



BOOSTER CLUB GUIDE FOR PARENTS

This document includes information on:

- **The Legacy of the UDHS Swim/Dive Team.....Page 2**
- **The History of the UD Swimming & Diving Booster Club.....Page 2**
- **Communications.....Page 2**
- **The Preseason.....Page 3**
- **The Season.....Page 3**
- **The Suburban, Last-Chance, District & State MeetsPage 4**
- **The Team Parties and Activities.....Page 5**
- **Academics.....Page 7**
- **Booster Club FundraisingPage 8**
- **Your Finances – at a Glance.....Page 10**

The purpose of this document is to give new Upper Dublin swim/dive team parents an idea as to what they can expect from the UDHS swim/dive program. This information will help you better understand what is going on and will also give you a look at the financial obligations associated with the team. This document includes as much information as possible so that you and your student-athlete know what to expect during the upcoming season.

*****The Legacy of the UDHS Swim/Dive Team*****

The swimming and diving team is the MOST successful sports program in the high school. The number of Suburban One League Championships won by the boys and girls is unparalleled. The number of individual swimmers and divers that qualify to compete at the District and State levels is also unmatched. An exceptional number of UDHS team graduates compete at the collegiate level. There is no other sport at Upper Dublin that can boast about numbers like this.

This doesn't just happen by chance. It happens because of the dedication of the coaches and the long hours and hard work put in by our swimmers and divers. Upper Dublin has built an incredible program with tremendous tradition, a respected reputation and a loyal following and support system. Even in years when there have been as few as 4 UD team members competing in the State meet, the number of UD supporters that have gone to watch and cheer them on has exceeded other teams in the state. EVERYONE in PIAA AAA competition knows the "UPPER DUBLIN" cheer! This kind of team unity of coaches, swimmers and parents is unique and insures that your child's swimming experience will create memories that will last a lifetime.

*****The History of the UD Swimming & Diving Booster Club*****

In the past, the parents of the team captains from both the girls' and boys' teams were responsible for organizing all the different activities associated with the UDHS team. These included setting up committees to handle parties, fundraising, the Red Book, the Florida trip, team apparel, arrangements for States, the swim team banquet, etc. As the program grew, it became clear that this was entirely too much to ask of 4-6 captains' parents. A few years ago, it was determined that the best way to handle this would be to form a Booster Club. By-laws have been written and approved and nominations are made yearly for the positions of President (or Co-Presidents), Vice President, Secretary and Treasurer (or Co-Treasurers).

Committees were formed to handle the tasks necessary to insure a smooth season. Parents are asked to chair and/or participate in these committees. The committees include Apparel/Sportswear, Banquet/Banquet Decorating/Banquet Ads & Program, Florida trip planning, Freshmen Liaison, Fundraising (including Carwashes, Script, Snack Bar, Stromboli sale, Mother's Brunch, Parent Appreciation, Parkas, Parties, Photography, Red Book, Senior Gifts, States, Webmaster and Yahoo administration.

*****Communications*****

There are 2 websites and one booklet where you will get most of your information throughout the season regarding USHS Swimming & Diving:

- The UDHS team booster club and coaches use **"Yahoo groups" as the primary mechanism to communicate with all the families** in our program about team activities. When your child joins the team, you will be given instructions on how to join our Yahoo group (parents should join and kids can join). (See Linda Easton at ljheaston@yahoo.com if you have problems.) You will receive timely messages in your email from our Yahoo group when a new communication is posted by the Booster Club or coaches. Sometimes, a document will be posted on the site that you will need to access (order forms, fundraising forms, etc). You will receive an email with a link to the Yahoo group site to sign in to retrieve it. Everyone (in the group) is welcome to go to the site and browse the old communications and old documents, but unless you need to communicate with all the families or get a form, you will rarely have to sign on. That being said, it is important to register for the group in order to receive the messages.
- The general website is <http://www.udswimming.org> and it provides information such as the schedule, records, pictures from Florida trips, results, UD swimming/diving in the news, etc

- The Booster Club also produces the **“RED BOOK”**. It is an invaluable source of information in a handy format! You should bring it with you to all the meets. You will get this book a couple of weeks into the high school season. It includes:
 - Regular season meet schedule
 - Championship meet schedule
 - Team activity schedule
 - Team rosters with phone numbers and addresses
 - Phone chain
 - Team guidelines
 - Driving directions
 - Team records
 - Districts qualifying times (and diving scores) and meet score sheets

- **There will be a parents meeting in mid-November at the school, around the time of tryouts.** The coaches will talk about expectations for the season and give out lots of information. In addition, the Booster Club will invite you to sign up for various committees, give you info about upcoming events, and have order forms for warm-ups, parkas, and training equipment. Bring your checkbook. **Please read this document in advance and come with your questions.** Expect to be overwhelmed.

