

Montgomery Makos Swim Team



Information Packet 2022 Season

<https://montgomerymakos.swimtopia.com/>

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Background, Details and Team Focus

Montgomery Makos Swim Team was established in 2001 by the City of Montgomery. Swimmers range in age from 5-18 years old. All are welcome to join the team regardless of previous swim team experience. However, swimmers must have basic swimming skills such as swimming one lap of the pool. The team's focus is on developing good stroke technique and form while also encouraging good sportsmanship and team spirit.

Prerequisite Skills

Swimmers must be comfortable jumping into and swimming in deep water. Different age groups swim different races. Swimmers must demonstrate the desire and ability to achieve at least one race distance and stroke required of their age group (see below) within the first two weeks of practice.

Age	Race	Distance
5-6	freestyle	25 meters (1 length)
	backstroke	25 meters
7-8	freestyle	25 meters
	backstroke	25 meters
	butterfly	25 meters
	breaststroke	25 meters
	Individual Medley	100 meters (4 lengths)
9-18	freestyle	50 meters (2 lengths)
	backstroke	50 meters
	butterfly	50 meters
	breaststroke	50 meters
	Individual Medley	100 meters (4 lengths)

If you have any questions about these prerequisites, please feel free to contact a coach.

Recommended Swimmer Equipment

- A team suit. Swimville is our preferred vendor.
- A practice suit.
- A swim cap. Team caps are available for purchase.
- Goggles. A few pairs for the season.



PRACTICE: What to expect

- Come ready to swim five minutes before practice, and be ready to swim for the whole time!
- Follow all pool rules (no running, etc.)
- Clear deck 15 minutes after practice, if not before.
- Swimmers should come prepared to listen to their coaches for instruction and support their teammates throughout practice.
- Swimmers not actively involved in practice should be picked up no later than 15 minutes after their practice has ended unless a parent or guardian is also at the pool. Please be aware that the pool does not officially open for the day until 11 a.m.
- Swimmers must inform the head coach via email of any scheduled absence which causes you to miss multiple practices.

What time should we come for practice?

Subject to change based on registration. Practices will be grouped based on age and ability

Age Group	To attend this practice, swimmers should be able to:	Swim Time
Blue Group (generally 11 & up)	<ul style="list-style-type: none"> ● swim full 100 IM legally ● complete a flipturn ● train for a 1 full hour every day practice every day. 	7:30 - 8:30
Lime Green (generally 9-10 yrs)	<ul style="list-style-type: none"> ● swim a full 50 without stopping on lane line ● can swim/still developing all four strokes (freestyle, backstroke, breaststroke and butterfly) 	8:30 - 9:30
White Group (generally 8 & under)	<ul style="list-style-type: none"> ● swim a full length of the pool without touching the side of the pool or lane line ● swim a lap of both freestyle and backstroke 	9:30 - 10:15
Mini Makos	<ul style="list-style-type: none"> ● structured for swimmers ages 4-6 	10:15 - 10:45

- These guidelines give the coaches and parents parameters on how to organize the swimmers. Overall, the groups will be divided by ability and space at the coaches' discretion. Coaches have the final say and will determine and confirm which practice group swimmers will practice in. Coaches will try to work with parents where multiple swimmers are concerned. Please discuss any desired adjustments to your child's practice schedule with the coaches prior to making any change.
- If you are also training with another swim team, please inform the head coach before the start of the season. Swimmers participating on other swim teams should make an effort to attend at least one practice per week with the Makos.



Can practice ever be canceled?

- Practice will continue during rain, but will not continue during thunder, lightning or heavy rain with strong winds.
- An email will be sent to parents to communicate changes in practice scheduling during inclement weather. **Be sure we have your correct email registered with the team website. Contact a coach or board member if you need help with this.**
- Please understand that the weather can change in an instant and we do not cancel practice unless necessary. This can result in last minute cancellations. Please use your own discretion when deciding whether or not to attend on questionable weather days.

Swim Meets

- There will be 6 swim meets this season - 3 will be “home meets” at our pool and 3 will “away” meets at other pools in our league. The meet schedule typically is set in May and the schedule will be shared with the team as soon as it’s available..

How do I tell the coaches which meet(s) my child(ren) want to swim?

- Swimmers must RSVP for every swim meet via the website - even if they are not planning to attend. Swimmers cannot be entered into a meet after the registration deadline, or if they show up to the meet unplanned.
- The deadline to RSVP one week prior to the meet.
- If you can no longer attend a meet you have marked "yes" for, please let a coach know ASAP. Meet entries are limited and absences often affect relay spots, so we like to fill every open space we have.

What time should we arrive for the meet?

