



**PARK DISTRICT**  
**SWIM TEAM**  
**HANDBOOK**  
**2009**

# WELCOME!

The Sailfish Booster Club Board Members would like to extend a warm WELCOME to all swimmers and their parents. We will do our best to keep you informed of all upcoming events; and we hope you, in turn, will keep us informed with your comments and suggestions. The Sailfish Swim Team competes in the DuPage Swim & Dive Conference. Our main purpose is to support all the children while they participate in a sport they enjoy. In addition to perfecting their swimming skills, we hope all team members will grow in team spirit and physical well being and feel pride in his or her own accomplishments.

## Officers of the Sailfish Booster Club

<b>PRESIDENT</b>	Lori Kaiser	837-9152	supercinco@sbcglobal.net
<b>SECRETARY</b>	Lisa Halatek	837-4706	wanderintoes@sbcglobal.net
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<b>RECORDS</b>	Kathy Houle	483-0016	lkvr@aol.com
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<b>APPAREL</b>	Karen Dvorak		sailfishapparel@gmail.com
<b>PARK DIST. REP</b>	Rob Hammon	837-2468	rhammon@hpparks.org

More bubbles of information:

- Seafari Springs Family Aquatics Center 830-0300
- SAILFISH SWIM TEAM OFFICIAL WEBSITE- [www.hpsailfish.com](http://www.hpsailfish.com)
- DUPAGE SWIM & DIVE WEBSITE- [www.dsdcswim.org](http://www.dsdcswim.org)
- Kiefer Swim Shop 630-724-9305

# PRACTICE SCHEDULE

ALL PRACTICES WILL BE AT SEAFARI SPRINGS POOL. Evening practices will begin MAY 18, 2009. The morning practices will be starting on JUNE 8, 2009. Practice is held Monday thru Friday and the time schedule is as follows:

<u>EVENING</u>	<u>AGE GROUP</u>	<u>MORNING</u>
May 18-June 5	Age as of 6/1/09	June 8-July 24
5 - 6 P.M.	8 YRS. AND UNDER	7:45 - 8:45 A.M.
5-6:30 P.M.	9 - 10 YRS.	7:30 - 9:00 A.M.
6 - 8 P.M.	11 - 12 YRS	6:30 - 8:30 A.M..
6 - 8 P.M.	13 YRS. AND UP	6:00 - 8:00 A.M.

\*There will be NO practice on Monday, May 25 due to the Holiday.

**PRACTICE IS ALMOST NEVER CANCELED.** If the air temperature is below 60 degrees, swimmers will do dry land training on deck. Practice can be held in the rain, however, if there is lightening or thunder practice will canceled.

## ABSENCES

It is essential, due to the short season, **NOT** to miss practice. If for a special circumstance you have to miss practice for more than 1 or 2 days, discuss it with the coach. If you will be leaving for vacation and will have access to a pool, you may request a workout to take with you. If you cannot attend practice for some unforeseen reason, i.e., illness, there is no need to call anyone. You should explain your absence to the coach upon your return.

## EQUIPMENT

For practice every swimmer should have a good positive attitude and...

swim suit	gym shoes
several towels	sweat shirt & sweat pants
swim cap	goggles

## QUESTIONS

If parents have specific questions regarding their child, please talk to the coach before or after practice. Please refrain from talking to the coaches during practice so they can keep their full attention on the swimmers in the pool.

# MEET INFORMATION

## SCHEDULE & TIMES

Swim meets are held on Wednesday evenings and Saturday mornings. The first meet of season is on June 6. A complete meet schedule with pool locations are listed in this handbook. Please review the meet schedule to ensure that you arrive at the pool on time. Listed on the schedule are the check-in & warm-up times for each meet. They will also be posted in the weekly newsletter. Parents are responsible for transporting their swimmers to and from each meet.

## POSITIVE CHECK-IN

Check-in times are listed on the schedule. YOU WILL BE CONSIDERED LATE IF YOU DO NOT CHECK-IN BEFORE WARM-UPS, AND YOUR EVENTS WILL BE REASSIGNED.

