

# SLEEPY HOLLOW SWIM TEAM 2012

## Membership & Registration: Everything You Need to Know

### **Registration due date: February 10, 2012 – all documents submitted**

The Sleepy Hollow Swim Team is a family-oriented program offering children valuable experience in self-discipline, healthy competition and sportsmanship. We strive for an atmosphere where all children can maximize their individual swimming potential without undue competitive pressure.

### **What do I have to do to complete my registration?**

The following must be received by **February 10, 2012** in order for your application to be considered complete:

1. **Online Registration completed (link will be on SHST website at 8am, Jan.30<sup>th</sup>)**
2. **[2012 Parent Work Form](http://www.sleepyhollowsealions.com/documents/2012_ParentWorkForm.pdf)**  
[http://www.sleepyhollowsealions.com/documents/2012\\_ParentWorkForm.pdf](http://www.sleepyhollowsealions.com/documents/2012_ParentWorkForm.pdf)
3. **[Signed Liability Release Agreement and Waiver](http://www.sleepyhollowsealions.com/documents/2012_LiabilityReleaseForm.pdf)**  
[http://www.sleepyhollowsealions.com/documents/2012\\_LiabilityReleaseForm.pdf](http://www.sleepyhollowsealions.com/documents/2012_LiabilityReleaseForm.pdf)
4. **Payment of SHST dues**
5. **[Sleepy Hollow Homes Assoc. membership form completed & fees paid](http://www.sleepyhollowsealions.com/documents/2012_SHHA_MembershipApplicationFormforSHST.pdf)**  
[http://www.sleepyhollowsealions.com/documents/2012\\_SHHA\\_MembershipApplicationFormforSHST.pdf](http://www.sleepyhollowsealions.com/documents/2012_SHHA_MembershipApplicationFormforSHST.pdf)

### **How is membership priority determined?**

Members will be accepted based upon the following priority, up to the team's capacity (assuming that all application documents are received by the deadline):

1. Returning swimmers from the 2011 season and their siblings,
2. New applicants residing in Sleepy Hollow,
3. Pups from the 2011 season that are swim team ready, and
4. New applicants that reside outside of Sleepy Hollow.

### **Is Parent Participation necessary?**

**YES**, Sleepy Hollow Swim Team and all MSL (Marin Swim League) teams depend on parent participation. Parents staff and run all swim meets--home and away and participate in the All Stars and Champs meets. Each family is expected to work a minimum of five to six regular-season meets during the season. Each family must complete and return the "2012 Parent Work Form"

**YOUR APPLICATION IS NOT COMPLETE WITHOUT THIS FORM.**

The [Parent Job Descriptions](http://www.sleepyhollowsealions.com/documents/2012_ParentJobDescriptions.pdf) document outlines the requirements of each job. Click on this link: [http://www.sleepyhollowsealions.com/documents/2012\\_ParentJobDescriptions.pdf](http://www.sleepyhollowsealions.com/documents/2012_ParentJobDescriptions.pdf)

**Will I get assigned my first choice job?**

The Board attempts to assign parents to jobs they have chosen but you may be given your second or third choice!

**What happens if my schedule is unpredictable and I cannot work five - six swim meets?**

If your schedule is erratic--PLEASE consider paying the Non-Working Fee of \$400.

**What will happen if I arrive late for a job assignment or if I do not show up to work an assigned shift?**

A strict "LATE ARRIVAL/NO-SHOW" penalty will be assessed. Failure to meet the parent work obligations may result in your child being prohibited to swim along with a \$100 fine.

**I have worked at six meets do I still need to work at Champs and/or All Stars?**

If your child is swimming in the All Stars or Champs meet, you will be expected to work at these meets.

**What is the NON-WORKING fee?**

For those parents who are unable to fulfill the "work" requirement, a non-working fee of \$400.00 is charged. The Championship and All Star Meets are NOT included in the "Non-Work Fee Agreement" because they are MSL events. Parents of swimmers in these meets must agree to work as needed.

**What age group should I register my child?**

Register your child based upon their age on May 1, 2012.

**What will happen if my child celebrates a birthday during the swim season?**

If, during the swim season, a swimmer has a birthday that will move him or her up to the next age group, the child must move up to that age group at the next swim meet. For example, if your child is ten years old at the start of the season and has a birthday in June, your child will move up to the 11 - 12 age group at the swim meet following their birthday and for the remainder of the season.

**I have a question about registering my child for the SHST, who should I contact?**

Registration questions should be directed to Sara Lundgren at [membershipshst@gmail.com](mailto:membershipshst@gmail.com)

**I have a question about Parent Job descriptions or assignments, who should I contact?**

Parent job questions should be directed to Bob Jarrett at [rdjarr@yahoo.com](mailto:rdjarr@yahoo.com)

**Do all families need to join the Sleepy Hollow Homes Association (SHHA)?**

Yes. The SHST is a satellite organization of the SHHA and all swim team families must be members of the Homes Assoc. in order to swim on the team. If you live within Sleepy Hollow the homeowners’ membership fee is \$175, if you live outside Sleepy Hollow the membership fee is \$87.50.

