



Shorewood Hills Swim & Dive Team

Practices

Swim Team		Dive Team	
11 & up	7:45-9:30 am M-F 5-6 pm T & R	13 & up	12 noon – 1:30 pm M-F 5-6 pm Wednesdays
8 & unders, 9-10s	9:15-10:25 am M-F 5-6 pm M & W	11-12s	12 noon – 1:30 pm M-F 5-6 pm Mondays
All Ages	4-5 pm Fridays	10 & unders	12 noon – 12:45 pm M-F 5-6 pm Tuesdays

Contact Information

Pool Phone	608.266.2559	
E-mail	swimcoach@shorewoodpool.com	divecoach@shorewoodpool.com
Website	shorewoodpool.com	
Team e-mail list	Go to shorewoodpool.com, enter your e-mail address in the "Newsletter & E-mail Updates" section. Fill out the form and select which e-mail list you'd like to join: Pool, Swim, Dive	
Parent Committee	michelle.reynolds@shorewoodpool.com (swim) kristin_churchill@sbcglobal.net (dive)	
All City	allcityswim.org	

Meets

Dive	Swim	Location
Fri June 18	Sat June 19	@Ridgewood
Tues June 22	Wed June 23	Home vs. Hill Farm
Fri June 25	Sat June 26	Home vs. Middleton
Wed June 30	Thurs July 1	@Maple Bluff
Fri July 9	Sat July 10	Home vs. Parkcrest
Fri July 16	Sat July 17	@Seminole
Fri July 23	Sat July 24	Home vs. Monona
July 26-27 @Parkcrest	July 29-31 @Hill Farm	All City Meets

Important Info for Swim & Dive Parents

Organization and Structure:

The Shorewood Hills Swim and Dive Team is a not-for-profit organization offered to pool members' children of at a minimum fee. The coaches are part of the pool staff and work cooperatively with the team members, their parents and the pool manager. The Parent Committee is designed to help coaches organize the weekly swim and dive meets. They also assist with extra-curricular activities planned for the kids. Parent volunteers are essential to the functioning of the team and it is expected that at least one adult from each family will assist at every home meet in which their child participates. All families should also donate an item to sell at the concession stand at each home meet.

Communication:

Main communication to families is via e-mail. Sign up at shorewoodpool.com for the swim team and/or dive team e-mail lists. The calendar is used to note meets and other activities such as the team potluck, Noah's Ark, Babcock ice cream and the team movie.

Swim & Dive Team Philosophy

The number one goal of the Shorewood Hills Swim & Dive Team is to have fun while learning the sport of competitive swimming and diving. Our hope is to provide an environment in which kids can improve upon their abilities and participate in low-key competitions, all while having a good time. By keeping team participation fun and exciting we can ensure that kids will continue to enjoy being a part of the Shorewood Sharks family and work to achieve their individual competitive goals.

Volunteering

Please volunteer to work the meets in which your child participates. Well-run meets are a hallmark of Shorewood.

Concessions

All families must bring a snack to sell at the concession stand. Popular items are:

- Fresh fruit cups, sliced oranges, (watermelon slices, apples and bananas do not sell or keep well), cut up vegetables
- Bags of trail mix, gorp, puppy chow, chip pretzels
- Fruit roll ups, fruit snacks, beef jerky
- Cookies, bars, muffins
- Juice boxes, freezer pops (no Jello, it melts)

Team Apparel:

There are many options for team clothing available to show everyone you're a Shark:

- A team suit can be purchased at Walters' Swim 'N Sun (on Monroe St.) but is not required
- Team shirts are given to all swimmers and are handed out at the parent meeting.
- Team sweats are also available to purchase, but are not included in the swim team fee. Orders are made at the beginning of the season and will be passed out as they come in.

Swim Team Information

Practice:

Shorewood practices are divided by age into four groups: 8 & unders, 9-10s, 11-12s and 13 & older. The swimmers' age is determined by their age as of **June 1st**. These are the same groups in which the swimmers will compete with the exception of the 13 & older (this group is divided into 13-14s and 15-18s for competition). The main practice for each group is held in the morning. While there is no mandatory number of practices that a swimmer must attend, the coaches highly recommend that swimmers make at least three morning practices per week.

