



**WESTLAKE VILLAGE
SWIM TEAM**

**SWIMMERS
&
PARENTS
HANDBOOK**

2018

LAST UPDATED: 16 May 2018

Foreword

This booklet was created to help you and your swimmer enjoy the fun of summer swimming with the Waves of Westlake. Please contact any member of the Westlake Village Swim Team Executive Board if you have any suggestions on content, structure, or scope.

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WELCOME

Let us take this opportunity to welcome you to the Westlake Village Swim Team (the "Waves of Westlake"). We look forward to meeting you and working with you through the summer season. The Waves offers professional coaching, competitive technique instruction for all ages and abilities, and competes in the Prince-Mont Swim League, which includes teams from Charles, Prince Georges, and Montgomery Counties, and the District of Columbia. We welcome any swimmer, up to age 18, who can fulfill the basic requirement of swimming one length of the pool (25 meters) free style. Each swimmer will be placed in the workout group best suited to him/her, so that he/she may enjoy some degree of success in a relatively short period of time. The Waves look for new kids every year who want to become swimmers as we must be constantly growing and training young swimmers to maintain a well-rounded competitive squad.

This handbook will familiarize you with many facets of the Waves operation. As you read through the following pages, you will be introduced to our history and philosophy, and will find valuable information about the Waves and competitive swimming in general.

Dual Meets in Prince-Mont competition are held on Saturdays, from mid-June until the end of July, with the meets generally starting at 8:30am. Swimmers are required to report to the pool by 7:15 am for home meets, and by 7:30 am for away meets, in order to participate in warm-ups.

There are some non-league special meets during the season, which are usually held on Sundays. The Charles County Championships is a locally organized meet between Westlake, Smallwood, Bannister, Hawthorne and Indian Head; the five teams in the County. Hosting the Championship Meet rotates annually among the five teams.

There may also be "B" Meets during the season, which are usually held on Wednesdays. These meets are specifically for those swimmers who either did not swim at the previous Dual Meet or did swim but did not place first, second or third in their event.

Due to the short and relatively "intense" season, we ask that families try to delay extended absences until the end of the season.

TEAM HISTORY

In the fall of 1988, Deb Downing and the Lancaster Neighborhood Association Board, began laying the framework for the Lancaster Blues Swim Team.

1989

In its inaugural season, the Blues competed in the E division. A young and enthusiastic team battled veteran teams and gained much experience and desire.

1990

The Blues competed in the F division, finishing the regular season with four wins and only one loss; placing third in the Division. The Blues sent its first entourage of seven swimmers to the All-Star Meet, with Daryll Scott being the first Blues swimmer to score.

1991

The Blues moved up to the E division and finished the season undefeated for the first time ever. This was made possible from everyone's continued hard work and partly due to swimmers who swam up with older swimmers to help the team score the most points possible. The Blues also competed in the Bannister Relay Carnival for the first time and came home with the 1st Place trophy. The Blues also sent a record twelve swimmers in 22 events to the All-Star Meet, placing in 6 events.

1992

The team again competed in the D division. The Blues successfully defended their Bannister Relay title, bringing the trophy home for the second straight year. The Blues sent 9 swimmers and a relay team to the All-Star Meet.

1993

The Blues moved up to the C division and compiled another winning record (4-1), finishing second in the division. The Blues successfully defended their Bannister Relay title, bringing the trophy home for the third straight year. The Blues also won the Charles County Championships for the first time, becoming the second team to ever hold that title. The Blues sent 14 swimmers and a relay team to the All-Star Meet.

1994

The Blues competed in the A division for the first time, swimming against the best teams in the League. The Blues finished with a 1-4 record but proved that they are one of the best teams in the League by competing well against the other teams. The Blues went to Cheverly Relays for the first time and brought home a trophy. The Blues successfully defended their Charles County Championship title, bringing home the trophy two years in a row. The Blues sent 13 swimmers and 3 relay teams to the All-Star Meet, winning seven first places, three second places and six other place ribbons.

1995

The Blues again competed in the A Division. The Blues finished with a 2-3 record demonstrating once again the spirit of a championship team. The Blues went to Cheverly Relays and swam very well. The Blues successfully defended their Charles County Championship title in a tightly contested meet and achieved a string of three titles in a row.

1996

The Blues changed their name to the Westlake Village Swim Team. The team conducted competitions for both the team name -- the Waves of Westlake (WOW) -- and the team logo, depicted on the front cover of this handbook and on some team clothing. The Waves decided to rotate between the three Westlake Village Pools every two years, beginning at Dorchester Pool. The Waves competed in the B Division and swam well through a challenging season.

1997

The Waves competed in the C Division, finishing with a 2-3 record.

1998

The Waves rotated to the Hampshire Neighborhood Pool and swam in C Division, finishing with a 1-4 record.

1999

The Waves competed in D Division, improving to an impressive 4-1 record.

2000

The Waves rotated to the Lancaster Neighborhood Pool and once again competed in the D Division. The team successfully completed the regular season with a 3-2 record.

2001

The team finished the regular season undefeated with an impressive 5-0 record in the D Division. Led by veteran swimmers Josh Smith and Jay Graham, the Waves brought home the 1st place trophy from Divisionals for first-year coach Kathy Ritacco.

2002

Coach Ritacco again led the Waves to another 5-0 undefeated season, this time in the B Division and brought home the Divisional trophy and the Charles County Championship trophy.

2003

Coach Ritacco was joined by former Waves swimmer Josh Smith as Assistant Coach and together they led the team to an unprecedented third undefeated season in the B division by defeating a very confident 4-0 New Carrollton team in the final regular season meet. It was a dual meet for the ages and some say it wasn't the "Waves" that hit them – it was a tsunami! The Waves hosted the Charles County Championship meet and once again brought home the 1st place trophy.

2004

Again led by Coach Ritacco, the Waves moved up to A division, competing against the best in Prince-Mont. We ended our dual meet victory streak going back to 2001 at 15, against a strong WST, and finished with a 2-3 dual meet record. This was a very respectable performance for our first year in A division in almost 10 years. We continued our Charles County Championship win streak, winning our third in a row. Josh Huger set the Prince-Mont record in the boys 13-14 50 butterfly.

2005

In our last season with Coach Ritacco, the Waves moved back into a very competitive B division. Dual meets throughout the season were very close and we ended up with a 2-3 season record. Our Charles County Championship win streak improved to four.

2006

The Waves welcomed Coach Dan Whitney to the team. The season was a real nail-biter with 3 dual meets slipping away late in the day with losses by less than 10 points each. The hardest loss came in week five where we lost to MC 271 to 270 after leading most of the meet. We ended a very close season 1-4. On a positive note, our Charles County Championship streak improved to five!

2007

The Waves were led by Coach Whitney in a very close and very competitive division. It was a very tough season. Our kids learned a lot about themselves that year and managed to have a great time building positive team spirit. Although we competed well in the divisional swim meet at the end of the season, we ended our dual meets with a disappointing 0-5 record. Once again, we ended the season on a high note and won the Charles County Championship for the sixth time in a row.

2008

The Waves hired Seth Rose as their new head coach. As Seth battled illness for much of the season, assistant coach Kelly Smith did a great job filling in and the Waves rebounded from a winless 2007 to post a winning 3-2 record and ending the season winning the B Division Championship meet. This win pulled the Waves even with Montpelier in the final standings, but MC won the season title based on a better regular season record.

2009

Coach Rose led the Waves to an impressive and undefeated 5-0 season in B Division. Wave swimmers set team records in eleven individual events and four relay events. The Waves dominated the B Division Championship meet, winning by over 100 points and claiming the B Division title. The Waves also won the Charles County Championship for a record eighth consecutive year, earning a record 451.5 points.

2010

Coach Rose was back with the Waves returning to A Division after their undefeated 2009 season. Week after week, the Waves swam their best, but were unable to earn a victory in the top division. The highlight of the season was the Waves' ninth consecutive Charles County Championship, finishing over 100 points ahead of the next best competitor. Swimmer Anthony Nguyen tied the 25 Free 8 & Under PMSL record (set in 1968) and set a the new 25 Back 8 & Under PMSL record),

2011

The Waves returned to B Division, as did Coach Rose for his fourth year with the team. The Waves lost the final dual meet of the season to WPT 294-281, leaving both teams with identical 4-1 records on top of the division. The Waves won a solid victory at the B Division Championship meet to claim the B Division trophy. In addition, the Waves completed a DECADE OF DOMINANCE by winning the Charles County Championship for the tenth straight year.

