

# Campolindo Cabana Club Swim Team 2007 Registration

**Fees and Registration Forms Due: Monday, April 9, 2007**

**Earlybird Registration starts March 19**

**Return to: John Kaiser at 285 Calle la Montana (299-0485)**

**Job Signup: Sunday, April 29, 1:00 – 2:30 p.m. at the pool.**

**What's inside:**

**Meet & Social event Schedule**

**Information about the Swim Team and our Learn to Swim Program (Mini Marlins)**

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**The Campolindo Cabana Club Swim Team is looking forward to the season ahead!** We are very fortunate to have Trevor Rose return as our Head Coach. Also returning are excellent Sr. Coaches Tristan Kaiser, Stefani Lowe, Lindsay Schonborn and Eric Johnson. Joining us as a new senior coach is Deanna Chen, who will be in charge of our 6 and under swimmers. Our talented Assistant Coaches for 2007 are Alyson Singh, Matt DeTrane, Sean Malley and Dana Foster. Sara Kaiser, Rachel Cleak and TJ Barni are returning as our Junior Coaches. We look forward to another enjoyable and productive summer with all of them.

Our **Mini Marlin Learn to Swim program is back** with Campolindo native and former Mini Marlin assistant instructor Amanda Kerr returning as our new head instructor. This program is open to all homeowner children ages 4-8 whether or not they ever intend to join the team as competitive swimmers. Questions: call Laura Larson at 284-8142 or email: [larson.laura@comcast.net](mailto:larson.laura@comcast.net).

**Calling all Campolindo homeowner children who are under the age of 19 on June 15 to join our swim team! We welcome new members!!** If you were with us last year, you know what a fun season of swimming instruction and social events the Campolindo team offers. If you haven't swum with the team for a while, you welcome you back!. With more coaches, we offer more individual attention to each swimmer. Our social events are always entertaining, and our meet job commitments per family have been reduced to seven and may go lower depending on the number of families who register.

**Homeowners' extended family (grandchildren, nieces, nephews etc) are invited to join our team as guest families.** Please see the back of the registration form for sponsorship requirements and refer to the Swim Team by-laws online at [www.gocampo.com](http://www.gocampo.com). Take note that swimmers for **new** guest families in age-gender groups where homeowner and prior year guest swimmer enrollment exceeds 15 swimmers will not be accepted. Based on last year's enrollment, Girls 7-8, 11-12 and 13-14, and Boys 9-10 and 15-18 may exceed the limit in 2007. New guest swimmer applications will be held until the registration deadline and processed in the order received. Contact John Kaiser if you have questions.

Our swim team web site [www.gocampo.com](http://www.gocampo.com) is a resource for both swim team families and the rest of the Campolindo neighborhood community. Bookmark it now and watch our Marlins go! If you need **extra forms**, you can print them from the web site in PDF format. Potential newcomers may wish to check out last year's **Swim Team Handbook**.

**Swim Team Apparel:** Be on the lookout for **swim team apparel** information. **Orders will be taken at job sign ups on April 29.**

**Stroke & Turn, Starters, Invitational Meet Directors, Special Coordinators:** People who commit in advance to these positions will be entitled to sign up for jobs at 12:45 PM before the lottery defined signup begins at 1:00 PM. If you commit to at least two of **stroke & turn** and/or **starter** jobs by contacting John before April 27 you will qualify for early signup. We are also looking for trainees to take on the jobs of Concessions and OMPA Meet Director in 2008 - you will get job breaks and early signup!

**Orientation for Newcomers:** Wednesday April 25, 7:30 PM at Laura Larson's house, 243 Paseo Del Rio. We will explain what to expect and give tips on job signup strategies. We will also conduct the Job Signup Lottery Draw. Please feel free to call Laura if you have any questions about the team, expectations, schedules, etc. (284-8142).

**Pre-Season Clinics:** see the Pre-Season Registration Form for details about our April clinics at the Soda Center.

## GENERAL INFORMATION

The Campolindo Cabana Club Marlins is a recreational swim team that competes with other teams in the Lamorinda area. The team is a member of the Orinda Moraga Pool Association (OMPA) that consists of 10 teams in Moraga and Orinda. This year's schedule includes two exciting non-league meets with Rancho Colorados and LMYA!

