

Sunnybrook
Makos

2010

Team Handbook

Index

Sunnybrook Swim Team 2010 Calendar	Page 1
Sunnybrook Swim Team Staff	Page 2
Swim Team Basics - Practice	Page 3
Practice Schedule	Page 4
Swim Team Basics – “A” Meets	Page 5
Swim Team Basics – “B” Meets	Page 6
Swim Team Basics – Time Trials & Other Meets	Page 7
Swim Team vs. Mini-Makos vs. Lessons	Page 8
2010 Meet Schedule	Page 9
Tri-County Swim League	Page 10
Swim Meet Descriptions	
Tri-County Championships	Page 11
Optional Meets	Page 11
Burl. County Championships	Page 13
2010 Tri-County Qualifying Times	Page 12
Swim Team Discipline Policy	Page 14
Sunnybrook Girls Team Records	Page 16
Sunnybrook Boys Team Records	Page 17

Sunnybrook Makos 2010 Swim Team Calendar

Spring Warm-ups	April 27 - May 25 Tuesday, Friday, Sunday @ Moorestown Community House
Pre-Season Practice	June 1 - June 17
Pre-Season Psych Party	May 30
Time Trials	June 12 - More info to come
Practice Dual Meet @ Kingston	June 19 – More info to come
Summer Practice	June 18 - July 23
Mini-Makos Practice Starts	June 21
“A” Meets (Saturdays)	June 26, July 1, 10, 17, 24 - 9am*
“B” Meets (Wednesdays)	June 30, July 7, 14, 21 - 6pm*
Picture Day	June 25
Dorney Park Trip	July 19
Swim Team Banquet	July 24
Riverdel Mini Meet	July 25
Burl. County Qualifier Practice	July 26 - July 30
Burl. County Championship Meet	July 31
Tri-County Qualifier Practice	July 26 - August 6
Tri-County Championship Meet	August 7 & 8
Post Tri-County Get Together	August 8

* These are the meet start times. For home “A” meets, the swimmers should arrive at the pool by 7:45 am. For home “B” meets, the swimmers should arrive at the pool by 4:45pm. See the bulletin board or team website for times regarding the away meets.

**For updates check the bulletin board or visit
www.sunnybrookswimclub.com**

Sunnybrook Coaching Staff

Head Coach – Adam Ritchie

Adam is returning for his second year as the Sunnybrook head coach. He swam for 8 years in Tri-county with various clubs and went on to swim for Lehigh University. After several years off, Adam has returned to the pool and is currently a nationally ranked masters swimmer.

Assistant Coach – Kelly Howard

Kelly is returning for the third year as an assistant coach. She swam with Kingston Estates for 12 years.

Assistant Coach – Joseph Kuder

Joe swam for Sunnybrook for 10 years. He was also a member of the Moorestown High School varsity swim team and the Burlington County YMCA Hurricanes. Joe is currently a member of the varsity swim team at Lycoming College.

Swim Team Basics

Practice

- All swimmers must arrive on time to practice and are expected to practice daily.
- Parents are welcome, but must refrain from talking with the coaches or their children during practice.
- All registration paperwork must be completed prior to a child swimming with the team. No child will be allowed to participate without completion of the Tri-County Liability Waiver. You may obtain the forms from the Swim Team Chair or the Team Website.
- Only those swimmers involved in the Burlington County Championship and/or Tri-County Championship continue to practice after the last “A” meet.
- Morning practices for those swimmers involved in both the Burlington County Championships and Tri-County Championships will continue through **Friday, August 6**, with those swimmers involved in just the Burlington County Championship concluding on **Friday, July 30**.

Team Suit

- All swimmers are encouraged to purchase a team suit to be worn at all meets.
- Also available for sale are team shirts, house flags, and towels all designed to let our foes see yellow before they taste defeat.

