

2006 OMPA CHAMPIONSHIP SWIM MEET



TREASURE MAP

(AND 50th ANNIVERSARY SURVIVAL GUIDE)

Friday, Aug. 4, 5-7 p.m.

Saturday, Aug. 5 and Sunday, Aug. 6, 9 a.m.-5 p.m.

Campolindo High School/Soda Aquatic Center

Arrr, Campo Marlins ... it's that time again! The Orinda Moraga Pool Association (OMPA) Championship Swim Meet is the summer's biggest swim meet. *This year is the OMPA's 50th Anniversary!* All 10 member pools, including **CAMPOLINDO CABANA CLUB**, will compete at the Soda Aquatic Center (Campolindo High School), with over 1,400 swimmers ages 4-18 vying for top honors by individual and pool. Here's YOUR guide to the meet, with important reminders to help ensure a great experience.

For many swimmers, this is their first big swim meet. It can be both exciting and a little intimidating. Ask coaches how to best prepare for and enjoy the meet. Whether this is your first or your 10th meet - and whether you're a swimmer, a parent or other supporter - note that we all come together for friendly competition and fun.

We All Participate: Swimmers who wish to swim must have SIGNED IN at CCC. Coaches determine who swims what event. Parents of meet swimmers must help by doing the jobs for which they signed up at registration. Jobs are explained on reminder sheets coming in family folders. All are asked to bring refreshments for swimmers, also in family folders. Please keep the team area and grandstands clean - DO NOT ASSUME someone else will do it.

Meet Warm-Ups: Thursday: 3:15-4 p.m. (Team Meets at CCC, walks over at 2:45 p.m.)

Friday (Individual Medley): 4:15-4:45 p.m.

Saturday (Freestyle, Breaststroke and Medley Relay): 7:25-7:45 a.m.

Sunday (Backstroke, Butterfly and Free Relay): 8:25-8:45 a.m.

Be at the SODA CENTER POOL ready to swim, with goggles and caps. **DO NOT BE LATE!**

Get Rest, Eat Right, Drink Fluids: Before the meet, swimmers should get plenty of rest, eat balanced meals and drink lots of fluids. Coaches will give the kids tips in the coming week. While at the meet, swimmers can rest up, have healthy snacks and water in our shaded team area. The meet is often hot, so keep drinking fluids. Bring lunch or buy at the meet. Dress warmly for chilly mornings. *And, don't forget to wear sunscreen!*

Spirit Week: Many fun team activities preparing for OMPA the week of July 31st. *Get Campo Spirit!*

Parking: Parking is the same as 2005 - very tight, since Campo High School soccer fields, previously used for parking, are not available. Other swim clubs are parking at Rheem Shopping Center. If you live in Campolindo or near the high school, your best bet is to walk -- or have someone drop everyone off. And, offer street parking in front of your home for our team's sponsored swimmers. **Allow plenty of time so you don't miss your swimmers' races.**

T-Shirts/Programs: Sold at the meet, but buy early or at Thursday warm-ups - they usually run out!

Clerk-of-the-Course: Area for swimmers to gather before races. Please listen on the pool deck for announcements asking different age groups to assemble in this area, and know in which races your kids are swimming. There is NO PA system in team areas. Coaches will help round up kids, but it's hard to find them at a big swim meet. **Swimmers are responsible to be on time, with goggles, caps, etc.; swimmers not in this area in time may not swim.**

False Starts: The OMPA closely follows the rules on false starts in races. If a swimmer "jumps the gun," he/she may be asked to step out of the race by the starter or may be disqualified at the end of the race. The coaches have been working with the swimmers on their starts, but it sometimes happens, even to the best of swimmers. If it happens to your swimmer, reassure him/her. **Show good sportsmanship; no booing or heckling meet officials.**

DQs: The OMPA closely follows stroke and turn rules, to be fair to all swimmers. A swimmer and coach will be notified at a race's conclusion if a stroke or turn was improperly executed, and the swimmer's time will be disqualified. Swimmers also may be disqualified for false starts (see above). Again, it happens to even the best of swimmers. If it does, reassure your swimmer. **Show good sportsmanship; no booing or heckling meet officials.**

Give Our Workers a Break: Even if you don't have a meet job, help break CCC timers, recorders, marshals or desk folks!

Awards: **High Point Awards and Team Awards are given Sunday at meet's end, so stick around.** In 2005, Tyler Bartis took high point, Lindsay Schonborn was high-point runner-up, and Rachel Cleak was third-place high-point runner-up. In 2004, Eric Johnson took the 13-14 Boys High Point Award. In 2003 and 2001, we won the Doc Webster Most Improved Award. In 2002, it was the Ellwood Douglas Memorial Award, for scoring the most points, excluding relays, over the previous year. In 2006, there's a new Team Sportsmanship Award inspired by a CCC recommendation. **Unless you're setting up the post-OMPA dinner, be there and support the team!**

CCC OMPA Dinner: Save Sunday Night after the meet to share in our swimmers accomplishments at the Cabana Club - a great way to end the meet! *Find the dinner flyer in your folder* and turn in your request.

Show Your Spirit! Sit in our mighty grandstand cheering section - wear orange, bring any orange pompons, megaphones or leis from past years. Our team always makes a big impact - and it helps support our swimmers to do their best!

Everyone Wins! Regardless if your swimmer "wins" a race or not, every swimmer should be commended for participating in this meet. Whether they improve their own times, better a stroke, learn how to handle themselves in a competitive situation, or just have fun with their friends, the swimmers will have a memorable weekend.

Want More Info? Watch the CCC Web site, www.gocampo.com, or the OMPA Web site, www.ompaswim.com. Or contact Cathy Morley Foster, OMPA Meet Director for CCC, at cathyfoster@aol.com, (925) 284-8077.

GO CAMPO!