

FOREST RIDGE FIGHTING FISH 2009

Evening practice June 1-5, Mornings begin June 8

Championships July 25

www.forestridgeassociation.org/fish/

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). 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, 2009) 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; see the schedule attached to this info package. These meets prepare us for the finale of the season, the Championship meet that is held on July 25, 2009. 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 page 3. If you have any questions, please contact one of the swim team committee members listed on page 4.

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.* Every family will be assigned jobs for each swim meet.

Financial Support of the Swim Team

Swim Team Fees:

All fees must be paid by June 12th – the end of the first week of practice and/or before the swimmer can participate in a meet.

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, Diet Mountain Dew, Sunkist, Root Beer or water per swimmer* at the beginning of the season to stock the concession stand. Please *bring your pop/water* donation to the **pool** before the first home meet. Please write your name on the pop. 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. **June 1-5 Evening practice. 6-7 p.m. for 10 and unders, 7-8 p.m. for 11 and up.**
2. **June 8- July 24, Morning practice. 9-10 a.m. for 10 and under, 10-11 a.m. for 11 and up**
3. If you are dropping off your child for practice, please do not drop them off early as there is no supervision before practice starts.
4. 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.
5. 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.
6. In the event of practice being canceled (for weather or other reason) a sign will be posted at the pool gate.
7. 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.
8. 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 26, 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.

Action List for Parents

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 and help with the equipment. ***Every family needs to volunteer for every home meet in some capacity.*** Please fill out and hand in to the FRFF secretary, Karla Herman, or the head coach, the required registration forms, pages 6-9 of this packet. These forms should be completed and submitted no later than the first swim team practice on June 8.
 - 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.
2. For your convenience, directions to all of the away meets have been provided on page 5.
3. Attachment #2 is a form which can be used to help you and your child track their improvements over the course of the swim season. By recording times for each event swam at each meet, it's easier to see how each swimmer is improving. The coaches keep track of this information, but we believe it's very valuable for the swimmers and their parents to be able to readily discern this information as the season progresses.

Swim Meet Schedule for 2009

June 16 home vs. Wayne

June 18 away vs. Oakwood

June 23 home vs. Yellow Springs

June 25 away vs. Clinton County, Wilmington

June 30 home vs. Waynesville

July 2 home vs. Clinton County

July 7 away vs. Greene Valley, Beavercreek

July 14 home vs. Waynesville

July 25 at Wilmington College MVSA Championships

Swim Team Committee Members & Coaches

Position	Name	Phone Numbers		E-mail
		Home	Other	
Chairperson	Angie Knick	237-0567		knickmom@gmail.com
Treasurer	Debbie Kessler	233-1743		karzmom@ameritech.net
Secretary	Karla Herman	235-0825		kjherman@sbcglobal.net
Concessions	<i>Volunteer needed!</i>			
Scoring	Ellie Monger	236-7326		mongere@earthlink.net
Equipment	Ken Kessler	233-1743		
Awards/Ribbons	Ellie Monger	233-4319		mongere@earthlink.net
Duty Roster	<i>Volunteer needed!</i>	236-5240		
Records	<i>Volunteer needed!</i>			
Referee	Karen Graham	233-1814		Kfg62@hotmail.com
Co- Coach	Becca Albers	657-0399		Blondefish111@netzero.net
Co -Coach	Grace Graham	233-1814		dooneylover@hotmail.com
Asst. Coach	Jeremy Keller	237-9584		Keller.93@wright.edu

2009 SWIM MEET DIRECTIONS

Clinton County Pool (Wilmington) [50 mins]

Location 851 S. Nelson Ave.
Wilmington, Ohio 45177

Phone (937) 382-7838

Directions

1. Route 35 East to 35 East By-pass.
2. Exit Route 68-Wilmington; turn right from exit.
3. After crossing I-71 exchange the next road will be Gurneyville;
4. Center Road is after Gurneyville (approx three roads up); turn right on Center Rd.
5. Proceed approx. one mile to Nelson Ave;
6. Turn left on Nelson Ave ; proceed approx. 3 miles to pool on right.

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.**

Wilmington College 700 Elm St [Wilmington, OH](http://www.wilmingtoncollege.edu) 45177-2476

3: Turn RIGHT onto VALLEY ST. 0.7 mi
4: Turn LEFT onto HARSHMAN RD. 1.2 mi
5: HARSHMAN RD becomes WOODMAN DR. 2.9 mi
6: Merge onto US-35 E via the ramp on the LEFT toward XENIA. 12.9 mi
7: Take the US-68 exit toward HOME AVE/WILMINGTON. 0.3 mi
8: Turn RIGHT onto US-68. 15.7 mi
9: Turn RIGHT onto US-68/N SOUTH ST/OH-134. 0.6 mi
10: Turn LEFT onto US-22 E/E MAIN ST/OH-3 N/OH-73 S. 0.5 mi
11: Turn RIGHT onto COLLEGE ST. 0.3 mi
12: Turn LEFT onto ELM ST. 0.0 mi
13: End at 700 Elm St Wilmington, OH 45177-2476

Coach's planning sheet - Swim Meet Availability for 2009

Dear Coaches,

Name of Child _____

Parent's 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 16 vs. Wayne, home _____

June 18 vs. Oakwood, away _____

June 23 vs. Yellow Springs, home _____

June 25 vs. Clinton County, away _____

June 30 vs. Waynesville home _____

July 2 vs. Clinton County, home _____

July 7 vs. Greene Valley, away _____

July 14 vs. Waynesville, home _____

July 25 at Wilmington College- 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: _____

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'S 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