Practice Schedule

Spring Warm-Ups

Sunday	3:00 – 4:00 pm 4:00 – 5:00 pm	April 27 – May 25
Tuesday & Friday	5:15 – 6:15 pm 6:15 – 7:15 pm	

After-School Practice

9 – 12	4:15 – 5:15 pm	June 1 – June 17
8 & Under	5:00 – 6:00 pm	
13 & Over	5:45 – 7:00 pm	

Morning Practice

9 – 12	8:30 – 9:45 am	June 18 – July 23
13 & Over	9:30 – 11:00 am	
8 & Under	10:45 – 12:00 pm	

Stroke & Turn Night

All Ages	5:00 – 6:00 pm	Tuesday Night June 22 – July 20
----------	----------------	------------------------------------

Mini-Makos

Mini-Makos	11:30 – 12:00 pm	June 21 – July 23
------------	------------------	-------------------

Burlington County Championship Practice

9 – 12	8:30 – 9:45 am	July 26 – July 30
13 & Over	9:30 – 11:00 am	
8 & Under	10:45 – 12:00 pm	

Tri-County Championship Practice

9 – 12	8:30 – 9:45 am	July 26 – August 6
13 & Over	9:30 – 11:00 am	
8 & Under	10:45 – 12:00 pm	

Swim Team Basics

“A” Meets

- “A” meets are for more advanced swimmers. Score is kept and the results are official in league standings.
- Swimmers can qualify for the Tri-County Championship Meet only at an “A” meet.
- Swimmers must swim in at least two “A” meets to be eligible to swim at the Tri-County Championship Meet.
- The "meet sheet" (who is swimming in what event) for “A” meets will be posted on the bulletin board by Friday. The coaches will be available to answer questions regarding the meet sheet after practice on Friday. Coaches will not be able to address questions about the meet sheets on Saturday mornings.
- Who swims in an event for each meet is determined by many factors and is the ultimate decision of the coaching staff. The coaches have to "seed" the meet to acquire the maximum number of points. For example, your child might be the fastest 9-10 freestyler but if the second fastest swimmer can also potentially take a first place and your child can get points in another event, the coaches may choose the latter option.
- In dual meets, a swimmer may swim in a maximum of two individual and two relay events.
- “A” meets begin at 9:00 AM
- **Swimmers should report for home meets at 7:45 AM.**
- For away meets, parents meet with the coaches in the SB parking lot and travel in a caravan. The time is determined by the location of the meet and will be posted on the bulletin board and team website.
- The directions to away meets are included on the team website.
- “A” Meets usually last until 11:30 AM.

Please inform the head coach by e-mail at least 1 WEEK in advance if you will be unable to attend an “A” meet. Contact information for all coaches can be found on the team’s website.

Swim Team Basics

“B” Meets

- “B” meets are for swimmers 14 years old and under.
- Score is not kept but ribbons are awarded.
- The purpose of these meets is to provide an opportunity for beginning swimmers to swim in a competitive situation and to provide an opportunity for more advanced swimmers to swim in events they do not normally swim at “A” meets.
- Swimmers may not swim any events for which they already have a Tri-County Qualifying time.
- In order for a swimmer to be included in the “B” meet, a parent/the swimmer must complete the sign-up sheet.
 - **The sign up sheet will be posted on the bulletin board each Thursday.**
 - **Parents should circle the two strokes their child would like to swim and whether or not they will be available for either of the relays.**
 - **The sign-up sheet will be taken down after practice the Tuesday prior to the “B” meet.**

If a swimmer was not listed on the sign-up sheet, they will not be included in that week’s “B” meet. Swimmers who arrive at a “B” meet without prior notice (i.e. the sign-up sheet) will not be entered into that meet.

- “B” meets begin at 6:00 PM.
- Swimmers should report at **4:45 PM** for home meets
- Swimmers should report at **5:00 PM** for away meets.
- Meets are usually over by 8:30 PM.

