



**The Montpelier Marlins Swim Team**

**2023 Swim Season**

*Parent Handbook*

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# Hello + Welcome!

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Dear Parent/Guardian,

Hello and welcome to the Montpelier Marlins 2023 swim season!

The Marlins have been a staple of the Montpelier community for as long as we can remember. Many of our advanced swimmers first learned to swim as a result of joining our team. Others have gone on to receive scholarships to compete at the collegiate level. Perhaps most importantly, however, is the fact that the swim team remains one of the primary connecting points for families in and around the Montpelier neighborhood. We hope this will be true for your family as well!

This year, the swim team committee has been hard at work to create a safe, fun environment to develop and grow swimmers of all abilities. This handbook includes all the “need-to-know” information for our 2023 season.

We want this season to be an amazing one for you and your family. Should you have an issue at any time during the season, you may contact us in the following ways:

- Speak with one of our coaches in-person *after practice*.
- Send us an email at [montpeliermarlins@gmail.com](mailto:montpeliermarlins@gmail.com) or (if it is a general question or concern) create a post in our Marlins’ group chat on the Team Snap app.
- Contact our Parent Liaison, Christina Kposowa at (301) 742-7067 or via email at [christinamkposowa@gmail.com](mailto:christinamkposowa@gmail.com).
- Get in touch with our Head Coach Jair Jackson at (240) 302-0727 or via email at [jairjacksonmd@gmail.com](mailto:jairjacksonmd@gmail.com).

Lastly, our swim season can’t happen without you. We are largely a volunteer organization and we depend on parent involvement to make our season run smoothly. Thank you in advance for partnering with us this season. I look forward to meeting each of you personally in the days ahead. We are confident that this will be one of our best seasons yet!

Warmly,

Andy Reeves

2023 Montpelier Marlins Team Manager

## Montpelier Marlins 2023 Season Schedule

<b>Tuesday, May 30</b>	6 - 7 p	Parent Orientation #1 / Tryouts Practice Begins	Montpelier Community Pool
<b>Thursday, June 1</b>	6 - 7p	Parent Orientation #2 / Tryout #2	Montpelier Community Pool
<b>Friday, June 9</b>	6 - 8p	Pizza at the Pool (Pizza Fundraiser)	Montpelier Community Pool
	7 - 8p	Home Meet Set-Up	
<b>Saturday, June 10</b>	8:30a	Time Trials	Montpelier Community Pool
<b>Friday, June 16</b>	6 - 8p	Pizza at the Pool (Pizza Fundraiser)	Montpelier Community Pool
	7 - 8p	Home Meet Set-Up	
<b>Saturday, June 17</b>	8:30a - Noon	<b>Swim Meet #1 – Home Meet</b> Montpelier v. Belair Swim & Racquet	Montpelier Community Pool
<b>Friday, June 23</b>	10:30 - 11a	Donuts at the Pool	Montpelier Community Pool
	6 - 8p	Pizza at the Pool (Pizza Fundraiser)	Montpelier Community Pool
	7 - 8p	Home Meet Set-Up	
<b>Saturday, June 24</b>	8:30a - Noon	<b>Swim Meet #2 – Home Meet</b> <i>Montpelier v. West Laurel Swim Club</i>	
<b>Wednesday, June 28</b>		Restaurant Fundraiser Night	Olive on Main
<b>Friday, June 30</b>	9:00a	Team Photos	Montpelier Community Pool
	10:30 - 11a	Donuts at the Pool	
	6 - 8p	Pizza at the Pool (Pizza Fundraiser)	Montpelier Community Pool
	7 - 8p	Home Meet Set-Up	
<b>Saturday, July 1</b>	8:30a - Noon	<b>Swim Meet #3 – Home Meet</b> <i>Montpelier v. Greenbelt</i>	
<b>Saturday, July 1</b>	6:00 - 9:00p	Team BBQ –The Armand Home	12310 Silverbirch Lane
<b>Wednesday, July 5</b>		Restaurant Fundraiser Night	Chipotle
<b>Saturday, July 8</b>	8:30a - Noon	<b>Swim Meet #4 – Away Meet</b>	West Arundel Swim Club
<b>Sunday, July 9</b>	4:00p	<b>Invite-Only Meet: Invitationals</b>	Fairland Aquatics Complex
<b>Thursday, July 13</b>	All Practices	Swim-a-Thon	Montpelier Community Pool
<b>Friday, July 14</b>		Final Practice for Swimmers not Attending Special Meets	
<b>Saturday, July 15</b>	9a - Noon	<b>Swim Meet #5 – Away Meet</b>	Russett Pool
<b>Wednesday, July 19</b>		<b>Restaurant Fundraiser Night</b>	<b>Sweet Frog</b>
<b>Saturday, July 22</b>	8:30a	<b>Invite-Only Meet: Divisionals*</b>	West Arundel Swim Club
<b>Sunday, July 23</b>	3 - 5p	Relay Meet	Cheverly
	6 - 10p	<b>End-of-Year Awards Banquet</b>	Montpelier Community Pool
<b>Saturday, July 29</b>	8:30a	<b>Invite-Only Meet: All-Stars*</b>	West Arundel Swim Club

*\*Note: Meets marked with an asterisk are invite-only for swimmers who achieve qualifying times.*

# Montpelier Marlins 2023 Practice Schedule

We offer both morning and evening practices to accommodate various schedules. Timeliness is key to a successful practice. Swimmers are expected to arrive at the pool fully dressed with all equipment 10 minutes prior to practice to warm-up and must be picked up within 10-15 minutes of practice concluding. Parents are welcome to attend practices and observe. However, we ask that you allow our coaching staff to work with your child(ren) and minimize unnecessary distractions.

