

## SOUTHERN OAKS "SHARKS"

The swim team is a member of the Country Club Swim League, which is composed of the Baton Rouge area's country clubs. The swim team is for the youth members in our club. It is to give them a chance to learn about swimming, competition, exercise, opportunities to meet new friends, and have some fun. The swim team is composed of many different levels of swimmers and varying levels of dedication. Some are year round swimmers and some are social swimmers looking for some fun with friends during the summer. We encourage all youth in our club to participate. It should be stressed that they will get exercise. The first couple of weeks are the hardest!

To participate, you must be a member of Southern Oaks. All children 16 years old and younger, at any skill levels are welcome. The swim team coaches will work with all the children to strengthen their skills. The children will improve their swimming ability during the course of the summer, and learn new strokes. Keeping in mind that one on one attention is next to impossible with 70 plus swimmers, if your child wants to take swimming to a higher level, lessons are available, but not mandatory, and are left up to the discretion of the parent. The swim team is not a substitute for swimming lessons.

Volunteers run the swim team. The fees charged to the swimmers are to cover the cost of the coaches, league dues and awards. Volunteers do the rest of the work. Each swim team has a volunteer coordinator, who assists the coaches, attends league meetings, does the paper work, and coordinates volunteers for the swim meets. This is where the parents come in; without your help there would be no swim meets. This is a good chance for you to meet new people at Southern Oaks and to get involved with the children.

We hope this information will answer some of your questions regarding the swim team. Our first priority is to have fun swimming. Have a great summer!

### PRACTICE:

First practice Monday, May 24!  
May 24-May 28 times (10&u, 4:30-5:30pm)  
(11-16, 5:30-6:30pm)

June 1- June 25 (Tuesday – Friday)

9:00 - 10:00 AM ages 10 & under

10:00 - 11:00 AM ages 11 - 16 years old

A swimmers age as of June 1st determines his age group for competition.

(6 and under, 7 & 8, 9 & 10, 11 & 12, 13 &14, 15&16)

The pool does not open until 10:00 AM, please do not drop off children early, they will not be permitted in the pool until their scheduled practice times.

### MEETS:

Meet warm ups are at 8:30. Meets start at 9:00am.

If you know your child will not be at a meet, please notify the coaches of their absence. With children in many camps over the summer, some children are not at practices, but attend the meets. We put all children in meets until we hear they will be absent. This causes confusion at the meets if your child is in the lineup and then does not show.

PICTURES: Team pictures will be taken, date TBA.

SWIM TEAM PARTIES: We host about 2 a season, depending on social volunteers, dates TBA.

SWIM TEAM BANQUET: June 30<sup>th</sup> at 5pm

SWIM SUIT INFORMATION: Swimsuits are available at Natal's Swim & Tri Zone, 5733 Essen Lane, Baton Rouge, LA 70810 (225-765-7380). The girls' team suit is the Dolfin solid purple suit with shark logo on the chest. The boys' team suit is the TYR Splice Jammers in purple and black with shark logo on the bottom. Our team dates to go to Natal's and try on sizes are anytime on April 24<sup>th</sup> and 27<sup>th</sup>. If you know your child's size you may call it in to Tommy Natal.

### MISCELLANEOUS:

Please check the information board at the pool for weekly swim team activities.

A swimmer must swim in 2 dual meets to be eligible to swim in the City Meet.

If meet is declared a rain out, it is usually rescheduled for the following day.

## Volunteering

As many of you know, there would not be a swim meet if it weren't for the parent volunteers. Volunteering gets you close to the action and you won't miss any of your child's races. All the areas needed for the swim meet need no formal training, and each is considered very easy. Thanks always for your continued support in making the Swim Meets a huge success at home and away.

One parent from each swimmers family must volunteer at one of the swim meets.

\_\_\_\_\_ Volunteer Coordinator- coordinates the volunteers for swim meet

\_\_\_\_\_ Social Chairman - organizes and runs a social for the swim team

\_\_\_\_\_ Meet Coordinator - check in swimmers and volunteers for swim meets

\_\_\_\_\_ Starter - calls and runs meet.

\_\_\_\_\_ Clerk of Course - Age Group \_\_\_\_\_ Sex \_\_\_\_\_  
Ready bench - keeps swimmers in line for upcoming events, needed for 12 and under age groups

\_\_\_\_\_ Place Judge - calls winners and records swimmers places in the race

\_\_\_\_\_ Ribbons - hands out ribbons as swimmers finish

\_\_\_\_\_ Runner - relays place judge forms to the scorers

\_\_\_\_\_ Scorer - tallies the scorers

\_\_\_\_\_ Server - person to serve water to volunteers at the meets

SWIM TEAM REGISTRATION FORM

Parent's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Swimmer #1: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swimmer #2: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swimmer #3: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swimmer #4: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swimmer #5: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Cost: \$80 - 1st Child, \$35 - each additional child

Make checks payable to: Southern Oaks Athletic

Club

Please return form and payment to the club or pool.

Country Club Swim League  
Meet Schedule  
2010

Warm-ups 8:30am - Meet 9:00am

June 2, 2010

SO vs. UC vs. BRCC

June 9, 2010

CCL vs. UC vs. SO

June 16, 2010

CCL vs. SO vs. BRCC

June 23, 2010

SO vs. CCL vs. G

June 26, 2010

City Meet

Hosted by **Greystone**

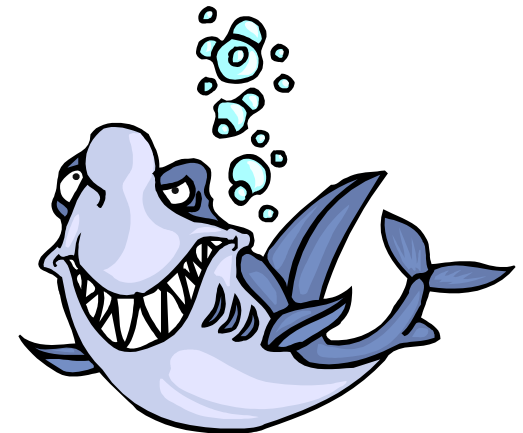
With any and all questions please contact:

Michelle Casrill

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Email: [cmcasrill@cox.net](mailto:cmcasrill@cox.net)

Southern Oak Athletic Club  
Swim Team



The Sharks