

# Country Club of Lexington Swim Team



## 2011 Handbook

# Welcome

The Country Club of Lexington is excited to have you as part of our swim team. Please take time to review the information in this handbook. If you have any questions, please email [swimteamrepcccl@gmail.com](mailto:swimteamrepcccl@gmail.com) or see one of the swim team representatives or Coach Sarah and/or Coach Eric. We will be glad to assist you in any way we can.

## Team Mission

Our goal at the Country Club of Lexington is to provide a structured environment, promoting discipline in the fundamentals for team and individual success in the sport of swimming. With parental encouragement, every swimmer should strive for individual growth while exemplifying sportsmanship, contributing to a positive and unified team atmosphere. Most importantly, each swimmer should take pride in his/her efforts, no matter the outcome, and take pride in representing the Country Club of Lexington in the Columbia Swim League.

## Our Collective Responsibilities

- **Show respect to everyone.** Parents and coaches have to work together for the team to be successful. It is also imperative that swimmers show respect to all coaches and teammates. We want to exhibit the highest level of sportsmanship we possibly can.
- **Show support for our team.** This means staying positive before and after your races and cheering for all of your teammates. Our team can only grow through the support of the parents. Each parent, swimmer, and coach sets the tone for the health and well-being of our team through all of our words and actions. If we want to have a close, supportive environment for everyone, then display this attitude in your role on the team, and be a contributor to the team's success.
- **Be on time.** Be on deck ready to swim at the start of your respective age groups set time for practice, preferably several minutes before-hand. It is at the head coach's discretion to move swimmers to groups outside of their designated age group times. Make sure your child has all of his equipment, including goggles, swimsuit, and fins.
- **During practices do not interrupt the coaches unless it is an emergency.** Parents may aid in the development of their child in swimming, but not during swim practice. Please allow the coaches to coach.
- **Communicate with the head coaches at appropriate times.** There are appropriate times to discuss certain issues that may arise throughout the summer. Any questions regarding actions or decisions made by the coaching staff should be addressed with the head coaches only. The best time to address these concerns is after practice or after a meet, not while either of these is taking place. A note can also be left in the folder of the head coaches and may be discussed at a later time.

# Coaching Staff

## **Sarah Woodard, Head Coach**

Sarah is returning home this summer after 5 months of teaching English in Thailand. She is excited to be back coaching at the Country Club this summer. Sarah graduated from Clemson University in May 2010 with a degree in Architecture. Next year, she hopes to travel and get a job, either in architecture or education.

Sarah is in her 15th year with the Country Club of Lexington swim team as either a swimmer or a coach. She swam for Lexington High School for 6 years, earning the Varsity MVP award for 4 of those 6 years. She was a year round swimmer from 4th grade through her senior year of high school.

Sarah also teaches private swimming lessons at her home in Lexington throughout the summer in addition to her Coaching duties. She enjoys working with the swimmers and watching them when they 'get it'

## **Eric Wenzinger, Head Coach**

Eric Wenzinger is currently a sophomore at the University of Alabama. He is majoring in Biochemistry in hope to attend Johns Hopkins for medical school. Ultimately, he would like to be a pediatric neurosurgeon.

In high school, he was captain of the boy's varsity swim team at Lexington and set four varsity records. His senior year, he helped lead Lexington High School to receive their first second place finish at State meet. Eric made All-State for AAAA his senior year and made All-Region for the three years he swam in South Carolina. He also made all region his freshman year while swimming for Osbourn High School in Manassas, Virginia.

Eric has been swimming competitively since he was four and has been an assistant coach for the past four years. This will be his first year as a head coach.

There is nothing that he enjoys more than being able to use his knowledge to introduce new swimmers to the sport as well as improving already well established athletes.

## **Emory Zimmerman, Assistant Coach**

Emory has been swimming since he was four years old. He started out swimming summer league in Aiken, South Carolina for Hounds Run Swim Team. Then he moved to Lexington and began swimming for CCL, where he has swam for the past eleven years. Emory was an assistant coach last year at CCL as well.

In addition to summer swimming Emory has been a part of high school swimming and a year round team, Palmetto Aquatics, for five years. He was a part of the state winning high school team.

## **Morgan Finley, Assistant Coach**

Morgan Finley is currently a junior at Lexington High School. She has lettered on the varsity swim team since her 8th grade year. Morgan swam year round on the Palmetto Aquatics team from 6th grade to 10th grade, but decided to concentrate on her studies for the remainder of her high school career.

Though she no longer swims year round, she still plans to swim for the high school team her senior year and to swim for her seventh consecutive year on CCL. This is her second year as an assistant coach at the Country Club of Lexington and she cannot wait to continue with the returning and new swimmers this summer.