Morning Schedule – Monday through Friday

7:45 – 9:30 am	11-12s, 13 & older
9:15 – 10:25	8 & unders, 9-10s

Afternoon Schedule

5-6 pm Mon, Wed	10 & unders
5-6 pm Tues, Thurs	11 & older
4-5 pm Friday	All ages, Starts & Turns

It is crucial that swimmers arrive at practice ON TIME. The coaches use the beginning of practice to make announcements. Swimmers arriving late will miss these announcements and will disrupt the flow of practice.

Shorewood offers supplementary evening practices. For the 10 & unders these practices focus mainly on stroke technique and are a nice way for swimmers to get a little more individualized attention from the coaches. The 11 & older also focus on stroke development, while offering some additional yardage for swimmers interested in more aerobic training. The Friday night practices are for all age groups and focus on starts and turns and to prepare swimmers for the upcoming meet. While these practices are a great way to get some extra help, they are designed to be **supplementary to the morning workouts and should not be the only practices a swimmer attends.**

Meets:

Dual meets: There are seven dual meets (4 home, 3 away) throughout the season. Most are held on Saturday mornings, but this summer we host one evening meet and have one evening meet away. Meets are not mandatory, but we encourage kids to participate because they are a lot of fun, we show people how much team spirit we have and it gives swimmers an opportunity to show the results of their hard work. The meets are participatory with a focus on fun and low-key competition. Typically meets begin at 8 am and finish around noon, with warm-ups starting at about 7 am for 10 & unders and 7:15am for 11 & older. The exact timing of the meet (both start and finish times) varies depending on the size of the competing team.

For each dual meet a swimmer must either “sign-up” or “sign-out” by the WEDNESDAY prior to a Saturday meet. Signing up (or out) early is crucial to ensure that the coaches have enough time to get an accurate entry before the meet. Sign-up sheets and meet entries are posted on the bulletin board near the guard area. **PARENTS NEED TO CHECK MEET ENTRIES** -- Meet entries will be posted on the Thursday before each meet and should be double-checked to ensure accuracy. Mistakes can be fixed up until Thursday at 6:00 pm. Sign-up deadlines for the evening meets and All-City will be determined at a later date.

All City Meet is July 29-31. It's the season finale where Shorewood competes against the eleven other teams in the All-City League. This meet promotes participation; however, it is a championship meet and has a stronger emphasis on competition. Thursday and Friday are dedicated to preliminary individual events. The top 16 qualifiers swim in the finals and consolation finals on Saturday. All relays swim on Saturday. There are team and individual awards for high placement. **To compete in All City, swimmers must swim in a minimum of 3 DUAL meets during the season.**

During All-City, the captains pair an 8 & under swimmer with a 13 & older swimmer. The older buddy will give their younger buddy a few token gifts such as bubbles and cards. The older kids also cheer for their buddies during the Friday swims. A gift for the older swimmer is optional. A team picnic is held at the pool after Saturday's meet to celebrate the finish of the season.

What to Pack for a Meet:

Swimmers may consider bringing the following items (besides the essentials - suit, towel, sunscreen, goggles) to the meets:

- Food -- Bring healthy snacks or money to buy food at the meet;
- Blanket or sleeping bag;
- Extra towels;
- Sweats -- are nice on chilly days to keep warm between events;
- Deck of cards or a quiet game;
- Water, Gatorade, or chocolate milk -- helps to keep swimmers hydrated;
- Special clothing or items for the theme of the week.

Swim Meet Events:

Swim meets are run according to the "order of events":

- Medley Relays
- Freestyle events
- Backstroke events
- 8 and under Free Relays
- Individual Medley events, excluding 8 and under
- Breaststroke events
- Butterfly events
- 8 and under Individual Medleys
- 9 and up Free Relays

Within an event, the order goes by age: 8 & unders first, then gender: girls, then boys. (Exceptions to age order is noted in event order above.) It is each swimmer's responsibility to know his/her events, heats, and lane assignments and to be available to swim when they are called. Parents should check the heat sheets before the meet and assist their swimmers (including writing on their hands) with this information.

Events are announced ahead of time to allow the swimmer to report to the staging area (called the Clerk of Course). The swimmers are kept in this area until they are ready to swim and go to the pool area in a group. This is for the younger kids only! Older swimmers (13 & up) need to get behind the blocks on their own.

Heats are established according to the swimmer's seed time. The lower (faster) a swimmer's time, the closer the swimmer is to the final heat. A swimmer can win in any heat as it; their final time determines the outcome. (Exception is the consolation finals and championship finals in All City.)

