

# **FOREST RIDGE FIGHTING FISH 2008**

## **Registration and Information Packet**

***Welcome to the Forest Ridge Fighting Fish Swim Team!*** The Forest Ridge Fighting Fish Swim Team is a summer swimming program affiliated with the Miami Valley Swimming Association (MVSA [www.mvsaohio.org](http://www.mvsaohio.org)). We have belonged to this Association since 1994 and we are arguably one of the best in terms of having fun and for our hospitality at home meets. Our Swim Team is an excellent advertisement for the Forest Ridge community, and we want to build further on our excellent reputation.

The team is open to children ages 5 through 18 (as of June 1, 2008) who are able to swim (any stroke) one length of the pool. Unfortunately, we cannot teach those children who are not able to stay afloat without assistance.

The following swim teams belong to the MVSA: Clinton County-Wilmington, Greene Valley-Beavercreek, Oakwood, Waynesville Blue Dolphins, Wayne-Huber Heights, and Yellow Springs. Between the middle of June and the end of July we swim against each of the other teams. These meets prepare us for the finale of the season, the Championship meet that is held on July 26, 2008. The team's overall standings for the season are determined by how well a team does at finals only. While the evening meets against the other teams during the season are competitive, these meets do not constitute a league and are for the purpose of helping swimmers gain competitive swimming experience and improve their times in preparation of the MVSA championships.

**Please read through this package and then complete pages 7-10. If you have any questions, please contact one of the swim team committee members.**

### **Swim Meet Schedule for 2008**

*June 17 at Greene Valley*

June 19 vs. Oakwood

*June 24 at Yellow Springs*

June 26 vs. Wayne

*July 1 at Waynesville*

July 3 vs. Clinton County

July 8 vs. Greene Valley

July 15 vs. Waynesville

*July 26 at Wittenberg U. MVSA Championships*

## Swim Team Committee Members & Coaches

Position	Name	Phone Numbers		E-mail
		Home	Other	
Co-chairperson	Ellie Monger	236-7326		<a href="mailto:mongere@earthlink.net">mongere@earthlink.net</a>
Treasurer	Cathy Keller	237-9584		<a href="mailto:kellerclub@sbcglobal.net">kellerclub@sbcglobal.net</a>
Secretary	Karla Herman	235-0825		<a href="mailto:kjherman@sbcglobal.net">kjherman@sbcglobal.net</a>
Concessions	Angie Knick	237-0567		<a href="mailto:knickmom@gmail.com">knickmom@gmail.com</a>
Concessions				
Equipment	<b><i>Volunteer needed!</i></b>			
Awards/Ribbons	Karen Burns	233-4319		<a href="mailto:burnspk@sbcglobal.net">burnspk@sbcglobal.net</a>
Duty Roster	Marty Pendergrass	236-5240		<a href="mailto:pendermart@earthlink.net">pendermart@earthlink.net</a>
Records	Cathy Keller	237-9584		<a href="mailto:kellerclub@sbcglobal.net">kellerclub@sbcglobal.net</a>
Co-chairperson/referee	Karen Graham	233-1814		<a href="mailto:Kfg62@hotmail.com">Kfg62@hotmail.com</a>
Head Coach	Camille Reano	235-5323		<a href="mailto:llreno@sbcglobal.net">llreno@sbcglobal.net</a>
Asst. Coach	Grace Graham	233-1814		
Asst. Coach	Jeremy Keller	237-9584		

### Forest Ridge Association Swim Team Philosophy

1. We have clear policies and rules so that everyone will be treated evenly and fairly.
2. We distribute the swimming opportunities as evenly as possible among all participants.
3. We encourage the swimmers to concentrate on doing their best and to enjoy the competition – win or lose.
4. We encourage the swimmers to cheer for their teammates and to congratulate them on their performance.
5. We hire good coaches, give them clear instruction as to what we expect, and closely monitor their performance.

The success of the Swim Team is not just the result of effort by the swimmers. *Behind every swimmer there needs to be an adult who supports the team in the areas of transportation, officiating, scoring, supervision and fund raising.* Those who get involved find that it's a lot of fun.

