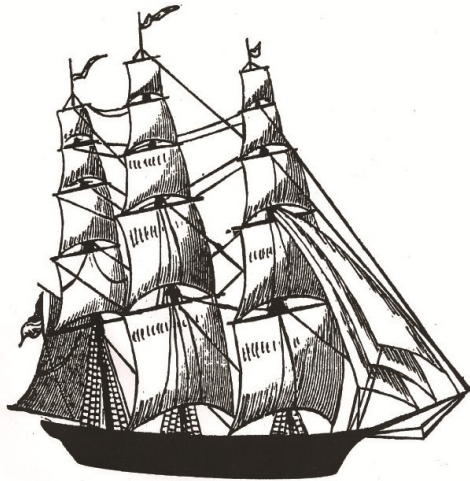


CLIPPER



SWIM TEAM

Dedham Parks & Recreation Department

Isabel Dolan Center
269 Common Street
Dedham, MA 02026
(781) 751-9250

JuJu's Place
1 Recreation Road
Dedham, MA 02026
(781) 451-5991

www.dedham-ma.gov/recreation
Facebook page: Dedham Clippers Swim Team

WINTER 2018-2019



CLIPPERS 2018-2019 WINTER SEASON

WELCOME BACK!

The Clippers **40th** winter season will start on Monday, Nov.5th with try-outs and practice for all 8 & under swimmers from 5:30 to 6:30pm and 9-10 from 6:30 to 7:30 pm. Tuesday, Nov.6th will be the start for all 11-12 yr. olds from 6:30pm to 7:30pm & the 13-18 year olds from 7:30pm to 8:30 pm.

All new 8 & under swimmers **must be** able to swim two different strokes one length of the pool within 35 seconds each stroke. All new 9 & 10 swimmers must be able to swim two different strokes one length of the pool within 25 seconds each stroke.

Practice times are the following:

8 & under swimmers are Monday and Wednesdays from 5:30 – 6:30 pm

9 & 10 swimmers are Monday and Wednesdays from 6:30 – 7:30 pm

11 & 12 swimmers are Tuesday and Thursdays from 6:30 pm to 7:30 pm.

13 & up swimmers are Tuesday and Thursdays from 7:30 pm to 8:30 pm

Sunday clinics will be announced separately. **First two clinics are Sundays 11/11 and 11/18.** 10 and under is from 4-5 pm and 11 and over is from 5-6 pm.

It is not mandatory that you make all practices each week, but the only way you can improved is to attend as many practices as possible. At home meets, we can swim as many heats as we want and all of our swimmers will swim in at least two events. At the away meets, it depends on the home team and many teams have limited pool time and heats may have to be cut.

The age of each swimmer is based on their age as of **November 1, 2018.** If a swimmer has a birthday after November 1st, they remain in the same age group for the entire season.

If you have not yet registered yet, **you MUST sign up ASAP.** Please call Park and Recreation office at (781) 751 -9250.

Bathing Suits and Apparel

Varsity swim shop will be at practice on Monday, **November 19th 5:30 pm – 7:00 pm** to size for team bathing suits. Team suits are not mandatory but it presents each swimmer with a team appearance and unity. Girl's suits **generally run between** \$50.00 and \$55.00 dollars and jammers generally run between \$35.00 and \$40.00. You will be purchasing the suits through Varsity Swim (not Recreation). The Recreation Department will distribute the suits when the orders have been filled.

Each swimmer will be given a complimentary Clipper swim Cap and a Clipper T-Shirt.

Meet Attendance

With the new computer scoring system, lineups for the meet **must be** sent to the home team three days in advance of the meet. If you are not going to the meet, please go to the Clipper Web Site (www.dedham-ma.gov/clippers) and under meet attendance you can submit the name of the swimmer who will not be at meet. You can do this at any time of the year for all meets. Notifying the coach of the age group is also encouraged. We have 10 dual league meets scheduled –along with A & B Regional's. Swimmers must swim in at least five (5) meets to go to A or B Regional's.

Traveling to away meets

Clippers travel to all away meets by team bus. Due to the dramatic increases in bus fees, we will be only taking one bus per meet. If you are able to drive your swimmers to the meet, it is greatly appreciated. You are welcome to follow the bus at any time. If you plan on going to the meet but are not taking the bus, you should also go to the Meet Attendance page on the Clipper web site to let us know that.

