

STOWE SWIMMERS

SWIM CLUB 2018



WINTER HANDBOOK

Head Coach: Jeremy Bradley
Assistant Coaches: Karyn Scherer, Louisa Hayes & Christian Avard
Strength & Conditioning Coach: Sean Hunt

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ARE YOU IN SWIM CLUB OR ON SWIM TEAM?

SWIM CLUB

If you are attending practices & working towards your personal goals whatever they may be then you are in SWIM CLUB.

SWIM TEAM

If you are in Swim Club, attending practices, working towards your personal goals whatever they may be AND a member of USA Swimming & attending meets during the season with the goal of qualifying for a championship meet at the end of the season, than you are on SWIM TEAM.

We are all Swim Club Members & all work together in practice while supporting each other!

WHAT LEVEL AM I?

Coaches will place swimmers into their appropriate categories after the first week. Here are the requirements for each level...

ROOKIES - Must be able to legally swim 25m freestyle and backstroke without stopping, holding onto the wall or lane lines

DEVELOPMENTAL 1 - Must be able to legally swim 50m freestyle, backstroke and breaststroke without stopping, holding onto the wall or lane lines, as well as attempting to swim 25m butterfly.

DEVELOPMENTAL 2 - Must be able to legally swim 100m freestyle, backstroke, breaststroke and 50m butterfly. D2 Swimmers perform legal flip turns and starts.

ELITE - Must be able to legally swim 200m freestyle, backstroke, breaststroke and 100m butterfly. Elite swimmers must also perform legal starts and turns.

WELCOME TO THE 2018 WINTER SWIM CLUB

DEAR SWIMMERS & PARENTS,

Thank you for joining our 2017-2018 Winter Swim Club!

You are one of the many talented swimmers who have enjoyed winter swimming here at T.S.H. since 2001. There is a history of swimming, fitness & fun that you are now part of.

COACHING STAFF

Head Coach: Jeremy Bradley - NASM-CPT, PES, CES, Level 1 ASCA Coach

Assistant Coaches: Karyn Scherer, Lousia Hayes & Christian Avard

Strength & Conditioning Coach: Sean Hunt - AFAA Group Exercise Certified, ISSA Certified Fitness Trainer



RULES – WHAT'S NOT OK

Sorry if this sounds harsh or information you don't need to know, but for safety and comfort of everyone at The Swimming Hole, here are some ground rules that will help us out...

SWIMMERS

1. **PLEASE** be on time, dressed & ready to go.
2. **PLEASE** do not splash other swimmers in the face.
3. **PLEASE** do not splash your coach - you will be dry the rest of the day.
4. **EYES & EARS** above the water while your coach is giving instructions.
5. **HANDS OFF** - swimming is NOT a contact sport. No touching other swimmers.
6. **ANYONE SEEN PUSHING** another swimmer in the water will be asked to leave the facility immediately.
7. **PLEASE** pick up after yourselves. Water containers, band-aids, goggles, towels, swimsuits are to be taken with you after practice.
8. **NO HORSEPLAY** in the Locker Rooms.

PARENTS

Coach supervision of your swimmer begins at the start of practice and ends at the end of practice. Parents, it is your responsibility to be here to pick up your swimmer(s) at the posted practice end time. This will ensure that your swimmer(s) is supervised and well-behaved while in the facility and locker rooms. You, as parents, are responsible for supervising your swimmers in the locker rooms & lobby. To address any problems, we will allow a swimmer one warning for behavior problems outside practice times. A second warning will result in suspension of locker room and lobby use. A third warning will result in suspension from Stowe Swimmers.

Past behavior issues included physical contact with other swimmers, jumping on furniture, throwing bags, clothing, etc. in locker rooms or at other swimmers. These or other such problems will now be acknowledged with this formal warning system.

Again, for all of those swimmers who are no problem (most), we apologize for throwing these rules at you. With such a large group, we have to do what we can to maintain control.

Thanks for your help and understanding!



