



The 2009 summer swim season is upon us! WELCOME to our new members and WELCOME BACK to our returning members.

### Team Guidelines

Our practices are divided into Regular Team members and Mini-Team members. While attending every practice is not mandatory to swim in the meets, the more practices the swimmers attend, the easier it is for the coach to determine how to best place entries in each event.

Each family is asked to donate items to the concession stand for every home swim meet. The proceeds from this are used to fund the awards at the end-of-year banquet for the team members. If you will not be attending a meet, please make alternate arrangements with our concession stand director(s).

To qualify for a Regular Team trophy and a gift at the end of the season, the swimmer must participate in two dual meets during the season, and the family must have met their financial and concession stand obligations.

To qualify for a mini-team trophy and gift at the end of the season, the swimmers needs to attend practices on a regular basis and the family must have met their financial and concession stand obligations. Mini-Team members who have excelled and have swam in at least two dual meets will have their trophies upgraded to the Regular Team size.

## Swim Meets

It takes a tremendous effort to organize and run a swim meet. To ensure that we provide the best possible experience for the swimmers we need your help. Our organization is 100% volunteer driven. **Meets cannot take place without enough volunteers!** ALL parents are asked to volunteer their time and talents whenever and wherever possible. Volunteer sign-up sheets will be located on the swim team bulletin board at the pool. If you are not sure what a particular job involves, please ask a team coordinator. They will be glad to educate you! Most jobs are simple – and can even be fun!

Please ensure that the coach is aware of your child's schedule. It is very difficult to make last minute changes to the meet lineup and be fair to all of our swimmers. This is especially important if your child is part of a relay event. We do not want to cancel a relay for the other three swimmers because one of the swimmers did not show up.



## Considerations and Expectations

- Please indicate any meet absences on the Absence Sheet posted on the bulletin board
- Plan to be at as many meets as possible
- Parent volunteering is a must for us to run the best possible meet in the league
- Positive behavior at all times, especially at meets
- Limited number of swimmers may attend the Championship Meet
  - ❖ Consideration given to older swimmers first
  - ❖ Next consideration will be the amount of meets attended
  - ❖ Third consideration will be amount of swimmers in each age group
  - ❖ Final consideration will be times
- The most important expectation is that you have fun and improve!!



## **Whale of a Bite Café**

The "Café" is the major fundraiser for our swim team. The Café is open at each of the three home meets. A great concession stand depends on your donations and presentation of the food you are making. We will make a menu in advance of the meet and then ask you to sign up for an item for every home meet.

Each swim team family is responsible to donate 12 bottles of water AND 12 cans of soda or bottles of sports drink. These donations should be brought to the pool before the first home meet. In making your purchase, please use the following guidelines:

Soda should be 12 ounce cans – name brands only

Water should be 16.9 ounce bottles

Sports drinks should be 20 ounce bottles

Thanks in advance for all your donations for the Carlisle Killer Whales!!!

# 2009 Schedule

## Carlisle CC Swim Team

Afternoon practices are held Monday – Friday from 4:30pm until 5:30pm beginning May 18 through June 9. This practice time is for all swimmers on the Regular Team. These practices do not include the Mini-Team swimmers.

Morning practices begin on June 10. There is a 9:30am – 10:30am session and a 10:30am – 11:30am session for the Regular Team. Generally, the 9:30am practice time is for older, experienced swimmers and the 10:30am practice time is for younger or new swimmers. These groupings are just a guideline - swimmers may move to another practice time due to conflicts or coach request or other circumstance.

The Mini-Team will practice from 11:30am – 12:00pm on Monday, Wednesday, and Friday beginning on Wednesday, June 10. These sessions will conclude on Wednesday, July 8.

### Important Dates:

<b>Sunday, May 17</b>	<b>Registration &amp; Swim Suit Try-on/purchase (3-5 pm)</b>
Monday, May 18	Afternoon Practices Begin – Regular Team (4:30pm)
Monday, May 25	No Practice (Memorial Day Holiday)
Wednesday, June 10	Morning Practices Begin - Regular Team (9:30am & 10:30am)
Wednesday, June 10	Mini Team Practices Begin – Mon/Wed/Fri (11:30am)
Friday, June 12	Date for Team Pictures -All Regular and Mini-Team Swimmers (9:30am)
Friday, June 12	Time Trials – Regular Team (all start following Team pictures)
Wednesday, July 8	Last Practice Day
Thursday, July 9	Championship meet at Hershey Country Club
<b>Tuesday, June 16</b>	<b>Swim Meet – Hershey at Carlisle</b>
<b>Tuesday, June 23</b>	<b>Swim Meet – Outdoor Country Club at Carlisle</b>
<b>Thursday, June 25</b>	<b>Swim Meet – Carlisle at Lebanon</b>
<b>Tuesday, June 30</b>	<b>Swim Meet – Carlisle at Harrisburg</b>
<b>Thursday, July 2</b>	<b>Swim Meet – Carlisle at Colonial</b>
<b>Tuesday, July 7</b>	<b>Swim Meet – West Shore at Carlisle</b>
<b>Thursday, July 9</b>	<b>CHAMPIONSHIPS at Hershey Country Club</b>
<b>Thursday, July 9</b>	<b>End of Season Banquet and Awards</b>

