

WELCOME TO THE 2011 ROXBURY AQUATICS SEASON!

Roxbury Aquatics Staff

Aquatics Director / Head Swim Coach and Water Polo Coach Rick Lewis

Rick, now in his 33rd year of leading Roxbury's swimming programs, has coached Roxbury teams to 19 Divisional and 17 County swimming championships. Rick has also coached the Westhill High School swim teams for 33 years. Before that he coached at Fairfield University for five years and EO Smith High School for one year.

Assistant Swim Coach Georg Palmgren

Georg is returning to Roxbury for his 22nd season. Georg started the "FFLY" team at the Fairfield YWCA in 1978 and retired as its coach in 1992. During the past 17 years he has coached the Fairfield High School girls and boys teams and the Stamford High School boys' team

Dive Coach John Stobbie

John, returning for his 9th year as Diving Coach, was raised in Stamford and earned honors as an All-American diver at Westhill High School. He continues to hold the 17& Under diving record for Roxbury. John attended the University of Florida on an athletic scholarship and earned a teaching degree in 1982. He has been an elementary physical education teacher for the last 24 years and resides in Gainesville, Florida with his family.

Water Polo Coach and Assistant Swim Coach Jimmy Ramaley

Jimmy played water polo and swam for Rocky Point Club was a player on the Greenwich Youth Water Polo (GWP) travel team since the 6th grade. He has participated in many national tournaments. Jimmy is currently coaching GWP's Junior Olympic and house league teams. Jimmy attended Suffield Academy where he played on the Varsity Water Polo and swam on the Varsity Swim team. Prior to Suffield, he attended Greenwich HS, where he was on the Varsity Water Polo. He received varsity letters for water polo and swimming all four years at Greenwich High School. Jimmy was a member of their Championship Water Polo Team as well as the GHS FCIAC and State Championship swim team.

Roxbury Aquatics Co-Chairs: Dessy Gargiulo and Carolyn Conte

Aquatics Programs Information

Roxbury's Aquatics Teams compete in Division 1 of the FCSL (Fairfield County Swim League) in Swimming, Diving and Water Polo.. All teams are co-ed for participants 17& under (based on age on June 15). All abilities are welcome to participate and

coaching, practice times and meet entries/ match play time will be adjusted according to ability. The mission of Roxbury's Aquatic program is to provide the opportunity for all Roxbury members to learn and enjoy water sports. All are encouraged to participate, but not all members of the teams will be able to compete in all meets and matches. Entries for divisional and county championships are based on completion results during the season.

Note: We understand that for several reasons (camp, etc.) many children cannot compete with the aquatics teams for the duration of the summer. Please know that a child need only compete in two dual meets during the season to be able to compete in the Divisional and County Championships for swimming, diving, or water polo.

Swim Team

Swimmers compete with same sex and age groups (8 & Under, 10 & Under, 12 & Under, 14 & Under, 17 & Under) from other Fairfield clubs in freestyle, backstroke, breaststroke, and butterfly. Relays mix four age groups. See below for practice and meet schedule.

Team Fee: \$160 per child

One fee enables team members to participate in either swimming or diving or both team programs

Junior Development Swim Team

Roxbury's Junior Development program is intended for children ages 6 and up who are able to swim the length of the pool (25 meters) on their stomach and also on their back, and who are willing to practice.

Practice schedule: June 27 – July 29 (July 30th Junior Development Race Day)
Mon., Wed., Thurs, Friday 12:15 pm – 1:00 pm

There is no practice for Junior Development on the days of swim meets. Junior Development swimmers will participate in all swim meets (both home and away). Some fun "B" meets may be scheduled throughout the season as well.

If a child is not able to swim the length of the pool, he or she should take group or individual lessons. If progress is demonstrated during group or individual lessons the child could move up to the Junior Development Program.

Team Fee: \$160 per child.

One fee enables team members to participate in either swimming or diving Junior Development programs or both.