2012

Competing once again in B Division, the Waves hired long time swimmer and assistant coach Nathan Stephens to be their new head coach. Due to a League rule change, each division had only five teams, resulting in four league dual meets and one exhibition dual meet against an A Division team. WOW and WPT met the last week of the regular season with identical 3-0 records. WPT won the meet and went on to win the B Division Championship meet and the division title. The Waves did win their eleventh consecutive Charles County Championship, but the distance between WOW and the other teams is shortening. Swimmer Anthony Nguyen set a new 25 Back 9 & 10 PMSL record.

2013

The Waves hired long time swimmer and assistant coach James "Jamie" Hibbert as the new head coach. Despite several close dual meets, WOW finished the season with a 1-4 record and finished last at the B Division Championship meet. At Charles County Championships, the Smallwood Village swim seized the trophy for the first time since 2001 with WOW finishing in 2nd place. On a positive note, WOW swimmers set two new individual team records, 2 new individual and 1 relay team Dorchester pool records.

2014

Rotating to the Hampshire Pool, the Waves moved to D Division and welcomed a new head coach Elvin Forman, Jr. (Elite Rays USA Swim Team). Undefeated in the regular season, WOW swimmers impressed all at the D Division Championship meet and took home the division trophy. At Charles County Championships, the Waves finished 3rd out of 5 teams. WOW swimmers set 4 new individual team records and 3 individual Hampshire pool records this season.

2015

Assistant coach Anise Foreman moved up to head coach as the Waves returned to C Division this year. The Waves opened the season with a disappointing 15-point loss to West Laurel (WLS) before rebounding to win Week 2 against Severn Crossing (SX). Losses in the remaining dual meets saw WOW end the regular season with a 1-4 record and finish last in the C Division Championship meet. The Waves again finished 3rd in the Charles County Championships. WOW swimmers set 7 new individual and 1 relay team records.

2016

Coach Anise Foreman returned to lead the Waves in D Division as we returned to the Hampshire pool. Losing the first four dual meets, WOW rebounded with a week 5 win against Northridge Swim Team (NR). Finishing the regular season at 1-4, WOW placed 5th out of 6 teams at the D Division Championship meet. The Waves again finished 3rd in the Charles County Championships with Hawthorne Country Club (HCC) and Smallwood Village (SVA) continuing to dominate the county. WOW swimmers set 7 new individual team records and one new relay team record.

2017

The Waves hired Troy Greathouse (Westlake High School swim coach) as the new head coach as they returned to D Division for some fun summer swimming competition. Kendall McMillen returned and Kelcey Landgraf joined the team as assistant coaches. Despite finishing with an 0-5 record and last place at the D Division Championships, WOW swimmers showed great sportsmanship and eagerness to improve. The Waves again finished 3rd in the Charles County Championships. The Girls 18 & Under 200 Medley Relay team set 2 new individual and 4 new relay team records.

2018

Coach Greathouse and the Waves will return to Hampshire pool and swim in D Division. Coach Kelcey Landgraf will return and longtime WOW swimmer Natalie Brammer will join the team as assistant coaches.

COACHES LETTER TO TEAM MEMBERS

Dear WOW Swimmers and Families:

We begin a new season, as usual, with changes, swimmers who departed the area, some seasoned Waves coming home, and new swimmers who are now part of our great big family! The Waves will be swimming at the Hampshire Neighborhood Pool this season.

We begin this year in the D Division of the Prince-Mont Swim League.

We look to the highlights of all our seasons to remember that all of those things that we put together seasons ago bring the most out of us . . .

MOTIVATION
DISCIPLINE
RESPECT
GOOD SPORTSMANSHIP

DEDICATION
POSITIVE ATTITUDE
KINDNESS

To us coaches, every swimmer is important; we need everyone to have a great season. Our Team effort will ensure we have the greatest time. Win or lose, we will do it together. If we can accomplish that, then we will always be WINNERS!

Let's continue to go out there with a smile, work our hardest, have fun and strive to achieve personal best and team best times!

We are proud of our Waves of Westlake!!!

Head Coach – Troy Greathouse

Assistant Coach – Kelcey Landgraf

Assistant Coach – Natalie Brammer

2017 EXECUTIVE BOARD & APPOINTED COMMITTEES

WESTLAKE VILLAGE SWIM TEAM (WVST) BOARD

President

Tina Huber – 301-638-5136

twirltina@aol.com

Vice President

Dan Madigan

danmadigan@comcast.net

Prince-Mont League Rep

Greg Sims

gregesims3@aol.com

Treasurer

Susan Patterson - 240-346-432

mssempatterson@yahoo.com

Secretary

Laura Wright – 301-542-3010

laura.wright535@gmail.com

WVST COMMITTEE MEMBERS (Bold names are in PMSL Handbook)

| Position | Name | Position | Name | Position | Name |
|-------------------|--------------|-----------------------|------------------|---------------------|---------------|
| Snack Bar | Jenn Decker | Equipment Manager | | Stroke & Turn | |
| Swimsuits | | Announcer | | Officials Chair | Rich McMillen |
| Swimwear | | Fundraising Committee | | Stroke & Turn | Dave Polk |
| Special Events | | Head Timer | | President | Tina Huber |
| Concessions | Erica Roth | Head Judge | | League Rep | Greg Sims |
| Website - On-line | Scott Decker | Ribbons | Chantica Wheeler | Meet Manager | |
| Newsletter | | Starter / Referee | | Data Manager | Scott Decker |
| Trophies | | Clerk of Course | | Team Rep | |

TEAM PHILOSOPHY

The Waves program strives to instill in swimmers an understanding and appreciation for such concepts as high self-esteem, personal accountability, constructive self-motivation, goal-setting, and goal achievement as these ideas relate to their success in training and competition. It is our belief that the process of achieving is as important as realizing the achievement itself.

WAVES POLICIES

Coaching and Parenting:

We cannot stress enough the importance of the coach-swimmer relationship. We want your swimmer to relate to his/her coach in matters concerning his/her ability to swim competitively. When parents interfere with the opinions of how a swimmer should swim, considerable confusion can follow as to whom the swimmer should respect. It is the Coach's responsibility to provide constructive criticism of a swimmer's performance. In swimming, as in other endeavors, there are peaks and valleys along a long road of work, swim, and more work. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way. Coaches work best at coaching, parents at parenting.

Swim Team Membership Guidelines

Qualification Requirements:

- Resident of Westlake Village or have obtained written permission from the WVST Executive Board
- Be in good health
- Be between the ages of 5 and 18 years of age
- Not competing on any other summer swim team
- Be able to suitably swim (1) one length of the pool free style
- Be willing to attend all practices and meets
- Must purchase and wear a current team swimsuit to compete in meets
It is recommended that all swimmers purchase a team swim cap to be worn during competitions. A non-Westlake team swim cap may be worn for a meet, but it cannot display another team name and/or logo.

Note: If at the end of the first week of practice the Coach determines that a child cannot swim one (1) length of the pool in free style, the parent(s) will be contacted, the child may be cut from the team, and a full refund of the child's registration fee will be issued.

Membership Attendance and Conduct Requirements:

1. *Swimmers are expected to attend all practices and meets.* Swimmers will inform the Coach in writing by Tuesday prior to a meet of any expected absence. This way the team will be able to compensate for their absence.
2. Swimmers who miss three (3) practices in a given week without an excuse will be ineligible to participate in the following Saturday's meet. The Coach will determine any exceptions.
3. Swimmers who practice with a USA Swimming team during the summer are required to make at least one Waves practice each week. On the days they do practice with their USS club they will be excused from the Waves practice. USA Swimming practice attendance will be verified by the Coach to ensure that each and every swimmer trains for each meet.
4. Member conduct will at all times be in accordance with the pool rules and any additional rules the Coach deems necessary for the orderly operation of the swim team.
5. All swimmers are expected to follow the oral direction of any coach at any time, and at no time will disrespectful attitudes be tolerated from any swimmer. It is important that the coaching staff's relationship with the swimmers be that of direct control. When a coach is working with swimmers, it is important that he/she have the swimmer's undivided attention at all times. When a coach signals for silence, that signal is to be complied with immediately. If a child fails to demonstrate this ability of self-control, that child will be removed from the workout situation.
6. Swimmers are never to enter the swimming pool without a coach being present on the pool deck. While in the pool, swimmers are to remain against the wall, never playing in the lane. The only time a swimmer will be allowed to be away from the wall is when swimming a given distance or when instructed by a coach (i.e. practicing turns). Swimmers will not be allowed to walk on the bottom of the pool unless something is wrong (i.e. a leg cramp or a feeling of dizziness).
7. The use of profanity, verbal abuse, or physical abuse towards another person will not be tolerated at any time.
8. The Coach has final decision authority on all matters pertaining to the operation of the team. The findings of the WVST Executive Board will be final in all disputes.
9. In the event that the coach deems it necessary to remove a swimmer from the team, he/she will present the proposed action to the WVST Executive

Board for approval. Upon Board approval, the swimmer and parent will be notified in writing of this action.

