



Revised 06/01/09

Welcome to the Verona Waves Summer Swim Team!

www.veronawavesswim.org

Table of Contents

The Verona Waves Team	3
North Jersey Summer Swim League	3
Team Mission	3
Swim Levels.....	3
Team Membership Requirements	3
Coaching Staff	3
Team Communications.....	4
Phone Chain	4
Width Swimmers	5
Practice.....	5
Meets.....	5
Awards	5
Season Overview.....	6
Clinics	6
Practice Schedule	6
Meet Information	6
Mini (B) Meets	8
Divisional Meet.....	8
Meet of Champions.....	8
Swimmer Conduct.....	10
Parent/Family Conduct.....	10
Inclement Weather and Cancellations.....	10
Timing/Scoring Awards.....	11
Timing	11
Scoring.....	11
Awards	11
Parent Involvement.....	12
Verona Waves Swim Board	12
Volunteer Committees	12
2009 Committee Chairs	13
Swim Gear	14
Swim Meet Event Line-up.....	15
Directions to Pools.....	16
Meet Calender	17
Competitive Swimming.....	19

The Verona Waves Team

North Jersey Summer Swim League

The Verona Waves Swim Team is a member of the North Jersey Summer Swim League. The League is comprised of 20 towns in the North Jersey Area. The League is divided into 4 Divisions with 5 towns competing in each Division.

For 2008, The Verona Waves swim in Division III against Maplewood, Mountainside, North Caldwell and Springfield.

The goal of the North Jersey Summer Swim League is to introduce the sport of swimming and to foster interest in swimmers to continue into year-round competitive swimming.

Team Mission

The mission of the Verona Waves is to provide a healthy, competitive and fun environment for swimmers and their families. The philosophy of the coaching staff and administration is to develop life skills, team work and setting goals.

Swim Levels

The Verona Waves swim team consists of two levels of swimmers:

Meet Swimmers

Meet swimmers must be able to swim freestyle, for one continuous width of the lap lanes. Events are broken down by age group as follows:

8 and Under
Ages 9/10
Ages 11/12
Ages 13/14
Ages 15 and Up

*Swimmers age as of June 1, 2008.

Width Swimmers

See information on Width swimmers on page 5.

Team Membership Requirements

Each swimmer must be a member in good standing of the Verona Community Pool. Pool and team memberships are handled through the Township of Verona Recreation Department. Please contact the town directly at 973-857-4830 regarding questions concerning Pool and Team membership.

Coaching Staff

Coach: Chrisann Papera

Coach Kerry Fitzmaurice

Questions for either Coach may be left in the Coach's folder or sent to veronawavescoach@gmail.com.

Team Communications – www.veronawavesswim.org

The main form of communication is through the Verona Waves web site.

Coaches and the Swim Board also maintain a folder where swimmers and parents may place notes or questions. Email address for the team is info@veronawavesswim.org. The email is checked daily and every effort is made to respond in a timely manner, however, parents should allow 24 hours to receive a response.

Phone Chain

There is no phone chain. In the event a meet is cancelled due to weather, an email will be sent to all families and information will be posted on the web site at www.veronawavesswim.org.

Width Swimmers

Width swimmers should be able to comfortably swim one width of the pool's diving well. If your child has never taken swimming lessons and will not be entering third grade in September, make arrangements to meet with a Coach to discuss whether or not your child is ready for the Competitive Level. If your child will be entering third grade in September, enroll your child in the Clinics (see page 6) and ask the Coach in attendance to evaluate your child's readiness.

Practice

Practice for Width Swimmers occurs in the diving well of the pool as follows:

Tuesday and Thursdays – 8:30am to 9:15am

Parents are asked to leave the pool area during practice. This gives your child and the coaches the ability to focus on their tasks at hand. Coaches and Assistant Coaches will be available to assist your child during practice.

Meets

Width swimmers compete only at home meets and swim with other Verona Width Swimmers. The swim begins at 5:45pm and ends at approximately 6:00pm.

