

Sylvan Swim Team Parent Guide

REGISTRATION: Registration fees are \$75 for each swimmer. \$30 for lollipop only swimmers. Lollipop only swimmers **MUST** be members of Sylvan. All members must provide proof of membership.

Non-members: \$100 for the first swimmer, \$75 for each additional

All fees must be paid in full at time of registration.

PRACTICE DAYS/TIMES

Monday through Friday

13 & Up: 9:30am to 10:45am

12 & Under: 10:45am to 11:45am



LOLLIPOP ONLY SWIMMERS

(Lollipop only swimmers are ages 8 & under that are not ready for full swim team practice. Placement is at the coach's discretion)

Conditioning/Technique

Monday and Wednesday

10:15am – 10:55 am

Adjustments may be made by coaches according to swimmer ability.

TEAM REQUIREMENTS: A swimmer must be able to swim at least a continuous lap without assistance. ***This is not a practice only program.*** If joining, you are joining a competitive swim team and attending swim meets and volunteering at home meets. Only attending practices is not an option. Championships weekend is mandatory for those swimmers who qualify. If we are hosting a championship meet, all families are responsible for volunteering/working the meet, whether your child is swimming or not. It is the only way to run a successful meet and is the team's primary fundraiser for the year.

SWIM MEETS: Dual swim meets are held on Mondays and Thursdays in June and July at Sylvan and various pools throughout the AK Valley. Swimmers are expected to attend all meets, with a MINIMUM of two (2). It is understood that it is summer vacation and there are vacations and the occasional other commitment, and that is fine. Coaches will make the line-up with the top 3 individuals swimming in an event. Dual meets last approximately 3 hours if everything runs smoothly. Swimmers should arrive 15 minutes prior to warm-ups. Warm-ups for home meets will be announced by the coach on the Heja app. If you know that you will be unable to attend a dual meet, you must **update your swimmer's availability on the Heja app by noon the day before the meet.** After swimming an event, swimmers should see their coaches for advice on their performance. Two (2) dual meets at a minimum must be attended to be eligible for Championships.

WHAT TO BRING TO PRACTICE: Swimmers should wear a one piece bathing suit, cap, and goggles. If they have their personal equipment such as fins, board, pull buoys, etc they may bring them.

WHAT TO BRING TO A SWIM MEET: Swimmers should bring towels, goggles, swim caps (an extra is good to have) and warm/dry clothing (flannel pants or sweatpants). Some evenings can get chilly. A blanket to sit on, which is very useful at away meets. Not all pools have chairs or bleachers, so it may be a good idea to bring a chair.

WEATHER: In the event of inclement weather, every attempt will be made to notify you of any cancellations. Swim meets and practice will be held if it is raining. League rules state that in the event of thunder and/or lightning, all swimmers must exit the pool for at least 30 minutes from the last thunder or lightning strike. Early in the summer, some nights may be cold so bundle-up.

VOLUNTEER/ACTIVITY FEE: A fee of \$100 will be required from each family. Prior to each season the number of volunteer requirements will be decided. This number is dependent on the number of families on the team, number of home meets the team is assigned, or if we are hosting a champs meet. Someone from each family will need to volunteer to reach the number required. When we host a championship meet, volunteering/working at the meet is mandatory for all on the team, regardless of whether your swimmer is attending the meet. Once the requirement is met, the fee will be returned at the end of the season. If the obligation is not met, the check will be cashed.

CONCESSIONS: We will not be having concessions at home meets this year. The pool concession stand will be open.

FUNDRAISER: A fundraiser may be held each year and each family is required to participate. The money from these fundraisers go to pay the coaches salaries, purchasing equipment for the team, etc. and offsets not having a concession stand. We are responsible for our lane lines, the lane line reels, our starting system, everything we use as a team, aside from the pool itself. A fundraising check will be required at registration. The check will not be cashed until the end of the season once the fundraiser is complete.

TEAM PICTURES: Individual pictures will be taken prior to a morning practice. Please look at our website for dates and times.

TEAM SUITS: Team suits are not mandatory but can be found on the team website.

TEAM COMMUNICATION: Upcoming meets, exhibition sign-up, and other important information will be posted on the bulletin board marked Sylvan Swim Team News between the changing rooms. We will also use email, Facebook and the team Heja app. Everyone will need to download the Heja app. The Heja app is the main source for team information. We also have an up to date website. <http://sylvanswimteam.webstarts.com/> It is important to pay attention to these various spaces. "I didn't know" is not a valid excuse.

- Heja app (code ZO-829911)
- Facebook (SylvanSwimTeam)
- Website (<https://sylvanswimteam.webstarts.com>)
- Email (sylvanswimteam@gmail.com)
- Bulletin board

NEW PARENT/SWIMMER INFORMATION: Each swim meet has a set order of events usually with more than one heat per event. The age groups are: 8 & under, 9-10, 11-12, 13-14, 15 & over. Events are: Medley Relay, Freestyle, Backstroke, Butterfly, Breaststroke, and Freestyle Relay. Swimmers will swim for either points or exhibition. The coach will determine the line-up and which swimmers will swim for points. All others are encouraged to swim in the exhibition heats. No more than 3 individual events. When a swimmer swims for points, any points earned will count toward the overall team score. Swimming in an exhibition heat is a no pressure way for a swimmer to gain experience in an event or try to improve their time. Sign-ups for exhibition heats will be on the bulletin board before each meet. Each swimmer will receive a card for their events by the coach if swimming for points. These are handed out by the coach at the meet. (Blue/Boys) (Pink/Girls) Exhibition cards (white) will be handed out by the exhibition coordinator before the meet. Swimmers are to take the cards when it is their turn to swim and hand it to the timer. It is your responsibility to keep track of the events so your swimmer can get to the seeding area in time for their event.