Meet Rules

1. The Prince-Mont Swim League Handbook is the guideline for all rules and regulations concerning swim meets.
2. Each parent is responsible for arranging transportation to and from meets and is encouraged to attend with their swimmers. These meets are great fun for swimmers and parents alike and are an opportunity to participate in a special way in their young swimmer's career. The coaches are responsible for the team as a whole and cannot provide an individual's transportation needs. Therefore, please do not ask a coach to provide transportation.
3. During a meet the Waves have a "Team Area" and the team sits together as a group. This helps promote team unity and spirit. When a swimmer first arrives at a meet, he/she should locate and go to the team area.
4. As a matter of courtesy, all questions by swimmers or parents concerning event results, officiating calls or the conduct of a meet will be handled by the coaches. If you have a question or concern about your swimmer during the course of a meet, please talk to the Coach.
5. Event assignment is the responsibility of the coach. Each Waves swimmer is responsible for knowing which events he/she is swimming and is responsible for reporting to the Clerk of Course for that event. If, for some reason, a swimmer cannot compete, the coaching staff should be notified in writing ahead of time.

Relays

1. Building a relay team is the responsibility of the coaching staff. In considering the make-up of the relay team membership, the coach considers many variables: the attitude of the swimmer; his/her ability to perform under pressure; the type of meet the swimmer had for that day; and finally the score of the meet. Even considering these variables, it is often very difficult to select the best relay team. Please support our Coach in his/her choices and team make-up by planning to participate throughout the entire meet.
2. If for some reason your swimmer must leave the meet early, please notify the Coach as soon as possible. In this manner the Coach can inform other swimmers and ensure we have teams for the relays.

Waves Uniforms

WVST swimmers are required to purchase and wear the team racing suit and, if desired, a Waves swim cap in all swimming competitions. It is permissible to wear an alternate swim cap for competition, but no other swim team names and/or logos are permitted. During practices and other times, non-team suits are approved. Warm-ups and other items are suggested to keep your swimmer warm and comfortable.

Policing the Team Area

As a matter of Waves pride, and also as a matter of common courtesy, leave the Team Area and pool deck in a neat and clean condition at the conclusion of each meet.

Eligibility for Awards

1. *In order to be eligible for the yearly trophies, swimmers must swim in at least 3 Waves of Westlake meets.* Prince-Mont Dual Meets are held on Saturday mornings from 8:30 am through to approximately noon and B-meets are held weekday evenings.
2. To verify that a child swam in three meets, the score sheets are checked until a child's name is found on three separate score sheets.
3. In the event a child did not swim in three meets, but was in attendance at meet(s) that he/she was not in the line-up, i.e. swimmer was not in line-up due to limitations on heats, his/her attendance will be considered toward the three meet requirement.
4. Parents of children who do not meet the above requirements will be contacted before the Awards Banquet to determine if the number of meets attended is correct and to notify them of their child's' eligibility status for awards.
5. The Executive Board may include Time Trials as one of the Meets under this requirement if, in the opinion of the Executive Board, a child may not be able to meet the minimum requirements due to a limitation on heats.

OBJECTIVES AND GOALS

Recreational, Emotional, Social and Physical Development:

1. To provide an opportunity for all children in the area to engage in a wholesome, lifesaving, lifetime sport and recreational activity.
2. To provide the opportunity to learn sportsmanship, responsibility, dedication, self-discipline and team participation.
3. To provide training at peer and ability levels.
4. To develop a learning program that will provide the necessary background for competitive swimming to a large number of children.

See Coaches' Duties and Responsibilities for more information.

Head Coach Duties and Responsibilities:

- Organize and conduct regularly scheduled practice sessions for WVST;
- Lay out and prepare all necessary practice equipment, and return same to storage upon completion of each practice session;
- Teach competitive swimming strokes and techniques to swimmers;
- Attend all practices and meets;
- Assist each swimmer to identify his or her goals for the swim season;
- Develop and implement methodologies for individual goal accomplishment;
- Prepare the line-up and event cards for each A Dual Meet and B Meet in a timely manner;
- Post seeding sheets - in a conspicuous location - five days prior to each Dual Meet;
- Develop, establish and implement an enforceable code of conduct;
- Establish and maintain open lines of communication with the swimmers, the parents and the Executive Board;
- Set aside time to discuss individual swimmer issues with parents, as requested;
- Coordinate and manage services of the Assistant Coach;
- Establish and/or maintain Certifications in CPR, First Aid, Professional Life Guard and Pool Care Operator;
- Assume all other duties and responsibilities ordinarily inherent in the role of Head Coach of a swim team;
- All of the above tasks and responsibilities shall be conducted with the knowledge and concurrence of the WVST Board.

Assistant Coach Duties and Responsibilities:

- Organize and hold regularly scheduled practice sessions for WVST;
- Lay out and prepare all necessary practice equipment and return same to storage upon completion of each practice session;
- Teach competitive swimming strokes and techniques to swimmers;
- Attend all practices and meets;
- Assist each swimmer to identify his or her goals for the swim season;
- Develop and implement methodologies for individual goal accomplishment;
- Prepare the line-up and event cards for each A Dual Meet and B Meet in a timely manner;
- Post seeding sheets - in a conspicuous location - five days prior to each Dual Meet;
- Develop, establish, and implement an enforceable code of conduct;
- Establish and maintain open lines of communication with the swimmers, the parents and the Executive Board;
- Set aside time to discuss individual swimmer issues with parents, as requested;
- Follow the direction and guidance of the Head Coach;
- Establish and/or maintain Certification in CPR, First Aid, Professional Life Guard and Pool Care Operator,
- Assume all other duties and responsibilities ordinarily inherent in the role of Assistant Coach of a swim team;
- All of the above tasks and responsibilities shall be conducted with the knowledge and concurrence of the WVST Executive Board.

OFFICIALS CLINIC

Every year prior to the start of the swim season the Prince-Mont League conducts an Officials Clinic to familiarize and train those volunteers working the deck at the swim meets. The positions include Referee, Starter, Head Judge, Stroke and Turn Judge, Head Timer, Scorekeeper, Ribbon Writer, Clerk of Course, Meet Manager and Announcer.

In 2009, the PMSL adopted a new rule that states, beginning with the 2010 season, ALL Referees, Starters, and Stroke and Turn Judges must have attended a clinic for their position within the previous 15 months to participate in PMSL meets.

Please! We need volunteers to work on the deck in order to run the meets smoothly. It is not difficult or complicated, and on the deck is the best seat in the house. We all owe it to our swimmers to provide a fair and equitable competitive environment. Come on out and join the fun! You'll be glad you did.

This year's clinic will be held on June 3, 2018 at 5:30 PM, University of Maryland

2018 SEASON SCHEDULE

Evaluations:

Evaluations and familiarization for new team members will be conducted during the first week of practice at Hampshire Pool. This time will be used to evaluate individual swimming ability and familiarize him/her with swimming techniques and drills. Soon thereafter all swimmers will be assigned to a practice group based upon age and ability.

Practice Schedule:

| <u>Evening Practices, M-F</u> | <u>Regular Morning Practices, M-F</u> |
|-------------------------------|---------------------------------------|
| 30 May – June 18, 2018 | 19 June – 28 July 2018 |
| 5:30 - 6:30pm: 10 & under | 7:00 – 08:15am: 13 and up |
| 6:00 - 7:00pm: 11 - 14 | 8:15 – 09:30am: ages 11 and 12 |
| 7:00 - 8:00pm: 15 and up | |

****The above schedule is tentative and can be changed by head coach.

Swimming Events:

See <http://www.princemont.org/> for updates to pool directions.

| | | | |
|-----------------------------|--------------------------------|-----------|----------------|
| June 9, 2018 | Time Trials | WOW | Hampshire Pool |
| June 16, 2018 | 1st Dual Meet | CRS @ WOW | Hampshire Pool |
| June 23, 2018 | 2nd Dual Meet | WA @ WOW | Hampshire Pool |
| June 30, 2018 | 3rd Dual Meet | AST @ WOW | Hampshire Pool |
| July 7, 2018 | 4th Dual Meet | WOW @ SX | at SX |
| July 14 2018 | 5th Dual Meet | WOW @ WLS | at WLS |
| July 15, 2018** (Sunday) | Charles County Championship | | Hampshire Pool |
| July 21, 2018 ** | Division Championship | | at CSR |
| July 28, 2018 ** | All-Stars | | At Whitehall |

**For those who qualify

B Meets:

To be announced

Special Events:

Throughout the season the team will be sponsoring special events for swimmers and parents, such as Pep Rallies (held the Friday evening before Home Meets) and the Awards Banquet (at the conclusion of the season). Check the Waves Newsletter and our website (<http://www.wavesofwestlake.info>) for details on events. If you have any suggestions or ideas, please contact the Special Events Manager or any member of the WVST Executive Board.

