

# Boca Mantas



## 2011 SWIMMER HANDBOOK

## SPLASH & DASH

Event: Swim and Run for kids

When: May 21, 2011. Followed by open swim, including the Giant See Saw!

Where: The Swim Center, 21618 St. Andrews Blvd. [Map, Directions](#) 561-544-8540

Time: 10:00 AM

Ages: 5 & 6 year olds: 25 yard swim & 200 yard run  
7 & 8 year-olds: 50 yard swim & 300 yard run  
9 & 10 year-olds: 100 yard swim & 400 yard run  
11 & 12 year-olds: 150 yard swim & 500 yard run

Cost: \$12 for residents \$15 for non-residents

## VIDEO SWIM PROGRAM



Have your child learn a few techniques from our certified Water Safety Instructors.

The staff of Meadows Park Pool, will film, edit, and format your child's swimming strokes onto a DVD.



In addition to the DVD, stroke analysis will be provided by a qualified staff member.

**Cost: 1<sup>st</sup> videotaping** \$30 for resident \$37.50 for non-resident

**Cost: 2<sup>nd</sup> videotaping** \$20 for resident \$25 for non-resident

**Cost: additional DVD** \$5 for resident \$6.25 for non-resident



Call now for an appointment  
(561) 393-7851

# MISSION and VISION STATEMENT

## Mission

The mission of the Boca Mantas Swim Team is to provide the youth of our community with a recreational swimming program and to promote the sport of swimming in our area. By teaching proper stroke technique, and promoting self-esteem, self-discipline, and good sportsmanship, the team aims to provide opportunities for all participants to set and attain goals at all levels of swimming both individually and as a team player.

## Vision

Beyond mastering skills and achieving physical fitness, our swimmers will gain confidence, sportsmanship, discipline, commitment, and an understanding that success results from hard work and goal setting. They will learn the value of being part of a team. Our aim is to make swimming an important and enjoyable part of our members' lives. Parents are encouraged to be actively involved in many aspects of the team.

## **Mandatory Parent Meeting!!!!**

**A Mandatory "kick off" parent meeting will be held at Sugar Sand Park Willow Theatre on April 5, from 7:00 – 8:30 pm. Please send only one parent or guardian per family.**

Registration is on a first-come first-serve basis and all fees must be paid in full.

### **Resident registration:** March 1 - March 31

- \$150 per swimmer for the city registration. Check, cash or cc. Check made out to *City of Boca Raton*.
- "New" *Boca Mantas Booster Club* fee in the form of a CHECK or PAYPAL. No cash will be accepted. The fee is \$10 per swimmer made out to *Boca Mantas*.
- If paying by PAYPAL the fee is slightly higher due to the ease of the board collecting on PayPal. This can only be paid at the Meadows Park Pool Office. This fee helps the board pay for ribbons and awards for the banquet. PayPal fees are below.
  - First swimmer fee \$10.61 - Two swimmers fee \$20.91 - Three swimmers fees \$31.20  
Four swimmers \$41.50 - Five swimmers \$51.80

### **Non-resident registration:** April 1 - April 30

- \$187.50 per swimmer for the city registration. Check, cash or cc. Check made out to *City of Boca Raton*.
- "New" *Boca Mantas Booster Club* fee in the form of a CHECK or PAYPAL. No cash will be accepted. The fee is \$10 per swimmer made out to *Boca Mantas*.
- If paying by PAYPAL the fee is slightly higher due to the ease of the board collecting on PayPal. This can only be paid at the Meadows Park Pool Office. This fee helps the board pay for ribbons and awards for the banquet. PayPal fees are below.
  - First swimmer fee \$10.61 - Two swimmers fee \$20.91 - Three swimmers fees \$31.20  
Four swimmers \$41.50 - Five swimmers \$51.80

**Registration and tryouts times:** Tuesdays – Fridays, 10am - 6:30pm, Mondays, Saturdays & Sundays 10am – 5:30pm

# THE PHILOSOPHY OF THE SOUTH FLORIDA RECREATIONAL SWIM LEAGUE

A comfortable swimming atmosphere for children and young adults to develop their swimming skills!

