

**2011**

**PineBrookWood**



**ORCAS**

**Handbook**

# Table of Contents



## Table of Contents

Welcome ORCA Swimmers and Parents! .....	3
ORCA History .....	3
Team Goal.....	3
Our Team Handbook.....	3
Volunteers .....	3
Clear Creek Swim League .....	4
CCSL .....	4
Clear Creek Swim League Handbook.....	4
College Scholarship .....	4
All About Registration .....	5
Eligibility Requirements.....	5
Late Registration.....	5
Refunds.....	5
Contacts and Staff.....	6
2011 ORCA Board of Directors.....	6
2011 ORCA Executive Committee .....	6
2011 Lead Volunteers.....	7
Meet the Staff.....	8
Practice! Practice! Practice! .....	9
Personal Equipment Needs .....	9
Pool Safety.....	9
Importance of Practice .....	9
Do's and Don'ts.....	9
Need to Speak with a Coach? .....	10
Practice Schedule .....	10
All About Meets.....	11
Regular Season Meets.....	11
Practice Meet .....	11
Championship Meet Series .....	11
Other Meets .....	11
Time Trials (10&under only) .....	11
Events.....	11
Entries.....	12
Heats and Scoring .....	12
Ribbons .....	12
Disqualification (DQ's).....	12
Times and Records .....	12

<b>Swim Meet Schedules .....</b>	<b>13</b>
<b>Swim Meet Procedures.....</b>	<b>13</b>
Entry Procedure .....	13
Absences .....	13
Check in on time. ....	13
Weather .....	14
Transportation .....	14
Competitors' Team Pools.....	14
Stay with the Team.....	14
Need to Leave Early?.....	14
Remember, We are a Team!.....	14
Questions or Complaints? .....	14
<b>Other Important Information.....</b>	<b>15</b>
Website .....	15
Newsletter .....	15
Family Folders.....	15
Awards & Party .....	15
Team Pictures .....	15
Sponsors .....	15
<b>2011 Champ and Reserve Times .....</b>	<b>16</b>
<b>2011 Personal Swim Records.....</b>	<b>17</b>
<b>ORCA Records to Beat in 2011 Season.....</b>	<b>18</b>
<b>2011 Season Schedule.....</b>	<b>19</b>
<b>TEN COMMANDMENTS FOR SWIMMING PARENTS.....</b>	<b>21</b>

# Welcome ORCA Swimmers and Parents!

## ORCA History

The PineBrookWood ORCA swim team is in its 16<sup>th</sup> season. Pine Brook and Brookwood residents organized the team in 1996. The ORCA's are a member of the Clear Creek Swimming League (CCSL).

## Team Goal

Our goal is to provide our neighborhood youth (18 and under) a high quality summer swim program, where our swimmers can improve their aquatic skills, promote teamwork, good sportsmanship, and most of all, have lots of fun.

## Our Team Handbook

This handbook will provide you with information about the ORCA swim team and how it operates. Please read it carefully, so your 2011 summer swim season will be a healthy and enjoyable time for the whole family. If you have any questions, ideas or suggestions please call any board member listed on page 4. See [www.pinebrookwoodorcas.org](http://www.pinebrookwoodorcas.org) website.

## Volunteers

The PineBrookWood Orcas is an all volunteer organization. Approximately 130 ORCA volunteers are needed to run each home meet and 80 to run each away meet. Because parent participation is essential at every swim meet, each family should expect to work 6 shifts (half a swim meet) throughout the season. Families with multiple children on the swim team may be needed for occasional additional shifts. During registration, parents provided information about their past experience in working swim meets. Based on this

experience, a parent assignment schedule will be prepared and communicated for each meet. Volunteer schedule adherence is critical so please ensure you fulfill your assigned work dates and times. If you cannot fulfill your volunteer assignment at a meet, you are responsible for finding a replacement, or trading with another family. Please notify the volunteer coordinator of these changes.

Some positions require training provided by the league. These include Clerk/Scoring, Referee, Starter, and Stroke and Turn Judges. These positions are required for each meet and we sometimes are short in these positions. Please consider attending the training and helping us out in these areas. Our meets can't take place without them. Listed below are the currently scheduled training dates for 2011.

### Clerk/Scoring Training\*

Date	Time	Location
TBD		

### CCSL Officials Training\*

For Referee, Starter, Stroke & Turn

Date	Time	Location
TBD		

\*See [www.ccslswim.org](http://www.ccslswim.org) website for up-to-date training schedules.

# Clear Creek Swim League

## CCSL

The ORCA Swim Team is a member of the Clear Creek Swimming League (CCSL). The CCSL is a nonprofit organization that organizes competitive swimming events between local teams in the Bay Area. See the competing teams and the most current schedule available at [www.ccslswim.org](http://www.ccslswim.org). The teams are divided into four divisions and are based on the previous 3 seasons average roster size.