Every swimmer who comes in first in any heat receives a heat winner ribbon. Ribbons are given to first, second and third place finishers in each event. All swimmers in every heat are timed for their event. *****Please help your swimmer remember to talk to a coach after each race.*****

Swim Meet Lingo:

Strokes	Back	Backstroke
	Breast	Breaststroke
	Fly	Butterfly
	Free	Freestyle
	IM	Individual Medley: one swimmer swimming each of the four strokes in the following order: fly, back, breast, free
	Medley Relay	Four swimmers swimming in succession a different stroke in the following order: back, breast, fly, free
Other Terms	25 (yards or meters)	One length of the pool
	50 (yards or meters)	Two lengths of the pool
	Anchor	Last swimmer on a relay
	Clerk of Course	Official who stages events
	DQ	Disqualification of a swimmer because of improper stroke, touch, turn or entry into the water
	Event	All races within an age group stroke category
	Heat	One race of an event
	False Start	Swimmer starts prematurely, resulting in a false start call or a disqualification by meet officials
	Meet Officials	Starter, referee and turn judge; meet officials are provided by the host team
	Scratch	Cancellation of a swimmer's participation in a meet or event
	Split	Time for each individual on a relay, or the time for a set portion of a swimmer's individual event
	Whistle Start	The series of whistles that officials use to inform swimmers to get ready for their race and to step up on the starting blocks

Coaching Staff:

Shorewood prides itself on having the best and most enthusiastic coaches in the city!

Ben Miskowski: Ben Miskowski is in his third year as a coach at Shorewood and first year as head coach. He absolutely loved coaching the 9-10's his first two years but is now moving to coach bigger humans. Their advanced physical as well as cognitive development should prove more of a challenge however; Ben has extensive experience working with advanced homo-sapiens. He is looking forward to the increased responsibility as head coach because he has loved nothing more than coaching for Shorewood in the summers and now he gets to spend even more time at the pool. Ben will be a Senior at UW-Madison in the fall, majoring in English. If anyone has read a good book, poem, sonnet, play or seen a good movie feel free to come discuss such literature with him, he loves it! The most fun thing Ben did recently was to go to the Chicago Art Institute with his family so see the spectacular exhibit on Henri Matisse.

Ben Bauch: This is Ben's first year coaching the Shorewood Sharks. Although he has never officially coached swimming before, he has been a Shark for thirteen years and a two-time captain. He finished up his senior year at West High School where he participated on the varsity swim and soccer teams. Next fall he plans to join his brother, the middle Bauch, at the University of Minnesota. Ben also enjoys playing water polo, tossing a frisbee, and wrestling for a golf tea in dibble dabble during his free time. The addition of a second Bauch should make for a very promising coaching squad this summer.

Amanda Ellmaker: This is Amanda Ellmaker's first year as a Shorewood Sharks swim coach. Before coaching at Shorewood, she was a coach for the Ozaukee Aquatics, her hometown team. She just finished her Junior year at UW- Madison and is majoring in Child Development. When she is not at the pool you can find her sitting at the terrace or shopping on State Street.

Jade Zalewski: 2010 marks Jade's fourth year coaching the 9-10s at Shorewood. She finally graduated from UW-Madison in May with a degree in Biology and Women's Studies. She is hoping to get into nursing school for fall, with a long-term goal to become a Nurse Midwife. She is currently interning with the Madison Birth Center and serving up desserts at Bluephies on the weekend (come in and get some Big Fat Chocolate Cake!). When she's not working, Jade loves sitting at the terrace, spinning at the SERF and drinking Ancora coffee. She is traveling to Syria for two weeks in May to visit her brother who is studying at an Arabic language school. After a crazy spring, Jade is looking forward to coming home and having another great summer with the energetic and talented 9-10 swimmers!

Pat Bauch: Pat is returning for his sixth season coaching with Shorewood, the pool he has enjoyed since he was just a widdle guy. He has spent the previous five summers working with the 11-12s and the last two also coaching the 8 & unders. When not in his natural habitat at the pool, Pat also coaches girls varsity soccer for Madison West in the spring and worked as a Therapy Aide at Capital Lakes through the off-season. A graduate of UW-Madison, he enjoys running, reggae, traveling, the Union Terrace and hanging with his dog Rudy. There is one thing that can pull Pat away from watching the World Cup and it is playing dibble dabble with his 300 best friends.

