

Chicopee Amberjacks Swim Team



Chicopee
Amberjacks
Swim Team

Swimmer/Parent Handbook

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For practice or meet cancellations go to:

www.chicopeeamberjacks.org



Chicopee Amberjacks Swim Team

A Not-For-Profit Competitive Swim Team

1. Welcome

Hello to all of our swimmers and parents,

On behalf of the Chicopee Amberjacks Swim Team Board Committee, welcome to the Chicopee Amberjacks Swim Team! We are getting ready for a great enjoyable season and we hope you are also. The swim season is an exciting and fun time for the swimmers. The Chicopee Amberjacks Swim Team swims in the Pioneer Valley Summer Swim League (PVSSL) in the summer and in the Pioneer Valley Swim League (PVSL) in the winter. All of our practices and dual home meets are held indoors at the Chicopee High School Pool (CHS).

As you read through this handbook, you will find the answers to most of the commonly asked questions. If you have any questions, please feel free to speak with either of the coaches, or any member of the Swim Team Board Committee.

The swim board and coaching staff are looking forward to working together to improve the Chicopee Amberjacks Swim Team at the individual level as well as the team level.

Please remember to thoroughly read through this "Amberjacks Swimmer/Parent Handbook" with your child. Both swimmer(s) and parent(s) are required to follow the rules as set forth in the handbook. Please remember these rules and regulations are for everyone's safety and enjoyment and will be enforced throughout the season.

It is our hope that the Chicopee Amberjacks Swim Team be structured enough to persuade personal improvement and still remain fun - to plant great memories for our swimmers and parents.

2. Financial Responsibilities

The Chicopee Amberjacks Swim Team is a Not-for-Profit, competitive swim team which relies solely on its dues and fund-raising to meet its seasonal financial obligations. Dues collected and funds raised are used to cover costs of such items as pool rental, insurance, coaches' salaries, meet entry fees and much, much more. No persons other than the coaching staff is compensated financially by the monies collected.

A. Chicopee Amberjacks Swim Team Dues

The dues for the swim season is as follows:

- 1 swimmer - \$150.00
- 2 swimmers - \$280.00
- 3 swimmers - \$405.00
- 4 swimmers - \$520.00

Each additional swimmer add \$90.00. Discount applies only to siblings. The above dues amount does not include the mandatory fundraiser responsibility.

B. Championship Dues

Championship Dues are \$10.00 per swimmer. If your dues are paid in full by the due date your Championship Dues will be paid by the team. If you do not pay your dues on time you will be responsible for your Championship Dues. The Swim Team offers 2 payment options, they are as follows:

Option I - Pay in Full Plan

There is a \$50.00 **non-refundable** registration fee per swimmer. This fee is collected during the registration process. This fee is deducted from the above dues amount.

Option II - 2 Installment Payment Plan

There is a \$50.00 **non-refundable** registration fee per swimmer. This fee is collected during the registration process. This fee is deducted from the above dues amount. After the registration fee is paid, if you choose the "2 Installment Plan", payments must be made as follows:

- 1st Payment of 1/2 due on or before assigned deadline.
- 2nd Payment of 1/2 due on or before assigned deadline.

All swimmers dues must be paid in full by assigned deadline, any swimmer whose dues are not up to date will not be eligible to participate in practices and/or meets. A \$25.00 late fee will be assessed after this date. We urge all parents to make the necessary arrangements to keep their account current.

A Note about Making Payments – Every effort is made to have at least one board member present each evening during the payment weeks to collect payments. However, this is not always possible.

PLEASE INCLUDE THE SWIMMERS NAME ON CHECK.

B. Mandatory Fundraiser

Each season the Swim Team Board organizes a fundraiser and asks each family to raise funds for the Swim Team. This money is used to support the needs of the team, i.e., stop watches, timing and place cards, meet scoring supplies, etc. It also funds the ribbons, and the end of season awards for the swimmers. The Swim Team requires all families to participate in fundraising. Detailed information about each seasonal fundraiser will be announced during registration. We must have everyone's participation.

C. Team Suits

All swimmers are encouraged to wear a Team Suit when competing during meets. The suits will be ordered early in the season to be available by the first swim meet. Although suits are not mandatory they are recommended.

D. Caps

Team caps are available for sale and are optional.