A and B Regionals (March 2 &3, 2019 – You are eligible to attend ONE if meet requirement)

Regionals (swim championship meets) take place at the end of the season. Swimmers who make at least one qualifying time for A Regionals will attend that meet. Swimmers who do not make the A time for any event will go to B Regionals. Cut off times are attached.

Clipper Web Site

The Clipper web site is an invaluable tool to use to receive and send information to and from the team. Web site includes:

- 1.) Practice and Meet Schedules
- 2.) Important announcements
- 3.) Sign up for email notifications. This is the best way to hear about last minute practice or meet cancelations.
- 4.) Meet Attendance – an easy to fill out form to let us know a swimmer is not coming to meet or not taking bus.
- 5.) Online Stats – Updated stats/times/results on every swimmer's race's going back almost five years.
- 6.) Regional Cut off times.
- 7.) Pictures
- 8.) Contact info for Coaches

*****PLEASE NOTE – Town website is still a bit under construction. Please use other alternatives as your main source of information*****

**Most team announcements will be made by email.
Sign up for email list at www.dedham-ma.gov/clippers**

“Meet Mobile”

You are now able to get “Live” scores / placements during the home meets on your iPhone and Android phones. Download the “Meet Mobile” app.

Parent / Guardian Volunteers

As a parent/ guardian with the Clippers Winter Swim Team, **YOU ARE REQUIRED** to volunteer at one meet during the season. Jobs include: Timers, Writers, Back up Timers, Runners, Bullpen, Lane Placers, Snack Bar, or Locker Room Monitors to name a few.

If you volunteer at 3 or more meets, you will receive \$50 off of your registration for the following year.

Ways to sign up:

- 1) www.signupgenius.com – You will need the creator's email – bljmoran@aol.com. This will go LIVE starting Monday, November 19, 2018.
- 2) Contact our Volunteer Coordinator / Team Manager Lisa Moran by email bljmoran@aol.com, cell phone (781) 710-1396, or via our FB page.

You will see below that there are plenty of opportunities to help – at a minimum, there are **30** jobs listed here per home meet – and that does not include stroke & turn judge, or scoring. There are plenty of spots to fill & we appreciate all of our volunteers!!

Some examples at HOME Meets

Timers: 6 people needed

Report on pool deck ½ hour before meet starts to be issued a stop watch. You will be assigned lanes at this time. Responsibility is to time swimmers in each event. Tell your time to Writer. Timers need to be present until finish of the meet.

Writers: 6 people needed

Report on pool deck ½ hour before meet starts to be issued a pencil and clipboard. You will be assigned lanes at this time. Responsibility is to write the scores given to you from the two timers in that lane. Once sheets are complete, you hand sheets to runner.

Back up Timers: 1-2 people needed

Additional timers needed to time all events in case a lane timer misses a start or stop.

Runner: 1 person needed

Runner will pick up time cards from timers in each lane and hand them to the scoring table after each event.

Bull Pen: 3-4 people needed

Responsible for placing swimmers in correct order, based on heat and lane number.

Lane Placers: 3 people needed

Responsible for making sure the swimmers are in the correct heat and lane number. These are the people who stand at the diving board end of the pool that help the younger swimmers make sure they are diving / jumping in at the correct time.

Snack Bar: 3-4 people needed - Sell food in snack area.

Security Monitors: 2 people needed – Help to keep non-authorized people off of the deck.

Locker Room Monitors: 2 people needed (One Female & One Male)

Periodically monitor the locker rooms to ensure that children are not running around.

Away Meets (See above for description of duties)

Timers: 6 people needed **Back up Timers:** 1-2 people needed **Bull Pen:** 1-2 people needed

Code of Conduct and Bullying Policy

The Dedham Recreation Department has a zero tolerance Bullying policy that it strictly enforced. Each parent and swimmer must sign the enclosed code of conduct form. The forms will be sent to the league.

Swim-a-thon

This year’s swim-a-thon will be on **Sunday, January 20, 2019**. The money that we receive from the swim-a-thon and the refreshment stand is the only income that pays for the team banquet at the end of the year. Last year’s banquet cost more than \$8,000.00. You will receive information separately about the swim-a-thon regarding prizes and sponsor sheets.

