

Duck



Tales

## Time Trials

The 2012 swim season starts this Saturday with time trials. Please be at Splashdown by 6:00 am. Warm ups will be at 6:30 and the time trials will begin at 7 am. Group 1 and 2 swimmers will swim only the events chosen by their coaches. Swimmers in Groups 3 and up will swim all events.

Time trials serves 2 purposes. Not only does it give the swimmers a chance to get used to the meet format again, but it also gives the parents a chance to practice running a meet. That means we will be doing things just like we will for actual meets, except that we will not be competing against another team. Since we will be the only team in the "meet," we will be able to finish earlier than we would if another team were present.

That also means that we need more volunteers for time trials than we do for any other meet. It takes almost as many parents as swimmers to make our meets run smoothly. Fortunately most of the jobs are not hard and most of them can be done in shifts, which means you are free for a portion of the meet.

To sign up, please go to [our website \(www.benlomondswimteam.com\)](http://www.benlomondswimteam.com) for a list of available positions and time slots. The volunteer sign-ups are on a first come, first served basis, so sign up early to get your desired post. If you have forgotten your password, click on the "Here" link on the login page and you will be re-directed to submit your account email address. Your password will then be mailed to you immediately.

## Volunteer Opportunities

Not sure what job you want to do? There are a wide variety of jobs to choose from--both on and off the pool deck, in the sun and in the shade, first or second shift. If you don't want to stand, then the **recorder** spot is for you. It's an easy job; you are on deck right next to the water for a front row seat. **Timing** is also a job that will get you as close to the excitement as you can get. Our runners are kept on the move taking the entry cards that the recorders have filled out to our verifying area. **Heat ribbon runners** get to be the first to congratulate the winners of each heat--the kids LOVE to see you coming! If you want a sit-down job in the shade, then you may want to see what it's like to **score/verify**. Another job in that same area is putting the stickers on the **ribbons** after the events. That way the kids can usually get all their place ribbons after the meet at Big Joes. There are also many hands needed to help corral the kids in the **clerk of course** areas.

Keep in mind the age and events of your swimmers. The younger kids may only be swimming a couple of the events that are held during the first shift of the meet so it would make sense to sign up for the early shift. No matter where you choose to volunteer, make sure you stop to see your child/children swim!! Everyone understands that is why we are at the meets, so don't ever feel like you are unable to take a few minutes to cheer on your swimmers. The quickest and easiest

way to sign up is right online. We will also have a signup sheet at practice on Tuesday evenings, but in order to get your first choice we recommend putting in your selection [online](#) ASAP.

If you have any questions about any of the jobs please ask!! There are many board members and veteran Duck families who would be happy to offer advice and suggestions.

It is IMPERATIVE that you check in before the meet so we know that every position is covered. We need everyone to show up at least 10 minutes before your shift starts so we have full coverage. Also, you are required to stay your ENTIRE shift. If you can't, please make sure that you have someone else covering for you for the remainder of your shift. We always have a floater or two who can cover for snack and bathroom breaks. Thank you in advance for your help this Saturday.

### **Concessions**

We are in desperate need of someone who is willing to run concessions for the team. The family that did it last year aged-out, and will not be back this year. If you are interested, please let a board member know, and we will work with you to get things started.

Please bring donations of bottled water, soda, and Gatorade so we can stock up for the summer season. Besides being an important source of refreshment, selling concessions is how we can earn money for the team to keep our registration prices low. Bring your drink donations to any evening practice.

We also need food donations for time trials. We welcome any food donation from breakfast casseroles to empanadas to fruit salad and pasta salad! We will need these brought to Concessions on Saturday morning.

### **PWSL Clinics**

Are you interested in helping with computers during the meet, or being a Stroke and Turn Official on deck? There will be a computer clinic at 6:30 on Wednesday, June 6th at Braemar. There will also be a Stroke and Turn Clinic at 7:00 on Wednesday, June 6th at Ridgewood.

### **Are you going to miss a meet?**

Please remember: all swimmers are signed up for every meet of the season. If you know you are unable to attend a meet, you must opt out. You may do this by using the "Attend this Event" feature on our webpage (in the Upcoming Events section on the homepage). Once you find your swimmer's name under "Attend this Event," click on the name, then near the top of the page, click the appropriate selection in the box labeled "Sign up record." Or, you may sign the "Opt Out" sheet during an evening practice, which is at under the pavilion at the top of the hill.

### **Please verify your e-mail and cell phone carrier**

If you provided an e-mail address and/or a cell phone carrier, it is important that you log-in to your account on the team website and verify them. We will use these to send out periodic updates, including if practice is cancelled due to inclement weather. We will only send out the updates to verified e-mail addresses and cell phone numbers. So, if you want to keep up to date on what is going on with the team, make sure to log-in and verify your information.