### Financial Support of the Swim Team

#### Swim Team Fees:

FRA members: 1 swimmer - \$40, 2 swimmers - \$75, 3 or more swimmers - \$100

Non- FRA members (Villages of Forest Ridge, Quail Hollow and Wynwood residents): 1 swimmer - \$50, 2 swimmers - \$90, 3 or more swimmers - \$120

Our major fundraiser is the concession stand. We operate a concession stand during our home meets and a 50-50 raffle. Each family is responsible for providing ***one case of Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, Mountain Dew or water per swimmer*** at the beginning of the season to stock the concession stand. Please ***bring your pop/water*** donation to the **Monger's house at 3623 Corkwood Dr.** before the first home meet. The monies raised are used to pay such expenses as MVSA dues, trophies, awards, printing costs, supplies, coaches' salaries, etc.

## **Practice Schedule and Expectations**

1. Practices will start on Monday, June 9 and run daily (Monday thru Friday) through Friday, July 25. Swimmers age 5 to 10 will practice from 9 AM to 10 AM followed by the 11-18 age swimmers from 10 AM to 11 AM.
2. If you are dropping off your child for practice, please do not drop them off early as there is no supervision before practice starts.
3. Daily attendance is expected but we understand that children have other commitments, doctor's appointments, family vacations etc. Please let the coaches know if your child cannot attend practice on a particular day or for a prolonged absence such as a vacation.
4. Swimmers will be shown how to improve and expand their current swimming abilities. Stroke instruction will be part of swim practice as well as swimming laps. Special work will be done on strokes, starts and turns at the beginning of the season.
5. In the event of practice being canceled (for weather or other reason) a sign will be posted at the pool gate.
6. Swimming opportunities at the meets will be distributed as evenly as possible among all participants, but those who attend practice regularly and reliably will get any additional opportunities that arise.
7. Swimmers are expected to behave in a courteous manner both at practice and at meets. The coaches and/or swim team committee reserve the right to suspend or dismiss, without refund, any swimmer who demonstrates excessive disruptive behavior or foul language or usurps the coach's position.

## **Swimmers Expectations**

1. Expect to improve your swimming ability.
2. Expect to have fun.
3. Commit yourself to the team and the practices.
4. Listen to the coaches and do your best.
5. Expect to make new friends.
6. Behave appropriately.

## **Meet Guidelines**

1. The meet schedule for the season is on page 4. Meets start at 6pm; swimmers should report to the pool by 5pm for home meets and 5:30 p.m. for away meets for warm ups and to find out what events they are scheduled for.
2. It is the swimmer's responsibility to be ready when his/her event is called. Parents and Guardians: please make sure your swimmer reports on time! Remember if a swimmer does not report for a relay, *three* other swimmers will miss this event.
3. To help swimmers be at the right place at the right time for an event, we operate a "Clerk of Course" system. This system collects the swimmers for the next few events and funnels them through to the starting blocks in the correct order. When a swimmer's event number is first called by the starter, the swimmer should report to the Clerk of Course (located in the baby pool area).
4. Swimmers participating in a meet should not swim on the day of the meet, except for their scheduled practice – don't overexert yourself.
5. Swimmers will be asked to swim exhibition heats from time to time. The purpose of this is to involve as many team members as possible in a meet and to give everyone experience.
6. Parents are asked not to hold discussions with the coaches during the meet, as they are busy timing the swimmers and watching their technique.
7. A swimmer's events will not be changed because of the personal desire of the parent or the child.
8. Meets are competitive but every swimmer, irrespective of ability, is encouraged and recognized for their ability and participation. Positive applause and cheering is encouraged.
9. A common meeting area for all swimmers is provided at away meets to keep the team together. Please see the coach upon arrival at the away meets for location of the team area.
10. Each swimmer must swim in at least one (1) event in two (2) meets during the swim season to qualify for the championship meet at the end of the season.

## **Swim Team Suits**

Every two years the swim team committee will choose the swim team suit. Wearing of team swim suits is encouraged but is not required to participate on the Forest Ridge Fighting Fish Swim Team.

## **Concession Stand**

Swimmer's families will be asked to provide items for the concession stand at our home meets along with pop/water. Suggestions include popcorn, fruit, pretzels, vegetables, candy and/or baked goods.

## **After Meet Parties**

After meet parties typically consist of a quick trip to a local fast food restaurant to discuss the events of the evening. Attendance is not mandatory but its fun and encourages team spirit.

