



2010 Smallwood Marlins Newsletter

Week of 6 June 2010

Welcome back to all our returning swimmers and their families, and a warm welcome to all our new team members! Each week we will publish a short newsletter highlighting the previous week's events and letting you know what to expect for the current week. Paper copies of the newsletter are available in the basket located on the swim team board next to the guard office.

Afternoon practice session time change: The coaches have requested that we increase the length of the afternoon practice sessions so that they can have more time to provide stroke instruction and properly condition the swimmers. In order to do this, the afternoon practices will now be divided into two sessions, 5:00-6:00pm and 6:00-7:00pm.

First Jr. Marlins practice and tryouts: Wednesday June 9th from 5:00 to 5:40pm.

PMSL Official's Training: Saturday, June 12, 5:30 pm at Univ. of MD Armory. This is the only training session this year. Training will be provided for all meet deck officials. **PMSL Training certification is required this year for Stroke and Turn judges as well as Starter and Referee.** Please contact Rodney Peltzer for further information regarding this training (email: rpeltzer@comcast.net or phone: 301-934-4030). For those who already signed up to car pool and any additional parents and/or guardians who want to attend the training, we will meet in the pool parking lot at 4:20pm and depart at 4:30pm.

Saturday, 12 June, we have our Time Trials here at Smallwood Pool. We are having time trails against ourselves which allows each of our swimmers to get a time in all four of their competitive events. We ask that all set-up volunteers arrive at the pool between 6:00 and 6:15am. Swimmers should be at the pool by 7:15am. Warm-ups will begin at 7:25am and the meet will start at 8:00am. Time trials are an excellent opportunity for our new and experienced parent volunteers to learn and/or practice their meet officiating skills. The meet requires 18 Timers, 4 Stroke and Turn judges, 2 Sweep Judges, a Team Rep, a Referee and Starter, ribbon writers, runners, an announcer, and 10 snack-bar workers. Hopefully, everyone who signed up to volunteer during registration will be able to honor his or her commitment. If not, please contact our meet manager, Charlie Rawson.

Reminder: You must notify the coaches, by writing in the coaches' notebook, by the end of practice on the Wednesday before the meet, if you will not be able to attend the Saturday meet. Please also check off the PRESENT/ABSENT box next to your child's name on the list posted on the swim-team cart or Email the Head Coach [debaroth@aol.com] and she will check off the list for you. If you choose the Email option, please CC the SVAC president, rpeltzer@comcast.net.

A brief reminder for parents/guardians – parents/guardians are **not** permitted on the pool deck during meets or practice sessions. Only Officials (i.e. timers, judges, etc.) are allowed on the deck during meets. This is necessary for both safety and efficiency. During practice, the coaches have a specific agenda they are using, and parent/guardian interruption during practice affects both the individual swimmer and the whole team. I know, and appreciate, how hard it is, sometimes, to stay off the deck, but we **must resist** those temptations. Please talk to the coaches before or after the practice sessions. Thanks for your understanding. Any SVAC Board member can also answer your questions.

The "Pre-Season" ice cream social is scheduled for Saturday, 12 June. The social will start right after time-trials. The social gives us a chance to meet the coaches and our new swim team families, and discuss some important information. We will also kick off our Clair's Desserts fundraiser with some free samples of many of the products offered in the catalog.

If you have not provided a **copy of your swimmer's birth certificate(s)**, please bring one to the Pre-Season social.

Business Sponsorship: Please continue to acquire business sponsors. These business sponsors are our main source of fund raising. You should have received sponsorship information and forms at registration. If not, please contact President Peltzer.

Goggles, swim caps, & team hats will be available for sale at swim meets. See Alicia Stahl for caps & goggles.

Check the Team Information Board!!! Please check the team information board weekly. The board is located directly in front of the Guard Shack. The weekly meet and snack bar volunteer lists will be posted on the board. Please check the lists and sign up to fill any volunteer vacancies in both lists. When important information needs to be passed on to our members, the bulletin board & Email are our best form of communication, so be sure and check them frequently.

HELP!!!! The SVAC Marlins Board of Directors desperately needs your help to fill our vacant positions. We need a 2nd General Officer, B-Meet manager, and chairpersons for: Entertainment, Fundraising, Purchasing, and Awards. We are all volunteers and could use the extra help and support immediately. Please consider helping us fill these positions.

COACHES CORNER!! News and Views from our SVAC coaches Debbie and Lindsay

"Welcome to the 2010 Summer season to all the returning swimmers and especially to those brand new Smallwood Marlins! I am so excited for this season to begin since Coach Lindsay and I will already know many of you and your abilities from last Summer. We can start right off with swimming very, very fast! Both Coach Lindsay and I want you to come every day to practice, making sure you are ready to work hard and give 100% effort. These two elements will help Smallwood marlins be successful.

Swimming Fast is Fun!!!" - Coach Debbie