

Parents' Handbook

Heidelberg Sea Lions

(Rev. 08/11)

European Forces Swim League Champions 1998, 1999, 2000 & 2002

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Board Positions

President.....	Kim Bigelow
Vice President, Club Activities.....	Melanie Bray
Vice President, Swimming Operations.....	Joe Aldous
Secretary.....	Jenny Shannon
Treasurer.....	Annette Vega
Fundraising Chair.....	Angela Dalton
German Liaison/Webmaster.....	Erik Bausler
Publicity Coordinator.....	Bo Craig
Statistician.....	Shawna Hilferty

Appointed Officers

Travel/Hosting Coordinator.....	Lisa Fife
School Liaison - Heidelberg.....	open
Social Director	Terri-Lynn Braun and Shannon Arndt
Volunteer Coordinator.....	Allison Kim

Coaching Team

Head Coach.....	Ashley Wolff
Assistant Coach.....	Michi Sanders
Assistant Coach.....	Juniper Bramhall
Assistant Coach	Reid Aldous
Assistant Coach.....	Tarita Harris
Assistant Coach.....	Erik Bausler

Home Meet Positions

Meet Director.....	Joe Aldous
Assistant Meet Director.....	
Awards/Ribbons	
Clerk of Course.....	Frankie Hashagen
Head Official.....	Joe Aldous
Head Starter.....	Joe Aldous
Head Timer.....	open
Meet Concessions Coordinator.....	Tricia Elkinton
Meet Marshall.....	open
Swim Shop Manager.....	Monica Macy

Contact Information

Kim Bigelow.....	06210-7838402 (h).....	015222 045106
Coach Ashley.....	(h).....	
Team Website.....	www.heidelbergsealions.com	
EFSL Website.....	http://swimefsl.org	

Ashley Wolff has been involved in swimming for 17 years and began coaching for USA swimming in 2000 while completing her Masters degree at the University of Memphis. Most recently she has been the Head Age Group Coach of a swim team in Miami, Florida and has helped train new coaches in Arizona. Ashley is a Level 2 ASCA Swim Coach, a Certified Personal Trainer, and a ARC Lifeguard Instructor. In addition, Ashley is an avid triathlete.

MISSION

The HSL is a competitive swimming program for youth aged 6 to 19 that emphasizes proper body position, efficient stroke technique, breath control, mental and physical discipline, well-rounded fitness, and sportsmanship.

In order to best fulfill this mission, it is important to clearly layout expectations for the swimmers as well as their families. The Sea Lions Swim Team and Booster Club have formulated a Swimmers Code of Conduct that outlines expectations of the swimmers during the swim season. Likewise, the Parents Code of Conduct outlines the expectations of team parents as they support their child, the team, and the booster club. Swimmers and their families should remember that they represent the Sea Lions and the Heidelberg community as they use the practice facilities and travel to and participate in meets.

SWIMMER CODE OF CONDUCT

As a member of the Heidelberg Sea Lions Swim Team, I agree:

- To be modest in success and gracious in defeat
- To show respect for authority to the officials and coaches
- That the use of alcoholic beverages and smoking is strictly prohibited.
- That the use of drugs not prescribed by my physician is unacceptable at any time.
- That there will be zero tolerance for fighting, verbal abuse, physical abuse, or sexual harassment toward any swimmer, coach, official or parent.
- That refusing to participate in practice could result in suspension or dismissal from the next meet or from the team.
- To respect the property of others and common property and public facilities as I travel with the team and visit other pools.
- To demonstrate good sportsmanship before, during and after a practice or a meet.

If a violation to the Swimmers Code of Conduct occurs, the following penalties will be applied, depending on the severity of the violation.

AT PRACTICE:

- Swimmer will be given a verbal warning.
- Swimmer will be excused from practice, and will be responsible to explain to his/her parent why.
- Swimmer will be suspended from the team for a minimum of 10 days/2 weeks.
- Swimmer will be removed from the team permanently.