**Membership:** The CCC swim team is open to all Campolindo homeowner children between the ages of 4 and 18 on June 15, 2007. When the number of children in our neighborhood is not sufficient to sustain a viable team, extended family members of homeowners and guests of active swim team families may join the team (sponsorship conditions apply). Membership is governed by the Campolindo Cabana Club Swim Team By-Laws adopted in 2001.

**Job Commitment:** The OMPA league cannot operate without a significant work contribution by swim team member families. The anticipated job requirement for 2007 will be 6 regular meet jobs, 1 OMPA invitational meet job and 1 social job for each family with at least one Marlin swim team member. **Depending on enrollment the number of regular meet jobs will be higher or lower.** Families with only Mini Marlin swimmers must do 1 social job. Because concessions are an important fundraiser for the team, **all families must provide 2 "bakes"** (food items) per swimmer to a maximum of 4 bakes per family. Each Marlin family must sign up for one OMPA meet job whether or not your swimmer will be participating in OMPA. If you know in advance that you will not be in town for OMPA, plan on arranging a job trade with another family after signup, or sign up for set up jobs during the week before OMPA. Although you will sign up for a specific OMPA job on April 29, because of the uncertainty of the status of the Moraga Tennis & Swim and Miramonte teams, there is a risk that the jobs assigned to us by OMPA will change significantly. **Please be aware that your OMPA job may change due to circumstances beyond our control!**

**Job signup:** is at 1:00-2:30 PM on Sunday April 29 at the pool. **The job signup order will be established through a lottery system as follows:** Starting Wednesday March 19 the names of all families for whom the registrar (John Kaiser) has received properly completed swimmer registration forms (yes, missing medical insurance policy numbers, dentist addresses and so on will count as incomplete!) will be placed in an envelope marked with the date the forms were received. Updated lists of completed registrations will be posted to the gocampo.com web site on a regular basis. On **Wednesday April 25** during the **Orientation Session for Newcomers** at 7:30 PM at Laura Larson's house, 243 Paseo Del Rio we'll draw the names from each envelope starting with the March 19 envelope. The order drawn will be your place in the job signup sequence. We will post the family signup order along with estimated signup times on the web site by Saturday morning. We will allow up to five families into the job signup area at a time every five minutes. **If you show up late you must let the registrar know** and he will put you on a standby list to replace subsequent no-shows. If you cannot make your appointed signup time you may have somebody else do the signup for you. Families will be called in by name; you may not trade your place. If you are a no show you will be assigned whatever is left. **You are not allowed to sign up for more than 2 jobs that run simultaneously during a meet.** If a conflict develops later, you may trade jobs with other families or hire a substitute worker from the approved list at a rate of \$30 per home meet and \$35 per away meet. By the end of May you will receive a **Registration Summary** that spells out who ended up with what job.

**Stroke & Turn Job and Starters:** People who are qualified to do these jobs play a critical role in the smooth operation of swim meets. We like to get these jobs filled in advance by experienced people who commit to dates that suit their schedule. We need a starter for each home meet and a stroke and turn official for every meet. We will also have at least 4 Stroke & Turn slots for OMPA. **We are looking for people interested in getting trained as starters.** Please **contact John Kaiser before April 27 (Friday)** to volunteer for starter or stroke and turn jobs. The OMPA S&T job requires participation in an OMPA scheduled clinic. **If you sign up in advance for at least two S&T and/or Starter jobs, you will be allowed to sign up for jobs at 12:45 PM before the lottery defined signup order begins.**

**Workouts:** Workouts are scheduled Monday-Friday (excepting holidays) from early May through the OMPA meet in early August. Workouts continue the two weeks after OMPA for county qualifiers. During the spring before the end of school, workouts are scheduled between 3:30 pm and 6:30 pm. During the summer, workouts are scheduled between 8:30 am and 12:00 pm. **Note to parents:** because no lifeguard is on duty until the regular pool opening (usually noon), swimmers are not permitted in the pool facility outside their scheduled workout or social event unless they are in the acknowledged care of an adult who is present.

