

Sunnybrook
Makos

2011
Team Handbook

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Sunnybrook Makos 2011 Swim Team Calendar

Spring Warm-ups	April 27 - May 25
	Wednesday, Friday, Sunday @ Moorestown Community House
Pre-Season Practice	May 31 - June 16
Pre-Season Psych Party	May 29
Time Trials	June 11 - More info to come
Practice Dual Meet @ Kingston	June 18 – More info to come
Summer Practice	June 17 - July 22
Mini-Makos Practice Starts	June 20
“A” Meets (Saturdays)	June 25, July 2, 9, 16, 23 - 9am*
“B” Meets (Wednesdays)	June 28, July 6, 13, 20 - 6pm*
Picture Day	June 24
Ocean City Trip	July 11
Swim Team Banquet	July 23
Burl. County Qualifier Practice	July 25 - July 29
Burl. County Championship Meet	July 30
Tri-County Qualifier Practice	July 25 - August 5
Tri-County Championship Meet	August 6 & 7
Post Tri-County Get Together	August 7

* 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 in his third 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. Adam is also an assistant coach for the South Jersey Aquatic Club.

Assistant Coach – Kelly Howard

Kelly is a fourth year 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 swam for, and recently graduated from, Lycoming College.

Assistant Coach – Jim Coleman

Jim swam for Sunnybrook for thirteen years, and was a captain on both the Moorestown High School's swim team and the Burlington County YMCA Hurricanes. He is currently a Dean's List student-athlete at The George Washington University.

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 5*, with those swimmers involved in just the Burlington County Championship concluding on *Friday, July 29*.

Team Suit

- All swimmers are encouraged to purchase a team suit and a team cap 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.
- Team apparel is available for purchase at the Sunnybrook Boutique. The Boutique is open during home swim meets and during raft night.

Practice Schedule

Spring Warm-Ups

April 27 – May 25

Sunday	3:00 – 4:00 pm or 4:00 – 5:00 pm
Wednesday	5:00 – 6:00 pm or 6:00 – 7:00 pm
Friday	6:15 – 7:15 pm or 7:15 – 8:15 pm

After-School Practice

9 – 12	4:15 – 5:15 pm	May 31 – June 16
8 & Under	5:00 – 6:00 pm	
13 & Over	5:45 – 7:00 pm	

Morning Practice

9 – 12	8:00 – 9:15 am	June 17 – July 22
13 & Over	9:00 – 10:30 am	
8 & Under	10:15 – 11:30 am	

Stroke & Turn Night

All Ages	5:00 – 6:00 pm	Tuesday Night June 28 – July 19
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Mini-Makos

Mini-Makos	11:30 – 12:00 pm	June 20 – July 22
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Burlington County Championship Practice

9 – 12	8:00 – 9:15 am	July 25 – July 29
13 & Over	9:00 – 10:30 am	
8 & Under	10:15 – 11:30 am	

Tri-County Championship Practice

9 – 12	8:00 – 9:15 am	July 25 – August 5
13 & Over	9:00 – 10:30 am	
8 & Under	10:15 – 11:30 am	

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 held at Sunnybrook where each swimmer is timed in each of the four strokes.
- These times will be used by the coaches to determine the line-up for the first “A” 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 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.

2011 Meet Schedule

Check the Bulletin Board and/or Website for any Changes

Time Trials

<u>Saturday</u>	<u>Location</u>	<u>Arrival</u>	<u>Start</u>
June 11	Sunnybrook	TBA	TBA

Practice Dual Meet

<u>Saturday</u>	<u>Location</u>	<u>Arrival</u>	<u>Start</u>
June 18	A Kingston Estates	TBA	TBA

“A” Meets

<u>Saturdays</u>	<u>Location/Opponent</u>	<u>Arrival</u>	<u>Start</u>
June 25	A Haddon Glen	TBA*	9 AM
July 2	A Greenfields	TBA*	9 AM
July 9	H Erlton	7:45 AM	9 AM
July 16	H Brookside	7:45 AM	9 AM
July 23	H Woodstream	7:45 AM	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

<u>Wednesdays</u>	<u>Location</u>	<u>Arrival</u>	<u>Start</u>
June 28	H – Deerbrook	4:45 PM	6 PM
July 6	A – Pheasant Run	5:00 PM	6 PM
July 13	A – Woodbine	5:00 PM	6 PM
July 20	H – Pomona	4:45 PM	6 PM

Burlington County Championships

<u>Saturday</u>	<u>Location</u>	<u>Arrival</u>	<u>Start</u>
July 30	Pheasant Run	TBA	9:00

Tri-County Championships

<u>Sat. & Sun.</u>	<u>Location</u>	<u>Arrival</u>	<u>Start</u>
August 6 & 7	TBA	TBA	TBA

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.

2011 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
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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

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.	Stephanie Yaszemski	1:06.88	8/8/10
100 Free Relay	Lauren Tauscher Chelsea Doyle Regina Shetler Ellen Hassinger	2:14.55	8/4/02	200 M. Relay	Claire Wixted Stephanie Yaszemski Samantha Trivinia Greta Schneider	2:07.40	7/31/10
11 & 12 Girls				200 Free Relay			
50 Free	Claire Wixted	29.73	8/6/06	Samantha Trivinia Stephanie Yaszemski Nicole Scola Greta Schneider	1:54.27	7/31/10	
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 Evan Cauler Alexander Martin Kevin Calhoun	1:25.18	8/6/06	100 I.M.	Brian Murray	1:07.75	7/28/90
100 Free Relay	Christian Groody Kevin Calhoun Evan Cauler Alexander Martin	1:13.95	8/6/06	200 M. Relay	Brian Murray J. Elwell Rob Alessi H. Hendrickson	2:04.20	8/5/90
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 Christian Groody Kevin Calhoun Evan Cauler	1:14.67	8/04/08	200 I.M.	Tim Power	2:17.24	8/7/83
100 Free Relay	Christian Groody Evan Cauler Kevin Calhoun Alexander Martin	1:14.99	8/04/08	200 M. Relay	Thomas Fletcher Brian Murray J. Straw H. Hendrickson	1:54.47	8/2/92
11 & 12 Boys				200 Free Relay			
50 Free	Alexander Martin	27.78	7/1/10	Nick Spetsas	1:41.49	8/7/07	
50 Back	Alexander Martin	29.74 ^B	7/31/2010	Michael Rebuck			
50 Breast	Paul Izzo	36.60	8/6/94	Derek Ems			
50 Fly	Alexander Martin	28.54 ^T	8/8/10	Jimmy Coleman			
200 M. Relay	Alexander Martin Devin Nelson Timmy Runfola Evan Cauler	2:15.32	8/2/09				
200 Free Relay	Devin Nelson Evan Cauler Timmy Runfola Alexander Martin	2:00.67	8/2/09				
12 & U Boys							
100 I.M.	Alexander Martin	1:05.79 ^T	8/8/10				

Key:

^B – Burlington County Record

^T – Tri-County Record