If you are going to be late, you can call Lori Kaiser 630-461-3609-cell, Kathy Houle 630-965-0095-cell or someone else on the team so they can inform the coaches that you will be coming.

## MEET PARTICIPATION

Everyone participates in the meets. If you cannot attend a meet, please notify the coach, in writing, at least 2 days prior to the meet. Conference rules allow each swimmer to compete in up to 3 individual events and 2 relays. Swimmers must attend practice at least TWICE a each week to participate in the meet. The coaching staff will determine what events each swimmer will have based on their performance and attendance at practice and age group size. Everyone will swim at least one event. Some swimmers will swim exhibition. If you become ill during the day and cannot participate in the meet, please call Lori Kaiser 837-9152 or Kathy Houle 483-0016 so the events can be reassigned. To be eligible to swim in the A Conference meet you must have participated in at least 4 dual meets. It is extremely important that ALL swimmers attend the Conference meets. If for some reason you know that you have to be away on July 18<sup>th</sup> or July 25<sup>th</sup>, please notify the coach in writing no later than July 1<sup>st</sup>.

## LINE-UPS

After warm-ups, it is very important that swimmers check the team line-up. Each swimmers name will be listed along with their events for the meet. Many swimmers write their events on their hand for easy reference!

## EXHIBITION

During the season, swimmers will swim exhibition events. Exhibition races do not count towards meet points, however exhibition times can be used as seed times for the Conference meets. Swimming exhibition gives a swimmer the opportunity to improve his/her strokes and gain experience in a race situation.

## DUAL SWIM MEET SCORING

Individual Events	1 <sup>st</sup> Place 5 points	Relay Events	1 <sup>st</sup> Place 7 points
	2 <sup>nd</sup> Place 3 points		
	3 <sup>rd</sup> Place 1 point		

## WE'VE GOT SPIRIT, YES WE DO.....WE'VE GOT SPIRIT HOW ABOUT YOU?

Our team colors are GREEN and YELLOW. We encourage all family and friends to "GO GREEN" at every meet. Kiefer Swim Shop, 1137 Fairview Ave., Westmont (630)-724-9305 will be handling all apparel and suit orders. Apparel orders are due to them by May 13<sup>th</sup> to receive your order by the first swim meet. After that, the final deadline for orders is June 3. The Sailfish Boosters will be selling t-shirts and a limited inventory of Sailfish apparel at the home dual meets.

## SWIM MEET SURVIVAL KIT

Most meets last 2-1/2 to 3 hours. It is important that swimmers and their families come prepared. The following is a suggested list of items to bring to the meets:

Sunscreen

Sweat suit/warm clothing

3 Towels per swimmer

Ballpoint pen - to write events on hand

Sleeping bag/blanket

Snacks, water, Gatorade

Entertainment - cards, travel games, books, video games

Lawn chairs - some pools do not have ample spectator seating

Volunteerism- we need everyone's help before, during, and after a meet

## TEAM SWIM SUIT

A custom Sailfish team swimsuit is available for purchase. Team suits are not mandatory. These swim suits should be worn at the swim meets only. The vendor for the team suit is Kiefer Swim Shop, 1137 Fairview Ave., Westmont (630)-724-9305. They will have our suits in stock and available for purchase the entire season.

## BIG BROTHER/BIG SISTER MENTOR PROGRAM

Older swimmers will be asked to help, support, and encourage younger swimmers. Swim meets can be very confusing. Big Brothers/Big Sisters will assist the swimmers to their events and walk them to the coaches after they swim. Parents are responsible for keeping their child in the team area so they can be easily located. We all try to give our swimmers as much encouragement as possible and have found that the older swimmers offer great support to younger swimmers.