Laura Matysik: This is Laura's first year as a Shorewood Sharks swim coach. She has three years of previous experience coaching the Onalaska Fighting Tuna's 11-12s and 13 and ups in her hometown. She is a senior at UW-Madison studying secondary science education. When not being a science nerd, she also enjoys basketball, tennis, and camping. Letting go of the Tuna team may be difficult for her, but Laura learned two important things while lifeguarding at the Shorewood pool last summer: the All-City meet rocks and sharks are clearly superior to tuna.

Maddie Schwartz: Maddie's time consists of 10% sleeping, 10 % eating, and swimming for 80% (at least that's what it feels like!). A competitive swimmer for over 12 years, she first learned how to swim at the Shorewood pool! Summer is her favorite time of year; when she is not swimming she is most likely spending time with her friends and family. Recently, the pool staff and members discovered Maddie's alter ego or more formal name (which ever you prefer), Darrell! So do not be alarmed if you hear her being called by that name, it is really the same person. She cannot wait to coach the eight and under kids!

Matt Seward: Matt is thrilled to debut his coaching career this season with the Shorewood Sharks, the very same team he started his swimming career in 2000. Now a rising senior and Varsity swimmer at Bowdoin College, Matt is pursuing a double major in Psychology and Philosophy. While born in New Hampshire and currently spending most of each year in Maine, Matt's true home is Madison, and he can't imagine spending summer anywhere but the Shorewood Pool.

Pun Winichakul: This is Pun's first year as a Shorewood Sharks swim coach. He spent the past 10 years as a competitive swimmer at Hill Farm, Badger Aquatics Club, West High School, and the Madison West Y Waves, and hopes to bring what he has learned from his experiences to Shorewood. Pun is a first year student at Grinnell College in Iowa, where continues to swim and play soccer, and intends to double major in Psychology and Economics. In his free time, Pun loves being outside, going to movies, and hanging out with friends. Pun is very excited to become a part of the Shorewood community and show the Shorewood 8 & unders all the fun he had as a swimmer in the All-City League!

Dive Team Information

Practice:

Divers of all ages will begin practice together in the mornings, so it is crucial that divers arrive to practice **ON TIME**, as the coaches use the beginning of practice to discuss many important announcements (as well as to lead the divers through our highly sought-after abdominal workouts!). Divers arriving late will miss these announcements and disrupt the flow of the practice.

Morning Schedule – Monday through Friday

12 noon – 12:45 pm 10 & unders
12 noon – 1:30 pm 11 & olders

Afternoon Schedule

5-6 pm Mondays 11-12s
5-6 pm Tuesdays 10 & unders
5-6 pm Wednesdays 13 & olders

Throughout the season, individual divers will also be asked to participate in afternoon practices to work on certain skills, even if they are in a different age group than the one scheduled for that evening.

Dive Meets:

Dual Meets: We have seven dual meets (4 home, 3 away) this season, mostly held on Friday evenings, except for one Tuesday and one Wednesday meet (see schedule on page 1). Meets are not mandatory; we encourage kids to participate because they are a lot of fun and promote team community and spirit. Also, numerous divers have gained reputations for bringing delicious treats to the meets to share! The meets are participatory with a focus on fun and low-key competition. The divers are divided into four age groups: 10 & unders, 11-12s, 13-14s, and 15-18s. The age group of the divers is determined by their age as of **June 1st**. Typically the competitions begin at 5:00 pm with the 10 & unders and finish around 7:00 -7:30 pm with the older age groups. Meet warm-ups will begin at 3:00 pm for home meets and 4:00 pm for away meets. The exact timing of the meet (both start and finish times) varies depending on the size of the team we are competing against.

All City Meet is Monday, July 26 and Tuesday, July 27 at Parkcrest. This is the season finale where Shorewood competes against the eleven other teams in the Madison All-City League. In order to

be eligible to compete in the All-City Meet, a diver must have competed in at least **three dual meets** during the summer. While this meet continues to promote participation, it is a championship meet and will have a stronger emphasis on competition.

Meet Sign-in Procedure: For each dual meet, divers will fill out a competition sheet with the coaching staff during practice on the Wednesday or Thursday preceding the meet. Therefore, attendance at practice on these days is crucial to ensure that a diver has the correct dives and is entered into the competition.

