

Welcome to the Newtown Torpedoes' Season!

Our commitment to provide a program, which stresses fun and good sportsmanship, in addition to competition, is due to the dedication of the coaching staff. Your coaches work extremely hard to make your swim team experience a safe and happy one. We all look forward to another successful season.

We are extremely grateful to all the parents who give so freely of their time and energies to ensure the success of the swim team. Keep up the good work!

This packet has been set up to; hopefully, explain the program and answer questions you might have. Always feel free to call the Parks and Recreation office at (203) 270 – 4340 with any questions or any suggestions.

The Parks and Recreation staff looks forward to working with all of you!

Have a wonderful season!

Sincerely,

*Amy Mangold*

Amy Mangold, Director  
Newtown Parks & Recreation Department

Sincerely,

*RoseAnn Reggiano*

RoseAnn Reggiano, Assistant Director – Recreation  
Newtown Parks & Recreation Department

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## **INTRODUCTION:**

This packet has been put together to help swimmers and parents understand the operation, responsibilities, and expectations for the Newtown Torpedoes swim team. Information regarding the Yankee Swim League, in which we participate, is also included. Important phone numbers are listed in the packet to assist you if questions remain unanswered.

## **PHILOSOPHY:**

The Parks and Recreation swim team, which is composed of boys and girls ranging in ages from 6 to 16 years, offers the opportunity for swimmers to participate on a competitive swim team. Our goals for the team and each swimmer are:

1. To learn about the sport of competitive swimming
2. To develop and improve swimming technique and ability
3. To learn the importance of being part of a team
4. To show cooperation toward the rules and expectations of the team
5. To show encouragement and good sportsmanship toward one another.

## **RULES AND REGULATIONS:**

The following rules are set forth by the Coaches and the Parks and Recreation Department. Please review them and discuss them with your swimmer(s).

1. No swimming at anytime unless authorized by a coach.
2. Coaches, and designated assistants, are in charge. They determine the practice lanes and order of swimmers in each lane.
3. NO ONE is allowed in the pool area unless coaches are present.
4. No horseplay, spitting, splashing, shouting, or running allowed at anytime.
5. Children are expected to arrive at practice on-time and leave the facility no more than 15 minutes after scheduled practice time.
6. Good sportsmanship is expected of all swimmers in this program. Participants will be disciplined for unsportsmanlike conduct by being removed from meets and practices.
7. Children must stay with coaches as an organized group at all meets.
8. All children waiting for practice not accompanied by an adult must stay on the pool deck. They should be preparing for practice by stretching. No children are to be waiting in the hallways, in the spectator area, in the locker rooms, or in the gyms.

## **COACHES:**

The coaches have the responsibility of organizing and conducting all practices, as well as assigning events for each child during the meets. All coaches have the authority to maintain the discipline necessary to conduct the team in as safe an environment as possible. Any questions regarding practice schedules or meet line ups should be directed to the coaches after practices.

## **SWIMMER'S AGE DETERMINATION**

Team practice and competition age for the entire year is determined by the swimmer's age on Nov. 1.

## PRACTICE

Practice times are set by the coaches and are conducted weeknights 5:00 p.m. – 7:00 p.m., at the Newtown High School pool. Practices consist of both pool and on-deck stretching and instruction.

### PRACTICE GROUPS

Swimmers are assigned to one of the following practice groups based on age.

Seniors: 11 years and older (age as of November 1)

Group I

Group II

Juniors: 10 years and under (age as of November 1)

Junior swimmers always practice as a group.

- The practice schedule for each month will be posted on the Torpedoes web site. Parents will be informed of any late schedule changes via email.
- The scheduled practice times overlap on the schedule. While one group is stretching after their pool session the next group will be starting their pool session. Practice is not over until stretching has been completed.
- **Swimmers must practice during designated group time only.**
- Each practice time is designated for a specific group and the workouts are for that groups' ability. Due to schedule and size of each group, the schedule must be adhered to.
- **Lane assignments during practice are at the discretion of the coaches.**

It is not necessary to be at every practice to participate in a meet. However, please try to have your child there as often as possible. This will allow everyone to feel a sense of team spirit and to assess and improve stroke technique for event placements in meets. It is expected that all swimmers arrive **no more than 10 minutes before** their scheduled time. There is always a group in the pool prior to each practice. They should come on the deck and begin warm up stretching quietly and wait for their groups' practice to begin.

