

2019 Pembroke
Meadows Marlins Swim
Team Information

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Welcome to the Pembroke Meadows Swim Team, Home of the Marlins

Having recently graduated from the program after 11 years of swimming for the Marlins, I am pleased to write on behalf of this team, its loyal families, and its dedicated coaches. This swim team played an integral part in my summer activities from age 8 until age 18. I attended practice several times each week, and looked forward to the meets, often with my eyes set on goal times for myself and others. Over the years, my motivation increased, and the memories accumulated, both as I became dedicated to the values of this program. I learned that teamwork and having a positive attitude are essential and that hard work and trying your best brings rewards.

The pride of being a Marlin and the meaning and significance of being part of this team intensified as I realized that my summers were numbered. Unavoidably my final season arrived, but I enjoyed every moment of it, and it was great to finish as a part of such a spectacular team. It was my pleasure and my honor to spend 11 summers competing as a mighty Marlin and ultimately departing as a member of the 2007 undefeated Dolphin Division Champion team.

Notably, talented and enthusiastic coaching combined with extraordinary adult volunteers is vital to stage a VBSL swim meet at Pembroke Meadows. We swimmers are fortunate to benefit from such efforts. Pembroke Meadows has so many parent volunteers committed to the success of the team—parents that arrive at the pool before sunrise on Saturday mornings to set up concessions, prepare the parking lot, start the CTS, and complete countless other tasks necessary to run a swim meet. These men and women are appreciated immensely and always deserve many thanks.

Lastly, congratulations to the 2007 team on finishing at the top of the Dolphin Division and at the top of the entire Virginia Beach Swim League. Pembroke Meadows carries a remarkable record of success, and so I urge each and every one of you, parents and swimmers alike, to get involved and keep the Marlins' worthy traditions alive for years to come.

Laura Barry
PM Marlin 1996-2007

Meet Our Coaches

Head Coach:

Mike Zmuda

Assistant Coaches:

Emily Barry
Deion Dean
Savannah Hoover
Miles Williams
Brooke Walthall
Ashleigh Strimback

Junior Coaches:

Summer Sampson
Olivia Tillett

Practice Schedule

Team Representatives

Practice times until school is out for public schools:

Monday, Tuesday, Wednesday, Thursday

6 and under 5:00-5:30pm

8 and Under 5:30-6:15pm

10 and under 6:15—7:00pm

11 and up 7:00—8:00pm

After school ends:

Weekday Mornings 10 and under 8-9am

11 and up 9-10am

Tuesday/Thursday evenings

6 and under 5:00-5:30pm

8 and Under 5:30-6:15pm

10 and under 6:15—7:00pm

11 and up 7:00—8:00pm

Team Representatives

Jane Orem; pmmarlins@gmail.com

Tara Hoover; thoover8@cox.net

Meet Schedule

June 8th Practice Meet - not scored
June 15th Marlins @ Great Bridge (AWAY)
June 22nd BYE WEEK! :)
June 26th Mini Marlin Meet (6 & Unders Only)
June 29th Marlins vs Club Brittany (HOME)
July 9th Marlins @ Little Neck (AWAY- NIGHT MEET)
July 13th Marlins vs Oceana (HOME)
July 17th Mini Marlin Meet (6 & Unders Only)
July 20th Marlins vs Broad Bay (HOME)

END OF REGULAR SEASON

July 27th Divisionals (at Great Bridge)
Aug 3rd All-Stars (at Little Neck)

What to expect at a "meet"

- Sign Out for meet by Tuesday's practice so that the coaches can plan their meets.
- Arrive Early - meets generally start at 8:00 am and swimmers should arrive at the pool by 7:15 am. Meet sheets are available for minimal costs depending on the location of the meet, these are master lists for all events.
- Volunteer! - It is imperative that parents lend a hand to make these swim meets go as efficiently as possible. Volunteers can do a variety of jobs that include: runners, concessions, timers, stroke/turn judges, set-up, clean-up & much more.
- Bring Your Sharpies - yes, markers to write on your child! Information should include: Event #, Heat #, Lane # & if your child is a relay participant, the (#).
- Report to the Clerk of the Course: Also known as the "zoo keeper," the clerk station is located at the rear corner (east/river's edge) and is where all swimmers must check in prior to their event. All events begin at this side of the pool.

