

## 2010 Barbara Damon Eastern Mass Y Districts Virtual Coaches Meeting

January 14, 2010

Dear Coaches:

Along with the meet director Barbara Damon, meet referee Priscilla Davis, entry chairperson Richard Whitworth and assistant meet director Elaine Kurkul, the South Shore YMCA Strypers are excited to have the opportunity to work this meet as the host team.

In order to insure that every team has enough heat sheets for each session, please send your coach totals per session so that we can print enough for you. Please email Julie Margolis at [jmargolis@ssymca.org](mailto:jmargolis@ssymca.org) by 1/21/10.

We just wanted to communicate some key items to you that were shared with us from David Bennett of YNS. Thanks Dave! Great advice!

Twelve ways to be ready for this meet:

1. Parking: Please communicate to families that parking is limited in Somerville. Please remind them that the shopping plaza down the street from the school does tow cars and not to park in there. There is limited on street parking. The school parking lot is reserved for coaches, officials and host team. Please be prepared to show identification to get a parking pass.
2. Admission/program fees: There is an admission fee for spectators of \$2.00. Session Programs will be \$5.00. "Advertisements" can be purchased. These advertisements are for families to show their swimmers how special they are. For examples please see attached.
3. Timers and Officials: Each team will be asked to provide timers based on entry for each session. Each team should provide two officials for each session. Make sure you fill out officials' sign up sheet and return with your entries to Barb Damon. See attached.
4. Whistle Procedures: Please help your swimmers by working with them so they know the whistles and what they need to do. Every time the starter needs to translate the whistles (e.g. "Swimmers step up", etc.) adds a lot of time to the timeline and unfairly delays heats.
5. No shows: It is your responsibility to make sure that all swimmers are to the blocks in a timely manner. Swimmers that miss their heats will not be able to swim in a different heat and will be scratched from the event.
6. Overhead starts: Overhead starts will be used throughout this meet. Please ask your swimmers to stay at the wall when they finish and to stay in the water until after the next heat has started. As a courtesy to the other swimmers, please make sure the swimmer in the water is not grabbing the back stroke bar as the other swimmer is preparing for their race.
7. Sportsmanship and Respect: "Swimmers are special athletes and the swimming community is probably one of the most positive of all sports. What often makes a good meet into a GREAT meet is sportsmanship." Swearing, spitting on the deck, pushing, scratching other swimmers in the lanes, etc. should not make its way to this or any other swim meet.
8. PODs (Parent's on Deck): Please help us manage PODs. If you have PODs that belong to your team and are not officiating or timing, please invite them to go to the spectator area.
9. Locker rooms: SSYS will have parents stationed in the locker rooms at all times but we cannot guarantee the safety of personal belongings. Please do not leave electronics in lockers. The locker rooms get very crowded especially during the in between sessions

when one group is trying to leave and the next group trying to come in. We ask all swimmers to be respectful.

10. Concessions: SSYS will be having a food concessions area in the lobby with various foods and drinks for purchase. There will be a 50/50 raffle as well as tickets for purchase for chances at baskets that include: 4 baskets with Steve Carrel autographed movies/shirts/snacks, 2 baskets with swimming gifts/apparel, a grand basket that will be offered to all sessions with an I-POD TOUCH and more.
11. Limited seating/space on deck: The Kennedy School has a good amount of on deck space but with so many teams competing, it gets crowded quickly. Please be respectful of other teams and share the spaces available. Encourage swimmers to bring their folding chairs and extra towels so that they can have somewhere to sit but be mindful that space needs to be shared. Please remember that swimmers, coaches, and officials need to get to and from the blocks without interference.
12. Thank you: We just wanted to take the time to say Thank you in advance to Barbara Damon, Elaine Kurkul, Richard Whitworth and Priscilla Davis for all their hard work and dedication to make this meet happen. And as always a big thank you goes out to all the coaches, volunteers, and swimmers that work hard all year.

GOOD LUCK TO ALL AND HAVE FUN!