E. Team T-Shirts

Team T-Shirts are optional but they sure are a great way for parents and swimmers to show their team spirit.

F. Team Pictures

Each winter season, we have a photographer come for individual pictures and a team picture. There is no obligation to purchase individual photographs, however, we would like everyone to be in the team picture wearing his/her team suit. Information will be available as the date gets closer. We ask that swimmers make every effort to attend on this night so that our team picture can be as complete as possible.

3. Policies, Procedures, Regulations & Issues

A. Practice

In terms of extracurricular activities, Amberjacks must be your number one priority. Swimmers are required to attend a minimum of two practices per week. If you are unable to attend the minimum requirement of two practices per week you must contact the coach. Practice is offered Mondays, Tuesdays, Wednesdays and Thursdays. Which practice group a swimmer practices in is determined by evaluating a combination of their ability and age and will be determined by the Head Coach.

Practice Times are as follows:

1st practice – arrive at 5:45 (no earlier), swimmers proceed to enter the pool from 6:00 till 7:15.

2nd practice – arrive at 7:00 (no earlier), swimmers proceed to enter the pool at 7:15 till 8:30.

Swimmers should be suited up and ready to begin at the appropriate time. If you are late for practice, it is the discretion of the coaches to determine if the swimmer will be allowed to swim. Swimmers can not exit the pool during practice without the approval of a coach.

During practice, the following must be observed.

- Bathing caps must be worn by both girls and boys if hair is below ears.
- There is NO FOOD of any kind allowed in the pool area and the locker room.
- WATER ONLY is allowed in the pool area.
- No open wounds in the pool.

Practice is where swimmers and coaches work together to establish and build a solid swimming foundation through drills for starts, turns, stroke form, and competitive techniques. It is our expectation for swimmers to learn that it is through consistent practice, they are guaranteed improvement therefore achieving their goals.

B. Practice Discipline

Swimmer will be first given a verbal warning. If swimmer continues to be a discipline problem after the verbal warning, they will be asked to sit out of practice on the bench for a period of approximately 5 minutes. If swimmer continues to be a discipline problem parent will be asked to remove the swimmer from the premises. Two dismissals from practice may result in expulsion from the team. DUES WILL NOT BE REFUNDED.

C. Practice Safety

A parent, guardian, or other designated adult in your absence, must be present at practice. Coaches are not responsible for swimmers once they exit the pool deck. Children are not to be outside the pool deck without a parent, guardian or other designated adult. All swimmers should be accompanied from the pool deck by their parent, guardian or designated adult. This policy is for the safety of your child.

D. Meets

First and foremost swimmers must sign up to swim in weekly meets. A meet signup sheet will be available for the upcoming meet. If the swimmer has not signed up for the meet by the specified date they will not be included in the meet. If a swimmer cannot attend a meet or will be late, the coach must be notified as soon as possible.

WITHOUT PARENTS WORKING WE CANNOT HAVE A MEET

All parents must volunteer to work at meets. Due to the large size of our team it is necessary to be on time, this means: checked in, suited and ready to swim when warm-ups start. Check in time is 15 minutes prior to the start of warm-ups. Swimmers not checked by the start of warm-ups risk being scratched from their events. Swimmers who are not present will be scratched from the meet line-up and alternate swimmers will be designated. Once a swimmer has been scratched they will not be reinserted into their event if they have already been replaced.

PLEASE NOTE: IF A SWIMMER DOES NOT NOTIFY THE HEAD COACH, ASSISTANT COACH OR BOARD MEMBER THAT THEY CANNOT ATTEND A MEET- AND DOES NOT SHOW UP FOR THE MEET- THEY WILL NOT BE PERMITTED TO SWIM IN THE NEXT MEET AT THE DISCRETION OF THE HEAD COACH. HOWEVER, THEY MUST STILL SHOW UP FOR THE MEET THAT THEY ARE SITTING OUT. IF A SWIMMER DOES NOT SHOW UP FOR THE MEET THEY ARE SITTING OUT, THEY WILL NOT BE PERMITTED TO SWIM IN ANOTHER MEET. THIS RULE WILL CONTINUE AND THE SWIMMER WILL NOT BE PERMITTED TO SWIM UNTIL THEY SHOW UP TO SIT OUT A MEET.

We have this policy because no-call/no-show swimmers are extremely disruptive to the meet, both for our team and for our opponent, as the coaching staff must constantly redraw the meet line-up at the last minute.