The Preseason

Many kids who plan to tryout for the UDHS Swim Team also participate in UDAC's USA Swimming program. This program provides pre-season weight lifting, conditioning and swimming practice so that the athletes are already in shape when the season begins. It also enables the athletes to begin competing in invitational meets prior to the high school season. Practices start in early-September and include morning (5:30-7am) lifting and/or swimming and afternoon swimming/dryland (2:45-5pm). It is the parent's responsibility to arrange transportation to get their children to and from these practices. For more information regarding UDAC's USA Swimming program, go to www.UDAC.us.

The Season

The UDHS Swim and Dive season starts in mid-November and goes through March. There will be lots of practices, many meets after school (and a couple in the evening); several invitational meets that the team will travel to on Saturdays, as well as UDAC meets to participate in (if the swimmer registered for USA Swimming or UDAC).

While practice schedules are determined by the coaches each year, you can expect that the boys will practice Monday-Friday from 5:30-7:00am (dryland, weight training, and/or swimming depending on the day) and from 2:30-5:30pm (dryland and/or swimming). They will practice on Saturday mornings from 7-9am. The girls typically practice 3-5 mornings (5:30-7:00am) during the week plus Saturday mornings and Monday-Friday afternoons (2:30-5:30pm). Freshmen are usually the last out of practice in the afternoon as they are typically assigned clean up duty (putting away lane lines, equipment, etc). The diving team practices from 3-4:30.

There is usually no practice on Thanksgiving Day, Christmas Day, New Year's Day and Sundays. That being said, **there is practice during Thanksgiving break, Christmas break, MLK weekend, and President's weekend.**

Meets usually start the week after Thanksgiving with the traditional Pennsbury/Council Rock/UD Tri-meet. It is an out-of-league meet with great competition. A pizza party for all three teams follows. Meets usually start at 3:30 or 3:45pm during the school week. There are designated "Dual" meets or "Double Dual" meets. "Double Dual" means that both the boys and girls will be swimming and diving at the same location (both are either at home or both are away). These meets last approximately 2.5 hours. A "Dual" meet is when the boys are home/away while the girls are the opposite. These meets usually last about 1 hour 45 minutes. There is one heat of each event and diving occurs in the middle of the meet.

Swimmers and divers are expected to go to and return from away meets on the team bus. Exceptions can be made to this in advance by writing to the coach.

There will be one or two meets during the week throughout the season; regular league meets continue through mid-February followed by Suburbans, Last Chance, Districts and States (which take the season to mid-March). The swim team also travels to several invitational meets on Saturdays during the season, including the Boyertown Relays, the Wilson Relays, and Penn State Invitational (held at Bucknell University). Some of these invitationals have fun races, while others offer stiff competition. When the team is not at an invitational, they will swim/dive at the UDAC meet if there is one scheduled.

Every two years, the swim team goes to Florida over the winter break for a training trip (the diving team has not participated in this trip in the past). This trip is planned by the coaches and Booster Club and paid for by the families of the swimmers. They work hard and also have a great time. It is a terrific bonding time for the kids and coaches. The trips are held over winter break during the even years (i.e. 2008, 2010, and 2012). Planning for the training trip begins in January the preceding year. This trip is planned and coordinated by a committee of volunteer parents and the coaches.

The Florida trip costs are variable and depend on the departure date, the length the trip and the planned activities. Often, Fundraising Credits may be used to reduce the out-of-pocket costs to the team for the Florida trip. In addition, for each team member who participates in the Florida trip, it is beneficial to collect funds from participants over time. This serves two purposes: 1) it allows the Booster Club to obtain better airfares and room rentals since they can be bundled. 2) It allows participants to spread the cost of the trip over time. As Florida payments are made by team members, the Booster Club Treasurer keeps an accounting of each child/family's payments. The balance owed can be found out by contacting him/her.

