



# CVS SUNDEVILS SWIMMING 2018

CVSSUNDEVILS.WEBNODE.COM

**WE ARE GLAD THAT YOU HAVE JOINED THE  
*CVS SUNDEVILS SWIM TEAM!***

Our goal is to make sure that everyone on the team wants to come back next year. We want you to have fun, to improve your swimming skills, and to enjoy athletic competition in the spirit of good sportsmanship.

To get as much as possible out of this experience, it is important to understand how the team operates, what to expect from your teammates and your coaches, and who to approach with questions and concerns. We have designed this brochure to give you this information. Please read it carefully and refer to it often throughout the season.

## **CHECK YOUR EMAIL, THE WEBSITE, AS WELL AS PARENT'S FOLDER AND TEAM BULLETIN BOARD!**

Parents are responsible for checking their email and the team website regularly for support reminders and other team information. We highly recommend checking daily once swim season begins! Further, each family in Churchill Village South with a registered swimmer has a folder that will be available before, during, and after each practice. Swimmers and their families are responsible for checking the folders for team announcements. You can also use these folders to communicate with the coaches and the parent coordinators.

**We will also be putting notices from time to time on the CVS Sundevels  
page on Facebook**

A team bulletin board is posted routinely. Check the board for announcements, schedule changes, and other general communications from the coaches.

**[HTTP://CVSSUNDEVILS.WEBNODE.COM](http://cvssundevels.webnode.com)**

## CVS Sundevils Contact Information

Team Website—<http://cvssundevils.webnode.com>

### Parent Coordinator

Tim Short           cvssundevil@gmail.com

### Committee Members

Joel Perloth       joelpen@verizon.net

Helen Webster     helcat224@gmail.com

### Volunteer Coordinator

TBD

### Concessions

Shelby Bidwell

[Looking for someone to take over prior to end of season]

### Wanegarden Pool

301-540-9811

### Volunteer Opportunities

Parents, you are an integral part of this swim team. Swim team is a “volunteer-intensive” activity. Each meet requires several adult family members to serve as timers, ribbon runners, meet officials, scorers, ribbon writers, and concessions assistants (for home meets). As a team we take pride in each of our swimmers. We also take pride in our long-standing reputation of running a high-quality, well-organized swim meet. This is a specific testament to our parents and their efforts on behalf of this team. Thank you very much.

**You will be asked to help out at various times during the season. Please, be a positive role model for the children, and honor this commitment by being on time, and ready to go.**

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## **2018 Swim Meet Schedule**

Registration Fees are due by Wednesday, June 20

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Saturday, June 23	HOME vs. Northlake
Monday June 25	Relay Carnival @ MPEV
Wednesday, June 27	AWAY @ Hadley Farms
Saturday June 30	AWAY at WSAP
Wednesday, July 4	!! NO MEET!! Enjoy the holiday!
Saturday, July 7	!! NO MEET!! Enjoy the holiday!
Wednesday, July 11	HOME vs. Stratford Knolls
Saturday, July 14	AWAY @ Arora Hills
Monday, July 16	Mini-Meet @ Stratford Knolls
Wednesday, July 18	HOME vs. MPEV
Saturday, July 21	HOME vs. Bennington
Saturday, July 28	INVATIONALS CHAMPIONSHIP AT CVS

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### **REGULAR MEET STARTING TIMES**

Meet start times for Wednesday Meets are 6:30pm. Be at the pool by 5:45pm. Warm-ups start at 6:00pm.

Meet start times for Saturday Meets are 8:00am. Be at the pool by 7:15am. Warm-ups start at 7:30am.

Meet dates/ times for special meets (Relay Carnival, Mini-Meet) will be released by the coaches prior to those events.

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**PLEASE COMMUNICATE ANY QUESTIONS OR CONCERNS (INCLUDING MEET AVAILABILITY) WITH THE COACHES AND/OR PARENT COORDINATOR.**

Open lines of discussion will make the season, and your swim team experience, flow much more smoothly.

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## *Things to know about the CVS Sundevils*

### **TWO BASIC RULES WILL HOLD YOU IN GOOD STEAD...**

**The first rule is, IF YOU HAVE ANY QUESTIONS, ASK! IF YOU HAVE ANY CONCERNS, MAKE THEM KNOWN!**

If you are a parent, speak to the parent coordinator or a parent committee member. If you are a swimmer, talk to your coaches:

Head Coach: Allison Perloth

Assistant Coach: David Umanski

**The second rule is, PUT IT IN WRITING.** Once the season starts, things go very quickly. It is easy for your coaches to forget something they are told after practice or in the middle of a meet. If you put it on paper, they have something they can refer to. The team has a system of Family Folders to facilitate communication. Just write a note and put it in the folder of one of the coaches or parent coordinators. Better yet...EMAIL your questions/concerns.

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## REGISTRATION FEES

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Registration fees are \$55 for the first swimmer in a family, \$50 for the second, \$45 for the third, \$40 for the fourth, \$35 for the fifth, and \$30 for the sixth.

New families are welcome to 'TRY US OUT' for a few days as long as the team has a completed "Release of Liability" form.

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## TEAM SWIM SUITS

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Please visit our website for details There is a link to our supplier. You don't need a team suit to swim on the team, but we do encourage you to wear racing suits at meets. You will swim faster and it is nice to have as many swimmers as possible wearing the team suit.

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## PRACTICE SCHEDULE

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UNLESS YOU ARE TOLD OTHERWISE, ALL TEAM ACTIVITIES ARE HELD AT WANEGARDEN POOL.

