

Murraywood Swim Team



2010 Handbook

MURRAYWOOD SHARKS 

◆ CITY MEET CHAMPIONS – 2009 ◆

◆ DIVISION CHAMPIONS – 2009 ◆ SECOND PLACE, CITY MEET – 2008 ◆

◆ DIVISION CHAMPIONS – 2008 ◆

WELCOME

The Murraywood Swim and Racquet Club Swim Team is excited to have you as part of our team. Please take some time to review the information in this handbook. It contains most of the information you will need to be a part of the team. However, swim meets and summer practice can be a busy time. If you have any questions, please feel free to contact one of the members of the Swim Team committee or a veteran Swim Team parent. They will be glad to assist you in any way they can. We all want this summer season to be a rewarding experience for all of us. So, have a great summer swim. See you at practice.

INTRODUCTION

The Murraywood Swim and Racquet Club sponsors a summer swim team that competes in the Columbia Swimming League. During the swim season, the Murraywood Swim Team competes in both scored (A) and non-scored (B) swim meets against other clubs. The season culminates in the City Meet, a two-day meet held at the Natatorium at the University of South Carolina (USC), one of the fastest pools in the Southeast, in which our swimmers have an opportunity to compete against other swimmers from all over the Columbia area. The 2010 City Meet will be held July 17 & 18, 2010. The format is "Timed finals" (Each competitor swims their events only once, with the winner determined by comparing times). Individual winners are recognized in each stroke (including Individual Medley) for every age group (Boys 8-U, Girls 8-U, etc.). In addition, an overall Team Winner is recognized based on the number of points accumulated by team members. There will also be awards for the top team in every age group.

Murraywood Swim Team has quite an impressive record: Last year, 2009, Murraywood won the City Meet Championship. In 2008, we finished in Second Place. In addition, we were City Champions 1987-1993 with strong finishes in subsequent years and East Conference Champions in 1994, 1995, & 1996! Our success lies with the dedication and commitment of our swimmers, coaches and parents. Our swim team, however, offers more than a successful winning season - it is an opportunity to reach personal goals, participate in a team sport and have lots of fun in the process! We welcome you to Murraywood Swim Team!

HEAD COACH

Head Coaches Louis Biles, and his wife Sue, are excited to join Murraywood for their second season as our head coaches. Coach Louis, an Assistant Principal at Gilbert Middle School during the school year, is a former collegiate swimmer at the Augusta University and an assistant coach at the University of Georgia. Louis has many years of experience coaching swimmers ages 3 to 40+ with high school teams and USS clubs in Florida (Palatka Aquatic Club – 5 years) and in South Carolina (Gamecock Aquatics – 9 years). Louis and Sue coached the Blue Fins of Gardendale and the Irmo Chapin Recreation Commission in 2003 and 2004. Sue, a former collegiate Athletic Trainer at the Universities of Georgia, Florida and South Carolina, was an assistant coach with the City of Columbia’s summer swim team. In addition to swimming, they enjoy assisting with other sports and spending time with their two children, Louis (age 16) and Nicole (age 12). The Biles are members of Our Lady of the Hills Catholic church.

ASSISTANT COACHES

Assistant Jennifer Anderson will be returning for her fourth season as a coach this summer.

Jennifer is a rising senior at Irmo High School who has been swimming in the Columbia Summer League since she was seven years old. A year-round Palmetto Aquatics swimmer for six years, Jennifer is also an accomplished tennis player and has been a starter on the Irmo Girls Varsity HS Team for the last three years. Last summer Jennifer greatly enjoyed working with our “polar cubs” and “young sharks” and looks forward to working again with all of our swimmers.

Assistant Zachary Poston, a rising senior at Irmo High School, will be joining the MW coaching staff for the third time. He has swum on the MW swim team since he was six years old. Zachary has also swum with the year-round team Palmetto Aquatics and the Irmo High School swim team. In addition to swimming, Zachary plays in the school orchestra, is in the process of obtaining his Eagle rank in Boy Scouts, is an assistant baseball coach at Seven Oaks Park and is active in his church. Zachary looks forward to sharing his enthusiasm and love of swimming with the team again this year.

Assistant Hannah Hirsch has been a member of the Murraywood swim team since she was five years old. She is a rising junior at DFHS where she is a student in the STEM program, and a member of Jr. Civitans. She has been a member of the Silver Foxes swim team for two years where she qualified for the state meet in 2008. In addition to swimming at Dutch Fork, Hannah also swam year-round at Palmetto Aquatics where she has previously qualified for the state and sectionals.