PRACTICE TIMES & IMPORTANT INFO

WHEN

- **Rookies** Tuesday & Thursday, 3:15-4:00pm
- **Developmental 1** Monday - Thursday, 3:15-4:15pm
- **Developmental 2** Monday - Thursday, 4:15-5:30pm
- **Elite** Monday - Thursday, 3:15-4:00pm *Strength & Conditioning Training*
- **Elite** Monday - Thursday, 4:15-6:00pm *Swim*

PRACTICE

- Warm-up
- Stroke Technique Drills
- Aerobic Conditioning To Improve Fitness
- Speedwork, Starts & Turns
- Cool Down
- Relay or Challenge

BRING TO PRACTICE

- **Swimsuit** (*team suit optional but preferred*)
- **Swim Cap** (*for long hair - included with handbook*)
- **Waterbottle**
- **Goggles** (*bring your own - we are not equipped to provide your swimmer goggles during practice*)

Personal Belongings

Don't bring anything to practice that you can't store in the locker rooms. We are not able to store your swimmers belongings. E.G. - Bikes, Instruments, Bags, etc...

MARK YOUR CALENDAR

Winter + Snow = Snow Days

If Stowe Schools are closed due to weather closing there will be **NO PRACTICE!**

Holidays Off

There will be **NO PRACTICE** on the following days...

Thanksgiving Vacation Wednesday, Nov. 22 - 24

Holiday Break Monday, Dec. 25 - Monday, Jan. 1, 2018 – *return to practice Tuesday, Jan. 2*

Martin Luther King Day Monday, Jan. 15

Winter Recess Monday, Feb. 26 - March 6 – *return to practice Wednesday, March 7*

PARENT INFORMATION

The Notice & Upcoming Special Events Board - For meet info, including entry deadline dates, meet entry forms, meet fees directions & check-in times. Please submit your entry forms & fees to the Front Desk on or before deadline date. *Sorry, no late entries accepted.*

Group Emails - Miscellaneous info will be sent out and include, last minute practice changes & program updates.

Snow Days - If Stowe Schools are closed due to winter weather, there is **NO PRACTICE!**

Please feel free to contact Head Coach, Jeremy Bradley via email at jbradley@theswimmingholestowe.com or leave a message at 802.253.9229 (office) or 802.371.7329 (cell) with any questions.

PRACTICE & SPECIAL EVENT CALENDAR

MONDAY OCTOBER 23 FIRST DAY OF PRACTICE

MON-THURS OCT. 23-26 TEAM TRYOUTS & PRE-SEASON TIMES

THURSDAY OCTOBER 26 TEAM SUIT ORDER DEADLINE

MONDAY OCTOBER 30 HALLOWEEN PRACTICE
WEAR A COSTUME!

TUESDAY OCTOBER 31 HALLOWEEN - NO PRACTICE

THURSDAY NOVEMBER 16 SWIM-A-THON FUNDRAISER

TUESDAY NOVEMBER 21 THANKSGIVING WORKOUT

WED-FRI NOV. 22 - 24 HAPPY THANKSGIVING!
NO PRACTICE

THURSDAY DECEMBER 21 CONTINUOUS SWIM DAY
500 OR 1500 METERS

MON-MON DEC. 25 - JAN. 1 HOLIDAY BREAK - NO PRACTICE
RETURN ON TUES., JAN 2

MONDAY JANUARY 15 MARTIN LUTHER KING DAY
NO PRACTICE

MON-TUES FEB. 26 - MARCH 6 WINTER RECESS - NO PRACTICE
RETURN ON WED., MARCH 7

FRIDAY MARCH 23 HOME SWIM MEET

MONDAY MARCH 26 AWARDS BANQUET

SWIM CLUB SEASON EVENTS

STOWE SWIMMERS 7TH ANNUAL: SWIM-A-THON

Thursday, November 16 - 3:15-5:30pm

This involves your swimmer taking on the challenge to swim for themselves & their teammates as far as they can in one hour! Gather pledges per lap, swim far & raise funds towards the goal of 2017/18 Team Gear, dependent on amount raised, this may include team bags, towels or sweatshirts for you to proudly bring to school &/or practice. Each swimmer requires a counter for the event. Parents we need your help to count & cheer on your Swimmer! All pledges & pledge forms due December 1, 2017. Payable to T.S.H.