*****The Suburban, Last-Chance, District and State Meets*****

The first "post-season" meet is the Suburban One Championship in mid-February. The meet is held on Friday night and Saturday morning, and every year the boys' and girls' teams alternate between the evening and morning sessions. Suburbans for divers is usually held mid-week, boys one day, girls the next. This meet is now held at Upper Dublin.

Unfortunately, not all swimmers make the coaches' line-ups for this meet. (Don't fret -- you wouldn't BELIEVE how many current and past State qualifiers did NOT make the line-up their freshman year!) Many individual medals have been won at Suburbans but, more importantly, UD has a LONG tradition of winning the team championship. Swimmers who do not make the line-up still go to the meet and cheer or help time. Many parents will go to both the boys' session and the girls' session to cheer on our team.

For swimmers who don't swim in Suburbans and anyone that hasn't yet made qualifying times for Districts (or in some cases, want to improve their qualifying time), the Last Chance Invitational meet is their last ditch effort to "make Districts". Hearts are either filled or broken this night. In any case, it's an exceptionally gratifying meet to view, to see all the kids that have already qualified (and some of their parents, too) whole-heartedly cheering on their teammates attempting to join them at Districts. This is another great UD tradition of support.

The teams' goal every year is to place as many swimmers/divers as possible into the District One meet. To qualify for this meet, the swimmer/diver or relay team must meet or better a qualifying time or score during the course of the season (or the Last Chance meet, explained above). The more swimmers/divers that qualify - the better our chances of scoring team points towards the District One Championship. 2008 and 2011 were historic years when the boys' and girls' teams respectively won their first AAA District title! The District meet is held at LaSalle University in March. Both the boys' and girls' teams swim on Friday afternoon/night (the first half of a regular meet's events) and Saturday morning/afternoon (the second half of a regular meet's events). District 1 diving competition is usually the weekend before swimming.

Further, another goal at the District meet is to qualify as many individuals and relays as possible for the PIAA AAA State meet. In District 1, the top 4 place finishers in each individual event and the top 2 place

finishers in each relay event automatically qualify. Following all the District meets in PIAA AAA competition, the next 16 best times in each individual event and the next 8 best relay times qualify for at-large berths. (You can find all the AAA District results on the website <http://paswimming.com>.) States are held at Bucknell University in mid-late March.

Many parents as well as team members who don't qualify still travel to the State meet for one or both days to cheer on their fellow UD team members. Year after year this support and tradition has been tremendous and we are hoping it continues in the future. Information is sent out through the Yahoo group site. With the exception of qualifying swimmers, all costs to attend are your own expense (see "Your Finances" for an estimate).

FYI: The determining factor for whether a school is classified as A, AA, or AAA in PIAA competition is the population of the school. Upper Dublin is at the very low end of the range for AAA, which makes its win over a school as large as North Penn that much more commendable!

Meet Attendance

Parents and family members are encouraged to attend as many meets as their schedules permit. For some, this may mean just the evening meets and the Championship meets on the weekends (i.e. Suburbans, Districts); for others, it may mean home meets; for others, we'll see you at all the meets. UD parents have the reputation for wearing red and sitting in a large group somewhere in the middle of all the action! For the Championship meets, there is a charge to attend and lines to get in. UD parents who are able should try to arrive early and spread out to make room for our friends who have to stay at work until the last minute or who have to pick up their young children from school before coming to the meet.

Some parents try to go to both the boys' and the girls' sessions of Suburbans and Districts and States while others can only make the session that their child is in. Whatever you can make, please come! It's fun to get wrapped up in the excitement!

*****Team Parties and Activities*****

Typically there are four big parties and several other social events during the season, as described below. Several parents volunteer to open up their homes and host these parties, which are run by volunteers and Captains' parents. These volunteers set up before and clean up after the party at the host's house. Prior to each of these parties, sign-up sheets will be made available asking parents to bring appetizers, main course dishes or desserts. Parents may bring their beverage of choice.

