



2021 Summer League Information Packet

June 14 – July 30, 2021

www.MenloMavericks.com



Welcome!

PASA – Menlo Park is so thrilled to be able to operate and offer you the opportunity to take part in the Summer Swim Team - Menlo Mavericks!

Menlo Mavericks Summer swim team is a member of the WBSL - West Bay Swim League, which Menlo has been a part of for decades (first as Menlo Penguins and currently as the Menlo Mavericks). The league is made up of 5 other teams this year (Burlingame - BAC, Covenant Citters - CC, Ladera Rec - LRD, Peninsula Covenant Church – PCCA, Bay Club Panthers - BCP).

For the 2021 year, our meets will all be virtual – swam at home amongst just our team, with results sent in to be scored against the other teams in the league.

Menlo Mavericks places an emphasis on fun, participation, personal improvement, learning in a group environment and an introduction into competitive swimming.

Our hope is that Menlo Mavericks will be a great way to introduce you to the sport and **have you join our USA year round team, PASA – Menlo Park.**

Due to Pool Restrictions due to Covid Guidelines, we have limited space on the PASA operated Summer Swim Team – Menlo Mavericks. Therefore, although we would love to welcome everyone to this program who is interested, we are unfortunately NOT able to provide a place for all swimmers who are interested in taking part in this program.

Program Philosophy

The Summer Swim Team program's primary objective is to promote personal success through the healthy and positive experience of swimming. As a team we focus on the following goals:

Fun & Camaraderie

Team Unity

Caring & Respect

Building Life Skills

Building Swim Skills

Competition & Racing

Practice Philosophy

For many of the athletes joining our team this is their very first time speaking in terms of yards and swimming in a structured group. We are excited to be a part of their firsts and we hope that your athlete is ready to learn about the sport of swimming and to have fun swimming as a Menlo Maverick!

On Thursdays we will get together as a team for our Thursday Night Races, which will be our virtual meets against the other WBSL teams! It's a great team building experience, where the focus is on being together and having fun! These races are also an excellent opportunity to understand swimming as a sport and put what we work on at practice to the "test".

On most Fridays we will have optional social events for the swimmers, because part of what makes the summer swim team exciting is having some fun activities to do in addition to the swimming.

We are excited to have your athlete explore swimming with us!

Team Practices

To enjoy the full experience of summer we strongly encourage that swimmers attend and participate in as many days of practice as they can!

Practices are held Monday, Tuesday & Wednesday.
Virtual Meets are Thursdays.
Optional Team Social Events are Fridays.

Group	Age/Experience Level	Practice Days/Time
8&Unders (min age - incoming 1 st grader) Group 7	8 & under [new to the sport, minimum swim 25 yards unassisted, minimum age – incoming 1 st Grader]	Mon, Tues, Wed 4:50 - 5:30pm Thurs - Meets 5:20 - 6:30pm
9 & Older Group 6	9 & Older [Swim School, new to swim team, or returning summer athletes]	Mon, Tues, Wed 5:20 - 6:10pm Thurs - Meets 5:20 - 6:30pm (10&U) 6:30 – 7:45pm (11&O)
11 & Older Group 5	11 & Older [Limited swim team experience, or returning summer athletes]	Mon, Tues, Wed 6:00 - 6:50pm Thurs - Meets 6:30 - 7:45pm
13 & Older	13 & Older [extensive swim team experience or returning summer athletes]	Talk to Coaches Thurs - Meets 6:30 - 7:45pm
Team Social Events Friday (except - 7/2)	ALL LEVELS	Friday: 4:30pm - 5:30pm

*Practice for ALL groups begins June 14

2021 Summer Swim Team Activity Schedule (Tentative)

Date	Time	Location	Event
Friday, June 18	4:30 – 5:30pm	Burgess Park	Ice Breaker Events Ice Cream Social
Friday, June 25	4:30 – 5:30pm	Burgess Park	Scavenger Hunt
Friday, July 2	NO EVENT – July 4 th Weekend		-----
Friday, July 9	4:30 – 5:30pm	Burgess Park	Pokeman Go
Friday, July 16	4:30 – 5:30pm	Burgess Park	Kite Making & Flying
Friday, July 23	4:30 – 5:30pm	Burgess Park	TBD
Friday, July 30	4:30 – 5:30pm	Burgess Park	End of the Year Gathering