## Morning Practices

**Morning practices begin on June 12 and run through July 14 for swimmers who are not participating in special meets.**

### *Monday – Thursday*

- 8:30 – 9:30a — Swimmers, ages 13+
- 9:30 – 10:30a — Swimmers, ages 5-12

### *Friday*

- 9:00 – 10:00a — Swimmers of all ages\*\*

*\*\*Team breakfast will take place at each Friday morning practice at the cost of \$1 cash per swimmer.*

## Evening Practices

**Tuesday and Thursday evening practices begin May 30. Wednesday evening practices will be offered at the beginning of the season only for the weeks of May 31 and June 7.**

Tuesdays & Thursdays

- 5:15 – 6:15p – Swimmers, ages 5-12
- 6:00 – 7:00p – Swimmers 13+

(Wednesdays\*)

- 5:15 – 6:30p – Swimmers, ages 5-12
- 6:15 – 7:00p – Swimmers 13+

*\*Wednesday evening practices will be offered for the weeks of May 31 and June 7.*

# About Us

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The Montpelier Marlins swim team exists to promote fun, fitness, safety and community for swimmers of all abilities. The team is managed by a coaching staff with oversight from a committee of dedicated volunteers and parents.

## The Swim Team Committee

**Andy Reeves**, Team Manager

**Christina Kposowa**, First Alternate Team Manager & Parent Liaison

**Rachel Howard**, Strategic Comms & Outreach Lead

**Melissa Smith**, Data Manager / Logistics

**Mandi Armand**, Finance Manager

**Yayoi Reeves**, Ribbons & Recognition Chair

**Jennifer Usquiano**, Team Snap Manager

**Glen Jackson**, Committee Member

## Coaching Staff

**Jair Jackson, Head Coach** – Jair swam with the Marlins for eleven years prior to becoming an assistant coach last year. He is currently a collegiate swimmer at St. Mary's College of Maryland as well as a seven-time All-Star, 2021 League Champion in the Boys 50m Butterfly, and is the team/pool record holder for the Boys 50m Breaststroke.

**Sarah Mima, Assistant Coach** – Sarah is no stranger to the Marlins and began swimming with the team at age 12. At 16, she broke the Montpelier team record for the 15-18 Girls 50m Butterfly, as well as the Girls 200 Medley Relay. She currently attends the University of Notre Dame.

**CC Kirages, Assistant Coach** – CC has been swimming with the Marlins for the past ten seasons. She was also an instructor for the Marlins' developmental swimmer program for the 2022 swim season. Currently, she swims year-round with the Patuxent Aquatics Club, and will also be working as a lifeguard at the Montpelier Community Pool this summer. In the fall, CC will be a high school senior at Mount De Sales Academy.

## About Our League

The Marlins are governed by the Prince-Mont League, which includes swim clubs throughout the five counties in Maryland and the District of Columbia. The Prince-Mont League determines the season schedule and sets the league rules. For more information about our league, visit

<https://www.princemont.org>. For the 2022 swim season, we will be a part of Division C.

# About Swim Meets

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## About our Season

Our season is eight weeks long (including Divisionals and All-Stars meets), and includes three home meets (at the Montpelier Community Pool), in addition to Time Trials. The remainder of the meets will take place at other community pools hosted by teams in our league.

## Expectations of Parents & Swimmers at Meets

All swimmers are required to participate in at least three meets. Unless otherwise specified, all swim meets take place from 8:30a - noon. Swimmers are expected to arrive fully dressed with all their equipment in-hand no later than 7:30a. Each family is expected to arrange their own transportation to and from the swim meet. Many parents choose to carpool. Please note the following about Special Meets:

### **Time Trials**

Time Trials are an internal meet solely for our team where we record swimmers' time in order to determine which events and heats they will be placed in for future meets. It also helps our team get accustomed to the meet environment before the competition begins.

### **Invitationals, Divisionals and All-Stars**

Swimmers who achieve qualifying times during the season will be chosen to participate in the Invitationals, Divisionals and All-Stars Meets.

## Availability

If you are unable to participate in a meet, please inform the Coaching Staff no later than the Tuesday before the meet. If your child is sick the day of a meet, please contact Head Coach Jair Jackson at (240) 302-0727.

