

2010



Curtis Park Seahawks website:

www.CurtisParkSeahawks.com~ **NEW!**

Rappahannock Swim League website:

www.RSLSwimming.com

PRACTICE SCHEDULE

June 1—June 18—	Mon-Fri 6:00-7:00pm 7:00-8:00pm	10 and under 11 and older
June 21—August 6 —	Mon-Fri 9:00-10:30am 10:30-11:30am	11 and older 10 and under
	Tue/Thu 6:00-7:30pm	ALL

MEET SCHEDULE

*Meets Start at 6:00pm
Warmups 5:00—Home meets/5:20 Away Meets*

June 23	Wed	Aquia Harbour @ Curtis Park (Home) Exhibition Meet
June 30	Wed	AWAY @ College Hts.
July 7	Wed	AWAY @ Fawn Lake
July 14	Wed	Massad YMCA @ Curtis Park (Home)
July 21	Wed	Austin Ridge @ Curtis Park (Home)
July 26	Mon	AWAY @ Dahlgren
Aug 7	SAT	PATRIOT DIVISION FINALS @ Spotsylvania YMCA, Smith Station Rd

IMPORTANT DATES

PRACTICE S/ TRYOUTS BEGIN	June 1	6:00 pm @ Curtis Park
SWIM SUITS	June 8 & 17	6:00 pm @ Curtis Park
PARENTS' MEETING	June 8	6:45 pm @ Curtis Park
TIME TRIALS	June 17	6:00-8:00pm @ Curtis Park (during practice)
TEAM PICS	June 25	10:30 am @ Curtis Park
PICNIC	July 11	4:00-8:00 (4-6:15 Eat; 6:15-8:00 Swim)
AWARDS BANQUET	Aug 7	6:00-9:00pm @ TBD

Welcome to the Curtis Park SEAHAWKS Swim Team!

We are one of 23 summer swim teams that make up the Rappahannock Swim League (RSL). We are glad to have you as part of our team and we look forward to a wonderful season!

The purpose of this handbook is to provide a basic reference for our swimmers and parents and to answer some of the more frequently asked questions.

A Board of Directors, who are volunteers, manage the Curtis Park SEAHAWK Swim Team. This Board represents the team within the County of Stafford, the RSL, hires coaches, and sets team policies. If you have any questions pertaining to these matters, please contact one of the Board members listed below.

BOARD OF DIRECTORS:

President.....Gabriela Thomas (571)594-1565
.....gabrielag75@yahoo.com
Vice President.Becky Yacone.....845-9085
.....ryacone@comcast.net
Treasurer.....Shawn Goss.....286-1925
.....gossshawn@gmail.com
Secretary.....Pierre Hollis....286-3729
.....Pierre7946@aol.com
At Large.....Sharon Tanner....752-5131
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.....Kyle Settle.....288-9565
.....kyle.settle@comcast.net
.....Stephanie Hensen.752-6046
.....xswmrsbh@aol.com
.....Heidi Simpson....604-6561
.....uscheidi@hotmail.com
RSL Rep.....Jerry Vile.....720 3797
.....VileJJ@pwcs.edu

DIRECTIONS TO POOLS

OFFICIALS TRAINING SITES:

(SEE www.CurtisParkSeahawks.com for times)

Spotsylvania YMCA (May 26, 2010)

From North - I-95 to exit 126 Massaponax/Spotsylvania; South on Rt. 1 (bear to the right); at the 5th light take a right onto Spotsylvania Parkway (there is a stone waterfall up a short distance on right); go 2 miles; take a left at light onto Smith Station Rd; go 1 mile the Y is on the right.

Hampton Oaks (June 2, 2010)

80 Northampton BLVD, Stafford—Coming from Fredericksburg on I-95. Take the Stafford (exit 140) exit. At the bottom of the exit ramp turn left to go west on Courthouse Rd. At the second light (opposite the commuter lot) turn right on Austin Ridge Rd. Follow Austin Ridge Rd to the point where it merges into Mine Rd. Follow Mine road for about 1 mile to the first light at Northampton Blvd. Turn left on Northampton Blvd. The Community Center is on the corner of Northampton and Mine Rd

Leeland Station (June 5, 2010)

US RT 1 to LAYHILL. Layhill becomes Forbes which then becomes Morton. Bear right on PRIMMER HOUSE Road. About 1 mile after overpass for RR tracks, turn RIGHT on Riggs Road. Pool and community center are on the RIGHT.