Assistant Laine Huggins, a rising sophomore at Irmo High School, will be joining our MW coaching staff for the first time this year. She is a “veteran” swimmer of the club. She is looking forward to giving back to the sport that has taught her so much.

Assistant Ben Gustafson is a rising junior at Dutch Fork High School who is also joining our MW coaching staff for the first time this year. He has swum at MW for 13 years and year-round. Ben is looking forward to working with our younger swimmers while continuing to lead by example in the pool.

PRACTICE TIMES

May 10 (Monday) - June 1 (Tuesday) 2010: Afternoon practices as follows:

AGE	TIME
8 & Under	4:30 – 5:30 p.m.
9 – 12	5:15 – 6:30 p.m.
13 & Above	6:00 – 7:30 p.m.

PLEASE NOTE: No practice on May 28 (FRIDAY), May 31 (Memorial Day), and June 2 (Last Day of School)

TIME TRIALS
Saturday, June 5th
8:00 am – 10:30 am
Warm-ups at 7:30 am

June 3 (Thursday) – July 12 (Monday), 2009

AGE	TIME
8 & Under	9:30 – 10:45 a.m.
9 – 12	8:15 – 9:30 a.m.
13 & Above	7:15 – 8:30 a.m.

PLEASE NOTE: No practice July 2 (Friday before Independence Day)

July 13 – July 16, 2010

Practices for city meet swimmers only. Times are To Be Determined.

CITY MEET: JULY 17TH AND 18TH, 2010

BULLETIN BOARD & FILE CABINET

It is very important that all swimmers and parents keep abreast of team concerns, upcoming events, social activities, schedule changes and other items related to the team. All of your swimmer's ribbons will be placed in their file. Any changes to the practice schedule will be published and also placed in your file. **Please check the bulletin board and your swimmers file each time you come to the pool.**

DUAL MEETS

All swimmers should be at the pool as follows:

Home meets: 4:45 p.m. Warm up at 5:00 p.m.

Away meets: 5:00 p.m. Warm up at 5:30 p.m.

*Meets start promptly at 6:00 p.m.

MONDAY "B" MEETS

Monday meets are non-scored meets between the entire teams. Everyone can swim at these meets!

THURSDAY "A" MEETS

Thursday meets are scored dual meet competitions between teams. Each team is allowed three swimmers per individual event and up to three relay teams per event.

SUMMER COMPETITION SCHEDULE

SUBJECT TO CHANGE

"B" Meet Schedule: Monday nights

June 8	HOME – Greenview
June 15	HOME – Maxcy Gregg
June 22	HOME – Golden Hills
June 29	AWAY – TopSpin

"A" Meet Schedule: Thursday nights except Monday, July 12, 2010

June 10	AWAY – Quail Valley
June 17	HOME – The Country Club of Lexington
June 24	AWAY – YMCA Northwest
July 8	HOME – Quail Hollow

Monday July 12 HOME – Governor's Grant

*Pool closes @ 4:00 pm for home meets

CITY MEET CHAMPIONSHIPS @ USC JULY 17 & 18

S U M M E R S W I M T E A M F E E S

The Swim Team registration fee for MEMBERS is \$60 for the first child, \$55 for the second child and \$50 for each additional child in a family. The fee for Lifeguard/Summer Swim Pass holders is \$80.00 and a Swim Team Only fee of \$165.00 per child is available.

These fees include Columbia Swim League dues, ribbons, awards, and partial financing for social activities. This fee does not cover personal items, such as swimsuit, caps, goggles and t-shirts. Also, costs for food at all social activities during the season are not fully covered by this fee. The registration fee is due at registration on April 18, 2010. Make your checks payable to MSRC and please note the swimmer's name and "Swim Team Fees". After May 24th a late registration fee will apply. No registration refunds after June 1st.

T E A M S U P P O R T

The Murraywood Swim Team functions well because of the great support and time volunteered by swim team parents and committee members. It takes a minimum of 300 workers over the entire season. At least 30 workers from the home team (including officials and other support personnel) are needed to successfully and efficiently host a swim meet. About half that number from our team is needed at away meets. If your child is involved in swimming, we expect you to become involved with the team so that the workload is made easier for everyone. You are asked to work at least 4 meets during the year. Social activities, meet set-up, concessions, ribbons, timing, "clerk of course" and officiating are some of the ways you can help make the team a success! Most jobs are non-technical and clinics are provided for those jobs that require some training. Helping out is a lot of fun and beats just sitting in the heat! Please show your support by volunteering your time.

