



N o r t h e r n H i l l s
NADADORES

2008 Swim Team Handbook

A guide for swimmers and their parents

May 30, 2008

Dear Nadadore Parents,

Welcome to the Nadadores, a great swim team for both the swimmers and their families.

To help you and your swimmer make the most of your Nadadore career, please look over the information in this handbook.

You will find:

Contact Information
Team Rules and Guidelines
General Information
Parents', Swimmers', and Coaches' Code of Conduct

With everyone's help and cooperation, we will build a great team and a great experience for our swimmers.

Sincerely,

Nadadores Parents Committee

Rocky Shoffstall
Deb Dickson
Richard Moralez
Barry Dewlen
Teresa Spalding
Clem Spalding

CONTACT INFORMATION

Northern Hills Swimming Pool

655-0681

Nadadores Head Coach Julie Shoffstall 862-3396 sptschick22@aol.com

Nadadores Parents Committee

President	Rocky Shoffstall	656-7572	rockytrucksales@aol.com
Vice President/Meets	Richard Moralez	653-7302	richard@satx.rr.com
Concessions	CJ Black	415-6582	chickymama@swbell.net
Secretary	Deb Dickson	653-0999	pinkhydrangea65@aol.com
Treasurer	Clem Spalding	646-6732	clemspalding@gmail.com
Team Rep	Teresa Spalding	862-4575	tspalding@satx.rr.com
Consultant	Jeremy Rice	860-6453	rice_641@hotmail.com

Northern Hills Neighborhood Swim Club

President	Stephen D. Foster	656-7587	
Vice President	Roger Martinez	862-9005	
Secretary	Deb Dickson	653-0999	
Treasurer	Clem Spalding	646-6732	
Pool Manager	Julie Shoffstall	862-3396	sptschick22@aol.com

The Northern Hills Nadadores Swim Team operates as a program of the Northern Hills Neighborhood Swim Club.

The NH Swim Club has Summer Season memberships available.
Just ask the coaches or lifeguards for details.

MISSION STATEMENT

The Northern Hills Nadadores Swim Team, located at 13114 Scarsdale, San Antonio, Texas, is formed to encourage friendly team competition and provide young people with the opportunity to participate in team competition during the summer, in a safe, fair and encouraging environment, in order to develop athletic skills, sportsmanship, and teamwork, and to foster an appreciation of the relationship between effort and success. In addition, non-swimming events will be organized to promote team spirit.

NADADORES CODE OF CONDUCT

Swimmers are expected to:

1. Always display good character by being respectful and polite to others.
2. Be attentive and listen in practice.
3. Always swim to the best of his/her ability.
4. Display good sportsmanship in practice and at competitions.
5. Follow ALL pool rules – when in doubt, ask.
6. Be on time to practices and meets.
7. To stay in the team area during meets.

Coaches are expected to:

1. Serve as role models.
2. Provide an appropriate vision for the children.
3. Foster sportsmanship, fair play, building of the mind and body in a competitive atmosphere.
4. Provide a proper level of discipline at all practices and at all meets, with emphasis on team enthusiasm.
5. Provide technical direction to the swim team.
6. Plan all practices & communicate to parents the practice and meet times.
7. Maximize both participation and the competitive 'swim to win' philosophy.
8. Be understanding of, empathetic with and sensitive to the emotional and physical developmental needs of children.

Parents are expected to:

1. Support the coaches at practices as well as meets.
2. Provide support that is unconditional of their child's efforts, swimming results/times at competition.
3. Actively participate and volunteer at meets and within the Parents' Committee. See **Volunteer Jobs** to learn the different ways you can volunteer.
4. Provide general parental guidance to the children.
5. Provide transportation to and from meets
6. Pay all team dues and fees on time.
7. Set an example of sportsmanship, leadership and fair play for the children.
8. Equip your swimmers with suits, goggles, caps, and any other Nadadore team equipment that you feel is helpful to your child's development and performance as a member of the Nadadore Swim Team.

GENERAL INFO

The Nadadores are a member of the Alamo Area Summer Swim League. (AASSL) This league currently consists of 27 teams in 4 divisions with 6-7 teams in each division. The Nadadores are currently in Division III, Conference E.

GROUPS

Swimmers will be grouped by age (swimmer's age as of June 1, 2008) as follows:

- 1) 6 years old and under.
- 2) 8 years old and under.
- 3) 9-10 years old.
- 4) 11-12 years old
- 5) 13-15 years old.

