



Makos Handbook 2018



About the Makos

The Palm Beach Gardens Makos Swim Team is a recreational swim team that is a part of the South Florida Recreational Swim League. The Makos consist of swimmers ages 4-17 that are at all different skill levels. Swimmers must be able to perform freestyle, breaststroke and backstroke in a coach conducted swim test.

Mission

The Palm Beach Gardens Makos Swim Team's mission is to provide the youth of our community a flawless recreational swimming program. The team is geared to promote the sport of swimming by teaching proper stroke technique, enhancing self-esteem, self-discipline and sportsmanship. Through voluntary, recreational competition, swimmers are given a chance to attain goals at individual and team levels.

Practice Schedule & Teams

Green Team: Swimmers that have not been on a swim team before. These swimmers will be introduced to swimming as a sport and will be introduced to the fundamentals of being on a swim team.

(Requirement: 25 yards each: free, breast, back.)

Red Team: Swimmers have basic knowledge of being on a swim team and can complete all four strokes. Swimmers will be coached on stroke refinement and begin to build cardiovascular endurance while learning race strategy.

(Requirement: 50 yards of each: free, breast, back.)

Blue Team: Swimmers have full concept for being on a swim team. Swimmers will learn the tools to perfect their strokes and will improve their cardiovascular endurance and race strategy. Dry land training is performed the first 30 minutes of practice every Tuesday.

(Requirement: 100 yards of each: free, breast, back, fly.)

White Team: For dedicated swimmers who are focusing on speed and high yardage. Swimmers are placed into this program because they have shown tremendous dedication, responsibility, and commitment to the coaches and the team. This program is for swimmers ages 11 and up who maintain a time of 35.0 or better in a 50 freestyle. Swimmers will be undertaking an intensive training program to enhance their aerobic and cardiovascular endurance. Dry land training is performed the first 30 minutes of practice every Tuesday.

(Requirement: Ages 11 & Up, 200 yards each: free, breast, back, fly, and 35.0 seconds or better in the 50 freestyle)

Keep in mind, at anytime during a season a swimmer can be moved up or down to another team due to growth of a swimmer or if the swimmer is not swimming at the appropriate level.

Practices are held Monday-Thursday, year-round. Practices are split up by the four teams (Green, Red, Blue and White).

The South Florida Recreational Swim League

For over 20 years the South Florida Recreational Swim League (SFRSL) has provided a comfortable atmosphere to improve skill level 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 coaches, enabling them to have the opportunity to do their best.

Swimmer Application and Fee

Each swimmer is responsible to pay a \$15.00 swimmer application fee to be eligible to participate in swim meets. This \$15.00 fee is per swimmer, per season and is applied towards meet supplies and insurance for the swimmer. The \$15.00 fee can be paid at the front desk and needs to be turned in with the SFRSL Swimmer application. This fee is nonrefundable. **Swimmers will not be permitted to participate in a league sanctioned swim meet without a swimmer application, swimmer insurance fee, and session fee paid the Monday prior to the meet.** Please see a coach for more details.

Swim Practice

Please arrive on time and use the restroom prior to swim practice, as it is disruptive to the coaching plan. Parents are encouraged to stay within the facility during practice time in case of inclement weather or fulfilling their swimmers needs. If swimmers have an occasional conflict with the practice time, please see a coach to make arrangements to swim at a different time that practice. All swimmers are required to bring a bathing suit, goggles and a swim cap to practice.

Late Pick Up Fee

Any person arriving late to pick up a child from swim practice will be charged a late fee. A late fee of \$10.00 for each portion of 15 minutes will be issued for each participant picked up after their scheduled ending time. There is no "grace" period.

Late Registration Fee

Swimmers must be registered if they are participating at practice. Any swimmer who is not signed up within one week prior to their first attendance will be charged a \$15 late fee to their household account.

Inclement Weather

The lifeguards are responsible for providing a safe environment for everyone. In the event that lightning is within a ten-mile radius determined by radar, or is seen, a long whistle is blown to indicate that the deck needs to be cleared. At this time, swimmers will exit the deck and stay under the direction of their coach. In the event you suspect inclement weather, please call our weather hotline, 561-630-1127, where you will find up to date information on practice cancellations. Practice may still be conducted in the gymnasium if weather is bad. Please call the hotline for updates about practice.

