Andrew has been involved with competitive swimming in some capacity since he was six years old. He began swimming with a town team and then moved to a USS program. Andrew continued his swimming career during high school and college. In addition to coaching duties with the Norwood Aquatics Club, Andrew also is the Head Coach at Ursuline Academy. When not coaching, Andrew teaches 6th grade English at Dedham Middle School.

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Swim Meet Commitment Form

Due by Saturday, November 19

LAST NAME: _____

Swimmer's First and Name	Age (as of Nov.1)	Gender	Date of Birth

Swim Meet Commitment Form

In order to better prepare for the swim meets, we are trying to get an indication as to who will be at each of the dual meets so that we can put together our team line-up prior to the meets. Please indicate the meets that your swimmer will be attending, to the best of your knowledge right now, we know that plans change. We will send out a roster list well in advance of the meet prior to putting the line-ups together to double check availability, and then publish the line-up prior to the meet. This will allow the swimmers and parents to know what they are swimming prior to the meet, and approximately which race they are swimming in. Things will change on the deck based on the size of team we are swimming, but you'll at least know well in advance what your child is swimming.

SWIM MEET DATES

Swim Meets start at the times listed below. Championship Meet dates have not yet been determined but are typically the first and second weekend of March. Once these details are released they will be distributed to the team. Swimmers must have participated in at least 5 Dual Meets during the season. The Tri-Meet counts as two meets. Time standards must also be achieved to swim in the A Championships, anyone can swim in the B Championships so long as they have participated in 5 Dual Meets during the season.

Please mark the swim meets that you anticipate your swimmer participating in and keep us informed as plans change. Also, mark in the appropriate column if you are willing to volunteer at that meet.

We will do our best to place swimmers in strokes/events of their liking. Please list in order of preference your swimmers strokes most favorite being "1" and lease favorite being "5". Please note; there might be times swimmers are asked to swim some of their least favorite events.

___ Butterfly ___ Backstroke ___ Breaststroke ___ Freestyle ___ IM

Swimmer

**Parent
Volunteer**

_____	_____	Sun., Dec. 4 at Milford V Westboro and Westwood (8:30 Warm-up; 9AM Start)
_____	_____	Sun., Dec. 11 at Westwood V Sudbury —(2:30 Warm-up; 3PMStart)
_____	_____	Sun., Dec. 18 at Acton/Boxboro V Acton/Boxboro —(8:30 Warm-up; 9AM Start)
_____	_____	Sun., Jan. 8 at Westwood V Newton —(2:30 Warm-up; 3PMStart)
_____	_____	Sun., Jan. 22 at Westwood V Brookline —(2:30 Warm-up; 3PMStart)
_____	_____	Sun., Jan. 29 at Westwood V Newton —(2:30 Warm-up; 3PMStart)
_____	_____	Sat., Feb. 4 at Dedham V Dedham —(3:30 Warm-up; 4PMStart)
_____	_____	Sat., Feb. 11 at Brookline V Brookline —(1:30 Warm-up; 2PMStart)
_____	_____	Sun., Feb. 19 at Milford V Milford —(8:30 Warm-up; 9AM Start)
_____	_____	B Championship Meet (Location, Time & Date to be confirmed)
_____	_____	A Championship (Location, Time & Date to be confirmed)

NORWOOD AQUATICS CLUB

Swimmer MUST Sign Group Code by Saturday, December 10, 2011

WINTER SUBURBAN LEAGUE SWIMMERS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating swimmer.

SWIMMERS SHOULD:

Know, understand, and honor the commitments that they and their parents have made to coaches, teams, and league.

Respect and cooperate with their coaches, officials, teammates, opponents, and parents

Be honest with all involved

Know all the rules of the sport of swimming

Respect equipment and playing sites at home or away.

The destruction or stealing of home or away sites is unethical

No showing off, trash talking, or taunting anyone

Always try to do their best

Expect to be treated fairly and with respect from all involved.

Expect coaches, parents, and swim officials to provide an environment where the swimmers can learn their sport, be safe, and have fun.

To ensure all swimmers have read and understood the code of conduct every swimmer will sign the commitment to the Winter Suburban League.

Print Swimmers Name: _____

Date: _____

Swimmers Signature: _____

NORWOOD AQUATICS CLUB

Parents **MUST** Return by Saturday, December 10, 2011

WINTER SUBURBAN LEAGUE PARENTS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating parent.

PARENTS SHOULD:

Not force their child to participate in swimming.

