



[TILDEN WOODS SWIM TEAM INFO 2011](#)

Important Dates:

(Please refer to swim team calendar at www.twdolphins.org for all dates and full info)

Pool opens - May 28 at noon

Afternoon practice starts – May 31

Meet the Coaches/Swimmers/Parents meeting – May 30 at 6:30PM

Team Suit Fitting at the pool – June 6, 5-7PM

First Team Meeting – June 10, 6:30PM

Time Trials - June 11 at TW

First Wednesday meet - June 15

First morning practice - June 17

Team picture - June 17, 6:00PM

First Saturday meet - June 18 at Upper County

First Home Saturday meet – July 2

Senior Send-Off BBQ - July 9 (after the home meet)

MCSL Relay Carnival – July 10 at Stonegate

Coaches Long Course Meet - July 12

Pasta Dinner – July 15

Woodley Gardens Invitational Relay Carnival – July 17

Celine Silver Mini Meet - July 19

MCSL Divisional Championships – July 23 at Upper County

Lock-In/Talent Show - July 23

TWST Banquet - Sunday July 24 at Walter Johnson HS

All Stars – July 30 and 31

August 2 - GO ON VACATION!!!

The Swim Season:

Swim team season runs from Tuesday, May 31 until Sunday, July 31.
Kids who make All-Stars may swim July 30 and 31.

Eligibility:

-You must be a current member of the Tilden Woods Pool in good standing...this means all dues and fees to the pool must be paid before a swimmer is allowed to participate. Additionally, swim team registration and fees must be up to date and paid as well before a swimmer hits the water.

-You must be under the age of 19 on June 1st.

-You must be able to swim across the diving well unassisted (even if it's just the doggie-paddle)

Cost/Registration:

It costs \$110 per swimmer to join the Tilden Woods Swim Team (TWST). Checks are to be made out to TWST and mailed or delivered to the Team Treasurer/Lisa Cirillo, 6612 Quaker Ridge Road, Rockville, Md 20852. You may register online @ www.twdolphins.org

Refund Policy:

We do have a refund policy...You pay the per swimmer team fee when you register and if you like it then GREAT, but if not then you have a little over two weeks from the start of practices to drop out and get the refund in full. After this trial period has passed, there is no refund. The practices begin on Tuesday, May 31 and any notification of wish to cancel must be e-mailed to Karen Burgett at [brugettfamily \(at\) Verizon.net](mailto:brugettfamily@verizon.net) by Friday, June 17th 6PM to qualify for the refund.

Pre-Team:

The pre-team consists of swimmers who can swim across the diving well but need additional help before they are ready to swim in regular practice. Since pre-team swimmers are members of the Tilden Woods Swim Team, they can swim in any meet for which their coach thinks they are ready. Pre-team members will leave the pre-team practices when they are able to join their regular age appropriate practice group.

Practices:

Swimmers should attend as many practices as possible but there is no minimum number of practices you must attend. Practices are held in the afternoon only until the end of the Montgomery County school year after which there will be both morning and afternoon practice.

IMPORTANT NOTE TO PARENTS...if your child is under the age of 8, you must stay at the pool during the entire practice session.

Morning practices (beginning Friday, June 17)

9:00-10:30 for children 11 years and older

10:30-11:15 for children 10 years and younger

*Pre-team does not practice in the morning.

Afternoon practices (beginning Tuesday, May 31)

4:30-5:30 for children 10 years and younger

4:30-5:15 pre-team

5:30-7:00 for children 11 years and older (except Fridays when practice will end @ 6:40 for the Pep Rally)

*There is no practice Wednesday afternoons due to B meets (this begins with the first B meet on Wednesday, June 16th).

Saturday Meets:

Our coaches select 3-6 swimmers to swim in each event of that meet. The coaches choose the fastest swimmers for each event based on times from previous Saturday meets, Wednesday meets and time trials. A swimmer can swim a total of three events in a Saturday meet, plus the relay and IM (Individual Medley).

Because swimmers are always improving their times, the swimmers who participate in Saturday meets can change each week. Ribbons are given for 1st through 6th places and points given for 1st through 5th places. At Saturday meets, score is kept and the team with the highest score from all the Saturday meets wins the division championship. For the past few years, Tilden Woods has been in the top "A" division of the Montgomery County Swim League (MCSL).