S W I M M I N G A B I L I T Y

The Murraywood Swim Team welcomes swimmers of all levels of ability who possess basic skills. Swimmers range in age from 5-18. Our philosophy is built around fun, fellowship, hard work and good sportsmanship!

For those that have little ones coming out for the team for the first time, please ask yourself a few questions before placing your young child on the swim team. Are they eager to come to practice? Does your swimmer readily participate in practice without excessive whining or coaxing? Is your swimmer able to listen and follow directions? The first week of practice can be a little intimidating for a younger child and the water is usually very cold. Please allow a couple of weeks to determine if a young swimmer is able to participate. Some younger children may need another year of small group swim or individual lessons before they are ready for swim team.

TIME TRIALS

Time trials will be held on Saturday, June 5th, 2010 from 8 am to 10:30 am. After a short warm up period at 7:30 am, and time permitting, swimmers will swim all four strokes (fly, back, breast, and free) and possibly the IM. Times will be taken on each of these strokes so that the Coach will be able to arrange the line-up for the first meets. It's always fun to see how much the swimmers progress over the summer!

SOCIAL EVENTS

The Swim Team Committee is trying to determine what social events to organize this year. We may have a "Swim-In" movie at the pool again this year or an Ice Cream Social. More information on any activities will be available during the first week of practice.

In addition, we will continue our tradition of fun food Fridays and Muffin Mondays. Please be aware of social event notices that will be posted on the Swim Team Bulletin Board.

SELECTIONS FOR THE MEETS

Many of our swimmers are "year round" swimmers and are also practicing over the next several months for their long-course competitions. Please remember that these swimmers are still very much a part of the Murraywood Swim Team. They are encouraged to attend as many practices as you can per week at Murraywood. However, we do ask that you attend practice on Wednesday and Thursday in order to be sure that you are available for "A" meets. Please remember to communicate with Coach Louis about your attendance and availability for weekly meets.

Monday Night Meets:

Monday Night Meets or "B" Meets are a chance for all swimmers to improve their times. A list of swimmers for these meets is not posted by Coach Louis. All swimmers who want to try and improve their times, who do not get to swim two or more events in Thursday meets, or only swim an occasional "Rotational Third Place Spot" are strongly encouraged to attend the Monday night meet.

Thursday Night Meets:

Thursday Night Meets or "A" Meets are scored meets. "A" meets are purely based upon times. Points are awarded for 1st, 2nd, and 3rd place in each age group for each of the four strokes. In addition, relays are awarded points for 1st and 2nd place. Thus, the "Top Three" times for each stroke in each age group will usually be used to select swimmers for the Thursday night meets. However, for developmental reasons, other swimmers may be used in their place at the discretion of the coach. Also, a swimmer is limited to three individual events. All relay positions for "A" meets will be determined by Coach Louis based on the best times and the option of scoring team points. While up to 12 swimmers in each age group can at least swim on a relay, the individual events are based on a quantitative assessment, the stopwatch.

WEBSITE

Murraywood has an excellent website and we encourage you to check it often. Announcements, newsletters and more are available online at: www.murraywood.org. You will note that the Swim Team has a link on this website and we may use it during the swim season to communicate with team members and parents. This will be in addition to any emails that we may send. Electronic mail messages will be invaluable if last minute changes need to be made! The Columbia Swimming League has a website that publishes the standings for each division, information about City Meet, and many other items about summer swim. Check it out at www.swimleague.com!

