

As a SWIMMER on the Bluefish Swim Team I have read the information packet and understand my responsibilities, whereby,

- I agree to cooperate with the Coach and teammates.
- I agree that any misconduct, abuse or foul language, poor attitude and lack of participation may result in failure to participate.
- I agree that I will attend meets/contests.
- I agree to be prompt & if I cannot make a practice/meet, I will call a Coach as soon as possible.
- I will cheer on my teammates, be supportive of the Coaches decisions and strive to improve as a member of the Bluefish Swim Team.
- I will try my best to swim with enthusiasm and effort to make the team a success.

Swimmers #1 Signature _____ Date _____

Swimmers #2 Signature _____ Date _____

Swimmers #3 Signature _____ Date _____

As a PARENT of a Bluefish Swimmer, I have read the information packet and understand my responsibilities, whereby,

- I will support my child in a positive, productive, and encouraging manner so as to promote their self-confidence and self-esteem.
- I will support the coaching staff in a positive, productive, and encouraging manner.
- I will have my swimmer(s) attend meets/contests.
- I am going to be making time in my busy schedule to volunteer to help the team in some way which I will work out with the Coach.
- I will be sure to remind my child to pick up any new information and watch the Bluefish Bulletin Board which will have all handouts, schedules, reminders, etc. posted on a regular (weekly) basis.

I acknowledge that in enrolling my child or myself in the above program(s), he/she has my permission to participate in all activities associated with the programs) and that I, for my own account, and on behalf of both child and parents for any registered child, hereby agree to release, remise, indemnify and hold harmless the Town of Montague, Parks & Recreation Department, Gill-Montague School District (when programs are on district property), all of their officers, staff & agents, from any claim of liability related to any accident, injury, incident, illness or loss that may occur during this program:


Parents Name & Signature _____ Date _____

Parents Name & Signature _____ Date _____


SWIM MEET JOBS : I/We would like to help with the following.....		
Starter - _____	Timers - _____	Timer Coordinator - _____
Runner - _____	Scorekeeper - _____	Bullpen - _____
Ribbon Writers - _____	Bake Sale - _____	Clean-Up - _____

I, hereby, give permission for the individual(s) mentioned above to be photographed to help promote Montague Parks & Recreation Programs: Yes No


OFFICE USE ONLY – Payment Method: Cash / Check / Money Order Check/Money Order #: _____ Date of Payment: _____ Office Personnel: _____



MONTAGUE PARKS & RECREATION DEPARTMENT
 56 First St./Unity Park Fieldhouse
 Turners Falls, Ma 01376
 Phone: (413) 863-3216/Fax: (413) 863-3229
www.montague.net





BLUEFISH SWIM TEAM



2011/2012 Program Guide

The Town of Montague is an equal opportunity provider & employer.

Dear Bluefish Participant & Parent,

Welcome to this year's Bluefish Swim Team. The 2011/2012 season will be one of positive change that will help ensure continued enjoyment and success.

The Bluefish have existed for almost forty-years, and this is due to the efforts of the swimmers, parents, and coaches. This year, in particular, we will be calling upon everyone to play a critical role in our team. We will be joining the Pioneer Valley Swim League, and with that will require a broader volunteer effort. We are also very excited to welcome Liz Tyler as Assistant Coach. Liz has a considerable aquatics background, and she will no doubt make a major contribution to the team.

In closing; whether you are a "veteran" or a first-year participant, please read through this program guide to get a better sense of what The Bluefish will be about this season. There are a couple forms that need signatures from you and your child. Please sign and return these forms to MPRD as soon as possible. Thank you, and welcome to this season's Bluefish!

Sincerely,
Jon Dobosz, CPRP, CPO
Director of Parks & Recreation

Sarah Smith, Head Coach
Liz Tyler, Asst. Coach
Peg Saulnier, Coach

NEW SWIMMER PRE-REQUISITE

All new swimmers must attend a session where they will be required to successfully perform an in-water skills test to be eligible for team participation. Date/time announced at pre-season meeting.

