

About the Sharks & MCSL

The Eldwick Sharks are our community pool swim team. The team is composed of children aged 3 to 18 who are members of the Eldwick Swim and Tennis Pool. Our team includes swimmers of all ability levels, including those just learning to swim.

The Eldwick Sharks participate in the Montgomery County Swim League (MCSL). <http://www.mcsl.org> The Montgomery County Swim League sponsors competitive swimming and other activities among the swimming pools and organizations in Montgomery County, Maryland. *The goals of the program include helping young people establish a love for the sport of swimming, advanced aquatic skills, teamwork, and the principles of good sportsmanship.*

There are three teams under the umbrella of the Sharks: the **Mini (Pre) Team**, the **Intermediate Team**, and the **“A” Team**.

The **Mini (Pre) Team** is comprised of our youngest swimmers, typically aged 3 to 6 who are learning the basics. The only requirement for the Mini Team is that your child is comfortable in the water. The Mini Team has a very low swimmer to coach ratio, and the coaches are in the water with the swimmers. The goal of the Mini Team is to help swimmers learn to love the sport and prepare them to move on to the Intermediate Team.

The **Intermediate Team** is for swimmers who are able to swim freestyle the full-length of the pool and who are learning or ready to learn the proper technique for the other competitive strokes (backstroke, breaststroke and butterfly).

The **“A” team** is for swimmers who are competent and legal in all four strokes and who are working to improve their technique and speed.

Team Web Site and Phone App(s)

We are using a **Swimtopia** to help coordinate managing the team. You can register, find details about the meets and other upcoming events, volunteer on this site and sign your swimmer up for events (including Spaghetti Dinner and new this year you can sign-up for your donations to the Shark Bytes Café). There is also a phone app. The site's URL is: <https://www.eldwickswimteam.org>

We are hoping to use Swimtopia's phone app and either WhatsApp or GroupMe to communicate with each other – Coaches, Swim Reps and parents/swimmers. Enhancing our communication for instance in case of bad weather cancelations, last minute volunteers needs, etc.

Practices

Practices begin just after Memorial Day and run through to the end of July when the Divisionals and All Star meets are held. During the final weeks of school, practices are held in the afternoon only. Once school ends, practices for the “A” team are held in the morning and in the afternoon. Those “A” Team swimmers who wish to, may attend two practices a day. Practices for Intermediate and Mini Teams are held in the afternoons only. The practice schedule is listed below.

Our coaches will help you decide which team is appropriate for your child. This is done through a

simple assessment process held at the start of the season.

Swim Team assessments will be held on Thursday, May 30th from 5pm to 6pm with a make-up day on Friday, May 31st

☐ A – Team practices begin Monday, June 3rd

☐ Intermediate and Mini Teams practices begin Monday, June 3rd

Practice Schedule During School- June 3rd until June 14th

Team	Age Group Practice time	
“A” team	10 & Under	5:30pm to 6:30pm
“A” team	11 & Over	6:30pm to 7:30pm
Intermediate Team	All	5:30pm to 6:15pm
Mini Team	All	5:00pm to 5:30pm

Practice Schedule after School is over- Starting June 17th

Team	Age Group Practice time	
“A” team	10 & Under	9:30am -10:30am
“A” team	11 & Over	9:00am -10:30am
“A” team	10 & Under	4:30pm to 5:30pm
“A” team	11 & Over	5:30pm to 7:00pm
Intermediate Team	All	4:30pm to 5:15pm
Mini Team	All	4:00pm to 4:30pm

Meets

The Sharks participate in two dual meets every week. A dual meet includes two swim teams competing head-to-head. One of these meets is an “A” meet, and the second is a “B” meet. The “A” meets are very competitive and swimmers need qualifying times to participate. We are allocated three swimmers for most events. The coaches will create a “heat sheet” every week that lists the events each swimmer will compete in. The coaches make their selections for each event based on times achieved in prior meets – including “B” meets – in order to maximize the probability of the team winning a given meet. Sometimes swimmers may swim different events than they expect based on the coaches analysis of the opposing team. For example, coaches may enter a swimmer in backstroke one week and breaststroke the following week in order to maximize points for the team. **The Sharks are a small team, and almost ALL A-Team swimmers participate in each of the meets, but there are occasionally exceptions. This is one reason Eldwick is such an AWESOME team- because everyone gets’ to swim in the meets!**

Learn about scratching at A Meets- at the beginning of every A meet, the coaches have a scratch meeting before the meet starts. Swimmers need to be at the meet for warm-ups (7:50 am for home meets and 8:15am for away meets). If swimmers are not at the meet **by 8:40am** they will need to be scratched from the meet and cannot swim. We can scratch a maximum of 3 swimmers for each meet. Ideally the coaches would substitute them with another swimmer, but this is not always something they can do if that swimmer is not at the meet. Therefore, it’s very important to be on time and if you cannot be at the meet to let the coaches know as soon as possible so they can find another swimmer to fill the lane!

