

**2022 Pembroke Meadows
Marlins Swim
Team Information**

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

Having 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 got stronger as I realized that the number of my summers was slipping away. 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, the 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 should be appreciated immensely and always deserve many thanks.

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' winning and worthy traditions alive for years to come.

Laura Barry
PM Marlin 1996-2007

Meet Our Coaches & Team Representatives

Head Coach:

Mike Zmuda

Assistant Coaches:

Emily Barry
Ryan Hillery
Russell Hronek
Savannah Hoover
Summer Sampson
Sam Westmont
Miles Williams

Team Representatives:

Jane Orem: janeorem@cox.net (757-285-0030)

Tara Hoover: thoover8@cox.net

Meet Schedule

June 18th (SAT) Practice Meet (12 & Under Only) 8am
June 25th (SAT) Marlins @ Oceana (AWAY) 8am
June 29th (WED) Marlins @ Little Neck (AWAY) 5pm
July 9th (SAT) Mini Marlin Meet (6 & Under Only) 9am
July 19th (TUE) Marlins vs Alanton (HOME) 4pm
July 23rd (SAT) Marlins vs Club Brittany (HOME) 8am

END OF REGULAR SEASON

July 30th (SAT) DIVISIONALS @ ALANTON 8:15 am
August 6th (SAT) ALL STARS @ LITTLE NECK 8:15 am

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.

Information for New Families

- Arrive at the pool an hour before the meet starts. Lots of things are happening and pool decks get very noisy and crowded. At home meets, and at practice, park on angles against the tree line.
- VOLUNTEER! It is a great way to get involved with the team, and it helps the meet run much more smoothly. This is imperative if we are the home team. Swimming is a sport that thrives on parent volunteers. There are all types of jobs for all types of people. Report to them on time to keep the meet running.
- Bring cash (small bills very helpful), chairs, towels, sunscreen, a sharpie, and most important, sportsmanship and TEAM SPIRIT!
- Swim caps are available for swimmers at practice and at meets. Caps are not required at practice, but heavily encouraged at meets, especially for those who have longer hair. Latex ones are \$5 and silicone ones are \$15. Exact change is appreciated.
- You are allowed to set up tents the morning of the meet. You may want to get there early as space is limited. The team will also have some set up to share.

- Everyone looks the same with caps and goggles on! Write your Event, heat, and lane numbers on your swimmer's hand/ arm to help the Clerk of Course parents. It helps them get where they need to go.
- Swimmers need to check in at the Clerk of Course before EVERY race. They need to report at least two events ahead of time. The announcer will help keep everyone on track. Events will not wait for missing swimmers.
- Bring lots of water. Meets can get VERY HOT! They last for several hours, so they need to be hydrated.
- If you need to leave early, please tell a coach. This is doubly important for those in end relays. They are the most fun part of the meet, and if one swimmer is missing, the entire relay doesn't get to swim. This is disappointing for everyone else.

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

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 unfailing 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 event, 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.

- 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.

2021 GLOSSARY FOR SURVIVAL AND/OR SUCCESS **IN VBSL**

- **Adult/Coach Relay** — A voluntary relay for parents/ coaches occurring during intermission. Usually set up as one hundred meter mixed (male and female), freestyle 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. (NO ALL- STARS 2021)
- **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.
- **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.

- **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 \$50 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 parents 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** — Championship meet following the regular season. Each team in their division will send the top two swimmers (times) and the top relay time in each event to participate. There is a three regular season meet requirement to qualify. In order to provide opportunities for as many swimmers as possible, final participants will ultimately be coach discretion. Swimmers will be notified on the Sunday following the last regular season meet prior to Divisional Week.
- **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

- **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.
- **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** — 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.
- **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.