### **Learn To Swim Program**

Our **Learn to Swim** program, also known as the "**Mini-Marlins**", offers group lessons for children ranging from those who are just water ready to those who cannot yet complete a full lap of freestyle. You must be 4-8 years old to participate in this program. This program teaches beginning swimmers the skills needed for water safety, basic strokes, and builds their confidence and endurance. **We emphasize that all homeowner children are welcome whether or not they ever intend to swim competitively.** If you would like to participate, please fill out our swim team registration form and plan on attending the Evaluation Day on Saturday, May 19 at 12 Noon. Children will be placed in lesson groups based on ability. Mini-Marlin lessons begin Monday, June 12 and continue until Friday, July 27 when the Mini-Marlin Meet will take place. Lessons running 20-30 minutes will take place between 9:00 and 11:30 AM. Questions: call Laura Larson at 284-8142 or email: [laron.laura@comcast.net](mailto:laron.laura@comcast.net).

Our Mini-Marlin instructor, returning for another summer at CCC, is neighbor **Amanda Kerr**. Amanda has been working with the mini marlins as an assistant coach for the past five years. She's done a great job with our youngest swimmers and we look forward

to seeing her in an expanded role this season as head coach of Mini Marlins. Amanda currently attends the University of Texas at Austin—GO LONGHORNS!!—where she is planning to go pre-med.

**Swim Lessons: Individual** swim instruction is offered by many of the coaches. Lessons are arranged with each coach and are generally scheduled by the week. Fees range \$8 to \$15 per 20-minute lesson and are paid directly to the coach. Look for coaches' lesson books on the counter in the concessions area down at the pool.

**Social Events:** The swim team sponsors many social events throughout the summer that are open to **all** homeowner families. We love to meet our neighbors (swimming or not) and hope you can participate! Our **Annual Chili Cook-Off**, coordinated by neighbor Sharon Wilson, is scheduled for **Sat., June 23 at 6:00 p.m.** Mark your calendars—this is a great neighborhood (adults only) party which features excellent home brew, great food, music and fun! All proceeds benefit the swim team. Hope to see you there.

**Coach Liaison:** Laura Larson is our Coach Liaison for 2007. Laura will serve as a mediator between the team director, the parents, and the head coach with regard to all coaching issues. **If you have a concern or question about workouts, meets, coaches, or your child's swim team experience, please present it to our coach liaison.** Our swim team policies discourage parents from complaining directly to any member of our coaching staff who have been instructed to refer all such issues to the Coach Liaison. Our personnel policies dictate that our coach liaison will present issues and concerns on behalf of the team director and swim team board to the head coach with a suggested remedy, but the implementation of such will be the responsibility of the head coach.

## Meet our Coaches for the 2007 Swim Season

### **Trevor Rose – Head Coach**

Trevor began his recreational swimming and coaching career at Orinda Park Pool. In his role as Senior Coach there, he was age group coach for the 15-18s and the 7-8s, and also designed & directed workouts for the other age groups. He graduated from Miramonte High School in 2001 where he was a 2 time All-American in swimming, as well as being team captain, MVP and 1<sup>st</sup> team All-League in water polo. In his rec swimming career, Trevor won several OMPA High Point awards, and also won 4 age group High Point Awards at County. His favorite strokes are breast, back and I.M. He also played varsity water polo for the U.C. Davis Aggies for 2 years. Trevor graduated from U.C. Davis with a major in Communications. Currently, Trevor is coaching J.V. Swimming at Miramonte High School (2<sup>nd</sup> year). He also works as a cook at Joe's in Lafayette. He looks forward to another summer sharing his swimming knowledge and coaching experience with both the staff and swimmers at CCC.