AT A MEET:

- Swimmer will be given a verbal warning.
- Swimmer will be scratched from the meet.
- Swimmer will be sent home immediately at his/her own expense.
- Swimmer will be suspended from the team for 10 day/2 weeks, and the parents must have a conference with the Head Coach before the swimmer is allowed back on the deck.
- Swimmer will be removed from the team permanently.

PARENT CODE OF CONDUCT

As the family of a Sea Lion swimmer, we agree that we:

- will remember that swimming is meant to be fun for the swimmer!
- will demonstrate good sportsmanship by showing appropriate respect toward all swimmers, officials, parents and coaches, regardless of the situation.
- will show support and encouragement to all swimmers on all teams at all times.
- will place our child's emotional and physical well being ahead of our own personal desire to win.
- will volunteer to help the team by officiating, timing, fundraising, planning team parties, organizing team pictures, making phone calls and/or other needs whenever possible
- will not use drugs, tobacco or alcohol at any Heidelberg Sea Lions practice or meet and will remind other parents not to do so.
- will remember that the swim meet is for the swimmers and not for the adults.
- will encourage my child to shake hands with the other swimmers at the conclusion of their race.
- will not disrupt team practices or meets by distracting the coaches while they are on the deck. We will address our concerns about our swimmer or the team to the appropriate person (Coach or Board Member) either after practice or at a time that does not distract them from the swimmers.
- will present issues to a Coach or Board Member that can aid in resolving them rather than spreading dissent. We agree that we are here to help the team thrive through positive problem solving.
- will make all dues and fee payments on time. If we fail to do so, all previous payments are non-refundable.
- will notify the president of the Booster Club via letter or e-mail of our intent to resign from the team. Notification will be made by the 1st day of the month. If notification is made after the 1st of the month, that month will be counted as a month on the team for the purpose of dues or potential refunds.

Dear Heidelberg Sea Lion Family,

This year you will watch your swimmer put an incredible amount of time and effort into becoming the best swimmer he or she can be. In order to support their quest and maintain a strong team it takes *hundreds* of volunteer hours behind the scenes.

The team is requiring each *family* to volunteer a minimum of 50 hours this swim season. It sounds daunting at first, but there are so many ways you can make a difference to this team by volunteering your time. Below is a list of possible opportunities for you and your family to volunteer. This list is *not* all inclusive, so be creative with how you earn your volunteer hours! If you have questions about volunteer hours feel free to contact me or any of the board members.

How to Earn Volunteer Hours

Set up and clean up at home meets

Help remove trash from home meets

Timing at home and away meets

Work as a “runner” at home and away meets

Assisting with awards such as “heat winner” ribbons

Working at the concession stand

Donating items to sell at the concession stand (also earn 1 hour for each \$10 spent on items or ingredients)

Volunteer for a vacant Board *or* appointed position

Assisting with a multitude of fundraising activities (middle school dances, concession sales, bingo, holiday bazaar, donation collections)

Donate items to use for raffles

Assist with publicity events (Care Fair and other events where the Sea Lions have a presence)

Helping plan social functions (Christmas Party, End of year banquet)

Become an Official

Become a bus monitor for practice buses

Ride the bus to away meets and chaperone

Grant writing

***The team has various needs that arise throughout the season. Be creative. If you have a special “gift” that would benefit the Sea Lions please let us know. ***

Heidelberg Sea Lions

Service Program Agreement

In preparing for the upcoming swim season, a major emphasis for the team is again securing workers for Sea Lion sponsored activities. The fees that you pay cover approximately 40% of our expenses. The balance of our operating funds is generated through fundraisers sponsored by the team. It takes, on average, 30 or more volunteers to run ONE (1) Sea Lion sponsored Home Swim Meet, which translates into about 150 volunteer hours. This does not include the volunteers needed to run our fundraisers and various social functions planned throughout the year. In an effort to maintain an enthusiastic and efficiently managed swim team, parent volunteers are needed from every Sea Lion Family throughout the entire swim season.

