

2010 HANDBOOK
TAKOMA PARK DC ALL STARS
SWIM TEAM



TAKOMA AQUATIC CENTER
300 VAN BUREN STREET, NW
WASHINGTON, DC 20011

www.tpdcallstars.com

Mailing Address:

DCPR-TPDC Booster Club

c/o Rhonda Waller

PO Box 683, Greenbelt, MD 20770

**TPDC
ALL STARS**

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Takoma Park DC Swim Team

2010 Organization

Head Coach	Rob Green	
Assistant Coaches	Crosby Treadwell	
	Christian Whalen	
	Solomon Robinson	
Meet Manager	Rasheda Campbell	202-498-3880
PMSL Team Rep.	Tony Clark	
Alt. PMSL Team Rep.	Sharon Bartholomew	
Treasurer / Registrar	Rhonda Waller	240-486-1026
Data / GIS	Marina Wilson-Humphrey	301-929-5244
DCPR – Aquatic Rep.	Roger McCoy	202-673-7447
Takoma Aquatic Center	Solomon Robinson – Pool Manager	

WELCOME!

Welcome to the 2010 TPDC All Stars Swim Team! Within this booklet you will find information that will be helpful throughout the season. Please read it carefully and keep it handy.

Team membership is available to any child who is able to swim one length of the pool (25 yards) unassisted on his/her front and back.

Every child is an important part of the swim team and the parents are just as important. Parents provide support to their child/children by giving them lots of encouragement and by volunteering to help the swim program run smoothly. At each meet, we need at least 35 volunteers. Therefore, it is required that families volunteer to work at our home meets as well as our away meets.

There is a small team bulletin board in the upstairs lobby of the pool, but please check your email regularly during the season for newsletters and other important information.

Also, please visit our team website at www.tpdcallstars.com. The site is updated frequently during the season and provides information about schedules, results and more.

The team's email address is: takomaparkdc@yahoo.com

Enjoy the season -- let's make it fun for all our children!

Our Mission

The TPDC swim team is dedicated to the development of its members as swimmers/athletes.

- It seeks to foster the respect of each team member for the other members of the team, other athletes, officials, and for the sport of swimming.
- The team will emphasize the concept of team work. The team will strive to provide fun, meaningful competition for all its members.

DCPR - Aquatics

The Takoma Aquatic Center is the home pool of the TPDC All Stars. The Takoma Aquatic Center is owned and operated by the DC Parks and Recreation – Aquatic Department. The department provides the pool time needed for practices and equipment needed to run our home meets. The success of the team over the years has been achieved because of the endless support of the department and its representative, Mr. Roger McCoy.

Prince-Mont Swim League (PMSL)

TPDC is proud to be one of the founding members of PMSL. This year the League will be celebrating 51 years. The PMSL is made up of 40 teams. They are divided into 7 divisions (A through G), with 6 teams per division in divisions A - E and 10 teams in divisions F & G. The teams are seeded into one of the 7 divisions according to the prior year's performance. For 2010 we are in Division A and we are ranked 1st in the league! For information on the league, season results of all dual meets, divisional and other links, visit the league's website at www.princemont.org.

Registration

TPDC Team Registration forms are available on the team's website www.tpdcallstars.com. Completed registration and supplies order form must be submitted with payment. Forms may be turned in at our Back to Pool night activity on Thursday May 20, 2010. They may also be mailed or given to:

Rhonda Waller – DCPR-TPDC Registrar

PO Box 683, Greenbelt, MD 20770

Tel. 240-486-1026

Please make checks payable to: **DCPR-TPDC Booster Club**

The registration fee is \$85.00 for the 1st swimmer, \$71 for each additional swimmer in the family. All monies collected is used to register the team with PMSL, pay our coaching staff, order swimmer's suit, tee-shirt and caps, order awards, pay for our participation in the Cheverly relays and All-Stars meets, purchase items for the pizza party and our Awards banquet, among others.