Dahlgren (June 8, 2010)

(SEE PAGE 18 for Directions)

Fox Point (June 12, 2010)

from 95 North or South: Take exit 126 (Massaponax) onto RT 1 North. Go approximately 1 mile. Turn left onto RT. 208 (Courthouse Rd.). Go 3.6 miles. Turn left onto Rte. 628 (Smith Station). Go almost 1 mile and turn left into Fox Point Subdivision. Go straight, the pool will be on your right with parking lot, clubhouse, playground.

COACHING STAFF

Head Coach: Jon Hooe(540) 226-8705

Email: HeadCoachJon@CurtisParkSeahawks.com

Assistant Head Coach: Samantha Strawder

Senior Assistant Coach: Catie Schmitz

Senior Assistant Coach: Mackenzie Deubler

Junior Assistant Coach: Marie Yacone

PARENT PARTICIPATION

This sport requires parents to be participants, not spectators. In order for our meets to run smoothly, we need at least one parent from each family to work 3 meets. It takes approximately 60 Curtis Park parents to run a home meet and 30 for away meets. There are many volunteer opportunities that can be learned “on the job.” The Time Trial gives us an opportunity to train for these positions such as: escorting swimmers to the correct swim lanes, picking up time cards from timers, posting meet results, and timing swimmers. There will be RSL-hosted training clinics for volunteer positions such as referee, starter, stroke and turn, clerk of course, computer data entry, and head timer.

TRYOUTS

Tryouts for new swimmers will be held on during practice June 1 thru June 4 from 6:00—8:00 pm @ Curtis Park. The swimmer must be able to swim one length of the pool unassisted. Coaches will notify swimmers following the tryout session as to whether or not they have made the team.

SPECIAL EVENTS

PARENTS’ MEETING

June 8, 6:45pm @ Curtis Park Pool

TIME TRIALS

June 17, 6:00-8:00pm @ Curtis Park Pool

We request all parents and swim team members attend. This will give our new team members and parents a chance to understand how an actual meet will work and let our coaches gather times for the swimmers.

SEAHAWK TEAM PICTURE

June 25, 10:30 The more SEAHAWKS the better the picture!

Individual portraits taken before and after the TEAM picture. PLEASE wear your team suit or similar.

SEAHAWK PICNIC

Pavilion and pool area. July 11 4-8 PM Dinner will be from 4:00-6:15 and swimming will be from 6:15-8:00.

SEAHAWK BANQUET

August 7, 2010 (See Website for more information)

Every swimmer will receive a participation trophy.

Coaches awards and Senior Recognition awards will be presented.



WHAT TO BRING TO A SWIM MEET

- √ **SWIMSUIT**
- √ **CAP (bring 2 in case one gets lost)**
- √ **Goggles**
- √ **\$\$ for Concessions**
- √ **Towels (2 per swimmer)**
- √ **Sweatpants and sweatshirts**
- √ **T-shirts and shorts**
- √ **Marker (to write events on swimmer's hand)**
- √ **Sunscreen and Bug spray**
- √ **Cards, games, toys, etc.**
- √ **Water, Sports drinks**
- √ **Food (healthy snacks)**
- √ **Sleeping bag and/or blanket**
- √ **Lawn Chairs**



DIRECTIONS TO POOLS

COLLEGE HEIGHTS - (June 30, 2010) 4 LANE, 25 M

604 William Street, Fredericksburg, VA 22401

DIRECTIONS: From I-95 at RT 3, proceed on RT 3 East. Pass under the Rt 1 overpass and go right at 1st traffic light onto Greenbrier Drive. Stay on Greenbrier Dr for about 1/4 mi and pool is on the left. Vehicles parked roadside on Greenbrier Dr. past the pool entrance and on the same side as the pool will be TOWED AWAY. It's best to park prior to Pool entrance.

FAWN LAKE - (July 7, 2010) 6 LANE, 25 METER

11300 Longstreet Drive, Spotsylvania, VA 22551

DIRECTIONS: From 95 take Rt. 3 West towards Culpeper. Go approximately 10 miles and make a left onto Rt 621. (It is a left turning lane and a white church on the right). Go about 2 1/2 miles to the stop sign, continue straight about 1/2 mile and entrance to Fawn Lake will be on your left. Go to the guard house and tell them that you are here for the swim meet. Stay straight on Longstreet Drive, follow to the end. Park in the parking lot to your left in front of the Country Club. **NO PARKING ALONG STREET.**