If a swim meet is in question due to weather conditions, please contact either coach or any board member. Please note that late afternoon thunderstorms or snow storms are difficult to forecast so often a meet is not cancelled due to weather until the very last moment. Often this may not be until after the scheduled start time. Unless there is thunder and lightning, swim meets DO continue even if it is raining. All swimmers are expected to show up unless notified otherwise. Home meets are held here at the Chicopee High School Pool. Directions to all away meets are further in this handbook.

The meet schedule will be posted as soon as it becomes available.

File: DFD

RENTAL AND USE OF SCHOOL BUILDINGS POLICY

Applicants must read, understand, and abide by said regulations

1. Applicants must be 21 years of age or over.
2. Applicants receiving permission to use property shall be directly responsible for the proper conduct of persons in the school building occupied, and for the care of all equipment used during the assigned period of use.
3. Sufficient supervision and protection must be provided by the applicant during the assigned period of school property occupancy.
4. Only designated school facilities as applied for in application may be used.
5. Designated school property shall be used only during the hours requested in application. (Custodians are not allowed to permit use of school property before or after hours applied for on application.) The building must be vacated promptly at the expiration of the event.
6. No school property may be used without a school custodian in the building during the period of occupancy.
7. Any damages caused to school property during the period of use shall be borne by the applicant.

A certificate of insurance indicating personal injury and property damage coverage will be required for all parties seeking to use the buildings or grounds at liability limits of not less than One Million Dollars (\$1,000,000) per occurrence, and Three Million Dollars in the aggregate. Insurance will not be required when the premises is used by a non-profit organization for recreational purposes when no charge or fee is imposed. The applicant will be responsible for all costs of this premium and a certificate in the established amount showing the City of Chicopee and the Chicopee School Committee as the named insured must be received by the Superintendent of Schools or her designee at least two (2) weeks before the event is to occur. (MGL - Chapter 21, Section 17C - Recreational Use Statute)

8. In the event it is necessary to cancel an event, the Maintenance Office, 180 Broadway, must be notified in writing at least 48 hours prior to the requested event.
9. When a gymnasium is used sneakers or rubber-soled shoes must be worn.
10. There shall be NO SMOKING on school property.

FILE: DFD (CONT.)

11. **KITCHEN FACILITIES:** When a cafeteria is used for a banquet, and kitchen facilities are used, a school lunch employee must be on duty to supervise, at time and one half. A cafeteria may be used without kitchen facilities, if catered, or if food is brought in. Caterers cannot use kitchen facilities without a school lunch employee. If caterers use the cafeteria only, no school lunch employee is needed.
12. **Priority for payment of building use will be as follows:**
 - a. City-based organizations (*City-based, profit-making organizations must produce documented evidence upon request and to the satisfaction of the Superintendent of Schools or designee that they materially and substantially conduct their business activities in the City of Chicopee.*)
 - b. Parks & Recreation Department activities
 - c. School Department
13. **SCHOOL ACTIVITIES:** Upon receipt of a listing of scheduled activities, costs, if any, will be paid for by the organization requesting use of the building.
14. **PARKS & RECREATION ACTIVITIES:** Parks & Recreation Department will pay custodial costs according to the priority for payment schedule or whenever a custodian is not normally assigned.
15. City-based, non-profit groups will be free of charge unless scheduled during non-normal work hours, or the Director of Maintenance requires an additional custodian to cover the activity. (See fee schedule).
16. **TIME ALLOWANCE:** Requests must be made, in writing, at least four weeks in advance at the Office of the Director of Maintenance, 180 Broadway, Chicopee.
17. The policy of denying the usage of school buildings during school vacation will be reviewed on an individual basis.
18. When the building is used by the general public for purposes such as plays, shows, dances, public hearings and meetings, a police officer is to be on duty. A check made out to the City of Chicopee is to be presented to the officer at the end of the event. Written proof of an officer assigned is to be submitted within 5 days of approval.
19. All school activities will take precedence. Applications will be accepted only after the school year begins. The School Department will make every effort to notify applicants at least 48 hours prior to the cancellation of an event.
20. All groups using the swimming pool must have a Certified Senior Lifeguard or Water Safety Instructor on duty.

