

Drummond Hill Swim Team



GO DRAGONS!

2010 Swim Season

Swimmer Name: _____

2009 DRUMMOND HILL SWIM TEAM

HEAD COACH	Sean McClory	454-9325 584-2209 cell mcclory101@aol.com
ASSISTANT COACHES	Tracy Graham	368-3794 468-0494 cell tgraham@udel.edu
	Matt Armiger	234-7644 armiger7@comcast.net
	Victoria Henry	239-1786 toriehenry@gmail.com

SWIM TEAM STEERING COMMITTEE

CHAIRPERSONS	Scott and Valerie Green	239-9303 302-494-0255 cell s.green@comcast.net
VICE-CHAIRPERSONS	Jamie and Elaine Zingaro	737-9598 388-6416 cell jzingaro@dca.net
TREASURER	Scott Armiger	234-7644 armiger7@comcast.net
POOL BOARD REPRESENTATIVE	Scott Green	239-9303
SSL REPRESENTATIVE	Kathleen Benson	454-1678
MEMBERS AT LARGE	Sandy McFoy	235-1224
	Carla Webb	266-0211

SWIM TEAM SUB-COMMITTEE CHAIRS

MEET COORDINATORS	Jamie and Elaine Zingaro	737-9598 388-6416 cell jzingaro@gmail.com
WEBSITE	Jamie Zingaro	737-9598
COMMUNICATIONS	Kathleen Benson	454-1678
SOCIAL ACTIVITIES	Jane Kruse (Kick-Off Pizza Party): Sheryl Worsh (Teen Party): OPEN (Poster Party)	239-5634 268-7616
TEAM PHOTOGRAPHS	Jamie Zingaro	737-9598
SNACK SHACK	Carla Webb	266-0211
SWIMSUITS	Maryann Cochran	234-0459
GIFTS	OPEN	
RIBBONS	Mandy Gonye	892-2826
FIFTY/FIFTY	Alex Williamson	
PHOTOGRAPHY	Lisa Campbell Pat and Alex Williamson:	234-9786 234-3424
RECORD KEEPER	Rick Becker	463-4422
SLIDE SHOW/MUSIC	Lisa Campbell Pat and Alex Williamson:	234-9786 234-3424
BANQUET	OPEN	
TROPHIES	OPEN	

DRUMMOND HILL SWIM TEAM

WELCOME

The Drummond Hill Swim Team is a member of the Suburban Swim League (SSL), which operates in the greater Newark area. It consists of swimmers 18 years of age or younger of varying degrees of ability ranging from the first time competitive swimmer to the serious year-round competitor. Swimmers must be able to swim one length of the pool, unassisted, in order to be a team member.

The team offers the opportunity to learn new strokes and techniques under experienced swim coaches and instructors. Swimmers enjoy the experience of competition through the eight dual meets, time trials, and championships. The Drummond Hill Swim Team successfully combines the social enjoyment of team participation with the seriousness of dual meet competition.

We are fortunate to have Sean McClory as our head coach and Matt Armiger, Tracy Graham, and Victoria Henry as our assistant coaches this year in the Red Division of the SSL. Several of our older swimmers will help our coaches – on a volunteer basis – with the mechanics and stroke correction portions of our program.

WEBSITE

Throughout the season, the most up-to-date Team Information will be posted on our website www.drummondhillpool.org. It is a valuable tool for team communication. Take some time to check all the information and announcements available on the website. If you have any suggestions or announcements, please e-mail Jamie Zingaro at jzingaro@gmail.com.

If you did not provide your family e-mail address on the swim team application, please send it to KATHLEEN BENSON (kathleencbenson@gmail.com) ASAP so you can be notified of important team news as it occurs.

You can also check out current Suburban Swim League News on the SSL website: www.sslswim.org.