Changes to the schedule will be communicated via E-Mail

# Carlisle CC 2009 Swimming Schedule

Monday, May 18	Afternoon Practices Begin (Regular Team) - 4:30pm – 5:30pm
<b>TBD</b>	Deadline for Parent Shirt/Merchandise Orders
Monday, May 25	No Practice (Memorial Day Holiday)
Wednesday, June 10	Morning Practices Begin for Regular Team 9:30am - 10:30am & 10:30am – 11:30am
Wednesday, June 10	Mini Team Practices Begin – Mon/Wed/Fri (11:30am)
Friday, June 12	Date for Team Pictures -All Regular and Mini-Team Swimmers (9:30am)
Friday, June 12	Time Trials – Regular Team (all start following Team pictures)
Tuesday, June 16	Swim Meet – Hershey at Carlisle
Tuesday, June 23	Swim Meet – ODCC at Carlisle
Thursday, June 25	Swim Meet – Carlisle at Lebanon
Tuesday, June 30	Swim Meet – Carlisle at Harrisburg
Thursday, July 2	Swim Meet – Carlisle at Colonial
Tuesday, July 7	Swim Meet – West Shore at Carlisle
Wednesday, July 8	Last day for Regular Team and Mini-Team Practice
Thursday, July 9	CHAMPIONSHIPS at Carlisle Country Club
Thursday, July 9	End of Season Banquet and Awards

**Home meets - be at pool by 10:30am**  
**Away meets – be at pool by 11:00am**  
**Meets begin at 12:00pm**

Changes to the schedule will be communicated via E-Mail

# 2009 CCC KILLER WHALES SWIM TEAM REGISTRATION FORM

(please print)

Swimmer #1: Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Sizes: Shirt \_\_\_\_\_ (YS-AL) Shoe \_\_\_\_\_ Pants/Shorts \_\_\_\_\_ (YS-AL)

Swimmer #2: Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Sizes: Shirt \_\_\_\_\_ (YS-AL) Shoe \_\_\_\_\_ Pants/Shorts \_\_\_\_\_ (YS-AL)

Swimmer #3: Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Sizes: Shirt \_\_\_\_\_ (YS-AL) Shoe \_\_\_\_\_ Pants/Shorts \_\_\_\_\_ (YS-AL)

I will assist the team during the regular season by helping in the following area:

Timer \_\_\_\_\_ Finish Judge \_\_\_\_\_ Runner \_\_\_\_\_ Bull Pen \_\_\_\_\_  
Concession \_\_\_\_\_ Scoring \_\_\_\_\_ Ribbons \_\_\_\_\_ Stroke&Turn \_\_\_\_\_  
Banquet \_\_\_\_\_ Awards/Gifts \_\_\_\_\_

Address \_\_\_\_\_

Home # \_\_\_\_\_ E-mail (for team communications) \_\_\_\_\_

Mother's Name \_\_\_\_\_ Work/Cell # \_\_\_\_\_

Father's Name \_\_\_\_\_ Work/Cell # \_\_\_\_\_

Emergency contact person \_\_\_\_\_

Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone # \_\_\_\_\_

Family Dentist \_\_\_\_\_ Phone # \_\_\_\_\_

In case of accident or illness:

A. \_\_\_\_\_ (signature) I give permission for the coach and/or Team representative in charge to authorize treatment by a certified physician.

B. \_\_\_\_\_ (signature) I want to be notified before a certified physician administers treatment. In my absence \_\_\_\_\_ at \_\_\_\_\_ (phone#) may also give permission for treatment of my child.

ALLERGIES \_\_\_\_\_ yes (please indicate below which child and what allergies)

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Registration Fee (\$30 first child, \$25 second, \$20 third)

Amount Paid \_\_\_\_\_

Cash or checks only, please. Checks payable to CCC Swim Team.