SWIM CLUB END OF SEASON EVENTS - OPEN TO ALL SWIM CLUB SWIMMERS

End of Season Home Meet - Stowe Swim Meet - Friday, March 23, 5:30-7:00pm

The Stowe Swimmers Home Meet is held from 5:30-7:00pm. It's a perfect opportunity for all Stowe Swimmers to participate in a meet at their home pool. Swimmers do **NOT** need to be registered with USA Swimming to compete in this event. Ribbons will be awarded to the top six finishers in each category. 5pm Check-in & 5:15pm Warm-up.

End of Season Banquet - Monday, March 26, 3:30pm (*location TBD*)

Join us as we salute our swimmers & present end of season awards. Fun & Friends, a great way to end the season.

AWARDS - Presented at our End of Season Banquet

King & Queen of Freestyle The fastest male and female freestyle swimmer in each group. Times must be recorded in our own pool during one of our 2 swim time days or the end of season home meet.

Personal Best Award honors the swimmer who, during the season, breaks their own personal best swim times the most. Best times must be recorded in US sanctioned meets during the 17/18 season.

Team Records Swimmers who set team records in 2017 will be acknowledged.

Participation Awards All Stowe Swimmers will receive an award for being a member of Stowe Swimmers for the season.

Beast Awards The hardest worker in Dryland Training

Swimmer of The Year Award This is awarded to the swimmer who shows a love of the sport of swimming, applies themselves in practice, is a role model to fellow swimmers & supports their teammates to grow in & out of the water.



STOWE SWIMMERS WINTER SEASON 2017/18 MEET SCHEDULE

**This schedule is subject to change*

<u>SUNDAY</u>	<u>NOVEMBER 5</u>	<u>GMA - IMX CHALLENGE, 8:00AM START</u> St. Michael's College, Colchester, VT
<u>FRI-SUN</u>	<u>NOVEMBER 10-12</u>	<u>UVAC FALL CLASSIC</u> Upper Valley Aquatic Center, White River Jct., VT
<u>FRI-SUN</u>	<u>NOVEMBER 24-26</u>	<u>SPECIALTY WITH DISTANCE</u> Smith College
<u>FRI-SUN</u>	<u>DECEMBER 1-3</u>	<u>UVAC - WINTER CLASSIC</u> Upper Valley Aquatic Center, White River Jct., VT
<u>FRI-SUN</u>	<u>JANUARY 5-7</u>	<u>GMA - TEAM SPECIALTY</u> St. Michael's College, Colchester, VT
<u>SUNDAY</u>	<u>JANUARY 14</u>	<u>CVSU - TEAM SPECIALTY</u> Norwich University, Northfield, VT
<u>SATURDAY</u>	<u>FEBRUARY 4</u>	<u>VERMONT INVITATIONAL MEET</u> St. Michael's College, Colchester, VT
<u>FRI-SUN</u>	<u>FEBRUARY 9-11</u>	<u>NEW ENGLAND REGIONAL CHAMPIONSHIPS</u> Upper Valley Aquatic Center, White River Jct., VT (Qualifying Times Apply)
<u>SAT-SUN</u>	<u>FEBRUARY 24-25</u>	<u>10 & UNDER AGE GROUPS CHAMPIONSHIPS</u> University of New Hampshire, Durham, NH (Qualifying Times Apply)
<u>FRI-SUN</u>	<u>MARCH 2-4</u>	<u>15-18 AGE GROUPS CHAMPIONSHIPS</u> WPI, Worcester, MA (Qualifying Times Apply)
<u>FRI-SUN</u>	<u>MARCH 8-11</u>	<u>11-14 AGE GROUPS CHAMPIONSHIPS</u> Boston University, Boston, MA (Qualifying Times Apply)
<u>FRI-SUN</u>	<u>MARCH 16-18</u>	<u>SILVERS CHAMPIONSHIPS</u> Upper Valley Aquatic Center, White River Jct., VT (Qualifying Times Apply)
<u>FRIDAY</u>	<u>MARCH 23</u>	<u>STOWE SWIMMERS HOME MEET - 5:30PM</u> The Swimming Hole, Stowe, VT