VOLUNTEERS

The Drummond Hill Swim Team is brought to you by the hard work of many parents who volunteer their time so that our children may benefit from competitive swimming. As with any well run organization, life is much easier if people voluntarily assume responsibility according to their time and talents. A work schedule drawn up from the Parent Participation Form will be distributed at Team Time Trials.

PLEASE NOTE: It is important for volunteers to arrive 30 minutes before the start of the meet, except those families doing set-up who should arrive 1 hour before the meet. Those scheduled for Snack Shack set-up need to arrive 1 hour early, as well. All volunteers should check in AT EACH MEET with the Meet Coordinator (Jamie Zingaro). Emergencies occur and plans change in every family. Should you be unable to work your scheduled time, YOU are responsible for arranging a trade or finding a replacement using the team roster included with the work schedule. Please call Elaine or Jamie Zingaro (737-9598 / 388-6416 cell) to report this change.

Remember that there are over 45 slots to fill during each meet, and each person's contribution is necessary to run a well organized and efficient swim meet. While flexibility is always necessary, we do want to ensure that our children's activities remain a priority for their benefit. Families who are unable to volunteer their time donate an additional \$100 at registration.

SNACK SHACK

The Swim Team runs a Snack Shack at all home meets. This is the major source of fundraising for the team. Each family is scheduled to work a portion of one meet in the Snack Shack. **INFORMATION ON WHAT AND HOW TO MAKE YOUR DONATIONS WILL BE DISTRIBUTED AT TEAM TIME TRIALS ON SATURDAY, JUNE 12, 2010.** Make sure your name is on any donated goods and sign the donation/ contribution list located at the Snack Shack entrance.

SWIM SUITS AND ACCESSORIES

We have the same style of SUIT this year. If you were unable to make either of the swim suit fittings this spring, please call Maryann Cochran (302-234-0459).

FUNDRAISERS

The Drummond Hill Swim Team fees only cover the cost of assistant coaches, trophies, and league fees. The team raises funds for additional operation expenses, social events, and equipment in several other ways. The major source of fundraising is our Snack Shack – so buy lots of goodies during our four home meets! We also raise funds through the 50/50 drawing at home meets, our Dragon Wear sales and team picture orders. Please participate in the 50/50 contest as often as you can, and keep in mind that our Dragon Wear supplier and our team photographer donate back a percentage of orders to the team. In the past few seasons your financial support of the team has enabled us to purchase kick boards, a new pace clock, a much needed lane rope reel, an electronic starting system, new speakers, and new ready benches. Your support and generosity are much appreciated, especially by the swimmers!

TEAM TIME TRIALS

Saturday, June 12 is a required pre-season meet to obtain times for each swimmer in all strokes so that the coaches can place swimmers in events appropriately. This is also a good opportunity for timers and officials to develop their skills for the dual meet season. We will have a Kick-Off-The-Season-Pizza Party after Time Trials, so please stay and socialize!

MEETS: DUAL AND OPTIONAL

The season begins with two crossover meets which are dual meets swum against a team from another division. The purpose of crossover meets is to warm-up and prepare swimmers for competition within their division. Crossover meets enable swimmers to gain experience in different strokes. All other meets are dual meets, which are meets with two teams, usually within the same division, competing against each other. All swimmers are expected to arrive 1 hour prior to the start of each meet. **IF YOUR CHILD IS UNABLE TO SWIM, IT IS ESSENTIAL TO NOTIFY THE COACH AT LEAST TWO FULL DAYS PRIOR TO THE MEET.** Dual meets usually last 3 hours (or less if volunteers and swimmers are PROMPT); swimmers should remain with the team for the entire meet.

There are also league-wide optional meets available throughout the season. These meets are not dual meets, and are swum by swimmers from all teams in the league. The Stars and Stripes Meet is an optional developmental meet for those swimmers (12 and under) whose current times fall below the 16th place finisher of the previous years' championships in each event. Ribbons are given for first through sixth place. The Old Timers Meet, a meet for swimmers over 18 years of age, is the time to show the kids that parents, coaches, and swim team alumni still have it! The Mini-Meets are optional meets for swimmers 7 years and under. See the next page for specific information on all of these optional meets.

