



The Montpelier Marlins Swim Team

2022 Swim Season

Parent Handbook

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Hello + Welcome!

Dear Parent/Guardian,

Hello and welcome to the Montpelier Marlins 2022 swim season!

The Marlins have been a staple of the Montpelier community for as long as we can remember. Many of our advanced swimmers first learned to swim as a result of joining our team. Others have gone on to receive scholarships to compete at the collegiate level. Perhaps most importantly, however, is the fact that the swim team remains one of the primary connecting points for families in and around the Montpelier neighborhood. We hope this will be true for your family as well!

On the heels of a global pandemic and despite the changing world around us, the swim team committee has been hard at work to create a safe, fun environment to develop and grow swimmers of all abilities. This handbook includes all the “need-to-know” information for our 2022 season. Should you have any additional questions, please feel free to:

- Contact the committee via email at montpeliermarlins@gmail.com;
- Reach out to our parent liaison, Christina Kposowa at christinamkposowa@gmail.com; or
- Get in touch with our coaching advisor, Glen Jackson at GlenJacksonFTH@gmail.com.

Lastly, our swim season can't happen without you. We are largely a volunteer organization and we depend on parent involvement to make our season run smoothly. Thank you in advance for partnering with us this season. I look forward to meeting each of you personally in the days ahead. We are confident that this will be one of our best seasons yet!

Warmly,

Andy Reeves
2022 Montpelier Marlins Team Manager

About Us

The Montpelier Marlins swim team exists to promote fun, fitness, safety and community for swimmers of all abilities. The team is managed by a coaching staff with oversight from a committee of dedicated volunteers and parents.

The Swim Team Committee

- **Andy Reeves**, Team Manager
- **Tony Darif**, First Alternate Team Manager
- **Rachel Howard**, Strategic Communications & Outreach Lead
- **Bob Olson**, Data Manager / Logistics
- **Allison Kern**, Finance Manager
- **Mandi Armand**, *Team Snap* Lead & Assistant Finance Manager
- **Yayoi Reeves**, Ribbons & Recognition Chair
- **Christina Kposowa**, Parent Liaison, christinamkposowa@gmail.com, (301) 742-7067
- **Glen Jackson**, Coach Advisor, GlenJacksonFTH@gmail.com, (240) 205- 6949

Coaching Staff

- **Matthew Coleman**
- **Danielle Coleman**
- **Jair Jackson**
- **Emily Olson**

About Our League

The Marlins are governed by the Prince-Mont League, which includes swim clubs throughout the five counties in Maryland and the District of Columbia. The Prince-Mont League determines the season schedule and sets the league rules. For more information about our league, visit

<https://www.princemont.org/>. For the 2022 swim season, we will be a part of Division C.

2022 Swim Season Schedule

About our Season

Our season is eight weeks long (including Divisionals and All-Stars meets), and includes four home meets (at the Montpelier Community Pool), including Time Trials. The remainder of the meets will take place at other community pools hosted by teams in our league.

Expectations of Parents & Swimmers at Meets

All swimmers are required to participate in at least two meets. Unless otherwise specified, all swim meets take place from 9a - noon. Swimmers are expected to arrive fully dressed with all their equipment in-hand no later than 7:30a. Each family is expected to arrange their own transportation to and from the swim meet. Many parents choose to carpool. This year, our meet schedule is as follows:

- **June 11 (Time Trials)** — This is an internal meet solely for our team where we record swimmers' time in order to determine which events and heats they will be placed in for future meets. It also helps our team get accustomed to the meet environment before the competition begins.
- **Saturday, June 18 (Home Meet)** – Marlins v. BBT (Montpelier Community Pool)
- **Saturday, June 25 (Away Meet)** – Marlins v. SVA (Smallwood Village Swim Club)
- **Saturday, July 2 (Home Meet)** – Marlins v. Russett (Montpelier Community Pool)
- **Saturday, July 9 (Home Meet)** – Marlins v. KLS (Montpelier Community Pool)
- **Saturday, July 16 (Away Meet)** – Marlins v. GB (Greenbelt Aquatic & Fitness Center)
- **Saturday, July 23 (Divisionals)** – (Belair Bath & Tennis Club) Swimmers who achieve qualifying times during the season will be chosen to participate in Divisionals.
- **July 30 (All-Stars)** — Swimmers who achieve qualifying times during the season will be invited to participate in an All-Stars meet.

Availability

If you are unable to participate in a meet, please inform the Coaching Staff no later than the Wednesday before the meet. (We also ask parents to indicate their swimmers' availability for meets via *Team Snap*. See page 7.) If your child is sick the day of a meet, please contact the Coach Advisor Glen Jackson.