2021 WBSL VIRTUAL Meet Schedule

Date	Time	Location	Events
Thursday, June 17	<u>All Meets</u> 10&U 5:20 – 6:30p 11&O 6:30 – 7:45p	<u>All Meets</u> @ Burgess Pool	Pre-Meet – Time Trials Teach Racing Starts
Thursday, June 24			Freestyle & Backstroke Mystery Relay
Thursday, July 1			Breaststroke & Butterfly Mystery Relay
Thursday, July 8			Individual Medley Free Relay & Medley Relay
Thursday, July 15			Freestyle & Backstroke Mystery Relay
Thursday, July 22			Breaststroke & Butterfly Mystery Relay
Thursday, July 29			Individual Medley Free Relay & Medley Relay

Swim Meet Information

Entering Swim meets

An email notification will be sent out by the team website, once received, you will need to log into our team website and commit your swimmer(s) to the event posted. Events will be posted on the team site for the entire summer, you may commit at any time.

What Events are offered for my swimmers' Age Group at the Meets?

- 8&Under 25s of each stroke (Fly, Bk, Br, Fr); 100 IM
100 Free Relay; 100 Medley Relay
- 9-10 y.o. 50s of each stroke (Fly, Bk, Br, Fr); 100 IM
200 Free Relay; 200 Medley Relay
- 11&Older 50s of each stroke (Fly, Bk, Br, Fr); 100 IM

200 Free Relay; 200 Medley Relay

What should we bring to swim meets (and practices)?

- Swim suit & back-up Swimsuit (female one piece; male jammer; male briefs) – should be worn to the pool.
- Water
- Goggles- 2 pair (both race ready)
- Swim caps- 2 (if desired)
- Towels - 1 or 2
- Sweatshirt/Parka or something to keep warm (yes, even in the summer months)
- Flip-Flops/Slippers- keep the feet warm and easy on/off during warm-up and events
- Chairs/blankets
- Pens(Sharpie) for marking hands and writing in the program

At Swim Meets:

ARRIVING

1. Please arrive **ON TIME**.
 - a. 10&Under swimmers arrive at 5:20pm.
 - b. 11&Older swimmers arrive at 6:30pm
2. Meet your teammates and coaches outside the 'new' pool entrance on the playing field side – by the gym entrance, unless you hear otherwise.
3. Please come with your events, complete with heat and lane assignment written on your arm or digital copy to reference once the meet starts.

WARM-UP RULES

1. Your coach will inform you of which lane to get into, be sure you are with the rest of your teammates. There will be upwards of 4 swimmers per lane, so be ready to circle swim, like at practice. Sometimes we will be able to have upwards of 6 swimmers per lane.
2. When entering the pool use a "three-point entry method" or "slide-in" method. This means no diving or jumping into the pool.
3. Designated start lanes are used under a coach's supervision only. DO NOT swim in these lanes without a coach.
4. Coaches will tell you when it is time to practice race dives. DO NOT SWIM BACK in the same lane you dove into.
5. Remember to circle swim.
6. After warm-up, dry off and get ready for a fun day of swimming.

RACING EVENTS

1. Be behind your assigned lane at least five minutes before your race.
2. Cap and goggles are on your head.

POST RACE

1. Check back in with your coach for a high-five and hear how great you did!
2. Cheer for your teammates.
3. Have Fun!

Team Fees:

USA Swimming Registration - Swimmers must register with PASA and Pacific Swimming to participate in this program. Fees are assessed at checkout for each of these registrations. The Pacific Swimming registration form must be completed and submitted at or prior to the first practice.

Includes – USA Swimming Flex membership, meets, practices, team social events, team cap and team t-shirt.

Evaluations - We learned very late in the year that we could have a summer swim team and it will be limited in the number of participants that may be involved. Therefore, this year we will not be doing evaluations. We ask that only swimmers who can swim a lap unassisted sign up for the team.

****We ask that athletes be confident in swimming a length of freestyle unassisted and be confident to swim in our 7ft deep performance pool.**

Team Fees:

Fully Registration – Summer Swim Team	\$300
Additional Fee for Current PASA Swimmers	\$30
Additional Fee for Current Swimmers of other USAS Clubs	\$75

Swimmer & Parent Expectations

Please go over our Team Expectations, check and sign below. Return with registration.