How Can I help?

Swim team volunteers are imperative to the operations of a swim meet. Parents can help by signing up as timers (no training required), stroke & turn judges (clinic attendance required), and concessions.

Concession volunteers are imperative to our home meet fund raising efforts & service and/or monetary contributions are always welcome.

Fin Pals Program

The Fin Pals program is one of mentoring and friendship that began in the 2007 season by Marlin parents Marti and John Bede. Young swimmers are assigned to an older swimmer who will provide guidance for young ones, cheer each other on and foster a connectivity for the swim team. Fin Pals may also bring a small token for one another for good luck as well.

Pembroke Meadows Marlins' Sportsmanship And Etiquette

For many years, the Pembroke Meadows Marlins, including the swimmers and parents, have prided themselves on outstanding sportsmanship, utmost respect for meet officials and swimmers, and unflinching courtesy to representatives of visiting teams. VBSL events are unavoidably long and frequently occur under hot and humid weather conditions. It is essential for everyone associated with the team to demonstrate Marlins sportsmanship and commitment to the team's success.

- Get the most out of practice — swimmers are expected to attend at least three practices a week and be diligent during these hour-long sessions. Practices should be fun but they are exerting by design. The more you put in the more you get out.
- Interaction with Team Rep and Coaches. Be respectful to these team leaders. There are convenient times to speak to these individuals and other times when they are simply too busy to respond. Use common sense — you will find them more than willing to communicate.
- Please remember that there are not enough meet assignments for each swimmer to swim the maximum number of permitted events (15). Most swimmers will be assigned to fewer events, based upon their times and the number and talents of their teammates in their age group. Please accept your swimmer's assignment graciously.
- Swimmers still in the pool — a particularly important Marlins tradition. Marlins' parents cheer equally for Marlins' swimmers and opponents' swimmers during the entire course of the swim. This may require special attention in the younger age groups where encouragement is most important.

Marlins "Do" List Cont'd

- Get involved — there are many volunteer duties in running a swim meet. The greater your involvement, the more enjoyment you will receive from your swimmer's participation and your own participation in the event. Being a spectator is fine, but being a volunteer participant is even finer. Team swimming is contagious. Allow yourself to catch the bug.
- Be on time — timelines at practice and at meets is an essential ingredient for group success. It also demonstrates respect for the Coaches and the program. A swimmer arriving late for a meet will, by league rule, be scratched and not permitted to swim. This causes hard feelings which can be avoided. The complexity and coordination required for a VBSL meet are enormous and fully understood only by experienced team and meet officials. Do your part by arriving on time, volunteering and cheering for all.
- Remember that there is no "I" in meet. Our swim team requires the coordinated participation of approximately two hundred swimmers and many of their parents. It is a group endeavor in which there are opportunities for individual success, but the focus of the Coach and Team Rep will be on team success. Everyone's contribution is important, to it large or small. From the smallest six and under swimmer to the most experienced eighteen and under star, everyone is a Marlin and expected to contribute and appreciated when they do.
- "We Swim to Win!" — This is the Marlins' slogan which refers to success in the pool and also in building winners in life. Obviously, both are important and at the center of everything that the Team does and strives to do.

Marlins "Don't" List . . .

- Don't publicly or semi-publicly criticize the Team Rep, Coach, a swimmer or another parent. Constructive criticism and suggestions for improvement are welcome but should always be offered in a private setting.
- Don't celebrate success too loudly or too long, or allow a loss or disqualification to have too great an effect. Marlins sportsmanship should prevail at all times.
- Don't be late for practice or a meet, fail to notify of known absences, fail to complete sign-ups for concessions, or leave a meet early without the coaches' permission.
- Don't distract the Coaches during practice or meets.
- Don't interrupt Scorers during their duties. They are already VERY busy.
- Don't personally challenge an official's decision. In most cases they will be right. In unusual cases, you may wish to discreetly speak with the Team Rep who will take it from there if appropriate.
- Don't be a spectator only. There are plenty of jobs to share around. Participation around a summer pool deck brings "great warmth."

