

2015



Everything you ever needed to know . . . plus more!



MADEIRA SWIM & TENNIS CLUB | 6580 MIAMI AVE., CINCINNATI, OH 45243 | 513-561-6831



FROM THE SWIM & DIVE COMMITTEE

Welcome to another exciting season with the Madeira Swim & Dive Team!

The parent meeting will be held at the pool on Thursday, June 4th, from 7:00 to 7:30 p.m. This is your opportunity to meet the coaches and the Swim & Dive Committee and ask any questions you may have. Also on June 4th, we will be hosting Swim Official's clinic at 7:30 p.m. and Dive Judges' clinic at 7:30 p.m. Both clinics will be held at the pool. No previous experience is necessary to attend. We strongly encourage parents to attend one of the clinics. We are in need of qualified Judges and Officials for our meets and depend on parent involvement. This is a great way to learn more about the rules and how your children will be judged during the meets.

WE ARE PLEASED TO ANNOUNCE OUR DIVE COACHES FOR THE 2015 SEASON!

Elena Halbeisen (Head Dive Coach)

Elena will be coaching our dive team again this year. This will be her 22nd season at MSTC! Her accomplishments include qualifying for state diving twice at Walnut Hills High School. She then dove at Miami University where she qualified for the NCAA regional meet on the 3-meter. Elena has been teaching school for the past 16 years. Currently, Elena is teaching 4th grade at Fairview-Clifton German Language School and has been for the last 6 years. She has 3 children, Ethan 12, Ayla 12, and Brynn 8.

Kristen Ney (Assistant Dive Coach)

We are excited to welcome back Kristen Ney as the assistant dive coach this season! Kristen was on the MSTC Dive team for 13 years beginning at the age of 6 and completed her last Marlins season in 2013. She was also on the varsity dive team at St. Ursula Academy for 4 years (2009-2013). She made district finals all 4 years and finals in regional competition the last 2 years. Kristen has also been a private dive coach from 2012 to the present time. She attends the University of Dayton, majoring in Music Therapy. Kristen is excited to return this year to the Madeira Marlins dive team!

WE ARE PLEASED TO ANNOUNCE OUR SWIM COACHES FOR THE 2015 SEASON!

Brad Cunningham (Head Swim Coach)

Brad started swimming at the age of 7 for North Hills Swim Club. He started competitively swimming for the Cincinnati Marlins that same year and was a competitive age group swimmer until the age of 18. Brad swam for Saint Xavier in high school as well. Brad started coaching swimming while in high school for Wetherington Country Club and coached that team for 6 summers. He was hired while teaching in Florida as the youngest head coach in Palm Beach County at the time, at 23 years of age. Upon returning to Cincinnati, Brad took over and coached both Cincinnati Hills Christian Academy and Summit Country Day's swim programs in 2004 thru 2006. He is the current coach at Madeira High School. Brad currently owns and operates a local financial education firm, Orange Financial. He and his wife Michele live in Madeira with their five children. Brad is excited to coach the Madeira Swim Team again this year.

Liz Hartman (Assistant Swim Coach)

This will be Liz's second year coaching for the Madeira Marlins! She swam for Mt. Lookout Swim Club for 12 years. She swam year round for CAC for 7 years and MAC for 3 years. She graduated from Saint Ursula Academy in 2012, where she was a varsity swimmer all 4 years and just finished her third year at UC studying accounting. She has been a lifeguard for the past 5 years and has taught swim lessons for the past 4. She is looking forward to a great summer season and helping the swimmers develop their swimming skills.





SWIM COACHES FOR THE 2015 SEASON

Jake Theis (Assistant Swim Coach)

Jake is a recent graduate of the University of Cincinnati with a double major in Accounting and Finance. He will be beginning his professional career at Grant Thornton this fall as an audit associate in Cincinnati. Jake has been swimming his entire life. His competitive swim teams were Kenwood Swim Club and Madeira High School, where he swam a variety all four years. He also swam on the University of Cincinnati Club team for a year in college.