The “B” meets are open to all swimmers and are a great way to gain experience in a meet environment and improve a swimmer’s times. They are also the time to try new events and for the less experienced swimmers to “get legal” with their strokes in an actual competitive meet setting. That can be easier said than done. *The “B” meets also include the ever-popular “Kickboard Race” featuring the Mini Sharks!* This is always a crowd favorite. “B” meets are also an atmosphere where the team can foster team building and comradery!

Another tradition at Eldwick is that the swimmers (and parents if they want) dress up in costumes for the A and B swim meets! This is a chance for the swimmers to use their creative energy and show their team spirit. The coaches will choose the themes at the beginning of the swim season. They will be posted on the website and in the weekly Shark Byes Newsletter.

The “A” meets are held on Saturday mornings and the “B” meets are held on Wednesday evenings. **Our meet and event schedule for 2019 is shown below:**

*We are still deciding on our Team/Swimmer Photo Day date as well as, Raft Night/Ice Cream Social and Summer Movie Nights dates.

*We are also hoping to inform via our calendar Swim Meet “themes” and team lunch locations for after our “Away” A Meets!

A revised calendar will be sent out to all families in May 2019.

2019 Eldwick Sharks Meet Schedule				
Week	Date	Home / Away	Event / Meet	Warm Ups / Start Time
	May 10	Home	Kick-Off meeting	6:00 PM
	May 30	Home	Swim Evaluations	5pm-6pm
	May 31	Home	Make-up Swim Evaluations	5pm-6pm
	June 3	Home	Practice begins for all teams	
	June 8	Home	Time Trials	8:30 AM
1	June 12	Home (B)	Old Farm	5:20PM
	June 15	Home (A)	Whetstone	7:50 AM
2	June 19th	Home (B)	Inverness	5:20pm
	June 22	Away (A)	Norbeck Hills	8:20 AM
3	June 26	Away (B)	Montgomery Square	4:50 PM
	June 29	Home (A)	Clarksburg	7:50 AM
4	July 3	Away (B)	Rockshire	5:20 PM
	July 4	Home	Autism Run and BBQ	TBD
	July 6	Away (A)	Quail Valley	TBD
5	July 10	Away (B)	Tallyho	4:50 PM
	July 13	Home (A)	Carderock Springs	8:20 AM
6	July 20	TBD	Divisionals	TBD
	July 21	TBD	Swim Banquet	TBD
7	July 27	Away	All Stars Relays	TBD
	July 28	Away	All Star Individuals	TBD

There are several “special meets” during the season where all teams in the division compete at once. These include **Divisionals** and the **Relay Carnival**.

Divisionals & Relay Carnival

There are two meets each season where the Sharks compete against all the teams in our division – Division K. One of these meets is the Relay Carnival and the other is Divisionals. The Relay Carnival is typically held in the middle of the season on a Sunday. This year the Relay Carnival will be hosted by **ELDWICK**- date and theme is still to be determined! For the Relay Carnival the coaches will create the

relay teams based on swimmer times from previous meets. There are many events in the Relay Carnival which are not included in normal meets, which makes this a particularly exciting event. There is always a fun theme chosen by the hosting pool- the sharks always have a fun time “dressing-up” for the event!

Divisionals are always held following the last dual meet. This is a long meet, one that begins early and runs late. For Divisionals, the top two swimmers – those with the fastest times in “A” meets – from each team participate in each event. Note that there is a limit on the number of events each swimmer can compete in at these meets. Every event in a normal dual meet is competed at Divisionals. There are two heats of every event, which is why this is such a long meet. These meets are quite competitive and a great deal of fun. The relays in particular tend to be highly competitive and very exciting.