For over 20 years the South Florida Recreational Swim League (SFRSL) has provided a comfortable swimming atmosphere for children and young adults to develop their swimming skills 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 Coach, enabling them to have the opportunity to do their best!

Swimmers begin to set goals that are accomplished by reinforcing a positive attitude, which in turn strengthens their inner opinion of themselves. Young people become stronger mentally and emotionally realizing that they can accomplish the goals they set! These young people become vibrant, enthusiastic young people!

The South Florida Recreational Swim League is always looking for new swimmers and new teams! Please, take a few moments and browse our site and check for the team nearest you...we look forward to working with your swimmer or welcoming a new team to our league! Here is the leagues website, <http://www.sfrsl.org>

## COACHING STAFF

Head Coach	Mark Zmuda (Coach Z)	<a href="mailto:Markzmuda@yahoo.com">Markzmuda@yahoo.com</a>	(954) 560-8948
Assistant Coaches	Nat Noon (Coach Nat)		(561) 732-6069
	Kristen Juggs (Coach J) and Meadows Lifeguards		

## OUR COACHES

### Mark Zmuda, Coach Z Head Swim Coach

Mark Zmuda came to the Boca Mantas with a successful background as both a coach and a swimmer. He started his swim coaching career as a high school Varsity Boys and Girls coach at Lassiter HS in Marietta, GA. In a five-year span, Zmuda took the program from 40 members to over 120 members, won four back-to-back Cobb County Championships, and was named Cobb County Coach of the year four years in a row. He was also an Assistant coach for four years for the Cardinal Gibbons Boys and Girls Varsity Team in Fort Lauderdale, FL. While a high school coach, the team was District Champions for three of the four years including an undefeated season for the Boys team (15 -0 record) and two undefeated dual seasons for the Girls team (30 - 0 record).

Mark Zmuda is a veteran of Recreational swimming. He has been coaching for over 10 years. He swam from age six to age eighteen for the Pembroke Meadows Swim and Recreation Club in Virginia Beach, VA. He trained with the USS Swimming team Old Dominion Aquatic Club for a few years as a teenager. Zmuda also coached the Windsor Oaks Swim and Recreation League in Marietta, GA, from 2000 to 2004.

Now in his seventh summer as the head coach of the Boca Mantas, Coach Z led the Boca Mantas to a fourth place finish in the large team division of the South Florida Swim and Recreation Swim League in 2008. It is an honor and a pleasure to be the Head Coach of the Boca Mantas for a seventh year and I look forward to building on the success from last season and welcome all new families and swimmers to be a part of the Boca Mantas Swim Team.

## Kristen Jugs May Assistant coach

This is Kristen's second summer coaching for the Mantas. Kristen attends Auburn University and is a Speech Pathology major. She will be a senior in the fall.

Kristen has been swimming for the past 11 years both for her Varsity High School Swim Team and Rec League. She swam at Cardinal Gibbons High School for four years under the guidance of Coach Z. During this time, Kristen participated in the State Championship meet, as a relay member and individual swimmer her junior and senior years of high school. The girls swim team was undefeated two years in a row! Her three most recent summers swimming Rec League, Kristen coached the 8 and under "Learn to Swim" program for the Atlantic Barracudas. She loves working with kids (especially the Mantas) and is excited for the 2011 Mantas season to begin!

## Nathaly Noon June and July Assistant Coach

In January 2000 while attending Florida Atlantic University in Boca Raton Nathaly began working as a Lifeguard at Meadows Park Pool. She worked as a full time lifeguard for four years, then moved to permanent part time so she could further her studies in elementary education. Nat is currently an elementary school teacher and has been since 2004. Throughout that time she has spent her summers at Meadows Park Pool was a certified Water Safety Instructor teaching a variety of swim lessons as well as Lifeguarding. Nat said, "it is her joy to help children learn something new and watch them accomplish and reach their goals, whether it is in the pool or the classroom." This is Nathaly fourth year as assistant Mantas coach. Nat said, "She is honored and grateful to be invited back again this summer to work alongside such talented coaches." She went on to say, "she is also grateful to the staff at Meadows for giving me this awesome opportunity."