The Sea Lions Booster Club has developed a program to run team events efficiently. In addition to your dues, each swim team family will be required to provide **50** service hours in support of team activities. This works out to slightly less than 10 hours per month during the swim season, August through January. Volunteer hours are tracked by the Volunteer Coordinator, and the update will be posted monthly on the team website. **Thirty (30) hours must be completed by the end of December and the additional 20 completed by the beginning of February.**

Because volunteer hours are valued at \$10 per hour, you will be credited 1 hour of volunteer time for every \$10 worth of donation (food items, office supplies, raffle items) and **will be charged \$10 per unfulfilled volunteer hour.** These fees will be assessed the first week of January (30 hours completed) and the end of February (20 additional hours completed). Failure to complete hours or make payment will result in your swimmer being suspended from Sea Lions activities. Your child may return when payment is made. *Unpaid fees will carry over to subsequent seasons.*

Upon enrollment, families are required to declare their intention to satisfy their service requirement. If your family chooses to pay the fee, the year's obligation will be \$500.00. If this is your choice, please submit a check for the full amount to the Heidelberg Sea Lions Swim Team at registration.

SWIM EQUIPMENT

Swimmers should arrive at practice and at meets with all their necessary equipment. Equipment expenses are the responsibility of the individual swimmer. All equipment (except fins) is available through the Sea Lions Swim Shop.

Practice equipment for all swimmers:

Practice suit	Cap	<u>Clean</u> Athletic shoes (for pool-deck dryland training)
Goggles	Towel	
Water bottle	Fins	

*Pull-buoys, kickboards, and hand paddles may be borrowed during practice if available

A TYPICAL MEET

The pool areas are generally small, humid and noisy. It is advisable to arrive early and set up your chairs. Each participating team is given a designated area of the pool deck.

You will be given a warm-up start time. **Please remember that this is the time that your swimmer needs to be on the deck, ready to warm-up.** Warm-up times are very short (about 20-minutes), so if your swimmer is late, they will not get an adequate warm-up.

Meets usually last about 5 hours, and some have a short break in the middle so that officials may take a break and eat. Many teams sell heat sheets that help you keep track of how the meet is running.

Finally, parents should come prepared to help volunteer at the meets (home and away). Some of the meet positions require special training, but there are many positions that all parents can help with. Teams are always looking for timers! Volunteering at away meets also counts towards your families total volunteer hours.

Meet Packing List

These suggestions are based on experience and are just that - suggestions. Most meets offer a concession stand where swimmers and spectators can purchase a variety of food and drink items.

Swimmers

Goggles

Team suit (and an additional suit, just in case!)

Team cap (a team cap will be issued to each swimmer. Additional caps are available from the Swim Shop)

Towels (two or more)

Water bottle or Gatorade

Deck shoes-European pools require clean shoes that have not been worn outside

Extra goggles and cap

Folding chair

T-shirt or warm-ups to wear between events

Nutritious snacks

Things to help you relax: book, deck of cards, games, Game Boy, CD player

Money for concessions

Swimmer's Time Log

Parents

Meet info, warm-up times & directions to pool

Food and drink

Permanent marker (to write event numbers on your swimmer's arm)

Pen or Pencil

Highlighter

Reading material

Sheet with time standards

Your swimmer's events & current best times

Folding Chairs

Warm climate clothing as the pool enclosures are warm and humid

Deck shoes (not worn outdoors)

Money for concessions

MEET ENTRY FORM EXPLANATION

1. The Head Coach will send an email (or post on our website) requesting intentions to participate in an upcoming meet no-later-than the Tuesday, one week prior.
2. Swimmer/parent must respond NLT Wednesday evening (1700). Please respond with your intentions, either Yes or No, so that coaches can plan events properly.
3. Three questions will be asked each week:
Will you attend this meet?
Will you be available at the beginning of the meet for the Medley Relay?
Will you be available at the end of the meet for the Freestyle Relay?
(If you respond *yes* and your swimmer is selected in the relay, you are required to stay until the end of the meet)
4. Any other comments can be added after answering the above questions.
5. Swimmers will be informed of what they are swimming at practice on the Monday before the meet, so that they can focus on the strokes for their events. Events cannot be changed on the deck at the meet.

