



2011

Swim Team

Handbook

www.Raveneaux-Racers.com

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RAVENEAX RACERS 2011 SWIM TEAM SCHEDULE

May, 2011							
M-Th Practice schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up	2 First Practice - New swimmers only	3 Practice - All swimmers	4	5	6	7	8
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up	9 Practice - All swimmers	10	11	12	13 Time Trial Meet; Raveneaux Pool 5:00pm Team Kick-off Party after Time Trials	14	15
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up	16 Practice - All swimmers	17	18	19	20 Friday Practice Schedule 4:00-5:00pm - 10 & under 5:00-6:00pm - 11 & up	21 Dual Meet #1 - At Huntwick 7:00 am	22
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up	23 Practice - All swimmers	24	25	26	27 Friday Practice Schedule 4:00-5:00pm - 10 & under 5:00-6:00pm - 11 & up	28 Dual Meet #2 -Home vs. Northpointe 7:00 am	29
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up	30 Memorial Day Holiday - No Practices	31 Practice - All swimmers					

June, 2011							
M-Th Practice schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon 3:45-4:15pm - 6 and under 4:15-5:00pm - 7/8 5:00-6:00pm - 9/10 6:00-7:00pm - 11 and up			1 Practice - All swimmers	2 Last Day of School	3 Individual and Team Pictures Individual photos from 9:00-11:00am; Team photo at 11:00am	4 Dual Meet #3 Home vs. Lakewood 7:00 am	5
Morning 8:30-9:00 am - 6 & under 9:00-10:00 am - 7/10 10:00-11:00am 11&up Evening 7:00-8:00pm - 10& under 8:00-9:00pm - 11&up	6 Practice - All swimmers - Note: Summer Schedule in Effect Laps for Cash Fundraiser (during practice)	7	8	9	10 Friday Practice Schedule 4:00-5:00pm - 10 & under 5:00-6:00pm - 11 & up	11 Dual Meet #4 Away vs. Champion Park 7:00 am	12 Pentathlon Invitational Meet (need to verify date)
Morning 8:30-9:00 am - 6 & under 9:00-10:00 am - 7/10 10:00-11:00am 11&up Evening 7:00-8:00pm - 10& under 8:00-9:00pm - 11&up	13 Practice - All swimmers - Note: Summer Schedule in Effect	14	15	16	17 Friday Practice Schedule 4:00-5:00pm - 10 & under 5:00-6:00pm - 11 & up	18 Dual Meet #5 -Home vs. High Meadow Ranch 7:00 am	19
Morning 8:30-9:00 am - 6 & under 9:00-10:00 am - 7/10 10:00-11:00am 11&up Evening 7:00-8:00pm - 10& under 8:00-9:00pm - 11&up	20 Practice - All swimmers - Note: Summer Schedule in Effect	21	22	23	24 Friday Practice Schedule 4:00-5:00pm - 10 & under 5:00-6:00pm - 11 & up	25 Divisional Meet - Tomball High School 7:00 am	26 Team Banquet - 6:00 pm Raveneaux 11&Up Lock-in
Morning 8:30-9:00 am - 6 & under 9:00-10:00 am - 7/10 10:00-11:00am 11&up Evening 7:00-8:00pm - 10& under 8:00-9:00pm - 11&up	27 Practice - Swimmers Entering Post Season Invitational Meets only	28	29	30			

TEAM GOALS FOR 2011

Go Racers Go!

Teach skills and maximize individual improvement, while at the same time, ensure that all swimmers have a positive experience

Promote GOOD SPORTSMANSHIP, TEAM UNITY AND COMMUNITY SPIRIT!

With committed swimmers, experienced coaches, supportive parents, hard working volunteers and the support of

Raveneaux Country Club,

The Racers Will Lap the Competition in 2011!

SCHOOL PRACTICE SCHEDULE

The after school practice schedule begins on *Monday, May 2nd*. However, the **first day of practice is reserved for ONLY swimmers who are NEW to the Racers team.** ALL swimmers will begin practice on Tuesday, May 3rd.

