

PLY-MAR NEWS 2011

PLY-MAR SWIM AND TENNIS CLUB
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From the Board...

Welcome new and returning members to another great season at Ply-Mar Swim and Tennis Club. We are happy to welcome Frank Wills back as our manager. Rob McNamara, formerly a head guard, will be our new assistant manager. Frank and Rob have been working together all winter to improve your Ply-Mar experience.

What's new for 2011? Highlights include renovations to the office, improvements to the kitchen area of the snack bar and a new snack bar operator. Details are provided inside the newsletter.

Our social calendar combines old favorites with some new additions. We look forward to seeing lots of members at our special events.

Taren and Katie will continue to coach the swim team with assistance from Reggie Shearer and new this year, Drew Bonus and Emily Steiner. We are delighted to have Deb Hufnagle and Rob Cragg returning as the dive team coaches.

As always, feel free to approach Frank, Rob or any member of the Ply-Mar board should you have any questions or concerns. Should you have any issues before the Club opens on May 28th, please feel free to contact us at plymar@hotmail.com.

We are looking forward to another great summer at Ply-Mar and we hope you are as well.

Sue Moore
President

From The Manager...

Welcome back to another fun summer after a very long winter. Hopefully the weather will be as beautiful as it was last summer. We have a "new" assistant manager this year - Rob McNamara has been on the staff for several years now and he is looking forward to his new position at Ply-Mar. Our lifeguard staff has some new and returning faces and they are excited for the season to begin. Please feel free to say hello and ask them any questions you may have. Our main objectives, as they have been in the past, are safety, cleanliness, and friendliness. We would like to take this opportunity to remind you of some of our rules and make you aware of a few new things.

We ask that you and your family review the rule book so that everyone is aware of the guidelines that the Club has set to ensure the safety of our members. If you have any questions, please ask one of the managers or lifeguards (while they are not on the stand.) The rules are in place to make sure that everybody can enjoy Ply-Mar in a safe environment. If there is a problem that you would like to address, please come to one of the managers directly.

A new discipline policy is in place this year. A child may be asked to sit out of the pool on a bench for not following the safety rules as directed by a guard. If a child is benched three times in a day, they will be suspended for one day. If a child receives three one day suspensions within 30 calendar days, they will be suspended from the pool for seven days. If an adult's actions are deemed inappropriate by the management, a letter will be sent home as a warning of a possible suspension if the inappropriate behavior continues. These new policies are in place to make Ply-Mar an enjoyable environment for everyone.

Please contact us if you plan on having a party at the pool. You will be required to fill out a party request form that must be signed by both the member and a manager before the party can be booked. The party fee is \$150 for the first fifteen people. Regular rates apply to each person past fifteen. This will provide us with the information we need to plan for the party.

For the first few weeks, the sign in process will be slightly altered until the guards working the desk get to know you and your families. When you give the number of your membership, each name will be checked. If you have guests we ask that you sign them in and they will receive a white band. This band will allow the guards to see guests clearly and assess their swimming ability as well as monitor pool usage. If a child is clearly not ready for the diving board, that child will be asked to limit pool usage.

Look in the office for information and signup sheets for upcoming events as there are many activities planned for this year. These events include, but are not limited to, swim lessons, tennis lessons, art class and socials. We will also make announcements to remind and update members about the activities planned throughout the summer.

The staff and I are looking forward to a great summer. If there is anything you feel you need to discuss, please don't hesitate to approach Rob or myself. Our goal is to maintain Ply-Mar as the great summer spot that it is while continuing to upgrade our Club.

Frank Wills
Manager



The Snack Bar



Ply-Mar is thrilled to announce the arrival of "Carly's Café". Boasting a brand new menu with a focus on a variety of affordable choices for kids (big and little) as well as healthy and generous selections of salads, wraps, sandwiches and dinners for our busy and hard working families. Come to the pool for a night swim and enjoy a substantial as well as tasty and reasonably priced meal.

"We want the members to be influenced by the quality of our food when they make their dinner decision about where to eat" says Art Blumenthal, one of the main players overseeing the operation. Along with Fred Izenberg, the two have over 60 years experience in the restaurant business.

