

Crestwood Barracudas 2019 Season  
Swim & Dive Team Parent Information Packet  
Affiliation: Berks County Swimming Association ~ Atlantic Division

Welcome to the Crestwood Parents Aquatic Club (P.A.C). Please plan to attend the Parent Meeting on **Thursday, June 6th at 6:00pm**.

The PAC is made up of every parent or guardian of the swim and dive team participants. The role of the PAC is to support the swimmers, divers and team coaches in amateur competitive swimming and diving. This can only be possible with the commitment of team parents to fulfill the volunteer roles. The executive board exists to help organize the parents to fulfill those roles.

This season's important dates have been imported into a google calendar if you would like to link to your device, enter this code

[https://calendar.google.com/calendar/embed?src=crestwoodpac%40gmail.com&ctz=America/New\\_York](https://calendar.google.com/calendar/embed?src=crestwoodpac%40gmail.com&ctz=America/New_York)

### **Volunteers**

Swim & Dive meets would be impossible without volunteers. We will use Sign-Up Genius to facilitate the sign up and tracking of volunteer positions filled. Descriptions of the volunteer roles is included at the end of this packet. A home meet requires approximately 25 volunteers, and an away meet 12 volunteers. We ask that **each family fulfill (3) volunteer positions** throughout the swim & dive season. While appreciated, food donations do not fulfill a volunteer commitment. **If you are unable to fulfill your volunteer positions, you will be charged a \$50 buyout fee per family.**

Available Volunteer Positions (choose 3x over season)

- Announcer
- Concessions 4-6,6-8,8-10
- Set Up
- Clean Up
- Place Judges
- Runners
- Scorer
- Timers
- Starter
- Stroke Judge (*must be certified*)
- Dive Scorer
- Dive Concessions
- Marshalls (*can also be volunteer hours for SHS students as well as count towards family requirement*)

### **Fundraising**

Crestwood Swim & Dive Team will be hosting three home swim meets and one diving meet this summer. Concession stands at meets are a large source of income for our team. In addition the 4th of July Basket Raffle, and other seasonal

fundraisers help offset the cost of coaching, BCSA Fees and Lifeguards during practice hours. Your contributions towards the success of these events is critical.

### **Concession Stand**

The concession stand is our biggest team fundraiser. Swim/Dive families donate all of the food and drink items. While appreciated, food donations do not fulfill a volunteer commitment. A food item donation list will be available in advance of the home swim/dive meet on Sign-Up Genius. The drinks assigned to each swimmer/diver are:

- \* 8 & Under: 8 pack of Gatorade (20 oz)
- \* 9 & 10: 12 pack reg. Coke, Pepsi, Sprite, Mug, Dr. Pepper, Orange Crush soda
- \* 11 & 12: 24 case of water (16oz)
- \* 13 & 14: 8 pack of Gatorade (20 oz)
- \* 15 & over: 12 pack diet Pepsi, diet Coke, diet Dr. Pepper brand soda

\*\*The drinks are a one time donation per athlete and must be brought to the pool within the **first week of practice**. Please put your swimmer/diver's name on your drink donation.

### **Basket Raffle**

This event takes place during Crestwood Pool's Game Day festivities and is made possible with parent and area business "basket" donations.

Game day is **June 29th, 2019. Rainedate: June 30th.**

### **Communication**

Head Swim Coach	Chris Lynch	clynch729@aol.com
Diving Coach	Chris George/ Sam Istenes	coachdive@gmail.com

Your PAC Board can be reached by emailing PAC@Crestwoodpool.com

President	Patty Pinkerton
Vice President	Jill Lynch
Treasurer	Kristin Conley
Secretary	Melissa Crotty

If a practice or meet must be cancelled, you will be notified on the Crestwood Swim & Dive Facebook page and through RAINED OUT. Make sure to sign up to receive notifications. Instructions are included at the end of the packet.

