



## 2025 Shark Swim Team Information Packet

### **Coaches**

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### **Co-Managers:**

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### **League Representative:**

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### **Treasurer:**

Isabel Contreras

### **Canteen Manager:**

Indria VanDalen

### **Meet Director:**

Matt Steveson

### **Scorer:**

Spence Simmons

### **Volunteer Coordinator:**

Chelsea Griswold

### **Swim Lessons Coordinator:**

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### **Team Suits:**

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### **Teen Club:**

### **Webmaster**

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## Welcome to the 2025 Swim Season

### **Meet the Coaches & New Parent Meeting** - Thursday, May 22nd, 6pm

We will explain what's happening and what to expect this season and answer any questions.

**Stroke N Turn Endurance clinic- New this season!** We are excited to bring an extra week in the pool for our returning swimmers who are eager to get in the pool and work on technique and refine strokes. This is a 5 day clinic May 19th-23rd with two different session times 3:45-4:45 pm or 4:45-5:45 pm. \$35 for 1 hour session

Sign ups coming soon!

**Regular Practices** – Tuesday, May 27th through Friday, July 11th (see calendar for schedules)

During daily practice, parents must observe practice from the upper deck. Only swimmers and coaches are allowed on the lower deck, please. If you need to speak with a coach or assistant coach, address them before or after practice. You can also feel free to approach a team manager, who will be present at practice and events.

Swimmers 13 years and older who are not able to attend morning practice due to high school schedule requirements please communicate with one of the managers about potential options for alternative practice times.

\*\*Please remember that the "Rules of the Pool" are still in force during swim team practice.

\*\*Children under the age of 10 cannot be left at the pool without adult supervision.

**Team Photos** - Saturday, May 31st – 8:00 am

Please arrive 15 minutes early and dressed in a team suit or black suit. Individual photos are available. Buddy shots and family shots can also be taken. Please make sure to register your swimmer using the QR code BEFORE picture day. The photographers will not take a swimmer's picture until the registration has been completed.

**Swimmer Assessment Day** - May 31st following pictures

Assessments will be held following photos. This will be a chance for the new swimmers to get in the pool and have the coaching staff see what each child's ability is. This is fun for the kids and a way for coaches to get to know the new swimmers too.

**Team Snap App** - After you register your swimmer(s) you'll receive an invite via email from team snap. This is how we communicate during the season and where you will find volunteer sign ups, weekly updates and current events.

**Snack Schedule** - Tuesdays & Thursdays

Our swimmers look forward to snack days! Sign-ups will be on the Team snap app so please sign up to bring a snack during the first week of practice and we will store them in the canteen for the weeks to come.

**Sharks Trial Meet** - Saturday, June 7th

This season the "shark trial meet" is a mock swim meet with just our team. This allows the swimmers to prepare for what the actual meets will be like, and also provides the head coach each swimmer's times allowing for proper meet seeding.

**Team Suits** -

During practice, swimmers can wear one-piece suits of their choice. For meets, we have team suits and caps that can be ordered through SwimOutlet online. Please visit our team website at [oldorchardsharks.com](http://oldorchardsharks.com) to find the link and place your order. Items will take approximately 3 weeks to receive, so please plan accordingly. Orders should be in by April 19th. Our team suits are black with the team logo. If your swimmer does not have a team suit, a plain black one piece for girls, or black jammers or briefs for boys, will be fine. And it is strongly recommended every swimmer has a cap to wear at meets.

**Pep Rallies** - Friday nights before a meet. Pep rallies will take place Fridays after practice. Swimmers can enjoy dinner, cheer, make posters and just get excited about the meet!

**Teen Club** - Thursday Nights 9-10pm

The teen club is for our swimmers going into 7th grade and above. It is a great way to know other teammates and have fun after all the hard work! All teen club activities have adult supervision.

**Meet Information**

Meet locations and times will be announced many times during the season and are on the calendar. If your swimmer is not able to attend a meet, please let's us know by team snap or informing a manager or coach. It is important to let the head coach know by Wednesday before the meet so they do not seed your swimmer.

