

MONDAY MEETS TUESDAY – FRIDAY PRACTICES

Coaches: Shannon Cooper & Sarah Cooper



Get Involved!

All swimmers - ages 5-17 - are invited to join the Eldorado Country Club Sharks Swim Team.

Take advantage of the Club's summer swim team program. This fun program enables swimmers to improve his/her endurance while concentrating on competitive swimming.

The Sharks Swim Team competes against teams from other DASA Country Clubs in a series of meets during June and July.

Scheduled meets are: *

Monday, June 6 vs. Stonebridge and Stonebriar @ Stonebridge, 3 pm

Monday, June 13 vs. Chandlers Landing @ Chandler's Landing, 10:30 am

Monday, June 20 vs. Dallas Athletic Club @ Eldorado, 10:30 am

Monday, June 27 vs. Bent Tree @ Bent Tree, 9 am

Monday, July 2 or 5 vs. Hidden Creek @ Eldorado, 8:30 am

SUMMER FEE includes coached practices, meets, a t-shirt, DASA meet fees, and an end of season awards party/dinner.

MEMBERS - \$155; NON-MEMBERS - \$200.

Team fee is due at registration

EARLY PRACTICES

Tuesday – Friday, May 24-27 – all swimmers 4-5 pm

Tuesday – Thursday, May 31 – June 2, all swimmers 4-5 pm

No practice on Friday, June 3 due to high school graduations.

MISD 2010 - 2011 school year ends Thursday, June 2.

REGULAR PRACTICES

Monday, June 6 – July 15

Swimmers 8 and under practice from 8:30-9:15 am

Swimmers 9 and 10 may attend either session

Swimmers 10 & older practice from 9:30 – 10:15

JOIN US FOR OPEN REGISTRATION

Saturday, May 28, at Eldorado Country Club, 12 pm - 3pm for answers to questions & swimsuit information

To register or for more Information call 972-529-6779

**meet times/places are subject to revision.*

Eldorado 2011 SWIM TEAM

FREQUENTLY ASKED QUESTIONS

If I cannot swim across the pool, can I still be on the swim team?

A good rule of thumb, is to be able to swim the length of the pool, but we have coaches for every ability group. Keep in mind swim team is not swimming lessons and opportunities for one-on-one instruction is limited.

What swim strokes do I need to know how to swim?

Freestyle. Our coaches will teach the basics of backstroke, breaststroke, and butterfly.

Do I have to wear a team swimsuit?

Swimmers are not required to wear a team swimsuit; however, a competition style suit is preferred, especially at meets. For girls, the competition suit is comfortable and avoids problems with straps falling off the shoulders. For boys, the competition suit does not have the drag that a traditional suit has. Some young boys are reluctant to wear the competition suit. They might want to wear a traditional suit over the competition suit until just before they are ready to swim at the meet. This year we are wearing the WaterPro Excite in Blue again. Boys will wear a black jammer. Suit information is included.

What should I do if I cannot attend practice or swim meet?

Once you sign up and register for the team, when and how often you practice is completely your decision. Of course we would like you there every day because the more often you are in the pool, the faster you will swim. We completely understand that vacations and family obligations may come up. All we ask is that you tell us beforehand if you know you will miss a practice.

If you cannot attend a swim meet, please be sure to tell the coach ahead of time. This is very important. (If you know you will be out of town for a meet, it is helpful to tell the coach at the beginning of the season.) Letting the coach know ahead of time makes the coach's job easier. If the coach expects you to swim at a meet, and you do not show up, it will affect not only the individual events that were placed in, but also will put relays, which other children are part of, in jeopardy.

What should I bring to a meet?

You will want to wear your suit and shirt, and bring your goggles and towel. You may also want to bring a swim cap, especially if you have long hair. (Write your name on everything you bring.) Meets at Eldorado are run fairly quickly (approx. 2 hours).

What if it's raining in the morning, will we still have practice? We will use common sense judgment in evaluating weather conditions to determine if practices will be held as scheduled. Heavy rain or lightning will result in a definite cancellation of practice, while a light rain may only delay the practice. **The rule of thumb is if we hear thunder or see lightening, we must clear the pool for 30 minutes.** Please use common sense with your own child. If practice has been canceled, a sign indicating such will be posted on the fence as you walk into the pool area. We will also try to e-mail team members of cancelled practices.

What time should I arrive for a swim meet?

Your coach will tell you exactly what time to arrive for each meet. For home meets, you will probably be asked to arrive about an hour before the meet start. This will give you time to see your coach to check-in and find out what events you are swimming. (The event numbers will be written on your arm in marker.) You will also have the opportunity to warm-up with the team.

Why do I have to warm up?

Warming up is something all swimmers do to prepare to swim fast. Warming up increases confidence by giving you a feel for the pool, the water temperature, flags, and blocks.

What are the events in a swim meet?

The events are:

Freestyle Relay- *Four different swimmers swim freestyle.*

Freestyle

Butterfly

Backstroke

Breaststroke

Individual Medley, aka. I.M. - *All four strokes are swum by one swimmer in this order: butterfly, backstroke, breaststroke, freestyle*

Medley Relay - *All four strokes are swum by four different swimmers in this order: backstroke, breaststroke, butterfly and freestyle.*

Who will I be swimming against?