2019 GLOSSARY FOR SURVIVAL AND/OR SUCCESS **IN VBSL**

- **Adult Relay** — A voluntary relay for parents occurring during intermission. Usually set up as one hundred meter mixed (male and female), free style relay. Parents form their own teams.
- **All-Stars** — The league's concluding event in which swimmers who have qualified at the various Divisional Meets swim as individuals or as relay teams competing for league-wide honors. Swimmers qualifying for All-stars (and the Divisionals) are to be commended for their outstanding accomplishments. Selection for the All-stars generally indicates a season of extraordinary success and dedication by the swimmer, irrespective of the All-stars results.
- **Announcer** — This individual will operate the public address system and call the events of the meet in sequence, directing swimmers to report to the Clerk of the Course approximately three to four events ahead of their time to swim. This is the parents' signal that it is time to deliver the children to the Clerk of the Course area. The Announcer will also identify which event is currently being run.
- **CTS** — The Colorado Timing System we use at our home meets. Pembroke Meadows was the first team in the VBSL to adopt an all computerized timing and scoring system with score board. This is a source of some pride to our team and is the envy of others.
- **Clerk of the Course (Zoo Keeper)** — The Clerk of the Course, also sometimes referred affectionately as the Zoo Keeper, is that individual charged with gathering and lining up swimmers for their respective events. Swimmers must report to the Clerk of the Course several events before it is their time to swim. This is another challenging and thankless job, the plight of which can be significantly affected by either attentive or lax cooperation by parents. Parents of younger or inexperienced swimmers should identify the Clerk of the Course and his or her location prior to every meet so that children can be delivered in a timely fashion.

Glossary

- **Coach** — One or more individuals who are in charge of the swimming aspects of the team. The Coach(es) will train and evaluate swimmers during the entire season. The Coach will make all decisions on the lineup of swimmers for each meet and the strategy for doing so. Coaches may be engaged in polite conversation before or after a practice but not during. Importantly, he or she is way too busy during an actual meet for anything other than "Hello, how are you doing?"
- **Concessions** — Not a series of giving up when overmatched by the opponent, but financial lifeblood of the Marlins and other similar VBSL teams. Parents are asked to donate items for sale during home meets or alternatively contribute \$25 per season. Look for the sign-up sheets the week of a home meet. Profits go to the team. Concessions are worked by tireless, heat-resistant moms (or dads), without whom, we would all be hungry, parched and generally lots more grumpy.
- **Disqualification (DQ)** — Ruling by a stroke and turn official, confirmed by the Referee, or by the Referee that a swimmer has failed to perform all aspects of the required stroke, turn and/or finish for an event. No points are awarded to the team if the swimmer is disqualified for an event. Disqualifications are not publicly announced but may be quietly communicated to the Coach or the swimmer so that improvement can be achieved.
- **Divisionals** — Major event following regular season in which the swimmers recording fastest times for their teams during the regular season participate for their team against all other teams in their six-team division. Swimmers must participate in at least three regular meets to qualify for the Divisional Meet. Those swimmers achieving the fastest times at Divisionals simultaneously held at four sites qualify for the All-stars, one week later.
- **Event** — One of sixty-nine separate swims which occur during the course of the meet. An event may have several heats, two of which will be scoring heats and one or more of which will be exhibitions.