Parent Responsibility:

Parent volunteers are essential to the success of the team, and it is expected that at least one adult from each family will assist at every home meet in which their child is participating. Dive meets are much smaller and shorter than swim meets, and the work is very easy! We need at least 4 parent volunteers per meet, and this season we are scheduled to host 4 HOME MEETS. Please sign-up and help out so we can start the meets on time and run them efficiently. It is also a great way to meet other dive team parents. *Sign-up sheets are posted on the Dive Team announcement board in the entryway of the pool.*

Meet The Coaches:

Shorewood prides itself on having some of the best coaches in the city. This year we have two outstanding coaches:

Mike Ross: Mike began diving in high school at New Trier High School where he was a state champion and a captain for the state winning team. He also competed for Oakton Dive club in Chicago, where he was a six-time USA Diving national qualifier. He just finished his freshman year diving for UW-Madison earning a big ten diver of the week, and was a finalist at the NCAA Zone D qualifiers. He has taught diving lessons at two country clubs, as well as assisting his coach at Oakton Diving.

Martha Kuka: Martha has been on the Shorewood Dive Team for seven years. She has spent every summer since the age 10 hanging out around the pool. Competitive gymnastics was a big part of her life for many years, although her focus turned to diving when she was 13. This is her first year as a dive coach, but she has worked at the pool for the last two summers. This fall, she starts her senior year at West High School. She can't wait for the season to start!

Information & Questions:

The Swim and Dive Team have large bulletin boards that are located in the entrance to the pool. This is for information regarding upcoming events and weekly announcement sheets. Please refer to it frequently to keep informed. **This is the responsibility of the team parent as well as the swimmer/diver.**

Coaches are always happy to answer any questions that you may have. They are available before and after every practice. Please do not try to talk to coaches during practice due to the large number of swimmers they are responsible for coaching. If you need to contact a coach outside of practice times you could either call the pool (266-2559) and leave a message for them, or send an email to swimcoach@shorewoodpool.com or divecoach@shorewoodpool.com

Common Questions:

Is swim team only for really good swimmers?

No. Shorewood Swim Team accepts swimmers of all levels. Due to safety reasons we require that a swimmer can at least make it across the pool safely without using the bottom or a lane-line. Other than that there is no minimum ability level to be on the team.

Since my child is on swim team does that mean that he/she shouldn't take swim lessons?

No again. Swim lessons are a great supplement to being on the team, especially for younger or newer swimmers. They offer much more individualized attention from Shorewood's quality guard staff. This could be a great chance for instructors to focus on some of the "fine tuning" aspects of a swimmer's strokes that might not have been addressed in practice.

What's with the meet themes, and are the kids supposed to dress up too?

For each meet the coaches come up with a fun dress up theme. From togas to Hawaiian, the Shorewood coaches are known all across the city for their vastly superior costumes. We highly encourage swimmers participate in dressing up as it is a great way to show team spirit.

What happens if I'm late, and what should I do if I know I'm going to be late?

It is very important that swimmers and divers arrive on time to both practices and meets. Many important announcements are given at the beginning of practice. Children arriving late not only miss these announcements but also disrupt the flow of the practice. At meets it is especially important to be on time. During warm-ups coaches are trying to ensure that all of their swimmers are there for relays. If a swimmer is not in the water for warm-ups, a coach has to try to find a replacement for that swimmer. It is the policy of the Shorewood coaching staff that if a swimmer is not in the water on time for warm-ups, he/she may be removed from any and all relays for that meet. These problems can be avoided if a parent notifies a coach prior to the practice/meet when they know they will be late. Your communication is greatly appreciated by the coaches.

Is it possible to be on swim team or dive team, or do I have to choose one or the other?

DO BOTH! We have many swimmers that also compete on the dive team. Shorewood's dive team is lead by Mike Ross and is a lot of fun. They are always looking for new members and the swim coaches highly encourage anyone who is interested in joining to give it a try.

How do coaches pick who is on a relay and who is not?

It is the unofficial policy of the Shorewood Swim team that for dual meets, the coaches will do their best to put every swimmer on at least one relay. That being said, swimming on relays is a privilege, not a right. This privilege is earned through hard work, dedication to the team, and respecting coaches and teammates. The number of swimmers signed up for each meet also limits and determines participation.