

# PIRATES SWIM TEAM PARENTS HANDBOOK

## Season Starts:

Registration 1 month prior to first practice

The first Tuesday after the end of school will be the first practice. One week before the first meet is the registration deadline.

New parent meeting will be the first Thursday

The meets will be every Saturday starting the first weekend of July and end the first weekend of August.

Swimmers must be able to swim unassisted in the deep end of the pool in order to join the swim team.

## Name:

THE POCONO WOODLAND PIRATES

The team colors are black and white.

## Equipment:

Team suits and caps are black/white and will be provided with registration. Practice suits: Girls must wear a one piece with a racing back, and boys must wear Jammers or Speedos. All swimmers must have goggles and towels (two towels are recommended for meets).

Swimmers with long hair must wear a swim cap.

Sweatpants are recommended for colder meets.

Fins are provided by the team but you may bring your own.

Please see the below charts for sizing:

### SPORTI GIRLS/WOMEN'S COMPETITION ONE PIECE SWIMWEAR

Sporti Size	22	24	26	28	30	32	34	36	38	40
Women's Suit Size	-	-	0	0-2	2-4	4-6	6-8	8-10	10-12	12-14
Youth Suit Size	-	8	10	12	14	16	-	-	-	-
Chest Circumference	22"	24"	26"	28"	30"	32"	34"	36"	38"	40"
Hip Circumference	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"

Sporti girls suits will be available in thin or wide straps. Color: black

Sporti Boys/Mens Jammer Suit size is the same as waist size available in black

## Fee:

The fee is \$40.00, \$30.00 for the 2<sup>nd</sup> child and \$25.00 for each additional family member, this includes team suit and latex cap.

Registration must be completed before a child is allowed in the pool.

Swimmers must be a resident in good standing or have a relative that is a resident in good standing. Residence will be verified with the community. Please bring a birth certificate to verify age and/or relationship. Only NEW swimmers need to bring a birth certificate.

### **Practice:**

In order to accommodate all swimmers, practices will be as follows:

Wednesday and Friday mornings from 8:30 -10:30 9-18yr olds; 9:15-10:30 8 and under.

Swimmers will be evaluated and placed in lanes based on their abilities. Swimmers will be directed to change lanes or be moved up to the 8:30 practice with an invite from the head coach ONLY.

Tuesday and Thursday 8-9 p.m. for ALL swimmers.

It is recommended that the swimmers attend at least 2 practices a week. We do understand that there are many camps and vacations during the summer months so please keep your coaches and board informed of what you will be doing.

### **Meets:**

Meets will be held on Saturdays and start at approx. 8am and end at approx. 11am they are subject to change. For away meets, directions will be provided the Wednesday before the meet.

The coaches will meet parents and swimmers at the clubhouse or the Aspen gate for those who would like to drive together.

Organization of the Meets:

The lineup of races will be decided the Friday before the meet. The lineup will be handed out to the assigned deck parents before the meet.

\*\*\*If a child **can not** attend a meet, please let the coaches or board know by Thursday.\*\*\*

If this is not possible, the latest the coaches or board should be notified is the Friday after practice before the meet. Failure to notify coaches or board of an absence could lead to lose of points due to disqualifications of relays. In an emergency please call ASAP.

The age groups are as follows:

Age Length of Race

8 and under\* 25 yards

10 and under 25 yards

12 and under 25 yards

14 and under 50 yards

18 and under 50 yards

Note: There are two 100 yard individual medleys (I.M.). One is for all age groups 12 and under, the other for all age groups 18 and under.

\* The reason all age groups have under afterwards is due to the fact that swimmers are allowed to swim in the age group above them. This is often done for relays.

Judges: There will be 2 judges at each meet one from each team. They will DQ swimmers if they are not swimming their strokes correctly. There are exceptions for 8 and unders for regular season meets but not for championships.

Ribbons will be given out for 1, 2 and 3rd place winners for each event and 8 and under relays only. You will receive them the week after the meet at practice.

The Pocono Mountain Summer Swim League (PMSSL) is a two division league.

Division A: Lake Adventure, Pocono Woodlands, Trail End, Hemlock, and Wild Acres. Division B: Birchwood, Gold Key, 739 (Conasaugh/Sunrise) and Fawn Lake. Each division will have four meets per season. Week five, Division A & B will host their Championships separately.

Kickboarders: We have a kickboard event at each meet. All siblings that are not able to swim in the deep end are welcome to join one of our coaches or older swimmers and race across the pool on a kickboard. Please have them wear bathing suits.

### **Behavior of the Parents:**

All parents of swimmers are expected to volunteer throughout the season. Approximately 15 parents are needed for each meet, which includes two deck parents per age group, timers, concession, runner, scorekeeper, caller, singer, 50/50, set up and clean up. Parents are expected to get children to and from practice and meets on time. Parents are expected to show good sportsmanship at all times.

Parents can **NOT** be in the pool area during practice as it is distracting to the swimmers and coaches. You are welcome to watch from the hill outside the fenced in area.

If you need to talk to the coaches, please do so before or after practice.

A board member should also be at all practices if you have any questions or concerns during practice.

### **Communication:**

You will be notified of any schedule/practice changes and updates throughout the season via email and facebook. An email will be sent out once a week with meet info and to ask if you will be attending the weekend meet.

The swim team email address is: [pwlpoapirates@gmail.com](mailto:pwlpoapirates@gmail.com).

Please feel free to email us if you have any questions, comments or concerns.

If you are a new parent you will receive an email invite to join our private Facebook page (PWL Pirates Swim Team).

Meet dates and swim team documents will also be posted on the swim page of The Woodlander website at [www.TheWoodlander.com](http://www.TheWoodlander.com).