



Madeira

Marlins

2011

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 Wednesday, June 1st, from 6:00 to 7:00 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 Officials' clinic at 7:00 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 always need qualified Judges and Officials for our meets. This is a great way to learn more about the rules and how your children will be judged.

We are pleased to announce our staff for the season:

Elena Halbeisen will be coaching our dive team. This will be Elena's 18th season. The dive program has been very strong under Elena.

Ashlee Edgell and Amanda Smith will be coaching our swim team. Ashlee swam for the Mason Manta Rays and graduated from the University of Notre Dame in May 2010. She received a swimming scholarship and was the Captain of the swim team her senior year. She plans to attend medical school this fall. Amanda was an assistant for the Marlins in the summer of 2009. The last time she was coaching, she was in the midst of her collegiate swim career at Indiana. When she went back to school after the summer of coaching for the Marlins, she decided to make a change and transfer to the University of Southern California. She sat the 2009-2010 season out, but came back this year to be part of a team that just finished 3rd at NAAs. She has one more season left with the Trojans, and has qualified for the 2012 Olympic Trials!

All of our coaches are excited for a great summer season!

The bulletin board is a great source of communication. Please check this area frequently for announcements. We will also use e-mail as a source of communication, so please be sure we have the e-mail address you check most often on file. We will 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 email us at mstcmarlins@yahoo.com.

-Liz Keener, Emily Blackwelder, and Virve Moore

Dear MSTC Marlins and Parents

Welcome to the 2011 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 21st, at swim team sign up.

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 attached. 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!**

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

Elena Halbeisen - Dive Coach
Ashley Edgell and Amanda Smith - 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 encouragement for 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 (6&U), (8&U), (9-10), (11-12), (13-14), (15-18). See schedule on following page.

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. Purchase of team suits is not mandatory. Kast-A-Way swimwear will be at the pool on May 21st 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 Kast-A-Way in Mason (513) 777-7967.

Swim Meets

Swim/dive meets are generally scheduled on Thursdays (see schedule). 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.

2011 Season's Important Dates

Saturday, May 21	Swim Suit Fitting & Registration @ Pool	10:00 a.m. - 1:00 p.m.
Saturday, May 28	Pool Opens	10:00 a.m.
Tuesday, May 31	Morning Practice Begins (see attached schedule)	
Wednesday, June 1	Parent Meeting at Pool	6:00 p.m.
	Swim Officials' Clinic at Pool	7:00 p.m.
	Dive Judges' Clinic at Pool	7:30 p.m.
Thursday, June 16	Swim/Dive - Madeira @ Delhi	
Monday, June 13	Swim Team Pictures	7:45 a.m.
Thursday, June 23	Swim/Dive - Madeira @Wyoming	
Saturday, June 25	Mini-Meet - 8 & under @ Madeira	9:00 a.m. - 10:30 a.m.
Thursday, June 30	Swim/Dive - Montgomery @ Madeira	
Thursday, July 7	Swim/Dive - Anderson @ Madeira	
Saturday, July 16	Poster and Psyche Up Party @ the pool	6:00 p.m. - 8:00 p.m.
Thursday, July 14	Swim/Dive - Mt. Lookout @Madeira	
Saturday, July 16	"B" Diving Championship @ Clifton Meadows	
Monday, July 18	"A" Swimming Championship Preliminaries @ Keating	
Tuesday, July 19	"A" Swimming Championship Finals @ Keating	
Wednesday, July 20	"B" Swimming Championship @ Montgomery	
Thursday, July 21	"A" Diving Championship @ Mt. Lookout (8 & U and 15 & over)	
Friday, July 22	"A" Diving Championship @ Mt. Lookout (9-10, 11-12, 13-14)	
Friday, July 22	Awards Banquet @ Pool	6 p.m. - 8 p.m.

Practice Schedules

Swimming and Diving group assignments are determined by the coaches based on age and skill level. Practice schedules are as follows:

Swimming

Monday - Thursday

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

Friday*

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

Diving

Monday - Thursday

(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*

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

*Fridays: Meet Awards ceremony from 10:00 to 10:30 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 after June 4, 2011 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 Cassie and Elena may excuse a team member from these practices.)
- 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" or "B" Finals) at the end of the season. Each team member will be signed up for only 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 Requirements – 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 parent to work all home meets and at least one away meet. If you have a diver, please plan to work at least one home meet (dive), at least one away meet (dive) and B finals. If these family requirements are not met, 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 ensure you receive credit for working.

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

Parent Volunteer Job Descriptions

Swim/Dive Meets

SWIM

8 and Under Age Group Organizer

The 8 and Under Age Group Organizers are just that - they organize the 8 and unders at the meets. Age Group Moms and Dads are given lane slips with the swimmers' names and events they are swimming. You will need to be sure the swimmers take their lane slips to the starting blocks and are lined up behind the proper block. This is a great job for someone who has an 8 and under swimming.

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 9 and up and one worker for girls 9 and up. 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.

