



2017

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

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 1st, 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 1st, 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 2017 season!

Elena Halbeisen (Head Dive Coach):

Hello, my name is Elena Halbeisen. This will be my 24th year coaching diving at MSTC. I have also coached at Princeton High School and Oak Hills High School. I started diving competitively in high school at Walnut Hills and qualified for the state meet twice. I went

on to dive at Miami University where I qualified for regionals on the three meter board. I now live in College Hill with my husband and three children aged 14, 14, and 10. I teach 4th grade science at Fairview-Clifton German Language School. I am looking forward to a fun and successful season this summer!

Drew Fitzgerald (Assistant Dive Coach):

Drew Fitzgerald graduated from St. Xavier High School in 2016 and now attends The Ohio State University studying Biological Engineering. He started diving in 2006 at MSTC and is a three time OHSAA State Diving Championship qualifier and a high school all American qualifier. This is his second year assistant coaching the marlins"

We are pleased to announce our swim coaches for the 2017 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. 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!

Laura Halonen (Assistant Swim Coach):

"What can I say? Swimming has been a part of my life since I can remember! Many of you know me as the 6th grade math teacher and an assistant for the high school team but what you might not realize is that I have spent the last 20 years coaching and teaching swimming at various levels. I started swimming competitively in order to be like my big brother about the age of 5 and continued through high school. As a teenager I taught lessons and coached over at Terrace Park Swim Club. This continued in college as my summer job and eventually became my graduate assistantship- teaching the swimming courses at the University of Illinois and coaching the University High School team. Eventually I ended up at a summer program in the Chicago suburbs and now I am back in Cincy where it all started! I look forward to having fun with your kids this summer and helping them reach their goals!"

Amy Hyland (Assistant Swim Coach):

Amy swam competitively growing up in New England and the mid-Atlantic. She graduated from Boston College where she swam on a swimming scholarship. She specialized in butterfly and IM throughout her career and was an All American her senior year. After college, Amy competed in triathlons which combine swimming, biking and running. She has done numerous triathlons, including Ironman Lake Placid in New York. She also competed in the U.S.

Olympic Trial cycling road race before the Sydney, Australia Olympics. Her proudest athletic accomplishment was a win in the 2014 adult MSTC relay race.

She lives in Madeira with her husband David, and 3 sons Michael, Nicholas and Nate. All three have competed for MSTC. Amy is excited about joining the coaching staff.

Jack Mantkowski (Assistant Swim Coach):

Hello, my name is Jack Mantkowski. I'm a sophomore at The Ohio State University, majoring in Accounting with a minor in Business Analytics. I'm on the club swim team at OSU and have been swimming competitively since I was about 7 years old. I swam for Madeira Swim and Tennis Club from age 7 to 18 and for Cincinnati Aquatic Club from age 8 to 18. I also swam for Madeira High School for all 4 years and graduated in 2015. I was a 4-time state qualifier for Madeira and was team captain for my Junior and Senior year.

Cooper Keener (Assistant Swim Coach):

Hey guys my name is Cooper Keener and I am 19 years old attending the University of South Carolina as a Freshman. I started swimming when I was 5 at MSTC where I fell in love with the sport. I swam for the Mason Manta Rays where I was a Junior National qualifier. I attended Walnut Hills High School where I was a Division 1 state finalist 3 years in a row and a multiple record holder. I started college where I swam for the Gamecocks but decided to hang up the towel to pursue other interests including Student Government and a Fraternity at this great University. I am beyond excited to use my broad knowledge to help get kids excited to swim and get better like I did 14 years ago at the Madeira Swim & Tennis Club.

NEW THIS YEAR: TEAM UNIFY TEAM PAGE! For now, you can bookmark the site by going to the swim page of the MSTC website and clicking on the Team Unify button. We will use this site in conjunction with the MSTC Facebook page to 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. The Team Unify link can be found at: <http://madeiraswimandtennisclub.com/45243/swim-dive-team/>.

SWIM/DIVE VOLUNTEER SIGN-UP We will use the Team Unify site for volunteer sign ups as well. We have three home meets and two away meets. We are also hosting B finals. Please remember to sign-up for two home meets and one away meet, so we have enough workers for all of our meets! We also need all parents who have B Finals swimmers to volunteer at this meet! It is a big money maker for our team! See the "MEET REQUIREMENTS - PARENTS" section for more information.

If you have any questions, please 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. Please try not to interrupt them during practice times while they are working with out swimmers! If you have any questions for the Swim & Dive Committee, feel free to talk to us anytime, or send us an email.

-Erin DeBow, Hayden Lichtenberg and Kelly Torggler

Dear MSTC Marlins and Parents,

Welcome to the 2017 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. There will also be an opportunity to try out and sign up for our Mini Marlins program. Please see below for more information on Mini Marlins! Try-outs will take place May 20th, from 10-12 at MSTC.

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 & Drew Fitzgerald- Dive Coaches
Brad Cunningham, Laura Baker, Jack Mantkowski, Amy Hyland and Cooper Keener
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 20th to help with sizing. Suits will be available for purchase the day of the fittings. If you can't make the swimsuit 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. See the schedule on the following page. Individual swimming/diving assignments are posted the day of the meet.

Arrival Times	<u>Dive</u>	<u>Swim</u>
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.

Returning for the 2017 Season MINI-MARLINS!!