What to Expect at a Meet

- **It will be a half-day commitment.** Our call time for swimmers at meets is 7:30a. The meet will generally take place from 9a - noon. Seating tends to fill up early, so be sure to arrive on time. Also be sure your swimmer eats a good breakfast the morning of the meet.
- **Your child's heat may only last a few minutes.** However, all swimmers are required to stay for the entirety of the meet.
- **It gets hot!** Please dress appropriately (e.g. wear sunscreen, bring a hat, etc.) and be sure to have plenty of water on hand.
- **Younger swimmers compete first.** The heats take place in age order, so younger swimmers will compete first.
- **Your child will sit with the team.** We ask swimmers to remain with their teammates during the meet. This way, we can keep track of all the swimmers and ensure no one gets lost. It's also one of the ways we build camaraderie among the team.
- **Prior to leaving each meet, you will need to check out your swimmer with the coaches.** This helps us ensure the safety of all swimmers.

What to Bring

1. **Swim equipment** (see page 7) – All swimmers should arrive on-time, with swimsuits on, and with their equipment.
2. **Snacks for your swimmer between heats and plenty of water** – There will be concessions. If you'd like to grab a bite, plan to bring cash, or plan to bring your own snacks. Please refrain from sharing snacks with swimmers until after they have completed their heat.
3. **Lawn chairs/tents** – At home meets, our community pool will provide chairs and bleachers. Seating is sometimes provided at away meets as well, but not always. Make sure you're prepared with your own seats if you need them.

Team Snap

During the season, our team uses an app called *Team Snap* to communicate with parents and track swimmer times. The app is available in both the Apple Store (for iPhone users) and in Google Play (for Android users) and is updated real-time during swim meets. It's a great way to follow along and track your child's progress. You should have received an invitation to join the Marlins team on *Team Snap*. Please follow the directions in the invitation to complete **each swimmer's profile**.

Once you have set-up your profile, please go to the Availability tab, select "Games Only" and indicate all the meets you are available to attend.

If you have any problems setting up your account, please email us at montpeliermarlins@gmail.com.

Swimsuits + Equipment

In addition to the cost of registration, swimmers will need the following equipment for practice and meets:

- Swim uniform*
- Swim cap (these will be provided by the team at no cost to families)
- Water bottle
- Towel
- Goggles for meets

**Note: Both boys and girls will need to purchase a competition swimsuit. You may select your own suit, which must feature black and royal blue as the main colors. Below are a few examples:

- Boys:
<https://www.swimoutlet.com/products/sporti-piped-splice-swim-jammer-swimsuit-20877/?color=blackroyal>
- Girls:
<https://www.swimoutlet.com/products/sporti-light-wave-thin-strap-one-piece-swimsuit-youth-22-28-8117055/?color=blackblue>

Practice Schedule

We offer both morning and evening practices to accommodate various schedules. Timeliness is key to a successful practice. Swimmers are expected to arrive at the pool fully dressed with all equipment 10 minutes prior to practice to warm-up and must be picked up within 10-15 minutes of practice concluding. Parents are invited to attend practices and observe. However, we ask that you allow our coaching staff to work with your child(ren) and minimize unnecessary distractions.

Morning Practices

Monday – Thursday

- 8:30 – 9:30a — Swimmers, ages 13+
- 9:30 – 10:30a — Swimmers, ages 5-12

Friday

- 9:00 – 10:00a — Swimmers of all ages

Evening Practices

Tuesdays & Thursdays

- 5:15 – 6:15p – Swimmers, ages 5-12
- 6:00 – 7:00p – Swimmers 13+

(Wednesdays**)

- 5:15 – 6:30p – Swimmers, ages 5-12
- 6:15 – 7:00p – Swimmers 13+

***Note: Wednesday evening practices will be offered for the weeks of May 30 through June 6 only.*

What to Expect at Practice

First and foremost, our swim practices are designed to be fun! At practice, your child will be instructed by our highly-skilled coaching staff. They will not only learn swim techniques, but also participate in games designed to build camaraderie among the team, develop swim skills and showcase their strengths. Developmental swimmers are typically assisted in a separate part of the pool for a portion of practice to work on basic skills.

Inclement Weather Policy

Unless it is thunder, lightning, or heavy rain, there will be practice. We will make every attempt to notify parents in a timely manner via *Team Snap* so please check there for any updates. When in doubt, feel free to contact Coach Advisor Glen Jackson.

Sick Policy

If your child is sick, please keep them home from practice and/or meets. Your child should be fever-free for 24 hours prior to returning to practice after an illness. If you or someone in your family contracts COVID, please follow CDC guidelines prior to returning to practice. We also ask that you refrain from sending children to practice who have had recent vomiting and diarrhea until they are no longer experiencing symptoms.