Team Apparel

The team uniform consists of a black swim suit with a TPDC logo, team t-shirt and team cap. Swimmers must be in the team's attire at all swim meets. The TPDC suits are available throughout the season from: **Underwater Wear**.

615 S. Frederick Ave. Lower Level B & C
Gaithersburg, MD 20877

Store Hours: Monday through Saturday 11:00 AM - 7:00 PM

Phone: (301) 527-8326

www.underwaterwear.com

New this season: All swimmers, upon registering, will receive a team suit, tee-shirt and cap.

The order form for the team swim suit, t-shirt and team cap are available from Ms. Rhonda Waller or you may download a copy from our team website.

To care for your swimsuit, rinse with cold water after EVERY practice and swim meet. Do not wash in the washing machine. Hand wash with cold water in the sink, using no soap or mild soap. NEVER put the swimsuit in the dryer.

Officials Clinic

We will be unable to fairly run our home meets without our own team officials. We need to have parents trained as starters*, stroke-and-turn judges and referees*. PMSL provides teams the opportunity to train or refresh prior years training, before the season starts, with an officials' clinic. This year's clinic will be held on **June 12th at 5:30 pm at the University of Maryland Armory. Directions can be found on the PMSL website – http://www.princemont.org/umd_armory.html**. Parents are encouraged to attend at least one session. Only volunteers certified by PMSL or USA Swim will be permitted to officiate at swim meet.

Refreshment may be provided for attendees. (* must have previously done the Stroke and Turn clinic)

Volunteers

As noted earlier, a successful swim meet is impossible without parent volunteers! If you did not sign up during the Back to Pool Night, it is not too late. Please sign up to help the team in whatever way you can. For each meet, each team must provide:

- 1 Referee/Starter*
- 2 Stroke and Turn officials*
- 1 Head Timer/ Assistant Head Timer
- 9-12 Timers (2 back-ups - optional)
- 2 Clerk of Course
- 6-8 Concessions @ home meets
- 1 Announcer for home meets
- 1 Computer Operator
- 2 Runners
- 2 Ribbon Writer
- 1 Place Judge
- 1 Team Marshall

* **Must be PMSL / USA Swim certified**

Practice Schedule

The 2010 practice schedule is posted on the home page of the team's website - www.tpdcallstars.com. Practice will begin on **Tuesday, June 1, 2010** from **6:00 – 8:00 PM**. The schedule this season will be as follows:

Monday – Friday 6:00 – 8:00 PM

Swimmers are expected to attend at least 3 practices. **Wednesday practices are mandatory for all swimmers.** Exceptions are made for swimmers who practice with USA Swim Clubs. Parents/swimmers should discuss their schedule with Coach Green.

Swimmers should be on time! This means being on deck and ready to swim at the scheduled time. Practices will be held during inclement weather unless there is a thunder storm.

Parents are not permitted on deck during practices unless there is an emergency. Please wait in the lobby area during practice and feel free to speak to the coaches in person after practice or by email/phone.

Weekly Swim Meets

There is one weekly dual swim meet held on Saturday mornings. The objective is to provide a basis to promote teamwork. The swimmers are placed in events that will give the team the best chance to win dual meets and at the same time it allows swimmers to excel in their events. Occasionally a swimmer/(s) may be needed to swim in a higher age group (swim-up). The coach will notify such swimmer/(s). The purpose is to allow the team to be better able to compete and score points.

The coaches decide who will be in the lineup based on the available swimmers and the times swimmers have swam during time trials held at the beginning of the season, as well as times swam at Saturday meets. Meet lineups are made entirely at the coaches discretion and may change from week to week.

A swimmer in a meet may participate in a maximum of 4 events - three individual strokes and a relay or 2 individual events and two relays, if selected by the coaches. Individual strokes include freestyle, backstroke, breaststroke, and butterfly.