- Warm Ups: All children swimming in the meet must warm up with the team. This will help the swimmer get used to the pool and get their swimming muscles ready to go.
 - Home Meets: Arrive at the meet 20 minutes (5:10 p.m.) prior to the scheduled warm-up time and be ready to start warmups at 5:30 p.m.
 - Away Meets: Arrive 20 minutes prior to the scheduled warm up time, and be ready to swim at 6:00 p.m.
- Meet Start
 - Montgomery Makos Home Meets start promptly at 6:30 p.m.
 - Some teams have different warm up and start times, we will communicate those times as soon as we know them.
- Cancellations
 - Meets **will not** be canceled **in advance** for inclement weather. You must arrive at the meet at the scheduled time regardless of weather.



What will happen during the meet?

- **SWIM FAST** and cheer on your teammates!
- Show good sportsmanship and respect to all coaches, team members, team parents, officials, opposing teams and self!
- Encourage your child(ren) to stay in team area during the meet. Also encourage them to talk to their coach for any last minute tips before their race.
- Help your child(ren) plan for their races by looking at the heat sheet prior to the meet. Many parents will write heat, lane and event on their child's arm with a Sharpie.
- For swimmers ages 6 and under, meet volunteers will alert swimmers in the team area of approaching races. Those sitting in the concession area or on the playground run the risk of missing their race.
- Please do not leave a swim meet early without informing a coach first.

What events will my child swim?

- The coaches are responsible for the lineup and will target to have all swimmers in at least 2 events each meet. The number of events may be less for swimmers ages six and under.
- Every effort will be made to have the line-up posted 1 day prior to each meet. The final line-up will be posted at the practice the morning of the meet.
- To be fair to all swimmers and give each swimmer the opportunity to experience different races, each swimmer will swim all eligible events throughout the season. We know swimmers will have favorite events or be nervous to try "harder" races. That's ok! We want each swimmer to grow throughout the season, so please support your swimmer as they try new events.
- A swimmer may choose not to swim an event, but they will not be able to substitute another event at that swim meet.
- Swimmers must inform the coach if they opt out of an event before the final line-up is posted.
- The home team is given the choice on how to use open lanes within a heat. Please understand that while we love to fill open lanes with our swimmers, that is a privilege only awarded to the home team. Away teams do not know what is open prior to submitting entries and cannot send over additions after the initial line up has been created.

Will we get ribbons?

- At home meets, ribbons are distributed as follows:
 - **9 & up** - 1st, 2nd, and 3rd place finishes for all individual and relay events.
 - **8 & under** - 1st, 2nd, and 3rd place finished for all individual events and relays. Participation ribbons for all other places in individual events.
 - Ribbons will not be awarded for any event in which a swimmer is disqualified.
- Ribbons are typically available the following morning in each families' file folder in the



hanging folder box.

What about Championships?

- The Tri-County Swim League Championship Meet is on July 22-23 at Miami University. Our team competes with all the Tri-County Swim League teams at this meet.
- The Tri-County Swim League requires that a swimmer must participate in one dual meet during the season in order to qualify for championships.

Parents: Our Role

Parents are just as important to the swim team as the swimmers. It is so important for every swimmer to have a supportive, encouraging and attentive parent. We have a few requests to ensure a successful season and support our swimmers and coaches.

- Parents are welcome to watch practice...from a distance! Let the coaches, coach.
- Parents are also requested to refrain from speaking to the coaches during practice and meets because this takes focus and attention away from the swimmers. Encourage, as much as possible, for your swimmer to communicate with the coaches themselves.
- If you need to contact a coach, it is recommended to schedule a time to meet or send them an email.

Parent: Volunteer Requirements

The operation of a swim team requires parent volunteers throughout the season. Fun fact: each home meet takes about 50 volunteers to run it! In order for meets to run safely and efficiently, numerous positions on the pool deck must be staffed. Therefore, at least one parent from each family is required to volunteer 3 times throughout the season. There are additional opportunities for parents to hold volunteer positions outside of the swim meets.

- **A \$75 service deposit** is required at registration.
- **In order to receive the \$75 deposit back, each family is required to work a minimum of 4 volunteer positions.**
- **If you do not meet your minimum volunteer requirements, your family will not be eligible for preferred registration in 2023.**
- **We are a team completely run by volunteers. We do not want to keep your deposit, we really just need your help. Your kids, and the team, will be much happier.**
- If you are unable to attend a meet you have volunteered for, you must find a sub to work your shift and inform the volunteer coordinator of that change as soon as possible. Swim meets are lively events and you cannot rely on the volunteer coordinator to fill your spot.
- Families with only swimmers ages 13 and over are not required to volunteer. We request that these families still volunteer, when available, to help out the team.



- We reserve the right to ask parents to work more than their required sessions to ensure the meets run properly.

Swim Meet Volunteer Positions:

There are lots of opportunities to volunteer and no expertise or previous swimming experience is required. Parents who have been around the team for several seasons are always ready to help people learn new roles.