SWIM MEET PROCEDURES

Before the Meet Day

- All meet info will be posted on the Swim Club Board including sign-up details & deadlines, meet fees, and meet check-in times.
- All sign-ups must accompany payment at the front desk.
- Coach will communicate with parents & swimmers by email regarding meet specifics; parent work duties, warm-up times, meet & event location protocol.
- Families provide their own transportation to and from meets, traveling with the coach is not permitted.

At the Meet

- Swimmers look for a heat sheet posted on the wall & locate your name, to know what event, heat, & lane you will compete.
- Help your swimmer write their race details on their hand with a sharpie! Come prepared with event name & number!
- Parents are not permitted on the deck unless reporting for Parent Work Duties. Please communicate with your swimmer off the pool deck.
- Swimmers are seeded in competition according to their entry times. In each event the heats are arranged to start with slowest seeded in first heats and fastest swimmers in the last heat.
- Swimmers need to check in with their coach for advice and feedback before and after each race.
- At the start of the event, swimmers need to report behind their lanes and give the timers their names and get ready to compete.
- A series of short whistles before each heat will instruct the swimmers to stand behind their blocks. A long whistle will instruct the swimmers to step up onto the blocks and be ready for the starter's command. The starter will give his/her command and the starting horn will sound.
- The coaches handle all protests of swimmers' disqualification. Parents are not permitted on deck, therefore are not allowed to approach officials.

STOWE SWIMMERS SWIM TEAM RECORDS

FEMALE AGES 8 & U

25 Free	15.22	31-Jul-04	Tasija Karosas
50 Free	34.29	31-Jul-04	Tasija Karosas
100 Free	1:24.05	14-Feb-04	Tasija Karosas
500 Free	10:42.47	13-Jan-10	Samantha Wisdom
1500 Free	42.45	14-Dec-11	Emily Ames
25 Back	20.03	24-Jul-04	Tasija Karosas
50 Back	47.32	8-Feb-04	Tasija Karosas
25 Breast	23.33	6-Aug-16	Tess T. Day
50 Breast	53.84	10-Jan-09	Heidi Brynn
25 Fly	17.80	1-Aug-04	Tasija Karosas
50 Fly	51.71	18-Jan-04	Ryan Springer-Miller
100 IM	1:38.64	6-Aug-16	Tess T. Day

FEMALE AGES 9-10

25 Free	14.24	5-Aug-05	Tasija Karosas
50 Free	30.02	5-Aug-05	Brittany Hammond
100 Free	1:06.55	11-Jan-04	Maya Lazarovich
200 Free	2:24.75	10-Jan-04	Maya Lazarovich
1500 Free	27:34.60	13-Jan-10	Cassie Wisdom
25 Back	16.90	5-Aug-05	Brittany Hammond
50 Back	38.42	14-Dec-03	Maya Lazarovich
100 Back	1:14.91	30-Jul-05	Brittany Hammond
25 Breast	18.32	30-Jul-05	Brittany Hammond
50 Breast	38.79	10-Jan-04	Maya Lazarovich
100 Breast	1:24.60	11-Jan-04	Maya Lazarovich
25 Fly	15.14	2-Aug-14	Lula Andrae
50 Fly	36.12	10-Jan-04	Maya Lazarovich
100 Fly	1:32.90	6-Feb-09	Megan Gresham
100 IM	1:13.64	5-Aug-05	Brittany Hammond
200 IM	2:41.37	7-Jul-05	Brittany Hammond