Dive Team

Divers compete with same sex and age group divers (10 & Under, 12 & U, 14 & U, 17 & U) from other Fairfield County clubs. Any boy/girl who has competitive diving experience is encouraged to join the team. This includes past members of the Roxbury Dive Team.

Divers could have prior competitive experience or anyone who can safely perform a minimum of 3 dives. Examples of dives:

- Front dive with a hurdle
- Back dive with no help
- Front 1 somersault

Team Fee: \$160 per child

One fee enables team members to participate in either swimming or diving team programs or both

Junior Development Diving:

This program is for any boy/girl who can safely dive off the 1-meter board and who is willing to learn new dives with the goal of diving on either this year's team or the team in the future.

Practice schedule: June 27 – July 29 9:30-10:00 Monday-Friday (no practice on meet days)

Team Fee: \$160 per child. One fee enables team members to participate in either swimming & diving Junior Development programs.

Swimming Lessons

Group lessons are offered for both beginner and advanced swimmers. The group rate is \$60 for six one-half hour lessons, payable by check to Rick Lewis at the time of initial registration. Blocks of dates and times for group lessons will be posted in mid June. Please check the aquatics bulletin board or with Rick directly for details. Private swimming lessons will be given by appointment with the Head Swim Coach or an Assistant Coach. The rate is \$30 per one-half hour lesson, payable by check to the instructor at the time of registration. Adult group and private lessons are also offered.

Diving Lessons

Private and group lessons are available for beginner and intermediate level divers. Private one-half hour lessons are \$30 each. The group rate is \$50 for five one-half hour lessons, payable to John Stobbie. Please check with John specific dates and times. Lessons begin in mid June.

Introduction to Synchronized Swim Clinics

An all age group (min age 5+) introduction to synchronized swimming. Clinics will be separated into smaller groups depending on number registered and ages.

Fridays 4-6pm; Sat 12-2pm; Sunday 10-12 noon.

Begins week of June 27th

Fee: \$50 per child

Water Polo Team Program

The Water Polo program competes in a coeducational format, determined by age on June 15. Midgets are children 10 years old and younger. Juniors are those 11-13 years old. Seniors are those 14-17 years old.

Team Fee: \$100 per child

See below for Practice and Meet schedule

Registration for all teams is via our on line registration which you can access from the Aquatics home page of www.roxburyclub.com. Registration deadline for free team t-shirt is June 1st.

Also available for purchase at time of registration are Roxbury Aquatic “pinnies”(reversible mesh tanks) and Roxbury swim caps (see online registration info).

Additional Roxbury apparel is available for purchase. See club web site for order form.

Registration will remain open for teams after the June 1 deadline. You must register online in order to participate on the teams. All team fees will be billed to your club account. There will no credits for non-participation after July 10.



Team Suit Information : NEW TEAM SUIT!

Purchase of team suit is available to all swim, dive & water polo team members. They are recommended but not required for meets/matches.

We have a new team suit, which is imprinted with the Roxbury name. Because of the imprinting, there is a strict **deadline of May 23** for ordering so that they can be received in time for the first meet. After the deadline, only plain suits can be ordered. There are two ways to order a team suit:

- 1) Come to suit try-on to order your suits. Suits will be delivered to the club prior to our first swim/dive meet.

Suit Try-On and Purchase Dates:

Sat, May 21 10:00 – 12:00 noon

Sun, May 22 1:00 – 3:00 pm

In the Breezeway off the pool deck

- 2) Call Swim N Surf to order directly (must be done by May 23 for imprinting. Shipping charges may apply from Swim N Surf).

Our vendor this year is Swim N Surf of Fairfield (203-292-6351)



Aquatics Social Meetings

A season kickoff pizza party will be held sometime in the first week of full season for all aquatics team participants. A Parent Meeting will be held during the kickoff party. “Get Ready for Divisonals” will be held on August 9th, time TBD. Look on the bulletin board for sign-up sheets. Other “Get Psyched” events will be posted throughout the season.