Width swimmers may be asked to participate in Mini (B) Meets if the Coach feels they are ready for the next level of competition. They do not compete in Divisionals and the Meet of Champions.

Awards

All Width swimmers receive Participation Ribbons immediately following the swim.

Season Overview

The Summer Swim season starts after the school season ends and continues through the month of July. The season consists of clinics, practices, team meets, Divisional Meet and the Meet of Champions.

Clinics

For 2009, clinics will be held on Saturday, June 20 and Sunday, June 21 and are free of charge to all swimmers who plan to swim competitively and are not open to Width Swimmers. Clinic times for both days are as follows:

10 and Under Swimmers: 8:00am-9:30am

11 and Over Swimmers: 9:30am-11:00am

On Saturday swimmers will focus on Freestyle and Butterfly

On Sunday swimmers will focus on Back Stroke and Breast Stroke

All swimmers will be timed the last ½ hour of each session.

Practice Schedule

Every attempt is made to coordinate practices with other town events occurring during the summer including the Recreation Program, Summer Music Program, etc as well as other events which may be occurring at the Verona Community Pool.

Width Swimmers – Tuesdays and Thursdays, 8:30am - 9:15am

8 and Under - Monday thru Friday, 8:30am - 9:15am

9/10 – Monday thru Friday, 8:30am – 9:30am

11/12 – Monday thru Friday, 9:30am-10:30am

13 and Over – Monday thru Friday, 10:30am - 11:30am

Parents are asked to leave the pool area during practice. This gives your child and the coaches the ability to focus on their tasks at hand. Coaches and Assistant Coaches will be available to assist your child during practice.

Meet Information

Each Division holds 8 meets. Meets are held at public pool facilities and are scheduled based on availability. Each team swims against the other teams in their Division twice during the season. Four meets are home and four meets are away. Meet times and locations are subject to change depending on the availability of the facility and staff. Changes are posted on the web site.

Evening Meets

Warm-Ups Begin at 5:00pm

Meet Starts at 6:00pm and ends at approximately 8:30pm

Morning Meets (Times are subject to change)*

Warm-Ups Begin at 7:30am

Meet Starts at 8:00am and ends at approximately 11:30am

The meet schedule for 2008 is located at the back of this booklet and is also available on the web site.

Meet Attendance Requirements

The Coach assumes each swimmer is available to swim in a meet unless notified otherwise. Meet Line-ups are posted at practice and on the web site. Swimmers must indicate on the Meet Line-up sheet if they are unavailable to swim.

Swimmers must attend practice the day of a meet to be eligible to swim unless arrangements are made with the Coach in advance.

Meet Line-Up

A Meet line-up appears in the back of this booklet. Swimmers swim in age categories by basic strokes: Freestyle, Backstroke, Breaststroke and Butterfly. There are also Individual Medleys, Medley Relays and Free Relays. To the extent possible, Coaches will schedule Bonus Heats for swimmers who attend the meet but were not entered into an event. This gives swimmers an additional opportunity to swim and build a time history for a particular stroke.

The Verona Waves have historically registered between 130 and 160 swimmers. Coaches place swimmers in strokes the swimmer can comfortably swim or in which the swimmer times well. This does not mean a swimmer will continually swim the same stroke, placed in the stroke they like the best or scheduled to swim an event in every meet. Assignments may change at the meet itself if swimmers do not show up for meets in which they were placed.

Swimmers and parents are strongly encouraged to respect the Coaches' meet assignments. Please do not ask for changes to the meet assignments when at the meet. This disrupts the meet and causes confusion not only for the coaching staff but also for the officials, runners, scorers, award/ribbon writers and, most importantly for the swimmers themselves.

Mini (B) Meets

Coaches may, given the opportunity, schedule Mini Meets, also known as B Meets or practice meets, for newer or novice swimmers to build experience and a time history for their strokes. Attendance at these meets is especially helpful for younger swimmers who haven't had the opportunity to swim in regular meets on a consistent basis due to the large number of swimmers on the team and the limited number of events available during the regular meets.