### **Deanna Chen – Senior Coach**

Deanna started swimming competitively at age four and finished her competitive swimming career at the Jr. National level. Her favorite events were the 100 & 200 Breaststroke and the 200 & 400 I.M. Her coaching career began in Pleasanton, when her children started learning how to swim. She developed and coached a pre-novice program for the Pleasanton Seahawks and head coached for the Piranha Swim Team. When Deanna moved to Moraga in 2004, she worked as an Asst. Head Coach for Miramonte Swim Team, then moved on to MTSC to help reorganize and instruct the Jr. Mac program. In her second year at MTSC, she coached the 6 & unders as well. 2006 was an exceptionally good year for Deanna: her 6 & under swimmers attained 4 high point awards, 2 team records and 7 county times. While not on the pool deck, she helps manage her husband's business in Richmond and tries to find time to swim laps at the Soda Aquatic Center. Deanna's main focus at CCC will be on building the Mcrew and 6 & under programs. She has high expectations for the 2007 season and is looking forward to working with the CCC coaching staff and young Marlin swimmers.

### **Tristan Kaiser – Senior Coach**

Tristan has been proudly swimming on the Cabana Club team since the age of 6. He graduated from Campolindo High School in 2006, where he played water polo and was a two-time All American swimmer. Tristan now attends U.C. Davis where he is pursuing a degree in International Relations. Tristan is a member of the UCD Diving team, and also swims with the Davis Aquatic Masters. His history with the Cabana Club includes the Mark Schneider Memorial award and various records and high point awards, but Tristan's biggest honor has been growing up and swimming with the ridiculously talented now 15-18 men's squad. Tristan is stoked to swim his final year of eligibility with them and the Cabana Club Marlins. And, with the rest of the awesome Cabana staff, he is ready to help coach the CCC Marlins to greatness and beyond!

### **Lindsay Schonborn – Senior Coach**

Lindsay is heading into her fourth year as a member of the Marlin coaching staff. She initially swam rec at Orinda Park Pool and then spent five years swimming year-round with Orinda Aquatics. Lindsay graduated from Miramonte High School in 2006, where she swam on the varsity swim team for three years and was a member of two All-American relays. Lindsay finished off her swimming career with two awesome summers swimming for the CCC Marlins. She can't wait for another great season with Campo Cabana.

### **Stefani Lowe – Senior Coach**

We are happy to have Stefani back for her sixth official year as a Marlin coach. She has worked successfully with our younger swimmers for several seasons and was on the CCC team for eleven years. Stefani just finished her first year at the University of Hawaii and is looking forward to another season of splash at the Cabana Club!

### **Eric Johnson – Senior Coach**

Eric has been swimming for Campolindo Cabana since he was a Mini Marlin 13 years ago. He was the OMPA High Point winner when he was 14 and still holds the meet record in the 50 free for the 13/14 boys. This will be his fourth year as a CCC coach. Eric will be graduating from Campolindo High School where he has been a member of the Water Polo and Swimming teams for the past four years. He is looking forward to another great swim season at Campo this summer.

### **Alyson Singh – Assistant Coach**

Alyson has been swimming on the Campo Cabana Marlins team for eight years now. She enjoyed being on the water polo and swim teams at Campolindo High School, where she is a junior. She was a junior coach last year where she worked mainly with the Mini Marlins and younger swimmers and is happy to be back. Alyson is looking forward to another tremendous season with the CCC Marlins.

### **Sean Malley – Assistant Coach**

Sean has been swimming for Campo Cabana since the age of six. He is a sophomore at Campolindo High School and is in his first season of varsity swimming. Sean greatly enjoyed being a junior coach the last two summers and is looking forward to having another great season this year working with the younger swimmers.

### **Matt DeTrane – Assistant Coach**

Matt has been swimming for CCC for eight years. His favorite event is the I.M. He is a junior at Campolindo High School where he's played Water Polo for the past three years (Varsity this year), as well as being a member of the J.V. Swim Team for the past two years. Matt helped coach the younger swimmers last season and looks forward to returning again this summer as an assistant coach. He also recently completed his Eagle Scout Project at Campolindo High School.