The coach will be tracking each swimmer to ensure that they rotate through all events that they can swim. If a swimmer is close to qualifying in a certain event, that will, of course, be taken into consideration when the event placement is made.

Swimmers will not be asked to swim or be entered into events that the coach does not feel they are ready for. This may mean that some (especially younger/novice swimmers) are entered in only 1 or 2 events. Swimmers also will not be entered into events in which they do not meet the minimum seed time. They must swim a time in practice that is better than the minimum seed time to be considered for the event.

Swimmers are expected to communicate with the coaches when arriving and leaving a meet. **Prior to and immediately after an individual or relay swim, all swimmers will report to the coach.** This is a special time between swimmers and coaches and could involve as little as a glance or a detailed discussion of race strategy. Parents, try to avoid getting between swimmer – coach interaction. Prior to a swimmer’s event, parents should limit comments to “Good luck!, or “I’ll be cheering for you!”. When parents give coaching advice, or encourage their swimmer to swim a certain time or make sure they beat a specific swimmer in the competition, then the swimmer will focus on those things while in the water, and that can be very detrimental to their performance. Please, leave any coaching to the coaches.

Relays are at the discretion of the coaches. This includes which swimmer swims, which order they swim in and whether or not the relay is scratched from the meet.

MEET PREPARATION

If this is your swimmers first season on a competitive team, then the thought of a swim meet will be overwhelming for them at first. The best thing you, as a parent, can do is LISTEN to your swimmer. They may be experiencing anxiety over this event. You can reassure them that it will be FUN, EXCITING and a great experience!

The night before the meet your swimmer should try and get plenty of rest. A carbohydrate dinner the night before is good (see attached food list) but lay off the fats.

The day of the swim meet should start with a good breakfast. Some swimmers think they are too nervous to eat, but it's hard to be fast and strong when your body is hoarding calories to feed an empty stomach! It also leads to lightheadedness and early fatigue. A good breakfast might include a high fiber cereal (Kahsi Go Lean Crunch is a good example, it's naturally sweet but loaded with soy protein and fiber) or a wheat bagel with cream cheese or peanut butter. Adding yogurt is also good. Stay away from breakfast meats as these are hard to break down in a reasonable amount of time.

Encourage your swimmer to drink plenty of water; Gatorade is good too, but not too much before they actually start working out and burning calories. Don't encourage "pumped" up drinks like Red Bull; they're full of caffeine and sugars and can give one's heart a race! Feel free to bring snacks for the entire day. Fresh fruit, meatless wheat bread sandwiches, and crackers are great. Our concession stand also provides healthy food and beverages at a reasonable cost.

Once your swimmer has finished their first event, they will feel proud and ready to go. Be ready to congratulate your swimmer, NO matter what the result of their event is!

Swimmers must "warm-down" after each race, either by spending a minimum of 15 minutes swimming in a warm-down pool (if available), or just by walking continuously for 15 minutes. This warm-down is imperative to help the muscles prepare for upcoming work.

This is just the beginning of a wonderful new time for your swimmer, so help them embrace it to its fullest!

Athletic Lettering/Sports Award Criteria

This document sets forth conditions for DoDDS Heidelberg American High School athletic lettering in SWIMMING. The letter season will be in the winter sports season as defined by DoDDS. Each swimmer must be a registered member of the Heidelberg Sea Lions Swim Team. The Head Coach reserves the right to waive certain criteria and will present letter and award recommendations to the Board for review a week after the EFSL Divisional Meet.