Glossary

- **Fin Pal** — A program of mentoring and friendship successfully begun in the 2007 season by Marlin parents Marti and John Bede. Every swimmer is assigned a Fin Pal with older swimmers guiding young ones and each cheering on and offering spirit for the other.
- **Heat** — (1) A portion of an event involving up to six swimmers. All swimmers, regardless of heat assignment, may score for the team. Unlike previous years, each successive heat in an event is seeded with increasingly faster qualifying times. The final heat has the fastest qualifiers. (2) The endless, excessive and unavoidable atmospheric condition in which VBSL meets are conducted.
- **Lane Assignments** — Lane assignments will be alternating by team. Lanes one, three and five will be used by one team and lanes two, four and six (if pool has six lanes) will be used by the other. Lane assignments are generally assigned based upon previous times. The center lanes are assigned to those swimmers who are expected to swim the fastest times within each heat.
- **Dolphin Division** — Division of the VBSL to which the Pembroke Meadows Marlins are currently assigned. Yes, that's very confusing. The dolphin Division is the top Division in the VBSL. Every year, each team's time-in-water performance is ranked for placement into a Division for the following year. The fastest six (least time-in-water) are placed in the Dolphin Division. In 2005, we finished undefeated in the top (Dolphin) division. In 2006, we finished second. In 2007 we again finished undefeated, won the Dolphin Divisional Meet and our swimmers achieved the best results at All-Stars. VBSL Nivana!
- **Meet Intermission** — A ten minute break between events 38 and 39. This provides the only opportunity during the meet for swimmers and spectators to cool off in the pool. May be a survival essential. Support our Concessions before, during and after this period.
- **Myrtle the Marlin** — Our team mascot who can be seen breaking the water in her customary place at all home meets.
- **Pembroke Meadows Marlins** — Our VBSL swim team proudly assigned to the Dolphin Division. This team displays great spirit and sportsmanship and features the slogan, "**We Swim to Win.**"

- **Referee** — The senior meet official, necessarily neutral (although also a parent). The Referee is in overall control of the pool deck during a meet and makes final decisions on stroke and turn disqualifications and resolves irregularities. He or she is your best friend if the meet is moving quickly and is probably not to blame if the meet is not moving along. Please appreciate your Referee as he/she has a job similar to an air traffic controller and is trying to make sure nothing crashes, including the CTS. One or more Administrative Referees, who are also experienced meet officials, may assist in meet management and disqualifications.
- **Runners** — Volunteers who carry meet paperwork as necessary from the Clerk of the Course to the Timers, from Stroke and Turn Judges to the Referee, and from the Referee to the Scorers. Runners are essential volunteers who have a significant role in determining whether the meet is well run and timely.
- **Scorers and Ribbon Writers** — Parent volunteers who record the event times, keep the score for the meet, and write ribbons for the swimmers. The Scorers are NOT to be disturbed during the course of a meet, particularly to ask which team is in the lead.
- **Stroke and Turn Judges** — These individuals are trained, meet officials who rule on whether the appropriate stroke, turn (if applicable) and finish have been accomplished by each swimmer. They work the pool deck and must be given room to work by spectators and timers. They have the authority to recommend disqualification of swimmers for a particular event and do so if necessary. Their decisions should never be challenged by a parent. Note: Any comments about meet officials, including Stroke and Turn Judges, should be directed to the Team Rep.
- **Team Representative** — Those individuals charged with the overall administration of the team. An enormous and thankless job requiring unbelievable organizational skills, the tact of a master diplomat, a knack for computers, and hundreds of hours of labor. The Team Rep performs virtually all administrative duties regarding the team and interacts with league officials. Works closely with the Coach in preparing for and administering each meet. Is an unpaid volunteer and is not to be confronted or challenged at any time (see Do's and Don'ts).

- **Timers** — Fifteen to eighteen individuals who operate stop watches, timing buttons and record the times of the swimmers. Timers are essential volunteers for every meet. This job requires no previous experience but does require good concentration and stamina. Is an excellent way to become involved in meet administration and getting to know others with similar interests.
- **Tommy Horvatic Award** — Memorial award given annually to the Marlin swimmer who best demonstrates the spirit, courage and good sportsmanship of the late Tommy Horvatic. Tommy was a Marlin swimmer who was tragically killed in an accident and whose memory and spirit are preserved from year to year by vote of the older members of the team.
- **Tower of Bob** — The structure supporting our scoreboard, the first and still one of the few used in VBSL swimming, designed and built by long-time Marlin parent and VBSL league official Bob Weinstein.
- **Virginia Beach Swim League (VBSL)** — An organization of swim teams divided into four divisions of six teams each for dual meets; conducts divisional meets and all-stars.