There will be no practice on the following 2 days during the season:

- *Memorial Day - Monday, May 30th*
- *Individual and Team Picture Day - Friday, June 3rd*

Monday-Thursday

3:45 – 4:15 pm Ages 6 & Under*

4:15 – 5:00 pm Ages 7/8*

5:00 – 6:00 pm Ages 9/10*

6:00 – 7:00 pm Ages 11 & Up

Friday

4:00 – 5:00 pm Ages 10 & Under*

5:00 – 6:00 pm Ages 11 & Up

SUMMER PRACTICE SCHEDULE

The summer practice schedule will take effect on *Monday, June 6th*. Note - *no morning practices on Fridays*. If you are unable to attend the morning practice, we encourage you attend evening practice.

MORNING

Monday – Thursday

8:30 – 9:00 am Ages 6 & Under*

9:00 – 10:00 am Ages 7/8 & 9/10*

10:00 – 11:00 am Ages 11 & Up

EVENING

Monday – Thursday

7:00 – 8:00 pm Ages 10 & Under*

8:00 – 9:00 pm Ages 11 & Up

EVENING

Friday

4:00 – 5:00 pm Ages 10 & Under*

5:00 – 6:00 pm Ages 11 & Up

INVITATIONALS PRACTICE SCHEDULE (POST SEASON MEET QUALIFIERS)

Invitational practices will be from *Monday, June 27th – Thursday, June, 30th*. If you are unable to attend the morning practice, we encourage you attend evening practice. Note – no Monday morning practice!

Morning

Tuesday – Thursday

9:00 – 10:00 am Ages 10 & Under*

10:00 – 11:00 am Ages 11 & Up

Evening

Monday - Thursday

7:00 – 8:00 pm Ages 10 & Under*

8:00 – 9:00 pm Ages 11 & Up

ADULT SUPERVISION DURING SWIM PRACTICES

PLEASE NOTE: We are instituting a new policy this year related to adult supervision of your children during swim practice times:

- 1) Swimmers age 6&Under - Swim team policy requires that a responsible adult remain near the pool patio during practice.*
- 2) Swimmers age 7-12 years old – Swimmers should not be left unattended for more than 5 minutes before and after their scheduled practice time. You do not need to be present during your child’s practice time; however, you should not drop off your child more than 5 minutes before their practice time begins or leave them unattended for more than 5 minutes after their practice ends.

*You may assign a “responsible adult” to be in charge of your child during practice; it does not have to be you. These rules are intended for your child’s safety, so please adhere to them at all times.

PRIVATE LESSONS

In addition to the normal practice sessions, coaches will provide private lessons at an additional fee to assist those swimmers that request it. Please see Coaches’ Private Lesson sign up book for openings.

SWIM TEAM ELIGIBILITY

1. A swimmer must be a member of Raveneaux
2. A swimmer must be 18 years of age or younger as of May 31st, 2011.
3. A swimmer must be a novice as defined by the Northwest Aquatic League (NWAL): A swimmer who has not participated in USA Swimming competition during the NWAL season.

ATTENDANCE

Swimmers are expected to attend all practices with the exception of illness or extenuating circumstances. Swimmers missing too many practices may have to forfeit being chosen to swim in a relay, as their performance will be affected by lack of practice. This decision will be made by the coaching staff. A swimmer must participate in at least two dual meets in order to participate in the divisional meet.

FEES, REFUND POLICY and WAIVER/RELEASE FORM

Pre-requisite to join the racers - you must currently be a member of Raveneaux Country Club. Member number is required to register on April 10th, 2011.

RACER *registration fees* for the 2011 season are:

- \$ 75.00 for one child
- \$ 140.00 for two children
- \$ 185.00 for three or more children
- 15–18 years old swim free

- *Fees* are due at the time of registration and checks should be payable to **Raveneaux Racers**.
- Refund Policy – if child chooses not to swim, prior to the first meet, you will receive full registration fee less \$30.00 (admin cost, t-shirt, cap). Refunds after May 21st, 2011 will be left to board discretion based on swimmer’s termination date.