Each of the teams that comprise the CCSL has two representatives on the CCSL Board of Directors. The CCSL Directors and their alternates perform the duties of the league, which include the following:

- Fee collection and budgeting
- Providing liability insurance for the member teams
- Handling publicity in the Clear Lake and Pasadena newspapers
- Determining rules of competition
- Setting cut-off times for Reserve and Champ meets
- Scheduling clinics for stroke and turn judges, referees, starters and clerk of course
- Scheduling coaches' coordination meetings
- Providing ribbons for all meets, medals for the Championship Meet, forms for score sheets, entry lists, and team rosters, as well as entry cards
- Providing coordination among the teams for the Championship Meet
- Keeping official score sheets for all the meets
- Maintaining records of swimmers who break League Swim Records

During the swim season, roster chairpersons for the different team divisions receive official league rosters for each team weekly. They carefully keep track of changes to them, and notify all teams of these changes. The rosters determine whether swimmers are eligible to participate in official meets.

## Clear Creek Swim League Handbook

League rules, stroke rules, league records and the order of events at a meet are available in the 2011 CCSL handbook. Review copies are on hand at each practice location, from board members, and at swim meets. The CCSL handbook can be found on the Clear Creek Swim League Website: [www.ccslswim.org/](http://www.ccslswim.org/)

## College Scholarship

CCSL provides up to a \$1000 scholarship to graduating seniors (one boy and one girl) who has swum in the CCSL for 3 years (senior year mandatory). Nominees are submitted from each team and the winners randomly drawn from the nominees from across the CCSL. See the CCSL Handbook for more information.

# All About Registration

## Eligibility Requirements

Swimmer must be between 5 and 18 years old as of May 1, 2011 and must swim the following distances without holding onto the sides of the pool or touching the bottom until the required length is completed:

Age 8 & Under - One stroke, 25 yards;  
1 minute continuously

Age 9 & Up - Two strokes, 50 yards each;  
continuously.

If you are unsure about your child's ability, attend the practices as scheduled. Coaches will determine each swimmer's ability and decide if a swimmer meets the above requirements. If a swimmer is found ineligible, a refund will be made.

We encourage younger swimmers to take swim instruction classes before joining the ORCA Swim Team.

## Late Registration

Swimmers may register after the regular season begins. However, to compete in a meet the swimmer must be registered by the preceding Monday. To qualify for Novice, Reserve and Championship meets a swimmer must swim in at least two regular season meets.

## Refunds

Full refunds will be given only if the team requests a swimmer to withdraw because of inability to swim the distances stated in the eligibility requirements.

Refunds will be given only as stated here and no refund will be given for withdrawals due to disciplinary problems.

# Contacts and Staff

## 2011 ORCA Board of Directors

Governance of the TEAM is monitored by a Board of Directors. An Executive Committee, which reports directly to the Board of Directors. The Executive Committee will be responsible for day to day management of the TEAM. The Board of Directors consists of 3 members.

Executive Director  
Executive Secretary  
Executive Financial Director

Mrs. Ann Wacker  
Mrs. June Keller  
Mrs. Elizabeth Drake

## 2011 ORCA Executive Committee

The Executive Committee operates the TEAM. The President, Vice President, Secretary and Treasurer are the Officers of the TEAM, who are elected at the end of each season for the upcoming season. The 2011 board was elected in July 2010. If you would like to serve on this committee for the 2012 season, please talk to a present board member. The 2012 board will be elected in July 2011. Board members (to reach all board members)

[board@pinebrookwoodorcas.org](mailto:board@pinebrookwoodorcas.org):

Position	Name	Phone	Email Address
President	Debbie Rudisill	281-218-7689	president@pinebrookwoodorcas.org
Vice President	Lee Ann Kerr	281-461-8255	vp@pinebrookwoodorcas.org
Treasurer	Kristen Boe	281-488-4548	treasurer@pinebrookwoodorcas.org
Secretary	Debbie Basich	281-488-8103	secretary@pinebrookwoodorcas.org
Clerk of Course	Sharon Marston	281-480-0210	clerk@pinebrookwoodorcas.org
Registration & Roster	Lynn Guenther	281-467-8982	registration@pinebrookwoodorcas.org
CCSL Representative	Joe Swingle	281-486-0795	ccslrep@pinebrookwoodorcas.org
CCSL Representative	Greg Finch	281-286-2237	altccslrep@pinebrookwoodorcas.org
Meet Operations	Rob Plaza	281-280-8125	operations@pinebrookwoodorcas.org
Volunteer Coordinator	Melanie Saunders	281-486-7420	volunteers@pinebrookwoodorcas.org
Sponsorship	Shawn Lovely-Kennedy	713-705-0286	sponsors@pinebrookwoodorcas.org
Webmaster	Michelle Krueger	281-488-4206	web@pinebrookwoodorcas.org

# 2011 Lead Volunteers

Parent Volunteers run the ORCA Swim Team. Listed below are names and phone numbers of the lead and key volunteer positions. If you have questions, please contact Melanie Saunders, the Volunteer Coordinator.