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 1-1/2 hour training session will be given at MSTC on Tuesday, June 2, at 7:00 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

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 1 hour judges' clinic held at MSTC on Wednesday, June 2nd at 7:30 p.m.

Delhi Swim Club - First Meet

DRIVING DIRECTIONS

A) 6580 Miami Ave, Cincinnati, OH 45243-3141 US

1. Start out going NORTH on MIAMI AVE toward MARVIN AVE. (go 0.56 miles)
2. Turn LEFT onto EUCLID AVE.
- EUCLID AVE is 0.1 miles past LAUREL AVE
(go 0.98 miles)
3. Turn RIGHT onto KENWOOD RD.
- KENWOOD RD is just past MICHAEL DR
(go 0.21 miles)
4. Merge onto I-71 S via the ramp on the LEFT toward CINCINNATI.
- If you reach MONTGOMERY RD you've gone about 0.2 miles too far
(go 11.28 miles)
5. Merge onto US-50 W via the exit on the LEFT toward RIVER RD. (go 3.4 miles)
6. Turn RIGHT onto FAIRBANKS AVE.
- FAIRBANKS AVE is just past DELHI AVE
(go 0.48 miles)
7. Stay STRAIGHT to go onto DELHI AVE. (go 1.21 miles)
8. Turn LEFT onto MT ALVERNO RD.
- MT ALVERNO RD is 0.1 miles past HUNNICUTT LN
(go 0.57 miles)
9. Take the 3rd LEFT onto PEDRETTI AVE.
- If you reach ROBBEN LN you've gone a little too far
(go 0.36 miles)
10. Take the 2nd LEFT onto FELECIA DR.
- If you reach the end of PEDRETTI AVE you've gone about 0.3 miles too far
(go 0.08 miles)
11. 202 FELECIA DR is on the LEFT.
- Your destination is just past FEIST MANOR DR
(go 0 miles)

B) 202 Felecia Dr, Cincinnati, OH 45238 US

TOTAL ESTIMATED TIME: 32 minutes | DISTANCE: 19.11 miles

Wyoming Swim Club - Second Meet

DRIVING DIRECTIONS

A) 6580 Miami Ave, Cincinnati, OH 45243-3141 US

1. Start out going NORTH on MIAMI AVE toward MARVIN AVE. (go 1.5 miles)
2. Turn LEFT onto E GALBRAITH RD.
- E GALBRAITH RD is 0.1 miles past GREENBRIAR LN
(go 0.32 miles)
3. Take the 2nd LEFT onto MONTGOMERY RD/US-22/OH-3.
- If you reach N CREEK DR you've gone about 0.2 miles too far
(go 0.39 miles)
4. Merge onto I-71 N toward COLUMBUS.
- If you reach KENWOOD RD you've gone about 0.4 miles too far
(go 1.33 miles)
5. Take the OH-126 exit, EXIT 14, toward RONALD REAGAN HIGHWAY. (go 0.25 miles)
6. Merge onto RONALD REAGAN CROSS COUNTY HWY/OH-126 W toward BLUE ASH. (go 4.31 miles)
7. Take the GALBRAITH RD exit toward US-42/I-75 N/READING RD. (go 0.22 miles)
8. Turn RIGHT onto E GALBRAITH RD. (go 1.79 miles)
9. Turn RIGHT onto VINE ST/OH-4. Continue to follow OH-4.
- OH-4 is 0.1 miles past BURNS AVE
(go 1.57 miles)

10. Turn LEFT onto FLEMING RD.
 - FLEMING RD is 0.1 miles past CENTRAL TER(go 0.8 miles)
11. Take the 3rd RIGHT onto FIREWOOD DR.
 - If you reach MORTS PASS you've gone about 0.1 miles too far(go 0.1 miles)
12. 1239 FIREWOOD DR is on the LEFT.
 - Your destination is just past SWEETWATER DR(go 0 miles)