FEMALE AGES 10 & U

500 Free	8:41.12	8-Jan-16	Emaline Ouellette
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FEMALE AGES 11-12

50 Free	26.79	28-Jul-07	Tasija Karosas
100 Free	59.34	26-Jul-07	Tasija Karosas
200 Free	2:05.09	28-Jun-07	Tasija Karosas
500 Free	5:37.19	28-Jun-07	Tasija Karosas
1000 Free	13:24.09	6-Feb-11	Megan Gresham
1500 Free	25:09.14	13-Jan-10	Megan Gresham
50 Back	31.17	26-Jul-07	Tasija Karosas
100 Back	1:06.69	26-Jul-07	Tasija Karosas
200 Back	2:48.03	11-Feb-11	Megan Gresham
50 Breast	32.83	4-Aug-07	Maya Lazarovich
100 Breast	1:16.47	26-Jul-07	Tasija Karosas
200 Breast	2:43.89	9-Jan-05	Maya Lazarovich
50 Fly	30.69	26-Jul-07	Tasija Karosas
100 Fly	1:04.90	12-Jul-07	Tasija Karosas
200 Fly	2:46.42	6-Feb-11	Megan Gresham
100 IM	1:04.90	16-Jul-07	Tasija Karosas
200 IM	2:35.33	9-Jan-05	Maya Lazarovich
400 IM	5:39.19	10-Dec-10	Megan Gresham

FEMALE AGES 13-14

50 Free	27.41	28-Jun-07	Maya Lazarovich
100 Free	58.98	28-Jun-07	Maya Lazarovich
200 Free	2:04.72	5-Aug-07	Maya Lazarovich
500 Free	5:39.31	28-Jun-07	Maya Lazarovich
1000 Free	12:50.52	5-Feb-12	Megan Gresham
1500 Free	20:50.75	14-Dec-11	Megan Gresham
1650 Free	21:10.70	6-Jan-12	Megan Gresham
50 Back	31.40	1-Aug-04	Casey Sherwin
100 Back	1:07.63	12-Feb-05	Casey Sherwin
200 Back	2:24.01	13-Feb-05	Casey Sherwin
50 Breast	32.83	4-Aug-07	Maya Lazarovich
100 Breast	1:10.10	5-Aug-07	Maya Lazarovich
200 Breast	2:43.89	7-Jan-05	Maya Lazarovich
50 Fly	30.08	21-Jul-11	Megan Gresham
100 Fly	1:08.05	4-Dec-11	Megan Gresham
200 Fly	2:33.62	6-Feb-13	Megan Gresham
100 IM	1:06.52	4-Aug-07	Maya Lazarovich
200 IM	2:23.84	16-Jul-07	Maya Lazarovich
400 IM	5:27.94	10-Feb-12	Megan Gresham

FEMALE AGES 15-18

50 Free	26.87	8-Aug-10	Maya Lazarovich
100 Free	58.29	7-Feb-14	Emily M. Haskins
200 Free	2:08.34	22-Jul-10	Maya Lazarovich
500 Free	5:44.94	12-Feb-10	Rachel Haskins
1000 Free	12:39.09	6-Jan-12	Rachel Haskins
1500 Free	20:28.00	11-Dec-13	Emily Haskins
1650 Free	22:00.95	3-Feb-08	Rachel Haskins
50 Back	31.15	5-Aug-08	Casey Sherwin
100 Back	1:07.61	17-Feb-13	Emily Haskins
100 Back	1:07.61	16-Feb-08	Casey Sherwin
200 Back	2:24.06	17-Feb-08	Casey Sherwin
50 Breast	32.99	7-Aug-10	Maya Lazarovich
100 Breast	1:10.87	8-Aug-10	Maya Lazarovich
200 Breast	2:47.83	8-Jan-10	Jessica Sweeney
50 Fly	29.39	8-Aug-10	Maya Lazarovich
100 Fly	1:03.22	6-Aug-11	Maya Lazarovich
200 Fly	2:27.96	8-Jan-10	Jessica Sweeney
100 IM	1:10.40	4-Aug-07	Casey Sherwin
200 IM	2:20.98	6-Aug-11	Maya Lazarovich
400 IM	5:14.53	2-Feb-10	Jessica Sweeney

