

MORRIS COUNTY SWIM CLUB

Start of the 2017-2018 swim year

Complete form for availability. Day of event scratches to sm@mcsncj.com

WELCOME TO 2017-2018

Opening day at both CCM & MBS is Tuesday September 5. Sunday and Monday 9/3 & 4 are not part of the swim year and are not eligible for make ups. During September the only available days/times for make ups are MBS Fridays, Saturday 1:30 practices (excluding 9/9), Saturdays 7pm. CCM MWThF practices. Swimmers should attend their scheduled practices almost all of the time. The need for make ups should be few and far between.

The previous Swimmer Practice Passports are being replaced. All swimmers, all levels, will be receiving new passports at their first practice. If the coach doesn't give you yours, then ask your coach for it. Bring with you to every practice to use to check in. If you lose your passport, it's going to cost your caregiver \$5 so keep it safe with your swim bag.

August 31 was the last day for current members to decrease their September practice commitment. September 30 is the final day to adjust your October commitment. Use the change request form under the Contact tab on mcsncj.com.

We expect to be entering our first meet of the season this week. Declare your meet availability using the link under the Meets tab or risk being closed out of meets.

Team cap orders are due in by 9/9 9PM. Follow the link from the home page listed under announcements.

Please read the web site, mcsncj.com. Most answers to your questions are there, especially the Fees tab. The most common can be found on page two so keep reading! Check the practice schedule before going to practices. There are adjustments quite often due to activities on the campuses.

If current members have younger swimmers that want to begin with our Level 1 lessons, there is a wait list that we don't expect to get through until spring. You can still sign up for lessons following the instruction for our learn to swim program from the Join tab but the start date probably won't be until at least spring.

Whether swimming is your passion or you excel in academics or another sport too, the MCSC has a place for you. Best wishes for another great swim year!

MileSplit NJ LOGIN RESULTS RANKINGS CALENDAR TEAMS COVERAGE DISCUSS REGISTRATION MORE

MileSplit Cross Country Rankings

New Jersey High School Boys Leaders

LEVEL: HS Boys SEASON: XC EVENT: Leaders YEAR: 2016 GRADE: FR STATES: NJ

LEAGUE: All

TRACK	TIME	ATHLETE/TEAM	GRADE	MEET / DATE	PLACE
5K	16:15.58	JACK JENNINGS Mendham HS	2020	NJSIAA Sectionals - North II Nov 5, 2016	1st
1500m	5:45.70	ZAYED MAANI North Bergen HS	2020	NYC Cross Country Carnival Oct 15, 2016	1st
1.x Mile	8:44.00	NOLAN ORR Seton Hall Prep	2020	Brett Taylor Invitational Oct 1, 2016	1st
1 Mile	9:02.00	MASON ZAMBOLDI Ridgewood HS	2020	Doc Braver: North Jersey Fresh/JV Invitational Oct 27, 2016	1st
2000m	6:08.00	TROY HILL Christian Brothers	2020	Manhattan HS Invitational Oct 8, 2016	1st
2400m	8:44.63	JONATHAN SMOLENSKY Mahwah HS	2020	Warwick Valley Big Purple X-C Wave Mania Sep 10, 2016	1st
2500m	8:44.00	GAVIN RICHARDS North Hunterdon HS	2020	Bernie Magee Memorial Class Meet Sep 17, 2016	1st
2600m	8:50.83	BRENDAN DRISCOLL Summit HS	2020	Stewart Memorial Cross Country Championship Sep 24, 2016	1st
3000m	11:06.00	NOLAN ORR Seton Hall Prep	2020	Essex Co Coaches Assoc. Class Invitational Oct 15, 2016	1st
3200m	8:56.00	NATHAN SMITH Tenafly HS	2020	Big North League Championships - Freedom / Oct 15, 2016	1st
4K	13:30.39	OWEN CURRY Mendham HS	2020	Joaches Fresh / JV Championships 2016	1st
Mile	12:18.00	OWEN CURRY Mendham HS	2020	County Conference Championships Oct 18, 2016	1st
4K	13:30.39	OWEN CURRY Mendham HS	2020	Morris County Underclass Championships (MC) Oct 25, 2016	1st
2.5	13:31.34	ZACHARY ZAWATSKI Freehold Twp HS	2020	Thompson Park Class Meet Sep 17, 2016	1st
2.x Mile	14:43.42	MICHAEL SANCHEZ Mahwah HS	2020	South Jersey Shootout Sep 17, 2016	1st
3 Mile	18:14.80	MICHAEL SANCHEZ Mahwah HS	2020	Suffern Invitational Sep 17, 2016	1st
5150m	17:19.00	ALEX ARANAS Governor Livingston HS	2020	Union County Championships Oct 26, 2016	1st

