

2008 SWM TEAM

LOCATIONS AND DIRECTIONS

RDV SportsPlex	Westmonte Park
8701 Maitland Summit Blvd, Orlando FL 32810	624 Bills Lane, Altamonte Springs, FL 32714
<ul style="list-style-type: none"> Take I-4 to Maitland. From Maitland Blvd., enter at the street light called <u>Maitland Summit</u> and then the RDV entrance is on the right hand side. Enter the building, follow down the hall and ask the receptionist how to get to the pool for Special Olympics Swim Practice We will give all parents RDV Passes for their athlete to enter the pool for practices. 	<p><u>From Altamonte/I-4/Apopka:</u></p> <ul style="list-style-type: none"> Take 436 and turn onto Spring Oaks Blvd. (right next to Chuckie Cheese and Congo River Follow down and then turn LEFT into the park <p><u>From 434:</u></p> <ul style="list-style-type: none"> Take 434 to Montgomery Blvd. Follow down Montgomery and turn RIGHT onto Green Briar (street light) At the second stop sign turn LEFT. Follow and make a right into the park.

PRACTICE TIMES & TEAMS

RED DOLPHINS at RDV: 8am-10am <i>(Advance and Intermediate Team)</i>	YELLOW SHARKS at WESTMONTE: 8am-10am <i>(Advance and Intermediate Team)</i>
BLUE NEMOS at RDV: 8:30am -10am <i>(Beginners)</i>	

BRING

<ul style="list-style-type: none"> Wear your bathing suit Goggles and swim cap Change of clothes RDV Entrance Pass Towels, Lockers, Showers Available 	<ul style="list-style-type: none"> Wear your bathing suit Goggles, swim cap, towel Change of clothes Towels are NOT provided Showers Available
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ATTENDANCE

Please see the next page for the season's schedule. We have 9 practices before Area games and 5 optional practices scheduled on Wednesdays before our competitions. Our season has been cut short due to the Summer Sports Season overlapping, so that is why we scheduled extra optional practices. These additional practices can count as make up sessions and are highly recommended; however are not guaranteed due to weather.

**Remember, to be eligible for State Games, athletes must attend 70% of practices between the start of the season and Area Games. That means athletes need to attend 6 of the 9 scheduled practices to be eligible.*

POOL RULES

RULES FOR THE RDV ONLY:

1. Please change in the Family Locker Room ONLY.
2. Do not use any other bathrooms other than the ones in the Family Locker Room.
3. Only 2 lanes are reserved for our athletes + the Kiddy Pool.
4. Do not use any other areas of the RDV except the pool and the Family Locker Room.
5. Always walk on the pool deck- tile floors are EXTRA slippery.

RULES FOR BOTH FACILITIES:

1. Obey the lifeguard, swim coaches, and parents.
2. No glass containers
3. Wear water shoes if you desire
4. No jumping in the pool. Please sit and enter.
5. No diving in the pool unless a coach is present.
6. Be on time. Tell a coach if you need to leave early.
7. If a swimmer needs to use the restroom during practice- swimmer needs to be directed by a coach or parent.
8. Have fun and try your best!