Other Events and Meets:

| | | |
|------------------------|--------------------------|------------------|
| May 29, 2018 7-8:30 pm | Meet the Coach | (Hampshire Pool) |
| June 10, 2018 12-3 pm | Car Wash | (Foster's Grill) |
| June 15, 2018 6-8 pm | Spirit Night – Ice Cream | (Hampshire Pool) |
| June 23, 2018 6-8 pm | Spirit Night – Pizza | (Hampshire Pool) |
| June 29, 2018 6-8 pm | Spirit Night – Hot Dogs | (Hampshire Poo) |
| July 8, 2018 7am-12 pm | Guppy Meet | (Smallwood Pool) |
| July 21, 2018, 6-11 pm | End of Season Banquet | (Hampshire Pool) |

POOL DIRECTIONS

SEVERN CROSSING SWIM TEAM (SX)
11800 Backus Drive, Bowie, MD 20720

Directions: From Capital Beltway, take Exit 20 A. Follow signs towards Lanham and Route 564 East (Lanham Severn Road). Continue on Rt. 564 several miles. Cross over Rt. 193 (Greenbelt Rd.). After crossing over Rt. 193, take third left onto Driscoll Drive, the entrance to Severn Crossing neighborhood. Follow Driscoll to Backus Drive and turn right onto Backus Drive. Go one block on Backus and the pool is on the right hand side.

WEST LAUREL SWIM CLUB (WLS)
7203 Brooklyn Bridge Rd., Laurel, MD 20707

Directions: New Exit: Interstate I 95N to exits 31-33 (These are through lanes, not Toll. Toll only applies when you exit onto Exit 31). Take exit 33B Rt. 198 West towards Burtonsville. Follow Rt. 198 to 2nd traffic light, turn Right on Bond Mill Road. Follow Bond Mill until it ends at Brooklyn Bridge Rd. Turn Right on Brooklyn Bridge Rd. Pool is 1/2 mile on the right.

CHEVERLY SWIM AND RACQUET CLUB INC. (CSR)
5600 Euclid St., Cheverly, MD 20785

Directions: From Baltimore-Washington Parkway, take exit at Landover Rd. (Rt. 202 East). Go East on Rt. 202 to Cheverly Ave. Turn R on Cheverly Ave. to Forest Rd. Turn R on Forest Rd. to Crest Ave. Turn L on Crest Ave. to Euclid St. Turn R on Euclid St. to Club.

WHITEHALL POOL AND TENNIS CLUB (WPT)
Box 521 Whitehall Drive, Bowie, MD 20715

Directions: From Capital Beltway, take Rt.50 E (toward Annapolis) approximately 8 miles to exit for Rt.197 (Bowie). Follow Rt. 197 N to Old Chapel Rd. at traffic light. Turn R onto Old Chapel, and go 0.4 miles to Whitehall Dr. Turn L, on Whitehall, driveway is first right off Whitehall Drive.

ORDER OF EVENTS, TEAM & POOL RECORDS

Order of Events

| BOYS | | GIRLS |
|-------------|--|--------------|
| 1 | 18 & Under Medley Relay – 200 m | 2 |
| 3 | 10 & Under Butterfly - 25m | 4 |
| 5 | 11-12 Butterfly - 50m | 6 |
| 7 | 13-14 Butterfly - 50m | 8 |
| 9 | 15-18 Butterfly - 50m | 10 |
| 11 | 8 & Under Freestyle - 25m | 12 |
| 13 | 9-10 Freestyle - 50m | 14 |
| 15 | 11-12 Freestyle - 50m | 16 |
| 17 | 13-14 Freestyle - 50m | 18 |
| 19 | 15-18 Freestyle - 100m | 20 |
| 21 | 8 & Under Breastroke - 25m | 22 |
| 23 | 9-10 Breastroke - 25m | 24 |
| 25 | 11-12 Breastroke - 50m | 26 |
| 27 | 13-14 Breastroke - 50m | 28 |
| 29 | 15-18 Breastroke - 50m | 30 |
| 31 | 9-10 Backstroke - 25m | 32 |
| 33 | 11-12 Backstroke - 50m | 34 |
| 35 | 13-14 Backstroke - 50m | 36 |
| 37 | 15-18 Backstroke - 50m | 38 |
| 39 | 8 & Under Backstroke - 25m | 40 |
| 41 | 11-12 Individual Medley – 100m | 42 |
| 43 | 13-14 Individual Medley – 100m | 44 |
| 45 | 15-18 Individual Medley – 100m | 46 |
| 47 | 8 & Under Mixed Freestyle Relay – 100m | 47 |
| 48 | 9-18 Graduated Freestyle Relay – 200m | 49 |

Men's Team Records

As of: May 13, 2018

| AGE | EVENT | TIME | DATE | NAME |
|--------------------|-------------------------|-------------|-------------|---|
| 18 & Under | 200M Medley Relay | 2:02.41 | 7/07/2012 | Austin Fisher Denny Nguyen Myles Ellis Alexander Nguyen |
| 10 & Under | 25M Fly | 15.11 | 6/23/2012 | Anthony Nguyen |
| 11-12 | 50M Fly | 31.69 | 7/06/2002 | Dylan Buehler |
| 13-14 | 50M Fly | 27.82 | 7/10/2004 | Joshua Huger |
| 15-18 | 50M Fly | 27.68 | 6/23/2012 | Denny Nguyen |
| 8 & Under | 25M Free | 15.47 | 7/18/2010 | Anthony Nguyen |
| 9-10 | 50M Free | 31.17 | 7/11/2009 | Andrew Nguyen |
| 11-12 | 50M Free | 29.19 | 7/17/2011 | Andrew Nguyen |
| 13-14 | 50M Free | 26.39 | 7/10/2002 | Joshua Huger |
| 15-18 | 100M Free | 56.52 | 7/10/1999 | Seth Halsey |
| 8 & Under | 25M Breast | 20.85 | 7/17/2010 | Anthony Nguyen |
| 9-10 | 25M Breast | 18.46 | 7/30/2011 | Anthony Nguyen |
| 11-12 | 50M Breast | 36.27 | 7/23/2011 | Andrew Nguyen |
| 13-14 | 50M Breast | 35.29 | 7/31/2004 | Nathan Stephens |
| 15-18 | 50M Breast | 32.01 | 7/26/2008 | Nathan Stephens |
| 9-10 | 25M Back | 16.44 | 7/28/2012 | Anthony Nguyen |
| 11-12 | 50M Back | 35.44 | 7/03/2010 | Andrew Nguyen |
| 13-14 | 50M Back | 31.69 | 7/29/1995 | Seth Halsey |
| 15-18 | 50M Back | 28.78 | 6/23/2012 | Denny Nguyen |
| 8 & Under | 25M Back | 18.20 | 7/17/2010 | Anthony Nguyen |
| 12 & Under | 100M IM | 1:10.45 | 7/30/2011 | Andrew Nguyen |
| 13-14 | 100M IM | 1:08.17 | 7/24/2004 | Joshua Huger |
| 15-18 | 100M IM | 1:01.10 | 7/30/2011 | Denny Nguyen |
| 8 & Under Mixed | 100M Free Relay | 1:18.27 | 8/01/2009 | Matthew Thon Katalina Martinez Emily Decker Anthony Nguyen |
| 9-18 Graduated | 200M Free Relay | 1:54.23 | 7/30/2011 | Anthony Nguyen Andrew Nguyen Alexander Nguyen Denny Nguyen |

**Team Records are those times swum by a Wave swimmer at a
League Certified 25 Meter Pool, during a League sanctioned Meet or
the Charles County Championships.
No 25-Yard Times - No Converted Times**