- The Northwest Aquatic League requires all parents or guardians of the swimmers to sign a **release form/waiver** provided at registration. No swimmer may enter the water without having turned in this completed, signed form. This rule will be strictly enforced!

TEAM ATTIRE

Swimsuits - Team suits are to encourage team spirit, but are not required

- We will use the SAME swimsuit as last year – subtle, sleek and stylish in black & white
- Available to purchase at registration on April 10th.
- Suits may also be purchased at **D & J Sports** -11407 Spring Cypress Road, **281.370.SWIM**. Tell them you are a Raveneaux Racer, and they will direct you to the proper suit.
- Girls must wear a one-piece, racing style suit for all swim team activities
- Boys may wear either the swim team jammer (longer suit which comes just above the knees) or speedo-style swim suit.
- Swimmers may NOT wear SUITS or CAPS that display insignia from any other swimming organization or team at any meets. The meet referee will advise the swimmer and team representative if there is a violation of this rule and if the swimmer does not comply he/she will be disqualified from the meet.

Caps – are encouraged, but are not required

- If worn, must not display the insignia or other items that represent any other swim organization or team.
- If you register on or before April 17th, you will receive one free Racer Logo Cap per swimmer. Personalized caps are available at an additional charge.
- Personalized cap minimum order is two identical caps. You can use your last name to limit the number of caps you purchase or set your swimmer apart from the crowd with a first name or nickname (no more than 13 letters on a cap).
- All swimmers who register after April 17th who desire either a Racer Logo Cap or a Personalized cap will NOT receive the early registration cap discount – see swim cap order form. After April 17, 2011 we will take pre-paid swim cap orders and place an order if the total ordered meets the minimum quantity requirements of the manufacturer. No cap orders can be accepted after May 1, 2011.

Team T-Shirts

- Each swimmer will receive a Team T-Shirt with on-time registration (on or before April 17th, 2011)
- Additional T-shirts for parents, family members, and non-swimming siblings may be ordered at the time of registration for \$10 each. No T-shirt orders will be accepted after May 1, 2011.

Spirit Items

- An assortment of Raveneaux Racer t-shirts, towels, shorts, bags and other Racer spirit items will be available from independent *vendors* at the time of registration on **April 10th** at the **Raveneaux Pool**. These items are optional but fun for the swimmers! We have requested these spirit items be delivered by the Time Trials meet on May 13th.

RAIN POLICY

Practices are held in the rain unless lightning is sighted. As soon as lightning is sighted, the pool deck **MUST** be cleared immediately. Please discuss with your swimmers what you expect them to do in case the pool is closed during practice and a parent is not present. Coaches are not responsible for your children's safety once they have left the pool. Coaches may resume practice if the weather permits. If in doubt, go to the pool and check the flags – a **red flag** means the pool is closed, a **green flag** means the

pool is open and practice will take place. Check the website at www.Raveneaux-Racers.com for updated information about pool closings and cancellation of meets and practices. **Meets are not cancelled until weather conditions are evaluated at 8:30am the morning of the meet; please report for warm-up at the scheduled time to avoid being scratched.**

DISCIPLINE POLICY

Raveneaux Pool rules will be strictly enforced. Swimmers are expected to come ready to participate and follow instructions. Any swimmer whose behavior is disruptive and/or dangerous will be asked to sit out of practice for some period of time, or may be sent home. The coaches are responsible for the safety and instruction of a large group of swimmers. They have limited time to spend counseling individual children on attitude or behavior.

COACHING STAFF

We are looking forward to another successful swim season with our Racer Coaches:

Head Coach: Leigh Head
 Assistant Coach: Nick Wells

Coach Leigh



Note from the Coach

Welcome Racers!

I am very excited to be joining your team and I am especially excited to get to know each one of you. Over the season we'll be working hard to insure that we meet not only your individual goals but also the team goals for the season while having lots of fun! I am sure you each possess the dedication and inspiration to make the 2011 Racers a success both in and out of the pool. I look forward to meeting you all at our first practice.

