

OSC Dolphins 2009

Dear Parents, Swimmers and Divers:

Welcome back! We have important news to share with you and many updates to last year's information. We're also actively looking for new swimmers and divers so if you know any OSC member who is interested, please pass on a copy of this information.

OSC IS NOW IN THE COLONIAL LEAGUE The OSC Team Committee is pleased to announce the admittance of The Oreland Swim and Dive Team into the Colonial Swim League for the 2009 summer swim season. This decision was made after careful consideration by the committee who has determined that a move to the Colonial League will provide a greater level of excitement and enthusiasm for our swimmers. Oreland will be entering the Colonial League as a probationary member for the 2009 season.

The Colonial League has some important differences from our former league and we will share those with our parents at meetings held at OSC on May 27 and 28 during our open registrations days (see below.)

Most importantly, the league swims all four strokes (plus IM) at EACH meet but limits the number of "unofficial" heats. While there are fewer heats, there will be more events for our swimmers and more opportunities for the swimmers to participate. Below are specific changes for the upcoming season:

The Colonial League consists of the following teams: Maple Manor, Maple Wood, Fort Washington, Hideaway, Upper Moreland, Lenape Valley, and Manorlu. (Manorlu has also decided to move to the Colonial league.)

The meets will run on Tuesday/Thursday nights and Saturday mornings. The CSL is strict about starting warm-ups and meets on time and the OSC coaches will enforce this policy.

Each team will swim every other member of the league once in a season which results in seven (7) meets per season.

The first meet will be held on Saturday, June 23rd and the season will end with A Championships on Saturday, July 25th. The Colonial League will also hold B Championships for all age groups. Swimmers and divers must participate in 4 meets to be eligible.

At every meet, each age group will swim the four strokes (backstroke, breaststroke, butterfly, and freestyle) plus a relay for ALL age groups, and the IM for 10 yo and up. This will allow more opportunities to compete and try new strokes.

Despite swimming all four strokes at each meet, the length of the meets will not change significantly as there are fewer heats for each event.

All swimmers will continue to swim at each meet, and our team goals – "to promote sportsmanship, team spirit, improve skills and have fun" – will not change.

As always, the best interest of OSC and our team is at the forefront of this decision.

COACHING STAFF FOR 2009 We are thrilled to announce that Dan Bell has been promoted to OSC Head Coach. Dan is his second year as an OSC coach and will bring his enthusiasm to the team in this leadership role. As many of you know, Dan is an alum of

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SAC and OSC as well as of Springfield High School where he competed in both the District and State finals for the Spartan boys squad. He has been a SAC coach for the past 2 seasons.

Returning with him this season as assistant coaches for their second year are Reese Chandler (Former OSC, SAC and GA swimmer and current Brown University varsity swimmer) and Jesse Bregman (former OSC, SAC and SHS swimmer and current Widener University varsity swimmer). Also joining the OSC staff this year is Alyce Mancini (former OSC, SAC and SHS swimmer and current Albright College varsity swimmer). Alyce has been an assistant coach at NHCC for the last 2 seasons.

Meghan Ehling and Katie Vika are returning as diving coaches. Kate Vika for SHS diver and SAC coach is in her fifth season with OSC while Meg, former SHS diver and SAC coach is back for her third.

TEAM SUIT This year the OSC Team Suit is the Speedo Motion. Personal Best will be at OSC on June 4 and 5 during practice, 4-6 pm with suits as well as other swim equipment. All members are encouraged to buy the suit which Personal Best will size and sell to you directly. Prices are Female Adult (26-40) - \$ 37.44, Female youth (22-28) - \$ 36.00, Jammer Adult (30-38) \$ 29.52 and Jammer Youth (22-28) \$ 28.08. We encourage all swimmers and divers to purchase the team suit but it is not a requirement.

MEETS, REGISTRATIONS, PARENT MEETINGS

Our first meet is on June 23 so we need to have everyone consistently at practice for the first weeks to be ready for our early start. Since we are in a new league we are having our season opener meeting earlier than usual. **We will have two information sessions/meetings concurrent with the first 2 practices on May 27 and 28 starting at 5PM each day.** ALL parents are should plan to attend one of these as OSC has new coaches and some new procedures this season. You can meet the OSC Swim Team Committee members and ask any questions you may have.

Deadline for registrations is June 12. We will again be registering swimmers and divers BY MAIL and at the pool. The fee for 2009 team members is \$50 per swimmer. Please complete this form and MAIL it along with \$50 PER swimmer, maximum \$135/FAMILY (along with Diving Insurance if applicable.) no later than June 12. **SWIMMERS AND DIVERS WHO HAVE NOT PAID THEIR FEES BY THURSDAY JUNE 19TH WILL NOT BE ELIGIBLE FOR THE FIRST MEET.** This fee is used to relieve the Swim Club of the costs needed to support the team and to purchase equipment and other items. We also ask that all families support for the Team Fundraiser Bake Table throughout the year. If you have specific questions or concerns regarding the team fees, please contact a member of the swim team committee.

We encourage all eligible swimmers (those who can swim at least one lap) and divers to join the team. ALL NEW swimmers will be tested at the pool Wednesday, May 27 and Thursday May 28 4:00 PM – 5:00 PM. Swimmers must be able to complete one unassisted lap of the pool at this time. Swimmers who cannot complete this lap unassisted will not be placed on the team.

Coaches will also use these sessions to determine practice groups. If your swimmer is new to the team, please plan to be at one of these sessions. Please refer to the Swim Team calendar

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for all practice times and the meet schedule. New divers should see the Diving Coaches during the first week of practice for detailed diving information.

IMPORTANT NOTE TO PARENTS ABOUT PRACTICE Parents are not permitted on deck during practice times at OSC. You are welcome to sit up on the hill in the grassy area to watch. If it is necessary to speak with the coaches, this should be done after practice. In addition, parents should not be engaged in coaching their children while practices or meets are in progress. Finally, since the swim club is not open to the general membership during practice times, siblings of swimmers are not permitted to be unsupervised within the club grounds or to use the baby pool or playground equipment while practice is in session. This is in accord with club policy.

IMPORTANT NOTE TO PARENTS ABOUT MEET PARTICIPATION The coaches spend considerable time preparing meet lineups and expect the team members at each meet. If your child cannot attend a meet you must give the coaches an **EMAIL at least 2 days** prior to the meet to OSCCoach@gmail.com (**this is a different email address than last year, please update your address book and filters.**) This will enable the coaches to plan accordingly.

OTHER ITEMS OF IMPORTANCE

We need parent officials. As always we will need a great deal of parent help at all of our meets. Parents are encouraged to volunteer for Finish, Stroke and Turn and Diving judging. We can't run meets without volunteers. Please see the team schedule for available instructional clinics. If you are interested in Stroke & Turn positions, please attend the S&T clinics. In addition, Oreland officials will help train you at the meets. **The COLONIAL LEAGUE REQUIRES STROKE AND TURN JUDGES TO ATTEND THEIR CLINICS.** If interested in learning (or continuing) to judge stroke and turn please contact Paul Mancini (pcmancini@gmail.com)

We need parents to help set up and tear down at home meets. Dave Chamberlain heads up this dedicated group of parents and we need more help to set up and tear down for home meets. This typically involved setting up and taking down the starting blocks, flags, ropes, judges chairs for diving, etc. Please contact Dave at the beginning of the season if you are able to help out.

Team picture day will be July 1. Team and individual pictures will be taken at 9:00 AM. Order forms will be provided to all team members at an upcoming practice. Forms and CHECKS MUST be completed and presented on picture day.

Finally a special thanks to all those who volunteered their time and energy last season and in the off-season to help make the OSC Dolphins a success. We couldn't have done it without you and your efforts are GREATLY APPRECIATED. If you are interested in becoming more involved with the team please speak to one of our volunteer committee members about joining the OSC Team committee.

Sincerely,

2009 Oreland Swim/Dive Team Committee

Gaynor Aemisegger, Dave Chamberlain, Lisa Davner, Sandy Fischer, Paul Mancini, Rosemary Pedley, Karen Salvadore, and Marie Vika