Women's Team Records

As of: May 13, 2018

| AGE | EVENT | TIME | DATE | NAME |
|--------------------|-------------------------|---------|-----------|---|
| 18 & Under | 200M Medley Relay | 2:14.28 | 7/22/2017 | Kerrigan McMillen Emily Decker Tyra Agnew Carla Arquero |
| 10 & Under | 25M Fly | 16.68 | 7/22/2006 | McKenzie Olup |
| 11-12 | 50M Fly | 33.59 | 7/13/2004 | Kerrigan McMillen |
| 13-14 | 50M Fly | 32.12 | 8/01/2015 | Kerrigan McMillen |
| 15-18 | 50M Fly | 31.91 | 7/22/2017 | Emily Decker |
| 8 & Under | 25M Free | 17.58 | 7/25/2009 | Katalina Martinez |
| 9-10 | 50M Free | 34.47 | 7/22/2006 | McKenzie Olup |
| 11-12 | 50M Free | 31.28 | 6/29/2013 | Emily Decker |
| 13-14 | 50M Free | 30.27 | 7/19/2015 | Emily Decker |
| 15-18 | 100M Free | 1:03.94 | 7/05/2003 | Cassandra Ritchey |
| 8 & Under | 25M Breast | 22.34 | 7/24/2004 | McKenzie Olup |
| 9-10 | 25M Breast | 18.69 | 6/17/2006 | McKenzie Olup |
| 11-12 | 50M Breast | 39.65 | 7/21/2007 | McKenzie Olup |
| 13-14 | 50M Breast | 39.34 | 7/26/2007 | Diana Rhoades |
| 15-18 | 50M Breast | 36.27 | 7/26/2008 | Christine Dunleavy |
| 9-10 | 25M Back | 18.97 | 6/30/2012 | Kerrigan McMillen |
| 11-12 | 50M Back | 36.34 | 7/02/2011 | Carla Arquero |
| 13-14 | 50M Back | 34.69 | 8/01/2015 | Kerrigan McMillen |
| 15-18 | 50M Back | 33.78 | 7/05/2003 | Cassandra Ritchey |
| 8 & Under | 25M Back | 22.18 | 7/31/2010 | Kerrigan McMillen |
| 12&U | 100M IM | 1:16.57 | 7/13/2014 | Kerrigan McMillen |
| 13-14 | 100M IM | 1:14.82 | 8/01/2015 | Kerrigan McMillen |
| 15-18 | 100M IM | 1:13.15 | 7/24/1999 | Diana Rhoades |
| 8 & Under Mixed | 100M Free Relay | 1:18.27 | 8/01/2009 | Matthew Thon Katalina Martinez Emily Decker Anthony Nguyen |
| 9-18 Graduated | 200M Free Relay | 2:13.40 | 7/23/2011 | Kerrigan McMillen Carla Arquero Natalie Brammer Abigail Belote |

**Team Records are those times swum by a Wave swimmer at a
League Certified 25 Meter Pool, during a League sanctioned Meet or
the Charles County Championships.
No 25-Yard Times - No Converted Times**

Men's Lancaster Pool Records

As of August 1, 2007

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-------------------------|---------|---------|--|------|
| 18&Under | 200M Medley Relay | N/A | N/A | N/A | N/A |
| 10 & Under | 25M Fly | 19.24 | 7/22/00 | Ryan Harris | SSC |
| 11-12 | 50M Fly | 35.47 | 7/14/07 | Michael Harris | MC |
| 13-14 | 50M Fly | 31.84 | 6/23/07 | Ethan Smith | BSR |
| 15-18 | 50M Fly | 29.52 | 7/14/01 | Josh Smith | WOW |
| 8 & Under | 25M Free | 17.75 | 7/14/07 | Brown De Colstoun | MC |
| 9-10 | 50M Free | 32.47 | 7/14/07 | Dylan Buehler | MC |
| 11-12 | 50M Free | 32.65 | 7/14/07 | Michael Harris | MC |
| 13-14 | 50M Free | 29.09 | 7/22/00 | Brandon Wilson El | TB |
| 15-18 | 100M Free | 57.47 | 6/23/07 | Alex Smith | BSR |
| 8 & Under | 25M Breast | 26.09 | 7/22/00 | Joe Mills | MC |
| 9-10 | 25M Breast | 19.44 | 7/14/07 | Dylan Buehler | MC |
| 11-12 | 50M Breast | 43.66 | 7/21/01 | Nathan Stephens | WOW |
| 13-14 | 50M Breast | 35.91 | 7/14/07 | Caleb Heidel | MC |
| 15-18 | 50M Breast | 33 | 6/23/07 | John Donovan | BSR |
| 9-10 | 25M Back | 19.18 | 7/14/07 | Dylan Buehler | MC |
| 11-12 | 50M Back | 41.82 | 7/14/07 | Dallas Luehe | WOW |
| 13-14 | 50M Back | 36.4 | 7/07/07 | Alexander Cartron | SS |
| 15-18 | 50M Back | 31.24 | 6/23/07 | Alex Smith | BSR |
| 8 & Under | 25M Back | 22.81 | 7/14/07 | Brown De Colstoun | MC |
| 12&U | 100M IM | 1:25.22 | 7/14/07 | Michael Harris | MC |
| 13-14 | 100M IM | 1:10.25 | 6/23/07 | Adam Enoch | BSR |
| 15-18 | 100M IM | 1:7.23 | 7/07/07 | Ethan Gerlach | SS |
| 8 & Under Mixed | 100M Free Relay | 1:30.13 | 7/22/00 | Michelle Grozinsky Tim Hodge Amelia Tarlton Nick Schlegel | WOW |
| 9-18 Graduated | 200M Free Relay | 2:12.03 | 7/21/01 | Christian Ritacco Josh Huger Alex Phaup Josh Smith | WOW |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

Women's Lancaster Pool Records

As of August 1, 2007

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-------------------------|---------|---------|--|------|
| 18 & Under | 200M Medley Relay | N/A | N/A | N/A | N/A |
| 10 & Under | 25M Fly | 17.49 | 7/01/00 | Chelsie Adams | WOW |
| 11-12 | 50M Fly | 35.75 | 6/23/07 | Geordie Enoch | BSR |
| 13-14 | 50M Fly | 34.2 | 6/23/07 | Caitlin Magaw | BSR |
| 15-18 | 50M Fly | 33.11 | 7/22/00 | Meredith Stakem | MC |
| 8 & Under | 25M Free | 18.52 | 7/21/01 | Jennifer Subocz | WOW |
| 9-10 | 50M Free | 35.42 | 7/22/00 | Chelsie Adams | WOW |
| 11-12 | 50M Free | 32.69 | 7/07/07 | McKenzie Olup | WOW |
| 13-14 | 50M Free | 30.31 | 6/23/07 | Amanda Barber | BSR |
| 15-18 | 100M Free | 1:03.50 | 7/22/00 | Meredith Stakem | MC |
| 8 & Under | 25M Breast | 24.31 | 7/21/00 | Jennifer Subocz | WOW |
| 9-10 | 25M Breast | 21.64 | 7/14/01 | Maurielle Stewart | TB |
| 11-12 | 50M Breast | 40.96 | 7/14/07 | McKenzie Olup | WOW |
| 13-14 | 50M Breast | 41.2 | 6/23/07 | Nandi Ross | BSR |
| 15-18 | 50M Breast | 37.93 | 7/07/07 | Christine Dunleavy | WOW |
| 9-10 | 25M Back | 18.81 | 7/14/01 | Temara Jordon | TB |
| 11-12 | 50M Back | 39.62 | 6/17/00 | Eliotte Henderson | WOW |
| 13-14 | 50M Back | 36.76 | 7/01/00 | Cassandra Ritchey | WOW |
| 15-18 | 50M Back | 34.59 | 6/23/07 | Caitlin Mcgaw | BSR |
| 8 & Under | 25M Back | 35.37 | 7/14/07 | Stephanie Blau | MC |
| 12&U | 100M IM | 1:19.96 | 6/23/07 | Geordie Enoch | BSR |
| 13-14 | 100M IM | 1:19.54 | 7/21/01 | Cassandra Ritchey | WOW |
| 15-18 | 100M IM | 1:13.77 | 7/22/00 | Meredith Stakem | MC |
| 8 & Under Mixed | 100M Free Relay | 1:30.13 | 7/22/00 | Michelle Grozinsky Tim Hodge Amelia Tarlton Nick Schlegel | WOW |
| 9-18 Graduated | 200M Free Relay | 2:15.66 | 7/14/01 | Temara Jordan Crystal Coley Yolanda Baylor Latisha Jordan | TB |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