2011 SWIM TEAM BOARD

President	Bill Ebanks	webanks@att.net	281-370-8064	281-253-2125
Vice President	Heidi Beale	hbeale2000@aol.com	281-370-0423	832-567-9525
Team Representative	Debbie Donahue	donahuecam@aol.com	832-656-0971	
Clerk of Course	Mark Woolfolk	markwoolfolk@gmail.com	281-874-8083	713-598-4883
Head of Operations	Jonathan Judice	jdjudice@gmail.com	281-257-6784	214-251-9085
Volunteer Coordinator	Laura Hargrove	lauraharg@aol.com	281-257-9412	281-705-3158
Treasurer	Michelle Kalkhoff	marketing@cwpa.com	281-655-4249	281-384-7506
Computer Operations	Rob DeShazer	rdeshazer@cablelock.com	281-379-1696	281-249-7216
Social Coordinator	Cammie DeShazer	camdes@comcast.net	281-379-1696	713-201-5317
Recognitions Coordinator	Nanette McDonald	njmcdonald@comcast.net	281-370-2223	832-661-8513
Head Official	Jill Sweeney	jill.sweeney@hp.com	281-251-7220	281-799-9506

VOLUNTEERS

It is VERY important that at least ONE adult from every family volunteer at EACH of the five dual meets. It takes about ninety people working the day of each meet to assure a smoothly run event. Most volunteer jobs require no prior experience and can be trained on-the-job! Volunteer schedules will be

emailed out weekly. Please review these weekly and contact **Volunteer Coordinator, Laura Hargrove at 281-257-9412** regarding any discrepancies or changes.

COMMUNICATIONS

How IMPORTANT Information gets to you:

The *Raveneaux Racers website* will be the primary means to communicate information to swimmers and their families. The bulletin boards on the wall facing the pool area are also for swim team information. Please check them frequently throughout the season for valuable information regarding changes in practice schedules, meet information, and announcements about special events. Our website can be found at www.Raveneaux-Racers.com. It is up to YOU to keep yourself informed. Swimmers are not usually the best at relaying information to their parents! *Please* check the website!!! Frequently we will email out reminders. So if your email changes please notify **Bill Ebanks at 281-253-2125 or webanks@att.net** as soon as possible!

Communication with Coaches:

Please refrain from asking questions while the coaches are working with swimmers at practice. For safety and productivity, their attention needs to remain focused on swimmers in the water. If you need to meet with the coaches, please schedule a time that does not disrupt a scheduled practice. If you have a significant issue with the coaches, please notify a Board member. The Board will work to address any concerns. If you are interested in private lessons for your swimmer, check availability and sign up in the Coaches Swim Lesson Book on the patio. **Please do not disturb the coaches while they are coaching.**

KICK-OFF PARTY – “PARTY on the PATIO”

The first event of the season will be our annual kick-off party. This party will be held poolside immediately following time trials on Friday evening, **May 13th**, 2011. It is our chance to meet new families and acquaint ourselves with returning members.

TEAM SPIRIT PARTIES

In addition to above “Party on the Patio,” we hope to see you all at some of our Friday night SPIRIT practices and remember to mark your calendar for the end of the season Annual Racer Banquet at Raveneaux Country Club on Sunday, June 26th. Please contact **Cammie DeShazer at 281-379-1696** if you would like to help with any of our spirit events.

TIME TRIAL MEET

Our swim season will kick-off with our Time Trial Meet on **Friday, May 13th**. The purpose of the Time Trial Meet is several fold:

- Establish each swimmer’s time in the various strokes which will be used to seed swimmers in the correct heats and relays for the dual meets
- Help all swimmers get accustomed to the competitive meet environment
- Help the parents and volunteers practice their roles in conducting an efficient meet

This is an important and fun meet that each of our swimmers should plan to attend, especially those swimmers new to our team this year. Warm ups will begin at 5:00 pm, and all swimmers should be checked in by 5:15 pm. The time trial meet will start promptly at 5:30 pm and will last approximately two and one half hours.