- 1) Welcome/New Parents Party: Usually held in late November or early December soon after the rosters are finalized. This is for parents of freshmen swimmers/divers to meet the parents of upperclassmen and to kick off the season. Appetizers and desserts are brought. Swimmers/divers do not attend.
- 2) The Wilson Relay Party: In a Saturday in mid-January the swimmers participate in a relay meet at Wilson HS near Reading, PA. That night a party is held for the swimmers and their parents. Divers and their parents are also welcome. Main course entrees, appetizers, salads, and desserts are usually brought to this party as the kids are ready for dinner upon their return from the meet.
- 3) Mothers' Brunch: An optional event for all team mothers, it is usually held on a Sunday morning in late January. The approximate cost is \$20/pp and the Moms have a GREAT time.
- 4) The Suburbans Party: In mid-February, after the dual meet season is over, the teams participate in the Suburban One Conference Championships (see above). The Saturday night of Suburbans, a party is held for both parents and swimmers/divers. Main course entrees, appetizers, salads, and desserts are usually brought to this party, too.
- 5) The Districts Party: The Saturday night of Districts, a party is held for parents and swimmers/divers. Because the meet typically ends fairly late and many parents are at the meet, the Booster Club has provided pizza and hoagies for the party while appetizers and desserts

are brought by parents. Everyone is invited to this party regardless of whether they swam/dove at Districts.

- 6) Banquet: After the State meet, the team holds their annual banquet to review and celebrate the previous season. Invitations are mailed to all team members' families. Banquet costs for the kids are covered through the Booster Club's assessment fee. The cost for parents is approximately \$25/pp. The highlights of the evening are the individual speeches given by all senior team members and the handing down of team traditions. It is a unique and timeless tradition. The banquet typically runs around three hours.

Other Fun Events and Activities include:

- 1) Pasta Parties: Periodically throughout the season the teams will get together after practice at a swimmer's home to "carbo-load" on a dinner full of pasta choices, usually the night before a "big" meet. Parents will be asked to contribute pasta, bread, salads or drinks. The food assignments are usually done by grade and are decided by the coaches or captains. Requests for host houses and information about Pasta Parties are usually sent home with the swimmers and/or communicated through the Yahoo group website. These can often happen without a lot of notice (i.e. the night before), so, next time you're making lasagna, make 2 and freeze one or keep extra frozen ravioli and garlic bread in the freezer so you're prepared! These parties are usually (but not always) boys or girls team specific, and parents do not attend (unless they would like to help the host family which is a really nice thing to do).
- 2) Saturday Breakfasts: Occasionally the teams decide to have a team breakfast (again, usually boys or girls team specific). Sometimes this is done at Dunkin Donuts (be sure to keep a couple of dollars on hand), sometimes at a team member's house. When held at a team member's house, team members are asked to bring a food or beverage or paper products. These often occur without much notice.
- 3) Pizza Parties: On occasion there may be a pizza party and the kids will be asked for \$5 towards it.

Special Traditions

*****Girl's team parents*****

- The Girl's team typically wears nicer than average clothing on meet days, (i.e. dress pants, skirts, etc).
- "**GORF**" (frog spelled backward), is the team mascot (cardinals can't swim!). If you happen to find some-thing "frog-related" (sox, pins, earrings, hair accessories, etc.), pick them up for the girls.
- Your daughter will be given a "**sister**" on the team. Upperclassmen (big sisters) are paired with underclassmen (little sisters) and are asked to make a "psych bag". It is usually given out at the Marathon. Your daughter is responsible for the contents, which should include a letter of encouragement and things to entertain their "sister" while she's not swimming (magazines, snacks, coloring books/crayons, munchies, etc.) This is one of the first places you might see a GORF show up! Psych bags may also show up at a major meet (Suburbans or Districts).
- The girls wear **RED stockings** during practice in preparation for Suburbans. They are not easy to find, so when you do – GRAB THEM!

*****Boy's team parents***:**

- One of the traditions of the Boy's team is that they wear "dress" clothes (i.e. shirt, tie, nice pants, and nice shoes) to school on the days of away meets.
- Another tradition is that in mid-late January, the boys dye their hair blonde (on some, it looks more like an odd shade of orange!). Also, since they don't cut their hair once the season starts it looks especially "special" when it's dyed! If you have misgivings, your child does not have to do this, but know that it will be shaved off within a few weeks.

- Even the boys wear **pantyhose / tights** (the crazier the better, though fishnet don't work very well) over/under their swimsuits during practices toward the end of the season to increase "drag" before they "shave and taper" for the Suburban and District meets. (Ask the kids or the parents of an upperclassman for the definitions of those terms if you're not familiar.) You might want to have a few extra pair in stock as they tend to disintegrate quickly.
- Prior to their last big meet (for some kids that's Suburbans, some Last Chance, and some Districts and States), the boys will shave their bodies and heads to help them swim faster. For new swimmers, the upperclassmen shave a design on their heads the day before that final shave. They go to school for one day with this distinctive look then shave themselves clean. The Gillette Fusion has been the favorite razor for the last few years. If you have clippers and are willing to let the boys use them at the locker room, these help to get the bulk of the hair off.

