



Swimming and Diving Team Welcome Packet

WELCOME

We are glad to have you and your family part of our swimming and diving team. We welcome all levels of swimming from beginner to competitive swimmers. The only requirement is that the swimmer can swim one length of the pool. Our wonderful coaching staff will provide instruction on all strokes, turns and starts, as well as conditioning. The main goal is to encourage the swimmer and diver to do their personal best, support their teammates, learn good sportsmanship and most of all have fun!

TEAM PRACTICES

Typically practices are every week day in the morning before the pool opens to general membership and typically children practice with team members in the same age group. Practices typically includes dry land work so sneakers are needed as well. At the beginning of the season, there may be some evening practice hours if school is still in session. The coaches and swim team coordinator will communicate practice schedules typically via email.

SWIMMING/DIVING MEETS

Our swimming and diving team is part of the ABE League and we currently have 8 teams in the league. Typically dual meets are held on Tuesday and Thursday evenings at 6PM. Occasionally meets will have to rescheduled due to inclement weather. Directions to the swim meet locations are on the swim team website as well as the swim meet schedule.

The ABE league consists of 5 swim clubs and 3 country clubs. There is a dress code when attending swim meets at country clubs; please do not wear denim nor t-shirts if you are attending as a volunteer or spectator. Swimmers and divers are permitted to wear t-shirts.

Our team participates in a league championship meet for diving and swimming. Typically this meet is on a Friday night for diving and morning and afternoon sessions on a Saturday for swimming.

Our team has also participated in the Soleco Summer Splash Invitational which is typically on a Saturday. This is another opportunity to swim, show team spirit and support a worthy cause.

VOLUNTEERS

Our team is focused on family fun so we rely on all families to volunteer and donate items. Volunteers are needed to coordinate team pictures, team registration, concessions, meet supplies, volunteers, sportswear, fundraising, and team picnic.

Also every meet it is very important to have adequate volunteers to run the meet smoothly, some positions include: timer, finish judge, concession stand, grill master, stroke and turn judge, diving judge, and meet official. The volunteer coordinator will provide more information on details of volunteer requirements.

CONCESSION DONATIONS

The concession stand is an important way for our team to raise funds. We rely on team families to donate food, drinks, and consumables for the concession stand during home swim meets. The concessions coordinator will provide more information on details of concession requests.

TEAM PICNIC

At the end of the swimming and diving season, we typically have a team picnic. All swimmers, divers and families are invited. This is a fun event to wrap up the season. Traditionally some awards are handed out and all swimmers and divers are recognized.

CONTACT INFORMATION

We primarily use email for communication so please make sure you are on our email list. Please email the coordinator for any questions or to be added to the email list. Emails will be sent to communicate practice schedules, meet details, or events.

stonesswimteam@gmail.com

Please see the swim team website for details on the meet schedule and directions to meets.

http://stonesswim.com/Swim___Diving_Team.html

Please join our facebook swimming and diving team page as well to stay connected.

We look forward to a great summer swimming and diving team season!