Swim Team Basics

Time Trials:

- Time Trials is a practice meet where each swimmer has the opportunity to show how fast he or she can swim.
- The times will be used by the coaches to determine the line-up for the first “A” meet.

“Mini & Midi” Meets

- Mini and Midi-meets are non-league meets that we swim as a team.
- Swimmers swim according to their age, based on their age as of the day of the meet. Events are by age and not by age group, with events for each age. (i.e. A child who is 7 would swim a 7 year old event, not an 8 & Under event.)
- Parents must sign up swimmers individually and pay an entrance fee for each event entered.
- A high point trophy is normally awarded to the best all-around swimmer in each individual age.
- Rosette ribbons are awarded for first, second and third place finishers in each event, with regular ribbons given to up to sixth place or more.
- There is a fee for admission and program.
- The length of these meets varies as the number of entries varies.
- Watch for more information on the Team Bulletin Board and website.

Mark your calendars for the following meets:

Riverdel Mini Meet - July 25, 8AM (warm-up 6:45AM) - Ages 9&U, as of the day of the meet

Swim Team vs Mini-Makos vs Lessons

There are several different levels of swimming programs available at Sunnybrook. The guidelines below were created to assist parents in understanding which program would be most appropriate for their child.

Swim Team:

- In order to be eligible for the swim team, the swimmer must be able to swim 25 meters (one lap) of freestyle. The swimmer must be able to complete the entire lap without stopping, grabbing onto the wall, touching the bottom, etc.

Mini-Makos:

- The “Mini-Makos” are a group that typically consists of 5-7 year olds who are not quite ready for the swim team. They may be able to swim for brief periods but cannot yet complete a lap without stopping.
- Over the course of the summer, some Mini-Makos are “promoted” due to their progress and are able to join the Swim Team practices. This decision is made by the coaching staff.
- Mini-Makos swimmers may be eligible to participate in B meets. Please ask the head coach if you are interested or would like more information.
- The Mini-Makos are coached by several “swimmer coaches.” These individuals are chosen by the swim team coaching staff based on both willingness to participate and their ability level.
- *The Mini-Makos is not a learn-to-swim program.*

Lessons:

- Group swimming lessons also are provided by Sunnybrook.
- These lessons are typically taught by college age students.
- These groups are designed as “learn to swim” groups and include children who have had little/no prior swimming instruction.

2010 Meet Schedule

Check the Bulletin Board and/or Website for any Changes

Time Trials

Saturday	Location	Arrival	Start
June 12	Sunnybrook	TBA	TBA

Practice Dual Meet

Saturday	Location	Arrival	Start
June 19	A Kingston Estates	TBA	TBA

“A” Meets

Saturdays	Location/Opponent	Arrival	Start
June 26	A Downs Farm	TBA*	9 AM
July 1	H Haddon Glen	TBA	TBA
July 10	A Pomona	8:00 AM	9 AM
July 17	H Greenfields	7:45 AM	9 AM
July 24	A Erlton	TBA*	9 AM

* For away meets, the team meets in the Sunnybrook parking lot and caravans to the opposing team’s pool. See the bulletin board and/or website for meeting time.

“B” Meets

Wednesdays	Location	Arrival	Start
TBA	H - Pheasant Run	4:45 PM	6 PM
July 7	H - Riverdel	4:45 PM	6 PM
July 14	A - Woodstream	5:00 PM	6 PM
July 21	A - Westwood	5:00 PM	6 PM

Burlington County Championships

Saturday	Location	Arrival	Start
July 31	TBA	TBA	9:00

Tri-County Championships

Sat. & Sun.	Location	Arrival	Start
August 7 & 8	Fox Hollow	TBA	TBA

Optional Meets

Sunday	Location	Arrival	Start
July 25	Riverdel Mini Meet	6:45 AM	8:00 AM

Legend: **H** - Home, **A** - Away

Tri-County Swim League

Tri-County Swimming Pool Association

- Sunnybrook is one of 36 swim teams from the Tri-County area, comprised of Camden, Gloucester and Burlington Counties.
- The league is organized into 6 divisions: “A” through “F”. Each division has 6 teams.
- At the end of the season the team with the best record moves up to the next division.
- The team with the worst record moves down a division.

