

# Creve Coeur Crocs Newsletter

Volume 1, Issue 2, June 5, 2010

## Green & White Meet a Success

Congratulations swimmers on a fantastic Green & White Meet! It was a great morning for swimming and everyone turned in stellar performances. Special recognition goes to our 10 and under swimmers who as a group managed to eat 8 dozen Krispy Kreme donuts leaving slim pickings for the teens. Thanks to the Apteds for providing coffee, donuts, bagels and muffins for the hungry swimmers and sleepy parents. Thank you also to all those parents who helped time and record times.

## Season Opener Against Old Farm

Monday night the CCRC Crocs will swim their season opener against Old Farm. Arrive at 4:45 for the 5:00 warm-ups and be ready to take to the water by 5:30.

Chairs. A few deck chairs will be provided for parents, but Old Farm strongly suggests you bring sports chairs of your own to insure seating.

Concessions. Old Farm runs a concession stand with hot dogs, hamburgers, and their specialty pulled pork sandwiches. Also available will be veggie trays, nachos and cheese, ice cream, soda, water and all the regular stand-bys.

Parking. Parking is available both in the lot and in an adjacent field. Follow the parking attendant's instructions.

Special Note. As tempting as it may be to want to cool down, they ask that children do not go in the baby pool as there is no lifeguard on duty for that pool.

Location. Old Farm Pool is located in Old Farm Subdivision at 1701 Bookbinder Dr, St Louis, MO 63146

Directions. Woods Mill Road (141) North. Turn Right on Olive Blvd. Turn Left onto Creve Coeur Mill Rd. (stoplight). Turn right at Old Farm Rd. Continue onto Bookbinder Dr.

Volunteer assignments on Page 2.

**MONDAY IS THE LAST DAY TO ORDER CCRC SWIM TEAM APPAREL!**

Order form attached. Please turn in order form to Carol or Mary Beth.

### Swim Team Dates to Remember

- June 7 @ Old Farm
- June 14 @ St. Ann
- June 21 v. Riverbend (Team Pictures)
- June 28 @ Seven Pines
- July 5 v. Bridgeton
- July 12 Swim-a-Thon
- July 17— Conference
- July 19—Swim Banquet
- 5:00 p.m. Dual Meet Warm-ups
- 5:30 p.m. Dual Meets

## Swim Team Practice Times

9:00-10:00 a.m.	M-F	6 & Under 11 & Over
10:00-11:00 a.m.	M-F	10 & Under
11:00-11:30 a.m.	M-F	Stroke Clinic
4:00-5:00 p.m.	W	All Ages (Optional)



Coach Ann gets her little relay swimmers ready to go.

**Volunteer Assignments—Monday against Old Farm**

Card Judge:	Keinstra
Scorekeeper:	Downey
Time Log:	Tatlow
Ribbon Writers:	Gregory, Wurm and Walsh
Bullpen:	O’Shea & DeBellis
Runners:	Wennemann & Borbonus
Timers:	Skaggs, Powers, McMahon, Ricken, Soffner & Schlesinger
Alternate Timer:	Ogonoski
Clean Up:	Lauber

**Please arrive by 5:00 for your volunteer duty.**

**CARD JUDGE:**

The Card Judge sits at the awards table and circles the official time on each card for each swimmer in each heat. The Card Judge then puts the cards in order from fastest to slowest, with DQ’s at the end, marking the place on the card and gives the Scorekeeper the heat 1 cards. The remaining cards are given to the corresponding Ribbon Writers.

**SCOREKEEPER:**

The Scorekeepers keep a running score for the meet. After the scores are recorded, the cards need to be divided by team and each team’s cards are handed to the Ribbon Writers.

**TIME LOG:**

The Time Log volunteer enters times for all CCRC swimmers on sheets provided by CCRC.

**RIBBON WRITERS:**

Ribbon Writers attach labels to the ribbons and file them in the swimmer’s files.

**BULLPEN:**

Bullpen Workers line up swimmers to get them ready for their race. They call the swimmers and put them in order in the Staging Area (chairs) for each event. CCRC lifeguards serve as Block Workers helping the CCRC swimmers get into the Staging Area chairs corresponding to their assigned swimming lane/heat and then to the blocks for each event.

**CARD RUNNER:**

After each event, the Card Runner picks up the cards from the timers in each lane and takes them to the Card Judge at the Awards Table.

**TIMERS:**

Timers use stopwatches to clock the times for swimmers in their assigned lanes and record the times on a time card. If a swimmer is disqualified, the Timer notes the disqualification on the card.

**ALTERNATE TIMER:**

The Alternate Timer serves as a back up Timer in the event a Timer fails to start his or her stopwatch on time.

**CLEAN UP:**

During the meet, these workers need to periodically police the bullpen and remind swimmers to clean up their mess if they leave early. After the meet is over, these workers need to supervise the swimmers in cleaning up the bullpen area.