In addition, team members have the option of becoming a member of the Sleepy Hollow Pool which would allow a family to swim at the pool in the afternoons/evenings. If you wish to exercise this option, an additional payment of \$220 will be necessary for Hollow residents (\$425 for non-Hollow residents) and the SHHA release (on the second page of their form) must be signed and returned.

**I have a question about the Sleepy Hollow Homes Association fees, who should I contact?**

All members of the Sleepy Hollow Swim Team must be members of the Homes Association. SHHA past president, Holly Briese, can answer your questions. She can be reached at [briese-holly@aramark.com](mailto:briese-holly@aramark.com) or 453-3612.

**What are the important dates to know in the coming month?**

February 10th	Registration closes for the Sleepy Hollow Swim Team
February 17th	New Member Notification of Team Acceptance
March 1 <sup>st</sup> & 2nd	Mandatory Swim Assessments for New 8 & U Swimmers
March 5th	<b>Swim Practice begins – rain or shine!</b>
March 24 <sup>th</sup>	Pool Clean Up Day – <b>Mandatory</b> 2 hr. participation/family

**When is the mandatory swim clinic for new members?**

The mandatory clinic is for 8 and under swimmers (SIBLINGS AND NEW SWIMMERS) who are joining the team for the first time. The clinic will be held at the Sleepy Hollow Pool on Thursday, March 1st and Friday, March 2nd. **Attendance on both days is mandatory.** The coaches will work with the new children to assess their readiness for the swim team and give them special attention to help prepare them for the team. At the end of the clinic, the Head Coach will let the children and parents know if they feel a child is not ready for the swim team. This assessment is solely at the Coach’s discretion.

**Clinic Times:**

4:00-4:30	Children with last names beginning A-L
4:45-5:15	Children with last names beginning M-Z

**Who should I contact if my child is a NEW 8 & Under swimmer and he/she is not able to attend the swim clinic?**

All absences should be cleared, in advance, with Mark Anderson [maaquatics@aol.com](mailto:maaquatics@aol.com)

**My child swam on the team last year, should he/she attend the swim clinic?**

There are to be no SHST returning swimmers in the pool during this clinic.

**What is the daily practice schedule from March 5<sup>th</sup> – June 8<sup>th</sup>?**

**Monday-Friday**

<b>Group</b>	<b>Time</b>
New 8 & Under	3:45-4:15
Returning 8 & U/ New 9 /10	4:15-5:00
9 /10 years & New 11 & U	5:00-5:50
11 to 18	5:50-7:00

\*\* The coaches may move your child up or down a practice group based on their skill level.

**What is the daily practice schedule beginning June 11<sup>th</sup> (summer)?**

Summer swim practices are generally held weekday mornings between 7:00 -10:30am. Typically, older swimmers swim at the early times, with the younger swimmers scheduled later in the morning. (i.e. 8&U swimmers typically swim at ~ 9:45 am. during the summer). Specific summer practice times for each group will be announced in May.

**Does my child have to practice every day?**

No. Typically most swimmers practice three days per week. However, please consider your child's availability and your ability to get them to practice during the summer months before enrolling on the team.

**Is attendance taken at practice?**

No.

**What happens if the coaches feel that my child is not swim team ready?**

If the coaches feel that your child is not ready for the Sleepy Hollow Swim Team, they may recommend starting in the Pups Program. More information on Pups can be found at [www.maaquatics.com](http://www.maaquatics.com). A coach may discuss this with you at the Mandatory Swim Clinic if he / she feels that you child would benefit from the Pups program.

The coaches will be assessing capability and readiness of all children and will notify you within the first two weeks of regular practice if your child is not ready to join the team.

**What are the swim team requirements for all swimmers?**

❖ All team members must be at least five years of age by May 1, 2012.

- ❖ **Swimmers must be able to swim the length of the pool and demonstrate “readiness” (ability to follow directions, pay attention to coaches, water safety etc.), and**
- ❖ No swimmer may practice with any other swim team after March 1, 2012 (with the exception of high school-related activities).

**The coaches determined that my child was not swim team ready, will I receive a refund?**

Yes, the SHST Treasurer will process a refund check within two – four weeks of notification.

**What are the details of the Pool Clean Up day on March 24<sup>th</sup>?**

Clean Up day is a SHST tradition. Join teammates and families at this fun event from 8 am – 2 pm. At least one member from each family is required to participate for two hours.