Aquatic Programs Award Banquet

The annual Aquatics Program Awards Banquet will be held on Saturday, August 13th at 5:00 pm for Junior Development, Swim Team and Water Polo Team members. Dinner will be served to all children and will be followed by the awards ceremony. Adults should bring a hors d’oeuvre and whatever beverage they wish to drink before the awards ceremony begins.

Annual Dive Awards program is held prior to August 13 and at this time the date is TBD.

Early Season Schedule (June 6 to June 24)

Swim Team:

June 6 – June 24th	Monday through Friday
13 & Older	4:00 pm—5:30 pm
9 - 12 yr olds	4:00 pm—5:00 pm
8 & Under	5:00 pm—5:30 pm

Saturdays June 11, 18, and 25th:

11 yr old year-round swimmers and all 12 & over: 9:30 – 11:00 am

9 & 10 year olds plus 11 yr old summer-only swimmers: 11:00-12:15

8 & Under: 11:00–12:00

Diving:

Mon – Fri June 6 –10th evaluations for all divers with Kat. 5:00 pm

New divers are welcome!

Mon – Fri June 13-June 24th evaluations for all divers

with John and Kat.
New divers are welcome!

5:00 pm

Sat June 11th, 18th, 25th with John and Kat

10am-12pm

Water Polo

June 6—June 24

Monday through Thursday 6:00-7:00 pm

Midgets: Mon, June 6; Thurs, June 9; Wed, June 15; and Tues, June 21

Juniors: Tues, June 7, Mon, June 13, Thurs, June 16 and Wed, June 22

Seniors: Wed June 8, Tues, June 14, Mon, June 20, and Thurs June 23

Full Season Schedule (Starting June 27)

Practice times may change due to meets/matches etc. Please sign up for Aquatics emails (home page) and check the bulletin board for updated info.

NOTE ON TEAM PRACTICE SCHEDULE:

Weekday morning workouts will begin after Stamford schools end their sessions (at the time of this printing morning practices are scheduled to commence June 27th).

Swim Team Regular Season:

June 27 – August 12 / Monday through Saturday:
8 & under

11:00am–12:00pm

All 9 & 10 yr old & 11 yr old summer-only swimmers

11:00am – 12:15 pm

11 yr old year-round swimmers & all 12 & Older

9:30am–11:00am

If you think your child needs additional instruction on technique during regular workouts, please bring your concerns to the attention of the coaching staff.

Diving Regular Season:

June 27 – August 1 / Monday through Saturday

11 & Under: 10:00am–11:00am

12 & Over: 11:00am–12:00pm

(or as determined by swim and dive coaches)

WATER POLO

Regular Season: June 27—August 5th

Midgets:	Tue, Wed, Thurs:	4:45 -5:45 pm
Juniors:	Monday:	4:45-5:45 pm
	Tues & Thurs:	5:45 - 6:45 pm
Seniors:	Monday, Wednesday:	5:45-6:45 pm

Lap Swimming Lane Availability

We encourage all swimmers to share lanes by swimming ability. Swimmers should swim in counterclockwise circles within the lane when three or more swimmers share a lane. During the Sharks' early morning practice (pre-club hours) lanes will be available as required (no family swimming is allowed during pre-club hours). Sharks' swimming schedule is subject to change (check directly with Rick Lewis). During scheduled Roxbury Swim Team practices one lane will be available for members to use for lap swimming. If no lap swimmers are present when swim practice begins, the coaches may expand their use of the pool to use the lane that had been reserved for lap swimming. If this is the case when you arrive at the pool, just ask the coach to move his swimmers over – they will be happy to accommodate your request.