"We created an ambitious and flavorful menu that we believe will fulfill all the needs of Ply-Mar's members. We will also do everything in our power to fulfill requests within reason. The idea is to build trust so that you keep coming back. You won't be disappointed", says Blumenthal. Also available is custom catering of any parties onsite or offsite. "We look forward to working with you as well as working for you". See you soon!

Pool Policies...

Bands: Club policy dictates that all children under the age of 13 must wear a colored band indicating swimming ability and swimming privileges. A **black band** allows the swimmer to use the diving boards and swim in the deep end of the main pool without parental supervision. A **red band** allows the swimmer anywhere in the intermediate pool and shallow end of the main pool without parental supervision. If a child cannot pass either band test, they are restricted to the shallow end of the intermediate pool. All children may swim with parental supervision in any area of the main or intermediate pool except the diving well. To obtain a band, the child must successfully pass a band test. It is the responsibility of the member and their child to remember to wear their bands. The office will not lend out bands. If a band is lost or forgotten, a new one may be purchased for \$1.

Food and Drink: There is NO glass of any kind permitted anywhere in the Club. Food and drink are not permitted on the concrete decks that surround the pools, including the entire fenced-in area of the baby pool (except bottled water). Food and drinks, other than water, can change the quality and clarity of pool water and possibly force the closing of the pool.

Diaper Policy: All children who are not toilet trained are restricted to the baby pool. This is for health reasons.

Membership Cards

Cards are held at the front desk throughout the season. Pool privileges will not be extended to anyone without payment. Payments should be mailed to the Club (PO Box 182, Plymouth Meeting, PA 19462). Cards are not transferable.



POTENTIAL SERIOUS HEALTH RISK AT OUR POOLS

We need to remind you of a potential health risk at our pool, and to seek the assistance of all members in preventing this problem.

DO NOT CHANGE YOUR BABY OUTSIDE NEAR THE POOLS. DO NOT LET YOUR CHILDREN THAT MIGHT URINATE OR HAVE A BOWEL MOVEMENT IN THE POOLS ANYWHERE NEAR THE BIG OR INTERMEDIATE POOLS. CHILDREN THAT HAVE ANY CHANCE OF URINATING OR HAVING A BOWEL MOVEMENT IN THE POOLS SHOULD BE LIMITED TO THE BABY POOL AND SHOULD BE PROPERLY EQUIPPED. YOU WILL BE ASKED TO LEAVE THE POOL AREA IF YOU CANNOT ABIDE BY THIS SIMPLE RULE.

Thank you for following this rule. We really don't want to get shut down by the Health Department or have to drain the pools. This would be very inconvenient, costly and upsetting to our members.

New Member Meeting

New members are invited to attend a Welcome Meeting on **Opening Day, Saturday, May 28th** at noon in the snack bar. An overview of Club rules and programs will be provided and Board Members will address any other questions. You can pick up your stock certificate at the meeting. If you are unable to attend the Welcome Meeting, please ask at the front desk for your stock certificate on your first visit.

Swim and Dive Team

Ply-Mar is happy to welcome back Katie McCaslin and Taren Igou as head coaches. Reggie Shearer is returning as well as two new assistants, Drew Bonus and Emily Steiner. We are also happy to have Rob Cragg and Deb Hufnagel as the coaches of the diving team. Meet the coaches:

Katie McCaslin began as an assistant coach at Ply-Mar in 1999. She loves teaching and coaching and is a kindergarten teacher for the Colonial School District. If she isn't coaching, you'll find her swimming laps, giving swimming lessons or heading off for a bike ride. **Taren Igou** started coaching at Ply-Mar in 2009. He is the Head Coach of the PW High School Boys' Swim Team and a personal trainer at Sweat Fitness. His favorite thing about coaching is to see kids achieve things that they never thought were possible. He enjoys being active and spending time with his wife and children. This season will be **Reggie Shearer's** 4th with Ply-Mar. He also coaches at Germantown Academy. Reggie is terrific with little kids, always has a smile on his face and loves to have fun. **Drew Bonus** swam for Ply-Mar since he was an 8 & under! He is now swimming for the University of Denver. We are thrilled to have him join us as a coach this summer. **Emily Steiner** has just moved to the Conshohocken area. In New Jersey, she taught swim lessons and coached summer and club swim teams. She is an elementary school teacher who loves working with kids, spending time outdoors and traveling. **Rob Cragg** dove for the University of Pennsylvania from 1971 to 1975. In 1976, he earned a position on the United States Olympic Team and finished in fifth place in Montreal, Canada. He retired from diving in 1980 but has coached ever since. He currently coaches at the University of Pennsylvania, Germantown Academy and Ply-Mar Swim Club. **Debbie Hufnagel** dove for the University of Delaware. She has been training and coaching diving athletes since 1982. She is currently coaching the PWAC, Penn Charter and Ply-Mar diving teams.

The swim and dive teams at Ply-Mar are open to all swimmers who are able to successfully swim a full lap of the pool in one of the four strokes. There are three levels: developmental, JV and Varsity. The swimmers will be evaluated and put into the appropriate group during the indoor practices.

Swim practice will be held indoors for the first two weeks at the Plymouth Whitemarsh High School pool. Practices will be held from Tuesday, May 31st through Friday June 10th (except for Thursday June 9th) as follows:

4:00 – 5:00 11 years and up
5:00 – 6:00 10 years and under
6:00 – 7:00 Diving

Regular morning practices will begin on Monday, June 13th at Ply-Mar. Practice will be divided into 4 sessions: 7 – 9am, 9 – 10:30am, 10:30 – 11:30am, and 11:30 – 12:00pm. Swimmers will be told which practice to attend after the coaches have evaluated their needs and abilities. Please note that some of the swimmers at the 10:30am practice may be asked to stay until 11:45am.

Diving practices begin Monday June 13 as follows:
Monday 11-12 and 4:30-5:30, Tuesday 11-12 and 4:30-5:30, Wednesday 4:30 – 5:30, and Thursday 11-12 and 4:30-5:30.

Registration forms can be found at <http://www.plymar.org/files/Registration2011.pdf> and can be mailed to Ply-Mar Swim Team at PO Box 182, Plymouth Meeting, PA 19462, or they will be received in person on June 2 and June 3 at PW High School. **The team fee is \$50 per swimmer or \$150 per family.**

Parent Meetings will be held at PW High School on both June 2nd and June 3rd at 5:45 pm along with the swim suit try-on. Parents are to attend one of these meetings. **New members and new swimmers are encouraged to attend.** This year the team suit will be Speedo Endurance Fans. Approximate prices - \$52.00 girls, \$32.00 boys

Try on dates are June 2 and 3 at the High School during practice times (**swimmers must be dry**). Other swim team gear will be on display and for sale both nights.

Parents are expected to help officiate, time and keep score for all meets, no prior experience necessary. Tracey Ely or Jill Ruggiero will contact you regarding this. Varsity meets will be held on Wednesday evenings beginning June 22. Junior varsity meets will be on Tuesday morning's beginning on June 28. In the event of severe inclement weather, the meet will generally be rescheduled for the following day.

MEET SCHEDULE (ALL TIMES SUBJECT TO CHANGE)

All swimmers are asked to arrive at the pool 15 minutes prior to warm-up. Thank you for being prompt!