Clipper “X-mas” Party

This is always a highlight for the swimmers. It’s party fun time in the pool. There is a gift exchange within age groups. This is **NOT** mandatory and we limit the gifts to \$10. The Party will take place on **Saturday, December 15, 2018**. You will receive more information separately on this as well.

FACEBOOK - Stay Up to Date

We encourage & recommend that if you are on Facebook, please go “Like” our page to stay as up to date as you can. Our page name is: **Dedham Clippers Swim Team**.

Although we will be swimming with some of the best swimmers in eastern Massachusetts, remember this is a recreation swim league and we swim to have fun – and make lasting memories!

If you have any questions, please call the Recreation Department at (781) 751-9250.

We are looking forward to another great season!!!!!!

Here’s to our 40th season!!!!!!

GO CLIPPERS!!



CLIPPERS MEET SCHEDULE WINTER 2018-2019

DATE	TEAM	WARMUPS	MEET
SUN DECEMBER 2 nd	WESTON	3:30 PM	4:00 PM
SUN DECEMBER 9 th	ACTON	3:30 PM	4:00 PM
SAT DECEMBER 15 th	CLIPPERS XMAS PARTY	4:00 & 5:30 PM	
SUN DECEMBER 16 th	FRAMINGHAM	3:30 PM	4:00 PM
SAT JANUARY 5 th	@ WESTWOOD BUS LEAVES POOL @ 2:00 PM	2:30 PM	3:00 PM
SUN JANUARY 13 th	NATICK	3:30 PM	4:00 PM
SUN JANUARY 20 th	CLIPPERS SWIM A THON	4:00 & 5:30 PM	
SAT JANUARY 26 th	NORWOOD	3:30 PM	4:00 PM
SUN JANUARY 27 th	@ NEWTON BUS LEAVES POOL @ 2:45 PM	3:30 PM	4:00 PM
SAT FEBRUARY 9 th	WESTBORO <u>***SENIOR MEET***</u>	3:30PM	4:00 PM
SAT FEBRUARY 16 th	WELLESLEY	3:30 PM	4:00 PM
SAT FEBRUARY 23 rd	@ BROOKLINE BUS LEAVES POOL @ 12:15 PM	1:00 PM	1:30 PM
SAT MARCH 2 nd	B REGIONALS AT MILFORD HIGH SCHOOL (Morning Session)		
SUN MARCH 3 rd	A REGIONALS AT MILFORD HIGH SCHOOL		
SUN MARCH 24 th	CLIPPERS BANQUET DEDHAM HIGH SCHOOL 1PM		

Swimmers who do not make the A times for any event will go to "B" Regional's.
Swimmers must swim in at least five (5) meets to go to A or B Regional's.

