

## Parent Handbook for Summer 2018 Pinebrook Swim Club 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 that is a member of the pool. The fee is \$75 per child for non-members. 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 – New for 2018!**

Swimmers are responsible for purchasing their own team suits. Our team suit for 2018 is the Sporti brand "Light Wave" style in green, available at swimoutlet.com.



Alternatively, your swimmer can choose to wear a solid black suit. Preferred suit style for girls is a one-piece racerback; 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.

### **PRACTICES**

Practices begin on Wednesday, May 23.

- 6 & Under swimmers will practice from 5:45 – 6:30 pm.

- 7-10 swimmers will practice from 6:30 – 7:30 pm.
- 11 & Up swimmers will practice from 7 - 8 pm.

Morning practices for 7 & Up begin after the end of the Gaston County school year. There is usually no morning practice for 7 & Up on the day after a meet; on those mornings, we may offer a morning practice for the 6 & Under swimmers. 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.

Swimmers who practice hard and swim fast can earn the privilege of participating in relay events. 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.

### **Arriving at the meet**

**7 & UP MEETS:** WARMUPS BEGIN AT 5:00 PM. MEETS OFFICIALLY BEGIN AT 6:00 PM. IF YOU KNOW YOU'LL BE LATER, PLEASE LET THE COACHES KNOW. EACH SWIMMER MUST CHECK IN WITH THE COACHES AS SOON AS HE/SHE ARRIVES AT THE MEET. RELAYS ARE NOT FINALIZED UNTIL ALL SWIMMERS HAVE CHECKED IN. IF YOUR SWIMMER IS NOT CHECKED IN, HE OR SHE MAY BE SCRATCHED FROM RELAYS AND INDIVIDUAL EVENTS.

**6 & UNDER MEETS:** SATURDAY MORNINGS AT 8:30 AM, WITH WARM UPS AT 8:00 AM. EACH CHILD MUST SIGN IN WITH THE COACH /REP WHEN HE/SHE ARRIVES AT THE SWIM MEET. IF YOUR CHILD DOES NOT CHECK IN, HE OR SHE MAY BE SCRATCHED FROM EVENTS. EACH CHILD MUST HAVE ONE PARENT CHAPERONE WHO IS RESPONSIBLE FOR THE SWIMMER DURING THE MEET.

### **Volunteering at meets**

Please do! 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.

## **Donations of concession items**

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**

Swimmers in the **7 & up group** must swim in at **least two individual events in two or more regular season meets** to be eligible to compete in the league meet. Participation in exhibition meets with non-GISA teams (e.g., Stanley Pool) will not count towards this requirement. Swimmers in the **6 & under group** must swim in **at least one regular season meet** to be eligible to compete in the league meet.

### **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!

***WE ARE LOOKING FORWARD TO A FUN SEASON!!!!***