CONTACT

Administrative Coach at RDV

Mindy Setzer, 321-276-6443,
MSetzer@SpecialOlympicsSeminoleCounty.org

Administrative Coach at Westmonte Park

Nin El-khoury, 407-929-7254,
Rel-khoury@SpecialOlympicsSeminoleCounty.org

Special Olympics Seminole County

2008 SWIM TEAM SCHEDULE

Saturday, April 26, 2008	Family Meeting at Easmonte Park 9am-10am
Saturday, May 31, 2008	Practice at RDV & Westmonte - Assessments at all locations
Saturday, June 07, 2008	Practice at RDV & Westmonte
Saturday, June 14, 2008	Practice at RDV & Westmonte – Red Team: Starts/Flip Turns Workshop
Saturday, June 21, 2008	Practice at RDV & Westmonte – Yellow Team: Starts/Flip Turns Workshop
Saturday, June 28, 2008	Practice at RDV & Westmonte – Red Team: Diving/Strokes Workshop
<i>Wednesday, July 2, 2008</i>	<i>Optional Stroke Workshop w/ Debbie Harger at Westmonte Park – 6pm</i>
Saturday, July 05, 2008	OFF- 4th of July Weekend
Saturday, July 12, 2008	Practice at RDV & Westmonte – Yellow Team: Diving/Strokes Workshop
<i>Wednesday, July 16, 2008</i>	<i>Optional practice Westmonte - 6pm</i>
Saturday, July 19, 2008	Practice at RDV & Westmonte
Sunday, July 20, 2008	Carwash: Albertsons off Montgomery, 10-4pm
<i>Wednesday, July 23, 2008</i>	<i>Optional practice Westmonte - 6pm</i>
Saturday, July 26, 2008	County Games at Westmonte, 8am-11am
Saturday, August 02, 2008	Practice at RDV & Westmonte <i>or Make-up County Games (if rained out)</i>
Saturday, August 09, 2008	Practice at RDV & Westmonte
Saturday, August 16, 2008	Practice at RDV & Westmonte
<i>Wednesday, August 20, 2008</i>	<i>Optional practice Westmonte - 6pm</i>
Saturday, August 23, 2008	OFF- SOSC Annual Picnic
<i>Wednesday, August 27, 2008</i>	<i>Optional practice Westmonte - 6pm</i>
Saturday, August 30, 2008	OFF- Labor Day Weekend
<i>Wednesday, September 03, 2008</i>	<i>Optional practice Westmonte - 6pm</i>
Saturday, September 06, 2008	Tentative Area Games in Orange County, 8-2pm, TBA
Saturday, September 13, 2008	Practice at RDV Only – All teams at RDV
Saturday, September 20, 2008	Practice at RDV Only – All teams at RDV
Saturday, September 27, 2008	Practice at RDV Only – All teams at RDV
Fri. Sat., October 3-4, 2008	State Games- Vero Beach
Saturday, October 11, 2008	End of Season Party- TBA

Swim Meets: *Please try to stay at the whole event to cheer on every member of our team

County Games (must compete at County Games to advance to Area Games)
 Saturday July 26, 2008, Westmonte Park Pool, 8:00am-11am, RAIN OR SHINE
**If we are rained out, we will reschedule for the following Saturday*

Area Games (we need as many athletes to come so we get a larger quota for State Games)
Tentatively: Saturday, September 6, 2008; more information to come at a later date.

State Games (Please see State Games Selection Requirements)
 Weekend Trip, October 3-4, 2008; more information to come at a later date.

End of Season Party:

Saturday October 11, 2008 ...more information to come!

STATE GAMES SELECTION REQUIREMENTS & PROCESS



ADVANCING TO COMPETITIONS

1. An athlete must attend County Games in order to advance to Area Games.
2. An athlete must attend Area Games and meet the Attendance Policy (see below) to be considered as an attendee for State Games.
3. If parents or guardians feel their athlete cannot handle the trip to State Games, they are to notify the coaches prior to Area Games.
4. Athletes who are training in multiple sports need to choose one sport to compete in per season. They are to notify the appropriate coaches of their decision prior to Area Games.

STATE GAMES SELECTION PROCESS

Special Olympics Florida gives each county a “quota” of how many athletes we can bring to State Games. So that we are prepared for the quota distribution from the State we need have an established list of those eligible to go.

1. Athletes who earned at least one first place finish at Area Games will be entered into a random blind drawing to determine if they will attend State Games.
2. The head coach will conduct the drawing at the practice immediately following Area Games in the presences of at least one other witness and/or anyone wishing to observe.
3. The head coach will record the order in which the names were drawn so that when we receive our quota from the State Office, we can select the corresponding amount of athletes to attend.
 - a. If an alternate is needed, the head coach will refer back to the order of names drawn and select the next athlete on the list.
 - b. If there are not enough first-place finishers to fill our quota, then a separate drawing will be conducted among the second-place finishers from Area Games and so on until the quota is met.
4. Ballots may be viewed prior to the drawing upon request.
 - a. Each athlete will receive only one ballot for the drawing, regardless of the amount of first-place finishes they received at Area Games.
5. Team Sports are excluded from this process. The State Office selects which teams advance based on their wins/losses and the quota available for the competition.

70% ATTENDANCE POLICY

1. To advance to State Games, an athlete must attend at least 70% of the established practices from the start of the official season up until Area Games. (Round to the nearest whole number. Ex: 0.4 round down, 0.5 round up)
 - a. If this requirement has not been met, the athlete cannot advance to State Games.
 - b. The following are examples of the required attendance prior to Area Games
 - i. 15 established official practices- must attend no less than 11 practices
 - ii. 14 established official practices- must attend no less than 10 practices
 - iii. 13 established official practices- must attend no less than 9 practices
2. All head coaches will establish the number of official practices prior to the beginning of the season and will distribute those dates to all participating athletes prior to the start of practice.

