



2017 Medallion Blue Herons Swim Team Information

Contact Information:

- Katie Von Hollen Cell: (740) 971-3040 Email: kmvonhollen@gmail.com
- Natalie Anderson Cell: (614) 560-3915 Email: nmanderson9@yahoo.com

Registration: Registration deadline is Friday, March 31st

Meet Schedule:

- Tuesday, June 6th - Home vs. Columbus
- Tuesday, June 13th - @ Kinsale
- Tuesday, June 20th - Home vs. Wedgewood
- Tuesday, June 27 - @ Tartan Fields
- Wednesday, July 5th - Home vs. Jefferson
- Tuesday, July 11th - Champs @ Ohio State University (Time TBA)

Championship Meet: The championship meet will be held at OSU. All swimmers will participate in this event based on time standards (see additional sheet).

Practice Schedule:

- Start 1st week of May: Evening practice 1day/week @ Medallion Club Fitness Center, day and time TBD
- May 30th - June 2nd: In pool practices will be between 5:00 - 7:30 pm. Time will be dependent on group.
- Monday June 4th – Monday, July 10th (Monday thru Friday) practices will be between 8:00 – 10:30 am depending on group.
- Practices will be broken up into groups based on age/skill level and will each have a Team Leader (Coach) to report to.
- Practices will be held rain or shine, if pool is not available because of temperature or storms practice will be held either inside in the fitness center or outside under the tennis tent.
- All swimmers are expected to be at as many practices as possible.
- Practices will be held the day of and the day after swim meets.

Meets:

- Team warm-up is mandatory, swimmers will all meet at 4:45 pm, warm ups begin at 5:00 pm.
- Regular season meets will begin @ 6:00 pm.
- Parent volunteer meeting before meet begins, time TBA.
- Team will have designated area so that all team members are together at the swim meets.
- In permanent marker, swimmers should have their first initial and last name written on their left shoulder blade and TMC written on their right shoulder blade.

- Individual and relay events will be provided at the morning practice on day of meets.
- Swimmers should stay in the teams designated area as much as possible so they are easy to locate for their events.
- Parents will be responsible for swimmers getting to the bullpen before the races. Coaches will be behind the blocks and in the bullpen to facilitate this process.
- If leaving before the end of the meet, please speak with either Katie or Natalie.
- Please make sure that we help keep our area clean at both home and away meets.

Meet Volunteers: Each family is expected to volunteer a minimum of 4 times throughout the season any extra help will be greatly appreciated.

Team Updates: Coaches will be putting together email & phone lists to receive updates and reminders for practices and swim meets, weekly newsletter, cancellations, deadlines, etc.

Swim Test: A swim test will be administered to any new swim team members under the age of 8. Swimmers must be able to swim 25 meters across the pool without assistance using proper mechanics of any stroke. Test will be administered on first weekend that the pool is open time TBD.

Junior Blue Herons:

- This program will be for those kids that are not quite ready to participate in the swim meets but want to start training to do so.
- Junior Blue Heron's will be determined by the Head Coaches after the swim test.
- Pete to explain this program at meeting.

Team Suits & Caps:

- Swim caps will be provided with swimmers name on them.
- Team suits will be the responsibility of the parents to purchase for their children. We are still finalizing the company and suits and will have more information on how to purchase soon.

Private Swim Team Specific Lessons:

- Private swim team specific lessons will be available at an additional cost for any interested swimmers. These lessons will be scheduled between swimmer and instructor. All Coaches/Team Leaders will be available for these lessons.

Swim Team Parent Committee: Please see additional form for swim team parent committee roles. We will need volunteers interested in helping us out with these positions.

Team Photos: Tentatively scheduled Wednesday, June 7th at 6:00 pm.

Awards Banquet & Pool Party: TBA – Awards Banquet will be followed by a pool party.