Jake taught swim lessons at MSTC from 2006-2011, teaching all age groups both private and group. At the same time, he was teaching similar ages at the Blue Ash Y as a swim instructor also. Jake is very excited to be back working for MSTC. We're going to have an awesome summer together! Go Marlins!

Alexandra Taylor (8 and Under Swim Coach)

Alexandra is looking forward to her first year of coaching at Madeira. She is a rising senior at Ursuline Academy. A soccer player turned swimmer, she now swims year round for the Blue Ash YMCA and for Ursuline. She grew up swimming for Kenwood Country Club in the summers and has coached there as well. Alexandra's preferred event is the Breaststroke and is also a certified lifeguard. She has a passion for swimming and wants to ignite that spark for swimming in others! She is also involved in her school, community, and church, where she leads students in the Kairos Prison Ministry as well as being a community Logistics Leader and a team captain for Relay for Life. She's actively involved in French Club and her church youth group. She also is an accomplished violinist and pianist. Alexandra plans to continue her studies in college in Biology and hopes to work in the medical profession with children.

****RETURNING THIS YEAR: SWIM/DIVE WEB PAGE!**

We now have a new and improved website, where we will provide up-to-date information on swim and dive meets, practices, events, etc. This will allow you to check updates at times most convenient for you, as well as eliminate the plethora of emails we tend to send all summer. Our web page can be located at <http://madeiraswimandtennisclub.com/45243/swim-dive-team/>.

SWIM/DIVE VOLUNTEER SIGN-UP.

We will again utilize the website for meet worker sign-up's! You will find a link to "volunteer spot" on the swim and dive team page. You can click on the link to sign up for your preferred position. We have three home meets and two away meets. Please remember to sign-up for two home meets and one away meet, so we have enough workers for all of our meets! See the "MEET REQUIREMENTS – PARENTS" section for more information.

If you have any questions, you will still be able to send us an email. Our email address is swim@madeiraswimandtennisclub.com. The bulletin board at the swim club will also be used for important swim and dive updates.

We will continue to have family folders near the bulletin board. Unclaimed ribbons will be placed in these folders. During non-practice times, these folders will be located in the office. Our coaches are happy to talk with swim & dive parents before the early session or after the last session. If you have any questions for the Swim & Dive Committee, feel free to talk to us anytime, or send us an email.

-Erin DeBow, Megan Feichtner and Kelly Torggler





DEAR MSTC MARLINS AND PARENTS,

Welcome to the 2015 season – we are excited to get started!

All NEW swimmers will be required to participate in a swim test. Coaches will determine their ability to successfully participate on the team. Swimmers need to be capable of completing one full length (25M) using the crawl or freestyle technique and one full length (25M) on their back without touching the wall or pool floor. This will take place May 16th, during swim team registration.

Our goals for this season are:

1. **HAVE FUN!!** This year we have planned many exciting activities to promote team spirit.
2. **IMPROVEMENT!!** We will work toward technique improvements and stroke proficiency. We'd like everyone to set and meet some personal goal this season.
3. **TEAM UNITY!!** We are one team – The MSTC Swim and Dive Team. We will stress the importance of teamwork, and how to win and lose with grace.

PLEASE MARK YOUR CALENDARS with the list of important dates. We are especially interested in knowing any meet conflicts you may have ASAP. There will be sign-out sheets on the bulletin board for each meet; please be sure to place your name on the appropriate sign-out sheet if you have a conflict with a meet. **THIS IS VERY IMPORTANT** for meet planning purposes.

Let us know if you have any questions. We are looking forward to a successful and fun season!

Elena Halbeisen & Kristen Ney– Dive Coaches

Brad Cunningham, Jake Theis, Liz Harman, and Alex Taylor – Swim Coaches





Introduction

MSTC's Swim and Dive Team provides a wonderful opportunity for children of all ages. The purpose of the Team is to provide participants with a working knowledge of swim meets, strong basic stroke and diving skills, and to encourage each member to challenge themselves to reach their personal best. While swimming and diving are individual sports, the team supports its individual members to enjoy the experience and excel on a personal level in a team setting.