DAHLGREN -(July 26, 2010) 6 LANE, 25 YARD

Jenkins Road Bldg 1193, Dahlgren, VA 22448

DIRECTIONS: Rt. 3 East to King George High School stoplight at Rt. 206. Left on Rt. 206/Dahlgren Road. Follow straight through Rt. 301 stoplight and Potomac Drive stoplight to NSWC main gate ~ 10 miles. Enter main gate of NSWC showing PICTURE I.D. Continue 4 blocks to a right turn on Jenkins Road at the Credit Union. Right on Jenkins, continue 2 blocks. Dahlgren Aquatics Center Indoor Pool is on the right. Parking can be found at the Credit Union after 5 p.m., along right side of Jenkins Road, past the pool in front of the Parade Field. Do not park in the residential area across from the pool!! or in CraTech parking lot. **Because of the entrance requirements to the base, you may want to allow extra time. Be aware that random security checks are made on cars. Ample parking & deck space.



MEET BOOK

Meet attendance is important but if you need to miss a meet, please ask for the MEET BOOK during practice and write your swimmer's name/ reason for absence on the appropriate meet page. Unless you've signed the MEET BOOK, we'll assume that your child will be swimming in every meet. (Grievance forms are also available in the MEET BOOK.)

RSL DIVISION MAKEUP

Battlefield: Aquia Harbour, Chancellor, Grafton, Hampton Oaks, Woodlands
Patriot: Austin Ridge, College Heights, Curtis Park, Dahlgren, Fawn Lake, Massad YMCA
American: Country Club, Eden Estates, Ferry Farm, Fox Point, Lee's Hill, Lake of the Woods
National: Lake Wilderness, Leeland Station, Regency, Salem Fields, Spotswood, Spotsy YMCA

SWIM SEASON

Our swim season consists of one Time Trial, six Dual Meets, and the Divisional Championship Meet (Finals). The age of each swimmer as of June 1st determines the age group in which your child will swim throughout the season, regardless of the child's birth date after June 1.

Everyone is encouraged to attend the Time Trial since it is run very much like a real meet. Swimmers will learn about reporting to the Clerk of Course and some basic meet rules. Parents will learn some of the jobs required to run the meet.

The Dual Meet schedule is printed on the back of this handbook.

"Finals" are limited to swimmers who have competed in at least two dual meets (Time Trial does NOT count) and received a legal time in at least one individual event during the current season. All teams in our division will compete at this meet for a "Division Championship" title. Each team has a limited number of entries, as determined by the RSL and not all swimmers will be entered. Entries for Finals are determined by the coaching staff.



WHAT'S MY TIME?

Swimmers will learn to ask for their time from the timer or recorder for their unofficial time when they get out of the pool at the end of their race. The swimmer can find out what their official time is once the results are posted for that particular event. The postings (which include their names, times, and event placing) will be on the wall next to the Concessions area. After each meet, swimmers' times will be posted on the website (www.curtisparkseahawks.com).

DISQUALIFICATION (DQ)

The RSL complies with United States Swimming (USS) rules, the same rules used at the Olympic Time Trials and the Olympics. To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience. During competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke and Turn Official will raise his/her hand, complete a disqualification (DQ) slip, and present it to the referee for approval. A swimmer is not disqualified until the referee accepts the report and certifies the disqualification. Officials will try to reach the swimmer to explain the reason he/she has been disqualified, but it is not always possible. Being disqualified is not the end of the world; it is a learning experience and not a failure. Almost all swimmers have the DQ'd at some point in time. Swimmers should discuss the DQ with their coaches after the race to help correct the mistake for next time.

SCORING

Dual Meets

For all individual events, a team may receive awards for 1st—2nd-3rd places. However, a team that sweeps an event will only receive points for the first two places. The third place point will be awarded to the competitor.

Points are awarded as follows:

Individual Events

First Place	5 Points
Second Place	3 Points
Third Place	1 Point (except in a sweep)

(6-U freestyle events do not receive points)