The coaches will post which swimmers have been selected to participate in the Saturday meets on the bulletin board either Thursday night or Friday morning. Please initial by your name that you will be attending the meet. If your name appears on the list for a Saturday meet and you know that you can't make it to the meet, you need to let the coaches know as soon as possible. If they don't know and you don't go, you will be preventing a fellow team member from competing in the Saturday meet.

In addition, the team will not receive any points for an empty lane where no swimmer appears. Always check the bulletin board, website and TWST e-mails for corrected dates and times.

Wednesday Meets:

Wednesday meets are perfect opportunities to have lots of fun and improve your times. You can swim up to three events at each Wednesday meet.

Generally, every team member can swim in a Wednesday meet. If you placed first, second, third, or fourth during an event in the previous Saturday meet, you cannot swim that event at the next Wednesday meet. If you finished first through third in three events, you cannot swim the Wednesday meet at all.

Of course, you don't have to participate in Wednesday meets if you don't want to. If you've never swum in a meet before, talk to your coach about what events you should enter. In an effort to finish the meets earlier (and to allow our butterflyers to swim before bedtime), our home Wednesday meets start at 5:30 PM (with TW warm-ups at 4:30PM).

In an effort to speed things along, we automate our Wednesday meets, which requires that each swimmer sign up in advance for those events he/she wants to swim. There is an online sign-up system that is accessed through the TWST webpage where parents can sign their swimmers up for the Wednesday meets. Once you submit the online form, a copy of your submission will be sent to the email address you supplied. See: www.twdolphins.org for more info.

For the first Wednesday meet after time trials (and **only** this meet), the rules are as follows:

- If a swimmer did not swim at all during time trials, they may swim all events.
- If a swimmer needed to leave early from time trials or arrive late, he or she can swim the events they did not swim at time trials plus, up to 3 additional events according to the following two rules.
- If a swimmer swam all events at time trials, they may swim up to 3 events according to the following two rules:

Rule 1. If a swimmer finished 1-4 in an event at time trials, he/she may not swim that event in the first Wednesday meet (all 8 & unders are grouped together for applying this rule).

Rule 2. If a swimmer finished 1-4 in all *individual* events (free, back, breast, fly), the swimmer may not swim the Wednesday meet.

Other Swim Meets:

Relays: There are two relay swim meets: a MCSL Relay Carnival and the Woodley Gardens Invitational Relay Carnival. Some of the swimmers who swim in the MCSL relays won't be able to participate in the Woodley relays. Relays are a chance to swim races with other members of the team, including members of different ages and genders.

All Stars and Long Course: These are swim meets that you participate in by invitation only. Invitations to these meets are based on times from Saturday meets only. The swimmers with the top eight MCSL times in each event are invited to swim Long Course, and the top sixteen swimmers are invited to All Star Individuals. The winners of each relay event at the MCSL Relay Carnival are invited to participate in the All Star Relays. These are great events to attend even if you are not swimming in them! We have the BEST cheering section in the UNIVERSE...well at least in the MCSL.

The Celine Silver Mini Meet: The Mini-Meet is for children aged 8 and under (even if you swim Saturday meets). Everyone who participates receives a first through sixth place ribbon for each event he/she enters, and swimmers can't be disqualified. It's the meet not to miss if you're 8 and under. The Mini Meet is unique to Tilden Woods is dedicated to TW Dolphin swimmer Celine Silver.

The Role of Parents:

The Tilden Woods Swim Team simply cannot function without parent support. Parents are needed to work swim meets, organize social functions, and handle dozens of other essential tasks. The good news is that most swim team volunteer jobs are a great way to spend time with your children and have fun with other terrific parents.

Because we need everyone's help, parents are required to work on at least one social event. In addition, you are expected to work in some capacity for each meet in which your child swims.

There are ways to help if you work full-time or have toddlers clinging to your leg. There are jobs you can do if you don't know a backstroke from a breaststroke. There are many ways you can use your special talents and skills to help make the TW swim team the best it can be.