The season begins on **Monday, June 4, 2018** with evening practices scheduled Monday through Friday as follows (except Wednesdays when meets occur):

- 4:00pm-4:30pm—Swimmers 6 & Under
- 4:30pm-5:30pm—Swimmers 7-10
- 5:30pm-6:30pm—Swimmers 11-12, 13-14 and 15-18

Please try to arrive 5 minutes before practice to participate in any pre-practice activities and be fully prepared to practice.

Starting **Monday, June 18** morning practice will run Monday and Friday

- 9:30—10:30 am —All Age Groups (except 6 & Under)

**PARENTS:** Please do not discuss matters with the coaches during swim practice. If you need to talk with them, please do so after practice. Also, please do not talk to your children during practice. It is distracting to the coaches and the other swimmers.

Swimmers are assigned practice times based upon age AND skill. For example, some 10 year olds may be asked to practice at 5:30 Coaches will make final decisions on practice times once they have had the opportunity to evaluate the members of this year's team.

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## PRACTICE POLICY

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GENERALLY, YOU MUST PRACTICE AT LEAST  
ONCE LEADING UP TO A MEET TO SWIM IN  
THAT MEET

If this requirement is a problem because of work, vacation, or family matters, please advise the coaches. Please note that this is a minimum requirement. If you are on the team, you should plan on practicing every day that you can. The more you practice, the more you will learn, the stronger you will become, and the better you will swim.

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## SWIM MEETS

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There is a meet almost every Wednesday and Saturday during the season, starting Saturday June 23. Meets begin at 6:30pm on Wednesdays. Saturday meets begin at 8am. Be at the pool 45 minutes prior to the start of a meet for check-in and warm-ups.

**Please remember this: 45 minutes prior to the start of each meet.** If you are experiencing an emergency (e.g. car trouble) and may be late, please contact the parent coordinator and/or coach.

\*\*\*\*\* PLEASE NOTE: The league requires the coaches to submit the final line-up prior to the start of the meet. In order for the coaches and parents supporting the meet to finalize the line-up and the meet cards in time, swimmers must be present and report to the coaches by the start of warm-ups (Wednesday Meets, 6:00pm and Saturday Meets, 7:30am) If they are not, the coaches will replace them with a teammate.

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## LINEUPS

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During the regular season, lineups are set to give everyone a chance to swim at each meet. Not everyone will swim the same number of times each meet, but you can expect it to even out over the season in your age group as long as you can swim each stroke legally.

There are exceptions. If you miss the previous meet without giving notice, you may not be scheduled for the following meet. We can't always swim everyone in the Relay Carnival, given the size of our team and the number of slots available. Similarly, the Invitationals Meet is a special meet in which swimmers must earn the right to swim.

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## NO SHOWS

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Line-ups for meets are always set a day or two in advance. Tell the coaches in writing as soon as you will know you will miss a meet. If you are scheduled to swim and do not show, the coaches may decide not to allow you to swim in the next meet. Last minute juggling of line-ups means that coaches cannot do their jobs properly. Even worse, team mates must sit and stare at open lanes when swimmers simply don't show up for meets. Please accept your responsibility as a member of the team and keep the coaches informed of your plans.

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## THEMED MEETS

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During the season, the coaches work with the teams against who we are swimming to come up with a "theme". Usually it means that the swimmers (adults are also welcome) to dress up in coordination with whatever is the theme for that meet. These create intra- (and inter-) team bonding. The team will submit a calendar with this information.

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## MINI-MEETS AND SPECIAL EVENTS

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The CVS Sundevils will participate in a number of special events during the swim season.

Mini-meets are special meets limited to younger swimmers. (10 and under) Participation in all such events is optional. GGSL event costs are covered by the team, however occasionally we are invited to participate in events outside of our league. PARENTS MUST NOTIFY COACHES OF THEIR INTENT TO SWIM IN THESE MEETS. PLEASE EMAIL OR PUT A NOTE IN ONE OF THE COACH'S FOLDERS.

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## INVITATIONAL MEET

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The final meet of the season, the Invitational, will be held at Churchill South on Saturday, July 28. In general, entries for this meet are limited to the 2 fastest swimmers on the team in each event.

There is some flexibility in terms of relays. The coaches may also exercise some discretion if the 2nd and 3rd fastest swimmers are close to each other or if the 3rd swimmer in one age group is faster than the qualifier from an older age group.

The lineup for Invitationals will be posted as soon as feasible before the event.

Challenges may be held at the discretion of the coaches the week prior to Invitationals. However, no swimmer will be allowed to bump another swimmer out of the an event in the meet unless the challenger would not otherwise be entered in that event.

## **DIRECTIONS TO THE POOLS**

**WE WILL SWIM AWAY MEETS AT THE  
FOLLOWING POOLS...**

**RELAY CARNIVAL- MPEV (6/25)**

**HADLEY FARMS (6/27)**

**WSAP (6/30)**

**ARORA HILLS (7/14)**

**MINI-MEET - STRATFORD KNOLLS (7/16)**

**DIRECTIONS TO THESE POOLS CAN BE  
OBTAINED VIA THE GGSL WEBSITE AT  
[HTTPS://WWW.GGSL.NET](https://www.ggsl.net)  
CLICK ON THE "POOL DIRECTIONS" LINK**

### ***Thanks to CVS Homeowners Association!***

The swim team is an independent recreational activity organized by families in CVS. However, we would not have a team without the support of the Homeowner's Association, which provides significant funding and, more importantly, pool and clubhouse facilities. Please let the board know you appreciate their assistance and support.