### PARENT EXPECTATIONS FOR PRACTICE

#### Drop off :

Parents are responsible for getting children to the pool. Please enter through the front of the school. Junior swimmers are required to be escorted down to the pool deck by a parent **no more than 10 minutes before practice starts**. Swimmers must check in with the gate attendant when they arrive on the pool deck.

#### During Practice:

.If you choose to stay at the pool during practices, please remain in the balcony area and remember that **NO FOOD** is allowed there at anytime. **Please do not speak to your child from the balcony;** wait until practice has completed. Also, if you would like to speak with a coach, do so after practice!

**Pick-up:**

Swimmers may use the locker room but they are required to enter and exit from the pool deck so coaches know who is coming and going. **Please pick your child up no more than 15 minutes after practice ends.**

**CANCELLATION OF PRACTICE:**

Practice is automatically canceled when schools are closed or have early dismissal due to inclement weather. If practice is canceled for any other reason, emails will be sent to parents.

**LOCKER ROOMS:**

For security, at all times, swimmers are to enter the locker rooms only with a parent, buddy or coach.

During practice, swimmers must notify one of the coaches in order to enter the locker rooms.

**USE OF LOCKERS**

If you use locker rooms at Newtown High School, it is advised that you bring a lock to put on a locker during practice only. You may not leave a lock on a locker overnight. It is recommended that you bring your belongings out to the pool deck, or have your parent take care of them for you. We cannot be responsible for items left unsecured.

## **MEETS**

The Newtown Torpedoes are a member of the Yankee League, made up of 9 teams from the towns of West Haven, Oxford, Southbury, New Milford, Watertown, Naugatuck, Plainville, Bristol, and Newtown. The competition season is broken up into the regular dual-meet season and championship post season. Format for the meets is described later in this document.

### **Meet Participation:**

Sign-ups sheets for meets will be posted during practice on a bulletin board and organized by age group. If you plan to swim in a meet, you must sign up by Thursday evening for a Saturday meet.

Only swimmers whose names are on the list by the Thursday prior to the meet will be placed in events.

### **General Meet Conduct:**

All swimmers are expected to remain with the team in the designated area during the entire meet. It is the swimmer's responsibility to check the posted schedule for his or her assigned event and to be available at least one event prior to secure his or her event card and lane assignment. If a swimmer must leave the deck during the meet, he or she must tell one of the coaches. All swimmers are expected to remain on the deck with the team until the meet has ended. Swimmers must notify a coach before leaving a meet.

### **Parent Expectations for Meets:**

**If you have your child sign up for a meet please attend the meet.** Lineups for each meet take a lot of time to prepare and no-shows force major changes to the lineup. If you have to cancel please do so at the earliest possible time.

### **Volunteers**

Parents have the major responsibility for running all the home meets and assisting where necessary at away meets. There are lots of jobs for you to do, so please volunteer! Specific needs are listed below:

Concessions: Concessions are a great fund raiser at home meets, and we need parents to organize set-up, clean-up, collect donations and to work at the concession. Please help if you can.

Timers: Timers are needed for each of the six lanes; we provide two per lane at home meets and one per lane at away meets.

Scorers: Two scorers are required for each meet. Instruction will be provided for those unfamiliar with the procedure.

Other: Other jobs will include starter, officials, electronic system setup

## **DESCRIPTION OF MEETS:**

DUAL MEETS: Dual meets are regular season meets with each team swimming against only one other team in the league. Each team swims every other team in the league. Some of these are held at home and some are away. Please watch for changes in meet schedules on monthly notices.

**POST SEASON:** The Yankee League conducts Championships and an All-Star meet after the dual-meet season.

**To be eligible to swim in the Yankee Swim League post-season events in February, a swimmer must swim in a minimum of 4 league dual-meets.** However, every meet is important and every swimmer is a vital part of the team, so we encourage you to get to all meets.