Both teams' parents:

- Underclassmen will be asked to contribute towards the **seniors' gifts** (usually \$5 ~ \$10), which are given at Senior Recognition Night (last home meet of the year). This is usually coordinated by the Juniors. This is different from the Senior gifts given by the Booster club at the banquet.
- At this same meet, parents are recognized by the team members with a hand written thank you card and a flower/token gift prior to the meet. You won't want to be late to this meet because it is very sweet to get a hug in public from your teenage son or daughter!
- The teams may also exchange **Pollyanna** holiday gifts with each other – usually boys' team members to girls' team members and vice versa (\$10 ~ \$20). This is usually coordinated by the team captains.
- The teams usually give the **coaches a gift** at the banquet (in addition to the Booster club gift to the coaches). The captains coordinate this (or assign someone else to do it). It's typically \$5-10 per person.
- Team Spirit / Apparel: Upper Dublin's team motto is "GO RED." To support this motto, the Apparel Committee offers parents the opportunity to purchase a variety of red apparel and other assorted items with the Upper Dublin team logo. Costs vary from \$10-\$30. As parents get involved with cheering at the meets, especially the Suburban, District and State meets, our "Sea of Red" is undeniable and the envy of other teams!
- Occasionally the team will design and purchase its own "team shirt" for approximately \$10. This is coordinated by the coach and/or captains and is paid for separately from the team spirit apparel discussed above.

Academics

After reading all of this you are probably pretty worried that your child will not make it through high school for all of the swimming and diving they'll be doing! It is a lot, but history shows that the kids on this team excel at both swimming / diving and learning. Many previous (and current) team members have carried fairly heavy academic loads and have gotten good grades while working like crazy in the pool. Because of the rigorous training and competition schedule, the athletes don't have much time for goofing around. After practice, its go home, eat (a lot!), do homework, go to bed. A lot of homework gets done on Sundays. If they can get organized and stay focused, they should be able to handle their workload.

Since most of the meets are after school and the team leaves school early for away meets, the swimmers/divers should keep open lines of communication with their 7th period teachers to stay current with the material being presented in their absence.

*****Booster Club Fundraising *****

Since swimming is not a revenue-producing sport, it is up to the Booster Club to sponsor fundraising events to defer costs so that all team members can participate in the great traditions. Each year, the Booster Club works with the coaches to determine what fundraising the teams will do to generate money. There are 3 types of accounts that the Booster Club maintains: The General Fund, Fundraising Credits and the Coaches Fund. These accounts and the fundraisers sponsored by the Boosters Club are described below.

The General Fund:

The General Fund is now primarily funded by an annual assessment at the beginning of each season (\$100 per swimmer). This money is used to pay for various functions during the course of that year which include, but are not limited to, the following:

- 1) The "Red Book" – a directory that provides important information including team rosters, parents' names, meet schedules and directions, Suburban, District and State meet information, District qualifying times for swimming and scores for diving, Team Records, Meet & Event Scoring, team phone chains in case of practice changes/inclement weather, etc.
- 2) Photo Buttons of Swimmers – A UD tradition. Parents are provided with a photo button of their child to wear to meets. This is done freshman year, or the first year a student makes the team. Most parents wear these buttons to the meets all four years.
- 3) Team Party Goods – beverages (soft drinks, Gatorade, water) and paper products for the parent/team parties.
- 4) Parent Appreciation Night -- Typically the last home meet of the season, team members recognize their parents, usually with a thank you note and flowers.
- 5) Booster Club mailing expenses: Postage, copies, envelopes, etc.
- 6) The Team Banquet -- Costs incurred for team members, invitations, decorations, printing the program, and compensated guests (UDHS Principal, Athletic Director, UDSB Board Superintendent and selected Board members, etc.). Note: Parents pay separately for their ticket(s) to the Banquet.
- 7) Senior Recognition Gift-- All seniors are recognized and presented with a gift from the Boosters at the banquet.
- 8) Sunshine Club -- Funds are budgeted for flowers/cards to be sent in the unfortunate event of team-related serious illness or death.
- 9) Coach's Gifts from the Boosters, presented at the banquet.
- 10) Party Host Gifts – Families who host one of the major parties of the year are given a token gift at the banquet.
- 11) States Meet: Various costs associated with States which are born by the Booster Club, separately from the individual costs paid for by spectator.
- 12) Equipment -- Periodically the coaches request training equipment for the swimmer/divers.
- 13) Team banners/plaques – Listing the years of team titles and District and State qualifiers.