## What to Expect at a Meet

- **It will be a half-day commitment.** Our call time for swimmers at meets is 7:30a. The meet will generally take place from 8:30a - noon. Seating tends to fill up early, so be sure to arrive on time. Also be sure your swimmer eats a good breakfast the morning of the meet.
- **Your child's heat may only last a few minutes.** However, all swimmers are required to stay for the entirety of the meet.
- **It gets hot!** Please dress appropriately (e.g. wear sunscreen, bring a hat, etc.) and be sure to have plenty of water on hand.
- **Younger swimmers compete first.** The heats take place in age order, so younger swimmers will compete first.
- **Your child will sit with the team.** We ask swimmers to remain with their teammates during the meet. This way, we can keep track of all the swimmers and ensure no one gets lost. It's also one of the ways we build camaraderie among the team.
- **Prior to leaving each meet, you will need to check out your swimmer with the coaches.** This helps us ensure the safety of all swimmers.

## What to Bring

1. **Swim equipment** – All swimmers should arrive on-time, with swimsuits on, and with their equipment.
2. **Snacks for your swimmer between heats and plenty of water** – There are often concessions or food for purchase at meets. If you'd like to grab a bite, plan to bring cash, or plan to bring your own snacks. Please refrain from sharing snacks with swimmers until after they have completed their heat.
3. **Lawn chairs/tents** – At home meets, our community pool will provide chairs and bleachers. Seating is sometimes provided at away meets as well, but not always. Make sure you're prepared with your own seats if you need them.



## Using Team Snap for Team Communications

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During the season, our team uses an app called *Team Snap* to communicate with parents and track swimmer times. The app is available in both the Apple Store (for iPhone users) and in Google Play (for Android users) and is updated real-time during swim meets. It's a great way to follow along and track your child's progress. You should have received an invitation to join the Marlins team on *Team Snap*. Please follow the directions in the invitation to complete **each swimmer's profile**.

*Once you have set-up your profile, please go to the Availability tab, select "Games Only" and indicate all the meets you are available to attend.*

If you have any problems setting up your account, please email us at [montpeliermarlins@gmail.com](mailto:montpeliermarlins@gmail.com).

## Swimsuits + Equipment

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In addition to the cost of registration, swimmers will need the following equipment for practice and meets:

- Swim uniform\*
- Swim cap (these will be provided by the team at no cost to families)
- Water bottle
- Towel
- Goggles for meets

\*\*Note: Both boys and girls will need to purchase a competition swimsuit. You may select your own suit, which must feature black and royal blue as the main colors. Below are a few examples:

- Boys:  
<https://www.swimoutlet.com/products/sporti-piped-splice-swim-jammer-swimsuit-20877/?color=blackroyal>
- Girls:  
<https://www.swimoutlet.com/products/sporti-light-wave-thin-strap-one-piece-swimsuit-youth-22-28-8117055/?color=blackblue>

# What to Expect at Practice

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First and foremost, our swim practices are designed to be fun! At practice, your child will be instructed by our highly-skilled coaching staff. They will not only learn swim techniques, but also participate in games designed to build camaraderie among the team, develop swim skills and showcase their strengths. Developmental swimmers are typically assisted in a separate part of the pool for a portion of practice to work on basic skills.

## **Inclement Weather Policy**

Unless it is thunder, lightning, or heavy rain, there will be practice. We will make every attempt to notify parents in a timely manner via *Team Snap* so please check there for any updates. When in doubt, feel free to contact Head Coach Jair Jackson at (240) 302-0727.

## **Sick Policy**

If your child is sick, please keep them home from practice and/or meets. Your child should be fever-free for 24 hours prior to returning to practice after an illness. If you or someone in your family contracts COVID, please follow CDC guidelines prior to returning to practice. We also ask that you refrain from sending children to practice who have had recent vomiting and diarrhea until they are no longer experiencing symptoms.

# Fun Swim Team Events

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Throughout the season, we will host several events to build community among the swimmers and their families. These events include:

## **Friday Breakfast**

On Fridays, we will provide donuts for our swimmers. This is a really enjoyable time for our team at the end of the week. Donuts will be served immediately following practice. The cost is \$1 per person. Swimmers' parents and siblings are welcome to join, but must also pay the \$1 fee, which helps to offset the cost of food.

## **Annual Swim-a-Thon**

Each year, we hold an annual fundraiser called the Swim-a-Thon where family and friends sponsor swimmers for each lap they complete at our pool. (For example, a parent or grandparent may contribute \$1 for each lap their child or grandchild completes during the Swim-a-Thon.) This helps to raise money for our team and is also a friendly competition where swimmers build confidence and have fun!

## **Fundraisers**

Throughout the season, we sponsor a variety of fundraisers (e.g. partnerships with local restaurants, pizza at the pool, etc.) to raise money for team activities. Each swimmer must participate in at least two team fundraisers.

## **End-of-the-Season Awards Dinner**

At the end of each season, we host an awards dinner to honor swimmers' accomplishments.

## Expectations of Parents

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We are grateful for a community swim team with a rich legacy over many decades! This is possible only with the commitment and dedication of our volunteers and parents. To that end, each parent is expected to contribute to the life of our team by signing up for at least five **volunteer slots during the swim season**. You will receive a link to the Sign-Up Genius to view and select volunteer slots for the entire season.

Although we know many families are busy, we would respectfully ask that you prioritize this responsibility in order to help our team thrive. Thank you in advance for your help to make this season a successful one!