

2008 Parkshore Piranhas Swim Team

Meet Schedule



Tuesday, June 10	Brickyard at Parkshore
Thursday, June 12	Shadowmoss at Parkshore
Tuesday, June 17	Parkshore at Dunes West
Thursday, June 19	Snee Farm at Parkshore
Tuesday, June 24	bye – no meet scheduled
Thursday, June 26	Parkshore at Northbridge
Tuesday, July 1	Parkshore at Hobcaw
Thursday, July 3	rain date – no meet scheduled
Tuesday, July 8	Coosaw Creek at Parkshore
Thursday, July 10	Parkshore at Daniel Island



In addition, we have an intrasquad practice meet on Saturday morning, June 7, to prepare for our first meet. New swimmers and parent volunteers will particularly benefit from this meet.

Due to an 8-meet schedule and having only one scheduled rain date, cancelled meets will almost certainly be made up on days other than Tuesday or Thursday. Please be prepared for this.

All regular season meets have warm-ups at 6:00; the meet begins at 7:00 and will last until the 9:15-9:45 range. Swimmers are asked to be at the pool by 5:45, especially at away meets when we may warm up first. Maps to away meets can be found on the meet schedule page of the team web site, www.swimpks.com

The City Championship Meet will be **July 20-22**, and will be held at the Jewish Community Center.

The City Meet schedule is as follows:

July 20: Individual events for 8 & under girls/boys, 9-10 girls/boys, and 11-12 girls.

July 21: Individual events for 11-12 boys, 13-14 girls/boys, and 15-18 girls/boys.

July 22: Relays for all age groups and award presentations.

Last season, Parkshore finished in second place in the City Meet for the fifth straight season! One reason that have placed so high for so long is that we have been nearly at full strength for the City Championship meet every year. We have a great chance to do just as well this year. Please try to keep these dates clear if at all possible.

Assistant Coaches: Michael Mulé is a former College of Charleston swimmer from New Orleans who is returning for his second season here. Edward Ball, in his third year as an assistant coach, is a long-time Parkshore swimmer who is a rising sophomore at Clemson. We welcome Jessica Simons and Abby Zisk to the coaching staff. Jessica is a 2008 graduate from the University of Florida who is originally from Mount Pleasant. Abby will be in her fourth year as a Piranha swimmer and will graduate this spring from Porter-Gaud.

Practice Schedule

Practice groups are based roughly on age, but are not based strictly on age. Some swimmers may be asked to practice with a different age group. This is only done in the best interests of the swimmer and is often temporary.

Afternoon Practices

6 & unders and **new** 7-year-olds: Mon. through Fri. 4:30-5:00
(New 7-year-olds may be moved to the next group as their skill level dictates.)

Returning 7-year-olds and all 8-10's: Mon. through Fri. 5:00-6:00

11-12's and older: Mon. through Fri. 6:00-7:00

We will have the use of all six lanes for Wednesday afternoon practices. There is no afternoon practice for any group on the day of a swim meet.

Morning Practices

(beginning Monday, June 2)

Mondays through Fridays **except** meet days: 7:30-8:45
(open to swimmers age 7 and older)

Meet days: ages 10 and younger: 7:30-8:15
ages 11 and older 8:00-8:45

There will be no morning practice on Wednesdays if there are two meets that week.

Saturday Morning Practices

Swimmers ages 7-10 (except 4:30 group): 9:00-10:00

Swimmers ages 11 and up: 10:00-11:00

Saturday practices will begin on May 10 and will continue every Saturday through the end of the swim season.

* On Saturday, May 24, we will have time trials at 9:00 open to the entire team. This will take the place of regular Saturday practice. We will time swimmers in any strokes that they can swim.

* On Saturday, June 7, we will have an intra-squad practice meet run like a regular meet to familiarize swimmers, especially new ones, with the way a meet works.

Other information about practices:

The listed starting times for practices are intended to be the times when swimmers start swimming, not when they arrive at the pool. If a swimmer arrives at the pool at 7:30 AM, he/she might not start swimming until 7:35, wasting 5 minutes of practice time. Lateness has been a regular problem at morning practice.

When morning practices start and we offer two practices per day, swimmers are not required to come to both practices, but are welcome to attend both. **Many** swimmers in the past have really benefited by coming to both morning and afternoon practice.

If a swimmer can not make it to his or her regular practice but can make it to an earlier or later practice that day, he or she is encouraged to do so rather than missing practice. We are willing to accommodate occasional conflicts, but it is best for a swimmer to practice with his/her own group as much as possible. Swimmers, please avoid abusing this policy (especially older swimmers). The 7-10 year old practice group has occasionally been very crowded in the afternoons, often due to 8 or 10 older swimmers practicing with the younger group.

All swimmers are asked to have goggles for practice. This makes swimming **much** easier. The team has several extra pairs to lend out on a practice-by-practice basis, but it works much better when a swimmer has the same pair of goggles on a daily basis.