Fundraising Credit:

At the discretion of the Board, the credits earned by participating in fundraisers may be considered when distributing excess funds back to the team in the event total funds collected exceed total funds spent in any fiscal year or for any special activity. UD Swimming and Diving fundraisers include:

1) Script: One ongoing program organized by the Booster Club is the Dreshertown Shop-n-Bag Script program. Script is essentially Shop-n-Bag “money” you purchase from the appropriate Booster Club representative. For every \$100 purchased a portion goes towards Fundraising Credits. Since many people shop at this local super-market, many parents have bought script in large quantities and in addition to what they personally use, have sold it to friends, parents, neighbors, UD alumni, etc. This fundraising program is available all year long.

2) Stromboli Sale: One annual fundraiser is the Stromboli Sale. This has traditionally been sponsored in November, but the date has been known to be earlier in “Florida” years. A portion of each sale goes towards Fundraising Credits.

3) Car Washes: Generally there are 2 car washes per year – one in the summer and one in the early fall. Both teams participate and funds go towards the Coaches Fund. All swimmers are expected to work at the car washes as they are good team-building functions and a primary source of funding the costs for the coaches to travel to Florida. The Booster Club is committed to covering the coaches’ costs, without which there would be no training trip. Any money that is fundraised over and above the cost of the coaches’ trips is carried over to defer the cost of the trip for everyone, so the more effort put into fund raising the less it costs everyone to go to Florida.

4) Suburban Program: The Team sells ads to businesses or other sponsors for the Suburban Program Book, a portion of ad sale earns Fundraising Credit.

5) Banquet Program “Shout Outs:” Words of thanks, congratulations and good wishes from friends and/or family members may be included in the Banquet Program at the end of the season for a small fee, a portion of ad sale earns Fundraising Credit.

Other fundraisers that have been organized in the past include sales of Wawa coupons, the UD Relay Carnival, and Cardinal Invitational meet programs and snack bar proceeds, etc. We are open to ideas of new fundraisers, so if you have one, please let a board member know!

The Coaches Fund:

The Booster Club is committed to covering the travel costs of the head coaches for the Florida Training Trip. Proceeds from the carwashes go to this account. When the coaches participate in the other fundraisers described above, their profits go into the Coaches fund.

*****Your Finances – at a Glance*****

These costs are approximates only, based on prior years; your actual costs may vary. This is shown simply to provide a high level 'guesstimate' of the financial obligations of the team members (To say it another way, the Booster Club does not pay for these items).