Men's Dorchester Pool Records

As of: May 13, 2018

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-------------------------|---------|-----------|--|------|
| 18 & Under | 200M Medley Relay | 2:02:41 | 7/07/2012 | Austin Fisher Denny Nguyen Myles Ellis Alexander Nguyen | WOW |
| 10 & Under | 25M Fly | 15.39 | 7/07/2012 | Anthony Nguyen | WOW |
| 11-12 | 50M Fly | 31.46 | 7/25/2009 | Dylan Buehler | MC |
| 13-14 | 50M Fly | 30.12 | 7/14/2013 | Liam Vienneau | HCC |
| 15-18 | 50M Fly | 27.97 | 7/15/2007 | Will Webber | BNS |
| 8 & Under | 25M Free | 17.14 | 7/18/2009 | Anthony Nguyen | WOW |
| 9-10 | 50M Free | 31.49 | 7/18/2009 | Andrew Nguyen | WOW |
| 11-12 | 50M Free | 29.44 | 6/29/2002 | Joshua Huger | WOW |
| 13-14 | 50M Free | 27.85 | 7/14/2013 | Liam Vienneau | HCC |
| 15-18 | 100M Free | 56.88 | 7/07/2012 | Denny Nguyen | WOW |
| 8 & Under | 25M Breast | 23.31 | 7/18/2009 | Anthony Nguyen | WOW |
| 9-10 | 25M Breast | 18.47 | 6/30/2012 | Anthony Nguyen | WOW |
| 11-12 | 50M Breast | 37.72 | 7/2/2016 | Dominic Kazzi | RST |
| 13-14 | 50M Breast | 35.81 | 6/30/2012 | Andrew Nguyen | WOW |
| 15-18 | 50M Breast | 31.73 | 7/15/2007 | Will Webber | BNS |
| 9-10 | 25M Back | 16.68 | 6/30/2012 | Anthony Nguyen | WOW |
| 11-12 | 50M Back | 36.18 | 7/18/2009 | Alexander Nguyen | WOW |
| 13-14 | 50M Back | 32.15 | 7/07/2012 | Andrew Nguyen | WOW |
| 15-18 | 50M Back | 30.15 | 7/06/2013 | Michael Stevens | GMST |
| 8 & Under | 25M Back | 19.41 | 7/18/2009 | Anthony Nguyen | WOW |
| 12&U | 100M IM | 1:15.22 | 7/06/2002 | Joshua Huger | WOW |
| 13-14 | 100M IM | 1:09.28 | 6/30/2012 | Andrew Nguyen | WOW |
| 15-18 | 100M IM | 1:03.54 | 7/07/2012 | Denny Nguyen | WOW |
| 8 & Under Mixed | 100M Free Relay | 1:21.54 | 7/07/2012 | Nicole Szabo Asa Virga Lauren Hill Ian Virga | SBP |
| 9-18 Graduated | 200M Free Relay | 2:01.19 | 6/30/2012 | Anthony Nguyen Emmanuel Agravante Andrew Nguyen Nick Essing | WOW |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

Women's Dorchester Pool Records

As of May 13, 2018

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-------------------------|---------|-----------|---|------|
| 18 & Under | 200M Medley Relay | 2:18.59 | 7/07/2012 | Emma Bearman Laura McGehee Morgan Hill Lilian Miller | SBP |
| 10 & Under | 25M Fly | 17.03 | 6/30/2012 | Keyla Brown | AR |
| 11-12 | 50M Fly | 34.48 | 7/26/2009 | Carla Hayes | KSC |
| 13-14 | 50M Fly | 30.67 | 7/07/2012 | Morgan Hill | SBP |
| 15-18 | 50M Fly | 31.91 | 6/21/2008 | Jennifer Kotonias | GM |
| 8 & Under | 25M Free | 18.06 | 7/07/2012 | Nicole Szabo | SBP |
| 9-10 | 50M Free | 33.59 | 6/30/2012 | Keyla Brown | AR |
| 11-12 | 50M Free | 31.23 | 7/14/2013 | Natalie LaFontant | SVA |
| 13-14 | 50M Free | 29.17 | 7/07/2012 | Morgan Hill | SBP |
| 15-18 | 100M Free | 1:03.51 | 6/21/2008 | Jennifer Kotonias | GM |
| 8 & Under | 25M Breast | 24.78 | 7/2/2016 | Temi Sobande | RST |
| 9-10 | 25M Breast | 21.16 | 7/20/2008 | Hannah Hagadorn | IH |
| 11-12 | 50M Breast | 38.75 | 7/20/2008 | McKenzie Olup | HCC |
| 13-14 | 50M Breast | 37.09 | 7/04/2009 | Geordie Enoch | BSR |
| 15-18 | 50M Breast | 36.80 | 7/20/2008 | Christine Dunleavy | WOW |
| 9-10 | 25M Back | 18.17 | 6/20/2009 | Madison Oehler | SSST |
| 11-12 | 50M Back | 35.38 | 7/20/2009 | Julie Lilly | WPT |
| 13-14 | 50M Back | 34.53 | 7/04/2009 | Geordie Enoch | BSR |
| 15-18 | 50M Back | 32.06 | 7/14/2013 | Hannah Hagadorn | IH |
| 8 & Under | 25M Back | 21.97 | 7/07/2012 | Nicole Szabo | SBP |
| 12&U | 100M IM | 1:19.24 | 7/26/2009 | Carla Hayes | KSC |
| 13-14 | 100M IM | 1:11.97 | 7/04/2009 | Geordie Enoch | BSR |
| 15-18 | 100M IM | 1:12.27 | 6/21/2008 | Jennifer Kotonias | GM |
| 8 & Under Mixed | 100M Free Relay | 1:21.54 | 7/07/2012 | Nicole Szabo Asa Virga Lauren Hill Ian Virga | SBP |
| 9-18 Graduated | 200M Free Relay | 2:12.41 | 7/12/2008 | Michelle Wong Helen Gerlach Katie Delaney Janene Gerlach | SSST |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

Men's Hampshire Pool Records

As of May 13, 2018

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-----------------------|---------|-----------|---|------|
| 18 & Under | 200M | 2:03.06 | 7/17/2010 | Thomas Williams | BBT |
| | Medley Relay | | | Charles Brother Andrew Jennings Brian Laufer | |
| 10 & Under | 25M Fly | 15.83 | 6/18/2011 | Anthony Nguyen | WOW |
| 11-12 | 50M Fly | 33.12 | 7/16/2011 | Andrew Nguyen | WOW |
| 13-14 | 50M Fly | 29.84 | 6/20/2015 | Henry Buda | WLS |
| 15-18 | 50M Fly | 26.98 | 7/23/2005 | Matt Harris | MC |
| 8 & Under | 25M Free | 15.52 | 7/17/2010 | Anthony Nguyen | WOW |
| 9-10 | 50M Free | 32.34 | 6/18/2011 | Anthony Nguyen | WOW |
| 11-12 | 50M Free | 29.26 | 6/18/2011 | Andrew Nguyen | WOW |
| 13-14 | 50M Free | 27.52 | 7/22/2006 | Darell Hungerford | TB |
| 15-18 | 100M Free | 56.18 | 7/23/2005 | Matt Harris | MC |
| 8 & Under | 25M Breast | 20.85 | 7/17/2010 | Anthony Nguyen | WOW |
| 9-10 | 25M Breast | 19.15 | 6/18/2011 | Anthony Nguyen | WOW |
| 11-12 | 50M Breast | 37.23 | 7/16/2011 | Andrew Nguyen | WOW |
| 13-14 | 50M Breast | 33.79 | 7/22/2006 | Darell Hungerford | TB |
| 15-18 | 50M Breast | 32.47 | 7/22/2006 | Nathan Stephens | WOW |
| 9-10 | 25M Back | 17.25 | 7/02/2011 | Anthony Nguyen | WOW |
| 11-12 | 50M Back | 35.62 | 7/22/2006 | Nicholas Pugliaresi | MVP |
| 13-14 | 50M Back | 31.12 | 7/22/2006 | Richard Alloway | MVP |
| 15-18 | 50M Back | 29.25 | 6/18/2011 | Denny Nguyen | BSR |
| 8 & U | 25M Back | 18.20 | 7/17/2010 | Anthony Nguyen | WOW |
| 12 & Under | 100M IM | 1:12.44 | 7/16/2011 | Andrew Nguyen | WOW |
| 13-14 | 100M IM | 1:08.41 | 7/17/2010 | Dennis Witol | BBT |
| 15-18 | 100M IM | 1:03.46 | 7/02/2011 | Denny Nguyen | WOW |
| 8 & Under Mixed | 100M Free Relay | 1:21.54 | 7/22/2006 | Matthew Michael MaryAnna Evans Kyle MacMillan Sophia Boyer | MVP |
| 9-18 Graduated | 200M Free Relay | 1:57.69 | 6/18/2011 | Anthony Nguyen Andrew Nguyen Alexander Nguyen Denny Nguyen | WOW |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