Lead Volunteers	Name	Phone	Volunteers Responsible
Concessions/Breakfast	TBD		breakfast workers
Concessions/Hot Food	TBD		hot concession cooks
Concessions/Soda, Etc.	TBD		candy concession workers
Emergency Response	TBD		EMS volunteers
Equipment Manager	Rob Plaza	281-280-8125	setup/takedown, water, traffic control, garbage
Officials	Greg Finch/Joe Swingle	281-286-2237	starters, stroke & turn judges
Ribbons	TBD		ribbons
Scorers	TBD		scorers, computer, card placers, verifiers
Tent Parent	TBD		tent area, ready area
Timers	TBD		timers

Key Volunteers	Name	Phone
Clerk of Course / Awards	Sharon Marston	281-480-0210
Clerk of Course (Prep)	Patricia Denson Jennifer Eastin	281-480-5424 281-984-7470
Ice Coordinator	TBD	
Traffic Coordinator/First Shift Bathroom Upkeep	TBD	
Parties + End of Season	Debbie Basich	281-488-8103
Pictures	TBD	
Team Records	Sharon Marston	281-480-0210
Team Roster	Lynn Guenther	281-984-7888
Webmaster	Michelle Krueger	281-488-4206
Whales Tales Newsletter	TBD	

# Meet the Staff

## Head Coach

### Chris Woodard

Chris graduated in May 2009 with his Bachelor's degree from the University of Houston and returns to the ORCA team as our Head Coach. Chris brings a lot of first hand competitive experience to our team. As a high school swimmer, Chris earned numerous personal and team victories. He has coached with AQUASTAR, a local year round USS team, and is currently the assistant coach for swimming and water polo at Clear Creek High School. His strategy for a successful season is to make swimming fun for swimmers while working on stroke technique and building endurance.

## Assistant Head Coach

### Kip Schneider

Kip was an All State Swimmer at LaPorte High school where he holds 3 school records. He was an All-American Swimmer at Ouachita Baptist University. Kip's coaching experience includes coaching for AQUASTAR 2005-2007 and Head Coach for the Friendswood Fins Summer League Team leading them to the Summer Championship in 2007. Kip is currently pursuing his Masters in Education (Special Ed. Concentration) at University of Houston, Clear Lake, and upon completion hopes to be accepted into the Doctorate Program For Curriculum and Instruction. Kip has been married for 10 years with 2 children, Emry, 3 and Kaylee, 8.

## Pool Assistants

### Taylor Barnett, Michael Chang, Nancy Chan, Emily Plaza, Nicole Robinson, Megan Todd, Olivia Todd, Frances Carter, Allen Hu

These swimmers will round out our coaching staff alternating their time between both the Brookwood and Pine Brook pools. Their attention to our swimmers will be both in the water and on the deck. They will not only be sharing their swimming expertise, but also providing five more sets of eyes to help keep our growing team safe.

All of our Pool Assistants have been with the team for several years and have demonstrated strong leadership qualities that we want to share with our younger swimmers. Their skill in the water comes through in high school, USS, and summer league competition.

## Questions about the Coaching Staff

If you have any questions, suggestions or concerns about the coaching staff, please direct them to Chris Woodward.

# Practice! Practice! Practice!

## Personal Equipment Needs

Required team suits may be purchased from previous swimmers, or new suits may be purchased from Lane 4 Swim Shop May 13, 2011 or May 21, 2011. Watch for further dates and information in the newsletter.

Goggles are strongly recommended. They provide eye protection from pool water and allow swimmers to see well, thereby improving comfort and performance.

ORCA T-Shirts helps to show our team spirit. Swim Caps for both boys and girls reduce drag in the water and improve performance. They also protect swimmers' hair from chlorine damage. T-Shirts will be provided as part of the registration fee. Swim Caps can be purchased during registration. A limited number will be available at each meet.

ORCA Swim Team T-shirts will also be for sale for parents and siblings. Be sure to get one and show your team spirit!

## Pool Safety

Safety is the most important facet of all ORCA related activities. Under no circumstances will horseplay, inattention to coaches or pool parent's directions, or any other potentially unsafe behavior be tolerated. The PineBrookWood ORCA Swim Team reserves the right to immediately dismiss any swimmer that does not conduct his or her self in a safe, friendly manner.

Please be sure that your swimmer is well protected against sunburn. Practice and

most meets are held at outdoor pools. Sunscreen is a must!

## Importance of Practice

Swimmers will realize many benefits by attending practice regularly including the following:

- Instruction and coaching in the proper competitive swim stroke techniques
- Opportunity to build physical endurance
- Staying up-to-date on team information (Newsletters & other info are distributed at practice sessions)
- Developing team and neighborhood friendships

Please Note: Much of our practice concentrates on stroke and technique, but we cannot provide individual attention on a daily basis. Practice does not take the place of lessons. We encourage our swimmers to take stroke lessons.