21. No plug-in electrical equipment will be permitted in the pool area, with the exception of an approved portable P.A. system.
22. Food or beverage of any kind is not allowed in auditoriums, classrooms, gymnasiums, or pool areas. Food and drink may not be sold except by written permission from the Director of Maintenance at time of application.
23. During meets, games, and practices, spectators are restricted to using the facilities requested in the application and are the responsibility of the applicants.
24. Spectators shall be limited to the number posted in the specific area, as per city/state-mandated regulations. The School Department or its agent has the right to limit access up to the posted limits even though tickets may have been sold in excess.
25. All spectator children must be accompanied by an adult.
26. Locker rooms, additional classrooms or utility rooms must be supervised by an adult as specified in the application.
27. Any activity that requires a license shall be referred to and acted upon by the proper licensing authority before an application is approved.
28. All decorations, scenery and special equipment must meet the specifications of the Fire Department.
29. Requests for use of facilities by established groups for regularly scheduled activities shall be submitted annually by October 1.
30. School Department reserves the right to re-assign facilities when, in its judgment, alternate facilities to those requested are more suitable.
31. The School Department reserves the right to accept or reject any application, to change and/or amend these regulations or vote an exception to any or all of these regulations.
32. Failure to comply with any of the above regulations will necessitate the immediate cancellation of future use of school property.
33. FEE SCHEDULE - City -Based Profit-Making Organizations:

Auditorium	\$80.00 per hour
Individual Rooms	10.00 per hour
Cafeteria	30.00 per hour
Kitchen	20.00 per hour
Gymnasium	50.00 per hour
Library	25.00 per hour
Locker Rooms	20.00 per hour each
Athletic Field	100.00 per hour
Field Lining	150.00 per hour
Swimming Pool	50.00 per hour

City-Based Non-Profit Organizations: (no revenues generated) Reviewed on an individual basis. When scheduled during non-normal work hours, fee for staff and utilities will be charged.

City-Based Organizations Charging Admission will be charged a \$100.00 application fee along with the above per hour usage costs.

The use of auditoriums for rehearsals and show times, as requested on the application, will be billed at \$80.00 per hour plus a flat fee of \$470.00. If the event includes a Sunday, the flat fee will be \$690.00. This cost includes the auditorium, custodial staff clean up and the use of two rooms adjacent to the auditorium. If the cafeteria is used, an additional cost of \$50.00 per day will be assessed. Audio-visual costs will be paid by the renter. The School Department will schedule a professional company to do this work. The building will open 30 minutes prior to the start of the event and close 1 hour after the end of the event. Set up time of up to 4 hours will be allowed for each studio. This time is restricted to set up only. Violation may result in cancellation of the event.

Organizations applying for rental shall submit with their applications, proof of their tax exempt status along with location of their organization.

School related activities will pay for costs incurred only.

34. The estimated charges listed on letter of approval must be paid prior to the scheduled event or it will be subject to cancellation. All payments must be made by money order or bank check. No personal checks accepted.

5. How a Swim Meet Works

1. On the day of the meet, arrive 15 minutes before warm-ups for check in. **All swimmers must sign in at the score table.** Parents who are signed up to work a meet are asked to check in also. It is very important that we know if anyone is missing as early as possible.
2. Warm-ups begin 30 minutes prior to the meet start time. All swimmers are expected to participate in warm-ups.
3. As soon as we have finalized the Event Sheet, it will be posted. We ask that both swimmers and parents do not approach the score table or coaching staff about your events. We will post the schedule as soon as it has been finalized.
4. Just prior to the start of the meet, all swimmers will gather in a designated area where the older swimmers will lead all swimmers in our team cheer.
5. Bullpen moms/dads will now start handing out event cards to swimmers. Swimmers in events #1 thru #10 must line up immediately. Check the board behind the starter regularly, the event being swam at that time will be posted. We hand out and start to line up swimmers 10 events ahead of their scheduled event. Example: If the board next to the starter says #22, swimmers in event #32 should be at the bullpen waiting to receive their event card and then proceed to the lineup. **Bullpen moms/dads, other swimmers, coaches, etc., are not responsible for going to look for swimmers. It is the swimmers responsibility and/or the parent's responsibility to make sure that swimmers are at the bullpen at the appropriate time.**
6. Half way through the meet, a very brief time out is taken so that second half volunteers can relieve first half volunteers. Please, if you are scheduled to work second half, be ready.
7. Swimmers are required to swim all events that they have been assigned.
8. **There is absolutely no loitering in the locker rooms.** This applies to both at home and away meets.