Remember that children participate to have fun and that **THE SPORT IS FOR YOUTHS, NOT ADULTS!**

Inform the coach of any physical disability or ailment that may affect the safety of their child or the safety of others.

Learn the rules of the League.

Be positive role model for their children and other children.

Encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers.

Not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer or parent such as booing, taunting, and profane language or gestures.

Teach their child to play by the rules and to resolve conflicts without resorting to violence.

Praise their child that doing one's best is more important than winning.

Demand that their child treat other swimmers, coaches, and officials with respect, regardless of race, creed, color, sex or ability.

Praise their child for competing fairly and trying hard.

Refrain from coaching their child or other player during a swim meet and practices, unless one of the official coaches of the team ask you to help with coaching.

Show respect for public and private property at swim meet locations.

To ensure all swimmers have read and understood the code of conduct every swimmer will sign the commitment to the Winter Suburban League.

Print Parents Name: _____

Date: _____

Parents Signature: _____

NORWOOD AQUATICS CLUB, INC.



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NWAQC

172H

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CHAPTER 6, § 172H CORI REQUEST FORM

Norwood Aquatics club is requesting all the available criminal offender record information (CORI) on the following individual from the Criminal History Systems Board pursuant to Chapter 6 172H which mandates organizations primarily engaged in providing activities or programs to children 18 years of age or less that accepts volunteers, to obtain all CORI regarding employees, volunteers, vendors or contractors.

VOLUNTEER INFORMATION (PLEASE TYPE)

LAST NAME

FIRST NAME

MIDDLE NAME

MAIDEN NAME OR ALIAS (IF APPLICABLE)

PLACE OF BIRTH

DATE OF BIRTH

_____-_____-_____
SOCIAL SECURITY NUMBER
(Requested but not required)

*ID Theft Index PIN
(if applicable)

MOTHER'S MAIDEN NAME

CURRENT AND FORMER ADDRESSES:

SEX: _____ HEIGHT: _____ ft. _____ in. WEIGHT: _____ EYE COLOR: _____

STATE DRIVER'S LICENSE NUMBER: _____
(include state of issue)

***THE INFORMATION WAS VERIFIED WITH THE FOLLOWING FORM OF
GOVERNMENT ISSUED PHOTOGRAPHIC IDENTIFICATION:

REQUESTED BY: _____
SIGNATURE OF CORI AUTHORIZED EMPLOYEE

*If an applicant has provided an Identity Theft PIN number on this form, please ONLY mail or fax forms with Identity Theft PIN numbers to DCJIS. All other CORI requests must be processed electronically through Web-CORI. Do not mail or fax other forms to DCJIS.

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DUAL MEET EVENT SCHEDULE **& "A" CUT OFF TIMES 2011** (STANDARDS MIGHT BE ADJUSTED)

Girl's Event Numbers	"A" Cut Off	Age Group	Stroke & Distance	"A" Cut Off	Boy's Event Numbers
1		Graduated (4 of 5 age groups to be represented)	100 yd Medley Relay		2
3	21.76	8 & Under	25 yd Butterfly	26.03	4
5	17.14	9 - 10	25 yd Butterfly	18.41	6
7	34.92	11 - 12	50 yd Butterfly	38.12	8
9	32.55	13 - 14	50 yd Butterfly	32.29	10
11		15 - 18	50 yd Butterfly		12
13	18.16	8 & Under	25 yd Freestyle	18.37	14
15	15.47	9 - 10	25 yd Freestyle	15.89	16
17	30.28	11 - 12	50 yd Freestyle	31.13	18
19	28.84	13 - 14	50 yd Freestyle	27.71	20
21		15 - 18	100 yd Freestyle		22
23	1:29.13	9 - 10	100 yd IM	1:34.96	24
25	1:19.09	11 - 12	100 yd IM	1:22.19	26
27	1:15.55	13 - 14	100 yd IM	1:12.58	28
29		15 - 18	100 yd IM		30
31	26.25	8 & Under	25 Breaststroke	26.84	32
33	20.85	9 - 10	25 Breaststroke	21.67	34
35	41.74	11 - 12	50 Breaststroke	41.65	36
37	40.48	13 - 14	50 Breaststroke	37.67	38
39		15 - 18	50 Breaststroke		40
41	22.46	8 & Under	25 Backstroke	25.52	42
43	19.02	9 - 10	25 Backstroke	19.92	44
45	38.41	11 - 12	50 Backstroke	38.45	46
47	36.70	13 - 14	50 Backstroke	35.12	48
49		15 - 18	50 Backstroke		50
51		8 & Under	100 Free Relay		52
53		9 - 10	100 Free Relay		54
55		11 - 12	200 Free Relay		56
57		13 - 14	200 Free Relay		58
59		15 - 18	200 Free Relay		60