BLUEFISH FEES:

Montague Residents - Guppies (Novice) / Minnows (Intermediates) = \$150.00
JV Dolphins = \$155.00 / Dolphins (Advanced) = \$160.00

Non Residents - Guppies (Novice) / Minnows (Intermediates) = \$170.00
JV Dolphins = \$175.00 / Dolphins (Advanced) = \$180.00

- Fees are applied per participant, and includes team t-shirt
- *Does not include uniform package*
- Family Discount (two or more participants in same family household) available.
- If the coaches advance your swimmer to a higher level, you will be required to pay the fee difference. Payment agreement will be arranged through MPRD.

Team uniform packages –

- Additional information regarding the vendor will be provided at the Pre-season Team Meeting planned for mid-October.
- Uniform package is NOT mandatory. However, swimmers not choosing the uniform package must wear a blue swimsuit during all meets.

High School Swimmers - Those individuals whom also swim for the high school's swim team only need to pay **\$80.00** of the Bluefish fee *if* they only practice and compete with the Bluefish on a part-time basis (1 - 2 practices/week). Those who decide to practice and compete with the team on a full-time basis (all 3 practices per week) will be charged the standard rate.

BLUEFISH SWIM TEAM - 2011/2012

PARENT/SWIMMER AGREEMENT & REGISTRATION FORM

FAMILY Name: _____
(Participants will be registered under family/household name)

Address: _____

Mailing Address: *(If different from above)* _____

Home Phone Number: (_____)_____ E-mail Address: _____

Parent Name: _____ Home #: (_____)_____

Work #: (_____)_____ Cellphone or Pager #: (_____)_____

Parent Name: _____ Home #: (_____)_____

Work #: (_____)_____ Cellphone or Pager #: (_____)_____

SWIMMER #1: _____ D.O.B.: ____/____/____ Sub-Total = _____

SWIMMER #2: _____ D.O.B.: ____/____/____ Sub-Total = _____

SWIMMER #3: _____ D.O.B.: ____/____/____ Sub-Total = _____

TOTAL = \$ _____

Date of Birth needed for meets

Medical/Emergency Information (Required):

Name and number of Person(s) YOU designate for us to contact DURING PROGRAM TIME in case of any emergency, or, in case of a child, if the parents cannot be reached:

Name: _____ Phone #: (_____)_____

Name: _____ Phone #: (_____)_____

1.) Do any of the participants have any medical conditions we should know about? Yes / No. If "Yes", please indicate below AND discuss with the Director: _____

2.) Are any of the participants currently taking any medications? Yes / No. If "Yes", please indicate below AND discuss with the Director: _____

3.) **In an emergency situation**, where we are unable to reach you, DO YOU GIVE PERMISSION for the individual registered to be treated at a hospital? Yes / No

SUPPLIES & MATERIALS

- **Items needed before the season begins:** (*Please label everything*)
 - Swimsuit - we recommend having two, one for practice and one for meets (blue)
 - Goggles and swim cap (required for any hair that falls into the eyes)
 - Filled plastic water bottles for practices & meets (absolutely no glass)
 - Towels and shower articles
 - Sweatshirt and pants
 - Swim bag

COMMUNICATION

The key to any successful program or working relationship is communication. As administrators and coaches of The Bluefish, we take effective communication seriously. Throughout the season, we will be submitting memos, phone calls, and e-mail messages to keep you informed on all items that affect the team.

- ⇒ **E-Mail** - The majority of our communication is done through e-mail as it is the most time efficient. Therefore, be sure to indicate your e-mail address on the registration form and be sure to check it often.
- ⇒ **Pool Bulletin Board** – If not to help us maintain it, then to at least review the information on the bulletin board on a regular basis. We're constantly providing new information regarding the team and program, and a more informed team is a better prepared team.
- ⇒ **Team Website** - Many items will also be noted on our team website;
<http://bluefishswimmers.tripod.com/>
- **Questions/Comments:** Our coaches are almost always available to talk after practices, but if there is an item that they can't answer, feel free to contact the Director of Parks & Recreation; Jon Dobosz @ 863-3216, fax 863-3229, or e-mail - *recdir@montague-ma.gov*

WHAT DOES BEING A BLUEFISH MEAN?

MISSION STATEMENT -

The Montague Bluefish Swim Team is committed to providing an enjoyable and challenging swimming experience for youth members of all ages and abilities, in an environment that encourages positive social interaction, emotional growth and skill development.