# SWIM MEET SCHEDULE

DATE	LOCATION	CHECK-IN	WARM-UP	MEET START
Saturday 6/6	Hanover Park @Villa Park	7:00 a.m.	7:15 a.m.	8:00 a.m.
Wednesday 6/10 HOME	Roselle @ Hanover Park	5:00 p.m.	5:15 p.m.	6:30 p.m.
Saturday 6/13	Hanover Park @ Addison	7:00 a.m.	7:15 a.m.	8:00 a.m.
Wednesday 6/17	Hanover Park @ Carol Stream*	5:30 p.m.	5:45 p.m.	6:30 p.m.
Saturday 6/20 HOME	Itasca @ Hanover Park	6:30 a.m.	6:45 a.m.	8:00 a.m.
Wednesday 6/24	Hanover Park @ Woodridge	5:30 p.m.	5:45 p.m.	6:30 p.m.
Saturday 6/27	Hanover Park @ Lombard	7:00 a.m.	7:15 a.m.	8:00 a.m.
Wednesday 7/1 HOME	Butterfield @ Hanover Park	5:00 p.m.	5:15 p.m.	6:30 p.m.
Wednesday 7/8 HOME	Bartlett @ Hanover Park	5:00 p.m.	5:15 p.m.	6:30 p.m.
Saturday 7/11 HOME	Glendale Heights @ Hanover Park	6:30 a.m.	6:45 a.m.	8:00 a.m.
Saturday 7/18	"B" Conference @ Villa Park	TBA	TBA	TBA
Saturday 7/25	"A" Conference @ Woodridge	TBA	TBA	TBA

\*Carol Stream meet will be at West Chicago High School.

## CONFERENCE

The final competitions of the season are "A" and "B" Conference. This year we are in the Red Division. The five teams in our Division are Addison, Carol Stream, Woodridge, Villa Park, and Hanover Park-duh! Each swimmer will compete in "A" OR "B" Conference.

POOL DIRECTIONS ARE LISTED ON THE FOLLOWING PAGE.








## DUPAGE SWIM & DIVE CONFERENCE POOL LOCATIONS 2009

<b>ADDISON</b>	East of Addison Rd., north of Lake St. (Rt. 20). Lake St. (Rt. 20) east to Addison Rd. Go north one block to Oak St. Oak St. east to pool entrance on north side of street.
<b>BARTLETT</b>	One-half mile east of Rt. 59 on Stearns Rd. Lake St. (Rt. 20) west to Rt. 59. Rt. 59 south to Stearns Road. East on Stearns Rd. to pool. Or, Army Trail Rd. west to Rt. 59. North on Rt. 59 to Stearns, east on Stearns to pool. 630-372-7665
<b>BENSENVILLE</b>	East of Busse Rd (83), south of Irving Park Rd (19). Busse Rd (83) north past 290 to Wood Ave., Wood Ave. east to pool on south side of street. Or, Irving Park Rd. (Rt. 19) east to Busse Rd. (Rt. 83). Busse Rd. south to Grove. Grove east to Ridgewood. South on Ridgewood to Wood, west on Wood to pool. (Median on Rt. 83 cannot be crossed going southbound.)
<b>BLOOMINGDALE</b>	The Oasis is located at 172 S. Circle Avenue in Bloomingdale adjacent to the Johnson Recreation Center at the Bloomingdale Park District. From the west, take Lake Street (20) past Bloomingdale Road to Fairfield Way. Turn right heading south, go past Schick Road, turn left into the Westfield Middle School Parking Lot. From the east, take Lake Street (20) past Glen Ellyn Road to Fairfield Way. Turn left heading south, go past Schick Road and turn left into the Westfield Middle School Parking Lot. Parking is available at the Westfield Middle School, not the Oasis parking lot. Park and follow the walking path to the Oasis. PLEASE DO NOT PARK IN THE OASIS PARKING LOT. Additional parking, if needed, is located just south of the Westfield School off of Fairfield Way at Circle Park. A walking path is available from the parking lot to the Oasis.
<b>BUTTERFIELD</b>	21 W 730 Butterfield Road, Lombard, IL 60148 630-858-2229 North side Butterfield Rd. (Rt. 56), east of Rt. 53 and west of Rt. 355. Rt. 53 south to Butterfield Rd., east 1 block to pool on north side of street. Or Rt. 355 to Butterfield Rd. (Rt. 56), west to pool.
<b>CAROL STREAM</b>	West Chicago High School, 326 Joliet St, West Chicago, IL 60185 630-876-5348 Carol Stream Park District 630-784-6120 North Avenue west to Route 59. Rt. 59 south to Conde St. Right (west) on Conde St. to Joliet St. North on Joliet St. Pool is on the right (north) side of building.
<b>GLENDALE HTS.</b>	East of Bloomingdale Rd. between North Ave (Rt. 64) and Army Trail Rd. Bloomingdale Rd. to Fullerton. Fullerton east to Sports Hub on north side of street.
<b>HANOVER PARK</b>	Seafari Springs Water Park, 1700 Greenbrook Blvd (830-0330). East of Elgin O'Hare Expressway. Lake St. (Rt. 20) to Greenbrook Blvd. Greenbrook .6 miles to Seafari Springs Water Park.
<b>ITASCA</b>	One mile east of Rt. 53, south of Irving Park Rd (19). Irving Park Rd east to Catalpa St. South on Catalpa to pool parking lot, directly south of Itasca Community library.
<b>LOMBARD</b>	Paradise Bay Water Park, 433 E. St. Charles Rd., Lombard, IL 60148 Phone: (630) 627-6127
<b>ROSELLE</b>	<b>Kemmerling Pool:</b> East of Roselle Road and south of Irving Park Rd. Irving Park Rd to Prospect. South on Prospect 4 blocks to pool. Or Roselle Rd. north to Ardmore. East on Ardmore 1 block to Prospect, south on Prospect 2 blocks to pool.
<b>VILLA PARK</b>	Roosevelt Rd east to Ardmore Ave, north on Ardmore to Vermont, left on Vermont to Harvard, left on Harvard to pool. Or, North Ave. (Rt. 64) east to Addison, south on Addison to Vermont, east on Vermont to Harvard, south on Harvard to pool.
<b>WOOD DALE</b>	North of Irving Park Rd (19) west of Wood Dale Rd. Irving Park Rd east to Wood Dale Rd., Wood Dale Rd. north to Commercial (just over the tracks). West on Commercial 1/2 block to pool entrance. 630-595-0333
<b>WOODRIDGE</b>	Cypress Cove, 8301 S. Janes Ave (985-5620) South on 355 to 75th St. Right (west) on 75th to Janes Ave. (first light) Left (south) on Janes Ave. past 83rd St. to pool.



