



Mountainbrook Club, Inc.
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Welcome to the 2011 swim team season! Hard to believe it's that time again, but here we are – almost ready to jump in the water again! A new season brings new faces, and we want to introduce Karen Larson and Lauren Lewisohn as our newest swim team representatives. We appreciate their stepping up to support our swim team in this important way. We are also very excited about our coaching staff. Shannon McNamara will be our Head Swim Coach this summer. We loved getting to know Shannon last summer and are very excited to have her step into the Head Coach role. Shannon has taught swim lessons at Mecklenburg Aquatic Club for nine years, and also serves as a deck supervisor for their swim school. Elizabeth Bald will join Shannon as our Head Assistant Coach. Elizabeth swam competitively at MAC for many years, has coached soccer at the Harris Y, swam on the Myers Park High School team and taught sailing lessons just to name a few of her qualifications! She's looking forward to meeting the families at Mountainbrook! We are so happy to have Vance Thomas joining us again as an assistant coach. Our newest assistant coach is Mia Howle. We have all loved watching her swim over the years and are looking forward to having her on our coaching team! Both Mia and Vance swim year round for New South Swimming here in Charlotte. We are very lucky to have such an awesome team!

Swim team registration will be Sunday, May 1st from 4-6 pm at the pool. The parent meeting will start at 4 p.m. The registration forms and a complete calendar of events will be available at registration. The calendar is subject to change and additions as they become available to us. All swim team information is available on the MB website www.mountainbrookclub.net.

We will be keeping the same suit this year! The Carolina Swim Shop will be on site to size and outfit your swimmers if they are new to the team or need to replace their team suit. There will be suits available to try on in every size and we will be taking orders. They will also have goggles and other swim accessories available for purchase. Please take advantage of this great opportunity to be sure you get the right fit for your child. If, however, you miss registration day, you may order your suit at the Carolina Swim Shop at Mecklenburg Aquatic Club down at Charlotte Latin. The Swim Shop has all summer league suits on display in their store, and you should just be sure to mention that you swim for Mountainbrook so you receive the discount, and your suit is properly embroidered. Our suit is a Speedo suit called "Quantum" in black with a Mountainbrook blue racing stripe down the side. Our new suits will also have an embroidered MBC logo on them. Last year, the price of boys' suits was \$34.50 plus tax, and girls' suits \$52.50 plus tax. This year's prices should be around that price.

Mountainbrook swim team practice will begin the week of Monday, May 16th. Practice will be for Shrimps only on the 16th, and Shrimps and swimmers that are NEW to the team on the 17th. Practice will begin for ALL swimmers on the 18th. All swimmers are encouraged to attend practice every day. Swim team practice helps to improve stroke skills and increase endurance and speed for all swimmers. Practice is vital to your growth and learning as a swimmer, and all swim team members' participation is greatly encouraged.

We encourage all swimmers with an interest in swimming to join the team, but be aware; the Greater Charlotte Swim League has mandated that beginning swimmers must be able to swim the entire length of the pool unassisted by the first meet.

There will be a swim lesson program for swim team members that either need or request additional instruction for an additional cost. Swim team members needing "swimming lessons" are encouraged to sign up for lessons through pH Pools. Coach Shannon will be organizing all swim lessons on behalf of pH pools. Look for further information in emails and on the website in the near future. Swim lessons are also available at the Harris YMCA, the MAC at Charlotte Latin School or the Mecklenburg Co. Aquatic Center (MCAC) downtown, Charlotte Swim Academy and Little Otter Swim School to name a few.

All swimmers must sign up for each meet that they WILL BE ATTENDING AND MAKE NOTE OF ANY MEETS THEY WILL MISS. This is SO IMPORTANT!! If they do not sign up, they will not be able to swim in that meet. There is a master book with meet sign up sheets available at registration and during all practices. For meets to run quickly and smoothly it is imperative that all swimmers record their intentions in the book, enabling our coach to make the heat sheets as accurate as possible! Relay selections particularly hinge on this information; please do NOT deprive someone else's child an opportunity to swim by failing to sign up in our book.

Every family is expected to volunteer for at least three meet halves, and a social event. It "takes a village" to run a swim meet, and we need YOU. There is a volunteer book available at registration and at all practices where you can sign up for the positions and meets for which you would like to volunteer. Beginning Sunday May 1st, volunteer signups will be done online at www.signupgenius.com. Please see the volunteer handout that gives detailed information about how to access and use the new signup system. **Like last year, we will be allowing parents to select their own positions up until June 1st. After that, we will simply assign positions that have not been filled to families that haven't yet volunteered.** Once you are assigned a position, you are responsible for fulfilling that duty or finding a replacement. Avoid scheduling conflicts by signing up early and getting first choice! When you arrive at a meet, there will be a check-in station for volunteers with nametags for that meet's participants. Please go immediately to the station when you arrive, check in and receive your nametag. This system will allow us to be sure our volunteers are present, ready to work, and have been given any needed information about where and when to report for duty. Thank you for all you all do to help our swim meets go off smoothly! Here is a list of volunteer opportunities:

Timer – responsible for timing swimmers' races (3 timers per lane needed for each meet)

Timer/Recorder – times all races & records swimmers' times on clipboard immediately following race

Head Timer – responsible for being sure all timers are ready & communicating with starter

Runner – responsible for transporting race times and heat sheets

Ribbon writer – responsible for labeling swimmer ribbons

Stroke/turn judge – responsible for judging races for legal starts and turns

(Please see one of the swim team representatives to get a copy of the stroke/turn judge video training if you are interested in this position)

Starter – begins all home races and makes all announcements during meet

Clerk of course – organizes swimmers prior to races, and ensures they make it to correct lanes

Technology helper – assists our Technology manager, Ken Dowd, in recording all swimmers times on laptop computer during meets

Hospitality - brings water around to all meet workers, and meals to coaches

Social – help with social events for swimmers

50/50 Raffle & Heat Sheets – will sell raffle tickets, heat sheets, etc. at the front gate at the start of meet

Shrimp Wrangler – responsible for keeping up with the younger swimmers during the meet

It is very important during a swim meet for all swimmers to stay in their designated team area. The "Shark Pit" will be roped off and it will be mandatory that all swimmers stay in this area during the meet. Parents are responsible for making sure their swimmers stay in the "Shark Pit" during the meet. The coaches and volunteers are not responsible for locating swimmers.

We need you! If you are someone you know is interested in sponsoring our team, please contact us and we will be happy to give you sponsorship information. Sponsorship money goes towards various events and equipment for our team. Sponsorship support is needed and appreciated!

We are very excited about the upcoming 2011 swim team season. If you have any questions, please don't hesitate to contact us.

Your Swim Team Representatives

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