VISION STATEMENT -

We will achieve success by providing a well organized program with the combined efforts of administration, staff, and parent involvement, while inspiring our swimmers to exhibit the following principles;

.....**SPORTSMANSHIP** - Members of the Bluefish represent the team, department, community, and themselves. They are expected to conduct themselves in a positive, respectful, courteous fashion at practices, meets, and other team functions.

.....**TEAMWORK** - The team is a group of individuals who are working together to attain a common goal. Swimmers must put forth their best effort, and encourage their teammates to do the same.

.....**LEARNING** - Learning is a step-building process, and we all progress differently. Be patient with yourself, and enjoy each step as you develop.

.....**COMMITMENT** - A strong investment in attending practices and meets, and following the direction of the coaches will allow swimmers to reap the benefits in the long run. A team that is committed to one another will experience success. However, each team member must also be committed to his/her own personal growth as a swimmer to fully enjoy the benefits of being a member of the Bluefish.



PRACTICES



Practices are held Monday, Wednesday and Thursday evenings: Swimmers need to be ready to enter the water at the noted time, so as to get the workouts started and completed in the allotted timeframe.

- The Guppies (Novice): 5:30p - 6:30p
- Minnows (Intermediates): 5:30p – 6:30p
- Junior Dolphins (between Inter. & Advanced): 6:30p - 8:00p
- Dolphins (Advanced) are 6:30p – 8:15p

Swim times may be modified with as much advanced notice as possible.

1. **All swimmers are expected to attend practices.** We understand if you are unable to attend all practices every week. The Bluefish is a considerable investment of time. However, if you hardly attend practices, do not expect to be placed in an event during a meet.
2. **Practices are not free swims.** While every attempt is made to make your experience an enjoyable one, we are primarily looking to make all team members stronger swimmers through drills and training.
3. **Parents are welcome to attend practices, but are *not required* to do so.** However, if your child proves to be a challenge during practices, you will be asked to attend practices with them.
4. **If your swimmer is ill** and cannot attend a practice or a meet, call the coach or the MPRD Office ASAP.
5. **If there are conflicts with the schedule,** allow us the opportunity to talk and work them out if possible in order to keep the swimmer part of the team. Please talk to us!
6. **Eat a nutritious meal** at least an hour and a half before practice. Drink only water or fruit juices. Candy and junk food are not recommended.
7. **Cancellations - *If school is cancelled, or if school is dismissed early, practice will be cancelled.*** A cancellation notice will be placed on WHAI 98.3 FM RADIO, the MPRD Office answering machine, and will also be sent through e-mail.

PARENTS, PLEASE BE ON TIME WHEN BRINGING YOUR CHILD TO PRACTICE

- AND -

DO NOT BE LATE WHEN PICKING THEM UP.

OTHER IMPORTANT INFORMATION

⇒ **Fundraising** - The Bluefish program incurs a significant amount of costs throughout the season, and one of the best ways to offset those costs is through fundraising. Our most popular fundraisers are our annual Swim-A-Thon, bake sales and 50/50 raffles during home meets. However, we are also willing to explore other ideas. If you have a fundraising idea, please bring it to our attention. This year, our goal is **\$3,500.00**, and we may even exceed this goal with creative efforts.

⇒ **Be healthy - stay healthy.** We ask that you eat a nutritious meal at least an hour and a half before practice and meet warm-ups. Drink only water. Candy or junk food are not recommended for those seeking optimum performance.

⇒ **Please do not utilize The Bluefish as a tool for your child to learn *how* to swim.** A swim team is an outlet for children to hone their current skills and develop techniques for competitive swimming. Teaching children **how** to swim takes a considerable amount of time away from the team as a whole, and if your child is not ready for The Bluefish, we do offer a Learn-To-Swim program that will better fit your child's needs.

Each new swimmer will be given an in-water Swim Test at the beginning of the season. If we feel your child is not ready for The Bluefish, you are encouraged to register him/her for swim lessons and consider joining the Bluefish in the future.