Varsity Letter Award for Swimming

- Each swimmer must qualify academically on a weekly basis per DoDDS requirements. Each swimmer grades 9-12 shall complete a Heidelberg High School (HHS) sports contract and turn it in to HHS athletic director who will monitor academic qualification. Any swimmer not academically qualified may not swim in a meet until qualified academically. This will be reviewed on a weekly basis.
- Swimmer must earn 250 points during the season.

The next five bullets list possible ways to earn points:

- Practice attendance- one (1) point for each day attended during the season, with a minimum of 75% of practices attended.
- Swim Meet attendance-10 points for attending swim meets (not including Champs) with 11-15 meets during the season.
- Placement in Meets: 1st=10 pts, 2nd=9pts, 3rd=8pts, 4th=7pts, 5th=6pts, 6th=5pts, 7th=4pts, 8th=3pts.
- Meeting or exceeding a "B" time defined in Table B-1 below=5 points.
- Meeting or exceeding a QT time=10 pts plus the 5pts for exceeding the "B" time. (These points are only earned the first time a swimmer meets or beats the time in that event.)
- While on academic probation a swimmer may continue to practice, but will not be eligible to earn points toward lettering.
- Must follow directions and not be suspended from a practice or meet. All other rules and regulations set forth by the High School apply.
- The Head Coach and coaching staff has the final authority to authorize a Varsity Letter if she/he deems a swimmer has put forth an effort consistent with that of his/her peers but cannot make the required number of points.

IV Lettering Award for Swimming

- Swimmers not earning a Varsity Letter may have the opportunity per coach's approval to qualify for a JV Letter by earning between 200-249 points. This swimmer may not have earned a varsity letter previously in any other sports or academically. Seniors cannot earn a JV letter per DoDDS standards.

Middle School Sports Acknowledgement Pin for Swimming

Each swimmer must qualify academically on a weekly basis.

- Each swimmer must earn attend practices and meets on a regular basis (only excused absences will be accepted. Parent or swimmer will discuss absences with the Head Coach).
- Must follow directions and not be suspended from a practice, meet or school.
- The Head Coach has the final authority to authorize a Pin if she/he deems a swimmer has put forth an effort consistent with that of his/her peers..

NOTE:

The Head Coach will maintain records of attendance at practices/meets and notify HHS if a swimmer fails to meet minimum requirements or is no longer a team member. The Head Coach will post the point standings on a monthly basis to the Webmaster. High School swimmers, grades 9-12 are only eligible for DoDDS Varsity and Junior Varsity Letter awards. Middle School swimmers grades 6-8 are only eligible for the Middle School Sports letter and a pin. Swimmers in the grades 1-5 are not eligible for DoDDS Sports Award. This Athletic Lettering Criteria is generated with the philosophy of individual swimmer's performance development and the team concept. All swimmers will be recognized in an appropriate manner at the end of the season sports award banquet.

High School Letter Qualification Times - USA Swimming "B" Times

Girls

Boys

AGE	13/14	15/16	17/18	13/14	15/16	17/18
50M Free	37.09	36.49	36.69	34.29	32.89	32.19
100M Free	1:20.69	1:19.19	1:18.29	1:14.79	1:11.39	1:10.09
200M Free	2:52.99	2:50.79	2:48.79	2:43.29	2:35.69	2:32.49
400M Free	6:00.39	5:57.29	5:53.69	5:47.29	5:32.09	5:24.39
800M Free	12:22.89	12:10.89	12:08.69	11:58.59	11:26.29	11:17.79
100M Back	1:29.89	1:27.79	1:27.99	1:23.69	1:19.69	1:18.09
200M Back	3:12.89	3:08.99	3:08.79	2:59.89	2:50.99	2:48.39
100M Br	1:40.59	1:38.99	1:39.09	1:33.19	1:29.19	1:27.49
200M Br	3:36.59	3:32.99	3:33.79	3:21.49	3:13.49	3:10.29
100M Fly	1:28.19	1:26.69	1:26.79	1:22.59	1:18.39	1:16.49
200M Fly	3:11.59	3:09.89	3:05.89	3:03.39	2:53.49	2:47.09
200M IM	3:15.29	3:11.49	3:11.99	3:03.69	2:54.89	2:51.09
400M IM	6:52.69	6:44.89	6:45.09	6:30.49	6:12.69	6:04.99