**When are the meets? How long does the season last?**

The meet schedule can be found at <http://sleepyhollowsealions.com/heatsheets.html>

**Who are the SHST coaches?**

We are excited to have Mark Anderson return as the Head Coach for the 2012 Sleepy Hollow Swim Team season. Mark swam for SHST for 10 seasons and was an All American Junior College water polo player at College of Marin. Mark enters his 20th year of coaching at SHST. He has also coached the Boys Varsity Water Polo team at Drake High School for 17 years. Mark also coaches Sleepy Hollow Aquatics (SHAQ) water polo club. Mark is currently director of the Canon Swim and Tennis Club Aquatics programs and runs the Canon Kids Sports camp during the summer. Mark, his wife Julie (who also swam for SHST and coached from '93 – '97) and their four boys, Marcus, Keenan, Logan and Nolan live in San Anselmo.

Lindsey Smith will be joining SHST again this year. She has been involved with swimming since the age of 5. During high school, she swam for Marin Pirates and began teaching swim lessons for Mark Anderson at age 16. She spent her summers at home from UC Santa Barbara teaching lessons and then went back to workout with the university's Masters team. After graduating with a degree in Marine Biology, Lindsey moved back to Marin and continued teaching swim lessons, as well as helping coach the Sleepy Hollow Swim Team. She then attended Dominican's teaching credential program and is currently enjoying her 5th year of teaching fourth grade at Upper Brookside. Lindsey loves seeing her students giving it their personal best in the pool and is looking forward to another great season, as she enters her 13th summer of teaching future Sea Lions how to swim!

Paul Birich will be joining the coaching staff this year. He began swimming for Sleepy Hollow Swim team when he was six years old – coached by Mark and Julie! He swam for the Sea Lions until high school when he switched to the Marin Pirates. At Drake, he swam and played water polo for the Pirates. He attended the University of Hawaii at Manoa and swam for four years.

**I have a question for a Coach, who should I contact?**

All coaching questions should be directed to Mark Anderson at [maaquatics@aol.com](mailto:maaquatics@aol.com)

**Does the SHST do anything “fun”?**

You bet! We have a committee dedicated to organizing fun activities for the swimmers and for the families.

Our first event of the season will be a Pasta Potluck for Families on Friday, March 16<sup>th</sup> – a wonderful time to get to know other swim team families and the coaches. The age 10 and under swimmers will gather for a Movie Night on March 23<sup>rd</sup> at the Clubhouse. A complete list of our [2012 events](#) is available on our website!

**Where and when can I purchase SHST suits and sweats?**

Suits and sweats for the Sleepy Hollow Swim team will be available for purchase in late March, at the pool, during practice. Look for details to follow at a later date in an email to the team.

**Does the team have behavioral expectations for its swimmers?**

Yes, swimming is a privilege and no child has the right to ruin another child’s practice. If a child is disruptive to the training program, the coaches will have that child sit out for the day. In addition, the coaches expect all swimmers to arrive ON TIME for their practice and to stay through the session.

The specific expectations are detailed below:

- 1) When the Coaches talk, the swimmers listen
- 2) Sleepy Hollow Swim Team Swimmers will respect all property at our pool and at away pools. This includes bathrooms, showers and grounds. No hanging on lane lines. No running.
- 3) Sleepy Hollow Swim Team Swimmers will behave in a true sportsmanlike fashion toward themselves, their teammates, opposing teams, coaches and adults. This includes cheering for all age groups and heats and being congratulatory to the swimmers in your race and other races. Build team spirit. No put downs, no swearing.

**YOU AND YOUR CHILD/CHILDREN REPRESENT THE SLEEPY HOLLOW SWIM TEAM. PUT FORTH YOUR BEST AND IT WILL REFLECT WELL ON EVERYONE.**

Consequences of Infractions:

FIRST: Verbal warning serves to inform child of misbehavior and gives him/her the opportunity for change.

SECOND: Out for the day and a call to parents that evening.

THIRD: Meeting with coaches and parents.

FOURTH: Out for one week, meet with parents and board members.

FIFTH: Off the team.

**Who is on the SHST Board this year?**

A listing of the 2012 Board members and their contact information can be found at <http://sleepyhollowsealions.com/board.html>

**Does the SHST compete in the Marin Swim League (MSL)?**

Yes, the Sleepy Hollow Swim Team competes in the Marin Swim League along with nine other teams. A listing of the MSL teams can be found at <http://marinswimleague.org/teams>

**What do I need to do if my child decides to quit the team?**

For all families, refunds are available if the swimmer drops off the team and **written notice** is emailed to [membershipshst@gmail.com](mailto:membershipshst@gmail.com) no later than **March 19, 2012**.

**There will be no refunds processed, under any circumstances, after March 19, 2012.**