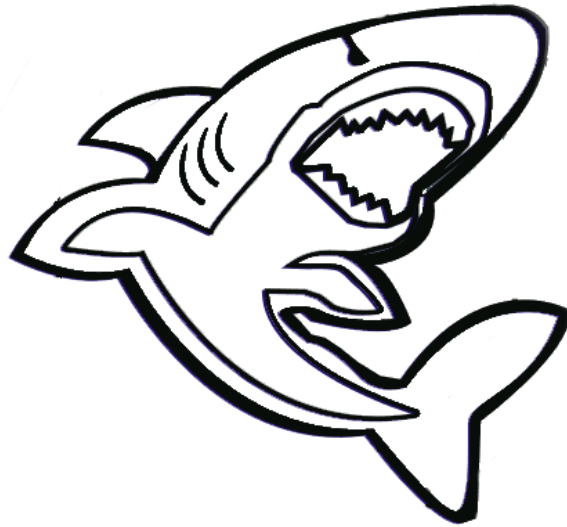


2012-2013 Mako Handbook



Aquatic Complex
PALM BEACH GARDENS



PALM BEACH GARDENS
"A unique place to live, learn, work & play"

About the Makos

The Palm Beach Gardens Makos Swim Team is a recreational swim team that is a part of the South Florida Recreational Swim League. The Makos consist of swimmers ages 4-17 that are at all different skill levels. Swimmers must be able to perform freestyle, breaststroke and backstroke in a coach conducted swim test.

Mission

The Palm Beach Gardens Makos Swim Team's mission is to provide the youth of our community a recreational swimming program. The team is geared to promote the sport of swimming by teaching proper stroke technique, enhancing self-esteem, self discipline and sportsmanship. Through voluntary, recreational competition, swimmers are given a chance to attain goals at individual and team levels.

Practice Schedule & Teams

Green Team: Swimmers that have not been on a swim team before. These swimmers will be introduced to swimming as a sport and will be introduced to the fundamentals of being on a swim team.

(Requirement: 25 yards each: free, breast, back.)

Red Team: Swimmers have basic knowledge of being on a swim team and can complete all four strokes. Swimmers will be coached on stroke refinement and begin to build cardiovascular endurance while learning race strategy.

(Requirement: 50 yards of each: free, breast, back.)

Blue Team: Swimmers have full concept for being on a swim team. Swimmers will learn the tools to perfect their strokes and will improve their cardiovascular endurance and race strategy.

(Requirement: 100 yards of each: free, breast, back, fly.)

White Team: For dedicated swimmers who are focusing on speed and high yardage. Swimmers are placed into this program because they have shown tremendous dedication, responsibility, and commitment to the coaches and the team. This program is for swimmers ages 11 and up who maintain a time of 35.0 or better in a 50 freestyle. Swimmers will be undertaking an intensive training program to enhance their aerobic and cardiovascular endurance.

(Requirement: Ages 11 & Up, 200 yards each: free, breast, back, fly, and 35.0 seconds or better in the 50 freestyle)

Keep in mind, at anytime during a season a swimmer can be moved up or down to another team due to growth of a swimmer or if the swimmer is not swimming at the appropriate level.

Practices are held Monday-Thursday, year round. Practices are split up by the four teams (Green, Red, Blue and White). The practice schedule for Spring 2012 is as follows:

January-April*

Green Team 3:45-4:30pm

Red Team 4:30-5:30pm

Blue Team 5:30-6:45

White Team 6:45-8:00pm

*There will not be swim practice on major holidays or Spring Break.

*There will be a 2-3 week break in between each season.

See a coach for details.

Fees and Payments

The cost of the swim team is \$22.50 weekly and residents of Palm Beach Gardens receive a rate of \$17.50 weekly. Accounts will be billed on the last Monday of each month. All participants are required to put a credit card on file (See billing F.A.Q.). Swimmers withdrawing mid-week will be charged for the full week. If you have a second child enrolled in the swim team you will receive a 5% discount for the second child. Please see a front desk staff member for more details.