LEAGUE TIME TRIALS & CHAMPIONSHIPS

Time Trials for SSL Championships are held the week of July 19-23 prior to the SSL Championship Meet on July 24. Participants for championship time trials are selected based on times, performance at previous meets, and swimmer's preference. Time Trials and Championships afford swimmers an opportunity to achieve as individuals rather than as a team member. The first sixteen finishers in the Suburban Swim League time trials will participate in Championships.

Swimmers will be asked to fill out a form indicating their choice of events for SSL Time Trials. Those swimmers not returning a completed form by the published deadline (see next page) will not be permitted to participate in SSL Time Trials.

AWARDS BANQUET & SLIDE SHOW

The Awards Banquet will be held on the evening of Championships, Saturday, July 24 at 6:00 p.m. Look for more information to come. Volunteers are needed! Please look for more information via e-mail as the season progresses.

IMPORTANT DATES AND INFORMATION

PRACTICES – begin Tuesday, June 1, 2010. AFTERNOON PRACTICES BEGIN from 4:15-5:15 p.m. for swimmers 11 years & older, and 5:15-6:00 p.m. for swimmers 10 years and younger. (Weather-permitting, these practices will be held in the water). **Starting Monday, June 7, 2010** practices will take place every morning:

11 years & over: Mon. – Fri., 8:15-9:45 a.m. and 10 years & under: Mon. – Fri., 9:45- 10:45 a.m.

Evening practices will be scheduled only for those swimmers who logistically cannot make mornings – details will be distributed. **PRACTICES ARE HELD RAIN OR SHINE EXCEPT DURING ELECTRICAL STORMS.**

OFFICIALS CLINICS:

DATE	EVENT	TIME	PLACE
Thursday, May 27	Referee/Starter Clinic (Experienced Officials)	6:30 p.m.	Shue-Medill School Cafeteria
Saturday, June 5	Full Officials Clinic (All Levels)	8:00 a.m.	Western Y, Youth Dev. Center
Thursday, June 10	Scorers' Clinic	6:30 p.m.	Shue-Medill School Cafeteria
Thursday, June 10	Coaches' Clinic	6:30 p.m.	Shue-Medill School Cafeteria
Monday, June 7	Full Officials Clinic (All Levels)	6:30 p.m.	Western Y, Youth Dev. Center

TEAM TIME TRIALS – Saturday, June 12, 2010, 9:00 a.m. (8:30 a.m. warm-up). At this event coaches will record swimmers' times for all races. **PLEASE MAKE EVERY EFFORT TO ATTEND THIS MANDATORY EVENT! If, for some unavoidable reason, you cannot attend Team Time Trials, you MUST tell COACH SEAN so he can arrange to get your times before time trials. SNACK SHACK DONATION PROCEDURE, VOLUNTEER SCHEDULES AND TEAM ROSTERS WILL BE HANDED OUT AT TEAM TIME TRIALS.** We will also have a Season Kick Off Pizza Party after time trials.

SOCIAL EVENTS (tentative schedule):

Saturday, June 12 - Kick-Off Pizza Party: After Team Time Trials

Wednesday, June 23 - Team Pictures: 8:30 a.m. – whole team practice to follow

Tuesday, June 29 - Poster Party: 7:00 p.m.

TBA Teen Party: 8:00-11:00 p.m.