## Do's and Don'ts

All of our activities take place in community pools. Swimmers are expected to follow all community pool safety rules. Failure to do so will jeopardize future use of the pool by the team. Other practice rules are as follows:

Be on time but no more than 10 min. early Prompt pick-up. Coaches are not responsible for children beyond practice hours. Repeated violations of late pickups will result in dismissal from the team. Parents should escort small children to the pool and stay for practice if possible. Do not use baby pool during practice or home meets.

## Need to Speak with a Coach?

If you need to speak to a coach, please try to do so before practice or after practice is over. The coaches are responsible for a large number of swimmers during practice sessions, plus a lot must be accomplished during these sessions. For these reasons, please do not hold conferences with the coaches during a practice session.

## Practice Schedule

		Pine Brook Pool	Brookwood Pool
<b>May 2-6 (All Swimmers)</b>			
8 & Under 9 - 10 11 - 12 13 & up		No Practice	4:00PM - 4:30PM 4:30PM - 5:15PM 5:15PM - 6:00PM 6:00PM - 7:00PM
<b>May 9 - May 19, May 23-June 2</b>			
6 & Under 7 - 8 9 - 10 11 - 12 13 & Up	Monday -Friday except May 20, and June 3	4:00PM - 4:30PM 4:30PM - 5:15PM 5:15PM - 6:15PM	5:15PM - 6:15PM 6:15PM - 7:15 PM
<b>May 20 and June 3</b>			
8 & Under 9-10 11-12 13 & Up	Friday, May 20 and Friday, June 3	4:00PM - 4:30PM 4:30pm - 5:15PM 5:15 PM - 6:00pm 6:00PM - 7:00PM	No Practice
<b>June 6 to July 1</b>			
13 & Up 8 & Under 9 - 10 11 & 12	Monday - Starts/DQ Days	7:00AM - 7:45AM 7:45AM - 8:30AM 8:30AM - 9:15AM 9:15AM - 10:00AM	No Practice
11 & Up 10 & Under	Tuesday - Friday	7:30AM - 8:30AM 8:30AM - 9:30AM	8:30AM - 9:30AM 7:30AM - 8:30AM
<b>July 5 - July 8 (Novice, Reserve, and Champ Swimmers only)</b>			
10 & Under 11 & Up		8:30AM - 9:30AM 7:30AM - 8:30AM	No Practice

**REMEMBER:** Swimmers must respect the limited time available with the back-to-back practice sessions by arriving and departing promptly!

# All About Meets

## Regular Season Meets

Each of the five Division II Teams participates in four regular season dual meets. The other regular season meet is an inter-divisional meet against a Division I Team. The inter-division meet counts for times, but not for Division Championship determination. Dates are provided on page 13. Mini-meets (see “Other Meets”) may be scheduled on different dates. Updates will be provided on the website.

## Practice Meet

Our team practice meet is held prior to the regular meet season in order to help all our swimmers feel comfortable in meet situations, to determine the ability level of our swimmers at the beginning of the season, and to provide our volunteers the opportunity to learn their jobs. Times for the meet are NOT SANCTIONED by CCSL.

## Championship Meet Series

Every season, the CCSL conducts a series of season ending meets. This meet series consist of a last chance meet, a novice meet, a reserve meet, and a champ meet. Swimmers may be eligible to swim in one or all of these meets, based on performance. See Champ and Reserve Times on page 16 and Orca Records on page 18. Parents of participating swimmers will be required to help operate the meets.

## Other Meets

In addition to regular season meets, we may participate in mini-meets held on

weeknights. These meets may count as part of regular dual meets and are designed to aid younger swimmers (ages 10 and under) in preparing for the “big meets.” These meets may include multiple teams as well as funny themes (i.e. “Wacky Relays”). The goal of these meets is to foster team spirit, good sportsmanship, cooperation, and to have lots of fun.

## Time Trials (10&under only)

Time Trials will be held May 6 at practice for age 10 & under swimmers only. The coaches will use this information to schedule individual and relay events for the meets.

## Events

Swimmers compete against other swimmers of the same sex in the same age group. The five age groups are 6 & under, 8 & under, 9 & 10, 11 & 12, 13 & 14, and 15 to 18. Swimmers will compete based on their age as of May 1, 2010. A regular season meet consists of seven types of events. There are five individual events: Freestyle, Backstroke, Butterfly, Breaststroke, and Individual Medley (consists of all 4 strokes). The other two events are relays: Medley and Freestyle. There are a total of 80 events in a regular season meet. Each age group competes in each event with the exception of 6 & under and 8 & under swimmers. The 6 & under swimmers do not swim Breast, Butterfly or Individual Medley events. The 8 & under swimmers do not swim the Individual Medley.

## Entries

Swimmers 14 and under may swim a total of 4 events. Swimmers 15 and up may swim a total of 5 events. Swimmers 14 and under are limited to a maximum of 3 individual events while swimmers 15 and up may swim 4 individual events. Coaches make the decision as to which events a swimmer will swim at each meet.

## Heats and Scoring

Most events consist of more than one heat. In these cases, the scoring heat (the only heat recorded as the official score for that event) is always swum last.