Women's Hampshire Pool Records

As of August 1, 2015

| AGE | EVENT | TIME | DATE | NAME | CLUB |
|--------------------|-------------------------|---------|-----------|---|------|
| 18 & Under | 200M Medley Relay | 2:22.23 | 7/17/2010 | Ashleigh Hill Brenna Jeffries Rachel Williams Nicki Schult | BBT |
| 10 & Under | 25M Fly | 16.04 | 7/10/2010 | Tyla Jackson | TB |
| 11-12 | 50M Fly | 33.80 | 6/28/2014 | Michelle Kim | NRST |
| 13-14 | 50M Fly | 31.31 | 7/10/2009 | Kathryn Gold | NCR |
| 15-18 | 50M Fly | 32.18 | 7/22/2006 | Temara Jordan | TB |
| 8 & Under | 25M Free | 17.87 | 7/10/2010 | Lauren Artis | TB |
| 9-10 | 50M Free | 33.71 | 7/10/2010 | Alyssa Evans | TB |
| 11-12 | 50M Free | 30.65 | 7/09/2005 | Janene Gerlach | SSST |
| 13-14 | 50M Free | 30.20 | 7/16/2011 | Annie Hayburn | WPT |
| 15-18 | 100M Free | 1:04.12 | 7/02/2011 | Amanda Barber | BSR |
| 8 & Under | 25M Breast | 25.42 | 6/26/1999 | Jennifer Kotonias | SSST |
| 9-10 | 25M Breast | 18.69 | 6/17/2006 | McKenzie Olup | WOW |
| 11-12 | 50M Breast | 41.32 | 6/28/2014 | Kerrigan McMillen | WOW |
| 13-14 | 50M Breast | 38.22 | 6/18/2011 | Jennifer Clune | GM |
| 15-18 | 50M Breast | 35.96 | 7/02/2011 | Geordie Enoch | BSR |
| 9-10 | 25M Back | 19.72 | 7/22/2006 | Helen Gerlach | SSST |
| 11-12 | 50M Back | 36.34 | 7/02/2011 | Carla Arquero | WOW |
| 13-14 | 50M Back | 32.88 | 7/16/2011 | Annie Hayburn | WPT |
| 15-18 | 50M Back | 32.25 | 7/02/2011 | Geordie Enoch | BSR |
| 8 & U | 25M Back | 22.41 | 7/10/2010 | Lauren Artis | TB |
| 12 & Under | 100M IM | 1:18.01 | 7/09/2005 | Janene Gerlach | SSST |
| 13-14 | 100M IM | 1:13.25 | 7/09/2005 | Jennifer Kotonias | SSST |
| 15-18 | 100M IM | 1:08.85 | 7/02/2011 | Geordie Enoch | BSR |
| 8 & Under Mixed | 100M Free Relay | 1:21.54 | 7/22/2006 | Matthew Michael MaryAnna Evans Kyle MacMillan Sophia Boyer | MVP |
| 9-18 Graduated | 200M Free Relay | 2:09.18 | 7/22/2006 | Rochelle Parry Katie Delaney Hanna Betman Cate Sheerin | TB |

**Pool Records can be held by any Prince-Mont swimmer from any League team.
Record times must be swum at our home pool at a League sanctioned Meet.**

WESTLAKE VILLAGE SWIM TEAM BY-LAWS

The Westlake Village Swim Team (“WVST”) is established as a non-profit, self-governing organization for the benefit of the citizens of Westlake Village. The WVST consists of a WVST Executive Board, Appointed Committees, a Team Coach and Assistant Coach, volunteers from the general membership and members of the community interested in competitive swimming. The following By-Laws provide WVST its operating procedures and objectives.

ARTICLE I: NAME AND GOVERNING DIRECTIVES

This organization is known as the Westlake Village Swim Team, hereinafter referred to as WVST. Roberts Rules of Order shall be parliamentary law in all matters not specified in the By-Laws.

ARTICLE II: PURPOSE

The purpose of the WVST is to develop and preserve a non-profit swimming organization for the citizens of Westlake Village. To sponsor competitive and developmental swimming events; to develop in the members of the team a love for swimming, advanced aquatic skills, teamwork, good sportsmanship, and to compete in the Prince-Mont Swim League.

ARTICLE III: EXECUTIVE BOARD AND APPOINTED COMMITTEES

The WVST Executive Board has general supervision of the affairs of the WVST and consists of elected members from the WVST team membership.

Section 1: Elected members of the WVST Executive Board shall consist of a President, Vice President, Recording Secretary, Treasurer, and League Representative. Vacancies which occur in these positions shall be filled as designated in Article V, Section 2. Each elected member shall have one vote in the operation of the WVST.

Duties of each elected member of the WVST Executive Board are described in Article VIII, Section 1.

Section 2: **Appointed Members** are members of the following committees:

| | |
|---------------------|----------------------|
| Fund Raising | Equipment Manager |
| Snack Bar Inventory | Special Events |
| Meet Manager | Snack Bar Operations |
| Swimsuits | Ribbons & Awards |

Duties of each Appointed Member are described in Article VIII, Section 2.

ARTICLE IV: OPERATION OF THE WVST

Operation of WVST shall be by the Executive Board and the Appointed Committee members. The President may call a meeting of Board or of the operational groups as necessary. Each member is a representative of his/her area of responsibility. Each appointed member of a committee will keep the WVST Board and other committee members informed on items of interest and actions (proposed or past) in their area of responsibility. Any action requiring the commitment of WVST funds must be approved by a majority vote of the WVST Board. All actions of the WVST Board require a majority vote of the WVST Board. Phone polling or voting is allowed when a meeting is deemed impractical by the President.

ARTICLE V: ELECTIONS AND APPOINTMENTS

Section 1. Elections: Elections for the WVST Executive Board shall be held annually. A majority of Swim Team parents (1 vote per family membership) present and voting shall be required to elect. If there is but one nominee for a vacancy, voting by ballot shall be dispensed with.

The WVST Executive Board positions are filled for two-year terms. The election of these positions is offset, with three positions being filled in even years and two positions being filled in odd years. This offsetting of election of board members is meant to provide some continuity on the board from year to year. Positions within the WVST Board will be determined by the newly elected Board at their first meeting. Any parent or guardian of a team member is eligible for election to the Board. Nominations for these elective offices shall be made by a Nominating Committee, or from the floor of the second general membership meeting. All nominees must give prior consent before being placed on the ballot. Voting shall occur at the second general membership meeting, which coincides with the annual Awards Banquet. Voting shall be by secret ballot with the candidates receiving the largest number of votes for the open Board positions elected to fill these vacancies. The new Board becomes responsible for the operation of the team following the conclusion of the current season, which is usually following the All-Star Meet.

Section 2. Appointments: Volunteers shall be solicited and appointed by the elected members of the Board to working positions. Volunteers shall be solicited throughout the year to fill these and other team positions. If there is a vacancy on the Board, the vacancy will be filled by appointment of the Board until the next regularly scheduled election.

ARTICLE VI: REMOVAL OF EXECUTIVE OR APPOINTED COMMITTEE MEMBER(S)

In the event that an elected or appointed member fails to execute his/her duties to the satisfaction of a majority of the attending WVST membership, that individual may be removed from office by a majority vote of the Board. Replacements for a removed member will be filled as prescribed in Article V, Section 2.

ARTICLE VII: AMENDMENTS TO THE BY-LAWS

These By-Laws may be amended only at a meeting of the General Membership through a majority vote of those in attendance.

Every year at the General Membership Meeting, the WVST Board shall distribute the By-Laws with any proposed changes to all members in attendance of the meeting for review and comment. Any member may propose By-Law changes at the Annual Meeting. Any change shall be enacted by a majority vote of those members in attendance.

ARTICLE VIII: DUTIES OF OFFICERS

Section 1: Executive Board

The Executive Board (hereafter referred to as the Board) shall consist of five (5) members with the following titles and duties:

- A) **President:** Shall have general supervision and control of the Board and WVST. He/she shall preside at all general meetings and serve as a liaison to all committees within the WVST. He/she shall assign duties and responsibilities to Board and Committee members to ensure the safe and efficient operation of the WVST.
- B) **Vice President:** Shall perform the duties of the President in his/her absence or inability to serve. Shall perform other duties as designated by the President.
- C) **Recording Secretary:** Shall keep a record of all meetings of the Board. Shall keep an accurate roster of the Swim Team Members, Executive Board members, and Appointed Committee members. He/she shall prepare and distribute all official correspondence of the WVST. He/she shall prepare and distribute minutes of all Board Meetings to the general membership.
- D) **Treasurer:** Shall collect all receipts of the WVST. He/she will draw all checks and disburse cash for payments of operational expenses of the WVST. Shall render statements to the WVST Board and Committees as required for the efficient operation of the WVST. He/she shall prepare an annual financial statement and present it at the annual fall meeting. The

WVST Treasurer will have singular authority to issue funds from the WVST Treasury and will be responsible for accounting for all receipts. In the event the Treasurer is not available, the President or Vice-President can disburse funds.