Meet Events

- Each meet has 66 events swum in order:
 - Individual Medley
 - Medley Relay
 - Freestyle
 - Backstroke
 - Breaststroke
 - Butterfly
 - Freestyle Relay

Age Groups

Events are broken down by age groups and gender, run youngest to oldest, girls first:

- 8 & under
- 9-10
- 11-12
- 13-14
- 15-18

Scoring

The final score is computed from the results of each event:

- Individual Events (all lanes eligible)
 - 1st place (5 points)
 - 2nd place (3 points)
 - 3rd place (1 points)
- Relays (all lanes are eligible)
 - 1st place (7 points)

Tri-County Championships

Eligibility: During the “A” meets, swimmers have the opportunity to qualify for the Tri-County Championships held the first weekend in August. A swimmer qualifies by equaling or bettering a Tri-County Qualifying Time (see next page). Qualifying swimmers can choose a maximum of two individual events and may be eligible for up to two relay events based on their times.

Meet Description: Qualifying swimmers from all 36 teams compete in their appropriate age groups to determine the fastest swimmers and teams in Tri-County. Preliminary heats are held, and the top 16 swimmers return to compete in finals. Relays are swum once. Relays compete on Saturday or on Sunday.

Optional Meets

Riverdel Mini Meet: The meet will be held on Sunday, July 25, at the Riverdel Swim Club. Warm-up is at 6:45am. The meet starts at 8:00am. This meet offers any 9 and under to compete against other children their own age (i.e. 7 year old girls against 7 year old girls). Look for information on the bulletin board or website.

2010 Tri-County Qualifying Times

8 & U Girls

20.50**	25 Free
26.35**	25 Back
29.00**	25 Breast
25.50**	25 Fly

9-10 Girls

37.60	50 Free
21.00	25 Back
22.50	25 Breast
18.90	25 Fly

11-12 Girls

33.75	50 Free
40.75	50 Back
44.50	50 Breast
39.25	50 Fly

12 & U Girls

1:28.75**	100 Medley
-----------	------------

13-14 Girls

1:11.25	100 Free
38.00	50 Back
42.00	50 Breast
35.50	50 Fly
1:21.50	100 Medley

15-18 Girls

1:08.00	100 Free
35.50	50 Back
	100 Back
40.00	50 Breast
	100 Breast
33.75	50 Fly
1:16.75	100 Medley
	200 Medley

8 & U Boys

20.25**
26.75**
30.00**
26.40**

9-10 Boys

38.00
21.25
23.50
19.50

11-12 Boys

33.90
43.00
47.50
40.50

12 & U Boys

1:31.00

13-14 Boys

1:08.25
37.80**
40.50
34.50
1:19.50**

15-18 Boys

1:00.30
1:11.40
1:19.50
30.00
2:35.00

** Indicates time changes for 2010 season

Relays do not have times. Teams are seeded by the best "legal" time swum in the five A meets. Swimmers must compete in **two** A meets to qualify.

Selection Criteria

8/U Relays	All legal relays may swim
9/10 & 11/12 Relays	Top thirty-two (30) times per age group swim.
13/14 & 15/18 Relays	Top twenty-four (24) times per age group swim.