DUAL MEET FACTS & SWIMMER EVENT SELECTION

Dual Meet facts:

- Five dual meets scheduled during the season – three of which will be held at the Raveneaux pool
- All meets are held on Saturday mornings
- Each meet consists of 78 events
- Faster swimmers swim in the last heat of each race
- Swimmers are seeded in an event by their best time swam during the season
- Swimmers may be entered into a maximum of 3 individual events and 2 relay events each – for a max. total of 5 events per meet.

Coaches determine which events each swimmer will swim and who will participate in the relay events by:

- Individual ability
- Swimmer participation in practices
- Meet attendance
- Team scoring strategy
- Swimmer's preference considered but not necessarily granted

Over the course of the season, most swimmers will have the chance to compete in a variety of individual and relay events.

MEET CHECK-IN PROCEDURE & WARM-UP

Planning for our dual meets begins on the Tuesday prior to each Saturday meet. The coaches, clerks, and computer people have hundreds of entries to plan, process, and review. The only way this work can be done is if we know who is available to swim at the upcoming meet (and who may be arriving late or leaving early). So, it is important that you follow the procedures listed below as closely as possible.

1. **Notify us in advance if you know you will be unable to attend a meet or plan to arrive late or leave early**
 - Provide this information on the SIGN OUT SHEET posted at the Raveneaux pool by the date and time specified on each individual check out sheet - currently 7:00pm during school practice schedule, but will change when summer practice schedule begins.
 - Prior to 3:00pm on Thursday, call **Meet Entry Clerk, Rob DeShazer** at 281-379-1696 or 281-249-7216 with any changes.
 - After 3:00pm on Thursday, until end of the meet call **Clerk of Course, Mark Woolfolk**, at 281-874-8083 or 713-598-4883.
2. Arrive at least 15 minutes before the swimmer warm-up period begins in order to check-in.
 - Raveneaux Racer warm-up time for HOME meets will begin at 7:00 am
 - Raveneaux Racer warm-up time for AWAY meets, including Divisionals, will be announced prior to the meets and made available on the Raveneaux Racers web site.
3. When you arrive at the pool the morning of the meet, circle your swimmer's name(s) on the Raveneaux Check-in Board that will be hanging near the pool area.
 - If you know that you will have to depart early from the meet and have not already notified the Clerk of Course, Mark Woolfolk, please do so when you check in
 - If you are running late the morning of a meet, please call **Mark Woolfolk** at **713-598-4883**. **BEFORE** 7:45 am in order to let him know that you still plan to participate in the meet. Your swimmer may still be replaced in the first relay but this will avoid them being scratched from the entire meet.
 - Please do not sign-in for friends or family members who have not yet arrived at the meet. If the swimmer you are checking in does not arrive, the team will not have a chance to replace the swimmer, which could result in forfeiting a relay.

- Proceed to your assigned tents outside the pool area and let the tent parent know your swimmer has arrived. You will be notified when warm-ups will begin.

All swimmers **MUST BE CHECKED IN AT THE BOARD BY 7:45 AM** or may be scratched from the meet. Our intention is to start the dual meets at 8:30 am. If you have to leave the meet unexpectedly and have events remaining that your swimmer is assigned to race, please notify the Clerk of Course, Mark Woolfolk, before you leave. That will enable us to notify other swimmers of changes or scratches.

GETTING TO YOUR EVENTS ON TIME

In order to help us ensure that swimmers get to their racing events on time, we ask that all swimmers sit with their teammates by age group under the tents outside the swimming area.

- Tent parents will be responsible for helping get the 6 & Under, 7-8, 9-10, and 11-12 age group swimmers to their events on time. These parent volunteers have to know where the swimmers assigned to them are at all times so that they can be escorted to the ready bench well in advance of their events. Please ask your swimmers to cooperate with these parents and check in with them whenever they plan to leave the tent area. Parents should check out their children from the tent area after their last event is complete.
 - All 6 & Under swimmers should be picked up no later than completion of the backstroke events #35 and #36 as they will be finished at that time
 - Other age groups should notify the tent parent that they are leaving after the completion of their last event
- All 13 and Up swimmers are responsible for getting themselves to the ready bench at the appropriate time. The Clerk of Course will not be able to search for missing swimmers during the meet. Swimmers who are not at the ready bench at their assigned time will be scratched from the event.
- For your child’s safety, we ask for your cooperation in ensuring that your swimmers do not play on the tennis courts, playground equipment or go outside the designated area during a meet. We do not want any accidents to occur, as swimmer safety is one of our biggest priorities.