The South Florida Recreational Swim League

For over 20 years the South Florida Recreational Swim League (SFRSL) has provided a comfortable atmosphere to improve skill level and to compete in a formal yet non-intimidating environment. SFRSL provides a place for swimmers of all ages and backgrounds from Miami to Vero Beach to learn, train, practice and compete. Swimmers excel by encouragement, instruction, and training, combined with the enthusiasm of their coaches, enabling them to have the opportunity to do their best. Additional league information can be found at www.SFRSL.org

Swimmer Application and Fee

Each swimmer is responsible to pay a \$15.00 swimmer application fee to be eligible to participate in swim meets. This \$15.00 fee is per swimmer, per season and is applied towards meet supplies such as medals and trophies. The \$15.00 fee can be paid at the front desk and needs to be turned in with the SFRSL Swimmer application. Please see a coach for more details.

Swim Practice

Please arrive on time for swim practice daily as it is disruptive to the coaching plan if swimmers are late. If swimmers have an occasional conflict with the practice time please see a coach to make arrangements to swim at a different time that

practice. All swimmers are required to bring a bathing suit, goggles and a swim cap (swimmers with long hair) to practice.

Late Pick Up Fee

Any person arriving late to pick up a child from swim practice will be charged a late fee. A late fee of \$10.00 for each portion of 15 minutes will be issued for each participant picked up after their scheduled ending time. There is no “grace” period.

Inclement Weather

The lifeguards are responsible for providing a safe environment for everyone. In the event that lightning is seen, a long whistle is blown to indicate that the deck needs to be cleared. At this time, swimmers will exit the deck and stay under the direction of their coach. In the event you suspect inclement weather, please call our weather hotline, 561-630-1127, where you will find up to date information on practice cancellations. Practice may still be conducted in the gymnasium if weather is bad. Please call the hotline for updates about practice.

Parents Volunteering

Thank you for your commitment to your child’s swimming experience. The SFRSL is a volunteer-based organization, so parent commitment is a must at home and away swim meets. Our swim meets cannot be run without the support of parent volunteers. It takes about 25 parents to run a smooth meet! There are different positions available, such as timers, runners, bull-pen workers, judges and scorers. The coaches will be asking for volunteers the week prior to the meet. Please help us out by signing up! *Parents/guardians are required to volunteer at swim meets a minimum of five hours for the season.*

Participant Behavior

If your child’s behavior interferes with the program or results in disciplinary action during the course of the swim season, your child may be temporarily removed from the program. Continued misbehavior will be brought to the attention of the Operations Manager. On certain occasions, parents will be contacted and possibly even asked to attend a private conference concerning their child’s behavior. We reserve the right to remove a child from the program when necessary.

Inappropriate parent or guardian behavior can also result in your child being removed from the program.

Swimmer of the Month

Once a month the coaches will select the swimmer of the month from each team. These swimmers will be featured on our bulletin board. Each month the coaches will pick the criteria for the award, such as dedication, hard work, patience, team spirit and team work.

Uniforms/Team Merchandise

Mako bathing suits are available at our online store (see log in information below). Team merchandise is not mandatory, although we highly encourage the swimmers to wear it. The uniforms help build team unity and morale. Goggles are mandatory, however, as well as swim caps for swimmers with long hair. These items can be purchased at our front desk or any local sports store. Mako Merchandise is also available at our front desk. Items for sale are Mako caps, Mako towels, Mako t-shirts, Mako tank tops and Mako visors.

<http://www.theswimteamstore.com/teams/>

Username: splashing

Password: water07

E-mail/Contact Information

The Mako coaching staff has found e-mail as the best way to communicate with the members of the team. Meet information, meet results, pictures and all other pertinent information will be dispersed this way. Please make sure Team Supervisor, Brittani Benko (bbenko@pbgfl.com), has your current e-mail address. Also, please check in with a front desk staff member to ensure they have your most up to date contact information. Please visit our website for all current team information. www.pbgfl.com/makos.