During weekday afternoon swim lessons two lanes will be available, as required for lap swimming. When no lap swimmers are using the lanes, members may use the lanes for non lap swimming. If you would like to swim laps and non lap swimmers are in the lane, please ask guard staff, Pool Manager or Club Manager to clear the lane. On Monday, Tuesday, Wednesday, and Thursday evenings (unless water polo games against other clubs are being played) from 4:45 pm – 5:45 pm lanes 5 & 6 will be available for lap swimming. From 5:45 pm – 6:45 pm lanes 7 & 8 will be available. From 7:00 pm until closing lanes 1-3 will be available. On weekends lanes will be available depending on pool usage.

Lanes cannot be reserved and are a first come first "swim" basis. Please be courteous to other members, lap swimmers and non lap swimmers and Roxbury staff members.

Roxbury Aquatics Awards

The following awards will be given to swimmers and water polo players at the Aquatics Program Awards Banquet.

Most Valuable — the individuals whose efforts contribute the most to the success of the program, as demonstrated by practice attendance and performance in competition.

Most Improved — those who demonstrate the most improvement over the course of the summer.

Coaches Award — those who demonstrate spirit, commitment, cooperation, and a solid contribution to the team.

Additional Awards

Record Plaques — given to swimmers who set team, county, or pool records

Swimmer of the Year — the top performing swimmer of the season.

Muriel J. O'Brien Award — the diver who demonstrates outstanding dedication, leadership, and diving skill during the season.

Oscar Skovgaard Award — the individual swimmer whose actions demonstrate excellent sportsmanship.

Sullivan Award — the individual swimmer demonstrating outstanding performance over a career of competition for Roxbury.

Rick Lewis Dedication Award -- Presented to a participant in the Roxbury Aquatics Programs who demonstrates outstanding commitment and enthusiasm to Roxbury throughout the season. The recipient can be a swimmer, diver, water polo player, volunteer, parent, or family. It is presented in honor of Rick Lewis' 30+ years as a Coach at Roxbury. Recipient to be chosen annually by a collaboration of all aquatics coaches.

Roxbury Records

Swimming & Diving Team Championships

Fairfield County Swimming Championships:

1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2004, 2006,
2007, 2008
2010

Fairfield County Diving Championships:

1996, 1997, 2000

Water Polo Team Championships

Fairfield County Tournament Championships

Midgets: 1989, 1990, 1994, 2001, 2008, 2009, 2010

Juniors: 1990, 1993, 2003

Seniors: 1996, 2007

Pool and Team Records for all events are posted in the Breezeway of the pool deck

2011 schedule as of April 15th 2011.
Warm up is one hour prior to start time.

Date:	Club/Location:	Meet Start Times:
Tuesday June 28	Swim/Dive Meet Away vs RYC	Dive 2:30 Swim 5:00
Thursday June 30	POLO Away vs BTCC	5:00, 6:00, 7:00
Tuesday July 5	Swim/Dive Meet Away vs Newfield	Dive 9:00 Swim 11:00
Wednesday July 6	POLO Home vs Innis Arden	5:00, 6:00, 7:00
Thursday July 7	Swim/Dive Meet Home vs Rocky Point	Dive 8:30 Swim 11:00 Team Photo @ 12:45
Tuesday July 12	Swim/Dive Meet Away vs Innis Arden	Dive 8:30 Swim 11:00
Wednesday July 13	POLO Home vs RYC	5:00, 6:00, 7:00
Tuesday July 19	Swim/Dive Meet Home vs Middelsex	Dive 8:30 Swim 11:00
Wednesday July 20	POLO Home vs Milbrook	5:00, 6:00, 7:00
Tuesday July 26	Swim/Dive Meet Home vs LRC	Dive 8:30 Swim 11:00
Wednesday July 27	POLO Away vs Rocky Point	3:30, 4:15, 5:15, 6:15, 7:15
August 8	Division 1 Swim Championships:	TBD
August 13	FCSL Swim Championship: Aquatics Team Banquet:	TBD 5pm @ Roxbury
FCSL Diving	Championships:	TBD by age group

All dates and times are subject to change and league approval.