In the event a meet is postponed or paused because of inclement weather, coaches ask that members stay safe but **remain** at the location until the Coach announces the meet is cancelled or that it is restarting. Leaving without notifying the coach leaves the team struggling to keep all children accounted for as well as

leaves the team scratching events for no-shows.

It is extremely important for parents to **notify the coaches 3 days in advance if a swimmer will miss a swim meet.** It is a time consuming and arduous task to create a swim meet roster. There are strict rules for the number of events a swimmer may enter. "Scratching" a swimmer and finding a replacement, especially if the swimmer was part of a relay, becomes a last minute scramble. In the case of a relay, the unexpected absence of a swimmer directly affects 3 other swimmers who may no longer be able to swim. Please be mindful in this regard.

Please hold any questions, concerns, or comments for the coaches until all practices have finished. The safety and well being of the swimmers depends on the coach's undivided attention.

Google forms will be sent weekly to make note of any meets or practices that will be missed due to vacation, camps, or other activities.

## **Diving Schedule**

### **Practice Schedule**

Optional evening practices will be held June 4 & 6  
7:00-close

### **Beginning Tuesday, June 11, 2019**

Practice will take place Monday-Friday

Group 1 10:30am-11:30am

Group 2 11:30am - 12:30pm

Coaches Chris and Sam will assign groups before the first practice.

### **Dive Meet Dates**

June 25th @ Wilshire

July 2nd @ Crestwood

July 9th @ Ken Grill

July 15th @ Shillington

July 23rd @ Green Valley

### **County Diving Championship Meet - July 27 & 28 at Green Valley**

The County Diving Championship Meet is for all divers who are able perform all of the dives for their age-group. The county championship meet will be held on Saturday and Sunday morning. More information will be available at the beginning of the season. Ages 11/12, 15 and over on July 27th. 8&u, 9/10, 13/14 will take place on July 28th.

## Swimming Schedule

### Practice Schedule

Optional evening practices will be held June 4 & 6

4:30-6:00 for 11 & over

6:00-7:00 for 9-10 and 8 & under

7:00-close for diving

### Beginning Tuesday, June 11, 2019

\*\*\* practice groups and times may change\*\*\*

11 & over 8:00-9:30 Monday through Friday

9 & 10 9:30-10:30 Monday through Friday

8 & Under\* 10:30-11:00 Monday through THURSDAY

or 11:00-11:30 Monday through THURSDAY

\*Coach Chris will divide children after registration

Time Trials June 13th and June 14th 2019 –

Swimmers are timed in each swim stroke. These times are used to show areas for development, individual growth throughout the season, and dual meet (a meet between two teams) placement.

### Time Trials 8 & U and 9&10 on 6/13 during your practice time

(11&over still have practice from 8:00-9:30am on June 14th)

### Time Trials 11&12 and 13&14 6/14 beginning at 9:00 (practice at 8)

### Swim Meet dates

June 17th Bern Township @ Crestwood

June 24th Ken Grill @ Crestwood

July 1st Laurel Run @ Crestwood

July 8th Crestwood @ Amity

July 15th Crestwood @ Wyomissing

### Dual Meet Pool addresses for away meets:

Amity 55 Amity Park Road, Douglassville, PA 19508

Wyomissing 901 Evans Avenue, Wyomissing, PA 19610

### Silver Championship Meet - July 26th at KenGrill

The Silver Meet is a championship meet for swimmers whose stroke times do not qualify for the County Meet competition. A swimmer may compete in both championships; however, a swimmer who has qualified for a county time in a given stroke may not compete in that event at the Silver Meet.

### County Swimming Championship Meet - July 27 & 28 at Green Valley

The County Swimming Championship Meet is for swimmers who achieve a qualifying time for a given stroke.