LOLLIPOPS ON PARADE: This is a mini-meet for all 8 and under swimmers, both on the swim team and lollipops only. It is only at home meets. Sign-ups begin at 4:30 and the meet begins promptly at 5:00. Please specify if the child needs assistance to get across the pool during sign-ups. Afterwards, they will receive a ribbon and a lollipop..

LOLLIPOP CHAMPIONSHIPS: The Lollipop Championship swim meet is held every year in mid-July and is for all 8 and under swimmers. This meet is similar to a dual meet and lasts approximately four hours. All swimmers are welcome to attend. Please register when sign-ups are posted. Cost is typically \$1 per event; however, this is subject to change. Each swimmer is allowed to swim up to 3 individual events and two relays. Coaches have final say in what event the

swimmers participate. All teams are required to supply timers for the meet. If you are attending, please consider timing. Happy ad orders and pre-order t-shirts for the event will be available. Please see bulletin board and website for details and deadlines. (Deadlines are strictly enforced)

LEAGUE CHAMPIONSHIPS (Swimmers must attend a minimum of 2 dual meets to be eligible to attend): League Championships are held the day after Lollipops and are for any swimmer on the team who qualifies. This is a longer meet, lasting from early morning through early afternoon. The top three swimmers in each age group for each stroke from every team attend; in addition to the top two relays for each age group. Cost for this meet is typically \$2 per event. May be subject to change. Qualifying swimmers are eligible to swim up to 3 individual events and 2 relays. Coaches have the final say. All teams are required to provide timers. If you are attending please consider timing. Timers at this meet will only have to do ½ the meet. Happy ad orders and pre-order t-shirts for the event will be available. Please see the bulletin board/Heja app for details and deadlines. (Deadlines are strictly enforced)

PARENT PARTICIPATION: It takes many hands to run a smooth swim meet (timers, stroke & turn officials, starters, place judges, scorers, concession stand, set-up & clean-up, etc.) It is crucial for a volunteer to participate from each family at our home swim meets. Also, there are several needed for away meets as required by the league. All positions must be filled prior to the start of any meet. If we are short in any areas, you may be asked to work if you are not signed-up. Not meeting the minimum volunteering amount will result in your volunteer check being cashed. In addition, it is your responsibility to get your swimmer(s) to the seeding area. Coaches do not have the time to leave the poolside to find swimmers. Please check what events your swimmer is in. Too often people leave a meet early when a swimmer is in a relay at the end of the meet and this takes away the opportunity for three other swimmers to swim. If your swimmer appears done for the meet and you wish to leave, check with the coaches first. If we are hosting a championship meet, all families must volunteer/work the meet.

Examples of Volunteer Opportunities:

GENERAL MEET SET UP/CLEAN-UP: (4) Set-up for meets begins at 4:00 p.m. Set-up and clean-up consists of setting up before the meet, and putting away after the meet the tables for the scoring area, buckets for seeding, etc.

STARTER: (1) Responsible for starting each event, keeping the meet running quickly and smoothly. The starter must be certified.

STROKE & TURN: (2) Must have knowledge of proper strokes and flip turns to watch swimmers during each event to be sure they are swimming/turning correctly. If incorrect swimming/turning occurs this will result in the swimmer being DQ'd. Stroke & Turn judges must be certified.

PLACE JUDGE: (1) At finishing end of pool, one on each side. The job is to list on tally sheet order in which swimmers finished according to lane. Visiting teams are required to supply one place judge at each meet also; therefore, we will need one volunteer for away meets also.

SCORING: (2) After receiving timing cards from runners, record swimmers times and placement, tallying score throughout the meet. One scorer is also needed at each away meet. Visiting teams are required to supply one for each meet.

TIMERS: (13) The timers meet with the starter before the meet and paired in twos. The starter will give any instructions at that time. Each timer will receive a stop watch, head timer will receive a clipboard and pencil also. Each timer will verify swimmers name on card, time each swimmer and record time on card. This card will then be given to designated runner. One backup timer will be available if needed.

RUNNERS: (1-2) Responsible for gathering swimmers cards from TIMER after each heat. These cards are then taken to the Scoring Table. This person must move quickly in between events (wear comfortable shoes)

ANNOUNCER: (1) Responsible for announcing upcoming heats so that swimmers know when to report to seeding area, as well as any other announcements that may come up throughout the meet.

SEEDING: (2-3) Responsible for lining up swimmers in event/lane/heat order for upcoming events. Swimmers should be aware of/pay attention to when it is necessary to report to the seeding area. Upon hearing their event (from the loud speaker) they should report to the seeding area to be put in proper order. One seeder is also needed at each away meet.

LOLLIPOP COORDINATOR: (1) When not hosting the Lollipop Championships, the coordinator is responsible for coordinating T-shirt pre-orders, purchase & disbursement of t-shirts at Lollipop meet; also responsible for happy ad entries, etc. This is usually the Lollipop coaches.

CHAMPIONSHIP COORDINATOR: (1) When not hosting the Championship meet, the coordinator is responsible for making sure ALL swimmers who are swimming in this meet are aware that they did qualify and are scheduled to swim at Championships and that they should be attending practice until Championships, also responsible for coordinating T-shirt pre-order along with purchase and disbursement of T-shirts at meet. This is usually the Swim Team coaches.