## **Award Picnic – Sunday, July 27, 4:30 p.m. at the pool**

At the end of the season, an awards picnic (potluck supper at the pool) will be held to honor our swimmers and to thank all those who supported the team. If a swimmer cannot be present, he or she should contact the coach and make arrangements to pick up any awards or recognitions.

## **Coaching Staff for the 2008 Season**

Camille Reano - Head Coach: 234-5323  
Grace Graham – 1<sup>st</sup> Assistant Coach: 233 – 1814  
Jeremy Keller – 2<sup>nd</sup> Assistant Coach: 237-9584

## **Action List for Parents/Guardians**

1. Sign up to volunteer at swim meets; we need timers, stroke and turn judges, runners, record keepers, concession stand helpers and fruit, vegetable and baked good donations.
2. Provide one case of soda pop per swimmer for the concession stand.
3. Please fill out and hand in to the FRFF secretary, Karla Herman, or the head coach, Camille Reano, the required registration forms, pages 7-10 of this packet. These forms should be completed and submitted no later than the first swim team practice on June 9.
  - a. Fill out the Swim Meet availability sheet.
  - b. Sign the code of conduct form.
  - c. Fill out and hand in the attached emergency medical treatment form.
  - d. Fill in the registration form for your children with the appropriate payment.
3. For your convenience, directions to all of the away meets have been provided on page 5.

# 2008 SWIM MEET DIRECTIONS

## Yellow Springs Sea Dogs [approx 40 min]

**Location** Gaunt Park Pool  
Yellow Springs, Ohio

**Phone** (937) 767-9064

**Directions**

1. I-70 East to I-675 South.
2. Take the Route 235 exit; turn left onto 235.
3. Turn left onto Dayton-Yellow Springs Rd and go approximately 5 miles into the village of Yellow Springs.
4. First stop light in Yellow Springs is E. Enon Rd. - turn right.
5. Go approximately 1 block to stop sign; this should be W.S. College St.
6. Turn left; approximately 1/4 mile on right is Gaunt Park.
7. Turn right into parking lot.

## Greene Valley Gators – Beavercreek [15 mins.]

**Location** 2673 La Cresta Dr.  
Beavercreek, Ohio 45431

**Phone** (937) 426-3273

**Directions**

1. Colonel Glenn Highway to Fairfield Rd.
2. Fairfield Rd. to left on New Germany-Trebein Rd.
3. Right on N. Emerald Dr. (this is the road before the golf course)
4. Left on LaCresta

## Oakwood (20 mins)

**Location** Oakwood Community Center  
105 Patterson Rd  
Dayton, Ohio 45419-3445

**Phone** (937) 298-0775

**Directions**

1. Far Hills Ave. to Patterson Rd.
2. Left on Patterson Rd to Shafor Blvd.,
3. Left on Shafor Blvd; park along Shafor and surrounding side streets
4. Pool is alongside Community Center between Shafor and Schantz and adjacent to Shafor Park. **Note: The pool is in a residential area. Parking laws will be strictly enforced.**

## Wittenberg College (Springfield) - Championships

The pool is in the HPERC (Health Physical Education and Recreation Center) Building and there is a sign in front of it. If you go past the football field, you've gone too far. Parking is available across the street.

Take I-70 E to Enon Exit onto Rt 4 North. Stay on Rt 4 about 8 miles. Turn LEFT onto Plum St. Go about 1.5 miles. Wittenberg will be on the Right and a cemetery on Left. Turn RIGHT onto Bill Edwards Dr and follow around until you see the HPERC on the Left.