## **VOLUNTEER OPPORTUNITIES FOR Non-Swimming Sailfish (parents)**

The Sailfish Swim Team needs your help. "The More The Merrier", "Many Hands Make Light Work", "Misery Loves Company", "Good Help Is Hard To Find", "It Takes Two To Tango, But We'll Take More". ...pick one saying that motivates you and jump right in!!!!

-  **Meet Set-up and Tear Down at Home Meets**-Moving tables, chairs, bleachers, starting blocks, backstroke flags
-  **Home Meet Runner** (no actual running required)-Walk around pool deck and pick up event cards from the timers after each race
-  **Timers**-Stop watch cheerfully provided!-Time the races at poolside--best seat in the house to watch all the action
-  **Bull Pen Runner** (may actually need to run sometimes)- Help the 10 and under age groups get to their races on time
-  **Home Meet Water Boy or Girl**-Pass out water to timers and officials during the swim meet
-  **Home Meet Announcer**-Grab your Mr. Microphone and announce the events
-  **Label Ladies**-Help put labels on ribbons and certificates and file in mailbox on deck at morning practice

**IF YOU ARE INTERESTED IN LENDING A HELPING  
SOME, OR ALL OF OUR MEETS  
CONTACT LORI KAISER AT 630-837-9152 OR  
SUPERCINCO@SBCGLOBAL.NET**



**AT ONE,**

# **HANOVER PARK SWIM TEAM**

## **CODE OF CONDUCT**

1. All athletes are expected to follow the directions of the coaching staff. Pool rules are to be followed in all facilities used by the team.
2. Team members and staff will refrain from all illegal and inappropriate behavior that would detract from a positive moral image of the team or be detrimental to its performance objectives.
3. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors, and the public. When you win, win graciously; when you lose, lose gracefully. Congratulate your opponent, win or lose.
4. Attending practice is mandatory. Extenuating circumstances will be considered, but meet participation is based upon practice and performance. The swim coach reserves the right to determine who will participate in all events.
5. Swimmers driving to meets in their own cars must abide by the Code of Conduct. They may not transport any other member of the team without consent from each set of parents.
6. Possession or use of alcohol, tobacco, or any non-prescribed drug is prohibited.
7. The use of profanity either written, by actions or verbal is forbidden.