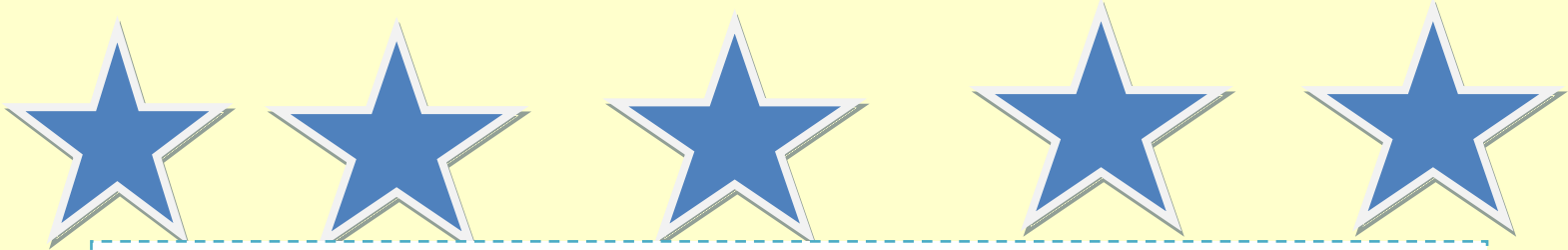
Saturday, June 18 Relay Carnival at Marple Newtown
8:30am warm-up; 9:15am start, for select varsity swimmers

Varsity (5:30pm warm-up; 6:00pm start)
Wednesday, June 22 Home vs. Marple Newtown
Wednesday, June 29 Home vs. Pennypacker
Wednesday, July 6 Away vs. Martin's Dam
Wednesday, July 13 Home vs. Aronomink
Wednesday, July 20 Away vs. St Albans

Junior Varsity (9:00am warm-up; 9:30am start)
Tuesday, June 28 Home vs. Plymouth
Tuesday, July 5 Away vs. Wallingford
Tuesday, July 12 Home vs. Swarthmore
Monday, July 18 Away vs. Atlantic Coast Swim Team
(5:30pm warm-up; 6:00pm start)

Diving (6:00pm warm-up; 6:30pm start except where noted)
Monday, June 20 Away vs. Swarthmore
Wednesday, June 29 Home vs. Pennypacker (4:00pm warm-up; 4:30pm start)
Tuesday, July 5 Home vs. Hidden Hollow
Wednesday, July 6 Away vs. Martin's Dam (4:00pm warm-up; 4:30pm start)
Tuesday, July 19 Home vs. Rose Valley

Championships
Saturday, July 23 Divisional Champs Pennypacker 8:00am warm-up; 8:30am start
Monday, July 25 Distance Free Champs Ply-Mar 4:00pm warm-up; 5:00pm start
Tuesday, July 26 12&U and 15-18 Diving Martin's Dam 3:00pm warm-up; 4:00pm start
Wednesday, July 27 IM Champs Swarthmore 5:00pm warm-up; 5:30pm start
Thursday, July 28 10&U and 14&U Diving Rose Tree 3:00pm warm-up; 4:00pm start
Saturday, July 30 A Champs Marple Newtown 8:00 am warm-up; 8:45am start
10&U and 11-12 Boys 12:00 pm warm-up; 1:00 pm start
11-12 Girls and 13&Up
Monday, August 1 Elite Diving Meet Ply-Mar
Tuesday, August 2 Elite Meet



The Social Calendar

When?	What?	Details?
Tuesdays and Thursdays	Kids Tennis Clinics	Group lessons for kids. Details to be posted in office after Club opens
Monday, June 13 - Thursday July 28	Arts and Crafts	Join Michele Lubas Monday and Thursday afternoons at 1 pm for a variety of activities – open to kids of all ages
Friday, June 24th	Adult Social	Come dine without the kids Menu & cost TBA BYOB Babysitting on a limited basis
Sunday, July 10th	Family Fun Day	Games, pretzels, hotdogs, watermelon and birch beer
Tuesday, July 12th	Junior Social	Dancing under the stars for all Ply- Mar youth, to the tunes of our fabulous DJ Sean Givnish \$3 (pretzel and soda included)
Friday, July 29th	Adult Social	Come dine without the kids Menu & cost TBA BYOB Babysitting on a limited basis
Sunday August, 21st	Family Fun Day	Games, pretzels, hotdogs, watermelon and birch beer while it lasts
Friday, August 26th	Adult Social	Come dine without the kids Menu & cost TBA BYOB Babysitting on a limited basis

Recycling

Once again you will find recycling cans throughout the club. Please use these cans for PAPER, PLASTIC BOTTLES and ALUMINAM CANS. Please do not put any food or other trash in the recycling cans. Please help us to keep Ply-Mar a clean and safe environment by picking up and disposing of trash and returning trays to the snack bar. Please remember no glass is permitted on the grounds.