WHAT TO BRING

Chair	Towels	Hat	Sunscreen	Snacks	Concession Money
Books	Games	Visor	Music – must have headphones		LABEL

EVERYTHING

RESULTS

Results from the meets will be posted as soon as possible on the website at www.Raveneaux-Racers.com. You can also check the bulletin boards at the pool as well as www.nwal.org for meet results.

SCORING & AWARDS

Points are awarded for the first three swimmers in each individual event (not heat) for each age group. (A team may only score relay points for one place. If one team wins both 1st and 2nd place then only 1st place (5 points) shall be awarded for that relay.

Place Points

First Place = 5 points
 Second Place = 3 points
 Third Place = 1 point

Relay Scoring

First Place = 5 points
 Second Place = 2 points

Ribbons:

- Awarded to swimmers finishing first through sixth in each event.
- Distributed the following week at designated practice.
- Swimmers 8 and under will receive participation ribbons immediately leaving the pool for each event at each HOME meet – this may not happen at away meets due to individual team preferences.

Personal Best Ribbons

- Awarded to swimmers who improve their official times in an event, regardless of where they finish in the heat.
- Distributed the following week at designated practice.
- Additional personal best recognition will be given to swimmers as they achieve multiple personal best times.

Personal Best Stickers

- Awarded to each swimmer for each official time improved (when they receive a personal best ribbon, they get a sticker).
- Stickers are added to the posters found on the Raveneaux Pool bulletin boards, if discrepancy, contact **Recognitions Coordinator, Nanette McDonald at 281-370-2223.**

Pool and Team Record

- Swimmers establishing a new pool or team record MAY or MAY NOT be announced at the meet
- Team record setters will also receive a new record award from the Raveneaux Swim Team at Banquet

DIVISIONAL MEET

All six teams in the Division participate in this meet to culminate the season on **Saturday, June 25th**. This meet determines which team wins first place in the Division. The location of the Divisional meet is Tomball High School. Each team is allowed one relay team per age group. ***To swim at Divisionals the time must be swam at any sanctioned (dual meet or invitational).*** **It is the coaches' decision as to who swims each event.**

INVITATIONAL MEETS

Invitational Meet –

Pentathlon – Date TBD
Location TBD

Post Season Invitational Meets –

Red, White & Blue – Date TBD @ location TBD
All Stars – Date TBD @ Location TBD
Ponderosa – Date TBD @ Location TBD

Invitational Meets are during the season and Post Season Invitational meets are scheduled after Divisionals. Check the bulletin board for more information later in the season regarding each invitational meet. These meets have qualifying time requirements. A swimmer must meet these times to participate. It is the parents' responsibility to let our Coaches know if your child is going to participate in the invitational meets and to pay the required fees. These fees will be nominal for each family and are charged per swimmer per event. This year's qualifying times will be posted on the website at www.Raveneaux-Racers.com and on the bulletin board when we receive them. Check the website and bulletin board for registration date for ***Invitational Meets***. Registration for ***Post Season Invitational Meets*** will be due no later than **TBD**. **QUALIFIED SWIMMERS MUST BE REGISTERED AND HAVE PAID THEIR FEES BY THIS TIME AS WE HAVE TO TURN IN THE ENTRY FORMS OVER THE WEEKEND.** Pentathlon DOES NOT qualify for high point and most improved, just towards Personal Best.

AWARDS BANQUET

The Awards Banquet will be held at Raveneaux in the main dining room on **Sunday, June 26th**. This is a great family event and a wonderful way to celebrate the fun and success everyone has had during the swim season. Trophies will be given to all swimmers who participated on the swim team. Overall achievement awards will also be given out based on individual age and gender points earned at each dual meet and the divisional meet.