Because these meets are informal meets and are scheduled at a moments notice, parents are strongly encouraged to check the swimmer's family folder and the web site frequently. Attendance at Mini B Meets does not qualify for meet attendance requirements for the Divisional Meet and ribbons/medals are not awarded.

Divisional Meet

At the end of the regular meet season each Division holds a Divisional Meet hosted at one of the team's public pool facilities. Each team has 130 swim spots available for the Divisional Meet. Keep in mind that some swimmers may be asked to swim in more than one spot. The Divisional Meet is not a team event but an individual event.

To be eligible to swim in the Divisional Meet, a swimmer must attend at least 4 meets during the regular season and swim in a timed, official heat in each of those meets. Bonus heats do not qualify as a timed event. Participation in the Divisional Meet is decided by the coaches who consider not only times but practice attendance, meet attendance, and enthusiasm for the sport. Swimmers are notified of their eligibility to swim in the Divisional Meet at practice.

Swimmers must notify the Coach if they are unavailable to swim in the Divisional Meet when the meet line-up is posted at the pool.

Meet of Champions

After the Divisional Meet, the League holds a Meet of Champions at a team's public pool facility where the top 12 swimmers/relay teams (and 2 alternates) in each IM, individual event and relay out of all 20 League Teams from the Divisional Meets are chosen to compete. Again, the Meet of Champions is not a team event but an individual event.

Since there is a very short period of time between the Divisional Meet and the Meet of Champions, swimmers who are eligible for the Meet of Champions are notified via phone call and a Meet Line-up is posted on the web site and the pool.

If a swimmer knows, in advance, that he/she is unavailable to swim in the Meet of Champions, notify the Coach by leaving a note in the Coaches folder or emailing coach@veronawavesswim.org .

Swimmer Conduct

Swimmers are expected to remain with the team at all times during meets and are not permitted in the pool, either away or home, during the meet except during their assigned heat. Swimmers are expected to obey pool rules during the event.

A sign or other notice will be posted in the area where swimmers are to assemble. This ensures swimmers are available when their event is approaching and is especially important at away meets to ensure the safety of the swimmers.

Any swimmer who does not conduct themselves appropriately or who willfully disobeys the Coach or pool rules will be scratched from the meet.

Parent/Family Conduct

Parents are expected to respect the Coaches and their decisions at all times, especially at meets. Parents may email the Coach at veronawavescoach@gmail.com with any questions or concerns (including official's calls and times during meets) or you may schedule time to meet with a Coach before or after practice.

Away Meets – Verona residents are not permitted in the host town's pool. There are NO exceptions to this rule.

Home Meets – Family members may swim in the pool only if they are members of the Verona Community pool. The lap lane area of the pool is for meet swimmers only.

Meet Conduct – Parents and siblings must remain outside of the marshalling area (area where swimmers gather prior to their assigned heat) and should stand away from officials, timers and runners during their child's heat.

Official League Rule: Parents and swimmers must NOT approach the scoring table during a meet. Results from events must be recorded as they occur to ensure that scores are ready at the end of the meet and awards distributed as soon as possible. Volunteers at the scoring table must focus on their tasks at the table.

Inclement Weather and Practice/Meet Cancellations

If the Verona Pool is closed, practice/home meets are cancelled. A pool closing in the morning, however, does not mean the pool will remain closed throughout the day. If practice is cancelled in the morning the day of a home meet, be sure to check the web site regarding meet cancellations.

Practices

Practices are seldom cancelled. Every effort is made to post practice cancellations on the web site by 8:15am.

Meets

Meets are seldom cancelled and have historically taken place in inclement weather unless thunderstorms are forecast. Every effort is made to post meet cancellations on the web site by 4:30pm for evening meets and 6:45am for morning meets. The decision to re-schedule a meet depends on pool and staff availability. The team will notify families via web site and email when and if a meet is rescheduled.