Friday, July 16 - Last Hurrah Breakfasts: After each practice

Saturday, July 24 - Team Banquet: 6:00 p.m. at Ebenezer Church

DUAL MEET SCHEDULE:

DATE	OPPONENT	WARM-UP	START	H/A
Sat., June 19	Arundel	8:00 a.m.	9:00 a.m.	Home
Weds., June 23	HAC	5:00 p.m.	6:00 p.m.	Away
Sat., June 26	Western YMCA	8:00 a.m.	9:00 a.m.	Away
Weds., June 30	Skyline	5:00 p.m.	6:00 p.m.	Home
Weds., July 7	Westminster	5:00 p.m.	6:00 p.m.	Away
Sat., July 10	Persimmon Creek	8:00 a.m.	9:00 a.m.	Home
Weds., July 14	Nottingham Green	5:00 p.m.	6:00 p.m.	Home
Sat., July 17	Kennett YMCA	8:00 a.m.	9:00 a.m.	Away

IMPORTANT: All swimmers are expected to arrive 45 minutes prior to the start of a home meet and 1 hour prior to an away meet. IF A SWIMMER IS UNABLE TO ATTEND A MEET, IT IS ESSENTIAL TO NOTIFY COACH SEAN VIA POSTER OR E-MAIL (mcclory101@aol.com) AT LEAST TWO FULL DAYS PRIOR TO THE MEET.

OPTIONAL MEETS

MEETS	ENTRIES* DUE	EVENT DATE	WARM-UP	START	PLACE
Stars&Stripes Meet	TBA	Sat., July 3	7:30 a.m.	8:30 a.m.	Penn Acres
Mini-Meets	TBA	Sun., July 11	8:00 a.m.	8:45 a.m.	North Star (GIRLS)
Mini-Meets	TBA	Sun., July 18	8:00 a.m.	8:45 a.m.	North Star (BOYS)
Old Timers' Meet	TBA	Sat., July 17	2:00 p.m.	3:00 p.m.	Valleybrook

SSL TIME TRIALS & CHAMPIONSHIPS:

DATE	ENTRIES* DUE	WARM-UP	START	PLACE	AGE GROUP
Sun., July 18	Weds., July 7	2:30 p.m.	3:45 p.m.	Oakwood Valley	13-18
Mon., July 19	Weds., July 7	4:20 p.m.	5:30 p.m.	Persimmon Creek	11-12
Tues., July 20	Weds., July 7	4:20 p.m.	5:30 p.m.	Nottingham Green	9-10
Wed., July 21	Weds., July 7	4:20 p.m.	5:30 p.m.	Penn Acres	8 & Under
Thurs., July 22 - Rain Date		TBD	TBD	TBD	TBD
Sat., July 24 - CHAMPIONSHIPS		7:30 a.m.	9:00 a.m.	Western YMCA	ALL

*Entry forms for optional meets and league time trials are in the Family Folder Box or on the Website. Please give all

special meet entries & fees to COACH SEAN.

IMPORTANT NOTES:

- Please e-mail COACH SEAN (mcclory101@aol.com) AND sign the poster in locker room if swimmer(s) will not be attending a meet.
- For emergency situations, please call him on his cell phone: 302-584-2209.
- Attend all practices and BE ON TIME!
- Volunteers will be assigned jobs for each meet according to the volunteer form they filled out. If you cannot perform the job you have been assigned, you must find your own replacement and let Jamie Zingaro (jzingaro@gmail.com, 737-9598, or 388-6416 cell) know of the change.
- Our Banquet, Award Ceremony, and Slide Show will be held on Saturday, July 24. The main course and drinks are provided by the Swim Team; each family brings either a side dish or desert. Please note that if the banquet is held at Drummond Hill, the pool will NOT be open during this event.
- Remember that summer swimming is both competitive and developmental. Coaches do their best to instruct and guide swimmers to improve their strokes and times during the six-week season and always attempt to have every swimmer swim in all meets.

