

FOREST RIDGE FIGHTING FISH 2010

www.forestridgeassociation.org/fish/

Please fill out pages 2-6 and bring them to the pool on May 15 11-1 p.m. or to the first practice. Please read pgs. 7-9 to learn about the policies and expectations of the swim team. All forms and fees must be turned in before your child can swim in a meet.

Cost: **FRA members** – 1 swimmer - \$50, 2 swimmers - \$90, 3 or more - \$120

VFR, Quail Hollow/Willow Glenn and Wynwood – 1 swimmer - \$60, 2 swimmers - \$100, 3 or more - \$130. *This fee does not include membership to the FRA pool or use of the pool other than for swim team practice, meets and special events.*

Practice: May 31 – June 4: 6-7 p.m. for 10 and under, 7-8 p.m. for 11 and up.
June 7- July 23: 9-10 a.m. for 10 and under, 10-11 a.m. for 11 and up

Swim Meet Schedule for 2010

June 15 away at Wayne Wahoos

June 17 home vs. Clinton County Barracudas

June 22 home vs. Waynesville Blue Dolphins

June 24 away vs. Clinton County, Wilmington

June 29 away vs. Waynesville Blue Dolphins

July 1 home vs. Oakwood

July 6 away at Yellow Springs

July 8 home vs. Greene Valley Gators

July 24 at Wilmington College MVSA Championships

Additional practice meets and special events will be announced via email and newsletters.

Swim Team Committe & Coaches

Position	Name	Phone Numbers	E-mail
Chairperson	Angie Knick	237-0567	knickmom@gmail.com
Treasurer	Debbie Kessler	233-1743	
Secretary	Karla Herman	235-0825	kjherman@sbcglobal.net
Concessions	Laurie Gilmore	546-0147	daytongilmores@att.net
Scoring	Ellie Monger	236-7326	mongere@earthlink.net
Equipment	Ken Kessler	233-1743	
Awards/Ribbons	Ellie Monger	233-4319	mongere@earthlink.net
Duty Roster	Volunteer needed!		
Records	<i>Volunteer needed!</i>		
Referee	Karen Graham	233-1814	Kfg62@hotmail.com
Co- Coach	Becca Albers	657-0399	Blondfish111@netzero.net
Co -Coach	Grace Graham	233-1814	dooneylover@hotmail.com

Coach's planning sheet - Swim Meet Availability for 2010

Please let the coaches know of changes to this at least one week in advance

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 15 away at Wayne Wahoos _____

June 17 home vs. Clinton County Baracudas _____

June 22 home vs. Waynesville Blue Dolphins _____

June 24 away vs. Clinton County _____

June 29 away vs. Waynesville Blue Dolphins _____

July 1 home vs. Oakwood _____

July 6 away at Yellow Springs _____

July 8 home vs. Greene Valley Gators _____

July 24 at Wilmington College MVSA 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: _____

FIGHTING FISH REGISTRATION FORM

Please turn into the FRFF treasurer with your fees

Family Name: _____

Phone #: _____

Address: _____

Cell Phone #: _____

EMAIL Addresses: _____

Swimmer's Name	Gender	Age as of 6/01/10
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

Swim Team Fees (Due before the first meet): make checks payable to FRA with FRFF in the subject line

FRA members – 1 swimmer - \$50, 2 swimmers - \$90, 3 or more - \$120

VFR, Quail Hollow/Willow Glenn and Wynwood – 1 swimmer - \$60, 2 swimmers - \$100, 3 or more - \$130. *This fee does not include membership to the FRA pool or use of the pool other than for swim team practice, meets and special events.*

To fulfill the soda pop needs of the concession stand **each swimmer will be assessed a \$6 concession stand fee.** This replaces the soda donations. The concession stand manager will take this fee and go and buy water, soda and Gatorade for the concession stand. This fee can be added to your registration fee and paid with the same check at one time

For Team Use Only:

Amount Due: _____

Amount Paid:

Cash: _____ Check: _____

Forms Check List:

- Coach's Planning Sheet
- Conduct Clause
- Emergency Contact
- Registration Fee paid
- Concession Stand Fee paid

MEET WORKER AGREEMENT

It takes a tremendous amount of work to run a meet. Because we rely heavily on parent volunteers, each family must provide one parent worker for one session (half the meet) for every home meet their child attends.

- There will be sign up sheets posted at the pool for a couple of days prior to each meet. Signing up in advance will ensure that you get the jobs you want. Please sign up by 2:00pm the day of the meet.
- This year, there will be a volunteer check-in sheet at each meet. All volunteers should check in during team warm up so that we don't have to scramble at the last minute to find workers.
- In the event that you are unable to volunteer at a meet due to illness, unexpected guests, work, childcare burdens, etc., you may find a substitute to fill in for you, (another team parent who isn't signed up for that session, a friend, or a child over the age of 16). Your substitute must sign in with your name, so that you will get credit for having worked the meet.
- We will be keeping a record of who has volunteered at each meet so that we may call upon those who have not worked their share when the need arises.
- We also need volunteers for the away meets – but not as many. We will post sign up sheets for the away meets as well.

Without your help, we simply cannot run meets. We very much appreciate the time that you put in to help the meets run efficiently, and to give your child(ren) the best possible experience on our team. It is in your child's interest that we ask you to sign and return the agreement below.

FOREST RIDGE FIGHTING FISH PARENT VOLUNTEER AGREEMENT

We, the parents of _____, have read the survival packet and have signed our child(ren) up for the Forest Ridge Fighting Fish Swim Team with the understanding that **we will provide one parent worker for one session for every home meet our child attends.** Additionally, we will work at least one session for one away meet if our children attend any away meets.

We understand that jobs are assigned on a first come, first served basis, based on the volunteer sign up sheet. Although every effort will be made to give parents the jobs they want, we recognize that all of the jobs are important, and we agree to accept any duties we are assigned, provided we have the appropriate training. Our children are hard at work in the pool, and we will be hard at work at the meet.

Parent Signatures: _____

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.

Children ages 5-18 (as of June 1, 2010) that can swim any stroke 25 yards (across the lap pool) *unassisted* are eligible to join the team. If you aren't sure your swimmer can swim the length of the pool – have them come to the first week of practice on a trial basis.

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 24, 2010. 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.

In addition to the swim meets listed on page 1 swim team members and their families participate in a Kick-off picnic before the first meet, the FRA 4th of July pool party, several fundraisers including Family nights at nearby restaurants (Bob Evan's, McDonald's, Waffle House) and an end of year pool party. These dates will be announced as soon as possible.

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.*

Practice Expectations

1. If you are dropping off your child for practice, please do not drop them off early as there is no supervision before practice starts.
2. 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.
3. 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.
4. In the event of practice being canceled (for weather or other reason) a sign will be posted at the pool gate.
5. 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.
6. 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. 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 it's fun and encourages team spirit.

Award Picnic – Sunday, July 25, 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.

2010 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.

Wayne Pool – Huber Heights

Location 4549 Powell Rd
Huber Heights, Ohio 45424-5861

Phone (937) 236-1020

Directions

1. North on Old Troy Pike (Route 202) to Powell Rd.
2. Right on Powell Rd
3. Pool is approximately 3 blocks down on left.

Yellow Springs

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.

Wilmington College 700 Elm St [Wilmington, OH](#) 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

Waynesville – To Be announced