**Fighting Fish Swim Team Dates to Remember**  
*(Volume 1 – some dates/times may change)*

May 17, Sat.	Sign Up Day at the Pool, 10 - noon
May 24, Sat.	Pool opens
June 9, Mon.	Daily practice starts: 9 a.m. – 5-10 years old; 10 a.m. – 11-18 years old
June 14, Sat.	MVSA Stroke and Turn Judge/Starters/Referee Clinic at Greene Valley Pool, Beaver creek 10 a.m. – Stroke and Turn 11:30 – 12 – Starters 12-12:30 – referees
June 17, Tue	Swim Meet Away at Greene Valley – warm-ups start at 5:30
June 19, Thur	Swim meet Home – Oakwood – warm-ups start at 5:00, drop off concession stand items at 5:00
June 24, Tue	Meet Away– at Yellow Springs
June 26, Thur	Home meet vs. Wayne Pool party after the meet – bring snack to share
June 28, Sat.	CAR WASH! – Big O Tires 9 a.m. – 3 p.m.
July 1, Tue	Meet Away at Waynesville Blue Dolphins
July 3, Thur	Meet Home vs. Clinton County
July 4, Fri	Fourth of July Pool party – Swim team concession stand open/cake walk
July 7, Mon	Championship t-shirt orders taken
July 8, Tue	Meet Home vs. Greene Valley
July 12, Sat.	CAR WASH! – Big O Tires on Harshman 9 a.m. – 3 p.m.
July 14, Mon	Championship Sign-up deadline
July 15, Tue	Meet Home vs. Waynesville Blue Dolphins Pizza party at Pizza Hut on Harshman after meet – pizza buffet
July 18, Fri.	Tie Dye t-shirt making after practice – bring a white shirt to tie-dye
July 23, Tue.	Inner-squad swim meet during practice Breakfast afterwards – bring a breakfast item to share
July 26, Sat.	CHAMPIONSHIPS! Ages 5-10 in a.m. from about 7 a.m. – 11:30 Ages 11-18 in afternoon from about 12:00 – 5:00
July 27, Sun.	End of season awards picnic at the pool – 4:30 p.m.
August	15? End of summer pool party – concession stand will be open

**Coach's planning sheet - Swim Meet Availability for 2008**

Dear Coaches,

Name of Child \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

I am planning to attend the following swimming meets. Fill one out for each child on the team.  
(Please say yes or no)

*June 17 at Greene Valley* \_\_\_\_\_

June 19 vs. Oakwood \_\_\_\_\_

*June 24 at Yellow Springs* \_\_\_\_\_

June 26 vs. Wayne \_\_\_\_\_

*July 1 at Waynesville* \_\_\_\_\_

July 3 vs. Clinton County \_\_\_\_\_

July 8 vs. Greene Valley \_\_\_\_\_

July 15 vs. Waynesville \_\_\_\_\_

*July 26 at Wittenberg – Championships* \_\_\_\_\_

## Conduct Clause

As caring parents and concerned professionals we agree that all of our swimmers have the right to be treated with dignity and respect. They have the right to a swimming experience that is free of foul language, aggressive behavior and unwarranted or inappropriate physical contact. We understand that any swimmer or family member who violates this code of conduct may result in the swimmer being dropped from the team and that should such a regrettable action be necessary no refund can be given. Swimmers are expected to swim during their scheduled practice hour. If swimmers become ill, they may be excused, but are asked to either go home or wait off of the pool deck for siblings or parents. For their safety swimmers may not run around the pool area or go to the park.

Parent/Guardian Signature: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_

Swimmers Signature: \_\_\_\_\_



**EMERGENCY MEDICAL TREATMENT**

CHILD'S NAME \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

CHILD'S NAME \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

PARENT or GUARDIAN NAMES \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_  
House or Apartment # \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

TELEPHONE #'s Home \_\_\_\_\_ Father's Work \_\_\_\_\_ Mother's Work \_\_\_\_\_

Cell phone numbers: \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_

TELEPHONE # Home \_\_\_\_\_ Work \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_

TELEPHONE # Home \_\_\_\_\_ Work \_\_\_\_\_

ANY KNOWN ALLERGIES? \_\_\_\_\_

MEDICATIONS TAKEN REGULARLY AND REASON FOR THEM \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EMERGENCY MEDICAL RELEASE**

*In case emergency treatment is necessary, and a parent or one of the emergency contacts provided above cannot be reached, I \_\_\_\_\_ grant Forest Ridge Swim Team permission to transport my child(ren) (Name(s)) \_\_\_\_\_*

*\_\_\_\_\_ to (Hospital) \_\_\_\_\_ (Phone) \_\_\_\_\_  
for medical care or to (Dentist) \_\_\_\_\_ (Phone) \_\_\_\_\_ for  
Dental care, or to the nearest available source of assistance.*

\_\_\_\_\_  
Parent or Guardian's Signature