Relay Events

First Place	5 Points
All Other Places	No Points awarded

DUAL MEET ORDER OF EVENTS

Girls Event #	Age	Stroke	Boys Event #
1	Junior 12&Under	100 Meter Freestyle	2
3	Senior 13&Over	100 Meter Freestyle	4
5	8 & Under	100 Meter Freestyle Relays	6
7	9-10	100 Meter Freestyle Relays	8
9	11-12	100 Meter Freestyle Relays	10
11	13-14	100 Meter Freestyle Relays	12
13	15-18	100 Meter Freestyle Relays	14
15	6 & Under	25 Meter Freestyle	16
17	8 & Under	25 Meter Freestyle	18
19	9-10	25 Meter Freestyle	20
21	11-12	50 Meter Freestyle	22
23	13-14	50 Meter Freestyle	24
25	15-18	50 Meter Freestyle	26
27	8 & Under	25 Meter Butterfly	28
29	9-10	25 Meter Butterfly	30
31	11-12	50 Meter Butterfly	32
33	13-14	50 Meter Butterfly	34
35	15-18	50 Meter Butterfly	36
37	8 & Under	25 Meter Backstroke	38
39	9-10	25 Meter Backstroke	40
41	11-12	50 Meter Backstroke	42
43	13-14	50 Meter Backstroke	44
45	15-18	50 Meter Backstroke	46
47	8 & U	25 Meter Breaststroke	48
49	9-10	25 Meter Breaststroke	50
51	11-12	50 Meter Breaststroke	52
53	13-14	50 Meter Breaststroke	54
55	15-18	50 Meter Breaststroke	56
57	Junior 12 & Under	100 Meter Individual Medley	58
59	Senior 13 & Over	100 Meter Individual Medley	60
61	Junior 12 & Under	100 Meter Medley Relay	62
63	Senior 13 & Over	100 Meter Medley Relay	64
65	8-18 Graduated	100 Meter Freestyle Relay	66

SWIM SUITS

Team swim suits are selected every two years and this is the SECOND year for our suit. Team suits are NOT required, but are encouraged. Our vendor is Gary Ramsey from Sports Fair, Inc., in Arlington, VA. He will come to our practice on June 8 and 17 @ 6:00pm with team suits, practice suits, and goggles for sale. You may also go to his store located at 5121 Lee Highway, Arlington, VA to purchase the team suit or you may call him at (703) 524-9500 to arrange to have the suit sent to you. Be sure to tell them you are a member of the Curtis Park SEAHAWKS to get our reduced rate.

In addition to suits, we have Curtis Park SEAHAWKS logo swim caps for sale for \$3.50, silicon caps for \$10.00, as well as T-shirts for \$10.00. Caps will be available during most practices and during the meets.

Swim Suit Prices:

GALAXY SPEEDO suit comes in the following sizes:

Youth Female (sizes 22-28) \$TBD

Adult Female (sizes 30-40) \$TBD

Youth Male Jammers (sizes 22-28) \$TBD

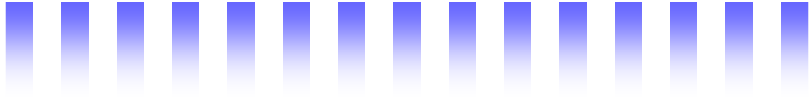
Adult Male Jammers (sizes 30-38) \$TBD

WARM-UPS

A 20-minute warm-up for each team will precede the meet, with the host team swimming first. You'll need to arrive around 4:45 for Home meets and 5:15 for Away meets.

THE MEET STARTS

After both teams have warmed up, we sing the National Anthem and the meet begins. When the announcer calls your child's event number over the loudspeaker, he/she should immediately report to the "Clerk of Course."



ENTRY LIMITATIONS FOR DUAL MEETS

Each team may enter the following number of Competitors per event:

- Unlimited competitors in 25 and 50 Meter Freestyle events
- The number of legal lanes in the competing pool will determine all other individual event entries
 - 6 lane pool—6 swimmers/event
 - 5 lane pool—5 swimmers/event
 - 4 lane pool

In any Meet hosted at a pool with four (4) lanes, either Team, Host or Visitor, shall be able to swim three (3) Heats or a maximum of six (6) swimmers in the Age Group (not Senior or Junior) Individual stroke (backstroke, breaststroke and butterfly) races.

- 2 relay teams/event

All meets held at Curtis Park are usually over by 10:30 pm. Meets held at other pools may last as late as 11:30pm. If your children are not swimming in the later events, do not feel that they have to stay. But, if your child has been chosen to swim in the medley or graduated relays (always at the end of the meet), please be available. It is not fair to the other children in the relays to stay and then find out that someone has left and they cannot swim after all.

Your child's coach determines all meet entries. Please check the event list along the fence for your child's name and what event he/she will be swimming.

EVENT SCHEDULE

When you arrive for warm-ups, please check the Event Schedule (located on the fence just inside the gate) to see what events your child will be swimming. It is a good idea to write the event numbers on their hands so they will remember what events to swim.

RELAYS

Members of the relay teams are determined by the coaches. Please check the event Schedule (located just inside the gate) to see if your child has been selected for a medley and/or freestyle relay. Check the relay boards for swimmers names and as a gathering place prior to relay events.