The 2010 TPDC swim schedule is available on the team's website, **www.tpdcallstars.com** and at the back of this handbook.

Relays

The most thrilling part of the swim meets are the relays. Relays are at the beginning and end of the meets. The final relay often times determine the winner of the meet. Bear in mind it means too, that most swimmers had already swum their individual events and may want to leave. However, parents and swimmers are expected to stay for the duration of the meet in support of the team and relay swimmers.

Conduct

Parents are responsible for the behavior of their children during meets. Swimmers should remain in the designated team area and inform a coach should it become necessary to leave. Everyone is encouraged to cheer for the swimmers, and to have fun. In addition, all swimmers are responsible for the clean-up of the team area at the end of all meet.

Social Events

The social activities planned for this season include:

- Sk8 Party / Pep Rally – June 25, 2010
- Pizza party and team photo – Wednesday, July 14, 2010 at Takoma
- Parents Appreciation Night - July 7, 2010
- Awards Banquet – Wednesday July 28, 2010

Awards

Ribbons are awarded for all places achieved during all dual swim meets. Heat winner ribbons and participation ribbons may also be awarded. All awards are distributed at our closing banquet.

Vacation

Each year, vacations and camps make it difficult for the coaches to know who will be available to swim in a given meet. Coaches do the line-ups and must consolidate this information with the opposing team in advance of the meet. Please help us do the best possible job scheduling the meets by letting Coach Green know if you cannot attend any particular swim meet or by signing up on the sheet that will be posted on the bulletin board – the dates when your swimmer/s will NOT be available to swim. You may also send an email to Marina Humphrey at the team's email: takomaparkdc@yahoo.com. That information is needed by Wednesday – at least one week in advance of the meet.

Awards Banquet

Each year the team has an end-of-season banquet on the day after the All-Stars Swim Meet. The banquet includes games and the distribution of awards collected during the season to all swimmers. Details on the celebration and awards will be provided during the season.

Swim Meets This Season

Dual Meets:

Two teams compete, swimming a specified order of events.

Cheverly Relay Carnival:

An invitational meet organized by Cheverly Swim and Racquet, featuring teams throughout the league competing in all relay events for divisional trophies.

Divisionals:

A Championship swim meet at the end of the regular season. Each team is represented by two swimmers in each individual event and one relay team in each relay event to determine the division champion. Final selection of the swimmers for this meet is at the coach's discretion.

All-Stars:

An invitational meet for the 18 fastest swimmers in each event from the entire league. The list of all-stars and their ranking is based solely on times the swimmers achieve during the divisional swim meets.