EFSL Qualifying Times 2009-2012 SCM

Boys	50 FR	100 FR	200 FR	100 IM	200 IM	50 BK	50 BR	50 FL
8 & U	48.13	1:52.09	4:12.49	2:16.89	4:37.69	1:02.49	1:07.59	59.99
9	41.72	1:38.49	3:48.59	1:51.99	4:04.09	54.49	59.29	52.19
10	38.89	1:28.29	3:08.89	1:40.69	3:38.89	48.29	52.99	46.39
11	36.99	1:20.59	2:53.99	1:32.89	3:22.49	43.69	48.99	42.29
12	34.29	1:14.99	2:42.99	1:25.69	3:07.09	40.29	45.09	38.89
	50 FR	100 FR	200 FR	400 FR	200 IM	100 BK	100 BR	100 FL
13/14	31.49	1:08.79	2:29.89	5:17.79	2:47.89	1:16.89	1:26.29	1:15.29
15/16	30.29	1:06.09	2:23.69	5:07.49	2:41.79	1:13.19	1:22.49	1:11.99
17/19	29.29	1:04.19	2:21.29	5:01.19	2:37.59	1:10.89	1:20.89	1:10.19

Girls	50 FR	100 FR	200 FR	100 IM	200 IM	50 BK	50 BR	50 FL
8 & U	49.25	1:55.29	4:24.99	2:05.30	4:40.49	59.75	1:06.32	1:02.49
9	42.52	1:41.19	3:54.59	1:53.04	4:06.09	53.87	59.19	56.45
10	39.79	1:30.19	3:16.99	1:43.59	3:40.29	47.99	52.79	47.49
11	36.97	1:22.29	3:08.49	1:34.59	3:23.79	44.88	48.59	41.89
12	35.19	1:15.49	2:47.39	1:28.59	3:08.59	40.59	45.19	38.79
	50 FR	100 FR	200 FR	400 FR	200 IM	100 BK	100 BR	100 FL
13/14	34.29	1:14.39	2:40.19	5:34.59	3:00.09	1:21.99	1:32.89	1:21.19
15/16	33.59	1:12.69	2:35.99	5:29.39	2:55.99	1:19.69	1:30.59	1:19.39
17/19	33.19	1:11.69	2:34.99	5:27.09	2:53.99	1:19.19	1:30.09	1:18.39

EFSL Qualifying Times

Long Distance

SCM

Girls	400 IM	800 Fr	1500 Fr
10 & Under	n/a	15:26.59	n/a
11	8:08.39	14:35.79	29:30.69
12	7:42.79	14:01.39	26:49.69
13/14	7:17.49	13:13.39	25:01.49
15/16	7:06.69	13:00.49	24:44.99
17/19	7:06.29	12:58.09	24:31.69
Boys	400 IM	800 Fr	1500 Fr
10 & Under	n/a	15:13.59	n/a
11	7:56.49	14:28.69	28:56.09
12	7:32.79	13:51.79	26:29.09
13/14	6:53.09	12:39.39	23:51.39
15/16	6:36.29	12:12.89	23:17.09
17/19	6:28.79	12:03.79	22:51.39

BLZ University Practice Pool

Im Neuenheimer Feld 710, Heidelberg

Directions from MTV

1. Turn onto Romerstrasse towards downtown Heidelberg.
2. Stay to the right through the 2nd traffic light.
3. Turn left at the next light onto Lessingstrasse.
4. Continue straight past the glass building with the metal horse sculpture on the right (near the main train station).
5. Continue straight ahead, crossing over the Neckar River.
6. Turn left on the third light after crossing the river (the Technologiepark Strassenbahn stop will be on your left).
7. Continue straight ahead to the T-intersection, then turn right onto Tiergartenstr.
8. Turn right after two blocks into the Olympiastutzpunkt parking area. Landmarks - a long hedge on the right followed by a fence, turning immediately right into this parking lot. (The pool is across the street from the outdoor pool. Turn just before the bus stop)
9. Circle to the right when entering the parking lot. The Pool is the last building on the left.
10. Drawing below shows the sidewalk to the entrance of the pool.

