

2011 - Clinton Sharks Swim Team

All new team members are required to tryout-see coach Smith for details.

Tuesday May 10th - 4pm to 6pm for suit sizing & or purchase of swim gear

New Suit with Crunch Logo for 2011 Female w/logo = \$36.50 -- Male w/logo Jammers \$28 Team Silicon caps \$6 Pay to the order of JAWS Swim Shop Price of suits does NOT include sales tax. For those who miss this event you need to call JAW @ 531-2119 to order your child's suits.

Cost: Paid to City of Clinton \$60 for residents of The City of Clinton or \$70 for non-residents

Team Cost Paid to C.S.S.T. \$35 - Per Family Club fees – Covers supplies such as tent rental SMI computer software / ribbons & labels / etc. \$8 per child pizza fee Papa John's pizzas will be delivered after each home meet & on the shark day play day @ Jaycee Pool (July 12th Tues. after SMI) Also our end of season Pool Party on Thursday July 28th Parents are asked to donate drinks in non-breakable individual serving size containers. These will be chilled before each home meet & made available to our team when the pizza arrives. Any of our team family who is not a swimmer that would like to join the team for pizza may do so with a \$1 per slice donation.

Practice times

May 16 through 26 - Mon – Thurs. 3:45 to 4:45pm All Ages

May 31st through July 20th practice as listed below.

Monday and Wednesday = 11:00 a.m. to 12:00p.m. All Ages

Tuesday and Thursday = 11 & up 8:30 to 10:30 am - 10 & under 9:00 to 10:30am

Completed forms & fees will allow your child to participate with the Clinton Sharks Swim Team

- #1: **Due by May 23rd** GO TO [www.http://gkasia.org](http://www.gkasia.org) Click On: Team Registration Form: Print form – Complete form return form with fee payments attached to Coach Jan Smith before your child may participate in the 2011 summer program
- #2: **Due by May 23rd** C.S.S.T. Information & Meet Attendance Sheet: All meets; this form allows us to update team mgr. database & to have a better idea who will or will not be present for each swim meet. All swim meets take a great deal of planning. WE cannot do this with out YOU!!!! Swimming, more than any team sport depends on the participation and support of parents, grandparents, siblings or any other willing soul we can find. I have always been as proud of our parent “TEAM” as I have been of our children's team. Our team's parents know how to keep their adult egos out of the way of the children's moment in the spotlight. Not all teams are as lucky as we are.
- #3: **Due By May 23** Sport Shirt Parents are to complete this form and return to Hope James or Coach Jan with the correct amount attached no later than **05/23/2011** allow 2 weeks for delivery.

Please return forms #1, 2, and 3 to Coach Jan Smith. If you have any questions for Jan Smith, she is available Monday through Thursday 8am to 1pm @ 457-0642.

C.S.S.T- 2011 - Meet Schedule

****Swim Meets are only cancelled on site. Come Rain or Shine****

Be on time for warm-ups @ 5:30pm for Home Meets / 6:00pm for Away Meets, start time is @ 6:30pm Our team is responsible for providing drinks for the workers at all “home” meets. Don’t forget your 12 pack of soda, juice or water for workers & after home meet Pizza Party.

Parents should report to their work assignments @ least 15 minutes before the meet starts.

#1 Go to [www.http://gkaisa.org](http://gkaisa.org) Click on Meet Officials – for list officials we have certified ALL Parents need to participate in these training sessions so our team will be allow to hold home Meets. Contact Coach Jan Smith if you have questions. GKAIISA is making great efforts to make this website parent & swimmer friendly & or useful, please take advantage of their efforts.

#2 Thursday June 9th – National Fitness Center @ Clinton

#3 Thursday June 23rd – Clinton & GST @ Pigeon Forge

#4 Tuesday June 28th – Clinton & EYF @ Oak Ridge

#5 Smokey Mountain Meet @ Spring Brook Pool Maryville

Saturday July 9th – 11 & Up

Sunday July 10th – 10 & Under

#6 Monday July 11th – No Sharks Practice (SMI Recovery Day)

#7 Tuesday July 12th – Practice as Scheduled Team Play Day @ Jaycee Pool -Noon till close

#8 City Meet @ UT Knoxville

Friday July 22nd – 11 & Up

Saturday July 23rd – 10 & Under

Sunday July 24th – Finals all ages

#9 Thursday July 28th ~End of season party Jaycee Pool / 6:30 to 8:30 pm

Jan’s Helpful Hints:

- 1. The Day of a meet stay out of the sun and heat as much as possible, save your energy for the meet.**
- 2. Swimmers should eat high-energy carbohydrates (spaghetti, lasagna, bread, baked potato, etc.) beginning the night before a meet. Eat no closer than one and one-half hours before a meet so the food can be digested.**
- 3. Avoid carbonated beverages before and during meets, carbonation affects the child’s ability to breathe deeply**
- 4. Dual swim meets usually last 3 to 4 hours. Smoky Mountain and City Meets are all day events.**
- 5. Proper behavior is expected at all times, if a problem arises with another team’s child please let Jan handle it.**
- 6. Please help keep the team and spectator areas clean by putting trash in the trashcans.**
- 7. Please give Coach Jan advanced notice in writing (fill out form #2 in this packet) when your swimmer will miss a meet. Rearranging the swimmers lineup at the last minute is very difficult.**
- 8. Do not leave a meet early without informing the coach. There may be last minute changes and your swimmer could be needed to swim a later event. Part of being a team member is supporting each other to the very end of the meet.**
- 9. It is not acceptable for swimmers to pick up smaller swimmers and carry them around. Yes, they are cute and may even ask to be held or carried. PLEASE DON’T. A wet slippery child is like a wet slippery fish. Sometimes it’s best to just let it go, then stand back to watch nature in the**

C.S.S.T. Parent Child Information & Meet Attendance Form

1. Swimmer's name: _____
 Date of birth _____ Age as of Midnight May 31, 2011 _____ Fee Paid _____

2. Swimmer's name: _____
 Date of birth _____ Age as of Midnight May 31, 2011 _____ Fee Paid _____

Parent Information:

Mom: _____	Dad _____
Address: _____	Address: _____
Home _____ Day _____	Home _____ Day _____
Cell _____ E-Mail _____	Cell _____ E-Mail _____

Each team's parent volunteers staff the GKAIISA swim meets. We ask that each of our team family's adult members sign up to work 2 meets and 1 meet as a backup worker. Some jobs require special training, but most jobs can be done by any responsible adult. Everyone is encouraged to attend the clinics and learn more about the rules of competitive swimming. A complete list of Stroke and Rules clinics will be posted in the pool lobby. We will be signing up workers at Registration and at practice sessions there after. If you have a favorite team job please list it below so we do not give that position to someone else. If you do not choose a job we will assume you are willing to work wherever the team needs you and will assign jobs as needed. We will post a brief description of each job by the sign-up sheets.

Please contact Jackie Harris or Cassie DeJarnette if you have questions. We Will Train you to do any of the following jobs. Circle the job you prefer. **Meet Officials:** Referee, Starter, Head Timer, Stroke & Turn **Judges:** Finish, Overcall, Relay Jump **Scoring Table:** Score Keeper, Sorter, Runners

GKAIISA Website has job descriptions <http://www.gkaisa.org/>

Checkmark the meets your child will be attending/ list their names on each meet.

___ #1 Tuesday June 9 th _____	NFC @ Clinton
___ #2 Thursday June 16 ^h _____	Clinton & GST @ Pigeon Forge
___ #3 Thursday June 28 th _____	Clinton & EYF @ Oak Ridge
___ #4 Thursday July 12 th _____	Team Play Day @ Jaycee Pool

Checkmark www.gkaisa.org for parent job descriptions

For those who have not participated Smokey Mt & City Meet before please check with Coach Smith to see if your child is ready for these meets. SMI fee is a \$8 per child / City Meet is \$8.00 per child cost to parents.

Smoky Mountain Invitational	City Meet
___ Sat-July 9 -11 & up _____	___ Fri.-July 22- 11 & UP _____
___ Sun-July 10 – 10 & under _____	___ Sat.-July 23 – 10 & Under _____
	Sun – July 24 Finals all ages
# Of Parents Attending: _____	# Of Parents Attending: _____

2011 - New Sport Shirt & Hooded Sweat Shirt Due: May 23, 2011

Contact Hope James @ 865-660-9619 for questions. Make check payable to CSST. No Orders will be placed with out a completed order form with payment attached. Last day to order is Monday May 23, 2011. Allow at least 2 weeks for delivery. Shirt is a Light Blue / SWEATSHIRT is Navy Blue, both with new Red /White & Blue Shark Crunch embroidered on upper left front of shirt.

Youth Sport Shirt \$14.00 each

Sizes: # ordered _____

6-8 Small _____

10-12 Med _____

14-16 Large _____

18-20 X Large _____

Youth Full Zip Hooded Sweatshirt \$25 each _____

ordered _____

6-8 Small _____

10-12 Med _____

14-16 Large _____

18-20 X Large _____

Adult Sport Shirt \$17each

Sizes: # ordered _____

Small _____

Med _____

Large _____

X-Large _____

Adult Full Zip Hooded Sweatshirt \$33.00 each

ordered _____

Small _____

Med _____

Large _____

X-Large _____

Adult Sport Shirt \$20.00 each

Sizes: #ordered _____

Adult XX-Large _____

Adult XXX-Large _____

Adult Full Zip Hooded Sweatshirt \$37.00 each

ordered _____

Adult XX-Large _____

Adult XXX-Large _____

Full color car Decals of Crunch \$7 each =Child's Name _____ #ordered _____



Number of items ordered _____ Amount Paid: \$ _____