Burlington County Championships

- This meet is sponsored by the 9 Burlington County teams within the Tri-County Association.
- The location of this meet rotates among its members. (Riverdel, because it only has a 25 yard pool, and Riverton, because of the size of its physical grounds, do not host this meet.)
- This meet is always held on the last Saturday in July. It starts at 9:00 AM, with warm ups and a parade of the teams before.
- Warm-ups are staggered with the teams closest to the host club scheduled first.
- There are two heats scheduled for each event to accommodate the nine clubs in Burlington County.
- The meet normally lasts until about 2 PM.
- Only one swimmer from each team may swim in each event.
- With the exception of the individual medley events, each participating swimmer may swim in only one individual and two relay events.
- Rosette ribbons are awarded for first through sixth place.
- There is a charge for admission and program at this meet.

The swimmers for this meet are chosen by the coaches and are notified after the last dual meet.

A list of swimmers who will be swimming in the Burlington County Swim Championship will be posted no later than the Sunday following the last "A" meet.

Sunnybrook Swim Team

Discipline Policy

Order is essential for the success of the team. Each swimmer is important, and the needs of individual swimmers should be addressed. However, continual disruptions of practices and meets cannot be tolerated.

First Incident: Coach gives swimmer a clear verbal warning specifying the inappropriate behavior.

Second Incident: Coach gives swimmer a clear verbal warning specifying the inappropriate behavior and makes a parent contact, letting the parent know about the behavior.

Third Incident: Coach clearly identifies the problem behavior to the swimmer and suspends the swimmer for a week, including practices and a meet. Coach contacts parent to let the parent know about the suspension.

Fourth Incident: Coach clearly identifies the problem behavior to the swimmer and removes the swimmer from the team for the remainder of the season. Coach contacts parent to let the parent know of the swimmer's removal from the team. The swimmer will forfeit any benefits of being a member of the team.

Sunnybrook Swim Team Girls Records

Event	Name	Time	Date	Event	Name	Time	Date
8 & U Girls				13 & 14 Girls			
25 Free	Samantha Trivinia	16.20	8/3/03	100 Free	Marisa Chuliver	1:01.24	7/30/93
25 Back	Colleen Furey	21.11	6/22/91	50 Back	Elizabeth Heim	32.58	7/13/96
25 Breast	Sarah Robertson	20.59 ^T	8/1/91	50 Breast	Meghan Miceli	36.17	??/??/06
25 Fly	Mary Thackston	18.30	8/7/93	50 Fly	Samantha Trivinia	30.34	8/2/09
100 M. Relay	Regina Shetler Lauren Tauscher Chelsea Doyle Ellen Hassinger	1:21.73	8/5/00	100 I.M.	Marisa Chuliver	1:10.02	7/3/93
100 Free Relay	Regina Shetler Lauren Tauscher Chelsea Doyle Ellen Hassinger	1:13.43 ^B	6/29/00	200 M. Relay	Lauren Begley Meghan Miceli Kate Keim Claire Wixted	2:09.84	7/28/07
9 & 10 Girls				15 & 18 Girls			
50 Free	Chelsea Gamble	32.21	8/5/00	100 Free	Marisa Chuliver	1:00.60	7/31/94
25 Back	Gianna Salvucci	17.59	6/23/01	50 Back	Elizabeth Heim	31.86	8/8/99
25 Breast	Jenny Barton	19.20	8/5/78	50 Breast	Stephanie Yaszemski	35.12	8/1/09
25 Fly	Ellen Hassinger	15.39	8/3/02	50 Fly	Sarah Kulp	30.98	7/28/01
100 M. Relay	G. Shetler K. Jackson Gianna Salvucci Ellen Hassinger	1:10.23	7/28/01	100 I.M.	Marisa Chuliver	1:07.88	7/30/94
100 Free Relay	Lauren Tauscher Chelsea Doyle Regina Shetler Ellen Hassinger	2:14.55	8/4/02	200 M. Relay	Claire Wixted Stephanie Yaszemski Chelsea Doyle Greta Schneider	2:08.14	7/25/09
11 & 12 Girls				200 Free Relay			
50 Free	Claire Wixted	29.73	8/6/06	Stephanie Yaszemski Claire Wixted Chelsea Doyle Greta Schneider	1:54.86	7/25/09	
50 Back	Lauren Begley	33.38	8/6/06				
50 Breast	Meghan Miceli	37.23	7/30/05				
50 Fly	Ellen Hassinger	31.82	8/8/04				
100 M. Relay	Lauren Begley Greta Schneider Samantha Trivinia Claire Wixted	2:15.26	8/6/06				
100 Free Relay	Lauren Tauscher Chelsea Doyle Regina Shetler Ellen Hassinger	2:00.93	8/7/04				
12 & U Girls				Key:			
100 I.M.	Ellen Hassinger	1:14.00	8/8/04	^B – Burlington County Record			
				^T – Tri-County Record			