Sharing Concerns + Feedback

We want this season to be an amazing one for you and your family. Should you have an issue at any time during the season, you may contact us in the following ways:

- Speak with one of our coaches in-person *after practice*.
- Send us an email at montpeliermarlins@gmail.com.
- Get in touch with our Coaching Advisor, Glen Jackson at (240) 205- 6949 or via email at GlenJacksonFTH@gmail.com.
- Contact our Parent Liaison, Christina Kposowa at (301) 742-7067 or via email at christinamkposowa@gmail.com.

Fun Swim Team Events

Throughout the season, we will host several events to build community among the swimmers and their families. These events include:

Friday Breakfast

On Fridays, we will provide breakfast for our swimmers. This is a really enjoyable time for our team at the end of the week. Breakfast will be served immediately following practice. The cost is \$1 per person. Swimmers' parents and siblings are welcome to join, but must also pay the \$1 fee, which helps to offset the cost of food.

Annual Swim-a-Thon

Each year, we hold an annual fundraiser called the Swim-a-Thon where family and friends sponsor swimmers for each lap they complete at our pool. (For example, a parent or grandparent may contribute \$1 for each lap their child or grandchild completes during the Swim-a-Thon.) This helps to raise money for our team and is also a friendly competition where swimmers build confidence and have fun!

Fundraisers

Throughout the season, we sponsor a variety of fundraisers (e.g. partnerships with local restaurants, car washes, etc.) to raise money for team activities. Each swimmer must participate in at least two team fundraisers.

End-of-the-Season Awards Dinner

At the end of each season, we host an awards dinner to honor swimmers' accomplishments.

Expectations of Parents

We are grateful for a community swim team with a rich legacy over many decades! This is possible only with the commitment and dedication of our volunteers and parents. To that end, each parent is expected to contribute to the life of our team by completing at **least 10 volunteer hours during the swim season**. As part of our registration process, you were asked to select a role that aligns with your skills and interests. These roles include:

Meet Support

- Referee
- Turn and Stroke Coach
- Pool Set-Up & Clean-Up Crew
- Concessions

Hands-On Help

- Equipment Management
- Planning & Managing Team Activities (including our Swim-a-Thon, Awards Banquet, etc.)
- Organizing Storage Space
- Photography

Committee Support

- Communications (Social Media)
- Data Management
- Finance
- Fundraising

During the season, you will be contacted by the committee with more information on how you can help in one or more of the interest areas you indicated. Although we know many families are busy, we would respectfully ask that you prioritize this responsibility in order to help our team thrive. Thank you in advance for your help to make this season a successful one!

2022 Swim Season Calendar

May

May 31 (Tuesday) : 5:15 pm - 7 pm : Practice Begins

June

June 5 (Sunday) : 4 pm - 6 pm : Parent Meeting + Pizza Dinner (Montpelier Pool Pavilion)

June 10 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

June 10 (Friday) : 6 pm - 8 pm : Pizza Dinner + Meet Set-Up (Montpelier Pool Pavilion)

June 11 (Saturday) : 7:30 am - 12 pm: **Time Trials + Team Picture (Montpelier Pool)**

June 17 (Friday) : 10am : Team Breakfast (Montpelier Pool Pavilion)

June 17 (Friday) : 6 pm - 8 pm : Pizza Dinner + Meet Set-Up (Montpelier Pool Pavilion)

June 18 (Saturday) : 7:30 am - 12 pm: **HOME SWIM MEET v. BBT (Montpelier Pool)**

June 24 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

June 25 (Saturday) : 7am - 11:30 am: **AWAY SWIM MEET v. SVA (Waldorf, MD)**

July

July 1 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

July 1 (Friday) : 6 pm - 8 pm : Pizza Dinner + Meet Set-Up (Montpelier Pool Pavilion)

July 2 (Saturday) : 7 am - 11:30 am: **HOME SWIM MEET v. Russet (Montpelier Pool)**

July 7: SWIM-A-THON (During practice times)

July 8 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

July 8 (Friday) : 6 pm - 8 pm : Pizza Dinner + Meet Set-Up (Montpelier Pool Pavilion)

July 9 (Saturday) : 7 am - 11:30 am: **HOME SWIM MEET v. KLS (Montpelier Pool)**

July 15 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

July 16 (Saturday) : 7 am - 11:30 am : **AWAY SWIM MEET v. GB (Greenbelt, MD)**

July 22 (Friday) : 10 am : Team Breakfast (Montpelier Pool Pavilion)

July 23 (Saturday) : 7 am - 11:30 am : **DIVISIONALS* (Location TBD)**

July 23 (Saturday) : 5 pm - 10 pm : TEAM PARTY (Montpelier Pool Pavilion)

July 27 (Wednesday): Time TBD : Team Activity : TBD

July 30 (Saturday) : 7 am - 11:30 am: **ALL STARS* (Location TBD)**

**Note: Events with an asterisk are only for swimmers who qualify.*