

Camp Bow MarS Kick-Off Picnic at the Pool!

**May 28, 2009
6:15pm to 8:30pm**

Come meet and mingle with all the Bow MarS summer clubs:
Sailing, Swimming and Tennis
Meet all the coaches and catch up on all the news...
Bring your own picnic dinner and enjoy a relaxing evening
at the
Bow Mar South Beach and Pool

**You're invited to the 4th Annual
Bow Mar/Bow Mar South
Family Night at Pirates Cove**

**Tuesday June 9, 2009
6:45pm to 8:30pm**

Enjoy a private party with your all your neighborhood friends!

**Bring in your own picnic dinner
Full Sundae Bar will be provided for dessert!**

**Cost per person: \$ 9.50
(If purchased before June 5th)
\$12.00 per person at the door**

Buy your tickets at Registration

Encourage everyone to attend this fun event...

All Bow Mar & Bow Mar South residents are welcome!

We'll see you all at the Cove for some splashing fun!

Welcome to Swim Team!

Welcome to the 2009 Bow Mars Sharks Swim Team! We are looking forward to a season of fun and fitness for the swimmers. We are very excited about our coaching staff this year. We have a new head coach - Kristin Schirmuhlyand Tucker Baer will be returning to us as the assistant coach. We have 3 junior coaches starting this season: Bess Hinton, Nathan Lee and Andi Slouka.

Registration will be Wednesday, April 22nd at Goddard Middle School
Look for us in the cafeteria along with the Bow Mar sailing and tennis programs!

NO parking in the north circle in front of Goddard—this is the bus lane! Buses come and go until 4:15pm

PLEASE BRING YOUR REGISTRATION PACKET WITH YOU!!!!!!!!!!!!!!!

PIRATES COVE NEIGHBORHOOD FAMILY NIGHT: June 9, 2009

Buy your tickets at Registration! \$ 9.50 per person

remember: this is a Bow Mar/Bow Mar South event sponsored by the swim team
- so be sure to invite your neighbors!

FIRST SWIM MEET: May 30th Home Meet vs Willow Creek

June 6th away meet at Knolls

June 13th home meet vs Heritage Greens

June 20th away meet vs Heritage Village

June 27th away meet vs Cherry Knolls

July 6-11 League Prelims and FINALS

Please pass this information on to neighbors who have never been apart of this fantastic organization. We would love to include them this summer! We are looking forward to seeing you on April 22nd. If you won't be able to make registration please call Julie Winz to arrange a time to register your child after the 22nd. Please feel free to call any parent rep with questions.

Thank You,

Tari Ste. Marie 303 347 2850 Bow Mar Cathie Sanders 303 797 3449 BMS

Julie Winz 720 283 0184 Bow Mar Lynn Slouka 303 730 1302 BMS

team website: http://www.bowmarsouth.com/swim_team.htm

2009 Tentative Practice Schedule

Practice times will be confirmed after registration. The practice schedule depends on the number of swimmers showing up to each practice.

Pre-season Conditioning Clinic

WHEN: Monday, May 11, 2009 - May 21

WHERE: Littleton High School Pool

TIME: 4:30pm to 6:30pm

U8 and beginning swimmers practice from 4:30 to 5:30; 9+ 5:30 to 6:30 each night

COST: \$40 for the 9 day session

Fill out form at back of registration packet

No practice Memorial Day

Morning Practice at our pool Begins Tuesday, May 26th

8:00-9:30

9:30-10:30

10:30-11:00 U6 swimmers should attend this practice

4:00-5:00 workout for private school swimmers

until they are out of school for the summer

These times represent our approach to practice. We are encouraging swimmers to choose the length of practice commensurate with their desire. This also allows flexibility in working family schedules.

SHARKS Apparel and Accessories

Don't forget to order your Sharks sweats, t-shirts and towels!

We will have samples of all our team apparel as well as order forms!

Don't miss out - we will only place one order this year!

Fins and goggles will be available to purchase through Out of Breath Swim Shop during the registration

Frequently Asked Questions

What is the minimum age for swimmers?

All Swimmers need to be 5 years old by May 25, 2009 and be able to swim the width of the pool using any stroke. (no 4 year olds due to insurance liability)

What happens at registration?