## Ribbons

Ribbons are awarded to all swimmers in all heats, except when disqualified. The event and official time will be recorded on the back of the ribbon. Ribbons will be distributed at Monday's practice.

## Disqualification (DQ's)

Swimmers may be disqualified during a race for either starting improperly or executing a stroke illegally. A disqualified swimmer will not score points. Only the starter, stroke and turn judges, or referee may disqualify swimmers according to published United States Swimming Association rules. Please remember these people have received CCSL training and, most importantly, are volunteers.

## Times and Records

Swimmers should realize that they are competing against the clock as well as other swimmers in the pool. Swimmers should set a goal to better his or her time from one meet to the next.

Swimmers establish official times for each event they compete in. These times are used to determine eligibility to swim in a Championship Meet. A novice time is achieved when a swimmer's "best time" for a stroke is slower than the reserve cut-off time. A reserve time is achieved when a swimmer's "best time" for a stroke is equal to or faster than the reserve cut-off time and less than the champ cut-off time. A champ time is achieved when a swimmer's "best time" for a stroke is equal to or faster than the champ cut-off time. The reserve and champ cut-off times for each age group can be found in the CCSL Handbook and on page 16 of this handbook.

It is important to learn to read the cut-off timetable. Keeping a personal swim record for your swimmer can help in goal setting and tracking individual progress. You are encouraged to use the personal swim record forms on page 17 of this handbook. It's fun to track each swimmer's progress and to encourage them to set goals and work toward reaching them.

**Note:** Time standards are listed in both yards and meters. The ORCA pools are 25 yards in length. Other pools may be 25 meters in length.

# Swim Meet Schedules

Dual Meets		CCSL CHAMP MEET SERIES	
Sat May 21	@ PB Pool Practice Meet	Last Chance Meet	TBD
Sat June 4	@ Baytown	Novice Meet	Sat July 9 at Texas City Natatorium
Sat June 11	@ Home (vs. Clear Lake Forest)	Reserve Meet	Sat July 9 at Texas City Natatorium
Sat June 18	@ Home (vs. Friendswood)	Champ Meet	Sun July 10 at Texas City Natatorium
Sat June 25	@ Brooks		
Sat July 2	@ Home (vs. Pineloch)		

## Swim Meet Procedures

### Entry Procedure

At each meet there will be signup sheets for the next meet. If you are not at a meet, you must let Coach Chris know via email which events you would like to swim no later than noon on Monday. The Head Coach has the final authority on assigning swimmers to events and relay teams. Contact Coach Chris at: [headcoach@pinebrookwoodorcas.org](mailto:headcoach@pinebrookwoodorcas.org)

### Absences

If a swimmer is going to miss a meet, the Head Coach must be notified, in writing or by phone, no later than the Tuesday practice before a meet. If a swimmer misses a meet, after being entered, for any reason other than sudden illness or a family emergency, he or she may not be entered

in the next meet. Swimmers entered in meets, who do not show up, deprive other swimmers of a chance to swim in those events. They also create extra work on Saturday mornings, because substitutions must be arranged before the meet can begin.

**Coach Chris Woodard**  
**713-264-1187**

### Check in on time.

All swimmers should be at the meet pool NO LATER THAN 6:30 am for Saturday morning meets to complete check-in and participate in warm-ups which start at 7:00 am. You are considered "late" if you come after warm-ups have started and could be scratched from the meet. CCSL rules prohibit a swimmer who is scratched from

competing in that meet. Other swimmers will be given the opportunity to fill in for any scratched swimmer.

## Weather

Rain or shine, the meet will go on. Rarely is a meet postponed because of weather. All swimmers should come to the meet unless advised not to by the ORCA head coach or by message on the website. Remember bad weather delays or postponements are in the interest of the swimmer and spectator's safety.

## Transportation

Each family is responsible for providing transportation for their swimmer(s) to the meets. Parents or a responsible adult should accompany and remain with their swimmer(s) at all meets.

## Competitors' Team Pools

Maps to all league pools are located at [www.ccslswim.org/maps.htm](http://www.ccslswim.org/maps.htm). We swim the other Division 2 teams and the Division 1 Friendswood Fins this year.

## Stay with the Team

During the meets, swimmers should sit with their team in the ORCA tent area. An event will start on schedule whether or not all swimmers are present when the event begins. Coaches and Tent Parents will notify the swimmers when it is time to go to the ready area for an event; however, swimmers are responsible for reporting on time. Remember, your team may lose points if you miss your event, so **Don't Be Late!**

## Need to Leave Early?

Swimmers should not leave a meet before it is over. Swimmers leaving before completing their events may cause the team to lose points and/or a relay team to be scratched, denying three other swimmers a chance to compete. Even if swimmers have completed all their events, they may be needed for a last minute substitution, particularly for relays late in the meet. If you need to leave early you **MUST** check out with the Clerk of Course personally.