Lightening

When lightening is present, everyone must clear the pool and pool deck for a minimum of 20 minutes from the last occurrence. If lightening should occur during a meet, the pool staff and/or meet officials will make a decision regarding cancellation and coaches will notify swimmers as soon as possible.

Timing/Scoring/Awards

Timing

Each event is timed by parent volunteers from the participating teams. Parents from one team will time the swimmers from the opposing team. Some pools are measured in meters and some are measured in yards. One width is either 25 meters or 25 yards. Since 25 meters is slightly longer than 25 yards, times in meters will be longer than times in yards. For a quick, but unofficial, conversion:

Time in Yards x 1.116 = Time in Meters

Time in Meters / 1.116 = Time in Yards

For regular meets, results from a pool measured in yards are not converted for purposes of posting meet results on the web site. For League events, such as the Divisional Meet, times are always posted in meters.

Scoring

Scoring is done at team meets only. Scoring is as follows:

5 Points – 1st Place Individual Event

3 Points – 2nd Place Individual Event

1 Point – 3rd Place Individual Event

7 Points – 1st Place Relay Event Only

Awards

Team Meets

Ribbons are awarded to the top 3 swimmers in a race and to the members of the first place relay team. The swimmer's age group, stroke/relay event and time are recorded on the back of each ribbon.

Blue Ribbon – Denotes 1st Place

Red Ribbon – Denotes 2nd Place

White Ribbon – Denotes 3rd Place

Ribbons are not awarded to bonus heat participants. Width swimmers receive Participation Ribbons immediately following their swim.

Divisional Meet

Medals are awarded to the 1st, 2nd and 3rd place swimmers for each event. Ribbons are awarded to the 4th, 5th and 6th place swimmers. Medals are awarded to all members of the 1st place relay team. Awards for swimmers are prepared by volunteers from participating towns and placed in the swimmer's family folder as soon as possible.

Meet of Champions

Medals are awarded to the 1st, 2nd and 3rd place swimmers for each event. Ribbons are awarded to the 4th, 5th and 6th place swimmers. Medals are awarded to all members of the 1st place relay team. Awards for swimmers are prepared by volunteers from participating towns and placed in the swimmer's family folder as soon as possible.

Awards are prepared by the host swim team and are given to the coach when the meet has ended. These awards are placed in the swimmer's family folder as soon as possible.

Parent Involvement

Verona Waves Swim Board

The Verona Waves Swim Board of Directors consists of volunteers and parents of swimmers.

Susan Maccia – President
Kathy Papera – Vice President
Sue Bahr – Secretary
Carol Thomas – Treasurer
Paula Von Rosendahl – Verona Pool Committee Liaison

To reach a member of the board, email info@veronawavesswim.org and enter the name of the board member you wish to reach in the subject line of your email.

Volunteer Committees

The Verona Waves is run through the recruitment of parent volunteers. Please respect the decisions of our volunteers – they give up their time solely for the benefit of our swimmers!

Listed below are some of the committees which need parent volunteers. To the extent possible, Committee Chairpersons are recruited prior to the start of the season.

Bake Sale One parent volunteer chairs the Bake Sale Committee. Bake Sales are held whenever a meet takes place at the Verona Pool, including the Divisional Meet. The chairperson is responsible for calling parents to remind them to bring items to the sale as well as assigning volunteers to:

- 1) Set up the table in the area in front of the Pool Office
- 2) Man the table during the meet and ensure there is sufficient cash and change to accommodate patrons.

Timers One parent volunteer is chairs the Timer/Running Committee. Additional parent volunteers are needed to be timers/runners at all meets including the Divisional Meet and Meet of Champions. The chairperson recruits other committee members and assigns volunteers to time/run at specific meets.

A timer is responsible for taking the time of a swimmer or relay team in one lane for 1) the length of the entire meet and for 2) one half of a Divisional Meet. Verona volunteers may be asked to assist at the Meet of Champions. Your time is passed along to the meet official who records the time. If you are assigned to a meet and are unable to attend the meet or time the meet, notify the Chairperson in advance so another parent can be assigned.