⇒ **Pool Rules** - Please observe all the rules established at the pool, and make sure your swimmer does as well. This facility is the property of the school district and we are very fortunate to be using it. Please help us enforce these standards even to visiting teams and spectators.

One of the most critical rules is that there is **NO FOOD ALLOWED** in the Pool Area. If there is considerable litter or neglect in the pool from our program, WE WILL lose the privileges of using the facility. Please also note that the Pool phone is for emergencies only. Swimmers should not have to call parents to pick them up daily, practice times are posted.

⇒ **Annual Awards Banquet** - held after the season has ended in late March/early April. This is our night to acknowledge every swimmer's achievements and accomplishments, as well as the efforts made by the parents. We ask everyone to attend.

SWIM MEETS

1. **Pioneer Valley Swim League** - This will be our first year with the PVSL, and we are very excited about this new opportunity! Our schedule is as follows;

- Fri., Nov. 4 - Chicopee - Away
- Sat., Nov. 12 - Palmer - Away
- Sat., Nov. 19 - Westfield - Home
- Sat., Dec. 3 - W. Springfield - Away
- Sat., Dec. 10 - E. Longmeadow - Home
- Sat., Dec. 17 - Ludlow - Home
- Sat., Dec. 24 - No meets
- Sat., Dec. 31 - No meets
- Sat., Jan. 7 - BYE
- Sat., Jan. 14 - Amherst - Home
- Sat., Jan. 21 - No meets
- Sat. & Sun. Jan. 28/29 - PVSL Championships

We also hope to schedule meets with our traditional competitors, and we hope to coordinate with them for February. We also plan to participate in The Mid-Regional Championship Meet as we have these many years. This event is typically held either the first or second Saturday in March

2. **All swimmers are expected to attend the meets.** A lot of time and energy are invested into planning and organizing meets. Therefore, it is very discouraging when swimmers decide not to show. It also shows opposing teams that our commitment is lacking, and they may wish to not compete against us in the future. We know that meets can be long, but please honor everyone's efforts by attending and staying to the completion of each one.
3. **We will place you in events that we feel you are ready for, and, where you would be aiding the team effort.** Don't feel discouraged if you're placed in an event in which you have little or no experience; challenges make us better swimmers.
4. **We encourage carpooling as often as necessary.** We will be distributing a list of names and phone numbers of all the swimmers at the beginning of the season for you to coordinate carpooling needs. We also encourage parents who are driving to meet Coach Sarah at the high school to travel to the away venues.

A BLUEFISH PARENT

What does it mean to be a Bluefish Parent? Well, we realize that families have very busy schedules and that swimming is not the only thing on your plate. However, we need considerable parental involvement to support the many aspects of the team and program. Sharing the same drive and commitment your swimmer has in being a Bluefish will make this program even better and will make their experience more rewarding. The foundation for this is to be.....

SUPPORTIVE - COMMITTED - ENCOURAGING

This includes getting your child to/from practices and meets, and encouraging their progress. It's a long season, and we will all experience *ebbs and flows*, but by instilling a sense of responsibility to your swimmer the entire team will reap the benefits.

.....and be **ACTIVE** !

Show your face often. We like to know who you are, and we'd like to keep you informed on how your swimmer is progressing. Also, at some point during the season, *we will need the help of everyone.* We often find the same people volunteering, and the more parents that are actively involved, the more success we'll experience. Throughout the season, we'll need help with *MEETS (see below and the next page), FUNDRAISING (Swim-A-Thon, etc.), PRACTICES* and probably a few other items as well.

SWIM MEET HELP

Parents, it is important to realize that without your help our swim meets will not work efficiently. It is imperative that we all play a small (yet critical) role in pulling off each swim meet successfully. It not only provides your children with a more rewarding experience, but it also speaks to the quality of The Bluefish Swim Team to those in which we compete against. Swim meets that are poorly organized and implemented show competing teams that we are not committed to a quality program, and may result in the inability to schedule future meets with those teams.

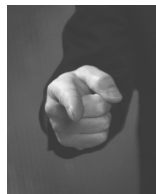
Please take the time to review the different roles (displayed on the following page) you can play during these meets and indicate which of those appeal to you the most (registration page). We will do our best to assign you to your first choice, but please realize that you may be assigned to your second or third choice for some meets. There may be some positions where, if we find we are lacking numbers, you will be called upon to step into during a meet. Remember, it's about our swimmers.