PRACTICE

Practices are held daily, in the afternoons until the school year ends, and then in the mornings for the rest of the season. Please see the Nadadores Calendar for your child's age group schedule. We count on parents to make every effort to have their children at every practice session possible. This will greatly help the child's abilities and will also help the coaches better know each swimmers' strengths and where they need help. You only get out of it what you put into it!

While your child is practicing with the team, you are invited to watch from the sidelines. Find a shady spot, relax, and get to know the rest of the parents. The coaches will let you know if they need your assistance. If you have other children with you at practice, please keep them out of the pool and make sure they do not interfere with the practice. Every swimmer deserves the coaches' undivided attention.

NOTE: The baby pool is ONLY for children under age 6 and each child must be supervised by a parent at all times. This rule is to assure your own child's safety. Please help us make sure this important policy is followed by all Nadadore families and our visitors.

Practice sessions will address stroke work, endurance and speed. The coaches will strive to assist all swimmers in meeting their individual goals. Given the diversity of skill level, some swimmers may have a goal to learn to swim at least one new stroke legally, while others may strive to improving their speed and competitive performance. Swimmers should be realistic in setting performance expectations. A successful season may best be measured by improvement in one area of a swimmer's own performance. Remember, this is a short-term summer recreational league.

The most important thing is that swimmers have fun.

MEETS

There are 4 dual against other pool teams in June as well as the divisional and All-Star meets. See the Nadadore Calendar for details. Typically, meets last about 3 hours but can go longer.

Make sure that your swimmers arrive at the pool ready to go. Swimmers should check-in with the coaches upon arrival and stay in the team area at all times. Swimmers should know which events they are swimming. Swimmers should never leave a meet early without letting the coaches know. Also, let the coaches know as soon as possible if you will not be attending a particular meet so that they can plan the line-ups accordingly.

When we are hosting a meet at our pool, we are responsible for the smooth operation of the meet and the comfort and enjoyment of our guests. It is also our chance to earn money for the team by selling snacks and drinks. There is a great need for everyone's help during our home meets.

At the end of the season, swimmers will be able to participate in a larger, divisional meet. Swimmers who qualify at the divisional meet are eligible to participate in the All-Star meet to test their abilities against the best swimmers in the area.

VOLUNTEER JOBS

The Nadadores need your help!

Every parent is invited and encouraged to find a job or task here that suits their own schedule and interests. If everyone pitches in, nobody has to work too hard and the whole team wins! A parent from each Nadadore family should plan to help in some capacity at at least one swim meet during the season.

Swim Meet Positions

1. Stroke and Turn Judges: (Training - Must attend 1 Stroke and Turn Clinic) – Stroke and Turn Judges determine whether the swimmers perform their strokes and turns in accordance with the prescribed rules of AASSL.
2. Starter: (Special training required) –The Starter has complete control over the swimmers from the time the Referee signals the start of the race until after a fair start has been achieved. He/She calls the swimmers to their starting positions and to “take their mark” and indicates if any false starts have occurred.
3. Automation Coordinator: (Training Required) Team automation coordinator uses Meet Management Software to prepare meet entry sheets and record swimmer times and heat scoring. The automation coordinator also prints ribbon labels, event score sheets and final meet summaries. Active coordination with the Head Coach is required during the week preceding swim meet.

VOLUNTEER JOBS (continued)

4. Head Timer: While you do not have to be certified, it is recommended that you have been a timer several times, before signing up for this position. The Head Timer makes sure all timers are in place and ready for each heat, communicates with the Head Judge and acts as 3rd timer when a timer's watch malfunctions. Head Timer works the entire meet.

5. Timers: 3 timers per lane are required for all meets (1/2 from each team). A stopwatch is provided and you are trained before the meet begins. Our goal is to have enough volunteers to sign up for this position, so that our Timers will only have to work for one half of a swim meet.

6. Ready Bench: All swimmers report to the Ready Bench when called for their event. The Clerk(s) of Course organizes the swimmers according to lane assignments and makes sure they have their time cards to be given to timers. He/She arranges with the Announcer to call the events with adequate time intervals. The Clerk of Course also records "scratched" swimmers.

7. Assistant Ready Bench: The Assistant Clerk of Course will help assign children to lanes and monitor the children's whereabouts. (Experience herding wild animals helps with this job!)

8. Announcer: (Experience helpful) Announces all the events for the meet as well as all check-ins to the Clerk of Course. Works closely with the Starter to keep the meet running .

9. Runner: The runner collects the time sheets/cards from the timers and turns them in to the computer operators. A runner also passes out the time sheets/cards to the timers.