1. Turn in registration forms
2. Sign up for **4** volunteer work shifts (one should be heating)
3. Buy a swimsuit (our suits will be new this year) Out of Breath

Swim

- Shop will be on hand to size all swimmers and order suits
4. Pay swim team fees (bring your check book)

What do registration fees pay for?

Rocky Mountain Swim League membership and insurance, swim meet expenses, coaches salaries, ice cream social, trophies & awards, awards brunch, beach day, etc.

Mentoring Program:

Open to Junior and Senior High swimmers. Work with the younger swimmers at the 10:30 practice and earn community service credit. Interested swimmers can sign up at registration and the coaches will contact you in May.

Other Camp Bow MarS Summer Programs:

Sign up for other summer neighborhood programs: tennis, sailing

2009 Swim Suits

(new suit this year)

Speedo Electric Shock Blue for girls	youth 22-28	\$50.50 including tax
	adult 30-40	\$52.75
Male Jammer: Blue for boys	youth 22-28	\$35.00
	adult 30-38	\$36.50

Out of Breath personnel will be at registration to fit swimmers. They will also have goggles and fins for purchase.

All checks for swim gear should be made out to Out of Breath Swim Shop.

Volunteer Opportunities

The Bow Mars Sharks swim team operates solely on volunteers. Our summer rec. swim team could not function without the parents working before, during and after each meet. Listed below are descriptions of the volunteer opportunities available for each meet. We will be running 2 shifts per meet this year now that we are back in the B division of the Rocky Mountain Swim League. There will be sign up sheets at registration for all of the meets. **Please sign up for four (4) separate shifts.**

Heating: Help organize the swimmers in the heating area prior to the events

Timer: Time individual and relay events using a stopwatch and record time on deck card

Stroke Judge: Watch the swimmers and determine that the correct strokes are being used (REQUIRES TRAINING - provided by the league)

Runner: Pick up deck cards from timers after each event and bring them to scoring

Scoring and Ribbons: Input the race results in Meet Manager with a volunteer from other team. Put labels on ribbons & file in swim box (done at home for away meets)

False Start Ropes: Watch each heat start and pull down the false start ropes if a heat needs to be re-started

Concessions: Work during the home meets to sell food and drink items. Early shift helps set up - late shifts helps clean up. Grill: need one griller during the meet to prepare and cook the burgers and dogs

Set Up / Take Down: Set up pool area before the meet - set up tents - put away equipment after meets and help clean up pool area

Social Events: Help the coordinators with a specific event - work during that event or help beforehand

I signed up for the following 4 volunteer positions:

Date	Time	Position

2009 Tentative Social Events Schedule

May 28th (Thu)

5:30pm **Swim Team Kick Off Party** for the swim team families
to 8:00pm bring your own picnic dinner to enjoy at the BMS beach & pool

June 9th (Tues)

6:45pm **Family Night at Pirates Cove** for Bow Mar/Bow Mar South
to 8:45pm All neighbors are invited to join the swim team for a
private party at the Cove! Lots of splashing fun

June 12th (Fri)

9:30am Individual Pictures begin at pool area
11:15am Team Picture
11:30am **Picnic at the Pool and Ice cream social**
to 2:00pm bring your own picnic lunch and splash around in the pool with
teammates & coaches. Ice cream will be served to swimmers.

June 17th (Wed)

all day **Team Day at WATERWORLD**
buy your discount tickets for the day at our pool and go up on
your own— join your teammates & coaches for a fun day!
Parents must supervise their own kids

June 25th (Thu)

1:00pm **Bow Mar Beach Day**
to 3:00pm head over to the Bow Mar beach for some fun in the sun.
Parents must supervise their own kids.

June 20th (Sat)

8:00pm **Movie Night at the Pool**
join the team at the pool for a night-time movie and munchies

July 10th (Fri)

5:00pm **Team Pasta Dinner - All Sharks are Invited!**
This is our "good luck to the qualifiers" dinner before finals!

July 12 (Sun)

9:00am **Swim Team Awards Brunch**
to 11:00am join your fellow teammates for a great brunch and
get your team trophies and other assorted awards!