Practice Groups

The team name is the Madeira Marlins. The team is divided into different practice groups based primarily on age. Practice times may be adjusted for individual swimmers/divers based on skill, at the discretion of the coaches. Groups are organized as (8&U), (9-10), (11-12), (13-14), (15-18). See "practice schedule" for times.

Team Uniforms

T-shirts and swim caps are provided to all swimmers and divers. Swimmers are expected to wear MSTC swim caps at all meets. The team will supply one swim cap per swimmer per season. Additional caps will be \$5. We will be using the same team suit as last year. Purchase of a team suit is not mandatory. Swimville USA will be at the pool on May 16th to help with sizing. Suits will be available for purchase the day of the fittings. If you can't make the swim-suit fitting at the pool, and you know your child's size, you can shop in person at Swimville USA in Fort Thomas, KY, 859-441-7946.

Swim Meets

Swim/dive meets are generally scheduled on Thursdays, with the exception of the week of July 4th. See the schedule on the following page. Individual swimming/diving assignments are posted the day of the meet.

Arrival Times	Dive	Swim
Home Meets	2:45 p.m.	5:45 p.m.
Away Meets	3:15 p.m.	6:00 p.m.

Friday Ribbon Awards Ceremony

The meet awards ceremonies are held on Friday mornings following the meet. Juice and donuts can be purchased by the swimmers/divers for 75 cents. Ribbons earned the night before are passed out and special "Marlins of the Week" are recognized.



2015 SWIM/DIVE IMPORTANT DATES



Saturday, May 16	Team Registration/Suit fitting @ MSTC	10:00am – 12 noon
Monday, June 1	Swim and Dive Practices Begins	see handbook
Thursday, June 4	Parent Meeting at MSTC Swim Official's Clinic at MSTC Dive Judge's Clinic at MSTC	7:00pm - 7:30pm 7:30pm - 8:15pm 7:30pm – 8:15pm
Friday, June 5	Senior Late Practice/Party (13 & Over)	9:00pm- 12:00am
Thursday, June 11	Swim/Dive Meet – MSTC @ Wyoming	(D) 3:15pm (S) 6:00pm
Saturday, June 13	Mini-Meet – 8 & U @ Kenwood	9:00am – 10:30am
Monday, June 15	Swim Team Pictures	7:45 am
Thursday, June 18	Swim/Dive Meet – Shady Lane @ MSTC	(D) 2:45pm (S) 5:45pm
Thursday, June 25	Swim/Dive Meet – MSTC @ 3 Rivers	(D) 3:15pm (S) 6:00pm
Saturday, June 27	Mini-Meet – 8 & under @ MSTC	9:00am – 10:30am
Tuesday, June 30	Swim/Dive Meet – Mt.Lookout @ MSTC	(D) 2:45pm (S) 5:45pm
Thursday, July 9	Swim/Dive Meet – Overhill @ MSTC	(D) 2:45pm (S) 5:45pm
Saturday, July 11	“B” Diving Championship @ Anderson	to be announced
Saturday, July 11	Poster and Psyche Up Party @ MSTC	6:00pm – 8:00pm
Monday, July 13	“B” Swimming Championship @ Kenwood	to be announced
Tuesday, July 14	“A” Swimming Prelims @ Keating (St. X)	to be announced
Wednesday, July 15	“A” Swimming Finals @ Keating (St. X)	to be announced
Thursday, July 16	“A” Diving Championship @ Overhill (8 & U and 15 & over)	to be announced
Friday, July 17	“A” Diving Championship @ Overhill (9-10, 11-12, 13-14)	to be announced
Friday, July 17	Awards Banquet @ MSTC	6:00pm

**(D)=Dive and (S)=Swim for meet ARRIVAL times*

***Championship Meet arrival times will be announced on the MSTC website, and will be posted on the Swim/Dive Team bulletin board closer to the event dates.*





SWIM AND DIVE MEET LOCATIONS:

Wyoming:

1239 Firewood Drive,
Wyoming, OH 45215
<http://blog.wyomingswimclub.com>

3 Rivers:

7944 Bridgetown Rd,
Cleves, Ohio 45052
www.threeriversclub.org

Kenwood:

7101 Lynnfield Ct,
Kenwood, OH
<http://kenwoodswimclub.com/Index.htm>

Anderson:

8040 Hopper Rd,
Cincinnati, OH
<http://ahstclub.com>

Orchard Hills:

8601 Cheviot Rd,
Cincinnati, OH
www.orchardhillswimclub.com/home

Keating (St. X):

616 W North Bend Rd,
Cincinnati, OH
www.teamunify.com/TabGeneric.jsp?_tabid_=9727&team=oscm

Overhill:

476 Neeb Road,
Cincinnati, OH 45233
www.overhillswim.com

PRACTICE SCHEDULES

The coaches, based on age and skill level, determine swimming and diving group assignments. Practice schedules are as follows:

Swimming

Monday – Thursday (and Friday - June 5th only):

(11-12, 13-14, 15-18)	7:45 a.m. – 9:00 a.m.
(9-10)	9:00 a.m. – 10:00 a.m.
(8&U)	10:00 a.m. – 10:30 a.m.

*Friday (and Wednesday July 1st):

(9-10, 11-12, 13-14, 15-18)	8:45 a.m. – 10:00 a.m.
(ribbons/donuts)	10:00 a.m. – 10:30 a.m.
(8&U)	10:30 a.m. – 11:00 a.m.

Diving

Monday – Thursday (and Friday - June 5th only):

(9-10)	8:00 a.m. – 8:45 a.m.
(8&U)	8:15 a.m. – 9:00 a.m.
(11-12)	9:00 a.m. – 10:00 a.m.
(13-14, 15-18)	9:45 a.m. - 10:30 a.m.

*Friday (and Wednesday July 1st):

(8&U)	9:00 a.m. – 9:30 a.m.
(9-10)	9:30 a.m. – 10:00 a.m.
(ribbons/donuts)	10:00 a.m. – 10:30 a.m.
(11-12, 13-14, 15-18)	10:30 a.m. – 11:30 a.m.





PRACTICE AND MEET REQUIREMENTS TEAM MEMBERS AND PARENTS

Although summer swimming and diving is a short seasoned “fun” sport, it is still a sport. Competition and practice should be taken seriously to the extent that participants are improving their ability to compete and learning more about the sport of swimming and diving, while having lots of fun!.

Practice Requirements

- No swimmer/diver will be allowed to practice without a completed registration form, emergency form, release form, and paid team fees.
- Team members are expected to attend a minimum of three (3) practices per week. The practice week runs from Thursday – Wednesday. Any swimmer/diver attending the required number of practices is eligible to swim in that week’s meet.
- If a swimmer/diver practices with a year-round team, those practices will count towards their attendance. However, please plan to attend Thursday morning practices in order to prepare for the meet (Please note: Only the swim/dive coaches may excuse a team member from practice.)
- Swimmers should come prepared for practice – that means with goggles and caps.

Meet Requirements – Team Members

- All team members are expected to participate in ALL meets/events unless illness or vacation interferes. Please notify your coach if you will not be able to attend a meet by completing the sign-out sheet posted on the bulletin board (no later than Sunday 6:00 p.m. prior to the meet).
- Every swimmer and diver should strive to do their best in each event in which they are entered. Whether they are competing in an Exhibition or Championship event, they are a member of the team and should be attempting to achieve their personal best.
- Every swimmer is required to wear a MSTC swim cap at all swim meets.

Championships

- In the PPSL league, each team competes in two championship meets (known as “A” and “B” Finals) at the end of the season. Each team member will be signed up for one of these championships as assigned by the coaches based strictly on their season’s performance.
- To be eligible for Championships, a swimmer/diver must participate in at least two (2) meets.
- We expect all team members and parents to attend their assigned League finals for swim & dive. These meets at the end of the season help us determine our progress as a team, work toward future improvements, and represent our Club in the League – and are always a very fun and spirited meet!