Failure to comply with the Code Of Conduct may result in financial restitution for any damages, being sent home from a meet at parents' expense and/or dismissal from the team. The coaching staff will determine all penalties for swimmers who do not abide by this Code of Conduct.

**I HEREBY AGREE TO ABIDE BY THE CODE OF CONDUCT SET FORTH AND UNDERSTAND THAT IF I VIOLATE ANY OF THE RULES I WILL BE SUBJECT TO THE DISCIPLINARY ACTION STATED.**

DATE \_\_\_\_\_ SIGNATURE OF SWIMMER \_\_\_\_\_

# TEAM FINANCES and SPECIAL EVENTS

The Sailfish Swim Team Parent Booster Club organizes fundraising events each year. For the 2009 season, the following events will be promoted... with more to come!

Swim-A-Thon - The date of this event is TBA. Each swimmer will be asked to solicit pledges from family and friends. This is our MAIN FUNDRAISER THAT SUPPORTS OUR TEAM EXPENSES.

Shop And Share - Continuous dates to be announced throughout the swim season.

Registration fees paid to the Park District cover coaches' salaries and Park District pool expenses. The Booster Club funds printing, stopwatches, trophies, swimmer of the week pins, ribbons, team equipment (coolers, tents), t-shirts for each swimmer and swim caps,

Through your support and cooperation, our fund raising efforts will enable us to provide for the above-mentioned expenses as well as other team needs. It is the goal of the Booster Club to have each family participate in all fund raising activities.

PLEASE PLEDGE YOUR FULL SUPPORT TO THE TEAM'S  
FUND RAISING EFFORTS!

## TEAM BREAKFAST & PICTURES

Team Picture will be on June 25<sup>th</sup> with the team breakfast immediately following. More information and picture order forms will be available in June.

## PASTA DINNER

Each year we hold a spaghetti dinner, at the Park District, prior to "B" Conference. There will be a sign-up list for donations of sauce, salad, noodles, garlic bread, and desserts. Watch the Sailfish Weekly Newsletter for date and time.

## BANQUET

We celebrate the end of our season at Banquet each year. It is our chance to spend a great evening with each other and to pay special tribute to our swimmers. All swimmers will be recognized at the Banquet for their hard work all season and several important awards will be given. This years' banquet will be held on JULY 30<sup>th</sup> at The Seville. More information will be distributed closer to the date. It is an evening that you will not want to miss.

# CRITERIA FOR AWARDS

## SWIMMER OF THE WEEK

The coach chooses the recipients of this award weekly, based on attendance, performance, attitude, cooperation, and effort. It is presented to one boy and girl in each age group. The winners are announced in the team newsletter and receive a special pin.

## BEST TIME CERTIFICATES

Swimmers will be given certificates each time that they better their own times. Team records are kept and checked after each meet. Any swimmer breaking a team record will be given a "broken record" award at banquet.

## RIBBONS

8 & Under, 9-10, and 11-12 age groups receive 1<sup>st</sup> through 6<sup>th</sup> place ribbons for individual events. 13 & Up age groups receive 1<sup>st</sup> through 3<sup>rd</sup> place ribbons for individual events. Relays will receive 1<sup>st</sup> and 2<sup>nd</sup> place ribbons in all age groups.

## THE FOLLOWING AWARDS ARE PRESENTED AT BANQUET:

### MOST VALUABLE

Presented to one boy and one girl in each age group who show exemplary practice attitude, attendance, sportsmanship, and team spirit.

### HIGH POINT

Presented to one boy and one girl in each age group who score the most team points during the swim season.

### MOST IMPROVED SWIMMER

Presented to one boy and one girl in each age group. Selected by the coaching staff based on overall progress throughout the season.

### SAILFISH AWARD

Presented to one boy and one girl from the team. The award is given to the swimmers who best represent the team, both in and out of the water and exemplify full commitment to self-improvement and excellence in swimming. Swimmers of the week will be nominees for the award, and the swimmers are chosen by their teammates.