Party and Guest Fees

Party fees: If you would like to schedule a party, contact the pool office in advance.

Monday – Saturday (Up to 15 people)	\$150.00
Additional guests	\$7.00
Sunday/Holiday (Up to 15 people)	\$150.00
Additional guests	\$10.00

Guest fees:

Weekday	\$7.00
Weekend/Holiday	\$10.00
(There is a \$1 band deposit for children under 13)	
Non-swimming guests after 6 p.m.	\$1.00
Pre-paid guest cards	\$70.00

Guest cards are good for 10 guests. They do not expire.

Swim Lessons

Group swim lessons are given in 3 two-week sessions, Monday thru Thursday. The groups are divided between non-swimmers, beginners and advanced beginners.

- Session 1: June 20-30
- Session 2: July 5-14
- Session 3: July 18-28

Sign up will be at the front desk. Class times are 10:00 – 10:30 a.m., 10:35 – 11:05 a.m., and 11:15 – 11:45 a.m. respectively. Private lessons are also available upon request with individual guards or coaches.

Ply-Mar Tennis Programs

We are again offering Tennis Clinics for kids this summer. Rondy Williams, our terrific club pro, will run “Kids Clinics” most Tuesday and Thursday afternoons. Check the bulletin board in the office for exact dates. Lessons are organized by experience:

- Beginner
- Intermediate
- Intermediate/Advanced

Rondy is also available for private lessons. Call him at 215-880-8972 for more information.

All players **must wear** appropriate shoes on the courts. Please monitor your children. Reminder – the courts are for tennis only.

Ply-Mar participates in the Women's Inter-Club Tennis Associations of Philadelphia. Matches are every Monday from April 25th through June 6th. Our team consists of two singles players and five doubles teams. This year's team lineup is set, but we can always use subs. Level of play is at a 3.0-3.5. If you would like to play, contact Abbe Kligerman (abbe@getmeahealthplan.com) or Stacey Kessleman (teamkess@yahoo.com).

The Ply-Mar team has total access to the courts on League days. For **schedules and directions** go to www.interclub.homestead.com/index.html

We're still trying to build a men's pick-up tennis program. Please check the bulletin board in the office for sign up dates. It's our goal for 2011 to build a network of players that can play on Saturday or Sunday mornings.

Contact Pam Shula with any questions: 610-238-0378 or shulafamily@verizon.net

And don't forget, members have access to the courts all year long. All you have to do is register at the front desk and get a key that unlocks the courts from the outer gates.



Over the winter the kitchen area of the snack bar and the office were renovated. In addition to adding some new equipment the kitchen was retiled, additional work surfaces and storage areas were added. In the office we installed carpeting, windows, countertops, storage and desks and the entire space was repainted. New stockade fencing was installed along the entrance driveway as well. The Board hopes to renovate the men's and women's locker rooms at the conclusion of this season.



2011 Club Hours

May 28 – 29	Opening Weekend	11am – 9pm
May 30	Memorial Day	11am – 7pm
May 31 – June 3	Tuesday – Friday	Closed
June 4	Saturday	11am – 9pm
June 5	Sunday	11am – 7pm
June 6 – June 9	Monday – Thursday	2pm – 7pm
June 10	Friday	1pm – 9pm
June 11 – August 28	Monday – Sunday	11am – 9pm
Aug 29 – Sept 1	Monday – Thursday	12pm – 8pm
September 2	Friday	12pm – 9pm
September 3 – 4	Labor Day Weekend	11am – 9pm
September 5	Labor Day	11am – 7pm

Baby Pool and Medium Pool (when not in use by swim team or group swim lessons) open at 11:00. The Big Pool opens at 12:00 unless noted.



Get your Ply-Mar gear!
 Orders will be taken at swim
 suit try on at PWHS June 2
 and 3 as well as in the
 Office.

www.plymar.org

If you haven't provided us with your email
 address yet, please send a note to
plymar@hotmail.com with "email address"
 in the subject line.