DRUMMOND HILL SWIM TEAM RULES

1. All swimmers are required to attend all practices and meets with the following exceptions: illness or express permission of the coach. The coach should be informed in writing if a swimmer will miss a meet.
2. All swimmers are expected to arrive one hour prior to the start of each meet. IF YOUR CHILD IS UNABLE TO SWIM, IT IS ESSENTIAL TO SIGN THE POSTER IN THE LOCKER ROOM FOYER OR NOTIFY THE COACH VIA E-MAIL (mcclory101@aol.com) ONE FULL DAY PRIOR TO THE MEET.
3. At the coach's discretion, swimmers may be asked to make up missed practices.
4. The coach, with the approval of the Swim Team Steering Committee, may restrict a swimmer from competing in a team meet or remove the swimmer from practice and/or the team for continual disruptive behavior and/or violations of the team or pool rules.
5. All decisions as to events to be swum will be solely those of the coach. Any questions in this regard should be addressed to a Swim Team Steering Committee member, not to the coach at a meet.
6. A child's birthday as of May 30 will determine the age group in which the child will participate (8 & U, 9-10, 11-12, 13-14, or 15-18).

SSL RULES GOVERNING TIME TRIALS AND CHAMPIONSHIPS

1. Swimmers may request events they wish to swim during time trials, but the final decision will be the coach's.
2. Each team may enter 5 swimmers per individual event in the 8 & U, 9-10, and 11-12 events. There is no limit to swimmers in the 13-18 events.
3. Each team may have two relays per event.
4. Swimmers must compete in their own age group.
5. Each swimmer may swim in a maximum of 3 events including relays.
6. A swimmer must have swum in 4 dual meets during the season to be eligible for championships.
7. Entry times must be in meters and be the best of the current season of competition.
8. No late entries are considered.
9. No relay member may be displaced from a relay if present and able to swim. A relay consists of 4 swimmers and may list up to 4 alternates. If a team has two listed relays, swimmers may be moved from one relay to another.