2009 Bow Mars Swim Team Registration Invoice

Parents Names: _____

Telephone Number: _____

Address: _____

City _____ Zip _____

Email _____

Please make all checks payable to: **Bow Mars Swim Team**

Child	Name	Birth date	Age as of 6/01/09	Bow Mar Residents	Bow Mar South Residents
#1				\$ 100.00	\$ 75.00
#2				\$ 95.00	\$ 75.00
#3				\$ 90.00	\$ 75.00
#4				\$ 85.00	\$ 75.00
				Per Family Concession Fee	\$ 5.00 \$ 5.00
Total Due:					
Pre-season Clinic					
Pirates Cove tix					
Apparel Total					

Grand Total \$ _____

**Bow Mar Sharks
Swim Team
Consent, Release, and Indemnification Agreement**

I/We, the undersigned parents/guardians of _____
_____ (herein Swimmer(s)), in consideration of permission granted Swimmer(s) by Bow Mars Sharks Swim Team (herein Swim Team) to participate during the 2009 swim season, hereby give our consent and permission for Swimmer(s) to participate in and attend all Swim Team activities. I/We understand that said participation is a voluntary activity and that, but for my/our execution of this Release, the Swimmer(s) would not be allowed to participate.

I/we understand and agree that the Swim Team, its servants, agents and employees, do not assume any liability for loss or damage to any personal property owned by the Swimmer(s), by us or any other party, and we waive any claim against and release said Swim Team, its agents, servants and employees from or for any such loss or damage.

I/we also waive and release, to the full extent permitted by law, any claim against the Swim Team, including their agents, employees, homeowners, volunteer workers, parent representatives, coaches, officials, swimmers and all others involved in Swim Team activities from any claim, cause of action or demand I/we may have arising out of or in connection with any personal or bodily injury, death or property damage which the Swimmer(s) may sustain while participating in Swim Team activities, and agree to indemnify, save and hold Swim Team, its agents, servants, and employees (as identified above) harmless from any claim, demand or cause of action of whatever nature or kind asserted by or on behalf of Swimmer(s) for any personal or bodily injury, death or property damage sustained by the Swimmer while participating in any and all activities of Swim Team.

All agreements herein are severable, and should any provision be found unenforceable for any reason, all remaining provisions shall remain in full force and effect.

By our signature(s) hereon, we affirm that we have read and fully understand the terms, conditions, releases and waivers set forth.

Dated the _____ day of _____, 20 _____

Swimmer(s) - name, address, phone

Parent(s)/Guardian(s)-signature-name, address, phone

Bow Mars SHARKS

Pre-Season Training Program

2009

LOCATION: Littleton High school pool, 199 E. Littleton blvd

Pool phone # 303- 347-7742
Coach Steve Chandler cell # 303-358-3576

When:

Monday	May	11 th4:30-6:30 pm
Tuesday		12 th4:30-6:30 pm
Wednesday		13 th4:30-6:30 pm
Thursday		14 th4:30-6:30 pm
Friday		15 th4:30-6:30 pm
Monday		18 th4:30-6:30 pm
Tuesday		19 th4:30-6:30 pm
Wednesday		20 th4:30-6:30 pm
Thursday		21 st4:30-6:30 pm

Who : This pre season conditioning program is open to all Bow Mars Sharks team swimmers to get a jump on our 2009 summer season. Swimmers can attend all or some of the practices for the full time or whatever their schedules will allow. The pre-season program will be open to the first 30 swimmers due to lane space availability.

NOTE: U8 swimmers practice 4:30pm to 5:30pm 9 & older practice 5:30-6:30

Cost: \$ 40 for the 9 day session (swimmers can attend as their schedules will allow)
Come every night or as much as your schedule allows for one low price!

You can pay for the clinic at registration (by adding it to your invoice) or pay at the pool before your swimmer gets in the water. The bottom portion of this page **MUST** be filled out and signed before your swimmer(s) can get in the water

Registration – medical release – liability

Name of swimmers _____ Total cost _____

Address _____

Phone# _____

We release the Bow Mar coaching staff from all claims arising from injuries which may be sustained by your swimmer while attending the preseason program. We certify that our swimmer is physically fit to participate.

Parent name _____ Parent Signature _____

We carry the following Health and Accident insurance.

Company _____ Policy number _____