Parent Volunteering

Thank you for your commitment to your child's swimming experience. The SFRSL is a volunteer-based organization, so parent commitment is a must at home and away swim meets. Our swim meets cannot be run without the support of parent volunteers. It takes about 25 parents to run a smooth meet! There are different positions available, such as timers, runners, bull-pen workers, judges and scorers. The coaches will be asking for volunteers the week prior to the meet. Please help us out by signing up! *Parents/guardians are required to volunteer at swim meets a minimum of five hours for the season.*

Participant Behavior

If your child's behavior interferes with the program or results in disciplinary action during the course of the swim season, your child may be temporarily removed from the program. Continued misbehavior will be brought to the attention of the Aquatics Coordinator. On certain occasions, parents will be contacted and possibly even asked to attend a private conference concerning their child's behavior. We reserve the right to remove a child from the program when necessary. *Inappropriate parent or guardian behavior can also result in your child being removed from the program.*

Swimmer of the Month

Once a month the Mako coaches will select a swimmer of the month from each team. These swimmers will be given a Swimmer of the Month swim cap which they will be able to wear at practice. Each month the coaches will pick the criteria for the award, such as dedication, hard work, goal setting, patience, team spirit and team work.

Uniforms/Team Merchandise

Team bathing suits are highly encouraged for swimmers to wear. Please contact Katie for more information about team suits. The uniforms help build team unity and morale. **Goggles and a Mako cap are mandatory.** These items can be purchased at our front desk or at any local sports store. Mako apparel is also available at our front desk. Stop by today to support our team!

E-mail/Contact Information

The Mako coaching staff has found e-mail to be the best way to communicate with the members of the team. Meet information, meet results, pictures and all other pertinent information will be dispersed this way. Please make sure Team Supervisor, Katie Waskiewicz (kwaskiewicz@pbgfl.com), has your current e-mail address. Also, please check in with a front desk staff member to ensure they have your most up-to-date contact information. Please visit our website for all current team information.

www.pbgrec.com/makos

Meet the Coaching Staff

Katie Waskiewicz

Coach Katie was born in Palm Beach Gardens, Florida, and is currently attending Palm Beach State College for a Degree in Business Administration. She was a Synchronized Swimmer for 10 years and has been a lifeguard and swim lesson instructor for the City of Palm Beach Gardens for 5 years. She has coached the Makos for 2 seasons and loves sharing her knowledge of swimming with her swimmers. Coach Katie strives to be a positive role model and provide her swimmers with all the knowledge of swimming that she can to help them become the best they can be.

Certifications: Lifeguarding, First Aid, CPR, AED, Oxygen Administration, Water Safety Instructor, Adaptive Aquatics, Aquatic Facility Operator,

Danny Ahonkhai

Coach Danny was born in Palm Beach Gardens. He is a coach as well as the Aquatics Coordinator of the Aquatic Complex. He swam year-round competitively throughout high school and was part of the John I Leonard All-American Team. Danny has 8 years of coaching experience and loves to watch the growth of youth swimmers. His goal is to provide an environment where kids can have a fun experience, improve their swimming, and build lifelong character.

Certifications: Lifeguarding, First Aid, CPR/AED, Oxygen Administration, Water Safety Instructor, Adaptive Aquatics Instructor, Lifeguard Training Instructor, Aquatic Facility Operator

Brandon Paulsen

Coach Brandon was born in Palm Beach Gardens, Florida, and is currently attending Palm Beach State College after going to school in Tallahassee for two years. He swam for Cardinal Newman Swim Team and graduated in 2013. He also played football, basketball, and lacrosse. Brandon has been working at the pool for 5 years lifeguarding, teaching swim lessons, and being an aquatic camp counselor. He enjoys the beach, traveling, swimming and brunch.

Certifications: Lifeguarding, First Aid, CPR, AED, Oxygen Administration, Water Safety Instructor

Thank you!

Thank you for joining our team! The Makos are very excited to have you as a part of our team and we are looking forward to a fun and exciting season.

Please do not hesitate to contact a member of the coaching staff at any time.

Team Contact Information

Team Website
www.pbgrec.com/makos

Aquatic Complex Hotline
561-630-1127

Burns Road Recreation Center
561-630-1100

Katie Waskiewicz
Team Supervisor
kwaskiewicz@pbgfl.com
561-630-1126

Danny Ahonkhai
Aquatics Coordinator
dahonkhai@pbgfl.com
561-630-1106