CHAMPIONSHIPS: Individual and team championships are held for each age group at the end of February. A swimmer may enter two individual events for their championship meet(s). Relay entries are the decision of the coaching staff.

8U: The 8U age group championship meet is conducted in one session in February. 6U swimmers are broken out into a separate group for this meet.

9+ Swimmers: Championships for Seniors and the 9-10 age groups are broken up into two stages; trials and finals, and are held on consecutive weekends in late February.

TRIALS: At Trials heats are run for each individual and relay event.

THE TOP TWELVE FINISHERS IN EACH INDIVIDUAL EVENT AT TRIALS QUALIFY FOR POSITIONS IN THE FINALS ALONG WITH THE TOP 6 RELAYS. Swimmers who finish in 13<sup>th</sup> and 14<sup>th</sup> place are named first and second alternates respectively. There are NO alternate teams for relays.

FINALS: This is held for all swimmers ages 9 and over who have qualified at the trials. Individual trophies and ribbons are awarded, as well as medals for the top 3 relays. Team championship trophies are also awarded for the top three teams in the league. Also, plaques are awarded for the top team finisher in each age group, male and female.

THE TOP 3 FINISHERS IN EACH INDIVIDUAL EVENT AT CHAMPIONSHIPS AUTOMATICALLY QUALIFY FOR ALL STARS.

ALL STARS: This is the last meet of the season. There are 18 slots to fill for juniors and 21 slots for seniors. The top 3 swimmers in each individual event at championships automatically qualify for this event. In cases where swimmers qualify in both of their events the fourth-place finisher in the first, then second, etc. events will qualify until all slots are filled. The format for this event is each swimmer swims five events: **FREE, BACK, BREAST, BUTTERFLY, and INDIVIDUAL MEDLEY.** Placement is determined by lowest cumulative time.

### **MEET MECHANICS:**

Meets are conducted in accordance with the by-laws of the Yankee Swim League. Children swim in the following age groups: 8 and under; 9 – 10; 11 – 12; 13 – 14; and 15 and over. Placement in an age division is based upon the swimmers age as of November 1<sup>st</sup>. The swimmer remains in the age group for the entire season. There are individual events and relays. For dual meets, a swimmer may swim in a maximum of four events at a meet; either two individual and two relays, or three individual and one relay.

The schedule of events for a Dual Meet is as follows:

1. Medley Relays – One swimmer for each of the following strokes: Back, Breast, Fly, Free – in that order
2. Freestyle
3. Butterfly
4. 200 Freestyle – Seniors only
5. Back Stroke
6. Individual Medley – One swimmer all strokes
7. Breaststroke
8. 50 Freestyle
9. Free Relays

The nine events listed above have separate events for each of the five age groups beginning with 8 and under, with the exception of the 200 freestyle. Thus, a dual meet can consist of as many as 43 separate events.

Generally, for individual event “8 and under” swim one lap of the pool; ages 9 – 12 swim two laps of the pool; ages 13 and over swim four laps of the pool. Relays are 100 yards for 8 and under and 200 yards for all others.

### **MEET SCHEDULE 2009 – 2010**

Nov. 7	TBA vs. New Milford	TBA
Nov. 14	AWAY vs. Watertown	8:00 warm-up, 8:30 start
Nov. 21	AWAY vs. Southbury	9:00 warm-up, 9:30 start
Dec. 12	AWAY vs. Bristol	2:15pm warm-up, 2:45pm start
Jan. 9	AWAY vs. Oxford	8:30 warm-up, 9:00 start
Jan. 16	AWAY vs. West Haven	8:30 warm-up, 9:00 start
Jan. 30	AWAY vs. Plainville	10:00 warm-up, 10:30 start
Feb. 7	TBA vs. Naugatuck	TBA

### **POST SEASON**

Note that All Post-Season Events will be held at West Haven High School

Feb 20	Senior Trials	8:00 warm-up, 9:00 start
Feb. 21	8U Championship	8:00 warm-up, 9:00 start
Feb. 21	9-10 Trials	2:00 warm-up, 3:00 start
Feb. 27	9+ Championships	8:00 warm-up, 9:00 start
Mar. 6	All-Stars	8:00 warm-up, 9:00 start