Swimmers compete according to age group (6 & Under, 8 & under, 9-10, 11-12, 13-14, and 15-17.) These age groups are based on the swimmers age on June 1. Boys and girls may swim in the same "heats," but their times are ranked separately. Each event begins with 6 & under girls, then 6 & under boys, etc., in age group order. Most races will consist of one, two, or three heats, depending upon the size of the pool and the event.

How many events will I swim in at the meet?

Swimmers can be entered in a maximum of four events. Of those four events, only three may be individual events, and one may be a relay OR two may be individual events, and two relays. This does not mean that you will swim in 4 events at every meet. The coach will make the decision on how many and which events you enter based on the number of swimmers in your age group, your ability to swim the strokes without getting DQ'd, if you have attended practices, and other factors.

What does DQ mean?

DQ stands for "disqualified." At a swim meet, you can get DQ'd by a Stroke & Turn Judge if you do not swim a stroke correctly, or end your swim by touching with the wrong number of hands. (To ensure fair competition for all swimmers, rules are equally applied to all swimmers, regardless of age or experience.) Being disqualified is not the end of the world. Almost all swimmers have been DQ'd at some time. Getting DQ'd is a learning experience, not a failure. If you get DQ'd at a meet, your coach will receive a DQ slip with your name and the reason you were DQ'd. Your coach will explain why you were DQ'd, usually at practice, so that you can improve for the next meet. 6 & under swimmers will not be disqualified in competition.

How will I know when to report for my events?

When you hear your event called, report to the "Ready Bench." For younger swimmers, coaches will walk the children to the "Ready Bench and someone will tell them where to wait, and when it is their turn to race.

What will my parents do during the meet?

Of course, your parents will be watching you swim your event and cheering for you! They will probably want to volunteer to help during the meet. Without the help of parents, we can't even have a meet! Don't worry. Even if they are working, they will still be able to watch you swim.

Who are the coaches?



Shannon Cooper – will be graduating from McKinney High June 3, 2011. She has been an Eldorado Shark since 2001 and holds numerous team records and has qualified for DASA All-Stars six times. She is a member of the MHS Varsity Lionettes soccer team, president of National Honor Society and participates on the Swing Dance Club. She also is on MHS' Academic Decathlon team, participates in "Wiz Quiz" and UIL academic competitions. Shannon will graduate as Valedictorian of her class, and will be attending the University of Chicago or Notre Dame (still undecided) in the fall.



Sarah Cooper – currently a junior at MHS, Sarah has also been an Eldorado Shark since she was 5 and has been on MHS' Varsity swim team since her sophomore year. Sarah holds several Eldorado pool records and has qualified for DASA All-Stars 8 times. Sarah is in the top 5% of her class, is a member of the National Honor Society, and is also a member of MHS' Varsity soccer team.

Contact Numbers:

Eldorado Country Club 972-529-6779

Shannon Cooper 972-302-1726
COACH secocooper2011@yahoo.com

Sarah Cooper 972-302-1728
ASST. COACH sbearsoccer@sbcglobal.net

Sally Cooper 972-542-3032
TEAM PARENT ssscooper08@yahoo.com

Swimsuit Information

The cost of the swimsuit is in addition to the registration fee. Most swimmers can usually use the same suit at least two years.

This year we are again wearing the WaterPro Excite in Blue. Boys will wear a black jammer. Academy Sports and Sports Authority may have the suit, but below are some online stores where the suit may be purchased. I have seen more competitive prices at the online sources and some offer free shipping if your total is above a certain amount. (Get together with a friend and save the shipping!)



	female tank	male jammer
swimmingteams.com	\$ 23.25	beginning at \$ 7.25
<i>online only</i>		
	<i>suit cost; does not include tax, shipping and handling</i>	<i>suit cost; does not include tax, shipping and handling</i>
swimx.com	\$ 20.95	beginning at \$ 27.00
<i>online only</i>		
	<i>suit cost; does not include tax, shipping and handling</i>	<i>suit cost; does not include tax, shipping and handling</i>
swimdiscount.com	\$ 23.25	beginning at \$ 7.25
<i>online only</i>		
	<i>suit cost; does not include tax, shipping and handling</i>	<i>suit cost; does not include tax, shipping and handling</i>
swimoutlet.com	\$ 22.95	beginning at \$ 14.95
<i>online only</i>		
	<i>suit cost; does not include tax, shipping and handling</i>	<i>suit cost; does not include tax, shipping and handling</i>
swim2000.com	\$ 23.25	beginning at \$ 7.25
<i>online only</i>		
	<i>suit cost; does not include tax, shipping and handling</i>	<i>suit cost; does not include tax, shipping and handling</i>

WATERPRO COMPETITIVE SWIMWEAR SIZING

Suit Size	22	24	26	28	30	32	34	36	38
Ladies Dress Size	-	-	-	3/4	5/6	7/8	9/10	11/12	13/14
Girl's Dress Size	4	5/6	7/8	10	12	14	-	-	-
Bust	22	24	26	28	30	32	34	36	38
Waist	20	21	22½	24	25	26	27	29	30
Hips	24	25	27½	30	32	34	36	38	40
Torso	52½	54	55½	57	58½	60	61½	64	66½

If your child has a long torso, you may want to order 1 size larger.