- **8 & Under Staging:** Organize the 8 & Under swimmers to line up in proper order at the starting blocks for each event.
- **Concessions:** Set-up, take-down, and work concession sales during home meets.
- **Hospitality:** Distributes water to timers, officials, and coaches during meets.
- **Referee/ Starter /Officials:** Follow Tri-County League rules to officiate swim meets. Minimum of 4 parents and 2 officers must attend a certification meeting. Training is required and will be provided.
- **Timers:** Uses stopwatch to time races and write down swimmer times.
- **Pickers:** Writes down finish order of scoring heats to serve as back up when times are in question
- **Head Timers:** Serves as a backup timer for any lane timer who notices their watch did not start correctly at beginning of race
- **Scorers/Data Managers:** Enter event times, print results and ribbon stickers during meets. Update software with meet data.
- **Runners:** Distributes and collects lane and/or disqualification slips between races and delivers them to scorers table.
- **Ribbons:** Works with scorers to prepare ribbons for winners and participants.
- **Set Up/Clean Up:** Assist in meet set up and clean up. Consists of moving chairs, taking out trash and putting away meet equipment in the team closet.
- **Floater:** Person will help fill jobs where we had a "no show" or additional unplanned need.

Other Positions:

- **Fun Fridays:** Organizes Friday morning celebrations after meets
- **4th of July Parade:** Organizes Team entry into City of Montgomery 4th of July Parade
- **Work social events:** (i.e. awards banquet, 4th of July Parade, spirit activities)

What else should you know?

- Once you have committed to a position and in an emergency you cannot do it -- **it is your responsibility to get coverage or trade with another family to do your job.**
- Only one volunteer position per family per meet unless approved by the Volunteer Coordinator.
- In order to allow some flexibility in trading, it is beneficial to know how to do a



number of different jobs (there will be training for those who need it).

- Please be sure to complete your entire volunteer shift. If you must leave before your shift is over, it is your responsibility to find another parent to complete the rest of your shift. You will not get credit for a partial shift.

Concession Stand Donations

Our team receives a large amount of funding through concession stand sales. For this reason we request each family sign up for an item to bring to the swim meet to sell at the swim meet. This only applies to our nighttime dual meets. You can choose the item when you sign up for the meet on the website. Donating to the concession stand is greatly appreciated, but does not count towards your volunteer requirements.

2022 Important Dates and Meet Schedule

(Subject to Change -- **Swim Meets in Bold**)

DATE	TIME(S)	EVENT	NOTES
April 25th	6 or 7pm (both sessions are the same)	Parents Information Meeting @ Zoom	
Sometime in May (TBD)	TBD	Suit and Spirit Orders Due	
Sometime in May	TBD	Swimsuit Fitting	
Sometime in May (TBD)		RSVP for Swimmers and Volunteer Position Sign Ups for Swim Meets Opens for all	Please check the website for instructions on how to do this!
Tuesday, May 31 Wednesday, June 1 Thursday, June 2 Friday, June 3	5-5:50pm (8 yrs & younger) 6-6:50pm (9 & 10 yrs) 7-7:50pm (11 yrs & older)	After school practice begins @ Montgomery Pool	To manage numbers of swimmers attending, sign up to attend on the website!
Monday, June 6	7:30-10:45am	Regular morning swim practice begins	



Tuesday, June 28 - <i>(tentatively)</i>	All day	Walker Bros Fundraising Night	A percentage of the profit returns to the Makos team!
Monday, July 4	TBD	Makos Swim Team Float in City of Montgomery Parade	
Friday and Saturday July TBA	<i>(tentatively)</i> Friday Morning (13+) Friday Afternoon (11-12) Saturday Morning (9-10) Saturday Afternoon (8 & U)	Tri-County Swim League Championships at Miami University	Pay by event meet
Saturday, July 23 7pm-10pm		End of Season Banquet at the Montgomery Pool	

2022 Montgomery Makos Parents Board

In order to participate in the league, we must maintain a formal parent organization. Therefore several key leadership positions are necessary to form the Board. Board representatives and positions are as follows.

President

Jonathan Friend (jonathangfriend@gmail.com) Oversees the running of the team and presides over all meetings. Acts as meet director for all home dual meets. Supervises the work of other leaders. Represents the team at Tri-County League Meetings. Appoints special committees as necessary.

Vice President

Barbie Bergan (barbiebergan@gmail.com) Organizes and supervises the meet volunteers. Presides over the team and attends meetings in the President's absence.

Treasurer

Eric Beutel (ohbeutel@gmail.com) Handles all finances (from fundraising and parent organization events). Keeps a record of income and expenses. Prepares financial reports for beginning and end of year.

Other Volunteer Positions:

Head Official

Charlene Butcher (charlene.m.butcher@gmail.com) Coordinates volunteers to officiate



and supervises officials at meets.

Hy-Tek Coordinator

Courtney Simon (courtmichelle@gmail.com) Coordinates Hy-tek (swim meet software) computer program needs for the team, including entries for meets and scoring of home meets.

Concessions

TBD Coordinates concession stand at home swim meets.

Spirit Wear Coordinator

Jessica Hoffman (jlhoffman9@gmail.com) Oversees design, order and distribution of the spiritwear for the season for the entire team.