## HOTLINE

Please use this prerecorded dedicated line for updates, that number is (561) 367-7011.

## PARENTS BOOSTER CLUB

The Boca Raton Mantas Booster Club is a volunteer parent run organization that supports the children on the Boca Raton Mantas swim team and runs all home swim meets. The Booster club is comprised of volunteer parents. The Booster club is responsible for running the swim meets, organizing team activities and functions, and communicating with the parents and swimmers. Activities that the Booster Club will coordinate in full or partially include: Running home swim meets using parent volunteers, Concession stands at home meets, Negotiate a Group Discount on Swimsuits, Swimmer trophies and awards, Picture Day, Parents meetings, Awards banquet, extra stroke clinics, a practice meet, etc.

Kim Bremer

Vacant

Vacant

Kelle Enriquez

Lisa Tunks

Shelia Millard

Jeanie Burch

Andy Furman

Joe DiCristina

[kibremer@aol.com](mailto:kibremer@aol.com)

[kelle@JuicePlusMakesSense.com](mailto:kelle@JuicePlusMakesSense.com)

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[afurman@fau.edu](mailto:afurman@fau.edu)

[jdicristina@comcast.net](mailto:jdicristina@comcast.net)

President/Development

VP/Pictures/Computers

Merchandise

Treasurer

Secretary

Concession Stand Chairperson

Team suits

Pre-meet organizer/runners/timers

Scoring/Meet Chairperson

## INCLEMENT WEATHER

The Lifeguards are in charge of providing a safe environment for everyone, in the event lightning is seen the facilities ThorGuard will sound. ThorGuard is a lightning prediction system. If you hear ONE LONG audible blast please immediately exit the pool and gather all of your belongings and quickly move off the deck. Please exit the pool deck and seek a safe location. Re entry back onto the pool deck is not permitted once the alarm has gone off. Once you hear THREE SHORT audible blasts we will be allowed back on the deck. Keep in mind that until the THREE SHORT blasts are heard, no one is allowed on the deck.

In the event ThorGuard malfunctions Lifeguards will use the flash to bang rule. Lifeguards will blow ONE audible whistle blast. Please immediately exit the pool and gather all of your belongings and quickly move off the deck. Please exit the pool deck and seek a safe location. Re entry back onto the pool deck is not permitted until no lightning is seen and no thunder is heard within 30 minutes. Lifeguards will inform swimmers when it is safe to resume the activities.

Please help pool staff by adhering to this policy.

## PARENTS and SWIMMERS

Thank you for your commitment to your child's summertime fun and fitness. This program is for children ages five through eighteen who enjoy friendly competition. You will find information about your coaches, booster club contacts, practice times, swim meets, volunteering, the banquet, and what to do if there is inclement weather. Thank you for your support. Stroke and Turn Clinic May 21, 2010 in Deerfield Beach, tentative dates.

## SWIM MEETS

Coaches scheduling meeting is in May date TBA

CHECK HOTLINE AND YOUR EMAIL FOR FURTHER UPDATES ON MEET DATES

Home meet only in the event ThorGuard emits ONE audible blast during the HOME meet, and does not emit THREE short blasts within one hour of the start of the meet, the meet will be canceled.

## CHAMPIONSHIP MEET

July 29, 30 and July 31 are tentative dates. CHECK HOTLINE (561) 367-7011 and your E-MAIL FOR FURTHER UPDATES. The Championship Meet is not mandatory; however, we strongly encourage you to attend as it is part of the entire Mantas season. It is a chance for all the teams to finish strong. It is a good opportunity for the kids to learn the value of being part of a team and making a commitment not only to themselves but to the rest of the team. Please try and work vacations around the three day

## VOLUNTEERING

Parents are a big part of any swim team. Parents are encouraged to volunteer and participate at the meets. It takes approximately **forty-five parents** to run a safe and efficient swim meet that your children will enjoy. We need parents as timers, runners, workers for the bullpen, scorers, announcers, judges, and workers for the concession stand. A signup sheet will be available at the mandatory parent meeting at **Sugar Sand Park Willow Theatre on April 5, from 7:00 – 8:30 pm. Please send only one parent or guardian per family.**

## ABOUT SWIM MEETS

**Please read this page carefully**

Swim meets are an exciting part of the season. An enormous amount of time and planning goes into a swim meet by Coach Z and attendance is extremely important.