Runners A runner is responsible for picking up the recorded times from the Timers or Official and delivering them to the scoring table.

Scorers Scorers record the times provided by the runners, determine the score for each event and for the entire meet and reports these results to the Officials. Scorers remain at the scoring table for the duration of the meet.

Awards One parent volunteer chairs the Awards Committee. The Chairperson is responsible for ordering and maintaining the team's supply of ribbons/medals, making sure this supply is available at every meet, recruiting/training parents to prepare awards at the meets and distributing awards to

swimmers. The Chairperson is also responsible for ordering trophies to be provided to swimmers at our Y/E Pool Party.

Parent volunteers prepare awards at each meet and remain at the scoring table for the duration of the meet.

Phone With the availability of the Verona Waves Web site, there is no phone chain.

Pool Party One parent volunteer chairs the Waves Pool Party at the end of the swimming season. The Chairperson is responsible for securing a date for the party at the VCP, ensuring that the gazebo is available, ordering food and recruiting parent volunteers to assist with snacks, beverages, set-up and clean-up, etc.

2009 Committee Chairs

TBD

Swim Gear

Swim Suits

The Verona Waves strongly encourages swimmers purchase and wear their team suit at all swim meets during the summer season. The team chooses a new design every 2 years and will provide an opportunity to purchase suits prior to the start of the meets. The last suit design covers a swimmer for the 2007 and 2008 seasons. A new suit design will be chosen for the 2009. Information regarding the Swim Suit sale is available in the back of this booklet.

For 2008: Boys may wear a black jammer. Width swimmers may purchase their own suit in black or maroon.

Swim Caps

The team provides each swimmer with a swim cap at the time of registration. Additional caps may be purchased for \$5 depending on availability and are requested by emailing info@veronawavesswim.org or by leaving a request in the VPA folder.

Caps from previous years are acceptable. It is strongly suggested that swimmers write their names on the inside of their caps!

Other Equipment

Swimmers should have 2 towels, goggles and warm clothing not only at practice but at meets. Although the weather may be warm, outdoor pools are not heated and the pool water is usually chilly – especially at early morning practices.

Other “Stuff”

Swimmers should bring a nutritious snack and water bottles to all practices. Snacks may also be brought to meets, however, the team recommends swimmers eat a snack prior to an away meet since some pools do not permit food outside of designated areas and the cost of food can be pricey. Most teams conduct Bake Sales during meets so do help out our fellow clubs!

Jewelry and Accessories

Swimmers must remove all jewelry and accessories (bracelets, watches, hair ties, watches, anklets, etc.) during a meet. If an official observes a swimmer wearing any jewelry or accessories at any point during the swim, the swimmer will be disqualified. Children who plan to have their ears pierced should plan to do so well before the swim season starts or wait until the season is over.

Swim Meet Event Line-Up

As a reminder, swimmers and their parents are asked to respect the Coaches' assignments of swimmers. Swimmers may be moved or added to events at the Coaches' discretion or in the event a swimmer fails to attend a meet without notifying the Coach.

Home swimmers swim in even numbered lanes. Visiting swimmers swim in odd numbered lanes.

Event categories are as follows and appear in the order in which they occur at the meet. Bonus heats are scheduled as needed and are posted on the meet board at practice and/or at the meet.

Individual Medley (IM)

One swimmer swims each stroke in the following order: Fly, Back, Breast, Free:

12 and Under Girls IM – One lap each stroke for a 100 IM
12 and Under Boys IM – One lap each stroke for a 100 IM
13 and Over Girls IM – One lap each stroke for a 100 IM
13 and Over Boys IM – One lap each stroke for a 100 IM

Individual Heats

Individual Freestyle 8 and Under Girls then Boys
 9/10 Girls then Boys
 11/12 Girls then Boys
 13/14 Girls then Boys
 15 and Over Girls then Boys