All Stars

You will often hear announcements at the dual meets that various swimmers have achieved “All-Star” times. What is an All-Star time you ask? The simple answer is that an All-Star time is a very good time, one that is faster than a pre- determined threshold. The league sets the threshold for these All-Star times at the beginning of the season, based on last year’s times in each age group. Any swimmer with a faster time than this threshold is said to have achieved an All- Star time. These times are used to determine eligibility for participation in the last two events of the season. These are the league wide **All-Star individual** and **Relay Events** that feature fastest swimmers and / or relay teams in the county across all divisions.

Achieving an All-Star time is a very impressive accomplishment. Regrettably, achieving All-Star time is not sufficient to swim in the All-Star meets. Participation in the All-Star events is by invitation only because there are very few available slots. The invitation is based solely on times: to be selected you must have one of the 16 fastest individual or relay times in a given event. In some cases more than 50 swimmers will have an All-Star time, but only the 16 fastest times within that group are invited to All-Star meet. You may track All-Star times on the MCSL website: www.MCSL.org.

The Kickboard Race

All B-meets begin with the kickboard race. This event is reserved for the Mini Team and some of the younger Intermediate swimmers. The kickboard races give swimmers who are not yet confident enough to swim in a lap on their own the opportunity to use a kickboard and participate in a meet. They also have the option to pair up with an older teammate who will swim alongside them and thus increase their comfort in swimming the lap.

This is a great way for young swimmers to get the confidence to complete a lap in friendly “race” conditions and a transition to regular meets. It’s also a great bonding experience between the younger and older swimmers who helped. Please remember to sign up if your kid(s) are going to be participating in the kickboard race. The kickboard race is only held on Wednesday evenings at the B-meets and is the first event of the evening, so please be there on time – well before 6PM.

Swim Reps

Much of the work for swim reps occurs in the off-season. During the season, the most important function for the Swim Rep is acting as the liaison between the coaches and the parents. Across Montgomery County, the majority of the coaches are college students and young adults who have recently been swimmers themselves. This is true for Eldwick this year as it has been in prior years. The Montgomery County Swim League emphasizes that the coaches are to focus on coaching the swimmers, and leave the management of the team overall to the Swim Reps. Please be sure to address any concerns about the team and your child's participation – including placement meets – to the Swim Reps.

Please note that parents are welcome to attend practices, but they should not distract the coaches for any reason or interfere with the coaching of their swimmer during practice. As noted elsewhere, the coaches are able to provide private lessons and instruction (for a reasonable fee) to your swimmer(s) outside of normal team practices. Should you engage the coaches for private lessons, the same rules apply with respect to the team and meet participation. All such concerns shall be addressed with the Swim Reps.

The Montgomery County Swim League specifies that each team must have two Swim Reps. The swim Reps have year round responsibilities. They are responsible for representing each club to their division and the league as whole, hiring and managing coaches, and coordinating all of the activities necessary to run the team and manage meets. In practice, during the season, Swim Reps must necessarily delegate many responsibilities to the various volunteers who help run the meets. Meets run smoothly for the Sharks because of the long time participation and experience of parent volunteers.

The Swim Reps for the Sharks are:

***Candice Siegenthaler chillios@aol.com 412-999-1726**

***Jenny Turnure jjt58@georgetown.edu 202-560-9313**

Coaches

Our Head Coach this year is Brogan Plummer. This is Brogan's 4th year as the Head Coach of the Eldwick Sharks! She is a graduate of the University of Maryland (Go Terps!) and is a 4th grade teacher at Piney Branch Elementary School in Takoma Park. One of our Assistant Coaches is Nathaniel (Nate) Glod, who is new to Eldwick this year! He is currently a student at Rochester Institute of Technology. He has swum at every level of MCSL from club to college and has coached with Manor Woods Swim Club in Rockville for the past three years. Our other Assistant Coach is well known to the Sharks; he has been the Mini Coach and Junior Assistant Coach last year: Dolan Plummer is a Junior at Winston Churchill High School and swims for the WCHS swim team and Joe Flaherty Dolphins. Our new Junior Assistant Coach is Grace Jennings. Grace is a rising Freshman at Churchill High School. She has been on the Eldwick Sharks for as long as she can remember, helped coach the mini team and has been on a club swim team for the past 6 years. When she's not swimming, she likes to play field hockey on her club team, Freedom.