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SWIMMING RULES & BASIC TECHNIQUE OVERVIEW**

Anything designated with a "" indicates a rule, and if violated during competition the swimmer will be disqualified (DQ'd).*

Freestyle

- ******May not rest on lane lines or side during competition.
- ******May not touch the bottom of the pool during the race.
- Arms recover above the water
- Flutter kick near the surface
- Body rotation from shoulders and hips
- Breathing to the side
- Head does not move much except for breathing, and remains on surface of water, eyes looking down and ahead
- Older and more experienced swimmers might be seen doing a dolphin kick during streamlines off the walls and turns.

Backstroke

- ******Must stay on back throughout competition, including finishes and following roll turn.
- ******May not touch the bottom of the pool during the race.
- ******May not rest on the lane lines or side during competition.
- Arms recover above the water
- Flutter kick near the surface
- Body rotation from shoulders and hips
- Head position at ear level looking up to allow hips to be near the surface
- Older and more experienced swimmers might be seen doing a dolphin kick during streamlines off the walls and turns.

Breaststroke

- ******Arms must move in a circular simultaneous fashion together along the same horizontal plane during the stroke.
- ******Arms may not come down to the waist during the pull phase of the stroke.
- ******Legs/Feet must move in a circular fashion, staying on the same horizontal plane together throughout the kick.
- ******At no time is the swimmer allowed to flutter kick, scissor kick or dolphin kick during this stroke.
- ******Must touch the wall for turns and finishes with two hands at the same time.
- ******Swimmer is allowed one underwater pull and kick off the start and turn. Once these are completed, the swimmer may not take another stroke until his/her head breaks the surface of the water.
- ******May not rest on lane lines or side during competition.
- ******May not touch the bottom of the pool during the race.
- ******Some part of the head must break the surface of the water during each stroke cycle.

Butterfly

- ******Arms must come over the surface of the water simultaneously and move backward simultaneously under water.
- ******Legs must stay together throughout the dolphin kick, up and down in a vertical plane. Flutter kicks and breaststroke kicks are not allowed.
- ******Must touch the wall for turns and finishes with two hands at the same time.
- ******May not rest on lane lines or side during competition.
- ******May not touch the bottom of the pool during the race.
- Swimmer will left head forward or turn it to the side for a breath of air.
- There are two kicks per arm pull, one at entry and one at exit.

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SWIMMING RULES & BASIC TECHNIQUE OVERVIEW**

Anything designated with a "" indicates a rule and if violated, the swimmer will be disqualified (DQ'd) during competition.*

Starts

Goal is for all swimmers to start from the starting blocks by the end of the season.

- Younger, less experienced swimmers will be allowed to start from the side of the pool until they are comfortable going off the blocks.
- Swimmer will assume the start position upon the command "Take Your Mark".
- Hips up, head down, feet either in track start position or both feet forward at the front of the block.
- Head stays down during the dive.
- Streamline once they enter the water and start the appropriate kick or underwater pull depending on stroke.
- ****Backstroke start in the water, toes below the surface of the water.**
- 10 & Under swimmers will start their backstroke events out of the water from the blocks, 11 & older athletes will start from in the water by doing a backstroke start.
- ****Swimmer must come down when starter says "Take Your Marks" and they must hold that position until they hear the starting signal.**

Turns

Turns are done by 11 & up in competition, but all age groups will be exposed to turns throughout the season no matter what age group they are. Our goal is that all swimmers will work toward legal turns no matter what their age group.