10. Ribbon Writers: 2 Ribbon Writers per team are needed for each meet. The job is to attach labels to the appropriate finish ribbon.

11. Concessions: Volunteers help layout and prepare food and snacks for the meet, collect money for purchases, sell programs, and help clean up the snack bar area at the end of the meet.

12. Scorers/Verifiers: Work with computer operator to input meet results, verify score and prepare result sheets.

ADDITIONAL INFORMATION and EVENTS

Communication – The primary method of communication used by the team is email. The secretary is responsible for maintaining the email group. If your email changes or if you have more than one email address you want information communicated to, please inform the secretary. If you don't have email, please let the secretary know the best way to contact you. Emails will be used to let you know of practice status in case of bad weather, any updates or changes to schedules, etc.

General information is also posted to our website, which is part of the NH Pool's website: **www.northernhillspool.org/nadadoresswimteam.html**. We will also post meet results on a companion page. A Summer League Website page is maintained on the Alamo Area Aquatic Association website at **www.aaaa-sa.org**.

Concession Stand – Concessions are sold at our home meets. We ask all families to make donations as requested to stock the concession stand we run during the season. The pool also allows us to open a concession stand at special pool events such as Opening Day and Fourth of July. The money raised is used to offset costs of trophies, awards, social event expenses, etc. Volunteer help is also needed to staff the concession stand during the home meets and special events.

Team Pictures – We schedule individual and team pictures sometime during the season with a reputable sports photographer. Once the date for pictures is arranged, team members will be notified. Pictures are usually scheduled on a practice morning.

Meet Attendance - It is very important to let coaches know well in advance when a swimmer will not be able to make a meet. We know things come up last minute such as illness, but coaches plan their lineups on who they think is available. Relay teams cannot swim with only 3 members and it's not always possible to find a replacement at the last minute.

Team Equipment – Team suits are recommended but not required. New team swimsuits are chosen every two years. Fins are helpful in practice to build endurance and leg strength. The swimmer, if desired, may also use goggles and caps.

Swimathon – Our major source of fundraising each season is our swimathon. Team members are asked to swim lengths of the pool and collect pledges or flat donations for number of lengths swam. Swimmers have a one-hour period to swim. Awards are given at the end of the year banquet for swimmers who swam the most lengths by age groups and swimmers who raised the most money.

ADDITIONAL INFORMATION and EVENTS (continued)

Divisional Meet – The divisional meet is held at the end of June or beginning of July at one of the natatoriums in town where our team will swim against several other teams in our division. The top finishing swimmer in each single age group of each event and the top finishing relay team in each relay event at the division meet will receive special recognition.

Social Events – The team organizes several optional social events during the season. These currently include, but are not limited to a pizza party to kick off the season, an ice cream social, a fun team trip and an end of year award banquet. Information regarding these events is distributed prior to the event.

Strokes and Meet Events – The four strokes used in swim meets are freestyle, backstroke, breaststroke and butterfly. Meet events are broken down by age group, gender and stroke. The recognized age groups for AASSL are 8 and under, 9 & 10 years, 11 & 12 years, and 13-15 years. Younger swimmers (10 and under) swim 25 meters (or 1 length of pool) and older swimmers (11 and up) swim 50 meters (or 2 lengths).

Individual meet events for all age groups are freestyle, breaststroke, butterfly and backstroke. Individual medley (IM) is an event where 1 swimmer swims a length of all 4 strokes. Relays are held in the freestyle and the medley. The medley relay is where 4 different swimmers each swim a length using their assigned stroke.



