

**SUMMER 2018
CHAPEL BEACH CLUB
“AQUAMANIACS”
NEWSLETTER**

Welcome To The Team!

Dear Swimmers and Swim Team Parents:

Welcome to the Chapel Beach Swim Team. We have put together this newsletter giving general information about the team. We hope it will help provide answers to some common questions.

Please keep in mind that our Chapel Swim Team is run by parent volunteers. This includes North Shore League Representatives, Michelle Buckley and Marianne Velcamp.

We are happy to welcome back our Head Coach, Jennamarie DeVito.

Jennamarie DeVito brings a wealth of experience and knowledge to our swim program. Jennamarie swam competitively for the Red Bank YMCA, Red Bank Catholic High School, and for Division I Lehigh University. She earned the respect of both her coaches and fellow swimmers by being named captain at both RBC and Lehigh University. After graduation she joined the Lehigh coaching staff, serving as the swim team's graduate assistant for one year. Academically, Jennamarie earned her undergraduate degree in Behavioral Neuroscience and Psychology and a Master's degree in Secondary Science Education. For the past 12 years, Jennamarie has taught biology at Red Bank Regional High School.

As a coach, she has coached competitive swimming for many years at many different levels with many different age groups. She was the head coach of the Strathmore swim club in Aberdeen for 5 consecutive summers, a lead swim coach and head counselor at the Lehigh University Swim camp for 2 years and a coach for the competitive club team, Atlantis, in Pennsylvania for 1 year. Currently, Jennamarie coaches the freshman girl's volleyball team as well as both the boy's and girl's varsity swim team at Red Bank Regional High School. She has also instructed private swim lessons for the past 20 years to swimmers of all abilities (beginner-competitive) and all ages (2 – adult).

When Jennamarie is not coaching, she enjoys running and competing in ocean mile swims and triathlons along the Jersey Shore. Jennamarie is very excited to be a part of the Chapel Beach Club community. She looks forward to teaching effective stroke technique, instilling the importance of a strong work ethic, promoting good sportsmanship, and getting swimmers to have fun and to learn the benefits of working together on a team.

******IMPORTANT DATE******

Wednesday, JUNE 20, 2018

SWIM TEAM KICKOFF PRACTICE AND PIZZA PARTY

Practice ~ 4:30 pm to 5:30 pm

Pizza Party and MANDATORY Parents Meeting ~ 5:45 pm

Parent Jobs

Swim Team membership requires that each family sign up to work at two of the 7 swim meets held during the season. On your child's application, please note the job you would like to work, as well as your first choice for dates. **Dates and assignments are on a first come/first served basis, and you will be notified of the exact assignment prior to the first meet.** Also, all jobs are posted on the team bulletin board prior to the scheduled meet, so please make it a point to check this board regularly. Each family is asked to work 2 meets, with the possibility that you may be asked to work 3 meets if you have more than one child swimming on the team. If you are new, or inexperienced, we suggest you volunteer for the following jobs (and have provided a brief explanation for each). We will provide any training you may need. Most of the jobs need only a few minutes explanation.

General Information

REMIND App- we will again be using the REMIND text system to keep everyone up to date with everything pertaining to the CBC Swim Team. This will be the main form of communication, so please at your convenience, text @2018chapel to 81010 to activate your text. If you already have the App, you can simply add a group (2018chapel). We will go over this at the meeting to make sure that everyone is getting messages.

Swimsuits - Will be available for sale at the club on Sunday and Monday of Memorial Day Weekend. However, once it has been offered at the Club, you can always go to the Sport Spot on Rt. 35 in Shrewsbury to buy it. We encourage you to purchase one--it makes your child feel as if he/she is part of the team; however, it is certainly not mandatory.

Sweatshirts & Sweatpants - May be purchased at the club. They are a good idea to have, because there can be times at meets when your child is cold. If you get one, be sure to place your child's name inside--the bigger the better. Remember, they all look alike! The day of the team picture, a photo is taken with the team wearing sweatshirts.

Team Picture - These are taken during the season. A photo is taken of the entire team on and then each child individually near the pool.

Practices - **Please check the team bulletin board in the lobby for the practice start date and times .** The coach determines this schedule, which is usually grouped according to age/ability and she will post the schedule. Your child may not be scheduled to come to practice everyday, and practices are generally not held on weekends. **Please make every effort to attend practice. Attending practice will allow your child to improve their swimming skills and add fun to their summer swim team experience alongside their teammates.**

Practice will start June 11th at 4:30-5:30pm. These afternoon practices will run through June 28th. Starting the week of July 2nd, we will start holding morning practices through the end of July.