Swim Meet Job Descriptions

- **Starter - (1):** This parent will announce the events of the meet using the starting system. This individual is also responsible for instructing swimmers to step onto the starting blocks for each event, and will be provided with a meet program in which to read from.
- **Timers - (8-12; 2 or 3 timers/lane):** Timers will work with other lane timers to record the time for each swimmer in their lane using a stopwatch. After each race, timers will record the time on sheets provided by the coach.
- **Timer Coordinator - (1):** This individual should plan to be at the majority of the meets. Before the meet begins, this parent will find volunteers to time and hold a timers meeting. Typically the Timer Coordinator is also available to be a timer or a backup timer.
- **Runner - (1):** Every 20-30 minutes the runner will collect timer sheets from each lane and bring them to the computer table to be scored.
- **Scorekeepers - (2):** These parents are responsible for data entry using the Hytek Meet Manager. These individuals work with one another parent to record the score of the meet. The Head Coach will provide instruction as to how to use Hytek. The parents who volunteer for this position should be able to attend most meets as training takes time, and it is very difficult to find someone last minute.
- **Bullpen - (2):** The bullpen volunteers are responsible for getting children lined up and ready for their events. They are responsible for organizing the swimmers when we are close to their event, and sending them over to their assigned lane.
- **Ribbon Writer - (1):** This parent is at the score keeping table and places labels on ribbons.
- **Bake Sale - (1 Coordinator, and a few attendees):** We need one parent to organize the bake sale for each home swim meet. The organizer of the bake sale table will send out a sign-up email in advance to all parents indicating what items are needed. Throughout the meet, we need parent volunteers in 1 hour increments to be in charge of selling food at the bake sale table.
- **Clean-Up - (3-4):** A few volunteers are needed to stay after the swim meet for a quick clean up. This includes picking up the pool area and the locker rooms.

PARENTS, WE NEED YOU!



General Practice Overview; *(Some Items may be modified)*

Novice/Guppies – Individuals who've never swam competitively, and/or still at the beginning stages of stroke development.

- Confidence and endurance building – We allow time for each new swimmer to become more comfortable in the water, and build up endurance for longer distance swims.
- Practices - Typically, light and enjoyable to motivate and encourage future participation.
Simple drills – Beginning of season – 25 yd. sprints; Mid-End of season – 50 yd. sprints
Use kick boards and fins to allow for longer distances and muscle development

Intermediate/Minnows - Individuals who have prior swim team experience, and/or have demonstrated general competency in basic stroke techniques.

- Practice Drills - Beginning of season - 1,300 yards/practice; Mid-End of season – 2,000 yards/practice
- Use kick boards and fins to allow for longer distances and muscle development
- Practice turns twice a week
- Learns to use clock while swimming.
- Relays once a week, with sprints on a regular basis.

Advanced/Dolphins – Individuals who have considerable swim team experience, and/or have demonstrated a strong competency in all strokes and turns.

- Practice Drills - Beginning of season - 1,600 yards/practice; Mid-End of season – 3,000 yards/practice
- Use kick boards and fins to allow for longer distances and muscle development
- Regularly practices turns, as well as, relays and sprints using the clock.

BEHAVIOR POLICY

Misconduct and horseplay not only disrupt the success of the team, it also takes away from the enjoyment of the other team members and – it compromises the SAFETY of others.
(Safety is our #1 concern)

- Pool and team rules must be followed at all times.
- Foul Language will not be tolerated.
- If a swimmer is being disruptive, he/she will be given 1 (one) warning, if need for a 2nd warning, the swimmer will be asked to leave the water and will **sit silently** on the pool deck bleachers in swimming attire for the remaining time of practice or meet.
- If the swimmer is persistent with misbehavior, parents will be contacted immediately to pick him/her up from practice. A meeting between the coaches and parents may be scheduled.

CONSISTENT MISCONDUCT WILL RESULT IN LOSS OF PRIVILEGES, AND POSSIBLY DISMISSAL FROM THE BLUEFISH SWIM TEAM, WITH NO REFUND.