If for any reason you are not planning to attend a swim meet, **please contact Coach Z at (954) 560-8948 or send him an e-mail at [markzmuda@yahoo.com](mailto:markzmuda@yahoo.com) by the Wednesday before the meet.**

Do not contact the pool if your child will be absent from a meet.

All Boca Mantas must arrive by 8:00 am for the home swim meet. This is to ensure adequate warm and to ensure all swimmers are in attendance. Meet will begin at 9:00 am.

**\*\*\*\*Transportation to meets is the parents' responsibility. \*\*\*\***

## FEES PAID BY THE CITY

City will pay \$1950 for \*insurance, which is \$15 per swimmer.

City will pay \$50 annual application fee in order to swim in the league.

City will pay \$100 to the league fee to cover the cost of meet supplies for the entire league.

City purchased \$700 worth of shade structures for the timers at home meets.

\*It will be the parents' responsibility to ensure the Swimmer Application form is filled out completely one for each child swimming on the team.

Please print out Swimmer Application if you still need to register, <http://www.ci.boca-raton.fl.us/rec/pools/>.

Please completely fill out the form and return the form to the Meadows Park Pool staff.

## FEES THAT THE PARENTS ARE RESPONSIBLE FOR

Girls Suits- Speedo Electric Shock	Sizes	Price	
*Youth    Style #- 8190206	Sizes 22-28	\$50.95	
*Adult    Style # - 8190207	Sizes 26-40	\$51.95	
*Boys Jammers- Speedo Sun Swirl	Sizes	Price	
*Youth    Style #- 8059002	Sizes 22-28	\$31.95	
*Adult    Style # - 8059003	Sizes 30-38	\$32.95	
City Resident registration fee	\$150.00	\$150.00	non resident fee is \$187.50 per swimmer
Boca Mantas fee if paid by ck	\$10.00	\$10.00	
*prices and styles from last year			

## PRACTICE SCHEDULE

The season begins May 3 – July 31, 2011

### May practice times are:

Mondays and Wednesdays		Tuesdays and Thursdays	
Ages 5 & 6	7:00pm - 7:45pm	Ages 5 & 6	6:00pm - 6:45pm
Ages 7-10	7:00pm – 8:00pm	Ages 7-10	6:00pm – 7:00pm
Ages 11-18	8:00 pm – 9:00 pm	Ages 11-18	7:00 pm – 8:00 pm

Friday's all age groups practice from 7-8pm.

### June and July practice times are:

Mondays through Thursdays;

Ages 5 & 6	7:00pm-7:45pm
Ages 7 – 10	7:00pm – 8:00pm
Ages 11 – 18	8:00pm-9:00pm

Friday's all age groups practice from 7-8pm

- Stroke clinic practice May 5, June 2 and July 7 from 6:00pm – 7pm, all swimmers are welcome to attend.
- No practice on; May 9, 2011, May 30, 2011, June 6, 2011, July 4 or July 11, 2011

- Swimmers are encouraged to attend all practices to better prepare themselves for the weekly swim meets. Practices will focus on stroke work and consist of various types of drills. These methods will help each swimmer advance their level of swimming during the season.
- Parents please sit at the east end of the pool during practice. If you would like to speak to the coaches, please speak with them after practice has finished.
- The coaching staff will wait for all the children to be picked up after practice, so please be timely when picking up your children.

## **MANDATORY MOCK**

A *mandatory* mock meet will be on June 3 from 7:00pm – 9:00pm with a rain date of June 8 from 7:00pm – 9:00pm. An email reminder will be sent out please ensure we have your correct email address. All parents please attend! Get involved in helping us run the meets for the season it is a fun way to get involved and help the team, so please volunteer. Thank you.