MALE AGES 8 & U

25 Free	16.81	25-Jun-15	Rudd T. Day
50 Free	35.88	25-Jun-15	Rudd T. Day
100 Free	1:20.29	13-Feb-15	Rudd T. Day
500 Free	11:45.73	13-Jan-10	Ely Kalstein
1500 Free	34:59.60	15-Dec-10	Owen LaBambard
25 Back	21.46	26-Jul-14	Rudd Day
50 Back	43.47	7-Dec-12	Ludwig Kumpf
25 Breast	22.69	13-Feb-15	Rudd T. Day
50 Breast	49.80	13-Feb-15	Rudd T. Day
25 Fly	18.00	18-Jan-15	Rudd T. Day
100 IM	1:33.83	2-Jul-15	Rudd T. Day

MALE AGES 9-10

25 Free	13.85	16-Jul-16	Rudd T. Day
50 Free	29.90	30-Jul-16	Rudd T. Day
100 Free	1:11.61	25-Feb-16	Rudd T. Day
200 Free	2:44.04	11-Dec-04	David Lazarovich
500 Free	7:10.56	19-Jul-12	Reade Lawson
1500 Free	31:55.90	13-Dec-12	Owen La Bombard
25 Back	17.16	16-Jul-16	Rudd T. Day
50 Back	38.03	25-Feb-16	Rudd T. Day
100 Back	1:23.31	8-Jan-05	David Lazarovich
25 Breast	17.34	6-Aug-16	Rudd T. Day
50 Breast	39.10	11-Dec-04	David Lazarovich
100 Breast	1:27.78	11-Dec-04	David Lazarovich
200 Breast	3:55.99	8-Jan-16	Carter J. Friedrich
25 Fly	14.43	16-Jul-16	Rudd T. Day
50 Fly	35.71	25-Feb-16	Brockton Roick
100 Fly	1:23.89	13-Jul-12	Reade Lawson
100 IM	1:16.00	6-Aug-16	Rudd T. Day
200 IM	3:06.71	21-Nov-04	David Lazarovich

MALE AGES 11-12

50 Free	30.21	18-Jul-13	Reade Lawson
100 Free	1:06.88	27-Jul-13	Reade Lawson
200 Free	2:30.39	27-Jul-13	Reade Lawson
500 Free	6:23.82	18-Jul-13	Reade Lawson
1500 Free	28:22.15	13-Jan-10	Soeren Brynn
50 Back	35.70	21-Jul-16	Alexander Lake
100 Back	1:16.54	4-Aug-13	Reade Lawson
200 Back	3:04.74	7-Dec-12	Yvain Hoekstra
50 Breast	43.98	4-Aug-07	Briggs Pierce
100 Breast	1:30.03	11-Jul-13	Reade Lawson
200 Breast	3:43.55	7-Dec-12	Yvain Hoekstra
50 Fly	32.45	3-Aug-13	Reade Lawson
100 Fly	1:12.55	4-Aug-13	Reade Lawson
100 IM	1:15.28	18-Jul-13	Reade Lawson
200 IM	4:31.76	1-Nov-09	Soeren Brynn

MALE AGES 13-14

50 Free	24.72	11-Dec-04	Alex Holden
100 Free	54.10	6-Nov-04	Alex Holden
200 Free	2:00.26	5-Aug-07	David Lazarovich
500 Free	5:23.97	15-Jul-16	Reade W. Lawson
1500 Free	26:17.03	15-Dec-10	Brendan Kerivan
50 Back	29.13	6-Aug-16	Reade W. Lawson
100 Back	1:05.64	6-Aug-16	Reade W. Lawson
200 Back	2:44.89	12-Dec-14	Yvain D. Hoekstra
50 Breast	31.62	12-Jul-07	David Lazarovich
100 Breast	1:08.31	5-Aug-07	David Lazarovich
200 Breast	2:49.97	16-Feb-08	Callum Osborne
50 Fly	26.78	6-Aug-16	Reade W. Lawson
100 Fly	58.63	6-Aug-16	Justin J. Diamond
100 IM	1:03.61	5-Aug-07	David Lazarovich
200 IM	2:27.69	14-Feb-04	Alex Holden