All swimmers (except the 4:30 group) should try to attend practices on the mornings of meet days. The line-up for the meet is read during these practices, and the practices are also really good warm-ups for the meet.

In case of bad weather, please don't assume that practice is cancelled. We will make every effort to swim (but will not disregard the kids' safety). If the 5:00 practice is cancelled due to weather, those swimmers are welcome at the 6:00 practice if the weather clears.

Meet Information

Meet events: (one length=25 meters, relays are four swimmers)

6 and unders: 25 meters freestyle

7-8: 25 m freestyle, 25 m butterfly, 25 m backstroke, 25 m breaststroke, 100 m freestyle relay, 100 m mixed medley relay (2 boys, 2 girls - one swimmer each stroke).

9-10, 11-12, 13-14, 15-18: 50 m freestyle, 50 m butterfly, 50 m backstroke, 50 m breaststroke, 100 m individual relay (one length each stroke), 200 m freestyle relay, 200 m mixed medley relay.

A swimmer's age group for the entire season is based on the age on June 1.

Individual events: In all age groups from 7-8 and up, two swimmers may swim for team points in each event. Only these swimmers may receive place ribbons (1st-4th place). In addition, other swimmers may swim as exhibition and earn exhibition ribbons, but are not eligible for team points. In some age groups, we have too many swimmers for all swimmers to swim for points in every meet, but every swimmer will be able to swim in every meet at least for exhibition. The coaches will do their best to ensure that every swimmer will swim in at least two meets for points if possible.

Swimmers are allowed by league rules to swim in two individual strokes, plus the individual medley and two relays. In some of our less-crowded age groups, some swimmers may be entered in the maximum.

All 6 and unders will swim the freestyle event in each meet. 6 and under events do not count for points, and all receive ribbons. 6 and under swimmers may occasionally be used in 8 and under events, sometimes for points. This will only be done when it is in the best interests of the team and the swimmer.

Relays: One relay in each age group can swim for points, and one can swim exhibition.
Team members from both the first and second place relays receive ribbons.

Meet scoring

<u>Individual events:</u>	1st place - 5 points	2nd place - 3 pts
	3rd place - 1 point	4th place - 0 pts

<u>Relays:</u>	1st place - 7 points	2nd place - 0 pts
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Other Meet Information

Please let us know as soon as possible about any meets that your swimmers may be missing. In the past, there have been several occasions where swimmers did not attend a meet and did not inform the coaches of this. This led to last-minute scrambling to fill spots and much stress.

The official meet heat sheet must be turned in to the scorer's table 15 minutes before the meet starts. After this, changes are only allowed in relays. If a swimmer does not show up for an individual race (when swimming for points), he or she can not be replaced. Again, PLEASE let the coaches know before meet time if a swimmer is sick and can not swim.

In crowded age groups, the coaches will take attitude and practice attendance into account when deciding on the meet line-up.

We have a special area at meets for our swimmers aged 8 and under. Parents, please make sure that your young swimmers stay in this area if they still have events left to swim.

We will hand out time and goal sheets, which include a swimmer's best times and goals to work on for the rest of the season, around June 12 (after the second meet), and around June 26 (after the fifth meet.)

Disqualifications: Occasionally, even the best swimmer is disqualified in a race. This just happens. If your swimmer is disqualified, it's not the end of the world. The coaches will work with the swimmer to avoid the problem in the future.

The City Meet: At the City Meet, all 23 teams come together for three days of excitement. Being selected to the City Meet is an honor, and is based on times taken during meets throughout the season. Two swimmers may be entered in each event, with no exhibition swimmers. Please try to be in town for the City Meet - it is by far the most important meet of the season. If you are unsure if your swimmer is in the running to be in the City Meet, please ask a coach.

Other Information

Parkshore has earned a reputation for being a team that has fun while showing good sportsmanship. Let's be sure that this continues this year!

Please feel free to bring up any suggestions or problems to the coaches, but please make it before or after, not during, practice. Besides coaching, we are also responsible for the swimmers' safety at this time.

Any changes to the practice or meet schedule will be printed in a handout if possible, and will also be posted on or near the pool bulletin board. Handouts will either be passed out after practice or placed in each family's folders in the box in the lifeguard room. Please periodically check your folder. Please check the team web site (www.swimpks.com) frequently to get team news and meet results.

Any other questions? Call Erik Kreutner (571-5469), or e-mail pkcoach@comcast.net

Let's have another fun, exciting, and successful season!



The Coaching Philosophy of the Parkshore Piranhas Staff:

We intend to provide instruction, motivation, challenges and fun in a sport that can be enjoyed for a lifetime. We try to teach not only swimming skills, but also skills such as teamwork, self-discipline and goal setting. We strive to maintain a balance between participation and team success. We realize that winning is not the most important thing; however, personal and team success can be incredible motivators. We try to help swimmers set individual goals, and to set new ones when those goals are reached. We encourage each swimmer to view every practice or meet as a chance to become a better swimmer than the day before.