LOCK-IN

After the Awards Banquet, our 11 & Up swimmers will have a pool party at the Raveneaux Pool. This party is **ONLY** for the swimmers in the 11&Up age groups.

LAPS FOR THE YMCA

Our annual Laps for Cash Fundraiser will be held on Monday, June 6th, 2011 during regular swim team practice times.

- Swimmers will be given an envelope and pledge sheet to ask friends and family to sponsor their efforts. This is a strictly voluntary event and no swimmer HAS to participate.
- Funds raised will be split between the Racers and the YMCA Summer Camp Scholarship Fund.
- Prizes will be awarded for dollars raised.
- Look for more detailed information in May.

For questions or to volunteer with this activity, please contact:

Kim Pieri at 713-818-4331

POOL RULES

RACERS POOL RULES

- NO parents are allowed on the pool deck (as defined by the immediate area surrounding the pool) at ANY time during practices. Please do not sit in the deck area at the shallow end of the pool or in the area between the "baby" area and the deep end of the pool. You may sit in lounge chairs near the porch, but please do not talk to the coaches or the swimmers during scheduled practice times.
- All 6 & Under swimmers are required to have a responsible adult on deck during RACER practice. If you must stay for that practice you must stay away from the pool area mentioned above. We encourage you to work out a rotation with other parents in your age group to trade off staying as official parent in charge of multiple children. If you must stay and have other children with you, please encourage them to read, color, and/or play handheld games. We have to do our best to not disrupt the tennis players.
- All swimmers 7-12 years old are not required to have an adult in charge during that child's specific practice time. However, they should not be dropped off more than 5 minutes before the beginning of their scheduled practice or picked up more than 5 minutes after their scheduled practice ends. You may not leave a child who is under 12 unattended for any length of time except during their specific scheduled practice time.

We need all parents to review the following pool rules with their children and emphasize the importance of implementing them at all times while at the pool:

1. *No parents/siblings, etc within immediate pool vicinity*
2. *Only swimmers in the pool during swim team practice.*
3. *No siblings or swimmers in shallow and/or deep end of the pool during swim team practice hours*
4. *No running*
5. *No horseplay in the water*
6. *No hanging on lane ropes*
7. *No screaming*
8. *No Wall Ball or throwing of tennis balls*
9. *Racers MUST stay in pool area and away from tennis courts*
10. *Keep noise down to not disrupt tennis players*
11. *All 12 & under swimmers must have a responsible adult in charge of them at all times while at the Raveneaux pool except during their specific scheduled swim team practice.*

We thank you in advance for helping us make the Raveneaux Pool conducive to Raveneaux Country Club rules; thus encouraging a productive practice for the Racers! Please note – during your leisure swim time at the club, there are additional pool policies and procedures that need to be followed.

IMPORTANT REMINDERS

www.Raveneaux-Racers.com

Keep your family in the loop with the Racers!!
You can do this by checking the Racer Website and Bulletin Board on a routine basis.
This will help you stay informed on upcoming news,
TBD times and any last minute instructions.

Also, look for “RACER NEWS you can use” from Bill..... keep an eye out for his emails!

Our mission is to Rally the Racers to Success and Lap the Competition in 2011...
So with your help, your swimmer’s dedication, support from Raveneaux and our coaches,
TOGETHER, we will succeed!

Thank you for joining the Racers and we look forward to a wonderful season!

Feel free to contact a board member with any questions, concerns or if you would like to be more involved in the future!

Bill Ebanks – President
Heidi Beale – Vice President
Mark Woolfolk – Clerk of Course
Laura Hargrove – Volunteer Coordinator
Michelle Kalkhoff – Treasurer
Debbie Donahue – Team Rep

Jonathan Judice – Head of Operations
Cammie DeShazer – Social Coordinator
Rob DeShazer – Computer Operations
Nanette McDonald – Recognitions Coordinator
Jill Sweeney – Head Official