

Whitehall Waves

2009

Parent
Information



Whitehall Waves Summer Swim Team – 2009

Important Information

Children's Health & Safety

- ❖ Swimming is a sport!
- ❖ Good eating and sleeping habits are important.
- ❖ Children should finish eating by 5:00pm for home meets and eat nutritional foods.
- ❖ Eating during the meet is dangerous for swimmers. It can cause choking and cramps.
- ❖ Swim caps are strongly recommended – they help prevent earaches and increase speed.

Meet Day

- ❖ Please notify coaches, **in writing**, if you know your child cannot make a meet.
- ❖ **Arrive to the pool at the appropriate time. Any swimmer not at the meet by 5:15 will be scratched from their events unless Coach Greg 610-704-2761 or Michael Missmer 610-509-3289 are notified by phone no later than 5:15 pm that the swimmer will arrive between 5:30-6:00pm.**
- ❖ Be on time: All meets start promptly at 6:00pm.
 - Warm-ups for home meets are at **5:00pm.**
 - Swimmers are to be at the home pool by **4:30pm.**
 - Warm-ups for away meets are at **5:30pm.**
 - Swimmers are to be at the away pool by **5:00pm.**

Participation

- ❖ Everyone will swim at least 1 event in each meet.
- ❖ Participation is based on the number of lanes a pool has, the number of team members, time trials at practice, and swimmers availability.

Transportation

- ❖ A Township bus will be provided for the swimmers to get to the away league meets.
- ❖ *Transportation home from the away meets is the parent's responsibility.*
- ❖ *Parents must notify the coaches, **in writing**, if your swimmer will be leaving the meet with someone other than yourself.*
- ❖ You may drive your child to the meet, but please notify the coaches in writing if you wish to do so. Maps to all away league meets are attached.

Team Spirit

- ❖ Swimming is an individual sport that requires team effort. It helps us to teach your children about being positive team members. We hope to bring out the best in them by seeing the best in others.
- ❖ **Swimmers constantly compete against themselves. Any time a child swims faster than their previous "Best" time is a great accomplishment.**
- ❖ Explanations on the point system, ribbons, and championship qualifications can be found on the following pages. It shows how important every team member is to the team.

Volunteers

Swim meets require a lot of parental help. We are requiring a \$30 deposit at registration if one swimmer is registered. This becomes \$40 if two swimmers are registered and \$50 if three swimmers are registered. You will be required to volunteer three times during the season if one swimmer is registered. This becomes four times for two swimmers and five times for three swimmers. It is your responsibility to find a replacement if you cannot fulfill your obligation. Upon completion of the season, you will receive \$10 back for each session you complete up to the amount you paid at registration. Every attempt will be made to honor all requests!

Food Donations

At the four home swim meets our team supplements the regular snack bar foods by offering fruit salad, pasta salad, baked goods and other items. Swimmers will be asked to sign up prior to the meets to provide a type of fruit, salad, baked good, or other item.

Discipline

Under coach's discretion, if there is a discipline issue with a child, both parent and child will be notified. Please be aware this may result in removal from the Waves program with no refund.

Procedure for cancellation of practices/meets

Please check the website <http://www.orgsites.com/pa/whitehallwaves/index.html>. Cancellation will be posted ASAP. In the lower right corner you can check a box to be added to our mailing list. Please do so. **When there is a cancellation an e-mail will be sent to all those who register.**

Check out the Suburban League website for meet results, directions to the pools, team bulletin board, and more - - - www.suburbanswim.org

SUMMER SWIM MEETS

It is important that swimmers are prompt when arriving to the pool for warm-ups for a swim meet, especially for a home meet. We need a lot of help with pool preparations, such as lane lines, flags, time cards, watches, etc.

THE MEET

Swimming events: each team is allowed to enter 2/3 swimmers per event

Individual events: Breaststroke, Backstroke, Butterfly, Freestyle, and the Individual Medley.

- Distance varies according to age - 8, 10, 12, 14, 15 & over
 - Medley Relay-each does a different stroke-back, breast, butterfly, freestyle
 - Freestyle or Crescendo Relay-all age groups-1 swimmer from each
 - Exhibition events-swimmer swims for a time but does not receive points for the team.
- Times may be used for Championships.

Scoring for the summer meets

Individual events-first=5 points, second=3 points, third=1 point

Relay events -first=7 points, second=3 points

No team can take all three places (sweep)

Awards for summer meets

Home team supplies ribbons

Each place finisher will receive a ribbon for his/her event

Exhibition swimmers also receive ribbons

Officials and Parents needed to run the Meet smoothly

1. PIAA official for referee/starter
2. Starter (1) one from each team
3. Stroke judges (2) one from each team
4. Timers (18) 9 from each team with stop watches
5. Scorer - 1 from each team from start of meet to finish
6. Announcer - home team provides
7. Ribbon writers - usually 2 from each team
8. Parent committees for food stand, gathering swimmers for events, final clean-up

INDOOR PRACTICE SCHEDULE:

The schedule allows for parents to determine the best arrangement for their child(ren) due to transportation, school time dismissals, etc.

3:30 - 5 p.m. – All Ages

Practices will be held May 18 through June 12.

There will be no transportation from schools to the pool on June 10th , 11th and 12th due to half days of school.

We will have our first meet on Monday, June 15. This is a home meet!