Time Trials - These are tentatively scheduled for June 26th and June 27th during afternoon practices. This simply means that each child will swim the length of the pool, and there will be one or two parents at the end of each lane with stopwatches to record their time(s). Each swimmer will be asked to

swim each stroke. Time trials, are scheduled by age group. A schedule will be posted in the Lobby. **IT IS VERY IMPORTANT FOR YOUR CHILD TO BE AT TIME TRIALS AND TO ARRIVE ON TIME.** The coach uses this information to help to prepare the Meet Sheet (see below) for the first meet. It is the only way the coach initially can know what strokes a child can swim, and their approximate times.

Meet Schedule - Meets are on Tuesday and Thursday evenings. However, the North Shore Club League makes up the schedule, keeping in mind any holidays, rain dates, and attempting to finish the entire schedule by the end of July. For this reason, there may be meets and/or rain dates on other days of the week. Wednesdays are reserved for rain dates. **See the meet schedule listed below.**

The Meet Sheet - The coach is in charge of preparing the meet sheet. This may not be until late in the afternoon on the day of a meet. It is also possible that it will not be done until you arrive for the meet. Just before, and during the meet, it will also be posted on a wall up at the pool. If our meet is away, it will still be posted in their pool area and the coach will have a copy. We will post an "old" meet sheet for you to look at during June on our Swim Team Bulletin Board. Please familiarize yourself with what a meet sheet looks like, so that you will be able to check to see when/what your child is swimming on the actual meet day. Obviously, older and more experienced swimmers can do this for themselves; however, younger swimmers may need your help.

The Meet - Members of the team should arrive so that they are ready to go into the pool promptly at warm-up time. **Please arrive by 5:15 as Warm-up begins at 5:30 and meets start at 6:00 p.m. sharp!** On the days that the meet is at home (Chapel), our club pool generally is closed after 4:00 p.m. in order to prepare for the meet. There are 7 meets--this year we will have 4 home meets and 3 away meets. Our League includes the following clubs: Chapel, Seashore Day Camp, Pavilion, Monmouth Beach Bath and Tennis, Sea Bright Beach Club, Surfrider, Sands, and Ship Ahoy. The Coach should instruct your child as to what to do after arriving at the meet. However, generally speaking, they should check in if instructed to do so by the coach, check the meet sheet, and warm up in the pool. If they are 6 years or younger, we are going to assign a marshal for their group to check in with. After warm-up, it is best for them to return and stay with the marshal assigned to their age group. The marshal will assist your child with any questions and assure that they do not miss their event. Parents are discouraged from standing behind the blocks. As much as we know you would like to be there, there just isn't enough room for all the swimmers and their parents. We are hoping that our policy of having parent marshals for the younger children will help to alleviate any of their worries as well as yours. If the meet sheet was available earlier in the day and you checked it, late changes still could have been made. Please check the meet sheet again after you arrive to be sure your child hasn't been changed or added. We ask that you to stay until the end of the meet if at all possible. We like to cheer the team on, and there can be circumstances that necessitate changes in the line-up. If you leave early, your child may miss an opportunity to swim in an event where we need him/her.

Note: *In past years, it has been an increasing problem with swimmers straying from the team area, at home or away, and which creates extreme difficulties for the team marshals' to find the swimmer in time for their race. It is neither the Coach's nor the marshal's responsibility to find children at the snack bar or on the beach or playground. Please encourage your child to remain with the team, as it is important to the team, and especially your child, that they get their chance to swim.*

Missing A Meet - Please make every effort to attend all swim meets. If your child is not at practice on the day of the meet, the coach will not know whether or not to put your child in the meet. Therefore, if you know your child can swim, leave a message for the coach with the front desk. If, later in the day you realize that your child can't swim, please let the coach know, or call so that the coach can fill your child's spot. Changes should be made as early as possible, and it really helps all of us if we know in advance any child who will not be at the meet. We try to have everyone swim, and a lot of time is spent in preparing the meet sheet. We don't want to have any empty lanes because a child scheduled to swim is not there. **REMEMBER: Your child's empty lane really means that ANOTHER child is missing an opportunity to swim.**

Official/Extra Heats - Each team is assigned half of the lanes in the pool. At home meets we have Lanes 2, 4, and 6. At away meets Lanes 1, 3, and 5. Usually, the pool will have 6 lanes. This is not true of all the clubs. If there is an extra lane, there may be a swimmer but he/she cannot be counted

officially in the scoring. Due to the number of swimmers on the team, extra heats are added so that more children can swim. Most clubs are extremely cooperative about this, but the home team does get to determine/limit the number of extra heats.