Parent volunteers at swim meets: We need over **30 adults** just to begin a simple meet. We need parents to set up the pool, officiate, time, sell concessions, donate baked

goods, and clean up. As a result, parents are required to work in some capacity for each meet.

Parent volunteers at social events & other functions: Parents are needed to organize social events and other activities. We need parents to both chair functions and help out with them. These events help the team raise much-needed funds and are lots of fun for everyone. Remember, you must work on at least one social event, such as the Lock-In, Memorial Day barbecue, banquet, Dad's Pancake Dinner, etc. More than one is even better -- and greatly appreciated.

Miscellaneous parent responsibilities: Parents must let the coaches know, or remind their swimmers to let coaches know, when a child will not be participating in an upcoming meet. Unplanned absences wreak havoc with our team's ability to compete. Parents of children under the age of eight must be with their children at all practices, swim meets, team meetings, and other swim team events.

Additional Information

Student Service Learning Hours: Swimmers in middle and high school can earn community service credits by helping with the swim team. See the Forms section of the team website for more information.

Team Picture/Individual Photos: The team picture will take place this year on Friday, June 17th @ 6PM sharp. All swimmers should be present for the photo. Individual family swimmer photos will be taken as well. The whole family is invited to the pancake feast...even non-swimmers.

Team Swim Suit:

For 2011, we have pre-ordered the Tyr Pacific Plaid Swimsuit. Aardvark Swim and Sport will be at the pool on Monday June, 6th from 5-7PM with suits for sale. Prices: Girls \$50.88, Boys Jammer \$33.92 and Boys Brief \$28.62.

T-Shirt, Sweats, and other Stuff: We also sell T-shirts, sweatshirts, sweatpants, bathing caps, and other Tilden Woods merchandise. This merchandise will be available for sale at most swim meets and pep rallies. We hope to order a few fun new things for the 2011 season!

Other Fun Activities: Every Friday evening **starting June 10th**, we have a team meeting at our pool and we encourage all swimmers and their families to attend. The pep rallies are low-key events meant to get everyone excited about the upcoming week's meets.

Games, crafts, or even special food can be the highlight of a team meeting. Also, the coaches present the swimmers of the week awards, highlight the successes of the week, and remind swimmers what they need to improve upon. Team cheers and decorating the pool for home meets are important parts of the fun of team meetings, too.

There are often times when swim team members arrange to do fun stuff together, like going to the movies, bowling, Six Flags, or miniature golf. In general, a team activity happens on Friday afternoons. Keep checking the swim team bulletin board, your emails, or the website to learn more about these special, and often impromptu, activities.

At the end of the season we host the team banquet (July 24 at Walter Johnson High School Cafeteria). The night before the banquet is the Lock-In (July 23) which is a much loved dolphin tradition.

Keeping Current:

Our team website www.twdolphins.org will have the most current information. On it you'll find meet schedules, directions to away meets, photos, info about upcoming events, and other useful information.

Since meets can be cancelled or postponed because of rain or mechanical failures, we have a list-serve for the swim team. If you are a returning family, you will be maintained on the list-serve unless you request to be removed. If you are new to our team or have changed your e-mail address and want to join the list-serve, please go to the following website to join our group: http://groups.yahoo.com/group/tildenwoods_swimteam.

*Changes in meet schedules and caravan departure times for away meets will be posted as soon as we know them, so please check your e-mail or the swim team website before heading out to a meet.

Questions and Concerns:

If you have a concern about your child, **please wait until practice is over** to speak with the coaches. Coaches are more than happy to speak with you after practice concludes. If your concern is more generic, we encourage you to speak with one of the swim team representatives listed below. We welcome all suggestions, especially those accompanied by a willingness to help ideas come to fruition. By working together, we can enjoy a great summer!

Go Dolphins!

Head Coaches	Jenn Barnes Nick Kaufman	301-385-1829 301-830-3710
Assistant Coaches	Ben Mindes Jerry Parshall	
Pre-Team Coaches	Heather Parmelee Kevin Spak	
Team Treasurer	Lisa Cirillo	301-770-5908
Swim Team Reps	Karen Burgett Marie Baker Ilisa Bernstein Carolyn Skinner	301-775-8405 301-518-5854 301-230-1802 301-230-9223