**Jake Bachman, Assistant Coach**

Jake Bachman has been swimming for the Country Club of Lexington since he was 8 years old. He swam year round at Palmetto Aquatics for two and a half years. He has worked as a life guard at CCL and now will also assist the swim team.

## Practice Schedule

### May 16 – June 2

AGE	TIME
6 & under	5:00-5:45 pm
7-8	5:30-6:30 pm
9-10	6:15-7:30 pm
11 & up	7:00-8:30 pm

**May 16-17: 1<sup>st</sup> and 2<sup>nd</sup> year swimmers ONLY**  
**Beginning May 18: all swimmers**

**NO PRACTICE: May 20, May 27, & Monday, May 30 (Memorial Day).**

### June 6 – July 7( Monday – Thursday)

AGE	TIME
11 & up	7:30-9:00 am
9-10	8:30-9:45 am
7-8	9:30-10:30 am
6 & under	10:15-11:00 am

### **Fun Fridays**

Following Thursday meets on:

**June 10, 17, 24, July 8**

\*\* Swimmers age 11 & up will practice from 8:00-8:30  
 All other ages come for a “fun swim” and snacks from 8:30-9:30.

### **July 11-15**

Practices for city meet swimmers only. Times to be announced.

## Important Dates

July 16-17 CITY MEET

Thurs. July 21—6:00 pm Team Banquet (CCL Clubhouse)

## Swim Meets

**Saturday, June 3 @ 8:30 am:** Inter-squad Meet/Time Trials

### Monday “B” Meets

June 6	Away @ Quail Hollow
June 13	HOME-Maxcy Gregg
June 20	Away @ YMCA Northwest
July 11	HOME- Jewish Community Center

### Thursday “A” Meets

June 9	HOME-Murraywood
June 16	HOME- Governors Grant
June 23	Away @ Golden Hills
June 27	Home - Quail Valley
July 7	Away @ Top Spin

**\*\*All swimmers should report to the pool at 4:45 pm for HOME meets and 5:00 pm for AWAY meets. All meets start promptly at 6:00 pm.**

### What’s the difference between “A” meets and “B” meets?

“A” meets are scored meets and the best swimmers will swim. The points our team earns at each “A” meet and at City Meet go towards our season total and ranking with the Columbia Swim League. Each team can enter three swimmers per individual event. However, every effort will be made to enter ALL swimmers in at least one individual event at an “A” meet.

**The week of each “A” meet, there will be a sign-up sheet available at the pool on Monday and Tuesday. It will be the parents’ responsibility to sign up their child to swim at each “A” meet. If the child is not signed up, he will not swim.**

“B” meets are intended to be more of a practice for less experienced swimmers and an opportunity for swimmers who do not get to swim multiple events at “A” meets. In “B” meets, swimmers typically are expected to swim 2-3 events. More experienced swimmers will be discouraged from attending “B” meets to promote equal opportunity for swimmers of differing ability and experience.

## Communication

The two main ways that schedule changes, team issues/events, and social events will be communicated to you are through email and your child's file folder at the pool. All of your swimmers' ribbons will be placed in their files. **Please check your swimmers' files each time you are at the pool.** If you are not receiving team emails by June 1, please contact [swimteamrepcccl@gmail.com](mailto:swimteamrepcccl@gmail.com).

## Swim Equipment

Required: team suit, goggles, swim fins  
\*\*Swim fins are used to build strength in the legs, improve stroke technique, and build stamina. You can order fins through Augusta Swim Supply. Let them know that you are with CCL.  
1-888-799-SWIM or [www.augustaswimsupply.com](http://www.augustaswimsupply.com)

Recommended: swim cap, team t-shirt

## Team Support

In order to have a fun, organized and successful season, our team depends upon the time and energy of parent volunteers. It takes a minimum of 30 workers from the home team to run a meet and about half that for an away meet. You must sign up to help with **at least two meets**, please see a swim team representative if you have not. When we all share the workload, everyone has a good time!

If you are interested in being a Stroke and Turn Judge, please watch for further information about attending a training clinic before the season starts.

## Team Sponsors

You can help support the CCL Swim Team and have your company listed on the team t-shirts worn by swimmers and parents all summer.

## Severe Weather

**359-2011** Messages will be posted at this number should a practice or meet schedule be affected by severe weather. Please note that meets are rarely cancelled in advance; please plan on the meet taking place and arrive on time, rain or shine.

This number is used in conjunction with swim lessons, so listen for the swim team message, if any, and then hang up. Please DO NOT leave a voice message as it is not checked by the swim team. If messages are left, there is the potential that the severe weather announcement message will not be functional.

## Columbia Swim League Scholarship

The Columbia Swim League has scholarship applications available to Juniors and Seniors. Please look on the Columbia Swim League site for more information, [www.swimleague.com](http://www.swimleague.com). The application does require final transcripts from the 2010-2011 school year.

*Thank you for being a part of our swim team this year!*