- E) **League Representative:** Shall perform all duties as prescribed by the Prince- Mont League and other duties as required. Shall attend and participate in meetings as required to ensure all Board and Committee members are informed on all issues related to Prince-Mont. Shall serve as liaison between the WVST and the Prince-Mont League. Shall attend all Prince-Mont meetings and report any actions or obligations incurred. Any proposals to, or votes taken on behalf of WVST at a Prince-Mont League meeting shall be made with the concurrence of a majority of the WVST Executive Board.
- F) **Only one member per family at a time will be allowed to be hold an elected position.**

Section 2: Appointed Members

These positions are voluntary and require appointment by the WVST Board. In the event that there is no volunteer for a position, the WVST Board shall modify the duties and responsibilities to ensure all necessary functions are accomplished during the swim season.

- A) **Fund Raising Manager:** He/she shall plan, organize, and manage all fund raising events for the Swim Team. He/she shall work in conjunction with all other members of the Board and Committees interested in participating in the raising of funds. Shall attend meetings as required with the WVST Board to ensure the approval and understanding of the Board. Shall make deposits of all funds to the WVST Treasurer.
- B) **Ribbons & Awards:** Shall procure ribbons and awards for all events for the season. Shall attend meetings as required with the WVST Board.
- C) **Swimsuits:** He/she shall research, select and advise the WVST Board of the type of swimsuit to acquire. Will sell the swimsuits for the team on a yearly basis.
- D) **Snack Bar Operations Manager:** Shall operate the Snack Bar concession at the Host Community Pool during the regular summer season. Is responsible, with assistance from the Board, to organize volunteers to staff the operation of the Snack Bar. He/she will advise the Snack Bar Inventory Manager of supply needs of the Snack Bar. He/she shall be responsible to make deposits of all sale proceeds to the WVST Treasurer. Shall attend meetings as required with the WVST Board and keep the Board apprised of the overall operation of the Snack Bar.

- E) **Snack Bar Inventory Manager:** He/she shall be responsible to ensure that the Snack Bar is adequately supplied of items for sale. Shall confer with the Snack Bar Operations Manager to ascertain what items to purchase for sale and what items will need to be restocked. He/she shall be responsible to obtain funds from the Treasurer for the purchase of all supplies for the Snack Bar. Shall attend meetings as required with the WVST Board.
- F) **Equipment Manager:** Shall be responsible to purchase all necessary equipment for the operation of swim meets at the Host Pool. He/she shall organize volunteers to set up and take down all equipment for home meets. He/she shall inventory and maintain all equipment as necessary and obtain funds from the WVST Treasurer for the purchase and repair of WVST equipment.
- G) **Meet Manager:** Shall perform all duties as prescribed by the Prince-Mont League and other duties as required. Shall attend all seeding meetings and provide the information necessary to allow the Host Chairperson to conduct the Dual, Divisional, All-Star or Charles County Championship Swim Meets in a smooth and efficient manner.
- H) **Special Events Manager:** Shall be responsible for the planning and organizing of all special events as deemed appropriate. These events will be, but not limited to; Pep Rallies (Friday night before home meets), Meet the Coach Night and the year-end Awards Banquet.

ARTICLE IX: SWIM TEAM MEMBERSHIP

A) Qualification Requirements:

- 1) Member of Westlake Village Association or have obtained permission from the Executive Board;
- 2) Be in good health;
- 3) Be between the ages of 5 and 18 years of age;
- 4) Not competing in any other summer swim team;
- 5) Able to swim without assistance one (1) length of the pool (25 meters);
- 6) Attend all practices and meets;
- 7) Purchase and wear a current team swimsuit during competition;

B) Annual Membership Dues:

Annual membership dues shall be set by the Executive Board each year before the Annual Meeting.

All dues shall be waived for the dependent swimmers of Executive Board Members. The Executive Board Member shall be charged any fees that WVST incurs for the registration of the Member's dependent swimmers through use of a third party (e.g. a website used to register swimmers).

C) Membership Attendance and Conduct Requirements:

- 1) Members and Coaches are expected to attend all practices and meets.
- 2) Members will inform the Swim Team Coach in writing before any absence. In this manner the team will be able to compensate for their absence.
- 3) Members who miss three (3) practices in a given week without an excuse will be ineligible to participate in the following weekend's meet. The Coach will have final say as to whether the member will participate.
- 4) In the event that the Coach deems it necessary to remove an individual from the team, he/she will present the proposed action to the WVST Executive Board for approval. Upon approval, the team member will be notified in writing of this action.

D) Member Conduct:

- 1) Will at all times be in accordance with Pool rules and any additional rules the Coach deems necessary for the orderly operation of the swim team.
- 2) The Coach has final decision authority on all matters pertaining to the operation of the team. In the event a member disputes the decision of the Coach, he/she may formally petition a review by the WVST Board. The findings of the Board will be final in all disputes

ARTICLE X: SWIM TEAM PARENTS OBLIGATIONS

Transport and Support

- 1) Parents will be responsible to transport and support their child(ren) at all meets.
- 2) Assist the various WVST Committees in the operation of Fund Raisers, Special Events, Snack Bar, and Meets. Come prepared to participate as one of the many necessary volunteers that make the meets a success.

ARTICLE XI: SWIM TEAM COACH

The WVST shall engage a swimming coach for the season. The coach shall be considered to be a private contractor and will receive payment for services rendered. The WVST's total obligation to the coach shall be disbursed in payments to be made in installments as determined by the negotiated contract. WVST shall not be responsible for the payment of taxes or social security costs due the government. This is considered the responsibility of the contractor [Swim Team Coach The salary and contract shall be negotiated by the WVST Board.

A) Assistant Coach:

The Board may hire ~~an~~ Assistant Coaches as deemed necessary for the safe and efficient operation of the WVST. The Assistant Coach's salary/es shall be negotiated in the same manner as the Coach's salary.

B) Coach's Duties:

The Swim Team Coach will execute the following duties during his/her period of employment:

- 1) Train, coach, and seek to instill good sportsmanship in the swim team members.
- 2) Recommend to the WVST Executive Board coaching assistant to be hired. The coach will have singular responsibility for the management, discipline and attendance of the coaching assistant.
- 3) Work with the WVST Board, Committees and Officials of the Prince-Mont League as required. The coach shall be the singular point of authority between the Board and the team in all matters pertaining to the swim team coaching.

- 4) Shall call on the assistance of the Board as necessary to carry out the coaching duties.
- 5) Assess the teams performance and suggest to the Board recommendations to improve the overall efficiency of the team.
- 6) Be responsible for the conduct of the WVST members while at practice and during meets. The Coach shall have authority to discipline WVST members and if necessary will present recommendations for expulsion from the team to the WVST Board.

C) Assistant Coach's Duties:

- 1) Perform duties as defined by the Coach.
- 2) Strive to instill good sportsmanship and discipline in the WVST.

ARTICLE XII: GENERAL FUNDS MANAGEMENT AND DISPOSITION GUIDELINES

As a yearly goal, seek to maintain a minimum balance of \$5,000.00 at the end of the season. This minimum balance is used to pre-order equipment and ensure adequate funds are available to hire the swim coach and any assistants required for the coming year.

The End of Year Report will be presented to the general membership at the Fall General Membership Meeting or at the Award Banquet. Copies of the report after the end of the season will be available on demand. The requestor will pay the cost of reproduction.

No individual of the general membership may incur obligation in the name of the WVST unless he/she is given that authority by approval of the WVST Board.

All funds earned from the sales, membership dues, special events, and donations will be used to ensure the efficient accomplishment of the WVST goals as expressed in Article II. In the event that there is an excess of funds at the end of the season over the minimum \$5,000.00, the Board will determine if these funds are to be held in the WVST checking account or to purchase and update equipment.

At no time will any of the money be returned in cash form to the general membership. No member of the WVST Board or Committees shall benefit from these funds except as part of the operation of the team and any special event sponsored for the team.

In the event the WVST is dissolved, all funds, after the payment of outstanding debts, shall revert to the Westlake Village Council.

ARTICLE XIII: GENERAL MEMBERSHIP MEETINGS

- A) Each year the President of the WVST Board shall call to order two (2) General Membership Meetings. The first General Membership Meeting shall take place in the spring before team practices begin. The second General Membership Meeting shall take place shortly after the All Star Meet or in the alternative, at the Awards Banquet.

- B) The General Membership may call a General Membership Meeting at any time upon presentation to the WVST President of a petition for such meeting bearing the signatures of at least 10% of the General Membership. Within thirty (30) days of receipt of said petition the President shall convene a meeting of the General Membership.