Our coaches are responsible for running the day-to-day practices and working with the swimmers to improve their technique and their times. The coaches will also establish (with help from the Swim Reps and our automation experts) the lineups for each “A” meet. This is normally a straightforward process, but occasionally they must make a judgment call. If you should have any concerns about your swimmer(s) participation in a meet, or with any other aspect of their participation on the team, **please direct your concerns directly to the Swim Reps**. This is both a Montgomery County Swim League and Eldwick Sharks policy.

Social Activities

The Sharks are not just about swimming! There are many social activities throughout the season!

The following events occur each week:

- ☐ Every Friday evening there is a team Spaghetti Dinner after practice. The dinner begins at 6 PM, and is “catered” each week by a different group of families. This is arranged by age group and will be posted at the beginning of the season.
- ☐ Every Friday during the Spaghetti Dinner the Shark Bytes Newsletter is distributed to the swimmers and parents. There is information about the up-in-coming meets, games and fun facts!
- ☐ While the kids are enjoying their dinner, parents will congregate nearby for a little “happy hour”. People bring hors d’oeuvres and beverages to share.
- ☐ Following every **home** “A” meet, we will have lunch at the pool as a team. This is typically sandwiches or pizza, and is normally organized by parents of the Shark Bytes Cafe. There is a nominal fee to cover the cost of the food and beverage.
- ☐ Following every **away** “A” meet, the team will congregate at a local restaurant for lunch which will be announced in the Shark Bytes Newsletter and again at the meet!

There are also a few special one-time events each season:

- ☐ **Raft Night and Ice Cream Social** - one night each season, the pool closes early, and the Sharks descend on the pool with a wide variety of inflatable rafts. This is the only time each season when in flotation devices are allowed in the Eldwick pool. It’s great fun for the kids, if a little nerve-racking for us parents.
- ☐ **Swim Team Banquet** - Every year on the Sunday evening following the divisional meet, the sharks hold their end of season banquet. We recognize the accomplishments of our swimmers with trophies and the always unique and entertaining “paper plate awards”. The banquet is held at a local restaurant and includes a DJ and lots of dancing with various prizes. The Banquet will be held on July 21st this year so mark your calendars! **We are currently looking for one or 2 volunteers to plan this AMAZING and cherished event!**
- ☐ **Memorial Day Picnic** – Every year the pool has a Memorial Day potluck picnic where pool members and swim team come together for fun in the sun. There is always delicious food,

games for the kids and s socializing for everyone.

- ☐ **Labor Day Picnic** - The last splash in the pool with games, food and infamous doggie swim – where you can bring your dogs to enjoy the pool on the last day of the summer!

Volunteering

As many of you are aware, Eldwick Sharks is a volunteer run organization. Every community swim team relies on parent volunteers, especially to make meets work. Outside of the coaches, everybody else helping run the meets and practices is a volunteer. We need **ALL** parents and guardians to volunteer for some of the meets. We need **ALL** parents to volunteer so that all parents get a chance to watch and cheer their kids swim. Besides, it is fun and you get to meet other parents and become part of the community. Please plan on volunteering. You will receive emails throughout the season from the Swim Reps asking for sign-ups for each meet. Sign-ups will occur on the Swimtopia website.

Some of the volunteer positions (that do not need training) needed for every meet are:

- ☐ **Timers**. 9 timers and a head timer. If you can't time for the whole meet there is an option to share volunteer responsibility with another where each of you only has to time for half the meet!
- ☐ **Runner**. Takes scores from the timers and gives to automation. Bring your running sneakers!
- ☐ **Clerk de Course**. Tells kids which heat/lane to go to. The clerk also needs helpers for the guiding the younger swimmers to their lanes; usually the older swimmers help between their events.
- ☐ **Concessions** (2 per meet). The Sharks Café is run on all home meets and sells food/drinks during the meets. A great way to raise money for the Sharks and keep our dues low; actually our café raises most of the money for the swim team each season! Volunteers are needed to staff the café for each meet as well as to make/donate food items (e.g. watermelon and salads are a favorite), etc. **Tracy Rezvani and Atoussa Raissyan** are coordinating Sharks Café activities and will send out announcements before the meets on what they need for the meet.
- ☐ **Grillers** (2 per meet). Volunteers are needed to man the grills for burgers, etc. A favorite of dads who want to perfect their grilling activities.
- ☐ **Ribbon Writers**. Did you know that all swimmers get a prize? Help prepare the prize ribbons for your kids; the most important job in their eyes.
- ☐ **Meet Announcers**. We have a great announcer in **Toby** but I am sure he would want an occasional break. Please contact the Swim Reps if you would like to help. This position does require some training and a good humor!
- ☐ **Social Events** – Spaghetti Dinners, Raft Night, Awards Banquet, and Trip to an adventure park, etc.

