

Welcome to the 2011 Manchester Farm **PRE-TEAM** swim season! The Manchester Farm Swim Team (MFST) swims in the Montgomery County Swim League (MCSL) whose purpose is to encourage informal, friendly team competition at the neighborhood pool level and to provide young people with the opportunity to participate in team competition during the summer, within a fair and wholesome environment, in order to develop athletic skills, encourage sportsmanship and teamwork, and foster an appreciation of the relationship between effort and success. The MFST Board of Directors and coaches have worked diligently throughout the winter to make our Pre-Team a success. We are excited and hope you and your child will enjoy their summer swim experience. Go Dolphins!

Here are some things you need to know:

The Pre-Team consists of no more than 30 swimmers.

1. There will be a waiting list for all interested swimmers.

Who qualifies as a PRE-TEAM member?

1. Pre-Team members are at least five years old, but no older than 8 years of age as of June 1.
2. Swimmers must be "swim ready" -- willing to get into the water without a parent, put their face in, blow bubbles, and progress to the point of being able to swim 6 meters by June 23.
3. Swimmers must be able to listen to and follow instruction.
4. For children on the waiting list, or who are not "swim ready", Coach Flaherty offers private and group swim lessons. If a child progresses in the lessons, he can be moved to the Pre-Team when a spot becomes available. Please see Coach Flaherty's lesson flyer for details.
5. On the first day of **Pre-Team practice**, Friday, **June 17, 11:30 AM – 12:15 PM or 6:00 PM – 6:45 PM**) coaches will assess swimmers for proper placement – Team, Pre-Team, and lessons, and provide feedback for proper placement.
6. Once the season starts, a Pre-Team swimmer can graduate to the swim team when she can swim 25 meters (one length of the pool) in under one minute (60 seconds).

When does the Pre-team practice?

1. The Pre-Team will offer both AM and PM practices:

Monday/Tuesday/Wednesday/Friday 11:30 AM – 12:15 PM

Monday/Tuesday/Thursday/Friday 6:00 PM – 6:45 PM (No PM practice on July 4th)

2. **Pre-Team** practice begins on **Friday, June 17, 11:30 AM – 12:15 PM or 6:00 PM – 6:45 PM**. Please sign-up for the practice time you plan to attend on a regular basis. Practice times are flexible however it is necessary to know about how many swimmers to expect in order to assign coaches.

What should I expect during practice?

1. Swimmers will receive instruction and practice skills as directed by the Head Coach.
2. At least once a week, swimmers will have the opportunity to kick a length of the pool with the help of a kick-board to strengthen kicking skills.
3. Coaches will motivate swimmers to progress using a sticker chart system. Swimmers will be awarded for mastering skills at all levels, accomplishing milestones, and for demonstrating team spirit and good sportsmanship.

4. Swimmers will have the opportunity on Fridays to take a swim test to qualify for the Team. Those swimmers who can swim one length of the pool in less than 60 seconds can swim in the next Wednesday "B" Meet.

What should a Pre-Team swimmer wear to practice?

1. Team swimsuits are **OPTIONAL**. Most Pre-Team swimmers do not purchase a team suit. However, if you desire to purchase a suit, a team suit can be purchased at "Under Water Wear" (Walnut Shopping Center on Rt. 355 near Shady Grove Road). Tell your sales associate you are from Manchester Farm to receive the team suit discount.
2. A swim cap and goggles are helpful, but are not mandatory at the Pre-Team level. However, long hair should be pulled back and secured in a ponytail. A swimmer cannot learn proper head position if her hair gets in her face. Swim caps with the MFST logo are available for purchase at the pool.
3. Kickboards and noodles are provided for swimmers' use.

How much does it cost to swim on the Pre-Team?

1. Families of Pre-Team swimmers must be a member of the Manchester Farm Community Pool (by being a Manchester Farm resident or purchasing an outside pool membership).
2. The Pre-Team registration fee is \$85 per swimmer, plus a \$30 family fee to be paid only if you did not pay the \$30 Team family fee.