Ribbons - North shore provides ribbons for 1st through 6th places, up to and including age 10. Chapel provides ribbons for swimmers in the extra heats. The coaches will distribute ribbons during practice.

Weather Cancellations - Please call the club before you leave home if the weather looks questionable. Clubs try to have meets whenever possible and swim in the rain as long as there is no thunder or lightening. **COACHES AND/OR CLUBS CANNOT CANCEL MEETS**, North Shore Representatives of the two clubs involved make that decision. Please don't call the Coach, call the Club. As soon as a decision has been made, the club will be notified and it will be texted via The Coach's message system. In the event that a meet has begun and is then stopped due to weather, all scoring up to that point counts and, when made up, the meet will start from that point.

Awards Banquet - Recognition of every team member is done at the end of season Awards Banquet. Further details as to date, time, and charge, will be posted in the lobby. The tentative date is **August 1st**.

SWIM MEET SCHEDULE

Thursday July 5 – Chapel @ Ship Ahoy

Tuesday July 10– Chapel @ MBBT

Thursday July 12– Sea Bright @ Chapel

Tuesday July 17– Chapel @ Sands

Thursday July 19 – Chapel @ Pavillion

Tuesday July 24– Surf rider @ Chapel

Thursday July 26– Seashore @ Chapel

1st Rain Date: Wednesday July 18

2nd Rain Date: Wednesday July 25

All Swimmers MUST arrive at the meet site no later than 5:15 pm.

All meets start at 6:00 pm

CHAPEL BEACH CLUB SWIM TEAM 2018 APPLICATION

\$50.00 Fee per Swimmer
(due at time of application - no exceptions)

Paid: _____

Family LAST NAME: _____

First Names and Date of Birth for each swimmer:
(as of JULY 1, 2018)

NAME

DATE of BIRTH

E-MAIL _____
(VERY IMPT FOR COMMUNICATIONS)

CABANA/LOCKER NO.: _____

ADDRESS: _____

PHONE: HOME: _____ CELL: _____
(VERY IMPT FOR TEXT MESSAGES)

PARENT(S) NAMES:

EMERGENCY CONTACT:

NAME: _____ PHONE: _____

ALLERGIES OR MEDICAL CONDITIONS (please explain):

INDICATE ANY CONFLICT THAT MAY AFFECT SWIMMER'S PARTICIPATION AT
PRACTICE/SCHEDULED MEETS (i.e. sports camps, etc.)

Important: Please indicate meet dates your swimmer will be missing.

INDICATE PARTICIPATION IN OTHER SWIM CLUBS AND COMPETITIVE STROKE
ABILITY:

Club: (circle): Back Breast Fly Free "IM"

VOLUNTEER PARENT JOBS

Membership on the Chapel Beach Club Swim Team requires each family to fulfill a **2-meet job assignment**. There are a variety of positions available, and most are uncomplicated. For detailed explanation of each position, see the Chapel Swim Team newsletter. Below, please indicate your job and date preference for 2 meets. **We will make every effort to accommodate your selection, but will make assignments on a first come/served basis.** Check for confirmation of your assignment on the

team bulletin board.

POSITIONS: Timer, (1) Ribbon Writer, Score Keeper, Marshall Events (home only), Stroke & Turn, Starter (home only), Head Judge (home only), Announcer (home only),

Tuesday July 10– Chapel @ MBBT
Thursday July 12 – Sea Bright @ Chapel
Tuesday July 17– Chapel @ Sands
Thursday July 19 – Chapel @ Pavillion
Tuesday July 24– Surfrider @ Chapel
Thursday July 26– Seashore @ Chapel

Name: _____ **Phone:** _____

Date # 1: _____ **Job:** _____

Date # 2: _____ **Job:** _____

*****Mandatory Parents Meeting*****
June 20, 2017 at 5:45pm