MALE AGES 15-18

50 Free	24.49	7-Aug-10	David Lazarovich
100 Free	54.50	15-Jul-10	David Lazarovich
200 Free	1:59.15	22-Jul-10	David Lazarovich
500 Free	5:45.55	10-Dec-10	Dustin Lewis
1500 Free	21:38.17	15-Dec-10	Dustin Lewis
1650 Free	20:48.63	7-Jan-11	Dustin Lewis
50 Back	30.66	15-Jul-10	David Lazarovich
100 Back	1:01.12	6-Aug-11	David Lazarovich
200 Back	2:27.71	7-Jan-11	Dustin Lewis
50 Breast	30.06	7-Aug-10	David Lazarovich
100 Breast	1:03.66	8-Aug-10	David Lazarovich
200 Breast	2:44.79	2-Jan-09	Callum Osborne
50 Fly	28.38	7-Jul-11	David Lazarovich
100 Fly	1:03.49	12-Feb-10	Callum Osborne
200 Fly	2:41.67	8-Jan-10	Callum Osborne
200 IM	2:08.81	7-Aug-10	David Lazarovich

**IS THERE A RECORD WITHIN YOUR REACH IN THE FUTURE?
SET THE GOAL, THEN PRACTICE, PRACTICE, PRACTICE!**

STOWE SWIMMERS RULES AGREEMENT

Welcome to the Stowe Swimmers 2018 Winter Swim Club! We are excited to welcome new and returning swimmers to another great year of swimming! Our focus is to assist in the growth and development of all swimmers in both the sport and beyond the walls of The Swimming Hole through hard work, dedication, perseverance, and responsibility to ones' self and team.

Swimming is a privilege. We are all held accountable for our actions in and out of the pool. As with all privileges, they can be suspended. We do need to address some behavior issues that are not welcome at practice and to have a policy in place that will help us navigate issues that may come up throughout the course of the year. Below are rules which we believe that will create a positive environment for learning, growth and development of all swimmers.

- 1. No Bullying** - We want to create a positive and fun environment for all swimmers. We are all part of the team. We are all here for the same purpose, to become better. We need to encourage and support each other through the hard times and the easy times.
- 2. Hands to yourself** - Whether you are in the lane, locker room, lobby, or group exercise room we want to respect others. We want to keep our hands, feet and any other object (i.e. towels) from coming in contact with and potentially causing harm to another.
- 3. No Negativity** - Refrain from negative comments towards others or directed towards yourself. We want to encourage positive self-talk and encourage others when having a hard time or bad day.
- 4. Eyes and Ears** - This is our call to attention. It means Eyes on Coach, Ears above water. Whenever we are at practice, we want everyone to have fun. With that said, we are here for a purpose. We need to pay attention when instruction is given and put the silly stuff aside so that we may learn without distraction.

OUR COURSE OF ACTION:

- 1. Time-out** - If caught for any infraction, the couch will have the swimmer sit-out of practice for five minutes.
- 2. Time-out and notification of parents** - The swimmer will sit-out for ten minutes and parents will be notified.
- 3. Time Out, Parental supervision required** - Out for the rest of practice, swimmer will need parental supervision 2 practices following incident,
- 4. Two week suspension** - After the supervisory period has ended, the swimmer will be asked to not attend two week's of practice, this includes meets that we have signed-up for during suspension.
- 5. Parent/Coach Conference** - This conference will express our concerns of a swimmer continuing on with the organization.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