## Swim Meet Basics

Swim meets are a great family experience. They're a place where the whole family can spend time together. Below are some guidelines geared to help you through your first couple of swim meets. If you have any questions, please ask.

### BEFORE THE MEET STARTS

1. Don't forget your suit, goggles, cap, two towels, blanket to sit on, sweatshirt or long-sleeved t-shirt, snacks (if the pool allows), water, something to occupy your time between swims (cards, coloring stuff, electronic games, books) and any other essentials.
2. Arrive at the pool at least 15 minutes before the scheduled warm-up time.
3. Upon arrival, find a place to put your blankets and swim bags in the CCRC Bullpen (the area where the CCRC Swimmers are sitting). At home, the CCRC Bullpen is the area around the diving board.
4. Find the posted heat and lane assignments.
5. Write or have someone write each event-number on your hand or arm in ink. This helps you remember which events you are swimming and which event number to listen for.
6. Report to the Coach for warm-up instructions.
7. After warm-ups, go back to the Bullpen and wait there until your first event is called. This is a good time to make sure you go to the bathroom or get a drink. Stay hydrated!

### DURING THE MEET

1. The Bullpen Workers will call the Event numbers. Report with your cap and goggles.
2. The Block Workers will usually line up all the swimmers and take them down to the pool in correct order.
3. Swim your best.
4. Go immediately to the Bullpen and relax, go to the bathroom, get a drink or get something to eat.
7. Now you wait until your next event is called and start the procedure again. When you have completed all of your events you are free to go home, unless the parent is serving as a Parent Worker. Ribbons for swimmers will be in the Family Files on Tuesday or Wednesday following the meet.

*-modified from USA Swimming*



*Luke Schlueter goes from CCRC swimmer to CCRC lifeguard! Congrats to Luke!*

### REMINDERS

#### Family Files

Ribbons, reminders and other items of interest will find their way into your family files. The family files are hanging files located in the Swim Team box and will be available each morning at swim practice.

#### Missing a Meet?

If you are going to miss a meet, please remember to tell Coach Ann as far in advance as possible.

### June Birthdays

Shannon Sims—June 1  
 Audrey Skaggs—June 1  
 Olivia Helmer—June 2  
 John Fox— June 7  
 Stephanie Munsch—June 16  
 Ariana O'Shea—June 27

#### League Rule

Parents are not allowed behind the blocks, in the staging area or at the finish line unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the Parent Representative. He or she in turn, will pursue the matter through the proper channels. Please don't try to talk to the Coach about your swimmer during the meet.

Some old memories...



Do you have pictures of your swimmer from a meet? We'd love to put them in our newsletter. Please send them to [cfiala@sbcglobal.net](mailto:cfiala@sbcglobal.net).

**Names and Numbers**  
CCRC  
314-434-0344

**SWIM TEAM PARENT REP:**  
Carol Fiala  
314-878-5183  
[cfiala@sbcglobal.net](mailto:cfiala@sbcglobal.net)

**ASST. SWIM TEAM PARENT REP:**  
Mary Beth McHargue  
314-434-0560

**DIVE TEAM PARENT REP:**  
Angie Sevastianos  
314-878-1932  
[thewritersblock@hotmail.com](mailto:thewritersblock@hotmail.com)

**SWIM TEAM COACH:**  
Ann Saladin  
[ann@ccrctennis.com](mailto:ann@ccrctennis.com)

**DIVE TEAM COACH:**  
Sean Bauer  
314-434-0344 ext. 45  
[hbsixty@yahoo.com](mailto:hbsixty@yahoo.com)

**CCRC SWIM & DIVE TEAM  
APPAREL ORDER FORM  
SUMMER 2010**

SWIMMER NAME	
PARENT NAME	
CCRC ACCOUNT #	

ITEM	DESCRIPTION	SIZES	PRICE
CCRC Green Hoodie Sweatshirt	Hanes comfort blend 50/50 hunter green sweat-shirt with CCRC Swim & Dive Team crossed racquets logo in white across the chest.	<u>Youth</u> M or L	<u>Youth</u> \$18.00
		<u>Adult</u> S, M, L or XL	<u>Adult</u> \$20.00
CCRC T-Shirt	Beefy T 100% Cotton white t-shirts with hunter green CCRC Swim & Dive Team crossed racquets logo on left pocket and CCRC circle emblem across the back.	<u>Youth</u> M or L	<u>Youth</u> \$11.00
		<u>Adult</u> S, M, L or XL	<u>Adult</u> \$14.00
Flip-Flops	CCRC flip-flops with hunter green ribbon and crocodile.	Child or Adult whole sizes	\$22.00

ITEM	ADULT/ YOUTH	SIZE	QUANTITY	PRICE
(ex.) Hoodie Sweatshirt	Adult	M	1	
TOTAL:				

T-shirts and hoodies will be billed to your CCRC account. For flip-flops please make a check payable to 3XSweet. You may turn in the check to either Ann or Carol or leave it in your swim folder.