6. Parents' Meet Responsibilities - Each Meet is divided into Two Half's

Timers: At each meet we need to have twelve timers. Six timers for each half of a meet. Each lane of the pool needs one timer from each team. Timers need to use a stopwatch to time the events of the children in their lane and then record the times onto the individual event cards.

Back-up Timer: At each meet we need to have 2 back-up timers. The back-up timers time each event, they start the timer and look for a regular timer to raise his/her hand which indicates that that timers stop watch malfunctioned. At that point the backup timer goes over to that lane and finishes as the regular timer.

Place Judges: At each meet we need four place judges. Two for each half. A place judge needs to watch as each event finishes and record the order that the swimmers finish onto a place sheet.

Bull Pen Person: At each meet we need four parents to run the bullpen. Two for each half. The bull pen person hands out the event cards to the swimmers.

Line-Up Coordinator: At each meet we need four Line-Up coordinators. Two for each half. This person lines up the swimmers in order of the events and in order that they approach the lanes.

Runners: At each meet we need two runners. One for each half. The runner collects the event cards from each timer and the place sheet from the place judge after each event and brings them to the score table.

Score Table: At every meet we need four parents to work the score table. Two for each half. This job requires a bit of training, if you are good in math, this is your calling!

Snack Bar: At every home meet we need six people to work at the snack table. Three for each half.

Stroke and Turn Judges: At each meet we need four Stroke & Turn Judges. Two for each half. This position does require training. If you are already trained as a stroke and turn official, please let the Meet Director know ASAP. If you swam in the past you would be an ideal candidate. If you are willing to be trained, please see the Meet Director A SAP.

Raffle: At each home meet we will need at least one person to sell 50/50 raffle tickets until the end of the 1st half. The 50/50 raffle is held at the brief intermission between 1st and 2nd half.

Locker Room Attendants: At each meet we will need at least two males and two female parents to monitor the locker rooms. Swimmers should not be "hanging around" in the locker rooms during a meet.

7. Parent's Role

1. **DON'T COACH-** Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
2. **SUPPORT THE COACH-** Your coaches are the experts. They need your support for everyone to "win".
3. **SUPPORT THE PROGRAM-** Get involved. Volunteer. Help out at meets, fundraisers, etc.
BE YOUR CHILD'S BEST FAN- Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.
4. **SUPPORT AND ROOT FOR ALL SWIMMERS ON THE TEAM-** Foster Teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
5. **DO NOT BRIBE OR OFFER INCENTIVES-** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
6. **TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH-** If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
7. **UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOR-** Remember your child's self-esteem and race performance is at stake. Be supportive and cheer but always be appropriate.
8. **MONITOR YOUR CHILD'S STRESS LEVEL AT HOME-** Keep an eye on your Swimmer to make sure he is handling stress effectively from various activities in his life.
9. **MONITOR EATING AND SLEEPING HABITS-** Be sure your child is eating the proper foods and getting adequate rest.
 - a **HELP YOUR CHILD KEEP HER PRIORITIES STRAIGHT-** Help your child maintain and focus on schoolwork, relationships and the other important things in life besides swimming. Also, if your child has made a commitment to swimming, help her keep the priorities around this in mind.
 - b **"REALLY TEST" FOR YOUR CHILD-** If a swimmer comes out of the pool with a personal best time and a last place finish, help him understand that this is a "win". Help him keep things in their proper perspective including losses, disappointments and failures.
10. **KEEP SWIMMING IN PERSPECTIVE-** Swimming should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from him. Remember your relationship will continue with your children long after their swimming days are over. Keep your goals and needs out of the pool.
11. **BE AN APPROPRIATE LIAISON TO THE COACH-** Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened in the pool or with

something the coach said, help the child deal with it and if necessary, speak directly to the coach.

8. AMBERJACKS SWIM TEAM ZERO TOLERANCE POLICY

Because of physical and verbal abuse in sports, the Chicopee Amberjacks Swim Team has adopted the following **ZERO TOLERANCE POLICY**. This policy applies to all coaches, swimmers, parents and other supporters. Abusive and obscene language, violent play, violent conducts, fighting and other behavior (including but not limited to sarcasm, taunting, etc.) deemed detrimental to the Chicopee Amberjacks Swim Team daily practice, swim meet or any other team event between the above mentioned groups will not be tolerated.