### **Dana Foster – Assistant Coach**

Dana returns for his third year on our coaching crew. He has been on the CCC Swim Team since age 7, when he could barely dogpaddle the pool width. He has won two team high point awards and held a few records: 7-8, 9-10 and 11-12 boys backstroke, and 15-18 boys 50 meter freestyle, plus several medley and free relay records with his teammates. He's been a part of several CCC relay teams that have taken first place at the County Swim Championship, including the 15-18's record-breaking medley relay in 2006. This fall, he'll be a senior at Campolindo High School, where he's on the varsity swim and water polo teams. He's an All-American, as part of a winning Campo HS free relay team at NCS, and he has been a finalist there in the 50 free. He's a 1<sup>st</sup> Team All-League and 3<sup>rd</sup> Team All-NCS for water polo. He's also played polo for Diablo and Lamorinda Water Polo, and he has coached the Special Olympics Swim Program for three years. Dana is ready for a standout summer for our CCC team!

### **T.J. Barni – Junior Coach**

TJ's first swim meet was at the Campolindo Cabana Club when he was 6 years old. He was so scared that the Mini Marlin coach swam beside him, offering encouragement in his effort to make it across the pool. Twelve years later T.J. continues to swim for the CCC Marlins. T.J. will be a Senior at Campolindo High School where he plays goalie for the Varsity Water Polo team and swims for the Swim Team. TJ is excited to be a part of the 2007 CCC Coaching Staff and is looking forward to being able to provide the same kind of support and praise that enabled him to finish his first event.

### **Sara Kaiser – Junior Coach**

Sara has been on the CCC Swim Team since she joined the Mini Marlins at age 4 and has enjoyed swimming each summer since then. Sara played water polo for Campolindo High School in the fall, and participated in both swimming and diving in the spring. She looks forward to another great year of swimming and coaching for CCC.

### **Rachel Cleak – Junior Coach**

Rachel started rec swimming at age 10, and this will be her fifth season at Campo Cabana Club. At age 12 she was the 1<sup>st</sup> place winner in freestyle at the County meet, and last summer she was 2006 OMPA high point winner for the 13/14 girls. She is presently a freshman at Campolindo High School, plays water polo and is on the Varsity Swim Team. She enjoyed working with the younger swimmers last season, and is looking forward to a very fun summer of rec coaching.

## 2007 Campolindo Cabana Club Marlins Swim Team Board

Pat Moran	284-5825	Team Director
Laura Larson	284-8142	Coach Liaison
Karen Vick	283-1534	Social Director
Diane Cunnane	283-6646	Concessions Director - position opening in 2008
Joe DeTrane	284-7374	Treasurer
John Kaiser	299-0485	Registrar
Lori Bartis	299-0123	Secretary
Laura Woodman	283-3282	Awards Director
Paul Gessling	283-6409	Technology Director
Mike Wright	283-4689	Webmaster
Cathy Morley Foster	284-8077	OMPA Meet Director- position opening in 2008
Dave Singh	283-2002	OMPA Representative
Jane McPhee	283-2901	Apparel Director
Robin Whitley	299-6754	Head Meet Director

### 2007 Non-Board Support Positions

Laura Larson	284-8142	Mini Marlin Coordinator
Open	?	Assistant Concessions Director
Jim Sauerberg	284-8674	Assistant Technology Director
Open	?	Assistant Meet Director

We are always eager to hear from parents who may wish to become more involved with the swim team in some capacity, such as a board member or a non-board support position such as assistant director or coordinator. We encourage interested parents to contact board members to find out more, especially at the beginning of the season so that you have a chance to see us in action. Annual board elections for the next year's swim season coincide with the Awards Ceremony in late August.

**We are currently seeking individuals interested in learning about and training for the 2008 Concessions Director and OMPA Meet Director positions.**

## CCC Swim Team – Code of Conduct

**Each swimmer must understand and agree to:**

- Listen to coaches and follow directions.
- Treat all coaches and fellow swimmers with respect.
- Keep hands and feet to him/herself – in and out of the water.
- Refrain from using rude or foul language at any team practice or function.
- Follow the CCC Pool Rules at all times.

**Please visit our web site at [www.gocampo.com](http://www.gocampo.com) to review a more detailed version of the Code of Conduct that includes our current procedure for resolving disciplinary issues.**