- **Freestyle Flip Turns**
 - Chin tucks into chest
 - Hands/arms go from hips up to face
 - Feet/legs may do a bit of a dolphin kick as they come over the top.
 - Feet plant on the wall with toes up to sky
 - Push and rotate in a streamline position and kick.
- **Backstroke Roll Turn**
 - Swimmers will be taught to count their strokes into the wall from the backstroke flags.
 - ****During the last half stroke into the wall the swimmer is allowed to rollover onto their stomach. From there the turn replicates the flip turn until they push off the wall.**
 - ****All swimmers must push off the wall on their backs.**
- **Breaststroke Turn**
 - ****Two hands touch the wall at the same time.**
 - Shoulders stay down on the surface.
 - Knees come into chest and feet get planted on the wall.
 - Swimmer pushes off on side and rotates onto stomach in a streamline position.
 - ****Swimmer is allowed one pull with hands coming down to thighs, and one breaststroke kick with hands recovering forward under the body.**
 - ****Swimmer's head must break the surface of the water prior to beginning their stroke.**
- **Butterfly Turn**
 - ****Two hands touch the wall at the same time.**
 - Shoulders stay down on the surface.
 - Knees come into chest and feet get planted on the wall.
 - Swimmer pushes off on side and rotates onto stomach in a streamline position while dolphin kicking.
 - Arm stroke may begin close to the surface so that the hands/arms are able to recover over the top of the water.

Finishes

- ****Butterfly and Breaststroke touches must be two hands at the same time.**
- ****Backstroke touches swimmer must be on their backs not past vertical if they are rotating onto their sides**
- Freestyle reach and roll onto side. Head down no breath ideally flags to wall or final two cycles for younger swimmers.
- Butterfly swimmers should have head down the final two strokes into the wall, no breathing!

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SWIMMING TERMS

Backstroke Flags	Pennants that are placed 5 yards out from the wall at either end of the pool. They are for the backstroke events so that the swimmers know the wall is coming up quickly. All athletes can learn to count their strokes flags to wall so that they do not have to change their body position while they are swimming looking for the wall.
Bullpen	The location where the swimmers must go to be given a heat and lane assignment prior to each of their events.
Buttons	Electronic devices that are activated by a timer standing on the deck once the swimmer touches the wall at the end of a race. These and the stop watches are used as back-up times if the touch pad is not activated by a swimmers touch.
Heat/Lane Sheet Runner	Volunteer who collects the heat/lane sheets after completed event from the timers and takes them to the scoring table.
Circle Swim	Swimmers will learn to stay on the right of the black line when they swim back and forth during practice. During meets they will be asked to stay above the black line.
DQ	Disqualification - This occurs during meets when the swimmers do something illegal relative to their strokes, starts or turns. Typically, this is noted on the results with details on the swimmers time cards. These are good teachable moments for our swimmers.
Heat	This is the group your swimmer will compete in during a particular event.
IM	Individual Medley - in competition for our league, swimmers 9 & up may compete in the 100 IM, which is 25 yards of each stroke done in the following order: butterfly, backstroke, breaststroke, and freestyle.
Lane	This is the location your swimmer will compete in at the pool. They will be lined up in their assigned lane prior to each event.
Length	25 yards of a competitive pool
Lap	50 yards of a competitive pool or two lengths
Relays	An event that has four swimmers swimming on the same team. Swimmers will swim the same distance, either a 25 or a 50 depending on their ages. There are two relays Free, and a Graduated Medley Relay where four of the five age groups are represented in the relay. Each swimmer in the relay will swim a different stroke, back, breast, fly, free in that order.
Stroke & Turn	An volunteer official who watches all strokes, starts and turns throughout the meet to make sure they are done legally. They will DQ swimmers who are not legal.
Stroke Drill	An exercise that isolates a particular part of the stroke that will help swimmers improve their swimming.
Touch Pads	Electronic devices at the finish end of the pool that stop the time in the lane once touched by the swimmer.
Warm-up	A period of time prior to practice and meets beginning where swimmers get in the water and work on strokes, get heart rates up, and generally get used to the pool environment.

10 COMMANDMENTS FOR SWIMMING PARENTS

By Rose Snyder, Rose Snyder Consulting

Rose is a noted and popular national presenter on parents' education. This article was written by Rose Snyder while working for USA Swimming in the early 1990s. The article, adapted from Ed Clendaniel's 10 Commandments for Little League Parents, has been republished by swimming clubs across the U.S. and 12 countries around the world, including Australia, Croatia, New Zealand, Thailand and the United Kingdom.

"Parents of swimmers, if you follow these suggestions on behavior, you will be much happier." – *about.com*

1. Thou shalt not impose your ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is people can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for". You also may want to consider being positive anytime you are around the pool.

5. Thou shalt acknowledge thy child's fears.

A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience. Most of their fears are one's you have given them.

6. Thou shalt not criticize the officials.

If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can. You too can be trained to be an official in an afternoon.

7. Honor thy child's coach.

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thy child shalt have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

10. Thou shalt not expect thy child to become an Olympian.

There are 280,000 athletes in USA Swimming. Only 2% of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.