EVERYTHING YOU ALWAYS WANTED TO ASK ABOUT SWIM TEAM

1. **Should my child limit his activities on meet days?** Yes, swimmers should rest and limit activities on meet days.
2. **What if we have a prior engagement and can't be there for warm-ups?** Make sure you indicate this to the coach, in writing; otherwise, the coach assumes you are a no-show and will replace your child's spot in the line-up. For example, Joe doesn't arrive until 6:00. Coach Louis assumes he's a no-show and replaces Joe with Bert. Joe arrives expecting to swim, but Bert's already told his family he gets to swim in Joe's spot. Somebody's not going to be happy!
3. **If my child is only swimming in a relay, it won't matter if something comes up since he/she is only on a B relay. Right? Wrong!** Every swimmer is important to the team and can contribute points. Many times the 'A' relay is disqualified and without our B relay in place, we lose all the points for that event. In addition, three other swimmers are expecting to swim and will be very disappointed if your child does not show!
4. **What if my child is unavailable to swim a meet?** Indicate this in writing to the coach, at least one week prior to the meet whenever possible. Put all information concerning missed practices (more than 2 days) and vacation schedule in a note to the coach as soon as possible. All of these notes may be placed in Coach Louis's file folder.
5. **How do I know if my child is swimming a meet?** The line-up for "A" meets will be posted at least the day of the meet. Please come down to the pool and check the line-up thoroughly. Most of the time your child will be swimming in a certain age group, but occasionally the need arises to move your child to another age group. It's important that you are aware of this and check for such an event.
6. **Where does my child need to be during the meet?** All swimmers should stay in the designated space for the team so that the Parents/Assistant Coaches will be able to find your child easily and get him/her to the right place for his/her swim. This ensures we don't have an unhappy swimmer who misses an event.
7. **My child's best stroke is the butterfly; will he/she always swim the fly in the meet?** No. Most of the time your child will swim his/her best stroke, but in a scored meet, the coach will try to place your child where he/she can score the most points for the team.

USEFUL TERMS

- EVENT:** Any race or series of races in a given stroke or distance.
- HEATS:** A division of an event in which there are too many swimmers to compete at one time.
- LEG:** The part of the relay event that is swum by a single team member.
- SCRATCH:** Withdraw an entry (from an event) from competition.
- I.M.:** In the I.M. (individual medley), swimmers swim the prescribed distance in the following order: butterfly, backstroke, breaststroke and free.
- MEDLEY RELAY:** Four swimmers on each team, each to swim 1/4 of the prescribed distance continuously in the following order: backstroke, breaststroke, butterfly and freestyle.
- DQ:** Disqualification made only by the official within whose jurisdiction the infraction has been committed. Each stroke has certain rules that must be followed.

CALENDAR DATES

April 18th – Registration Day

May 10th – First Day of Practice

May 28nd – No Practice (Pool opens to Members at 6 pm)

May 31st – No Practice (Pool open for Memorial Day)

June 2th – No Practice (Last Day of School)

June 5th – Time Trials 8 am to 10:30 am

June 3th – Morning Practice Begins

June 7th – “B” Meet (Home)

June 10th – “A” Meet (Away)

June 14th – “B” Meet (Home)

June 17th – “A” Meet (Home)

June 21st – “B” Meet (Home) & Picture Day

June 25th – “A” Meet (Away)

June 28th – “B” Meet (Away)

July 2nd – No Practice

July 8th – “A” Meet (Home)

July 12th – “A” Meet (Home)

July 17th & 18th – City Meet

July 19th – Murraywood Swim Team Banquet

SUGGESTIONS TO AVOID DISQUALIFICATION (DQ)

- I. Freestyle: Touch the wall with your hands or feet before you turn around and swim the next length.
- Use only the water, and not the lane guides or the bottom and sides of the pool to propel yourself
- II. Backstroke: Once the swimmers head is inside the flags, the swimmer may rotate to his/her stomach in anticipation of the flip turn. The swimmer may only use a single arm pull or a simultaneous double arm pull. The swimmer may, however, glide or kick to reach the wall
- III Breaststroke: Both feet must be turned outward on the kick. The body shall stay on the breast. . The hands and feet must move simultaneously. The head must break the surface of the water at some time during the stroke. Two-hand touch — the hands must touch the wall simultaneously on turns and the finish.
- IV. Butterfly: Both arms must clear the water and must move forward simultaneously. Legs must be kicked in an up-and-down motion simultaneously. Walls must be touched with both hands simultaneously.
- V. Individual Medley (I.M.): I.M. must be swum in the following order: butterfly, backstroke, breaststroke and freestyle. All individual stroke rules must be observed.
- VI. Relays Swimmers must wait until the previous swimmer completes his/her race before they start theirs. Medley relays must be swum in the following order: backstroke, breaststroke, butterfly and freestyle. Do not re-enter water after you have swum
- VII. Starts: A swimmer will be disqualified from the race if he/she initiates two false starts.

ADDITIONAL INFORMATION

- In case of inclement weather, a meet may not be postponed until a delay of 45 minutes has elapsed. In the meantime, if the weather clears, the meet may be resumed.
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COLUMBIA SWIMMING LEAGUE

INCLEMENT WEATHER GUIDELINES

(1) An individual shall be designated by the host team at each meet to monitor the weather. This person will be explicitly responsible for listening for thunder and watching for lightning, and for bringing thunder and lightning to the attention of the team reps or referee.