### **Invitational Meets**

Invitational meets are swim meets with many more teams and swimmers than a dual meet (a meet between two teams). These meets provide swimmers an additional opportunity to perform in a competitive environment. A swimmer can enter the stroke or relay event(s) of their choice for a small fee per event (\$3-5). Payment must be made PRIOR to the invitation entries submission and payment can be placed in the PAC dropbox located in the Pool Office. Crestwood will be participate in the following invitationals this year.

June 23rd	Topton
July 6th	Green Valley
July 7th	Antietam
July 12th/13th	Shillington
July 14th	Ken Grill

### **Swim meet preparation/expectations**

All swimmers are expected to arrive on time (5:15 for away swim meets and 4:45 for home meets). A swim competition usually lasts about 3.5 hours. The time may vary depending upon the size of the pool (number of lanes) and the size of the team.

Each swimmer must come prepared with swimming essentials: team shirt, swim suit, goggles, towels, swim caps.

It is extremely important for swimmers to hydrate themselves throughout the day and during a swimming event.

Swimmers must remain in the pool until all swimmers have completed the event. In the case of a relay, this applies to the last swimmer.

All swimmers must show good sportsmanship and congratulate the swimmers in the neighboring lanes before exiting the pool.

Swimming is a social team sport. Swimmers are expected to cheer and encourage their teammates and build confidence in each other using the power of positive words.

**All swimmers are expected to stay with the team throughout the entire swim meet whether home or away.** This rule is very important especially for the marshals who will line up swimmers in advance of their event. It is extremely difficult to find children who are scattered on the playground, pavilion, courts, snack bar, and otherwise engaged in other active play. Swimmers may bring a

small low key activity (small game, cards, etc.) that they can use with other teammates to occupy the waiting time and conserve energy for their events.

Also, please see the attached **BCSA Code of Conduct** expected of all parents and swimmers of Crestwood Swim Team.

## **BCSA Code of Conduct**

### **ATHLETE**

The following Code of Conduct should be read and followed by all Berks County Swimming Association athletes:

**As a member of the Berks County Swimming Association, I understand and agree to abide by this Code of Conduct at all times while I am representing my BCSA team.**

#### **I will:**

1. Offer congratulations to my opponents, win or lose, and cheer on my teammates
2. Act and conduct myself with dignity while demonstrating respect for others and the property of others
3. Promote good sportsmanship while striving for positive team spirit
4. Deal justly, kindly, impartially, and honestly with all fellow team members while involved in any Berks County Swimming Association sanctioned meet or practice.

#### **I will not:**

1. Cause or threaten physical or verbal harm to another athlete, coach, official, or parent.
2. Possess, use, or be under the influence of alcoholic beverages, chemicals, or illegal drugs.
3. Behave in a manner that in the opinion of my coaches and the BCSA is harmful to the reputation of my pool, team, or the BCSA.

## **BCSA Code of Conduct**

### **PARENT**

The following Code of Conduct should be read and followed by all Berks County Swimming Association parents:

**As a parent of an athlete of the Berks County Swimming Association, I understand and agree to abide by this Code of Conduct at all times.**

1. Practice teamwork with all parents, athletes, and coaches by demonstrating the values of honesty, caring, respect, and responsibility.
2. Allow the coaches to instruct the team and athletes at practice and meets. Rely on the coaching staff for technique and race strategy. Refrain from coaching my child or any other athlete as it puts them in a precarious situation. Address all questions regarding technique and race strategies to the coaches at a prearranged time.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other athletes, parents, officials, and the coaches at the meets and practices.
4. Maintain self-control at all times. Allow athletes to perform, coaches to coach, officials to officiate, and parents to parent.
5. Understanding that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials and/or any participating athlete or parent will not be permitted or tolerated, and that I may be asked to leave the pool area.
6. Enjoy involvement with your athlete's team by supporting the athletes, coaches, and other parents with positive communications and actions.
7. Direct all questions or concerns regarding decisions made by the meet officials to a member of your coaching staff. Parents may not address officials.