Swimmer Expectations

- ☐ Prepared - Swimmers must supply their own swim suits, towels, and goggles. A team cap and team T-Shirt is given to each swimmer.
- ☐ Ready - Open to learn, communicate and work together with teammates, coaches and above all else, compassionately with themselves!
- ☐ Friendly - Team members are expected to conduct themselves in a mature, safe, responsible manner at all times. Unsafe behavior, emotional outbursts and abusive, derogatory or foul language are prohibited.
- ☐ Respect - Is given to your fellow teammates, coaches, and facilities are mandatory.
- ☐ Safety first - Swimmers should always walk on the pool deck area... NO RUNNING. Diving is allowed under Coaches supervision only. Swimmers should not sit on or swim over the lane lines. Obey ALL pool rules and lifeguards.
- ☐ Attend swim meets!
- ☐ All equipment shall be returned and placed neatly in its proper place at the end of workouts. Equipment shall not be thrown or mistreated. Kick boards shall be used for kicking only; no sitting or standing on the boards
- ☐ **HAVE FUN!**

Name: _____

Signature: _____ Date: _____

Parent Expectations

- ☐ The more you are supportive of your swimmers' sport, the more you will become a part of the team yourself and the more your swimmer will want to continue.
- ☐ Communication - Talk with the coaching staff, the more you know, and we know, the better. If an issue comes up, please let us know, we cannot make changes if we do not know. Also, please ask coaches prior to the start of practice if it is ok to leave early if your swimmer needs to.
- ☐ Punctual & Timely - Bring your athletes on time. Each practice is planned ahead of time and if your athletes are late, they may be missing out on important parts of practice. If it is an ongoing need, please talk with your coaches about work arounds. Although the facility may be open, please pick your swimmer up on time. Please pick them up directly at the pool's exit gate on Laurel St.
- ☐ Attend swim meets (if covid guidelines allow) & VOLUNTEER - Come help us make these events the best they can possibly be! With your help we can grow the connections amongst our families and infuse our community with a team-working the dream energy. What does this look like? Helping set up, break down, time, and be open to learning about competitive swimming.
- ☐ Safe & Friendly Conduct - Parents are expected to conduct themselves in a mature, safe, responsible manner at all times. Disruptive behavior, emotional outbursts and abusive, derogatory or foul language are prohibited. Respect for our team, coaches, officials, and facilities is mandatory. Removal from the team is at the coach's discretion for any disrespect.

Name: _____

Signature: _____ Date: _____

Policies and Waivers

POLICY FOR PARENT VOLUNTEERS

Please, plan to work at 1-2 meets. We participate in approximately 7 meets through the summer season, which occur on Thursdays from June 17 – July 29 A sign-up will be available with each meet available on our team site. Due to covid restrictions, we must limit the number of volunteers and parents on the pool deck. Therefore volunteer opportunities are more limited than in previous years (as are viewing opportunities). **Menlo Mavericks reserves the right to charge a maximum of \$50 at the end of the season for a family not attempting to volunteer.**

WAIVER

I am fully aware of and appreciate the risks, including catastrophic injury, paralysis and death, as well as other injuries, damages, and losses that may result from participation in swimming activities, lessons, and events. On my own behalf, and on behalf of my representatives and heirs, I hereby voluntarily agree to release, hold harmless and indemnify Palo Alto Swim Club, its officers, directors, managers, members, agents and employees (hereinafter collectively "PASA") and the City of Menlo Park from any and all claims for personal injury, property damage or wrongful death, and any damages resulting therefrom, that may arise out of, or in any way related to, my participation in activities involving PASA. I understand that this release is intended to discharge in advance PASA and the City of Menlo Park from and against any and all liability arising out of, or in any way related to, my participation in activities involving PASA, even though liability may arise from PASA's negligence or other conduct by PASA. I have read and understand the terms of this release of liability and indemnification agreement, and I agree to be bound by its terms.

PERMISSION TO RENDER EMERGENCY AID

I, the parent or legal guardian of the above named minor, fully understand that Palo Alto Swim Club. (DBA PASA) staff members are not physicians or medical practitioners of any kind. With the foregoing in mind and in the event that any kind of injury or illness should occur to my child while participating in any PASA event or program, I hereby authorize PASA staff members to render first aid as deemed necessary in their discretion and/or to seek medical assistance, including calling 911 or otherwise arranging for the transport of my child to an appropriate medical facility for treatment. Additionally, I hereby authorize any trained and licensed medical professional to administer emergency medical treatment to my child should injury or illness occur, in my absence. I understand that PASA will make every effort to promptly notify me of any such emergency.

PHOTOGRAPHY

I am aware that pictures or video of me and/or my child may be taken and they may be posted to the PASA – Menlo Park website or used for other promotional and training documents. The pictures/video will be used for the purpose of illustrating the programming associated with PASA – Menlo Park.

Please keep the policy and waiver information for your records.