It is the responsibility of the Coach(s), and/or a Swim Board Member(s) In attendance to provide spectator control. This policy will apply to all times prior to, during and after practices, swim meets or other team events and its immediate surrounding areas.

PARENTS / SPECTATORS:

NO PARENT OR OTHER SPECTATOR SHALL DISTURB THE COACH(S) WITH A NON-SAFETY ISSUE DURING A PRACTICE, SWIM MEET OR OTHER TEAM EVENT AT ANYTIME!

This includes but is not limited to:

- No spectators making derogatory comments to swimmers, coaches, other officials or parents of either team.
- No disputing scheduled swimming events during a swim meet. No yelling at the coach, EVER, including no criticism, sarcasm, harassment, profanity or intimidation during practice, meet or other team event.

The only allowable exceptions to the above are:

- Responding to a coach who has initiated a conversation with a parent or spectator.

Pointing out emergency, medical or safety issues.

THE FOLLOWING IS ALLOWABLE - BEFORE OR AFTER PRACTICE, MEET OR OTHER TEAM EVENT:

- Polite and friendly concern can be exchanged with the coaches. If the polite tone of the conversation changes, the coach may abandon the exchange at any time.
- Positive feedback or questions are encouraged before or after practice, meet or other team event.

COACHES/ASSISTANT COACHES/COACHES AIDS:

It is the responsibility of Chicopee Amberjacks Swim Team coaching Staff to maintain the highest standards of conduct for themselves. Failure to do so undermines their authority and the integrity of the Chicopee Amberjacks Swim Team and will be considered as grounds for dismissal.

SWIMMERS:

It is the responsibility of all Chicopee Amberjacks Swim Team Swimmers to act in a sportsmen like manner to all swimmers, coaches, other Officials or parents of either team at all practices, meets and all other team events. All swimmers should encourage each other to build a strong sense of team spirit.

PENALTIES:

Depending on the severity of the offense, the Head Coach, Assistant Coach, or any in attendance Board Member may take any of the following actions:

- Issue a verbal warning to the offending party.
- Stop the practice, meet or other team event and instruct the parent / spectator to leave the area.
- The Coach, Assistant Coach or any in attendance Board Member should stop the practice, meet or other team event and call the police, if a belligerent spectator does not leave the area after having been instructed to leave.

The Coach(s) and the team Swim Board of Directors will meet at an “Urgent Situation Meeting” as soon as possible following the incident. Any additional penalties associated with the incident will be discussed and implemented immediately.

Bryant Smith Award

Bryant Smith was a former Chicopee Amberjack. He was a dedicated swimmer. It was the one sport he truly loved. Bryant was a 4th grader at Bowie School when he was diagnosed with leukemia at the age of 9. He continued to swim and competed in the Summer Swim Championships in 2001. He swam in the evenings, even after receiving chemotherapy or radiation treatment. Nothing prevented him from continuing to participate in the sport that he loved. He was a well-loved young man.

Bryant went to Boston in Sept of 2001 for a bone marrow transplant. He passed away on Dec 3, 2001 at the age of 10, following complications from the transplant. His spirit lives on in every swimmer. He has inspired his brother Marvin and his sister Samara to continue on in his absence. His unwillingness to let this disease stop him from doing the things he loved and his dedication to the sport of competitive swimming has inspired the Amberjacks Swim Team to develop an award each season, "The Bryant J. Smith Team Spirit Award".

The Smith Family

This award is given each season to the Amberjacks Swimmer who displays a competitive spirit, care and concern for fellow swimmers, respect for coaching staff, workers and officials and who sets the best example for up and coming swimmers. This swimmer must also display an overall great attitude for the sport of swimming, the Amberjacks team and fellow swimmers.

10. Directions to Team Pools

Amherst - Tritons

UMass Totman Pool

30 Eastman Lane, Amherst

Take I-91 N toward Holyoke/Greenfield. Merge onto RT-9 via EXIT 19 toward Amherst/Hadley. Turn left onto RT-116 N. Take the ramp toward University of Massachusetts Amherst. Keep right at fork to go on N Hadley Rd. N Hadley Rd. becomes Massachusetts Ave. Turn left onto N Pleasant St. Take the 3rd right onto Eastman Lane. Pool is on the left.