Do you have a young swimmer who is eager to be on the team but just needs a little extra TLC? Are you hesitant to sign your little one up for away meets and late nights? Are you looking for a way to get your child interested in competitive swimming while participating in age-appropriate practices? We have the program for you!

Mini Marlins is designed for swimmers ages 5-8 who are not yet able to independently swim at a competitive level, but are enthusiastic about becoming a member of the MSTC Marlins Swim Team.

Mini Marlins will swim 2 mornings a week, and will have a dedicated coach and assistants in the water at all times, providing more individualized attention for these young swimmers. Mini Marlins will swim in 2 home meets in addition to 2 mini meets that will be in conjunction with Kenwood Swim and Tennis Club. They will also participate in all the fun events that make the MSTC Marlins the highlight of summer vacation.

Come to our registration day on May 20th to see if Mini Marlins may be the right fit for your child! Coaches will be available to assess readiness and discuss the program on this day. Please have your child come prepared to swim.

Perks to Mini Marlins!

- Dedicated swim coach and assistants in the water!
- Smaller group sizes
- Team bonding activities tailored to kids ages 5-8
- No away meets!

2017 Swim/Dive Important Dates

Saturday, May 20	Team Try-Outs/Swimville @ MSTC	10:00am – 12 noon
Tuesday May 30	Swim and Dive Practices Begins	see handbook
Thursday, June 1	Parent Meeting at MSTC	7:00pm - 7:30pm
	Swim Official's Clinic at MSTC	7:30pm - 8:15pm
	Dive Judge's Clinic at MSTC	7:30pm – 8:15pm
Thursday, June 8	Swim/Dive Meet – Mount Lookout @MSTC	(D) 3:15pm (S) 6:00pm
Saturday, June 10	Mini-Meet – 8 & U @ MSTC	9:00am – 10:30am
Tuesday, June 13	Swim Team Pictures	7:45 am
Thursday, June 15	Swim/Dive Meet – MSTC @ Kenwood	(D) 2:45pm (S) 5:45pm
Thursday, June 22	Swim/Dive Meet – MSTC@ Oakhills	(D) 3:15pm (S) 6:00pm
Saturday, June 24	Mini-Meet – 8 & under @ Kenwood	9:00am – 10:30am
Thursday, June 29	Swim/Dive Meet – Wyoming @ MSTC Annual Parent Relay During Meet	(D) 2:45pm (S) 5:45pm
Monday, July 3	MSTC Bring Your Parent to Practice Day Madeira Independence Day Parade Team will walk in parade!	7:00am-11:00am 6:00pm
Thursday, July 6	Swim/Dive Meet – Anderson @ MSTC	(D) 2:45pm (S) 5:45pm
Friday, July 7	Poster and Psyche Up Party @ MSTC	6:00pm – 8:00pm
Saturday, July 8	“B” Diving Championship @ Wyoming	to be announced
Monday, July 10	“B” Swimming Championship @ MSTC	to be announced
Tuesday, July 11	“A” Swimming Prelims @ Keating (St. X)	to be announced
Wednesday, July 12	“A” Swimming Finals @ Keating (St. X)	to be announced
Thursday, July 13	“A” Diving Championship @ North Hills (8 & U and 15 & over)	to be announced
Friday, July 14	“A” Diving Championship @ North Hills (9-10, 11-12, 13-14)	to be announced
Friday, July 14	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:

Oak Hills:

Address: 5850 Muddy Creek Rd., Cincinnati, OH 45233

Website link: <http://www.oakhillsswimclub.com/>

North Hills:

Address: 6346 Daly Rd., Cincinnati, OH 45224

Website link: <http://www.cliftonmeadows.com/index.html>

Kenwood:

Address: 7101 Lynnfield Ct, Kenwood, OH

Website link: <http://kenwoodswimclub.com/Index.htm>

Wyoming:

Address: 1239 Firewood Dr., Cincinnati, OH 45215

Website link: <https://www.wyomingswimclub.com/>

Keating (St. X):

Address: 616 W North Bend Rd, Cincinnati, OH

Website link: https://www.teamunify.com/TabGeneric.jsp?_tabid_=9727&team=oscm

Practice Schedules

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

Swimming

MSTC Marlins

Monday - Thursday

(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:

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

MSTC Mini Marlins

Tuesday

- practice	10:00am- 10:30am
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Friday:

- practice	10:00am- 10:30am
- ribbons/donuts	10:30am- 11:00am

Diving

Monday - Friday

(9-10)	8:00am - 9:00am
(8 & Under)	9:00am – 9:45am
(11 & up)	9:30am- 10:30am

*Fridays: Beginning on June 9th we will have Swim Meet Awards Ceremony from 10:30 to 11:00 a.m. Divers and swimmers may purchase juice and donuts for 75¢.

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 logging into team unify (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

SWIM VOLUNTEER DESCRIPTIONS:

Clerk of Course Table Worker

The clerk or course station will work differently this year. All 10 and under swimmers will report to the Clerk of Course and be lined up for their races on benches in the back corner of the pool deck. Clerk of Course workers will be responsible for lining up swimmers for their races and walking them to their blocks. Individual swimmer's parents or guardians will be asked to report to Clerk of Course with their swimmer before the race. We will have a big "team" for this job (at least 6 individuals per home meet).

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, and 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.