Directions from PHV

1. Exit the Burger King Gate.
2. Turn left at the traffic light onto Speyerer Strasse.
3. Continue straight pass Patton Barracks, pass Mandys.
4. Turn left, after crossing the over pass, following the Darmstadt/Weinheim Sign.
5. Continue straight past the glass building with the metal horse sculpture on the right (near the main train station).
6. Continue straight ahead, crossing over the Neckar River.
7. Turn left on the third light after crossing the river (the Technologiepark Strassenbahn stop will be on your left).
8. Continue straight ahead to the T-intersection, then turn right onto Tiergartenstr.
9. Turn right after two blocks into the Olympia parking area. Landmarks - a long hedge on the right followed by a fence, turning immediately right into this parking lot. (The pool is across the street from the outdoor pool. Turn just before the bus stop)
10. Circle to the right when entering the parking lot. The Pool is the last building on the left.

Eppelheim Meet Pool

Justus-von-Liebig-Straße 7, Eppelheim

The Sea Lions meet pool is Hallenbad Eppelheim and is located to the west of Heidelberg in Eppelheim.

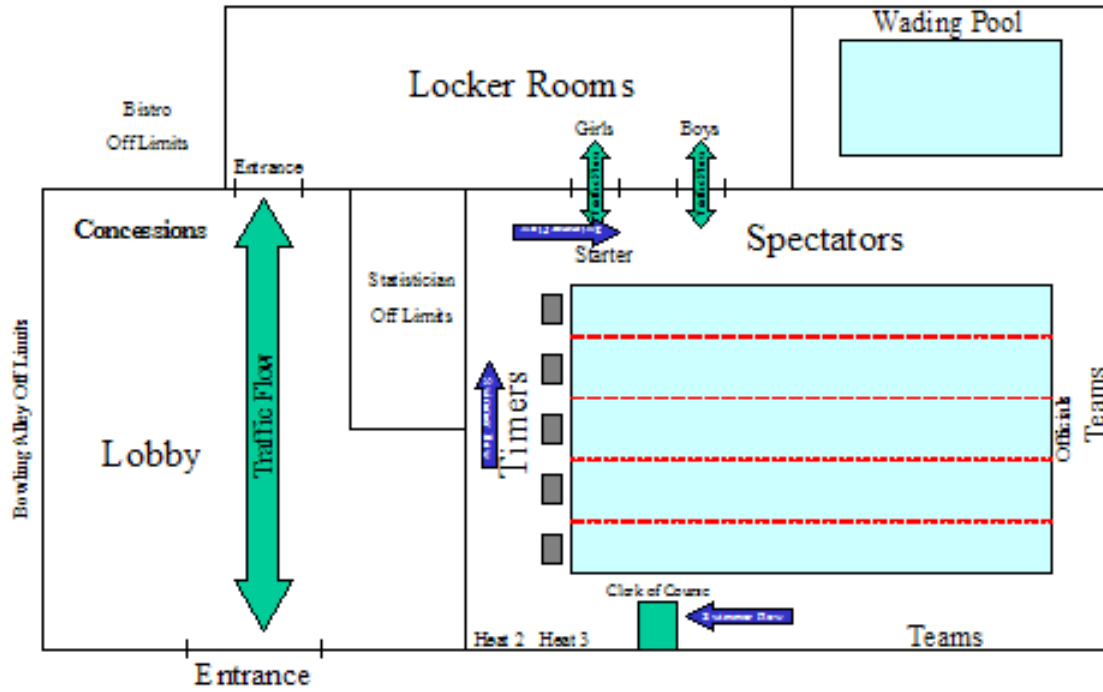
Directions from MTV

Turn onto Romerstrasse" toward downtown Heidelberg.