Agawam - Piranhas

Agawam Jr. High School

1305 Springfield Street, Agawam, MA 01001

Take 91 South or Route 5 to Route 57 all the way to the end. Take right. At 2nd set of lights take a right. School entrance is across the street from Stop & Shop.

Belchertown - Stingrays

Chestnut Hill School

59 State Street, Belchertown, MA 01007

Take Memorial Drive (Rt. 33) to South Hadley light at intersection Rt.202. Take right onto Rt. 202. Continue on Rt. 202 thru South Hadley and Granby until you enter Belchertown. Continue on Rt. 202 in Belchertown, Chestnut Hill School will be on your right.

East Longmeadow - Marlins

East Longmeadow High School

180 Maple Street, East Longmeadow, MA 01028

Take 91 South to Longmeadow Exit (exit 1)

Proceed straight through one set of lights (Picknelly Field is on your left)

and at the next set of lights take a left onto Converse St.

Proceed straight till the end and take a right at the stop sign onto Dwight Road.

Take an immediate left at the next set of lights (Maple Street).

Continue straight and HS is on the right hand side.

Hampden/Wilbraham - Falcons

Minnechaug Regional High School

621 Main Street, Wilbraham

Take the I-91 S/US-5 exit toward Longmeadow/Hartford, CT. Keep right to take the RT-83 S ramp. Stay straight to go onto RT-83 E. Turn right onto Summer

Ave/RT-83/RT-21. Continue to follow RT-21 N. Turn slight right onto Allen Street.

Turn left onto Porter Road. Porter Road becomes East Longmeadow Road. Turn slight left onto Sony Hill Road. Turn right onto Tinkham Road. Turn left onto Main St. 621 MAIN St is on the left.

Longmeadow Aquatic Club

Longmeadow High School

95 Grassy Gutter Road, Longmeadow, MA 01106

Take Rte. 91 South to exit 1, Forest Park/Longmeadow. At 5th light take a left onto Bliss Road. Go straight thru first light. Take fourth right onto Grassy Gutter Road. Go to end, at stop sign take left onto Williams St. Parking lot entrance is immediately on left

Ludlow - Sea Lions

Ludlow Boys & Girls Club

91 Claudia's Way, Ludlow, MA 01056

Take Massachusetts Turnpike (Rte. 90) east to Exit 7 Ludlow. After toll booth go to light and take right onto Center Street. Go to next light and take a right onto Chapin Street. At next light take left onto Sportsman Rd... Follow that road about $\frac{1}{2}$ mile. Boys & Girls Club will be on your left.

Monson - Dolphins

Quarry Hill School

43 Margaret Street, Monson, MA 01057

Take Massachusetts Turnpike (Route 90) East to exit 8 (Palmer-Ware). Go through tollbooth at light take left (Thorndike Street). Turn left onto Park Street and right onto Stone Street turn left onto South Main Street (@ 3 miles), turn right onto Thompson Street and right onto Margaret Street

Montague - Bluefish

Turners Falls High School

222 Turnpike Road, Montague MA 01351

Take I-91 North to exit 24 (US-5/MA-10) towards Deerfield. Turn right onto MA-10 N/US-5 N (7.4 miles). Turn right onto Cheapside St. (1 mile). Turn right onto Montague City Rd. (0.7 miles). Turn right onto Turnpike Rd.(1.6 miles) Turners Falls High School is on the right.

Palmer - Stripers

Quarry Hill School

43 Margaret Street, Monson, MA 01057

Take Massachusetts Turnpike (Route 90) East to exit 8 (Palmer-Ware).

Go through tollbooth at light take left (Thorndike Street).

Turn left onto Park Street and right onto Stone Street

turn left onto South Main Street (@ 3 miles),

turn right onto Thompson Street and right onto Margaret Street

Smith College Championships

Dalton Pool/Ainsworth Gymnasium

College Lane, Northampton, MA 01060

Take 91 North to Exit 18 (Northampton Center - Rt. 5). At the light at bottom of ramp take a left (Rt. 5 North). At Pleasant Street Car Wash take left. Follow Rt. 9 west. At next light take left onto Old South Street (following sign - Williamsburg, Easthampton). At light take right onto New South Street (North 10 to 9). At next light take left (Williamsburg, Pittsfield Rt. 9 West). Continue on RT. 9 up small hill, continue thru first light. Go thru two more lights then look for sign "Smith College Main Entrance" (College Lane). When you approach Sage Hall bear right downhill. Anisworth/Scott Gymnasium will be at bottom of hill on the left.