Age/GB sequence is the same for each stroke

Individual Backstroke
Individual Breaststroke
Individual Butterfly

Relays

There are four swimmers per relay. In a Medley Relay, each swimmer swims one stroke in the following order: Back, Breast, Fly, Free:

12 and Under 100 Medley Relay Girls – One lap each stroke
12 and Under 100 Medley Relay Boys – One lap each stroke
13 and Over 200 Medley Relay Co-Ed – Two laps each stroke
8 and Under 100 Freestyle Relay Co-Ed – One lap each stroke
12 and Under 100 Freestyle Relay Girls – One lap each swimmer
12 and Under 100 Freestyle Relay Boys – One lap each swimmer
13 and Over 200 Free Relay Co-Ed – Two laps each swimmer

Directions to Pools

Directions to town pools are available on our web site at www.veronawavesswim.org and in the Team Filing Cabinet in the Manager's Office at the Verona Pool.

Verona Waves Meet Calendar – June 2009

Verona Waves June 2009



May 21, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Swim Clinic
21 Swim Clinic	22	23	24	25	26 8:30am-10:30am Swim Suit Sale Practice Starts	27
28	29 TEAM PICTURES 8:15 AM SHARP!	30 TEAM PICTURES RAIN DATE 8:15AM SHARP!				

Practice Times: 8 and Under: 8:30am-9:15am
 9/10: 8:30am-9:30am
 11/12: 9:30am-10:30am
 13/Over: 10:30am-11:30am
 Width Swimmers: Tues & Thur, 8:30am-9:15am

Clinic Times: 10 and Under: 8:00am-9:30am
 11 and Over: 9:30am-11:00am

All new swimmers should report with their age group and will be evaluated for readiness. Width swimmers will not participate in clinics.

Verona Waves Meet Calendar – July 2009

Verona Waves July 2009



May 21, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 AWAY VS MOUNTAINSIDE AM MEET	2 HOME VS SPRINGFIELD	3	4
5	6 HOME VS MOUNTAINSIDE	7 HOME VS NO. CALDWELL	8	9 AWAY VS MAPLEWOOD	10	11
12	13	14 HOME VS MAPLEWOOD	15	16	17	18
19	20 AWAY VS NO. CALDWELL	21	22	23 AWAY VS SPRINGFIELD	24	25
26	27 DIVISIONALS @ VERONA	28 DIVISIONAL RAIN DATE @ VERONA	29 POOL PARTY	30 MEET OF CHAMPIONS LOCATION TBD	31	

Practice Times: 8 and Under: 8:30am-9:15am
 9/10: 8:30am-9:30am
 11/12: 9:30am-10:30am
 13/Over: 10:30am-11:30am
 Width Swimmers: Tues & Thur, 8:30am-9:15am

Clinic Times: 10 and Under: 8:00am-9:30am
 11 and Over: 9:30am-11:00am

All new swimmers should report with their age group and will be evaluated for readiness. Width swimmers will not participate in clinics.

Competitive Swimming

If your child is interested in competitive swimming, there are several Local Swim Clubs (LSCs) you can contact for more information. A few of them are listed here and a more complete list may be found at www.njswim.org. With the increasing popularity of swimming, many clubs limit the number of swimmers and tryouts are usually held in mid September.

Visit www.usaswimming.org and www.njswim.org for more information on competitive swimming.

Caldwell Cyclones

Caldwell Community Center
60 Provost Square
Caldwell, NJ 07006
www.cyclonesswimming.org
Head Coach: Marty Visitacion
Email: caldwellcyclones@gmail.com

Cougar Aquatics

Montclair Kimberly Academy
Upper Montclair, NJ 07043
www.cougaraquatic.com
Head Coach: Judy Montalbano
973-857-8089

Montclair YMCA Dolphins

Montclair YMCA
25 Park St
Montclair, NJ 07042
www.montclairymcaswimming.com
Head Coach: Brian Green
973-744-3400

Red Hawks Swim Club

Montclair State University
Upper Montclair, NJ 07044
Head Coach: Joe Mulvaley
973-655-5234