<u>Activity/Item</u>	<u>Approx Cost</u>	<u>Timeframe</u>	<u>Comments</u>
<u>1st Year Only Costs</u>			
Warm ups	\$70	1st year only--Nov.	Warm-ups are used all 4 years (Optional, but most have at least the jacket if not the pants as well).
Parkas	\$140	1st year only--Nov.	Optional, but they love them. Buy to last 4 yrs. You order them in Nov. but they don't get here until Feb.
Equipment	\$95	1st year only--Nov.	Optional--Fins, snorkel, paddles, mesh bag, etc. Check with coaches if you are unsure whether or not you need them
Parent's spirit wear	\$50	1st year only--Nov.	Optional, new design red shirts each year, you decide if you want to get them in later years
<u>Yearly Costs</u>			
Booster Club Assessment	\$100	November	Due no later than 12/31
T-shirts - boys	\$10	Nov/Dec	Coach initiated t-shirt that everyone buys
Drag suits - boys	\$35	early season	Team purchased matching drag suits that have been used for several years. Your son will want one.
Practice suits - girls	0- \$120	early season	The girls wear multiple old suits at a time to create "drag" in the water. You may have to buy a suit every so often.
Tights - girls	\$6	early season	Red preferred, but any color will do in a pinch
Psych bags - girls	\$30	Thanksgiving Saturday	Girls only; filled with things to help pass the day
Pasta/pizza parties	\$20	throughout season	Misc. \$5 donations for pizza, sending in pasta dish, etc
Pollyanna	\$20	Winter break	Boys buy gift for girls and vice versa. Organized by captains
Mother's Brunch	\$20	late January	Optional, but nice event for Mom
Tights -boys	\$6	mid-January	For tough practices prior to taper. The crazier, the better
T-Shirts - girls	\$30	throughout season	Girls are always making new t-shirts!
Suburbans	\$10	January	Spectator ticket and program
Suburbans t-shirt	\$15	January	Sold by league to spectators and swimmers--optional
Hair Dye - boys	\$10	mid-January	The boys dye their hair bleach blonde in mid January at the Suburbans party.
Senior Gift- boys	\$15	late January	Jr boys coordinate a collection from underclassmen to get gifts for Sr. boys. Given at Sr. Recognition night meet
Senior Gift - girls	\$15	January	Jr girls make a crafty project for the Sr. girls to be given at Sr. Recognition night meet
<u>Districts Costs</u>			
Swimsuit	\$60-\$175	mid-February	Fast suits for Districts (depends on style). School only pays for regular Team suit at beginning of season.
Massage	\$20	early March	Coaches bring in masseuses for Districts bound swimmers. \$1/minute
Spectators seats/program	\$30	early March	Approx. \$5-8 per session. Girls and boys are split up over 2 days (4 sessions)
T-shirts	\$15	early March	Sold by league to spectators and swimmers—optional

<u>Activity/Item</u>	<u>Approx Cost</u>	<u>Timeframe</u>	<u>Comments</u>
<u>Banquet Costs</u>			
Parents tickets	\$25	late March	\$25pp. (Team members are paid for by Booster Club)
Senior gifts - girls	\$20	late March	Underclass girls give the Sr. girls each a gift. Coordinated by an underclassman
Coach's gift	\$10	late March	Coordinated by Captains. Each team collects money to give the coaches a gift.
Banquet Ads	\$5 and up	late March	Optional, depending on size of ad. Families put "shout outs" or congratulations ads in the program.
<u>States Costs- If your child goes and/or you want to attend:</u>			
Team Apparel	\$90	mid-March	Kids qualifying for States buy a special warm-up suit proclaiming the fact!
Spectator tickets	\$56	mid-March	Meet is 2 days long. Price is ~ \$28 per day/per person.
Program	\$10	mid-March	If you want a program as a souvenir
Hotel	\$155	mid-March	Per room--2 nights (if you don't want to drive each way)
Massage	\$20	mid-March	Coaches schedule masseuses. Optional
Incidentals	\$150	mid-March	Meals, t-shirt, souvenirs, etc
<u>Florida - Every Other Year</u>			
Florida Trip	\$1,200 - 1,400	Jan-Nov	Payments spread throughout year. Cost depends on departure date, length of stay, accommodations, airfare, activities, etc.

*****In Summary*****

We understand that this is a tremendous amount of information. The intent of this packet is not to overwhelm, but rather to inform. With so many “veteran” parents on the team and Freshman Liaisons available, we encourage you to “just ask” if you have questions. We’ve all been where you are before and are here to answer your questions and help you and your children feel comfortable and a part of the UD team.

The officers of the Booster Club have volunteered their time to represent you, the parents. Please know that the Booster Club is ever-evolving. If something is not working as it should, if you have a suggestion as to how something could work better or more efficiently, or you are having a problem, please bring it up at a Booster Club meeting so we can all discuss it as an organization and make necessary changes.

Show your kids that you care. The number of children on the UDHS swimming and diving teams, translates to more than 100 parents available to contribute, in even the smallest way, to making this organization work in support of our kids. PLEASE GET INVOLVED -- VOLUNTEER TO HELP. If everyone does a small part, no one will feel overburdened and it can be an enjoyable experience for everyone.

Thank you, in advance, for your time and support. GO RED!!!

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2011-2012 Upper Dublin High School Swimming and Diving Team Booster Club

***Special Note: We want to thank former Booster Club President (and former parent) Gary Bonitatibus for authoring the original version of this document. We have only updated and added very little to what Gary originally wrote. We appreciate the thought, organization and time he took to put all this information in one place for the benefit of all present and future swimming and diving team parents.