DIRECTIONS TO POOLS

- 1. ARUNDEL** – On North side of Limestone Road (Rte. 7) between Milltown Road and Pike Creek Valley. At the traffic light on Limestone Road turn on to Arundel Drive. Go to the second left (at the stop sign) and turn on to Elderon Drive. The pool is on the right.
- 2. CRESTMOOR** – from the West: take Kirkwood Highway to Rte. 41. Go east on 41 and left on Boxwood Road (past GM), Take a left on North Avenue (opposite Conrad Jr. High tennis courts). Proceed to pool. From I-95: Take the Newport exit. Take a right on Rte. 4 (Newport Pike) and left on Boxwood Road. Take a right on North Avenue. Proceed to the pool.
- 3. DRUMMOND HILL** – Take Kirkwood Highway to Polly Drummond Hill Road. Go north to Forge Road (1st right after light). Turn right on to Forge Road and proceed to Etta J. Wilson School on left. Parking is available in the school lot. From Linden Hill Road: Turn left at the end of Linden Hill Road. Take first left on to Forge Road, and follow direction above.
- 4. FAIRFIELD** – From Kirkwood Highway to Cleveland Avenue to 896N. Turn right at light at Fairfield Shopping Center on to Fremont Road. Pool is one block down on left.
- 5. GLASGOW PINES** – From Newark: take either Rte. 896 or Rte. south to Rte. 40. Turn left on to 40 East. Entrance to Glasgow Pines is the 2nd light from Rte. 896 and the 1st light from Rte. 72 (just past RR tracks and CITGO station). Turn left into development. From Wilmington / New Castle: take Rte. 40 West. Entrance to Glasgow Pines is the 1st traffic light past Salem Church Road / Porter Road intersection (when you see the WaWa and 7-Eleven you're almost there). If you cross RR tracks, you passed it. Entrance is on the right.
- 5a. KENNETT SQUARE YMCA** – Take Rte. 7 (Limestone Road) north to PA, turn left onto Kaolin Road (there should be a sign to Kennett Square on the right). Take Kaolin Road into Kennett. At the Kennett High School take a right onto South Street. Continue on South Street to S. Walnut Street. Take a left onto S. Walnut and the YMCA Community Pool will be on your left.
- 6. MAPLE VALLEY** – Coming West on Kirkwood Highway: make a right turn on to Old Possum Park Road (between Yasik Funeral Home and Tom Livizos Realty). Pool is one block on right. Coming East on Kirkwood Highway: make a U-turn at Delaplaine Avenue (Pizza Hut on right). Follow above directions.
- 7. NORTH STAR** – From Rte. 7 (Limestone Road) to Rte. (Papermill Road) follow Rte. 72 towards Newark pass The Independence School. Turn right on to North Star Road. Proceed one mile and turn right on to Neptune Drive. Follow Neptune Drive to the end where you reach Jupiter Drive. Turn right on to Jupiter and proceed approximately 50 yards to Saturn Drive. Turn right on Saturn and follow it to the pool.
- 8. NOTTINGHAM GREEN** – Rte. 273 West to Radcliffe Drive. Turn left at sign for Nottingham Green development. Pool is on second corner on right.
- 9. OAKLANDS** – Follow W. Main Street in Newark past the Deer Park Restaurant on to Rte. 273 West. Go across the railroad tracks and turn left at the first traffic light on to Hillside Road. The pool is approx. ¼ mile on the left.
- 10. OAKWOOD VALLEY** – Going West towards Newark on Kirkwood Highway, go through the intersection with St. James Church Road. Take the first right past the bank.
- 11. PENN ACRES** – When coming South on Rte. 141 (Basin Road) turn left on to Crippen Drive at the traffic light at Penn Mart Shopping Center. Go approx. 4/10 of a mile to the stop sign at Fithian Drive. Turn left. The pool is about 200 yards on right.
- 12. PERSIMMON CREEK** – Rte. 896 to West Chestnut Hill Road. Go West on W. Chestnut Hill Road approx. ¼ mile. Turn right on to Arbor Drive in Arbor Park. Follow Arbor Drive to back of the development. Turn in drive at the sign on the right.
- 13. SHERWOOD PARK** – Rte. 7 North to Milltown Road (take right exit lane immediately after funeral home). Go straight at traffic light on to McKennan's Church Road. Go 3 or 4 blocks and then left on Bardell Street (last left before Delcastle Recreation Area). Take first left onto High gate. The pool is on the right.
- 14. SKYLINE** – From Rte. 7 North (limestone Road). Turn left on to Linden Hill Road at the Pike Creek Shopping Center. Take Linden Hill Road to Skyline Drive (traffic light). Turn left on to Skyline Drive the pool is about ¼ mile on left (across from Skyline Jr. High).
- 15. UNIVERSITY OF DELAWARE** – Located on South College Avenue (Rte. 896). Turn in gate at Field House. Go left and then right toward the Ice Arena in back. Pool is located behind the Ice Arena and outdoor on right to get out to the pool.
- 16. VALLEYBROOK** – Follow Milltown Road to W. Parris Drive at the entrance to Cedarcrest Development. The pool is on the right.
- 17. WEDGEWOOD** – From Newark go East on Rte. 273 to Eagle Glenn Development. Turn right on to Wedgefield Drive (between Rte. 7 and Appleby Road). Pool is on right.
- 18. WESTERN YMCA** – On Kirkwood Highway across from the vacant Best building. Drive through the parking lot on right of building to rear of building. Outdoor pool is on the left.
- 19. WESTMINSTER** – From Kirkwood Highway turn North on Rte. 41 (Newport Gap Pike). Proceed North on Rte. 41 to Millcreek-Hercules Road (Emily Bissell Hospital). Continue North on Rte. 41 ¼ mile to Westminster sign on right. Turn right on to Cheltenham Drive. Pool is on the right at the first driveway.
- 20. YORKLYN** – From traffic light at Lancaster Pike (Rte. 41) & Yorklyn Road in Hockessin, turn North on Yorklyn Road. Go about 2 miles past NVF, over the Red Clay Creek bridge, and bear right. At the Y in the road (CCA sign) take the left fork toward CCA Center. At the end of the row houses on the left, turn left on to Yorklyn Pool entrance road. Pool is at the top of the hill. Park at the bottom of the hill.