## Remember, We are a Team!

All swimmers should notify the Head Coach if they need to leave before a meet is over. If you need to leave early you must also check out with the Clerk of Course personally. Swimmers who leave a meet before swimming all of their events (including relays) without permission of the Head Coach will not be entered in the next meet.

## Questions or Complaints?

During a swim meet, any questions or complaints about actions of the officials or the opposing team must be directed to the ORCA Team Representatives, Gil Mays and Greg Finch, who will relay the question or complaint to the referee. CCSL rules prohibit parents, coaches or swimmers from approaching judges or the referee directly.

# Other Important Information

## Website

The website will be used to provide updated information on the team activities as the season progresses. The web address is [www.pinebrookwoodorcas.org](http://www.pinebrookwoodorcas.org)

To access meet results and meet photos login as follows:

Login: PBWGUEST

Password: See hardcopy of this Handbook or ask a Board Member

(first and last character of password are zeros)

Web suggestions? Web questions? To report broken links, please send email to [webmaster@pinebrookwoodorcas.org](mailto:webmaster@pinebrookwoodorcas.org)

## Newsletter

The Whale Tales newsletter will be posted this year on the ORCA website. You will receive an email notification when the newsletter is posted. Limited printed copies will be available Tuesday at practices. It is the primary information channel to parents. It will contain important information about meets, practice times, team pictures, last minute changes, parties, special activities, awards, etc. Parents and swimmers need to read The Whale Tales to keep up with what is going on.

## Family Folders

Ribbons from the previous meet will be placed in the family folders with other swim team information. Make sure you check your family folders regularly for up to date information.

## Awards & Party

In addition to the ribbons that the swimmers can earn by participating in the events at the meets, each swimmer will receive an award for being an ORCA. The awards will be handed out at the Awards Party scheduled for July 11th. Check the newsletter for more party information.

## Team Pictures

Team pictures will be taken at practice on June 6<sup>th</sup>, 4:00 pm at the Pine Brook Pool. Please check the website and newsletter for current schedule information. Please be prompt or you will miss the group picture.

## Sponsors

The ORCA Swim Team is extremely grateful to our 2011 sponsors who have supported our team by donations, services and advertising purchases. All team members and their families are urged to patronize these friends of the ORCA Swim team. See the website for a complete listing of our sponsors.

If you or someone you know would like to be an "ORCA Sponsor", please call any board member.

# 2011 Champ and Reserve Times

## Girls Qualifying Times

Event	Champ		Reserve	
	Yards	Meters	Yards	Meters
<b>8 &amp; Under</b>				
25 Free	0:19.61	0:21.45	0:22.30	0:24.39
25 Back	0:23.88	0:26.12	0:28.68	0:31.36
25 Breast	0:28.54	0:31.21	0:32.25	0:35.27
25 Fly	0:24.96	0:27.30	0:31.86	0:34.84
<b>9 &amp; 10</b>				
50 Free	0:36.79	0:40.23	0:41.06	0:44.90
50 Back	0:45.04	0:49.26	0:50.32	0:55.03
50 Breast	0:49.72	0:54.37	0:55.09	1:00.25
50 Fly	0:45.86	0:50.15	0:55.23	1:00.40
100 IM	1:37.69	1:46.84	1:49.65	1:59.91
<b>11 &amp; 12</b>				
50 Free	0:32.88	0:35.96	0:36.98	0:40.45
50 Back	0:39.49	0:43.19	0:43.50	0:47.58
50 Breast	0:43.46	0:47.53	0:48.23	0:52.74
50 Fly	0:37.90	0:41.45	0:45.75	0:50.04
100 IM	1:24.18	1:32.06	1:34.60	1:43.46
<b>13 &amp; 14</b>				
50 Free	0:30.99	0:33.89		
100 Free	1:09.84	1:16.37		
50 Back	0:38.15	0:41.72		
50 Breast	0:41.34	0:45.21		
50 Fly	0:35.34	0:38.64		
100 IM	1:20.48	1:28.01		
<b>15 &amp; 18</b>				
50 Free	0:29.17	0:31.90		
100 Free	1:05.60	1:11.74		
100 Back	1:21.00	1:28.58		
100 Breast	1:29.75	1:38.15		
100 Fly	1:20.37	1:27.90		
200 IM	2:55.16	3:11.55		
<b>Open</b>				
200 Free	2:37.78	2:52.55		