There are several other critical positions, which do require MCSL training. We highly encourage parents to help with these positions, as we are required to provide three officials at each meet. We must always provide Stroke in Turn Judges, and either a Starter or Referee. **If you are interested-attached are the details for trainings this year.**

- ☐ **Stroke and Turn Judges** (2 per meet)
- ☐ **Starter** (1 per Away meet)
- ☐ **Meet Referee** (1 per Home meet)

Code of Conduct

As a Montgomery County Swim League (MCSL) team, the Eldwick Sharks follow MCSL policies. The league has instituted [Codes of Conduct](#) for parents & guardians, swimmers and coaches. The codes of conduct may be found on the [MCSL](#) web site.

*We are prideful of our Sharks showing good sportsmanship not only at our own pool but where ever we are invited for the A and B meets. We also expect these standards for out visiting teams.

The Parent and Swimmer's code of conduct are included for your convenience:

MCSL Parent/Guardian's Code of Conduct

Parents and guardians will understand that MCSL and its activities are for the benefit of children. The goals of the league include helping young people establish a love for the sport of swimming, while developing advanced aquatic skills, teamwork, and the principles of good sportsmanship. To accomplish these goals, parents/guardians must conduct themselves in a manner consistent with creating a positive experience for children and their families.

As a Parent or Guardian of a child registered with an MCSL member team, you are responsible for the conduct of your guests and other family members. MCSL teams will not tolerate a parent or guardian yelling at or belittling a child, an official, coach or other parent or guardian in any way.

As an adult and role model, children are influenced by my words and actions. I agree to the following:

- 1.) I will remember that all children participate to have fun & that competition is for youth, not adults.
- 2.) I will be a positive role model for children and will encourage them to reach the highest levels of sportsmanship and to follow the rules.
- 3.) I will be respectful and courteous of others, and will support and encourage swimmers, officials, team representatives, and coaches through my positive actions and attitude.
- 4.) I will recognize that meet officials are volunteers and will treat them with the same respect that

I would expect if I were in that position.

- 5.) I will not engage in any kind of unsportsmanlike behavior with an official, coach, swimmer, or parent/guardian such as arguing, booing, taunting, or using profane language or gestures.
- 6.) I will teach my child to treat other swimmers, coaches, team representatives, and officials with respect regardless of age, race, creed, color, gender, or ability.
- 7.) I will not be aggressive or hostile towards another individual and will teach my child to resolve conflicts without resorting to violence or argument.
- 8.) I will not ridicule or yell at my child or any other participant for making a mistake and will not hold a specific child responsible for losing a competition.
- 9.) I will respect and support the team representatives', officials' and coaches' authority during meets and will never argue with, question, discuss, or confront officials or coaches.
- 10.) I will support a swimming environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all team events.
- 11.) I promise to help my child enjoy the summer swimming experience by doing whatever I can, such as being a respectable fan, volunteering at meets, and helping with other team activities.
- 12.) I will do my best to make swimming fun for all children.

MCSL Swimmer's Code of Conduct

- 1.) I will do my best to listen and learn from my coaches.
- 2.) I will attend every practice and meet that I can and will notify my coach if I cannot.
- 3.) I will treat my coaches, other swimmers, officials and fans with respect regardless of age, race, creed, color, gender or abilities and I will expect to be treated accordingly.
- 4.) I will not engage in any kind of unsportsmanlike behavior with any official, coach, swimmer or other parent/guardian such as arguing, booing and taunting; refusing to shake hands; or using profane language or gestures.
- 5.) I will encourage my own parents or guardians to engage in good sportsmanship.
- 6.) I will expect to be treated fairly over the course of a season with regard to meet entries and recognize that certain meets are more competitive than others.
- 7.) I deserve to have fun during my swimming experience and will alert parents/guardians or

coaches if there are problems or it stops being fun.

8.) I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all swim meets.

9.) I will remember that meets are an opportunity to learn and have fun.