## **TEAM PICTURES**

Team Pictures will be at Meadows Park Pool on June 23, 2011 at 7:00pm. Order forms will available at practice. To speed up the picture taking process, please pick up an order form and fill it out before you come to take pictures on Picture Day. Order forms will also be sent out via an attachment to an email a few weeks before the pictures are taken.

## **BANQUET**

The Swim Team Banquet is where every swimmer will be recognized. It will be held at Meadows Park Pool on Thursday July 21 from 7:00pm – 9:30pm with a rain date of Friday July 22 from 7:00pm-9:00pm. Swimmers and parents can wear their bathing suits. We will eat first by age group, hand out awards, and then families are welcome to go in the water. Volunteers are needed so please sign up.

## **E-MAIL/CONTACT INFO**

We will be utilizing email addresses to send out updates and vital information. Please check the team roster at the facility for your contact information including correcting email addresses. If you would like to add an alternate email please send your information to Maureen McNichol at [MMcNichol@myboca.us](mailto:MMcNichol@myboca.us) please type **Mantas 2011** in the subject line.

## **PARENTS MEETINGS**

All parents this is a mandatory meeting and will be at the Park pavilion on May 4, at 7:10pm. Older kid's parents will be on May 4, at 8:10pm respectfully. This is where you will be introduced to the board, and will be given information regarding your help that is needed throughout the season.

## **MANTAS GEAR**

Team suit fitting will be on May 4 and 5 at 7:00pm. Mantas gear, towels, t-shirts or tattoos are for sale at the pool office. Please see Board details on merchandise and suits on one of the prior pages.

## CONCESSION INFORMATION for MEETS

The concession stand is the Mantas main source of fund raising. Please bring your food item (to serve 10-12 people) to the concession stand located at the NE corner (picnic area) during warm-ups.

Left over items from the meet will be used for the banquet or brought to the championship meet.

Baked Goods	Muffins, bagels, donuts, Rice Crispy Treats or Brownies
Soda	12 oz. Cans-Diet, Cola, Sprite as specified
Water	Pint sized bottles
Sports Drinks	Plastic bottles only, no boxes please as they get soggy
Candy	Individually wrapped items that will not melt (please no chocolate)
Fruit	Cut fruit in 12 oz. Cup with Saran wrap and eating utensil (spoon or fork in each cup)

## “NEW” CONCESSION FRIDAYS

New this year, we will have mini concessions on Fridays. More information will follow.

## IMPORTANT DATES TO REMEBER

Please read the entire booklet as it has useful information

- More Information is available on the dedicated Mantas hotline: 561-367-7011.
- 2011 Swimmer Application and the Mantas Information Booklet will be available on the city website @ [myboca.us/rec/pools](http://myboca.us/rec/pools). (soon)
- March 1-31 resident registration, April 1-30 non-resident registration.
- April 5 Mandatory parent meeting at Sugar Sand Park Willow Theatre at 7:00pm-8:00pm
- May 3 – July 31 season
- May 4 - Parents Meeting at 7:10pm for younger kids parents and 8:10pm for older kids parents.
- May 4 and 5 Team Suit fittings 7:00pm
- May 5 - Stroke Clinics 6:00pm-7:00pm
- May 9 - no practice
- May 21 - Splash and Dash at 10:00am at the Swim Center formally known as Mini-biathlon
- May 30 - no practice
- June 2 - Stroke Clinic 6:00pm-7:00pm
- June 6 - no practice
- June 3 - Mandatory Mock Meet 7:00pm-9:00pm, rain dates June 8.
- June 11 and July 16 Home swim meets 8:00am. Dates are tentative.
- June 23 - Team Pictures at 7:00pm.
- July 4 - no practice
- July 7 - Stroke Clinic 6:00pm-7:00pm
- July 11 - no practice
- July 21 - Banquet 7:00pm-9:30pm, rain date July 22.
- July 29, 30 and July 31 Championship meet in Coral Springs. Dates are tentative.