OUTDOOR PRACTICE SCHEDULE:

Monday, Tuesday, Thursday, Friday: 8:30 – 10:15 a.m. – 11 and up
10:00 – 11:15 a.m. – 10 and under
Tuesday and Wednesday 6:00 – 7:30p.m. – All Ages

Practices will be held June 16 until Championships, and practice times may change the week before Championship!

IMPORTANT NOTES:

If your children are scheduled for different practice times and you would like to make arrangements for them to practice together, please see our Head Coach Greg 610-704-2761.

Plan to arrive 10-15 minutes before your scheduled practice time each day.

2009 Whitehall Waves Schedule

Suburban Swim League

15-Jun-09 / Hanover @ Whitehall

18-Jun-09 / Soleco @ Whitehall

22-Jun-09 / Lower Macungie @ Whitehall

25-Jun-09 / Whitehall @ Quakertown

29-Jun-09 / Whitehall @ Northampton

6-Jul-09 / Whitehall @ Northern Lehigh

9-Jul-09 / Whitehall @ Macungie

13-Jul-09 / * Whitehall Bye *

16-Jul-09 / Palmerton @ Whitehall

July 22 Best of the Rest @ Northampton

Saturday, July 25 Championships @ Soleco

CHECK OUT THE SUBURBAN LEAGUE WEBSITE FOR MEET RESULTS, DIRECTIONS TO POOLS, TEAM BULLETIN BOARD, AND MORE.

www.suburbanswim.org

Swimming Events:

Girls

Boys

1	8 & Under 100 Free Relay	2
3	15 & Over 50 Free	4
5	10 & Under 100 Medley Relay	6
7	12 & Under 100 Medley Relay	8
9	13 & Over 200 Medley Relay	10
11	8 & Under 25 Breast	12
13	10 & Under 25 Breast	14
15	12 & Under 50 Breast	16
17	14 & Under 50 Breast	18
19	15 & Over 50 Breast	20
21	12 & Under 100 IM	22
23	14 & Under 100 IM	24
25	15 & Over 100 IM	26
27	8 & Under 25 Fly	28
29	10 & Under 25 Fly	30
31	12 & Under 50 Fly	32
33	14 & Under 50 Fly	34
35	15 & Over 50 Fly	36
37	8 & Under 25 Back	38
39	10 & Under 25 Back	40
41	12 & Under 50 Back	42
43	14 & Under 50 Back	44
45	15 & Over 50 Back	46
47	8 & Under 25 Free	48
49	10 & Under 25 Free	50
51	12 & Under 50 Free	52
53	14 & Under 50 Free	54
55	15 & Over 100 Free	56
57	Crescendo 8-12-15-14-10	58

(25-50-50-50-25)

Directions to Away Meets

Macungie

Macungie Memorial Park
North Walnut Street
Macungie, PA 18062
610-966-5757

5 Lanes - 25 Meters

From Rt 222 South

1. Make a left onto Brookside Rd (WAWA- Hunan Chinese)
2. Stay straight (about 3 1/2 miles)
3. Go through 2 traffic lights then under the railroad overpass
4. Make the 2nd right after overpass (Buckeye Tavern is on left) onto Walnut St.
5. Pool is on right

Northampton

Northampton Middle School
1617 Laubach Avenue
Northampton, PA 18067
610-262-7817

6 Lanes - 25 Yards

From the intersection of Route 22 and Route 145 (MacArthur Rd)

1. Travel North to Route 329
2. Turn Right onto 329 and follow it to the third traffic light
3. Turn right onto Laubach Avenue
4. Northampton High School will be on your left, turn into the school and bear right until you reach the back of the Middle School.

Northern Lehigh

Northern Lehigh Swimming Pool
Grove Street
Slatington, PA 18080

6 Lanes - 25 Meters

From Route 145

1. Take 145 north into Walnutport to the light(McD, Burger King, Valley Pizza)
2. Turn left, cross the Lehigh River
3. Follow Main St. (Slatington) as it curves to the left past the Fireman's Statue (Rt. 873 S.)
4. As you head up the hill away from town you will see the park on your right
5. Turn left onto Grove St. (Jones Trucking) 1 block
6. Turn left into Victory Park

Quakertown

Quakertown Memorial Park

Mill Street

Quakertown, PA 18951

8 Lanes - 25 Yards

From the north

1. Take 309 South through Allentown (I-78 combines with 309)
2. Take the Quakertown Exit off of I-78 to stay on 309
3. Continue through CenterValley and Coopersburg. At the intersection of Rt. 313/663 (Big shopping centers on each side)turn left onto 313 East (Broad St.)
4. Go to first traffic light at Main St. next to the Red Lion Inn and turn left
5. Go to next traffic light and turn right onto Mill St
6. The Quakertown Pool is in Memorial Park several block down Mill St

From the turnpike

1. Exit at 663, Quakertown
2. Turn left onto 663 East. At intersection of 663 and 309 , 663 becomes 313. Stay on 313 and follow directions above

From the west

1. Macungie folks can come via 29 to Pennsburg and take Rt. 663 to Quakertown

Soleco

Southern Lehigh Community Pool

3900 Jacoby Road

Coopersburg, PA 18052

610-282-1074

6 Lanes - 25 Meters

From North

1. Take 309 South through Center Valley
2. Continue through light at Pumping Station Rd (Peppercorn Pub)
3. At the next light, which is Fairmont Street (Giant Shopping Center on left), turn left
4. Pool entrance is on the right