

Camelot Swimming 101

Coaches:

Head Coach - Miles Mumaugh

Assistant Coach - Andrew Jones

Junior Coaches – Fritz Zimmerman, Jordan Stone, Chuck Gehrdes, Gracie Mills, Elizabeth Davis, Brad Hollihan

Contact:

- Be sure we have your correct email address
- Visit the Camelot web site www.camelotpool.org
- Join us on Facebook – a link to our Facebook page is available on the Camelot web site

Practice:

Arrive on time

Work hard

Have fun

Notify the coach if you will be absent

Meets:

- CHEER for your team mates!
- HAVE FUN!
- Bring at least 2 towels to the meet and an extra towel or blanket to sit on
- Bring warm clothing to swim meets (parka, sweat suit, robe, etc)
- Stay hydrated. Drink water or sports drink
- When we win the previous nite's swim meet, a snack social will be held on Thursday morning after practice and games. Each age group will be asked to donate items. More details to follow, 15-17 Age Group - be ready to bring watermelon after our first win.
- All meets begin at 6:30 p.m. For the Away meets, we will meet in the Camelot parking lot at 4:45 p.m. to decorate cars and caravan over to the other pool. Visiting team warm-ups will be at 5:30 p.m. For the Home meets, we will gather at 5:45 p.m. with warm-ups at 6 p.m. Meet entries for all swimmers will be posted on the bulletin board outside the office.
- Everyone is invited to CiCi's on South Parkway after each swim meet.

The standard order of events at a swim meet is as follows:

<u>Event</u>	<u>Event #'s</u>	
Medley Relay	1 – 10	Backstroke, Breaststroke, Fly, Free - 1 race per sex
Freestyle	11 – 46	
Breaststroke	47 – 56	
Mixed Free Relay	57 – 65	Freestyle, boys and girls race together
Backstroke	67 – 76	
Butterfly	77 – 86	
Free Relay	87 – 96	Freestyle, one race per sex

In order to hold a swim meet, parental involvement is essential. We require two shifts per family during each season. We want to eliminate over-working of some families as has occurred in the past, and still cover all needed functions. Volunteer deadline is May 30. After that date, families will be assigned to jobs which are not yet filled.

The positions available are:

• Referee*
• Starter*
• Place Judge – Caller
• Place Judge - Scribe
• Stroke & Turn Judge*
• Runner
• Timers/Head Timer
• Scoring Table/Computer
• Ribbons
• Bullpen Workers (4 or 5)
• Concessions Workers (4 per shift)

** Training required. Please see Swim Representative for information on exact requirements and available training sessions. These positions are essential and we are in need of new recruits. ☺*

We will use the Time Trials meet to train parent volunteers in how to perform each volunteer job. If you have any questions, please ask. Parents who have done these jobs before will be happy to share experiences and knowledge.

City Meet: July 8-10

- Please coordinate your other activities/vacation schedule in order to participate in City Meet. It takes each and every one of our swimmers to accumulate points!! Our place at City Meet determines which League we compete in next year.
- 10 and Under swimmers swim in the morning session
- 11 and Older swimmers swim in the afternoon session
- Diving events are July 8
- Practice at the Natatorium is July 7, time TBD

Socials:

- Please participate when we have social events such as games, dinners, and other fun activities.
- Our end of season banquet will be held on the Wednesday after City Meet, July 13 at 6PM at Camelot.
- More details to follow!

We look forward to a GREAT summer at Camelot! If you have any questions, please do not hesitate to call or e-mail.

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