### SENIOR AWARD

Is given to swimmers who are completing their last season with the team because of graduation and/or age.

PARTICIPATION TROPHIES -are presented to all swimmers

# GLOSSARY

<b>BLOCKS</b>	The platform used by the swimmers for their starts. Swimmers should be in place behind the blocks until they are told to stand on them. Younger swimmer may start from the edge of the pool until they feel comfortable with the diving blocks.
<b>BULL PEN</b>	The place where the swimmers wait to be called for their events. Swimmers will sit in the bullpen after receiving their cards and before being called to the blocks.
<b>CLERK OF COURSE</b>	Swimmers report to the Clerk before their event to receive their lane assignments.
<b>DQ</b>	Disqualification. A swimmer will be disqualified from an event if he has two false starts or swims a stroke incorrectly. Swimmers in the 8 and under age group will be given some latitude for the purpose of instruction for the first 5 meets.
<b>EVENT CARD</b>	Given to each swimmer before their event. This card includes the swimmer's name, event number, and lane assignment. The card is given to the timer in the lane.
<b>EVENT DISTANCES</b>	25 Yards - one length of the pool 50 Yards - two lengths of the pool 100 Yards - four lengths of the pool 200 Yards - eight lengths of the pool
<b>FREE RELAY</b>	Four swimmers, each swimming freestyle 1/4 of the race.
<b>I.M.</b>	Individual Medley. One swimmer swimming one length of backstroke, butterfly, breaststroke, and freestyle.
<b>JUDGE</b>	Official who is responsible to evaluate the swimmers legal performance of the stroke. Both teams are represented on deck as judges.
<b>MEDLEY RELAY</b>	Four swimmers, each swimming a different stroke - back, breast, fly, or free.
<b>REFEREE</b>	Responsible for settling any disputes that arise during the meet And for determining if the meet should be canceled or delayed due to weather.
<b>RUNNER</b>	Person who collects the cards from the timers after each event and takes them to the scoring table.
<b>STARTER</b>	Responsible for calling swimmers to the blocks and starting each event.

# SWIM MEET EVENT SHEET

Girls Event Numbers			Boys Event Numbers
1	8 & Under	100-Yard Medley Relay	2
3	9-10	200-Yard Medley Relay	4
5	11-12	200-Yard Medley Relay	6
7	13-14	200-Yard Medley Relay	8
9	15-18	200-Yard Medley Relay	10
11	8 & Under	25-Yard Freestyle	12
13	9-10	50-Yard Freestyle	14
15	11-12	50-Yard Freestyle	16
17	13-14	50-Yard Freestyle	18
19	15-18	50-Yard Freestyle	20
21	8 & Under	100-Yard Freestyle Relay	22
23	9-10	100-Yard Individual Medley	24
25	11-12	100-Yard Individual Medley	26
27	13-14	100-Yard Individual Medley	28
29	15-18	100-Yard Individual Medley	30
31	8 & Under	50-Yard Freestyle	32
33	9-10	100-Yard Freestyle	34
35	11-12	100-Yard Freestyle	36
37	13-14	100-Yard Freestyle	38
39	15-18	100-Yard Freestyle	40
41	8 & Under	25-Yard Butterfly	42
43	9-10	50-Yard Butterfly	44
45	11-12	50-Yard Butterfly	46
47	13-14	50-Yard Butterfly	48
49	15-18	50-Yard Butterfly	50
51	8 & Under	25-Yard Backstroke	52
53	9-10	50-Yard Backstroke	54
55	11-12	50-Yard Backstroke	56
57	13-14	50-Yard Backstroke	58
59	15-18	50-Yard Backstroke	60
61	8 & Under	25-Yard Breaststroke	62
63	9-10	50-Yard Breaststroke	64
65	11-12	50-Yard Breaststroke	66
67	13-14	50-Yard Breaststroke	68
69	15-18	50-Yard Breaststroke	70
71	9-10	200-Yard Freestyle Relay	72
73	11-12	200-Yard Freestyle Relay	74
75	13-14	200-Yard Freestyle Relay	76
77	15-18	200-Yard Freestyle Relay	78