2010 Division A Information

Takoma Park DC (TPDC)	<p>1</p> <p>Takoma Aquatic Center, Third & Van Buren Streets NW, Washington, D.C. (202) 576-6854 www.tpdcallstars.com</p> <p>Directions: From US-50 West, B-W Pkwy and/or Kenilworth Ave., take US 50 W 1.2 miles to the intersection of New York Ave. and South Dakota Ave. Bear R onto South Dakota Ave. for approx. 3.8 miles to Riggs Rd. Turn L and after 3 lights, turn R onto North Capitol St. Go approx. 0.9 miles (becomes Blair Rd.). Turn L on Tuckerman St. NW. Turn R at 3rd St. Pool is on left near Coolidge High School. Parking is available on 3rd St., Van Burn St. or at the rear of the pool. Or From the Beltway, take Georgia Ave. S exit (towards Washington). Go past Walter Reed VA Hospital to Aspen St. and make a Left. Turn R at 5th St. Go 2 blocks to Van Burn St. Pool on the L beyond the trees and before Coolidge HS.</p>
Maximum Velocity Propulsion (MVP)	<p>2</p> <p>4759 Reservoir Rd. NW, Washington, DC 20016 (202) 454-2256 www.mvpdolphins.com</p> <p>Directions: From Capital Beltway take Cabin John Parkway/Clara Barton Parkway into DC until it becomes Canal Road (at Chain Bridge). At next traffic light left onto Arizona. Go up hill & turn right at light onto MacArthur Blvd. Go 1-1/2 miles to Whitehaven Parkway & turn left. Pool is at Lab School on right just before St. Patrick's School or continue past Whitehaven 50 yards and take a left at the light into the parking lot of Lab School.</p>
Belair Bath & Tennis (BBT)	<p>3</p> <p>Belair Drive (and Tulip Grove), Mail: P.O. Box 486, Bowie MD 20715 (301) 262-5522 www.bbtbowiemd.com</p> <p>Directions: From Capital Beltway, take Route 50 (Annapolis) exit. Turn off at Collington Rd. (Md. Route 197) exit. Cross back over Route 50 on Collington Rd. to Kenhill Dr. (1st traffic light). R on Kenhill to Belair Dr. L on Belair. Pool is two blocks on the left. Or From Rt. 450 and Rt. 197 - E. on Rt. 197 (toward Rt. 50). First L (Tulip Grove Dr.) to end at Belair Dr. Pool is on right.</p>
Theresa Banks (TB)	<p>4</p> <p>J. Franklyn Bourne Pool, 6500 Calmos St., Seat Pleasant, MD 20743 (301) 350-4422 www.theresabanks.com</p> <p>Directions: From the Beltway, take Exit 15 B (Route 214) Central Ave West toward D.C. Go about 2.4 miles on Central Ave W. Make a R turn onto Cindy Lane (Central Gardens Apt on R corner). Make first L onto Calmos Street. Pool is at the end of Calmos Street on the left.</p>
Westlake Village Swim Team (WOW)	<p>5</p> <p>5005 Dorchester Circle, Waldorf, MD 20603 www.wavesofwestlake.info</p> <p>Directions: Take 301 South through Waldorf. Turn right onto Smallwood Drive West and drive a little over 1/2 mile. Turn left onto St. Patrick's Drive and drive 1/4 of a mile. Turn right onto St. Phillip's and drive 100 yards. The Dorchester Community Center and Pool will be directly in front of you.</p>
Strathmore Bel Pre (SBP)	<p>6</p> <p>13914 Bethpage Lane, Silver Spring, MD 20906 (301) 460-6400 www.strathmore-belpre.org/Dolphins.htm</p> <p>Directions: From Capital Beltway, take Georgia Ave. North (past Wheaton) 5 miles to Hewitt Avenue. R on Hewitt Ave. to Bethpage Lane. L on Bethpage to Swim Club on left.</p>

TPDC ALL STARS 2010 Important Dates

May 20, 2010 – Back to Pool Night
Registration begins at Takoma Aquatic Center - 6:00 pm

June 1, 2010 – Practice begins at Takoma Aquatic Center
June 2, 2010 – New Parents Orientation at Takoma
 June 15, 2010 – Registration deadline
 June 12, 2010 – League Meeting & Clinics – Armory @ UMD
June 16, 2010 – Parents Meeting
 June 19, 2010 – Dual Meet #1 TP @ SBP
June 25, 2010 – Sk8 Party / Pep Rally
 June 26, 2010 – Dual Meet #2 WOW @ TP**

July 3, 2010 – Dual Meet #3 TP @ TB
July 7, 2010 – Parents Appreciation Night
 July 10, 2010 – Dual Meet #4 BBT @ TP**
July 12 - 16, 2010 – Spirit Week
July 14, 2010 – Pizza Party and Team Photo
 July 17, 2010 – Dual Meet #5 MVP @ TP**
 July 24, 2010 – Divisional Championship Meet @ SBP
 July 25, 2010 – Cheverly Relays @ Cheverly Swim & Racquet
July 28, 2010 – Awards Banquet
 July 31, 2010 – All-Stars @ Whitehall Pool & Tennis

**** - Home Meets**

THANKS TO THE FOLLOWING 2010 SPONSORS: