

April 2016

MONTGOMERY SQUARE COPENHAVER SWIM CLUB
2016 SEAHAWKS SWIM TEAM

Greetings Seahawk families! We hope you are looking forward to warm weather and fun days at Montgomery Square Copenhaver Swim Club. Below is information regarding coaches, registration, volunteer needs, practice schedule, and other swim team details for the 2016 season. Please contact any of the team reps (info below) should you have any questions at this time.

COACHING STAFF:

Head Coach: Joe Flaherty

Assistant Coach: Maya Krishna-Rogers

Assistant Coach: Eric Meyer

Junior Assistant Coach: Laura Chang

Two additional Junior Assistant Coaches to be named.

2016 TEAM REPS

Amy Scofield amyscofield@gmail.com

Richard Parker parker5943@hotmail.com

Rich Meyer rsmhome@verizon.com

REGISTRATION & FEES

Registration for the 2016 swim season has begun! The registration form can be found on the MSCSC website and attached to this email. Instructions for return:

Paying pre-season: Completed registration forms and checks can be mailed to Amy Scofield, 8848 Copenhaver Drive, Potomac, MD, 20854. Checks made payable to MSCSC.

On-Site Registration: We will offer onsite registration at the pool during the following dates/times:

- Open House on May 21, 3:00-5:00PM
- May 28, 29, 30, 2:00-4:00PM
- May 31, June 1, June 2, and June 3, 4:30-6:30PM

2016 swim team fees: Regular team: \$170

Pre team: \$140 (Note: Pre team practices will not begin until June 20)

NEWS FROM COACH FLAHERTY

- Coach Flaherty welcomes any Seahawks interested in getting a jump start on summer swimming. Swimmers may start at any time and continue through the start of the Seahawk season.
- Beginning in mid-May, Coach Flaherty will offer JFD swim practices 7 days a week at MSCSC.
- Anyone interested in the above, please contact Coach Flaherty at joeadolphin@aol.com or call 301-916-1852.

TEAM SWIM SUIT & SEAHAWK APPAREL

We are due for a new suit for the 2016 season (we select a new team suit every other year.) A picture and tentative pricing for the new suit are attached. **Aardvark has changed the order process for suits. This year, they will have an online store available for us to purchase our suits—they will not be coming to our pool.**

- **The online store will open in April and close on May 25. All orders must be placed before the online store closes. Amy Scofield will send a separate email with the store link and purchase info in April.**
- **After May 25, swimmers must go to the Rockville Aardvark store to place orders.**
- **A sizing kit is available and parents may contact Amy Scofield at any time in April/May to set up a time to try on suits. The sizing kit will also be at the pool from 3:00-5:00PM on May 21.**

Also, this year, during our onsite registration windows, we will have Seahawk spirit wear for sale. Items will be available by our first A meet on Saturday, June 18. Payment for these items will be taken when orders are placed. Cash or check only.

VOLUNTEERS

As a small team, we are dependent on all parents to pitch in and lend a hand with the numerous jobs required to run a swim team each year. We ask that each family volunteers for at least one position at each meet.

On that note, we are in need of volunteers to become MCSL certified as referees, starters, and stroke and turn. Please contact Rich Meyer (info above) if you are interested in becoming certified. Upcoming training dates can be found on the MCSL website under the “Officials Certification” tab.

Thanks to the many parents who have already offered to lend a hand with the team this season. If you are interested in assisting in any of the areas below, please reach out to the POC. Your support will be greatly appreciated.

Announcers: Anamika Krishna-Rogers and Beverly Sivaslian

Automation: Mary Meyer

Banquet Slide Show: Mark Hollingsworth

Concessions: Manda Bellamy

End of Year Banquet: Kate Dawson

Fundraising: Julie Georgelakos

Meet Volunteer Coordinator: Pam Murk

Pre-Team: *Please contact amyscofield@gmail.com if interested in organizing pre-team spirit activities*

Registration: Nancy Wilson

Ribbon Writer: Beverly Sivaslian

Spirit Nights and Team Breakfasts: Cynthia Williams

Spirit Wear: Karen Weirsmma

Team Photographer: David Chang

Awards: Anamika Krishna-Rogers

SSL HOURS

MCPS middle and high school students can earn SSL hours by helping the swim team. If you are interested in volunteering and earning hours, please contact Amy Scofield or Coach Maya.

2016 MSCSC SEAHAWKS PRACTICE SCHEDULE

May 31-June 17 (MCPS IN SESSION)

Main Team:

- 4:30-5:30PM-Older Practice (Swimmers age 12+)
- 5:30-6:30PM- Younger Practice (Swimmers age 11 and under)

- 6:30-7:00PM-Almost There Swimmers
(Designed for swimmers ages 6+ who are able to swim 25 meters of at least two strokes, but may have difficulty keeping up for an hour-long practice. This 3-week build-up session will help swimmers transition to the full team practices by June 20. Swimmers will be assigned at Coach's discretion through an evaluation. Please see a swim rep or a coach for more information.)

June 20-July 15 (MCPS OUT OF SESSION)

Main Team:

- 8:30-9:30AM- Older Practice (Swimmers age 12+)
- 9:30-10:30AM-Younger Practice (Swimmers age 11 and under)

- 4:00-5:30PM-Older Practice (Swimmers age 12+)
- 5:30-6:30PM- Younger Practice (Swimmers age 11 and under)

Pre-Team:

- 5:30-6:00PM Practice Session 1 *(more experienced swimmers, assigned at Coach's discretion)*
- 6:00-6:30PM Practice Session 2 *(less experienced swimmers, assigned at Coach's discretion)*

WEEK OF JULY 18-22

Practices for Divisional swimmers only (Practices times to remain the same as regular season)

WEEK OF JULY 25-29

Practices for All Star Meet swimmers only (Practice times TBD)

We are looking forward to a great season!

Your Team Reps,

Amy Scofield, Richard Parker, and Rich Meyer