



# 2009 Handbook

[www.jvstars.com](http://www.jvstars.com)

# Table of Contents

Registration	3
Parents Meeting	3
Board Members and Coaching Staff	4
Team Goals	5
T-Shirts and Equipment	5
Team Pictures	5
Ribbons	5
End of Season Awards	5
Qualifications for Team Membership	6
Team Rules	6
Discipline Policy	6
Practice Information	7
Rookie Camp	7
Practice Schedules	7
Rain Policy for Practice	7
Meet Information	8
Pep Rallies	8
Meet Schedule	9
Invitational Meets	9
Rain Policy for Meets	9
Refunds	9
Order of Swim Meet Events	10

The swim team is made up of swimmers, coaches, sponsors, and parents. The participation of parents is vital to the success of the team.

[VOLUNTEER NOW](#)

Remember – it takes 100 people to run a swim meet.

## REGISTRATION

The team will hold registration at the Jersey Village Civic Center on March 29<sup>th</sup> from 2pm to 5pm. All paperwork needed for registration will be available on the website ([www.jystars.com](http://www.jystars.com)). The forms needed will be registration form, the emergency medical form and the code of conduct form. Everyone is encouraged to print out the paperwork prior to registration and bring it filled out to registration. Minimal amount of blank copies will be available at registration to fill out.

### Registration Fees:

- Swimmers 15 - 18 can register and swim for free
- First swimmer in a family fee is \$125
- Second swimmer in a family fee is \$75
- Third swimmer in a family fee is \$65
- Fourth swimmer in a family fee is \$55
- Fifth swimmer in a family fee is \$45
- Fee will continue to decrease by \$10 for each additional swimmer from the same family

\*\*We will accept registration paperwork at any of the swim practices. This year there will be no charge for anyone who registers late, but starting next year there will be a late charge. Starting 2010 there will be a \$10 late charge per family for all families that register after the first day of practice.

## PARENTS MEETING

There will be a parents meeting the first day of practice April 27<sup>th</sup> at 5:30. All parents are invited to attend and new swimmers parents are encouraged to attend. Please bring any questions you have to this meeting. Several board members will be available at this meeting.

## The 2008 Jersey Village Swim Team

The JV Swim Team is composed of swimmers and their families, coaches and sponsors.

The swimmer's family is of critical importance to the team's success. Registering your child to be a member of the Stars carries with it the responsibility to assist the team by volunteering.

Jersey Village needs at least 50 of our parents to volunteer at EVERY MEET. Please sign in each time you show up to volunteer as we would like to keep track of who actually does volunteer and work during the meets.

### Board Members

David Bolado	832-467-1747
Susan Bolado	832-467-1747
Patti Dilliard	832-882-3740
Kelly Johnson	713-937-4084
Ralph Johnson	713-937-4084
Patrice Krus	713-466-0850
Joy Onorato	713-856-9609
Kurt Schoelman	713-896-9312
Ron Zabadal	281-890-8367
Wendi Zabadal	281-890-8367
William Baker	713-849-5642
Mack Brown	713-937-9287

### Parent Liason for Questions

Anna Lewandowski	281-787-4465
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### Our coaching staff is great and very enthusiastic

Head Coach – Luis Alvarado  
Assistant Coach – Peter Blute  
Assistant Coach – Delaney Elliott  
Assistant Coach – Chelsea Dilliard

## JV Stars Team Goals

The JV Stars wish to field and support a competitive team while providing for the growth, training, enjoyment, good sportsmanship and participation of all team members.

The goal of the JV Swim Team is for each swimmer to progress in their own swimming ability while, at the same time, achieving a sense of teamwork, loyalty to and cooperation with other team mates and the Coaches. Each swimmer will be given the opportunity to receive a qualifying time for invitational and/or other NWAL sanctioned meets in any event in which the swimmer is eligible to compete.

The coaching staff will concentrate on athletic training by teaching fundamentals, start and turn techniques. Swimmers will be informed of their development with records showing their times as the season progresses. We hope that parents will show as much enthusiasm for their swimmer's improvement as for the winning ribbons they receive throughout the season. Finally, we hope to instill a sense of family and community involvement by encouraging family and friends to attend and volunteer to help at our swim meets.

## “SWIM TEAM IS NOT SWIM LESSONS”

### T-Shirts and Swim Suits

Each swimmer will receive a team T-shirt. Parents and non-swimmers may purchase T-shirts at registration. Swimmers are not required to purchase team swim suits. Those wishing to do so may purchase them at registration or from D&J Sports.