(2) At the first sound of thunder or sighting of lightning, the pool and pool deck must be cleared. Swimmers are not allowed back in the water or onto the pool deck until at least 20 minutes have passed without hearing thunder or sighting lightning.

A wait period longer than 20 minutes can be used if agreed to by the team reps before the start of the meet.

The use of "the first sound of thunder" to determine an impending storm may be replaced by reliance on an in-house weather channel or weather-band radio, if agreed upon by the reps prior to the meet.

The team reps need to clarify the implementation of this item before the day of the meet as part of their pre-meet discussion.

(3) Swimming will be disallowed when conditions are such that the bottom of the pool is not visible at the starting end of any in which starts are occurring, or when the rain is so heavy that the noise interferes with the starter's calls.

(4) When thunder has been heard or lightning has been seen, or when visibility and/or auditory conditions are in question, both reps meet with the referee, who has the final call on enforcement of (2) and (3).

(5) When a meet has been delayed due to inclement weather and the meet is resumed at 7:30 p.m. or later, then the 6-and-unders swim their remaining events next.

(6) At 8 pm, if the meet has already been delayed an hour and a delay due to inclement weather is still in effect, the meet can be ended or rescheduled depending on how many points have been achieved (i.e., the "231" rule). Note that a B meet need not be rescheduled at all.

Columbia Swimming League Inclement Weather Task Force: DIANNE BRITTON, MARK GRIMES, MIKE UPFIELD
Approved at Columbia Swimming League Meeting on May 20, 1997

ADDITIONAL INFORMATION CONTINUED

- * When we are the hosting team, let's make the visiting team feel like welcomed guests!
- * **Smoking and alcoholic beverages are prohibited on the Murraywood pool deck during swim meets.**
- * The officials and other meet workers, from both teams, are volunteers. Expect reasonable efforts from them, not perfection.
- * Transportation to an away meet is each swimmer's responsibility.
- * The rosters for each meet will be posted at practice the morning of the meet.
- * The area behind and around the starting blocks is strictly off limits to everyone except the next event's swimmers and authorized officials.
- * Last, but not least, remember the winner is not just the swimmer who comes in first place in an event. Each time a swimmer achieves a "personal best time", he/she is a winner! The "gold personal best time ribbon" is your best measure of success

HELPFUL HINTS

1. Put alcohol in swimmer's ears after swimming to prevent Swimmer's Ear.
2. Please stress being on time with your swimmers. A child who arrives late for practice will miss the warm-up time.
3. Encourage your swimmer to check the team bulletin board and his/her file folder.
4. The best time to speak with the coach is right after swim practice ends. If you just need to let the coach know that your swimmer will be missing a meet or practice, just put a note in Coach Louis's file folder. Please do not interrupt the coaches during practice.

NUTRITION

You've trained every morning with Coach Louis to become the strongest fastest swimmer you can. What you may not realize is that you have the ability to make yourself even better. All that is required is for you to open your mouth to good nutrition.

Placing the proper nutrients in your mouth will translate into more energy, more strength, and more stamina for you in the water. Are you game? First let's look at the basics:

THE NUTRIENTS

Carbohydrate
Protein
Fat
Vitamins
Minerals
Water

That's it! Put all these nutrients in your body each day to ensure your body glides through the water with the greatest of ease.

Carbohydrate, protein, and fat supply the body with calories, which translate into energy for your body. Vitamins and minerals aid in the release of the energy from the food and water allows all functions in the body to be carried out. Staying hydrated with water and eating a wide variety of foods everyday will ensure you will be the fastest shark in the pool!

FUELING YOUR FINS

Carbohydrate is the primary fuel source for swimmers (and all athletes). Carbohydrate foods should be consumed at each meal and each snack everyday. Carbohydrate foods digest quicker than proteins and fats, thus allowing you a quick constant supply of energy, so eat up!

Carbohydrate Foods include:

Cereal – dry or cooked
Bread – sandwich, bagel, English muffin, tortilla, pancakes, waffles, etc.
Pasta
Rice
Fruit – fresh is best
Milk (1% or skim) and Yogurt – These are also an excellent source of protein

You should be eating at least three meals and three snacks each day that include carbohydrate foods. A week before a big meet, you may want to eat more carbohydrate at your meals and snacks to increase your glycogen stores. Glycogen is the stored carbohydrate in your muscles and liver.