Clipper Coaching Staff

8 & Under

Julie Scolastico

Kathy Megan

9&10

Bobby O'Connell

Jeff Moran

11&12

Neil Keohane

13&14 – 15&18

Matt Farrell

Additional Coaches

Karen O'Connell

Catie O'Connell

Jon Hawes

Team Management

Juju Mucciaccio

Bob Stanley

Karen O'Connell

Lisa Moran

A Regional Cut off times 2018-2019

1. Girls Grad Medley Relay 100yds
2. Boys Grad Medley Relay 100yds
3. 8 & Under 25yd Fly Girls...22.02
4. 8 & Under 25yd Fly Boys...23.21
5. 9&10 25Yd Fly Girls...17.21
6. 9& 10 25Yd Fly Boys...19.16
7. 11&12 50Yd Fly Girls...34.92
8. 11&12 50Yd Fly Boys...35.87
9. 13&14 50Yd Fly Girls...33.03
10. 13&14 50Yd Fly Boys...32.14
11. 15-18 50Yd Fly Girls.....31.38
12. 15-18 50Yd Fly Boys....30.18
13. 8&Under 25Yd Free Girls...18.13
14. 8&Under 25Yd Free boys...18.00
15. 9&10 25Yd Free Girls...15.48
16. 9&10 25Yd Free Boys...15.65
17. 11&12 50Yd Free Girls...30.12
18. 11&12 50Yd Free Boys...31.79
19. 13&14 50Yd Free Girls...29.24
20. 13&14 50Yd Free Boys...28.01
21. 15_18 50Yd Free Girls...29.01
22. 15-18 50Yd Free Boys....27.87
23. 9&10 100Yd IM Girls...1:31.78
24. 9&10 100Yd IM Boys...1:33.02
25. 11&12 100Yd IM Girls...1:18.90
26. 11&12 100Yd IM Boys...1:20.64
27. 13&14 100Yd IM Girls...1:14.97
28. 13&14 100Yd IM Boys...1:13.66
29. 15-18 100Yd IM.....1:12.42
30. 15-18 100Yd IM.....1:09.72
31. 8&Under 25Yd Breast Girls...26.23
32. 8&Under 25Yd Breast Boys...26.21
33. 9&10 25Yd Breast Girls...21.52
34. 9&10 25Yd Breast Boys...21.93
35. 11&12 50Yd Breast Girls...41.38
36. 11&12 50Yd Breast Boys...42.15
37. 13&14 50Yd Breast Girls...38.91
38. 13&14 50Yd Breast Boys...37.02
39. 15-18 50Yd Breast Girls...38.78
40. 15-18 50Yd Breast Boys....35.17
41. 8&Under 25Yd Backstroke Girls...22.82
42. 8&Under 25Yd Backstroke Boys...22.85
43. 9&10 25Yd Backstroke Girls...19.40
44. 9&10 25Yd Backstroke Boys...19.52
45. 11&12 50Yd Backstroke Girls...37.62
46. 11&12 50Yd Backstroke Boys...37.76
47. 13&14 50Yd Backstroke Girls...34.77
48. 13&14 50Yd Backstroke Boys...34.43
49. 15-18 50Yd Backstroke Girls...32.79
50. 15-18 50Yd Backstroke Boys....34.81
51. 8&Under 100Yd Free Relay Girls
52. 8&Under 100Yd Free Relay Boys
53. 9&10 100Yd Free Relay Girls
54. 9&10 100Yd Free Relay Boys
55. 11&12 200Yd Free Relay Girls
56. 11&12 200Yd Free Relay Boys
57. 13&14 200Yd free Relay Girls
58. 13&14 200Yd Free Relay Boys
59. 15-18 200Yd Free Relay Girls
60. 15-18 200 Yd Free Relay Boys

WINTER SUBURBAN LEAGUE PARENTS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating parent.

PARENTS SHOULD:

Not force their child to participate in swimming.

Remember that children participate to have fun and that **THE SPORT IS FOR YOUTHS, NOT ADULTS!**

Inform the coach of any physical disability or ailment that may affect the safety of their child or the safety of others.

Learn the rules of the League.

Be positive role model for their children and other children.

Encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers.

Not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer or parent such as booing, taunting, and profane language or gestures.

Teach their child to play by the rules and to resolve conflicts without resorting to violence.

Praise their child that doing one's best is more important than winning.

Demand that their child treat other swimmers, coaches, and officials with respect, regardless of race, creed, color, sex or ability.

Praise their child for competing fairly and trying hard.

Refrain from coaching their child or other player during a swim meet and practices, unless one of the official coaches of the team has asked you to help with coaching.

Show respect for public and private property at swim meet locations.

.....
To ensure all swimmers / parents / guardians have read and understood the code of conduct, every parent / guardian will sign the commitment to the Winter Suburban League.

Print Parents Name: _____

Date: _____

Parents Signature: _____

WINTER SUBURBAN LEAGUE SWIMMERS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating swimmer.

SWIMMERS SHOULD:

Know, understand, and honor the commitments that they and their parents have made to coaches, teams, and league.

Respect and cooperate with their coaches, officials, teammates, opponents, and parents

Be honest with all involved

Know all the rules of the sport of swimming

Respect equipment and playing sites at home or away.

The destruction or stealing of home or away sites is unethical

No showing off, trash talking, or taunting anyone

Always try to do their best

Expect to be treated fairly and with respect from all involved.

Expect coaches, parents, and swim officials to provide an environment where the swimmers can learn their sport, be safe, and have fun.

To ensure all swimmers have read and understood the code of conduct every swimmer will sign the commitment to the Winter Suburban League.