### Team Photos

May 7<sup>th</sup> will be our picture day. We will set up a schedule for individual pictures and a time for team pictures. There will not be a makeup date for pictures if you do not make this date.

### Ribbons

During swim meets, all swimmers in age groups 8 and under will receive heat ribbons for each event in which they participate. Swimmers in all age groups will receive place ribbons if they finish in the 1<sup>st</sup> through 6<sup>th</sup> place overall in their age group in individual events during a swim meet. Ribbons for relays will be given for 1<sup>st</sup> & 2<sup>nd</sup> or for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> depending on the host team of the meet. Swimmers will also receive personal best ribbons for improvements from the first meet. These ribbons will be distributed the Tuesday after the swim meet.

### End of Season Awards

Swimmers participating in at least two meets will receive an end-of-season award at the end-of-season party.

## Qualifications for Team Membership

1. Anyone between the ages of 4 and 18 years of age as of June 1, 2009, living in Jersey Village or a surrounding community that does not have a Northwest Aquatic League (NWAL) swim team may join the JV Stars. First year swimmers must have had swim lessons before or at least be very comfortable in the water alone. See note below for swimmers who are not exhibiting willingness or skills to be on the team.
2. Swimmers must be novice swimmers as defined by NWAL – anyone who has not participated in U.S. competition from the beginning of the NWAL season until the end of the NWAL season.
3. Each swimmer must participate in a minimum of two meets in order to be considered a member of the JV Stars.
4. Each swimmer must exhibit a willingness to work with the coaches, be able to jump into water over his/her head and swim several strokes. Swimmer must be able to swim the length of the pool in a reasonable amount of time in order to be entered into a swim meet.
5. Each parent is required to provide all information requested in the registration package and to sign:  
Medical History  
Registration Form  
Code of Conduct
6. Swimmers and Parents are required to obey all rules of the JV Pool and procedures as stated by the Coaching Staff, Board Members and/or other team representatives. Safety rules and procedures must be strictly obeyed. Parents are required to personally watch all young swimmers at practice.

NOTE: If a swimmer does not exhibit these traits above based on the boards and the coaches discretion, they will be asked to leave the team and given a refund based on the refund policy as stated in the handbook.

## Team Rules

JV Stars strive for the safest environment possible. To achieve this we ask parents to read and explain these rules to each swimmer and to enforce them with their swimmers. These rules apply during practice and meets. At away meets, please abide by the host team's local rules.

1. NO Running on the pool deck
2. NO playing in the parking lot
3. NO food or glass containers in the team or pool area
4. NO throwing any objects in the team or pool area
5. NO climbing trees or fences
6. NO horseplay or roughhousing in the team or pool area
7. ALL trash & litter is to be picked up & put in the trash can
8. NO swimmers are to play in the wading pool, shallow or deep ends of the pool or dive off the boards before, during or after practice or a meet at the pool until such time is scheduled and lifeguards are in place. Repeated offenses will result in the dismissal of the swimmer.
9. During meets, Swimmers are to remain in the designated team area, watch the posted list for event numbers and listen for Star Search to call their events.
10. During meets, Swimmers are to exit the deck area immediately after each event. The deck area must remain clear for officials, timers, coaches, etc.
11. Swimmers must be picked up promptly after practice and must not be left unsupervised before or after their designated practice time.
12. If a swimmer is not able to attend a meet due to conflict, notification in writing to the Coaches must be made by the Friday one week in advance.
13. The decision of the coaches regarding placement in swim meet events is final. Coaches must consider many factors when placing swimmers in event for each meet.

## Discipline Policy

Our goal is to create a safe and congenial environment for all swimmers. Discipline problems are unusual but we have an established procedures to deal with such problems should they arise. If a swimmer is disruptive at practice or a meet, the coaches may have the swimmer sit out of practice for a few minutes or send them home for the day. Repeated disruptions or violent behavior may result in suspension for several days or even expulsion from the team with out a refund. Any decision to suspend or expel a swimmer will be made by the Swim Team Board and coaches.

## Practice Information

Swimmers are encouraged to attend all practices. Swimmers should arrive at practice 5 minutes before their scheduled time and should be ready to get in the water when practice starts.

It is important to the team that all swimmers in their age group perform as a whole so that they can make the best use of their practice time. The Coaches & the Swim Team Board will work to ensure the optimal use of their time. You can help in this regard by making sure your child understands the importance of cooperation with the coaches.