Meet the Coaching Staff

Sarah Smith

Coach Sarah was born and raised in Palm Beach Gardens, Florida. She graduated from Palm Beach Gardens High School in 2008 and is currently continuing her education at Palm Beach State College. She will graduate Spring 2011 with her Associates of Arts Degree, then she will pursue her education at Florida Atlantic University working towards a degree in Business Hospitality. Sarah started swimming her freshman year of high school and continued all four years of her high school career. Sarah started working for the City of Palm Beach Gardens as a lifeguard June of 2006. Once Sarah became certified as a Water Safety Instructor, she realized how much she loved teaching swimming. She later became the head

coach of the Makos swim team in August 2007. In 2008, after high school graduation, Sarah was asked to be the assistant coach for her high school swim team. Sarah has been working for the Palm Beach County School Board since then as an assistant coach for Palm Beach Gardens High Swim Team, in addition to coaching the Makos. At the Summer Championship meet in 2010, Sarah was the recipient of the 2010 Vicki Wells Commitment to Excellence Award from the SFRSL due to her dedication and strive to coach at the very best of her ability. Certifications: Lifeguarding, First Aid, CPR, AED, Oxygen Administration, Water Safety Instructor and Safety Training for Swim Coaches.

Dominic Faisino

Coach Dominic is from New Jersey and started swimming at age 7 for a recreational swim team. At the age of 12 he began to swim for the USA Swim team, The Aqua Gems and from there he continued to swim throughout high school. Dominic joined the Mako coaching staff in June 2010. Dominic is currently attending the Fort Lauderdale Institute of Art for a degree in Industrial Design. He plans to continue to an education in Fashion Photography. Certifications: Lifeguarding, First Aid, CPR, AED, Oxygen Administration and Water Safety Instructor.

Michael Edwards

Coach Michael was born and raised in North Palm Beach, Florida. He graduated from The Benjamin School in 2009 and spent two years at the University of Mississippi. He is now continuing his education here at Palm Beach State College. Michael started swimming at the age of 7 years old at the North Palm Beach Country Club. He swam on their varsity swim team from 6th – 12th grade. Michael started working for Palm Beach Gardens as a lifeguard the summer of 2011 and once he completed his WSI certifications, started coaching for the Makos. He had previously coached Benjamin Middle School swimming when he was in high school for community service. Michael loves coaching the Makos because the kids are so great and he loves seeing them all steadily improve.

Brittani Benko

Team Supervisor Brittani was born and raised in Palm Beach County, Florida. Brittani started synchronized swimming at the age of 10 years old and continued all the way through high school. Brittani started working at the City of Palm Beach Gardens Aquatic Complex at the young age of 15 as a lifeguard. She soon began teaching swimming lessons and she then fell in love with teaching. In 2004, she re-started the Makos swim team with only 5 swimmers. For three seasons the Makos only grew to eight swimmers, but Brittani was determined to grow the team. For the next three years the team began to grow one by one and now has reached a

high of 100 swimmers. As Brittani became busier with her responsibilities at the pool, she needed help with the coaching aspect of the team. She assigned the team to Coach Sarah Smith. Brittani has been overseeing the team since 2004 and is very thrilled with the progress the Makos have made. She is currently a Recreation Supervisor for the City of Palm Beach Gardens and is working on her Bachelors of Psychology at Florida Atlantic University. Certifications: Lifeguarding, First Aid, CPR, AED, Oxygen Administration, Water Safety Instructor, Lifeguard Instructor Trainer, Coaching Certification Level 1 and SSI SCUBA certified.

Thank you!

Thank you for joining our team! The Makos are very excited to have you as a part of our team and we are looking forward to a fun and exciting season. Please do not hesitate to contact a member of the coaching staff at any time.

Team Contact Information

Team Website
www.pbgfl.com

Mako Info
makos@pbgfl.com

Aquatic Complex Hotline
561-630-1127

Burns Road Recreation Center
561-630-1100

Karen Partanen
Operations Manager
kpartanen@pbgfl.com
561-630-1126

Brittani Benko
Team Supervisor
bbenko@pbgfl.com
561-630-1145