Sunnybrook Swim Team Boys Records

Event	Name	Time	Date	Event	Name	Time	Date
8 & U Boys				13 & 14 Boys			
25 Free	Alexander Martin	16.12	8/6/06	100 Free	Richard Hughes	57.20	8/5/78
25 Back	Jimmy Coleman	19.80	8/7/99	50 Back	Richard Hughes	29.34	8/5/78
25 Breast	Paul Izzo	21.15	8/2/90	50 Breast	Brian Murray	33.72	8/5/90
25 Fly	Alexander Martin	16.77	8/6/06	50 Fly	Michael Rebuck	28.28	8/6/05
100 M. Relay	Christian Groody	1:25.18	8/6/06	100 I.M.	Brian Murray	1:07.75	7/28/90
	Evan Cauler			200 M. Relay	Brian Murray	2:04.20	8/5/90
	Alexander Martin				J. Elwell		
	Kevin Calhoun				Rob Alessi		
100 Free Relay	Christian Groody	1:13.95	8/6/06		H. Hendrickson		
	Kevin Calhoun			200 Free Relay	J. Elwell	1:50.09	8/5/90
	Evan Cauler				Rob Alessi		
	Alexander Martin				Brian Murray		
					H. Hendrickson		
9 & 10 Boys				15 & 18 Boys			
50 Free	Alexander Martin	30.36 ^T	8/03/08	100 Free	Rob Morris	52.95	8/5/90
25 Back	Alexander Martin	15.97 ^B	7/12/08	100 Back	Jimmy Coleman	1:00.97	8/1/09
25 Breast	Paul Izzo	18.59	8/2/92	100 Breast	P.J. Waicus	1:11.48	8/6/98
25 Fly	Alexander Martin	14.62 ^T	8/04/08	50 Fly	Rob Morris	26.07	7/28/90
100 M. Relay	Alexander Martin	1:14.67	8/04/08	200 I.M.	Tim Power	2:17.24	8/7/83
	Christian Groody			200 M. Relay	Thomas Fletcher	1:54.47	8/2/92
	Kevin Calhoun				Brian Murray		
	Evan Cauler				J. Straw		
100 Free Relay	Christian Groody	1:14.99	8/04/08		H. Hendrickson		
	Evan Cauler			200 Free Relay	Nick Spetsas	1:41.49	8/7/07
	Kevin Calhoun				Michael Rebuck		
	Alexander Martin				Derek Ems		
					Jimmy Coleman		
11 & 12 Boys							
50 Free	Bob Call	29.20	8/8/76				
50 Back	Alexander Martin	31.27	8/1/09				
50 Breast	Paul Izzo	36.60	8/6/94				
50 Fly	Michael Rebuck	31.06	7/26/03				
200 M. Relay	Alexander Martin	2:15.32	8/2/09				
	Devin Nelson						
	Timmy Runfola						
	Evan Cauler						
200 Free Relay	Devin Nelson	2:00.67	8/2/09				
	Evan Cauler						
	Timmy Runfola						
	Alexander Martin						
12 & U Boys							
100 I.M.	Bob Call	1:15.50	8/8/76				

Key:

^B – Burlington County Record

^T – Tri-County Record