**Parent Handbook for Pinebrook Gators Swim Team**

Welcome! We’re glad your child is swimming with Pinebrook this summer. We believe that if we work as a team, it’s going to be a great swim season! If you have questions, please ask!

**CONTACT INFO YOU MIGHT NEED**

**Pinebrook Pool:** 704-825-5016 **Swim Team Info:** swimteam@pinebrookswimclub.com

**FEES**

$50 PER CHILD – Pinebrook Members

$75 – Swim Team Membership only

**Your swimmer’s fees cover:**

* All practices and meets
* Dues for the GISA swim league
* Team t-shirt
* Participation in the end-of season team party

This year, we will host separate parties for the 6 & Under and 7 & Up teams.

**TEAM BATHING SUIT –** Please see Link on [Swim Team tab](http://www.pinebrookswimclub.com/swim-team.html) to purchase or click (CTRL+click) below.

[Youth Girls 22Y-28Y](https://www.swimoutlet.com/p/sporti-light-wave-thin-strap-one-piece-swimsuit-youth-22-28-8117055/?color=9604) [Youth Boys 22Y-28Y](https://www.swimoutlet.com/p/sporti-light-wave-piped-splice-jammer-swimsuit-youth-22-28-8117054/?color=9603) [Tween-Women 26-40](https://www.swimoutlet.com/p/sporti-light-wave-thin-strap-one-piece-swimsuit-23224/?color=25468&rec=related_products) [Tween-Men 26-40](https://www.swimoutlet.com/p/sporti-light-wave-piped-splice-jammer-swimsuit-23267/?color=209&rec=related_products)

 **Boy Example**  **Girl Example** 

* Alternatively, your swimmer can choose to wear a solid black suit. Preferred suit style for girls is a one-piece racer back; preferred style for boys is a knee-length spandex “jammer” style (like bike shorts).

We ask that your swimmer wear his or her team suit for all meets.

Swimmers may practice in their team suits or in other suits that are comfortable and appropriate.

**GATORS SWIM CAP** – Caps will be $10 and available beginning the first practice

**PRACTICES**

Practices begin on Tuesday, May 28th.

* Please refer to the your swimmer’s age group schedule on the swim team tab at [www.pinebrookswimclub.com](http://www.pinebrookswimclub.com)
* Coaches may change the practice schedule as needed; updates will be sent via email and the Remind system.

**MEETS**

**Signing up for events**

* ALL SWIM MEET REGISTRATION IS COMPLETED ONLINE.
* YOU WILL BE REQUIRED TO SIGN UP YOUR SWIMMER FOR EACH MEET.

You will receive an email with a link to the sign-up form several days prior to each meet. Please use the form to choose which events (strokes) your child will swim in the meet. A swimmer may compete in up to 3 events in a meet. Swimmers may choose different individual events from one meet to the next. We encourage swimmers to talk with their coaches about which strokes to swim.

Relay teams will be chosen by the coaches based on swimmer performance.

When you know your swimmer will not attend a meet, please mark the appropriate box on the online signup form for that particular meet. This greatly helps us in planning heats and relay teams.

**Arrival**

**6 & UNDER MEETS:**

Warm-Ups – 8am sharp, please arrive early

Meets – 8:30am start time

Each swimmer must sign in with their coach/rep when he/she arrives. If your swimmer does not check in, he/she may be scratched from participating. If, for some reason, you know that you will be late, please contact the coach to let them know. Each child must have a parent/chaperone that will be responsible for said swimmer during the meet.

**7 & UP MEETS:**

Warm-Ups – 5:15pm sharp, please arrive early

Meets – 6pm start time

Each swimmer must sign in with their coach/rep when he/she arrives. If your swimmer does not check in, he/she may be scratched from participating. If, for some reason, you know that you will be late, please contact the coach to let them know. Each child must have a parent/chaperone that will be responsible for said swimmer during the meet.

**Volunteers**

The meets cannot happen without them, so please help by volunteering! We need timers, clerk of course, and finish judges, as well as helpers for the concession stand. It takes a team effort, not only from the children, but the parents as well. Please do your part, represent your child and work half of every meet. There will be signup information given during the practices and via email.

**Concession Donations**

Our “team fundraiser” is the sale of concessions at our home meets, so we ask all swimmers’ families to donate items to be sold. Please bring a 12-pack of canned soda or bottled water and 24 individually packaged snacks (candy, cookies, individual chip bags, etc.) to each home meet.

**GASTON INVITATIONAL SWIM ASSOCIATION**

**League Meet –**

**Age 6 & Under –** Must participate in one regular season meet in order to participate in the league meet.

**Ages 7 & Up –** Must participate in at least two regular season meets in order to participate in the league meet.

\*Participation in meets with Non-GISA teams (e.g., Stanley Pool) do not count towards this requirement.

**Diving-**

Competitive racing starts require a minimum pool depth of 4 feet, measured 1 meter from the end of the wall. In pools with a water depth of 4 feet or greater at the starting end, starting platforms shall be no more than 30 inches above the surface of the water. In pools of less than 4 feet deep, swimmers must start in the water using a touch start.

Dive starts are allowed at Gardner Acres, Wesley Acres, and Cramer Mountain. Touch starts are required at Pinebrook, Gaston Country Club, and Southampton.

**SWIM TEAM RULES OF CONDUCT**

All regular Pinebrook Swim Club rules apply to swim team participants during both practice and meets. We want our swimmers to have fun at practice and meets. Therefore, we must ensure the safety of every participant. Team members must follow rules for conduct, safety, and courtesy as they would in any other sport.

Per our club rules, swimmers should not be dropped off at practice or meets and left at the pool without a parent or chaperone present, unless they are age 10 or older.

If a swimmer’s behavior disrupts practice, the parent will be asked to remove that swimmer. If the parent is not present, the child may be instructed to sit out the remainder of the practice.

Parents are responsible for supervising their children during meets. Swimmers typically sit together in a team area during meets, but if a child’s behavior is distracting to the coaches or other swimmers, that child may be instructed to sit with his or her parents during the meet.

All members of the team are expected to support their teammates. Bullying, teasing, provoking or intimidating behavior is not tolerated. Cheering, celebrating, and congratulating are encouraged!