Print Swimmers Name: _____

Date: _____

Swimmers Signature: _____

1977-2018 CLIPPER RECORDS

EVENT	11 & 12 GIRLS	11 & 12 BOYS	13 & 14 GIRLS	13 & 14 BOYS	15-18 GIRLS	15-18 BOYS
50 YARD FREE	ANNA GLASS 26.11 (15)	JEFF MORAN 25.27 (14)	JOIE HOWARD 25.66 (16)	VIC LEON 23.85 (94)	KATHLEEN BLACK 25.74 (04)	RYAN BROOKS 22.61 (07)
100 YARD FREE					EMILIE DEPRES 56.65 (12)	RYAN BROOKS 49.36 (06)
50 YARD FLY	KENDALL DACEY 28.43 (00)	J. ELGERNON 29.91 (94)	KENDALL DACEY 26.81 (02)	TOM HURLEY 27.52 (05)	KENDALL DACEY 26.81 (02)	GREG WONG 24.85 (00)
50 YARD BREAST	EMMA NUZZO 33.38 (06)	RYAN BROOKS 32.27 (03)	ASIA VO 32.77 (13)	RYAN BROOKS 30.16 (05)	EMILY METTA 32.29 (08)	RYAN BROOKS 28.02 (07)
50 YARD BACK	TRINITY VO 30.56 (16)	JEFF MORAN 30.23 (14)	KENDALL DACEY 28.15 (02)	NICK MCCARTHY 28.18 (14)	MARCIA CARDINALE 28.70 (85)	JUSTIN BROOKS 25.59 (06)
100 YARD IM	EMMA NUZZO 1:04.60 (06)	RYAN BROOKS 1:03.90 (03)	CALEIGH WUKITCH 1:02.36 (16)	RYAN BROOKS 58.79 (05)	EMILY DEPRES 1:03.47 (13)	JUSTIN BROOKS 57.98 (05)
200 YARD FREE RELAY	A SALEEMUDDIN CAITLIN HEALEY KAITLIN SPILLANE M VICIDOMINO 1:52.79 (95)	TYLER KNIGHTLY MIKE SALIBA HENRY KEEGAN JEFF MORAN 1:47.27 (14)	NATALIE METTA EMILY METTA NICOLE STRAC JASMIN BYRD 1:47.50 (07)	RYAN BROOKS D OCONNELL EOCONNELL TOM HURLEY 1:40.04 (05)	LAUREN COOK KATIE DERVAN ANDREA FARWELL ERIN BURKE 1:45.65 (00)	MIKE RICCI M MCCORMICK BRIAN KEELER MATT FARRELL 1:32.87 (10)

1977-2018 CLIPPER RECORDS

BOYS GRAD RLY
PAUL HESSION
GEORGE MIX
DON MEGLIOLA
RON MAMMONE
57.41 (88)

GIRLS GRAD RLY
TRINITY VO
ASIA VO
ROISIN GLYNN
JENNA MURPHY
59.01 (14)

8&UNDER COED RLY
BELLA SALIBA
LAUREN MURPHY
CHRIS MCGRAIL
DYLAN KNIGHTLY
1:09.02 (11)

EVENT	GIRLS 8 & UNDER	BOYS 8 & UNDER	GIRLS 9 & 10	BOYS 9&10
25 YD FREE	KAITLIN MITCHELL 15.00 (05)	RYAN BROOKS 13.74 (99)	MARIANA VEGA 13.29 (09)	RYAN BROOKS 12.54 (01)
25 YD FLY	ABIGAIL LAKE 16.05 (06)	TYLER KNIGHTLY 16.44 (11)	SYDNEY LEE 14.47 (10)	TYLER KNIGHTLY 13.76 (13)
25 YD BREAST	JILL ANELAUSKAS 20.82 (96)	RYAN BROOKS 18.33 (99)	MARIANA VEGA 17.27 (09)	RYAN BROOKS 16.93 (00)
25 YD BACK	NICOLE ALBRECHT 17.50 (89)	M HARRINGTON 17.40 (94)	KENDALL DACEY 15.96 (98)	GABRIEL MCCARTHY 15.36 (17)
100 YARD IM			EMMA NUZZO 1:12.72 (05)	RYAN BROOKS 1:10.16 (96)
100 YD FREE	SARAH BEAUDOIN KATELYN MITCHELL YUE CUI ELIZ MASALSKY 1:06.77 (05)	M HARRINTON DAN LAMBRECHT NATE EMMONS TIM LIND 1:07.22 (94)	ASHLEIGH MARINI ISABEL GALLUCCI MAIA ADLEY SYDNEY LEE 56.60 (10_	NATE EMMONS M HARRINGTON TIM LIND DAN LAMBRECHT 56.58 (86)