## Boys Qualifying Times

Event	Champ		2011	
	Yards	Meters	Yards	Meters
<b>8 &amp; Under</b>				
25 Free	0:19.41	0:21.23	0:22.17	0:24.24
25 Back	0:24.32	0:26.60	0:29.14	0:31.87
25 Breast	0:27.71	0:30.31	0:34.35	0:37.56
25 Fly	0:24.92	0:27.25	0:33.19	0:36.29
<b>9 &amp; 10</b>				
50 Free	0:37.00	0:40.46	0:40.86	0:44.68
50 Back	0:48.07	0:52.57	0:53.51	0:58.52
50 Breast	0:51.71	0:56.55	0:58.55	1:04.03
50 Fly	0:50.21	0:54.91	1:01.68	1:07.45
100 IM	1:39.79	1:49.14	2:00.40	2:11.67
<b>11 &amp; 12</b>				
50 Free	0:31.83	0:34.81	0:36.91	0:40.37
50 Back	0:40.16	0:43.92	0:54.27	0:59.35
50 Breast	0:43.79	0:47.89	0:50.44	0:55.16
50 Fly	0:39.71	0:43.42	0:54.34	0:59.43
100 IM	1:24.72	1:32.65	1:46.55	1:56.53
<b>13 &amp; 14</b>				
50 Free	0:28.47	0:31.13		
100 Free	1:05.62	1:11.77		
50 Back	0:35.16	0:38.45		
50 Breast	0:38.93	0:42.57		
50 Fly	0:32.78	0:35.84		
100 IM	1:15.06	1:22.09		
<b>15 &amp; 18</b>				
50 Free	0:25.24	0:27.60		
100 Free	0:57.08	1:02.42		
100 Back	1:08.78	1:15.22		
100 Breast	1:16.27	1:23.41		
100 Fly	1:07.42	1:13.73		
200 IM	2:30.62	2:44.72		
<b>Open</b>				
200 Free	2:13.70	2:26.21		

# 2011 Personal Swim Records

		Meet/Date	Freestyle	Back Stroke	Breast Stroke	Butterfly	Individual Medley	Other	Pool Type
Swimmer #1	Name	Practice (home) May 21							Yard
		Baytown (away) June 4							Yard
		Clear Lake Forest (home) June 11							Yard
		Friendswood (home) June 18							Yard
		Brooks (away) June 25							Yard
		Pineloch (home) July 2							Yard
		Last Chance TBD							Yard
		Novice(Texas City Natatorium) July 9 8:30 AM							Yard
		Reserve(Texas City Natatorium) June 9 11:30 AM							Yard
		Champ (Texas City Natatorium) July 10 6:30 AM							Yard
Swimmer #2	Name	Practice (home) May 21							Yard
		Baytown (away) June 4							Yard
		Clear Lake Forest (home) June 11							Yard
		Friendswood (home) June 18							Yard
		Brooks (away) June 25							Yard
		Pineloch (home) July 2							Yard
		Last Chance TBD							Yard
		Novice(Texas City Natatorium) July 9 8:30 AM							Yard
		Reserve(Texas City Natatorium) June 9 11:30 AM							Yard
		Champ (Texas City Natatorium) July 10 6:30 AM							Yard
Swimmer #3	Name	Practice (home) May 21							Yard
		Baytown (away) June 4							Yard
		Clear Lake Forest (home) June 11							Yard
		Friendswood (home) June 18							Yard
		Brooks (away) June 25							Yard
		Pineloch (home) July 2							Yard
		Last Chance TBD							Yard
		Novice(Texas City Natatorium) July 9 8:30 AM							Yard
		Reserve(Texas City Natatorium) June 9 11:30 AM							Yard
		Champ (Texas City Natatorium) July 10 6:30 AM							Yard
Swimmer #4	Name	Practice (home) May 21							Yard
		Baytown (away) June 4							Yard
		Clear Lake Forest (home) June 11							Yard
		Friendswood (home) June 18							Yard
		Brooks (away) June 25							Yard
		Pineloch (home) July 2							Yard
		Last Chance TBD							Yard
		Novice(Texas City Natatorium) July 9 8:30 AM							Yard
		Reserve(Texas City Natatorium) June 9 11:30 AM							Yard
		Champ (Texas City Natatorium) July 10 6:30 AM							Yard