**On the day of the meet:**

- Swimmers must check in with coaches when they arrive
- Each swimmer will have their events written on their hand by the coaches
- Please help your swimmer keep track of the events so they can arrive at the seating area when needed
- If you need to leave the meet early, please let the coaches know. Your child might be part of a relay
- If your child wakes up sick, please send a message via TeamSnap as soon as possible
- No body paint - tattoos are OK
- Families can bring easy ups, chairs, picnic blankets, coolers, etc - there are set up times the night before each meet if you like to pick your spot.

**Meet structure:**

- Events are arranged in heats.
- First heat in an event is the slowest.
- There will be A, B & C Relay Teams depending on how many swimmers are in an age group.

**Ribbons:**

Team points are generally won in the fastest heat. However, heat 2 may take 2nd, 3rd, or even first.

- Ribbons can be won by heat. Point ribbons have orange on the back. Sometimes first place in a slower heat may receive a fourth place ribbon overall.
- Points scored for the team:
  - 1st - 6 points
  - 2nd - 4 points
  - 3rd - 3 points
  - 4th - 2 points
  - 5th - 1 point
  - Relays - 6 points - 1st place only

**Parent tips for meets:**

- Until your swimmer is old enough to do it themselves, please keep track of your child(ren) during the meets and get them to the seating area on time
- Stroke & turn judges are the only people who can disqualify a swimmer for a stroke, turn or kick violation.
- Dual meets will begin at 8:30 am Swimmers need to be at the pool for warm-up one hour before the start of the meet. Coaches will give instructions at Friday practices. If your child misses practice on Friday, check in with the coach to see if there was any important information that was missed.

- Championships begin at 8:00 am Specific warm-up schedules for each team will be emailed the week prior to Champs.
- At Championships, high point trophies are awarded to the top scorers in two (2) individual events. Medals are awarded all the way out to sixth place.
- At every meet, all parents are required to work at least one hour in a job of their choosing.
- At the end of the meet, please make sure to clean up your space and remove all trash.

## **Descriptions of Volunteer Opportunities**

**Timers** - Timers will record both times on the individual entry (event) slip. All times to be recorded by timers to the second decimal point when possible. All disqualification times must be recorded and should list the reason for the disqualification. Timers will stop the clock when any part of the swimmer's body touches the wall (applies to all strokes).

**Scorekeeper** - Scorekeepers will average times on individual entry slips. They will also keep track of the meet on a team score sheet.

**Starters** - Starters will commence all races in a timely manner and will disqualify late arrival for events. The starter is the only individual who can call a "false start" and shall disqualify a swimmer for two (2) false starts.

**Stroke and Turn Judges** - Stroke and Turn Judges will have knowledge of a correct stroke, kick, and turn criteria. Stroke and turn judges are the only individuals who may disqualify a swimmer and will notify timers and coaches (when possible) of any disqualification. Two (2) stroke and turn judges from each team will be allowed on the deck for the purpose of judging.

**Heat Seaters** - Seaters will place swimmers in seats according to the heat assignments. In a medley relay, it is important to remind the swimmers which leg of the relay they will be swimming.

**Canteen Workers** - Canteen workers are expected to report for their shift time promptly. Canteen shifts are usually short and can involve selling tickets, preparing food or selling of the food. You may leave the canteen to watch your swimmer's race. Make sure to communicate with the people on your shift.

**Ticket Runner** - The Ticket Runner's job is to pick up the race cards from the timers and bring them to the scorekeeping table.

**Meet Announcer** - The Meet Announcer will announce the current race and heat. They will announce the winners and any other announcements necessary to keep those present informed.

**Place Judges** - The place judges will tell the lane timers the official heat places. The place will be written on the event slip and circled. Place judges will not use watches. Place judges will take precedence over times except where place judges request a time decision.

**Ribbon Preparer** - Ribbon Preparer will help with the preparation of the event and heat ribbons at meets.