Parents can help by understanding that the Coaches' jobs are to focus their attention on the swimmers. Because of this, the Coaches CAN NOT answer parents' questions or concerns during this time. Please use the Coaches' Notebook for your questions or the coaches email which is listed on the website at [jvstars.com](http://jvstars.com). If you have a pressing concern or can not wait, please speak with a board member who might be able to answer the question or relay it to the Coaches as soon as possible.

Please be sure your swimmers have safe transportation to and from practice. Swimmers should wait inside the fenced pool area for car pickup. Please also be sure your swimmer is picked up promptly at the end of practice. Because of the large number of swimmers on the team, the Coaches and the Board are not responsible for watching your children before, during or after practice.

## Practice Schedules

Monday April 27 – Friday June 3  
Monday through Friday

Age groups as follows:

13 and up	4:00 – 5:00 PM
6 and under	5:00 – 5:30 PM
7 - 8	5:30 – 6:00 PM
9 – 10	6:00 – 6:45 PM
11 – 12	6:45 – 7:30 PM

Tuesday June 4 – Friday June 19  
Tuesday through Friday

Age groups as follows:

6 and under	7:15 – 7:45 AM
7 – 8	7:45 – 8:15 AM
9 – 10	8:15 – 9:00 AM
11 - 12	9:00 – 9:45 AM
13 and up	9:45 – 10:30 AM

Times may be adjusted depending on the size of age groups

June practices for post-season invitationals will be the week before the invitational meet in the mornings and scheduled the week prior to the divisional meet.

## Rain Policy for Practice

We will practice in the rain unless there is lightning. Please check in at the pool at your practice if it is raining.

## Swim Meet Information

Swimmers must notify the Coaches in writing no later than the Friday one week (8 days) prior to the meet if they are not going to swim in a meet. Hours of work are necessary to prepare a meet schedule, and one last minute change can cause numerous other changes.

All swimmers must check-in at STAR SEARCH no later than 7AM at every meet. It is very important to have your swimmer check-in for both home and away meets so that last minute adjustments can be made for missing swimmers. Failure to check-in at the appropriate time may result in the swimmer being removed from an event. Check-in will be followed by warm-ups.

Meets start at 8:30 AM promptly with the first event swimmers on the ready bench 10 – 15 minutes prior to that time. For away meets, maps will be distributed the week of the meet and posted on the website. Warm-ups for home meets will begin at 7:00 and warm-ups for away meets around 7:30.

The swim season consists of: one Time Trial, Five Dual Meets and one Divisional Meet. There may be post-season invitational meets for those swimmers who achieve the minimum qualifying times set by those individual meets.

Each meet consists of 78 events. Each event may be broken down into several heats to accommodate all entrants. The coaching staff will determine the event entries for all swimmers based on the needs of the team. Each swimmer will be given the opportunity to receive one official time for any event in which he or she is eligible to compete.

Meet events are:

Free Relay, Freestyle and Backstroke -----	All Ages
Breaststroke, Butterfly and Medley Relay -----	All Ages except 6 and under
Individual Medley -----	9 and up
100 Freestyle -----	13 and up

Swim meet events are listed in order on the last page.

Swimmers age 10 and under swim 25 meters/yards; swimmers age 11 and up swim 50 meters / yards.

\* **A WORD ABOUT RELAYS:** Relays are decided on by swimmer's times, swimmers attendance, attitude and finally at coaches discretion. A relay team is composed of four swimmers. Failure of one swimmer to appear for the relay results in disqualification of the entire relay team from that relay. If you must leave a meet early and your swimmer is scheduled for a relay event, please immediately notify the Coaching Staff and the Clerk of Course to find a substitute and avoid disqualification and the disappointment of the other team members.

### PEP RALLIES

We will have pep rallies the Friday before some of our dual meets and the Friday before divisionals. At these pep rallies we will provide food (please bring your own drinks). We will have fun activities for the kids to participate in and swimmers and their immediate families are invited. During this time we will also ask for help to setup the pool if it is before a home meet.

## J V Stars 2009 Meet Schedule

May 16	Away vs. Norchester
May 23	Home vs. Concord Bridge
May 30	Home vs. Deerfield Village
June 6	Away vs. Fairfield
June 7 & 8 @ Klein Oak	Summer Thunder (must Qualify)
June 13	Home vs. Lakes on Eldridge
June 14 @ Klein Forrest	Pentathlon (must Qualify)
June 20	Divisionals @ Fairfield
June 26 - 28	Invitationals (must Qualify)

The Divisional Championship Meet is the last swim meet of the season. During this meet all teams within our division compete. Because there are so many swimmers competing in the Divisional Meet, the Coaching Staff will determine the entrants in each event. The Coaches will do their best to ensure that all JV swimmers have the opportunity to compete in this meet. If your swimmer commits to participate in Divisionals, it is imperative that he/she is present at the meet to swim in his/her designated event. The number of participants in each event may be limited and if a swimmer does not attend the meet, it could keep another swimmer from participating in the event. A minimum of one-week notice is needed to replace swimmers for Divisionals.