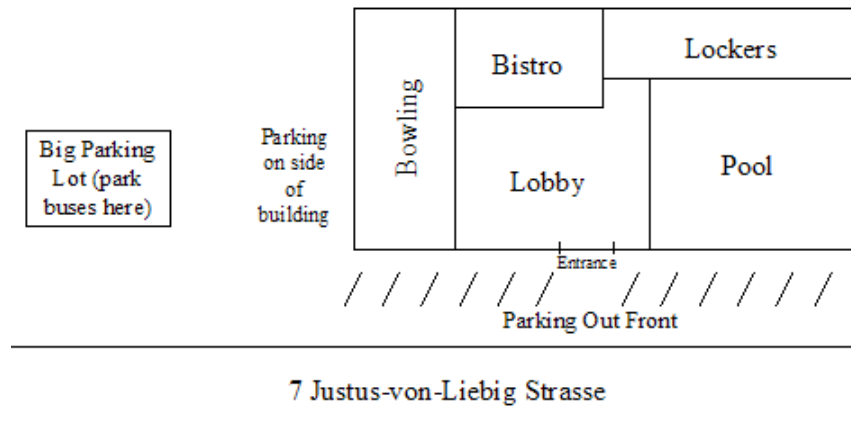
1. Turn left at the 2nd traffic light onto "Hebelstrasse."
2. Turn right at the next light onto "Czernyring." (McDonald's is on the far corner)
3. Stay to the left as the road splits.
4. Turn left at the light onto "Speyerer Strasse (SW)
5. Turn right at the six (6) traffic light. (Sign to Eppelheim) (Pass Holiday Inn on left)
6. Turn right onto "Justus-Von-Liebig Strasse" (second right after Eppelheim City Sign)
7. Turn left into parking for "Classic Arena Kegel Sporthalle"
8. The meet pool is the last building on left and entrance is middle portion of building facing Justus-Von-Liebig Strasse. See drawing below.

Directions from PHV

1. Exit the "Burger King Gate"
2. Turn left at the traffic light onto "Speyerer Strasse"
3. Turn left at the next traffic light. (Sign to Eppelheim)
4. Follow directions above from MTV #7- #9



Hallenbad Eppenheim



2011 – 2012 Swim Meet Schedule

<u>Date</u>	<u>Location</u>
Saturday, Sep 10	Practice Meet w/Kaiserslautern
Saturday, Oct 1	Away (travel)-Lakenheath, England
Saturday, Oct 15	Away – Kaiserslautern
Sunday, Oct 16	Home – (w/ Stuttgart)
Sunday, Oct 23	Away - Vilseck
Friday, Nov 11?	Away – Lignano, Italy- Long Course* (regular meet prior to Long Distance-for anyone*)
Sat/Sun, Nov 12-13	Away – Lignano, Italy-Long Distance (only qualified swimmers to attend: 800, 1500 Free & 400 IM events)
Sunday, Nov 20	Away – Stuttgart (must limit participants)
Saturday, Nov 26	Away - Kaiserslautern
Sunday, Dec 4	Home – (w/some Stuttgart, Naples, Wiesbaden)
Saturday, Dec 10	Away - Stuttgart
Saturday, Dec 17 (not yet on EFSL Schedule)	Away – Kaiserslautern (13 & up only)
Sunday, Jan 8	Away – Wiesbaden – Long Course pool
Sunday, Jan 15	Home – w/Wiesbaden
Saturday, Jan 21	Away – Kaiserslautern
Sat & Sun, Jan 28-29	Divisionals @ Kaiserslautern
Sat & Sun, Feb 18 & 19	Champs @ Eindhoven, NL

(only Qualified or selected swimmers will attend Champs)