



Welcome to the Robin Meadows Racers family! Whether you are new to the team or have been with the team for many years, we are happy to have you joining us. Below is a brief run-down about the team, practices, and some things you should know.

**Swim Ability** – Robin Meadows Racers is a swim team. It is not a learn-to-swim class. Your swimmer must be able to swim at least one length of the pool (25 yards) by the time morning practices begin. The coaching staff will work with your swimmer to help them improve their strokes and to become a better swimmer, not to teach them basics of swimming. We welcome you to have your child try out and swim with the team for the first few weeks. However, if they are not able to swim 25 yards after the evening practices end, we encourage you to have them take lessons over the summer and the coming year, then try out again next season.

**Practices** – The team will begin practicing in the evenings around Memorial Day. There will be certain days and times your child will practice, depending on their age. A schedule will be sent out a week or so before practices begin. Please make sure we have a correct email so we can send you information.

After school is over, practices will be in the mornings – 8:30 to 9:30 a.m. for 11 to 18-year olds and 9:30 to 10:30 a.m. for children under 11. There is also an evening practice from 8 – 9 p.m. every night (except for Fridays before a meet). Morning Practices are the preferred practice because of size constraints at night time. If you can only make the night time practice please drop a email to the head coach about your issue. There may need to be A and B groups for practice sessions if the numbers are too large.

The coaches will work with your child to help them improve their strokes, turns, and speed during practices. We ask that a parent be present during swim practices in case there is a problem. However, we ask that you do NOT coach your child during practices, or speak with them unless there is an issue.

**Attire** – Team suits should be worn for meets – you may look on-line, or head to Pools, Patios and Porches to be fitted and purchase a suit (2 Wormans Mill Court, Frederick – just off of Rt. 15 and Rt. 26 – 301-698-1200). Females are to wear a snug-fitting one-piece suit and males are to wear either a jammer or speedo-type suit. No board shorts or two-piece suits are permitted.

**Meets** – Meets are held at Robin Meadows and other pools throughout the county. There are four meets within the league, and typically we would have a Divisional Meet and the All-Star Swim Meet. This season there will not be a divisional or All-Star meet. All swimmers will be able to attend the virtual meets. The meets usually start mid-June and are done by the end of July. There will be one weekend during the regular season when we do not have a meet. Otherwise, there are meets every weekend. We understand if you can't make one or two meets due to vacations. However, know that your swimmer must attend a minimum of two meets in order to swim to be part of the team and be able to gauge their progress during the season.

The swim meets usually start at 8 a.m. and take about four hours or so. Bring canopies, lawn chairs, lots of water and snacks, activities for your children (in case they get bored), towels, and anything else to keep you and your swimmer comfortable and dry. We will swim if it is raining – there may be a delay during the meet, though, if there is thunder / lightning.

**Volunteering** – A swim team is a great sport for children of all ages. It is a chance for all ages to work together, learn from each other, and swim together. However, a swim team cannot run without volunteers! Each meet requires approximately 50 adults to run smoothly. Each family must meet a the service hour requirement or they will be charged a \$125 volunteer fee. (Last year, the requirement was 6-8 hours per season. When you sign up, the number of hours you will receive will be listed beside each event). There are many, many different jobs which can be done to fulfill your family obligation for volunteering. If you are new to the team and think you may be around for several years, please consider signing up to be trained as a stroke and turn judge. These judges are needed during every meet to make sure the swimmers are doing the correct stroke and turns. There are also positions as timers, ribbon writers, snack food attendants, set-up and clean-up for the meets, party organizers, computer operators for meets, as well as many other tasks. Sign-ups are done electronically thru Team Unify and emails are sent out when sign-ups become available. Clerk of Course – works with the swimmers to gather and organize the swimmers for upcoming events. The volunteer positions are as follows:

**Ribbon Writer** – takes the printed computer results stickers to the various colored placement ribbons. Completed ribbons are placed in the respective swimmer's folder.

**Scorer** – works in the guard shack entering the times from the lane results sheets into the computer.

**IT Support** – works in the guard shack at the direction of the RMR IT person monitoring or entering data to the Meet Manager and/or TeamUnify systems.

**Timer** – stands at the end of each lane and uses a stopwatch to track swimmer start/stop time in each event. One Timer per lane records the time from each Timer.

**Stroke and Turn Judge** – MUST ATTEND PRE-SEASON TRAINING. Judge stands near the end of the swim lanes and determines if any swimmer is disqualified for illegal strokes, turns, or touches.

**Head Timer** – only needed at meets where we host. This person has 2 stop watches, starts both watches for each event, and is available to step in if any lane Timer's watch does not work.

**Runners** - only needed at meets where we host. The person moves between the IT desk and the lanes to bring the lane Timer sheets to the IT desk.

**Heat Winner Ribbons** - only needed at meets where we host. This person stands by the end of the swim lanes and distributes one Heat Winner ribbon to the winning swimmer in each heat.

**Starter/Referee** – MUST ATTEND PRE-SEASON TRAINING. Only needed at meets where we host. The Starter announces each heat/event, calls swimmers to start, and starts and ends the heat. The Referee is the Head of the Stroke and Turn Judges and acts as a tie-breaker in any disputed calls between the Stroke and Turn Judges.

**Safety Marshall/Monitor** - The role of the team safety marshall is to ensure that conduct rules are followed, observe their team area, and report issues to their Team Rep. Additionally, the host team's safety marshall shall be responsible for any area of the meet not covered by the lifeguards or others assigned.

**Communications** – Last, but not least, 99% of the communication about the team is done electronically. This is why it is crucial to have a good email address for you so you know what is going on with the team. We use Team Unify for sign-ups for meets and other activities (tie-dye party, end of season party, etc). Emails will be sent out before meets, listing the events that your child is swimming for that week. Cancelled practices due to weather or other events.

Robin Meadows Racers Swim Team is excited for yet another great season! We look forward to having you and your child or children participate. Please contact the coaches if you have any questions.