Should I conduct myself in such a way that brings discredit or discord to the Berks County Swimming Association and/or your team, I agree to voluntarily leave the pool area at any meet or practice.

## Crestwood Swim team volunteer opportunities

Swim Meet Job Duty	Job Description
Announcer home meet only	<ul style="list-style-type: none"> <li>● Announce National Anthem at the start of each home meet</li> <li>● Announce race, heat and swimmer information</li> <li>● Announce important information as needed throughout the meet</li> </ul>
Starter/Referee home meet only	<ul style="list-style-type: none"> <li>● Evaluate swimmers to ensure proper position on block</li> <li>● Give starting command</li> <li>● Signal for false start</li> </ul>
Timers home AND away meets	<ul style="list-style-type: none"> <li>● Check stop watch to ensure it is good working order</li> <li>● Pair up with timer from opposing team and select lane</li> <li>● Start and stop time at the beginning and end of each race</li> <li>● Record times and all other race/swimmer information on timesheet</li> </ul>
Stroke Judge home AND away meets	<ul style="list-style-type: none"> <li>● Must be familiar with the proper mechanics of all of the strokes, turns and relay exchanges</li> <li>● Must determine disqualification of any swimmer that does not meet the stated criteria</li> </ul>
Place Judge home AND away meets	<ul style="list-style-type: none"> <li>● Stands at the finishing end of the pool and marks the lane who finishes in a specific order</li> </ul>
Scorers home AND away meets	<ul style="list-style-type: none"> <li>● Obtain time sheets from runners</li> <li>● Tabulate swimmers' times and team scores</li> </ul>
Runner home meet only	<ul style="list-style-type: none"> <li>● Collects time sheets from each of the lane timers and delivers them to the scorers</li> </ul>
Concession stand home meet only	<ul style="list-style-type: none"> <li>● Sells concession items during the meet</li> <li>● Collects money and makes change</li> </ul>
Marshalls home AND away meets	<ul style="list-style-type: none"> <li>● Organize kids prior to their events</li> </ul>
Set Up home meet only	<ul style="list-style-type: none"> <li>● Assists with putting up tents, setting up scorer's table, distributing stopwatches and timers' sheets in advance of the meet</li> </ul>
Tear Down home meet only	<ul style="list-style-type: none"> <li>● Assists with cleaning up the pool areas after a home meet and placing items in their respective places at the end of the night</li> </ul>
Volunteer Coordinator home AND away meets	<ul style="list-style-type: none"> <li>● Ensures all volunteer positions are filled</li> <li>● Responsible to perform any volunteer position that is not filled.</li> </ul>

Please consider how you can help during the swim season. Our meets will not be a success without your commitment!!!



## **Signupgenius.com for Parents**

[www.signupgenius.com](http://www.signupgenius.com)

You will receive an email notification when a sign up is available. Within the email, there will be a link for you to click on. Click on that link and select what you would like to sign up for. Click Submit and Sign Up.

The first time you do this, you CAN set up an account or not. In either case, you will need to fill in your first and last name and email address. If you select the Create an account radio button, it will prompt you to input a password. You can also choose to receive a confirmation with a file attachment for your calendar.

Click sign Up Now.

You will receive a confirmation that you signed up and it will tell you the item(s) for which you signed up.

If you ever forget, you can log in to signupgenius and see everything you have volunteered or signed up for (provided you created an account).

**If you are NOT receiving emails, please contact [pac@crestwoodpool.com](mailto:pac@crestwoodpool.com) to be added to the email distribution.**

## **Rained Out Access for Parents**

We will be using Rained Out this year for notifications of cancellation or delay for practices, meets, lessons, etc. If you would like to be informed, please sign up for this service.

To sign up text CrestwoodPAC to 84483 or you can go online to the following website to sign up. Regular messaging rates may apply.

[https://www.rainedout.net/team\\_page.php?a=0dc2848806e45affe6ef](https://www.rainedout.net/team_page.php?a=0dc2848806e45affe6ef)