What are a parent's responsibilities?

1. Supervise children at all practices and team events such as socials and meets.
2. Check the bulletin board for notices and events. If you wish to receive notices electronically please provide an email address where we can send newsletters and updates.
3. Pre-Team parents do not have volunteer obligations. However, we welcome volunteers at all team meets. Timers, runners, and ribbon writers are always needed. A Mini Meet for our youngest swimmers will be held at the Manchester Farm Community Pool during the swim season. Pre-Team parents will be asked help out with this event.

What if I have questions during the season?

1. We encourage parents to NOT approach coaches during practice so that coaches can focus their complete and undivided attention on the swimmers. Assistant Coaches will be available after practice to answer questions. Board members will also be available during the first week of practice to assist you in any way. Please feel free to contact Coach Joe at home (301.916.1852) if you have any questions or concerns. He may not be available immediately after practice due to his Team practice and lessons schedules.
2. A MFST bulletin board is located on the poolside wall between the women's and men's locker rooms. Please check the board regularly for special event information, meet and volunteer sign-ups, etc.
3. For additional information, please check out the MFST website at **www.MFST.org**.

PRE-TEAM: SIGN-UP SHEET - PERMISSION SLIP

Return completed forms to: Ginny Allsopp, 14113 Eternity Rd, Germantown, MD 20874.

SWIMMERS NAME (Must be at least age 5)	Birth date	Age as of 6/01/11	M / F	AM /PM Practice

Mother's name _____ phone number(s) _____

Father's name _____ phone number(s) _____

Address _____

E-mail address (Please print clearly) _____

Indicate if you object to your name and phone # being distributed in a team directory. I object .

Indicate if you object to your name being put on a swim team mailing list. I object .

I hereby grant permission for my child/children to be a member of the Manchester Farm Swim Team and to take part in swim meets here and at other neighborhoods in the area. I understand that my child/children will not swim in meets until the registration fees are paid in full. The swimmer is a member of Manchester Farm pool.

I agree that the Manchester Farm Swim Team, Manchester Farm HOA, Coaches, Team Sponsors, Policy Setting Board, and the Swim Team Parent Representatives, individually or collectively, are neither responsible nor liable for injuries or losses incurred in the conduct of swim team activities.

I also understand that an adult must supervise children who have not passed the swim test or guardian at all practices and meets.

I understand that if child/children have any health problems that require medical attention (such as bee sting allergy, asthma, etc.), an adult must accompany that child at all times.

SIGNATURE _____

In case of an emergency and you cannot be reached, complete the following:

NAME OF PERSON TO CALL _____ **PHONE NUMBER** _____

RELATIONSHIP TO CHILD, IF ANY _____

Membership Fee	\$85.00 /swimmer X _____ swimmer =	
Family Fee		+\$30.00
Total =		_____
Make check payable to Manchester Farm Swim Team.		

Emergency Information for Manchester Farm Swim Team Member

Swimmer's Name _____

Date of Birth _____ Sex M F

Home Address _____

Home phone _____ Cell Phone _____

	Male Head of Household	Female Head of Household
Name		
Relationship to swimmer		
Work phone		
Cell phone		

If Parent cannot be reached, person to be contacted in case of emergency:

Name _____ Phone _____

Medical Information

Physician's Name and Phone _____

Hospital preference _____

Allergies: Medication _____

Bee Stings Yes No

Other allergies _____

Does the Swimmer have a health condition requiring possible emergency care?

Yes No

If yes, specify. _____

Does the Swimmer have any health concerns that would need to be identified in an emergency?

I Authorize the Swim Team Coaches or Officers to administer first aid and/or take my child to a physician or hospital for emergency treatment in the event it appears necessary and neither parent (guardian) can be contacted. (Rescue Squad in Emergency situations)

Signature of Parent (Guardian) _____