Protein Power

First, let's clear one big error up. Eating more protein will not give you bigger muscles or make you build muscle faster. This is up to your genetics, how much you train (and rest post training), and how much carbohydrate and water you consume. Protein is your most precious nutrient in that it maintains, repairs, supports, and builds all the tissues in our body. It plays a big role in whether or not you will get sick because it supports your immune system. It helps (along with several minerals) to help maintain your heartbeat. However, for all these wonderful things it does – it cannot do them without enough carbohydrate on board.

Lean protein foods usually take about four hours to leave the stomach during digestion, so make sure you don't eat a great amount of protein right before a meet. Eat a small amount of protein at breakfast, a moderate amount at lunch, a very small amount (no more than 10 grams) two hours before a meet, and then a moderate amount post meet. Eating a large amount of protein before a meet or during a meet will lead to a loss of performance because the blood flow usually fueling your muscles will be diverted to your gut to aid in the digestion of the protein. You also run a risk of having stomach cramps by eating excess protein before or during a meet.

Lean Protein Foods Include:

Fish
Shellfish
Chicken Breast
Turkey Breast
Lean Ham
Wild Game
Low Fat Cheese – including cottage cheese
Egg Whites
Milk (1% or skim) and Yogurt (they are excellent sources of carbohydrate)

WILL FAT FUEL?

Fatty foods are an excellent energy source; however, your body prefers to store the fuel from fat for use later. Fatty foods have over twice the amount of calories as carbohydrates and fats, and take twice as long to leave the stomach during digestion (up to nine hours)! Fried, greasy, cheesy foods (hamburgers, hot dogs, pizza, potato chips, French fries, etc.) will only hurt your performance on meet day. Save these for after the big swim.

MORE WATER?

Yes, even though you are in the water, and you may not be thirsty, you need to consume water each day, through your training session, and during a meet. Without water, the energy from your food cannot get to your muscles, and your performance will decline. You need to stay away from sodas and drinks with caffeine in them on meet day. The sugar and caffeine pull water out of your body (and you don't want this). The extra sugar in these drinks will also cause cramping during swimming. It is all right to consume Gatorade or PowerAde during the meet. If you are very thirsty during a meet, you may want to dilute your Gatorade with a little water.

MEET DAY EATS

The most important thing to remember on meet day is to stick with what is familiar. Meet day is not the day to try new foods. You want to avoid greasy, fatty, and fried foods as well as soda and caffeine. You may find refined grain (white breads, rice, pastas, pancakes, etc.) easier to handle this day than your normal whole grain ones. Avoid large amounts of foods like broccoli, cabbage, cauliflower, Brussels sprouts, onions, and garlic on meet day – these are common for causing stomachs to bloat.

So, to sum it all up:

Eat easy to digest carbohydrates – refined grains and fresh fruit every two to three hours.

Eat lean protein through the day – stopping a few hours before the meet.

Drink water all day long.

Sip on a Gatorade or PowerAde and water during the meet.

2010 Murraywood Swim Team Committee

		Phone	Email
Chairperson	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
MW Board Rep	Hayley Gossett	749-2643	lgossett@sc.rr.com
City League Rep	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
Head Coach	Louis Biles	731-0070 609-8888	lbiles@lexington1.net
Treasurer	Bob Anderson	781-2178	Ander310bob@sc.rr.com
Handbook	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
Registration	Swim Committee		
“A” Meet Coordinators	Cindy Bane		
“B” Meet and Time Trial Coordinator	Betsy Hirsch	781-3276	keycupp@sc.rr.com
Swimwear	Elizabeth Morton	732-7253	emortonrd@yahoo.com
City Meet Coordinator	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
Team Records	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
Team Pictures	Mary Lou Wu	781-6591	marylou_wu@yahoo.com
Awards / Trophies	Kim Neville Trina Poston	749-0968 749-1451	nevillekim@yahoo.com fullhouse@sc.rr.com
Banquet	Trina & Kim		
Home Meet Concessions	Hayley Gossett	749-2643	lgossett@sc.rr.com
Muffin Monday/Fun Food Fridays			
Senior Recognition	Trina Poston	749-1451	fullhouse@sc.rr.com
City Meet Breakfast	Trina Poston	749-1451	fullhouse@sc.rr.com
Corporate Sponsors	Bob Mahoney	732-3727	mahoneycolumbia@sc.rr.com
Swim Meet Officials	Scott Bridges	237-1815	hsbridges@live.com



Representative
Chip Huggins

District 85, Lexington Co.

ch@schose.org



First Aid CPR AED



Patti Bridges