# ORCA Records to Beat in 2011 Season

	Girls	Time/Yr	Event	Time/Yr	Boys
<b>6&amp;U</b>	Erin Johnson	:20.75/2008	25 Yard Freestyle	:20.29/2005	Alexander Borremans
	Erin Johnson	:24.48/2008	25 Yard Backstroke	:24.56/2006	Maxwell Finch
	Kelsay Arnsmeier	:26.62/1997	25 Yard Breaststroke	:27.27/2008	John Denson
	Erin Johnson	:25.60/2008	25 Yard Butterfly	:25.55/2007	Dylan Rudisill
	R. Smith, C. Glass C. Acker, M. Wacker	1:23:31/2001	100 Yard Free Relay	1:26:04/2001	J. Petty, J. Harvison L. Squyres, C. Friedman
<b>8&amp;U</b>	Jeannette Wacker	:15.66/1999	25 Yard Freestyle	:16.06/2008	Maxwell Finch
	Rachel Smith	:19.15/2003	25 Yard Backstroke	<b>:19.06/2010</b>	John Denson
	Wendy Tsai	:21.52/2000	25 Yard Breaststroke	<b>:21.27/2010</b>	John Denson
	Erin Johnson	<b>:17.93/2010</b>	25 Yard Butterfly	:18.05/2009	Dylan Rudisill
	R. Smith, C. Glass, M. Wacker, L. Fiske	1:21.13/2003	100 Yard Medley Relay	1:21.28/2004	A. Nelson, H. Ying, K. Dugan, N. McGee
M. Wacker, R. Smith, L. Fiske, C. Glass	1:10.30/2003	100 Yard Freestyle Relay	1:09.03/2004	N. McGee, C. Zimpfer, A. Nelson, K. Dugan	
<b>9 &amp; 10</b>	Jeannette Wacker	:29:62/2001	50 Yard Freestyle	:30.72/2006	Nick McGee
	Jeannette Wacker	:33:98/2001	50 Yard Backstroke	<b>:34.90/2010</b>	Maxwell Finch
	Wendy Tsai	:36.51/2002	50 Yard Breaststroke	:41.21/2002	Delton Friedman
	Rosa Gentile	:33:01/2001	50 Yard Butterfly	<b>:35.13/2010</b>	Maxwell Finch
	Wendy Tsai*	1:11.09/2002	100 Yd Individual Medley	1:18.59/2000	Michael Piper
	C. Glass, L. Fiske, R. Smith, M. Wacker	2:35.13/2005	200 Yard Medley Relay	2:32.23/2009	M. Finch, N. Rudisill, D. Leblanc, A. Borremans
	C. Glass, L. Fiske, R. Smith, M. Wacker	2:13.76/2005	200 Yard Freestyle Relay	2:16.36/2009	A. Borremans, N. Rudisill, D. Leblanc, M. Finch
<b>11 &amp; 12</b>	Jeanette Wacker	:27.14/2003	50 Yard Freestyle	:26.22/2008	Nick McGee
	Kristen Rains	:30:16/2001	50 Yard Backstroke	:31.09/2008	Nick McGee
	Wendy Tsai	:33.16/2004	50 Yard Breaststroke	:34.09/2008	Nick McGee
	Rosa Gentile	:29.75/2003	50 Yard Butterfly	:28.11/2008	Nick McGee
	Wendy Tsai	1:04:87/2004	100 Yd. Individual Medley	1:05.69/2008	Nick McGee
	J. Turner, W. Tsai R. Gentile, J. Wacker*	2:03.61/2003	200 Yd. Medley Relay	2:12.99/2002	N. Nielsen, P. McGuire M. Piper, N. Barnett
	M. Wacker, A. Mullery, R. Smith, E. Lochmaier	1:52.95/2007	200 Yd. Free Relay	1:56.21/2002	J. Hayes, M. Piper P. Saffos, N. Nielsen
<b>13 &amp; 14</b>	Wendy Tsai	:26:29/2006	50 Yard Freestyle	:24.73/2004	Jackson Hayes
	Wendy Tsai	:55.56/2006	100 Yard Freestyle	53:89/2004	Jackson Hayes
	Kristin Rains	:29.58/2003	50 Yard Backstroke	:28.73/2002	Jared Turner
	Wendy Tsai*	:32.67/2006	50 Yard Breaststroke	:31.78/2004	Mark Grijalva
	Rosa Gentile	:28.36/2005	50 Yard Butterfly	:27.59/2004	Paul McGuire
	Wendy Tsai	1:03.35/2006	100 Yd. Individual Medley	1:02.00/2002	Jared Turner
	J. Wacker, W. Tsai, R. Gentile, D. Garcia	2:00.39/2005	200 Yd. Medley Relay	1:53.95/2004	N. Nielsen, M. Grijalva, J. Hayes, P. McGuire
	J. Wacker, W. Tsai, R. Gentile, D. Garcia	1:47.24/2005	200 Yard Free Relay	1:40.43/2004	P. McGuire, T. Cryan, J. Hayes, N. Neilsen
<b>15 to 18</b>	Danielle Garcia	:25.60/2007	50 Yard Freestyle	:22.94/2005	David Andrus
	Taylor Barnett	<b>:56.30/2010</b>	100 Yard Freestyle	:51.90/2005	David Andrus
	Wendy Tsai	1:59.70/2008	200 Yard Freestyle	1:51.40/2003	Jared Turner
	Angelica Gentile	1:02.29/2002	100 Yard Backstroke	:57.19/2003	Daniel Warren
	Wendy Tsai	1:10.17/2007	100 Yard Breaststroke	1.05.59/2003	Jared Turner
	Wendy Tsai	1:00.69/2007	100 Yard Butterfly	:53.66/2005	David Andrus
	Wendy Tsai	2:13.88/2008	200 Yd. Individual Medley	2:10.04/2006	Nick Barnett
	J. Wacker, W. Tsai, N. Chan, D. Garcia	1:59.42/2007	200 Yard Medley Relay	1:47.97/2003	D. Warren, J. Turner D. Andrus, J. O'Brien
	D. Garcia, J. Wacker, N. Chan, W. Tsai	1:45.66/2007	200 Yard Free Relay	1:36.57/2005	D. Andrus, C. Glass J. Hayes, D. Harvison