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Swimmer Signature

Coach Signature

Parent Signature



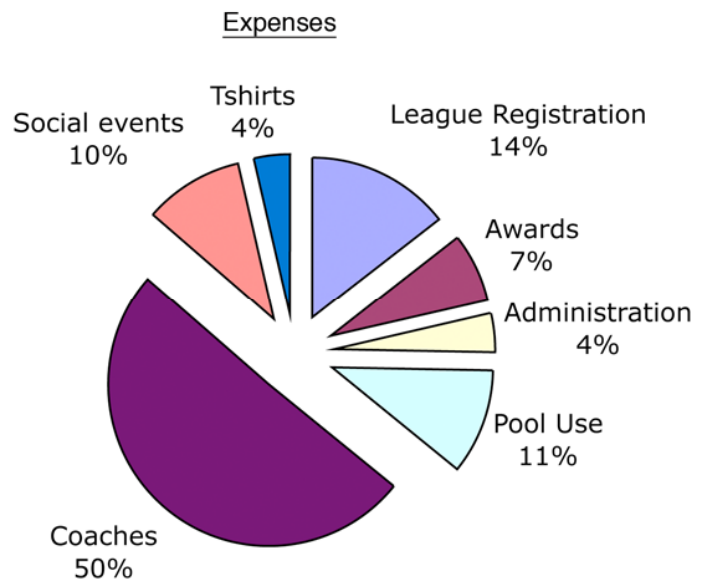
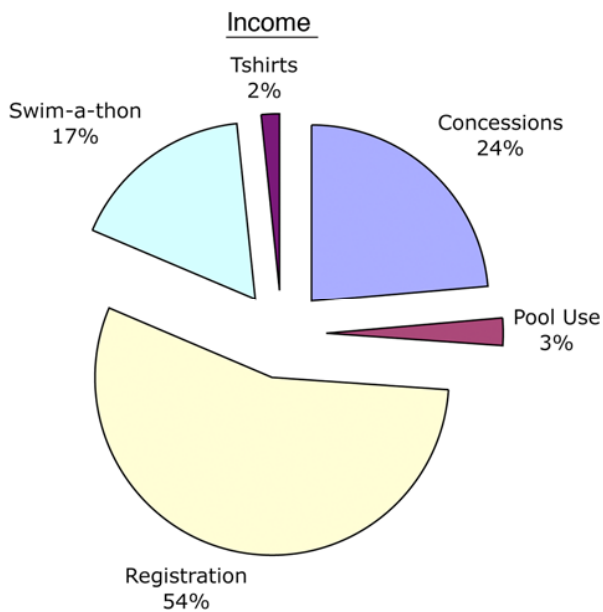
NADADORES FINANCES

As you can see in the charts below, our swim team budget relies on more than just the registration fees to cover our activities. If everyone dives in and does their share, we can keep the Nadadores afloat!

So we need every family to support the Nadadores by:

- 1) Making a contribution of supplies (or cash equivalent) needed to stock our concession sales.
- 2) Make sure your children enter the Swim-a-thon with lot's of support from family and friends.
- 3) Volunteer for a job during the swim meets. (See the Job List in the Team Handbook)

Where our money comes from and where our money goes:





TEAM SCHEDULE 2008

Day	Date	Time	What and Where
Saturday	May 3	10 AM - 1 PM	Team Sign Up at the NH Pool
Sunday	May 4	Noon - 2 PM	Team Sign Up at the NH Pool
Saturday	May 10	10 AM - 1 PM	Team Sign Up at the NH Pool
Tuesday	May 20	After School (Tue - Fri) 4:00 - 4:30 PM 4:30 - 5:15 PM 5:15 - 6:00 PM	Team Practice Begins @ NH Pool 6 and under 7-10 11 and older
Friday	May 30	4:30 - 6:00 PM 6 PM	Suits and Gear Sale @ NH Pool Pizza Party & Parents Meeting
Thursday	June 5	Mornings (Tue - Fri) 8:00 - 8:30 AM 8:30 - 9:30 AM 9:30 - 10:30 AM	Summer Practice Schedule begins 6 and under 7-10 11 and older
Saturday	June 7	8:30 AM Warm Ups 9 :00 AM First Race	Swim Meet @ Encino Forest
Saturday	June 14	7:30 AM Warm Ups 8:30 AM first Race	NH Pool Swim Meet vs. Sonterra
Monday	June 16	4 PM - 5 PM 5 PM - 6 PM 6 PM - 7 PM	SWIMATHON - 6 and under SWIMATHON - 7-10 SWIMATHON - 11 and older
Saturday	June 21	7:30 AM Warm Ups 8:30 AM First Race	NH Pool Swim Meet vs. Regency
Saturday	June 21	7:30 PM - 9:30 PM	Ice Cream Social @ NH Pool
Thursday	June 26	4:30 PM Warm Ups 5:30 PM First Race	Swim Meet @ Triton
T-W-Th	July 1-2-3	TBA	Divisionals
Monday	July 7	6 PM	Awards Banquet @ NH Pool

SWIM MEET OFFICIALS TRAINING (90 Minute class)

Tu & Thu	May 27, 29	7:00 PM	Officials Clinics @ Davis Natatorium
Saturday	May 31	10:00 AM	Officials Clinics @ Davis Natatorium
Sun,Tu,Th	June 1,3,5	7:00 PM	Officials Clinics @ Davis Natatorium
Tuesday	May 20	7:00 PM	Computer Ops Clinic@ Davis Natatorium
Saturday	May 24	10:00 AM	Computer Ops Clinic@ Davis Natatorium