Meet Volunteers – Parents**

We cannot stress enough that our parent support is the foundation of a successful season. It takes a lot of volunteers to run a swim/dive meet. With this in mind, we need each swim family to supply one adult (18 yrs. or older) to work two home meets and at least one away meet. Parents of divers, must supply one adult (18 yrs. or older) to work at least one home meet (dive), and at least one away meet (dive) AND B finals. If we do not have family participation then the swimmer/diver will not be able to participate in the “A” or “B” championships.

**Please be sure to sign in at the scorer’s table at each meet, to pick up your assignment lanyard and so we can ensure we have the volunteers needed to run the swim meet.

We truly appreciate your help in ensuring all of our children have a successful and fun swim season!





PARENT VOLUNTEER JOB DESCRIPTIONS SWIM/DIVE MEETS

8 and Under Age Group Coordinator

We have two coordinator positions for 8 and under swimmers – one for boys and one for girls. If you are a parent of an 8 & under swimmer, we would appreciate you taking a turn as a coordinator for this group. You will be responsible for lining up swimmers before each race. Individual swimmer's parents/guardians are ultimately responsible for getting their children with the appropriate lane slip, lined up behind the proper starting block. It's a good practice to begin lining them up when the 13-14 year old group is completing their swim.

Clerk of Course Table

The clerk of course table is located at the corner of the pool where the coaches stand (by the diving well). This table will have one worker assigned for boys and one worker for girls. These volunteers will pass out the lane slips to the swimmers. Swimmers will be responsible for reporting to the clerk of course and then to the starting blocks.

Timers

Timers stand at the finish of each lane (one timer from each team; two timers per lane). Timers are responsible for timing swimmer and recording both times on the lane slip. A back-up timer is available in the event of a stopwatch malfunction or a missed watch start.

Place Judge

Place judges sit at the finish line and give a visual placing of 1st, 2nd, 3rd, 4th, 5th, and 6th place for each event. This is used as a backup for the watch times.

Scorers

Scorers take the lane slips after each event and average the two watch times to arrive at the official time for each swim. Places are then determined and recorded on the score sheet. Lane slips are then passed to the ribbon writers.

Scorers Table/Computer

Scorers take the lane slips after each event and average the two watch times to arrive at the official time for each swim. Official times are recorded in the Meet Manager program and points are awarded for each swim. Then they will print off results to hand off to the ribbon writers. Scorer will use Meet Manager to calculate the meet score at the end of the meet.

Ribbon Writers

Ribbon writers record information from the scorers on the appropriate ribbons. Ribbons are then sorted according to team.

Stroke and Turn Judge (Official)

Stroke and Turn Judges assure that swimmers are performing legal strokes during the competition heats. Any USS or Y certified official is automatically qualified for the PPSL. For others, a 45-minute training session will be given at MSTC on Wednesday, June 5, at 7:30 p.m. This is a great way to learn more about the sport and support your child's participation and learning. It also provides the best view of the action. We must provide at least 3 officials for each home meet, and at least two for each away meet.

Announcer

Announcers tell what events need to report to the clerk of course and starting blocks, and announce the score of the meet throughout the night.

Runner

Runners pick up lane slips from each lane after each heat and deliver the slips to the scorers' table.

Bake Sale

The Bake Sale job is to simply man the Bake Sale table during the meet. We have a Bake Sale at each of our Home Meets to raise money for coaches' gifts at the end of the season. Each family should bring in a baked good for the sale at our Home Meets.

DIVE VOLUNTEER DESCRIPTIONS:

Announcer

Announcers give the order of divers, degree of difficulty, & scores.

Scorer

Scorers add up the judges' scores for each dive and transfer them to the score sheet.

Judges

Judges score the dives of all competitors in the meet. We must provide at least 3 judges for home meets and at least two judges for away meets. This is a great way to learn more about the sport and support your child's participation and learning. It also provides the best view of the action. There will be a 45-minute judge's clinic held at MSTC on Wednesday, June 5th at 7:30 p.m.

Bake Sale

The Bake Sale job is to simply man the Bake Sale table during the meet. We have a Bake Sale at each of our Home Meets to raise money for coaches' gifts at the end of the season. Each family should bring in a baked good for the sale at our Home Meets.

