

# **Our Lady of the Lake C.Y.O. Swim Team**

## **2008-2009**

**Head Coaches:** Bryan Cavaness  
**Ass't Coaches:** Jim Bergevin, Cartie Beckett, Bridget Lefor, Mary Beth Gaube  
**Intern Coaches:**  
**Team Manager:** Lisa Cavaness (503) 245-5589 and Cell # (503) 332-5025

**Team Email Address:** ollswim@comcast.com

Welcome to Our Lady of the Lake C.Y.O Swim Team. We will do our best to help your children have a positive and enjoyable swim season. Because one weekly practice is not enough to get any swimmer into top condition we encourage your swimmers to try and swim on their own time when they can. Check out the Lake Oswego High School's lap/open swims, local health clubs and other city pools. For those who are able to fit it in their schedules, we recommend swimming lessons during the swim season. They are available here at the high school as well as at several other facilities.

### **Swim Team Rules**

1. All swimmers are expected to participate in practices unless they have notified the coaches in advance. Please be prepared for practice such as: bring your swimsuit, towels, cap and goggles and contact cases with you. Arrive 15 min. early so your child is ready to swim at their practice time. Please put your name on all of your swimmers belongings.
2. Unless a swimmer has notified the Team Manager ahead of time, he/she is expected to be at all swim meets. We need the swimmers at the swim meets on time so they do not miss the mandatory warm-ups. Our meets last approximately 3 hours. Please plan on staying for the whole meet. It is difficult for the swimmers in the last events when there is no one to cheer them on. Plus, we encourage parents to help with clean-up. All swimmers must wear the Team Suits and Team Caps (optional for boys), and goggles. During swim meets all swimmers are expected to remain on the deck with the rest of the team. We discourage swimmers from going into the stands to visit with family and friends. We try to keep things moving at meets and part of accomplishing this is having our swimmers on the deck preparing for their event.
3. Best Behavior is always expected as a courtesy to both the coaching staff and the rest of the team. Abusive language, bullying swimmers, or destructive acts are forbidden. Participants involved in such action will be subject to suspension from all CYO activities.
4. No Glass containers are allowed on deck. Water in a plastic bottle is recommended. Help your child clean up their snacks after the meet as well as around the spectator stands.
5. No jewelry is allowed at meets.
6. The Championship Meet is not an optional meet. Please make sure your child can attend. The Championship Meet is scheduled for: NOT DETERMINED YET.

### **Information**

1. We will be doing all our correspondence through email so very little flyers will be given out at practices. Please read your emails as much as possible.
2. Appropriate team suits and caps need to be worn at all practices and meets, No rash guards or baggy suits.

## VOLUNTEERS NEEDED

We need all parents to sign up for at least one volunteer position. This team is really fun especially when we all get involved. Thank you so much.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email address \_\_\_\_\_

**Please circle the volunteer positions you can help with at the meets and hand this sheet back to the Team Manager – Lisa Cavaness.**

1. **Timer**
2. **Runners/Marshal** –Run the times from the race to the score table and watch the pool at all four corners during warm-up to ensure all swimmers are safe and there is no diving or running.
3. **Meet Announcer**
4. **Score keeper** –Sit at the Head Table and help with evaluating times, inputting times on computer.
5. **Locker Room Monitor**    Girls    or    Boys    (circle one)
6. **Ribbon Filer** – File all ribbons after each meet into swimmers file box.
7. **Starter**
10. **Bull pen worker** - Help with putting kids in order for their events and setting up chairs.
11. **Ribbon Writers** – Files ribbons at the meets and puts appropriate labels on each ribbon
12. **Stroke and Turn Judge** - This position judges kids on their strokes and starts at the meets.
13. **Head Timer** – Trains other timers.
14. **Meet Director** – Organizes the volunteers for the meets.
15. **End of Season Party Coordinator** – Coordinates food and clean up for Team Party.
16. **Eraser Board** – Writes down events on an eraser board throughout the meet.
17. **Heat Ribbon Runner** – Gives our Heat Ribbons to 1<sup>st</sup> Place winner of each race.
18. **Spirit Wear** – I have a contact if you need one.