## Post Season Invitational Meets

NWAL has sanctioned several invitational meets for those individuals whose best times meet minimum criteria. JV will participate in two of the post season meets. They are Red/White/Blue and Ponderosa. Swimmers must qualify in order to participate in these meets.

## Other Meets

There are other meets during the summer league season that are supported by NWAL. Jersey Village plans on participating in two of these. The schedule for these meets is below and more information on these meets will be given as these dates approach. Swimmers must meet qualifying times to participate in these meets.

Summer Thunder	Sunday & Monday, June 7 & 8 @ Klein Oak
Pentathlon	Sunday, June 14 @ Klein Forrest
Red/White/Blue	Friday – Sunday, June 26 – 28, @ Cy Ranch
Ponderosa	Saturday & Sunday, June 27 & 28 @ Klein Collins

## Rain Policy for Meets

Official NWAL team representatives according to NWAL rules will decide postponement or rescheduling of any swim meet. NWAL policy for cancellation of swim meets is as follows:

“No meets are cancelled until weather conditions are evaluated at 8:30 am. Swimming competition shall immediately be suspended for 15 minutes when thunder is heard or lightning is visible. During the time of suspension, the deck and surrounding area must be cleared of all swimmers, officials and spectators.”

The meet is not postponed until the official team representatives make an announcement. Do not leave until an official decision is made. If you must leave due to a conflict arising from the extended time, please notify the Team Check-in Star Search Person, Coaching Staff and the Clerk of Course.

## Refunds

Any swimmer who decides to leave the team prior to May 5<sup>th</sup> will receive a full refund. From May 5<sup>th</sup> to May 15<sup>th</sup> you will receive a 50% refund. After the first meet, refunds will not be given.

## Order of Swim Meet Events

Boys Events	Girls Events	Age	Length	Event
1	2	14 & under	100 Meter	Freestyle
3	4	15 - 18	100 Meter	Freestyle
5	6	6 & under	100 Meter	Free Relay
7	8	8 & under	100 Meter	Medley Relay
9	10	9 - 10	100 Meter	Medley Relay
11	12	11 - 12	200 Meter	Medley Relay
13	14	13 - 14	200 Meter	Medley Relay
15	16	15 - 18	200 Meter	Medley Relay
17	18	6 & under	25 Meter	Freestyle
19	20	7 - 8	25 Meter	Freestyle
21	22	9 - 10	25 Meter	Freestyle
23	24	11 - 12	50 Meter	Freestyle
25	26	13 - 14	50 Meter	Freestyle
27	28	15 - 18	50 Meter	Freestyle
29	30	8 & under	25 Meter	Breaststroke
31	32	9 - 10	25 Meter	Breaststroke
33	34	11 - 12	50 Meter	Breaststroke
35	36	13 - 14	50 Meter	Breaststroke
37	38	15 - 18	50 Meter	Breaststroke
39	40	6 & under	25 Meter	Backstroke
41	42	10 & under	100 Meter	Individual Medley
43	44	11 - 12	100 Meter	Individual Medley
45	46	13 - 14	100 Meter	Individual Medley
47	48	15 - 18	100 Meter	Individual Medley
49	50	7 - 8	25 Meter	Backstroke
51	52	9 - 10	25 Meter	Backstroke
53	54	11 - 12	50 Meter	Backstroke
55	56	13 - 14	50 Meter	Backstroke
57	58	15 - 18	50 Meter	Backstroke
59	60	8 & under	25 Meter	Buterfly
61	62	9 - 10	25 Meter	Buterfly
63	64	11 - 12	50 Meter	Buterfly
65	66	13 - 14	50 Meter	Buterfly
67	68	15 - 18	50 Meter	Buterfly
69	70	7 - 8	100 Meter	Free Relay
71	72	9 - 10	100 Meter	Free Relay
73	74	11 - 12	200 Meter	Free Relay
75	76	13 - 14	200 Meter	Free Relay
77	78	15 - 18	200 Meter	Free Relay