CCM caregivers need to pick up a parking application from the lifeguard office and bring to Security at CCM. At both pools, only park in legal parking spaces, never stop to wait for your swimmer in a fire lane. At MBS, no siblings are allowed on the first row of the bleachers. And sad to know I need to say this, no caregivers should ever sit on the bottom railing either. Siblings of swimmers at the pools need to be directly supervised at all times by the caregiver. We are guests at these facilities, please be sure everyone is on their best behavior. Any mischievous actions or destruction of campus property may result in membership suspensions and payment for losses. Caregivers, other than those dropping off their Level 1 swimmers for lessons, are NOT allowed on the pool deck. If you are turning in a payment, give to your swimmer to give to the coach. For the new caregivers and a few of you cagey veteran parents, do not coach from the bleachers. The swimmers need to keep their focus on their coach.

ANSWERS TO THE MOST COMMON QUESTIONS

PRACTICE SCHEDULE

Check the practice schedule before going to practice. Between facility closings for holidays, graduation ceremonies and other school events plus adjustments we make including changing over to our winter hours, the schedule does have many adjustments. If you haven't signed up for last minute schedule change texts, go to the home page and click on the link above the tweets.

CHANGING PRACTICE COMMITMENT

Fees are for reserving practice time, not actual practices attended. If you sign up for a given month but don't practice, the fee is still due, through the month that you request a change via the on line form. Click on the Contacts tab, then click 'Adjust practice plans' listed under Current Members. Complete your request to increase or decrease practice plans before a given month begins.

REQUEST FOR ACCESS TO PRACTICE SCHEDULE OR MEET AVAILABILITY REPORT

These files are available to anyone with the links. If you receive this type of message, it's because you're trying to access the document from a server that doesn't allow you access to google docs. Many school districts and some places of employment block google doc access.

SCRATCHING FROM A MEET

The best way is to use the same online form you used to give availability. It can be found on the top of the Meets and Contact pages (both these links are on the top of the homepage). Once on either of those pages use the link Add/Change/Scratch. If the scratch is last minute then you can also email or text sm@mcsnj.com to scratch. The scratch must be received before the start of your swimmers warm-up or there will be a No Notice Courtesy fee of \$10 applied to your account.

Letting your coach know is courteous but is not scratching officially and a courtesy fee will still be applied if you do not follow the steps listed above. We want our MCSC coaches focusing on swimmers at the meet, not keeping track of swimmers that won't be there. The only exception to this rule is if you are already at the meet and need to scratch from that particular session. The swimmer should just inform the coach in person, no need to complete the form. If that particular swimmer needs to scratch from the next day of the meet you need to follow the above instructions.

CHANGING YOUR PLANNED PRACTICE SCHEDULE

There is little room to change your September – February schedules. However, all requests should be made through the 'adjust practice plans' link under the Contact tab and we'll work with you to get to a solution. Requests for changes should not be made via email. Discussions after online requests can certainly occur via email but please use the online request form.

REDUCING MONTHS FROM THE SWIM YEAR/ MULTI MONTH DISCOUNTS POLICY

Some swimmers choose to reduce/remove months. This is fine to do but this could effect your monthly fee, retroactive back to September. The following chart (from the fees page) reflects how your multi-month discounts are calculated/applied.

Monthly fee (discount) changes retroactively to Sep when changing number of months during the swim year.

Practice Days Per Week	0-5 Practice Months	6-7 Practice Months	8-10 Practice Months	11-12 Practice Months
1-2 Days per week	\$180 per month	\$165 per month	\$155 per month	\$150 per month
3 Days per week	\$240 per month	\$225 per month	\$215 per month	\$210 per month
4 or more per week	\$330 per month	\$315 per month	\$305 per month	\$300 per month

If you are receiving a discount (from \$5-\$20 per month) and reduce the number of months and it effects the level of discount, you will be responsible for all previous months at the higher rate retroactive to September, or the month you started the swim year. This policy works both ways and should you add months, you receive the higher discount as applicable retroactive to September.

Pay As You Go (PAYGo) Program Daily Fee

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1.5-5 PAYGo	\$25 AM \$20 7PM	\$35	\$35	\$35	\$35	\$35 CCM \$25 MBS	\$25 daytime MBS \$20 7PM

Individual meet days are @ \$25 per day.