South Hadley - Swords

Michael E. Smith Middle School

100 Mosier Street, South Hadley, MA 01075

Take Memorial Drive (Rt. 33), go past South Hadley Big Y to South Hadley light at intersection Rt. 202 (this will be Granby Rd. and Willamansett St. intersection). Go straight thru the light. Go to next light and take a right onto Newton St. (Rt. 16 N). At 2nd light take right onto Mosier St. Michael E. Smith Middle School will be on your left.

Springfield - Sharks

Sci-Tech High School

1250 State St. Springfield, MA

Directions: From Rt. 33 - Route 33 (turns into 141) stay straight to go onto Broadway, stay straight to go onto East Street. Turn slight left onto Roosevelt Ave. Follow Roosevelt Ave to American International College. Just before the underpass, turn left onto Gaucher St. The entrance to the school will be on the left. The pool entrance faces the parking lot.

Westfield - Rapids

Westfield Boys & Girls Club

28 West Silver Street, Westfield, MA 01085

Take Massachusetts Turnpike West to Exit 3. After going thru Toll Booth take a right at the light. Proceed downhill to light. Continue straight, go past McDonald's. You will go over a green bridge. Continue straight thru downtown to rotary. At rotary go straight onto Broad Street past the fire station on your left. Go thru the next light (post office will be on your right). Entrance to Boys and Girls Club entrance is after post office on right, behind Amelia Park Skating Rink.

West Springfield - Torpedoes

West Springfield High School

425 Piper Road, West Springfield, MA 01089

On route 5 (Riverdale Road), in West Springfield, go to light at "Showcase Cinemas". Take Morgan Road to 2nd light, take a left onto Piper Road. West Springfield High School will be on your right.

Awards for All Swimmers

Participant Patch

Every swimmer receives a season "Amberjacks Participant Patch".

Points Award

- 50 Points – Letter "A"
- 200 Points – Plaque
- 500 Points – Plaque
- 1000 Points – Plaque
- 1500 Points – Plaque

Individual Awards



Points are accumulated as follows:

At Meets:

Individual Events:

- 1st Place – 5 points
- 2nd Place – 3 points
- 3rd Place – 2 points
- Each individual event swimmer – 1 point

Relay Events:

- 1st Place – 4 points
- 2nd Place – 3 points
- 3rd Place – 2 points
- Each relay event swimmer – 1 point

At Championships:

In Attendance – 5 points

Setting Championship Record - 5 points

1st Thru 12th Place Individual – 5 points

1st Thru 12th Place Relay – 5 points

Each Individual event swimmer – 1 point 2nd Place Relay – 3 points 3rd Place Relay – 2 points

Team Record Time

Yellow Ribbon

Presented to swimmers who beat any previously held record time for the team for the season.

Individual Record Time

Blue Ribbon

Presented to swimmers who beat their own individual time in an event.

Team Record Time

Trophy

Presented to swimmers who beat a previously held record time for an individual event for the team.

Most Improved Time

Trophy

This award is presented to one swimmer in each age group of each boys and girls. It is based on the combined time taken off of swimmers' times.

Championship Record Time

Trophy

Presented to swimmers who beat the previously held record time of the League.

Chevron Award

Patches

Presented to swimmers who hold a time better than the "National Age Group Time" on record. The "National Age Group Time" chart is presented in the back of this book.

Championship Place Awards

Medals

Presented to swimmers who placed 1st Thru 6th in their individual event.

Presented to swimmers who placed 1st Thru 6th in their relay event.

Ribbons

Presented to swimmers who placed 7th Thru 12th in their individual event.

Presented to swimmers who placed 7th Thru 12th in their relay event.

Our Mission: It shall be the mission of the Chicopee Amberjacks Swim Team Swim Board of Directors and Coaching Staff to seek an atmosphere which will develop discipline in swimmers, foster a positive team attitude which will allow all swimmers to enjoy the sport of swimming for its physical, social and emotional benefits.