STATE GAMES SELECTION REQUIREMENTS & PROCESS



EXCEPTIONS TO THE 70 % ATTENDANCE POLICY:

1. If the athlete is participating in another sanctioned Special Olympics competition or event.
2. If practice has been established and inclement weather causes the cancellation of the practice before it begins, then this will not be considered an official practice.
 - a. However if practice begins and then must be cancelled due to weather, it will satisfy the requirement for one official practice.
3. *No other exceptions will be made. Please use your few absences wisely by "saving" some absences for unexpected emergencies that might arise- such as death in the family or even sick days.*
4. For Team Sports, the 70% rule will apply with a coaches' vote for exceptions. If an athlete is not going to be able to attend 70% of the practices the coaches of that sport (if more than three) will vote on whether or not the athlete can participate. If there are not three coaches for that particular sport, the Head Coach, Training Coordinator and County Coordinator will vote.

STATE GAMES TRAVELING REQUIREMENTS

1. In order to be considered for attending and representing Seminole County at State Competition, athletes must be able to travel to the competition as part of the delegation and remain with the delegation at all times.
 - a. This means that each athlete must eat meals, participate in events, and stay at the designated hotel with the delegation at all times.
 - b. An athlete may leave with parents or guardians at the conclusion of the games, but this must be approved by the head coach or delegate prior to the competition.
 - c. Exceptions can be made on a case by case base for athletes with unique situations; however, the coach needs to be notified of this in advance.

OTHER REQUIREMENTS

1. Under no circumstances will an athlete be able to train on his/her own and submit that as a legal or established practice.
 - a. All practices will be held and conducted in the presence of the designated head coach or designate.
2. In the case of Bowling, a minimum of 10 games must be completed prior to County Competition and official scores must be submitted to the head coach.
 - a. Practice is conducted at Altamonte Lanes on Monday afternoon; only those scores will count.
3. Certain sports will require teams to compete in competition, either in place of or in addition to County Games. This might require overnight stay depending on the location of the event.
 - a. It will be mandatory for all athletes participating in that sport to attend that event and travel with the team. (due to liabilities)
 - b. Only urgent excuses will be accepted (ex. Death in the family, hospitalization of the athlete, etc)
 - c. This is done to ensure that enough athletes will make the trip so that Seminole County will not be disqualified from further competition.

ATHLETE CONTACT INFORMATION

ATHLETE NAME:	
PHONE:	
EMAIL:	

STATE GAMES SELECTION PROCESS

YES	NO	HAVE YOU READ AND UNDERSTAND THE STATE GAME SELECTION PROCESS?
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ANY NEW MEDICATION INFORMATION? PLEASE COMPLETE THIS SECTION ONLY IF YOUR ATHLETES MEDICATIONS HAVE CHANGED SINCE THEIR PHYSICAL FORM WAS SUBMITTED TO US.

MEDICATION NAME	AMOUNT TAKEN	W HEN/FREQUENCY	SPECIAL INSTRUCTIONS

PLEASE → TURN → OVER →

ATHLETE INFORMATION SHEET - OPTIONAL

***IF YOU HAVE FILLED THIS OUT BEFORE- PLEASE DISREGARD**

THIS FORM WILL HELP COACHES BETTER SERVE YOUR ATHLETE'S SPECIFIC NEEDS BY UNDERSTANDING THEM BETTER.



Athlete Name:	<input type="text"/>	DOB: mm/dd/yyyy	<input type="text"/>
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Type of Disability?
(i.e. Autism, Down Syndrome, Developmental Delay). Please use description if necessary.

Is there any additional important health information?
(i.e. visual, physical or hearing impairment)

Are there any behavior tendencies we should be aware of?
(ie. Temper tantrums, anxiety issues, attention deficit problems, tends to run off)

Please indicate a behavior plan or suggestions on what works best for the athlete at home/school in regards to the behavioral issues.

Are there any non-behavior issues we should be aware of?
(i.e. Does not like loud noises, needs to be asked if they need to use the bathroom to avoid accidents)?

Please indicate any other useful information that may help us understand the athlete to better coach him/her.