B) 1239 Firewood Dr, Cincinnati, OH 45215-2014 US

TOTAL ESTIMATED TIME: 25 minutes | DISTANCE: 12.58 miles

"B" Dive Championship - Clifton Meadows Swim Club

DRIVING DIRECTIONS

A) 6580 Miami Ave, Cincinnati, OH 45243-3141 US

1. Start out going NORTH on MIAMI AVE toward MARVIN AVE. (go 0.56 miles)
2. Turn LEFT onto EUCLID AVE.
 - EUCLID AVE is 0.1 miles past LAUREL AVE(go 0.98 miles)
3. Turn RIGHT onto KENWOOD RD.
 - KENWOOD RD is just past MICHAEL DR(go 0.21 miles)
4. Merge onto I-71 S via the ramp on the LEFT toward CINCINNATI.
 - If you reach MONTGOMERY RD you've gone about 0.2 miles too far(go 3.7 miles)
5. Merge onto OH-562 W via EXIT 7 toward NORWOOD. (go 3.2 miles)
6. Merge onto I-75 S via the exit on the LEFT toward LEXINGTON. (go 1.45 miles)
7. Take the MITCHELL AVE exit, EXIT 6, toward ST BERNARD. (go 0.17 miles)
8. Take the MITCHELL AVE ramp. (go 0.08 miles)
9. Turn SLIGHT RIGHT onto W MITCHELL AVE. (go 0.26 miles)
10. Turn LEFT onto SPRING GROVE AVE.
 - SPRING GROVE AVE is 0.1 miles past KENARD AVE(go 0.2 miles)
11. Turn LEFT onto CLIFTON AVE.
 - If you reach STATION AVE you've gone about 0.1 miles too far(go 0.48 miles)
12. Take the 1st RIGHT onto AMAZON AVE.
 - If you reach LAFAYETTE AVE you've gone about 0.1 miles too far(go 0.16 miles)
13. Take the 1st RIGHT onto EGBERT AVE.
 - If you reach the end of AMAZON AVE you've gone a little too far(go 0.13 miles)
14. 4045 EGBERT AVE is on the LEFT.
 - If you reach the end of EGBERT AVE you've gone a little too far(go 0 miles)

B) 4045 Egbert Ave, Cincinnati, OH 45220-1112 US

TOTAL ESTIMATED TIME: 19 minutes | DISTANCE: 11.59 miles

B Swim Finals - Montgomery Swim Club

From: Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

To: Montgomery Swim & Tennis Club, 9941 Orchard Club Dr, Cincinnati, OH 45242 US

DRIVING DIRECTIONS

A) Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

1. Start out going NORTH on MIAMI AVE toward MARVIN AVE. (go 1.5 miles)
2. MIAMI AVE becomes MIAMI RD. (go 0.5 miles)
3. Turn SLIGHT RIGHT onto MONTGOMERY RD/US-22 E/OH-3 N. (go 3.2 miles)
4. Turn LEFT onto ORCHARD CLUB DR. (go 0.0 miles)
5. 9941 ORCHARD CLUB DR. (go 0.0 miles)

B) Montgomery Swim & Tennis Club, 9941 Orchard Club Dr, Cincinnati, OH 45242 US

>> TOTAL ESTIMATED TIME: 13 minutes | DISTANCE: 5.28 miles

A Dive Championship - Mt Lookout Swim Club

From: Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

To: Mt Lookout Swim Club, 3605 Totten Ave, Cincinnati, OH 45226 US

DRIVING DIRECTIONS

A) Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

1. Start out going SOUTH on MIAMI AVE toward SHAWNEE RUN RD. (go 0.2 miles)
2. Turn RIGHT onto SHAWNEE RUN RD. (go 0.3 miles)
3. Turn LEFT onto CAMARGO RD. (go 1.7 miles)
4. Turn RIGHT onto MADISON RD. (go 0.6 miles)
5. Turn LEFT onto WHETSEL AVE. (go 0.2 miles)
6. Turn RIGHT onto ERIE AVE. (go 2.5 miles)
7. Turn LEFT onto DELTA AVE. (go 0.7 miles)
8. Turn LEFT onto LINWOOD AVE/OH-561 S. (go 0.2 miles)
9. Turn RIGHT onto ELLISON AVE. (go 0.3 miles)
10. 3605 TOTTEN AVE. (go 0.0 miles)

B) Mt Lookout Swim Club, 3605 Totten Ave, Cincinnati, OH 45226 US

>> TOTAL ESTIMATED TIME: 16 minutes | DISTANCE: 6.65 mile

A Swim Championship - St. Xavier High School

From: Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

To: St Xavier High School, 600 W North Bend Rd, Cincinnati, OH 45224 US

DRIVING DIRECTIONS

A) Madeira Swim Club, 6580 Miami Ave, Cincinnati, OH 45243 US

1. Start out going NORTH on MIAMI AVE toward MARVIN AVE. (go 1.5 miles)
2. Turn LEFT onto E GALBRAITH RD. (go 0.3 miles)
3. Turn LEFT onto MONTGOMERY RD/US-22/OH-3. (go 0.4 miles)
4. Merge onto I-71 N toward COLUMBUS. (go 1.3 miles)
5. Take the OH-126 exit, EXIT 14, toward RONALD REAGAN HIGHWAY. (go 0.2 miles)
6. Merge onto RONALD REAGAN CROSS COUNTY HWY/OH-126 W toward BLUE ASH. (go 5.7 miles)
7. Merge onto I-75 S via the exit on the LEFT toward CINCINNATI. (go 1.1 miles)
8. Merge onto PADDOCK RD/OH-4 via EXIT 9. (go 0.3 miles)
9. Turn LEFT onto E NORTH BEND RD. (go 1.7 miles)
10. 600 W NORTH BEND RD is on the RIGHT. (go 0.0 miles)

B) St Xavier High School, 600 W North Bend Rd, Cincinnati, OH 45224 US

>> TOTAL ESTIMATED TIME: 21 minutes | DISTANCE: 12.58 miles