

2023

NEW FAMILY FREQUENTLY ASKED QUESTIONS



New Family Frequently Asked Questions - 2023

1. **Sign up for REMIND (text communication from Coach Kristen)** - from your cellphone text “@prfly” to **81010**. This are pushed notifications from Coach Kristen in order to communication last minute changes to parents, such as practice cancellations due to weather.

2. **List of equipment needed:**
 - a. For Practice -
 - Bathing suit
 - Goggles (2 pairs)
 - **Fins, possibly with socks to avoid blisters (can be purchased on SwimOutlet.com) - used all the time
 - Swim Cap for girls
 - b. For Swim Meets -
 - Team suit: Solid black
 - 2 working pairs of goggles, in case one breaks
 - Swim cap (must be a Pheasant Run swim cap; personalized caps can be ordered)
 - 2 towels
 - Folding chair is helpful
 - Warm clothes if chilly
 - Plenty of HEALTHY snacks
 - Water (overhydrate, especially on hot days)

3. **Practices**
 - a. Practice Times are posted on the Pheasant Run website and the team calendar
 - b. Swimmers are expected to arrive for practice 15 minutes prior to posted start times.
 - c. Practices will be held rain or shine. In the instance of lightning, a coach will make the determination if a practice is canceled. If practice is canceled, Coach Kristen will send out a REMIND

4. **Private lessons**
 - a. Private lessons are offered to anyone on the swim team by the assistant coaches to work on areas specific to your swimmer (starts, certain strokes, etc).
 - b. Lessons are \$20 for a 20 minute session (these are extra and paid directly to the coach providing the lesson).
 - c. You must sign up with a specific coach ahead of time, based on their availability.

5. **Mentors for 8 & Unders**
 - a. Swimmers in the 8 & Under age group will be assigned a “Mentor” by the coaches.
 - b. A “Mentor” is another swimmer on the team between the ages of 13 and 18.

- c. The purpose of the mentor program is to show the younger swimmers how to act during a swim meet (ie, cheer for your teammates). Although, some swimmers may receive “goodie” bag from their mentors, it should not be about what you get. If they receive candy from their mentor, please try to encourage your swimmer to wait until after their swims to consume it. (Good luck!)

6. “A” Meets vs “B” Meets

- a. A Meets are held on Saturday mornings starting at 9:00am (although swimmers must report earlier for warm-ups: typically around 7:30am for home meets). There are 66 events (order of events listed in the Appendix) across 5 age groups.
 - Coaches typically notify 8 & Under parents on Thursday evening if their swimmer will participate in the Saturday meet for that weekend.
 - Coaches decide what each swimmer will swim and will notify them at practice on Friday mornings during their team meeting. A swimmer can swim a maximum of two individual events and two relays.
 - There are five Saturday meets against the other teams in the B Division (2023 – Erlton, Wedgewood, Haddon Glen, Covered Bridge and Old Orchard)
 - The B Division team with the worst dual meet record at the end of the season moves to the C Division; the B Division team with the best dual meet record at the end of the season moves to the A Division.
 - At the conclusion of each home or away meet (typically around 11:30am or 12:00pm), there is a “Ribbon Ceremony” at Pheasant Run. This is to publicly recognize each swimmer’s ribbons won at that particular meet.
 - “Personal Best” ribbons awarded to swimmers 13 and under who swam best times.
 - “Q Socks” are awarded to swimmers for achieving a new qualifying time for Tri-County Championships (a maximum of two socks/season can be collected).
 - For away meets, the team meets in the parking lot of Pheasant Run at a specific time communicated by coaches to caravan to the meet.
 - A swimmer can only qualify for Tri-County Championships in a Saturday meet.
- b. B Meets are held on Wednesday nights starting at 6pm and last around 2 ½ hours. Swimmers typically report to the pool for home meets at 4:45pm and 5:10pm for away meets.
 - Events that swimmers are scheduled to swim will be posted at Pheasant Run on Wednesday morning before practice.
 - Wednesday night meets are usually for swimmers 11 and under, unless an older swimmer would like to swim (they would just need to notify the coach of their desire to swim)
 - Typically all 8 & Under swimmers will participate in Wednesday meets.

- Mini team swimmers will swim at the HOME meets on Wednesdays.
- No score is kept at these meets, but ribbons are awarded (passed out at practice the following morning)
- Once a swimmer has qualified for Tri-County Championships for a particular event, they may not swim that event in a Wednesday night meet.

7. Role of Parents

- During practices and meets, parents are asked to keep off the pool deck as to not distract swimmers from what their coaches have asked them to do. We will be doing a lot of teaching, we need our swimmers focusing on the practices and such and parents on deck are the #1 distractor both for swimmers and for coaches. PLEASE PLEASE Stay off deck until practices are completed.**
- Parents are also asked to avoid the tent area where the swimmers convene during meets.
- Please volunteer to help out during meets, particularly Wednesday night meets. It is a great way to meet other parents as well as gain an understanding of how meets are run.
- Be sure to check your email and read communications from coaches.
 - It is very helpful to sign up for the text alerts that Coach Kristen sends out. Some things change at the last minute and this is a great way to stay on top of things.

8. Fridays during the season

- For swimmers participating in a Saturday meet, it is expected that they will not stay at the swim club after practice to swim so they can rest.
- Typically, the parents of the younger age group swimmers organize an activity outside of the pool. In the past, this has ranged from nail painting to poster making to a trip to the movies.
 - You do **NOT** have to be swimming on a Saturday to participate in these fun, team-building activities!

9. Old Orchard Mini Meet (Sunday, July 9, 2023 at Old Orchard Swim Club, Cherry Hill, NJ)

- Spectators are charged for admission and a program at this meet.
- This meet is only for swimmers ages 9 and under.
- It is expected that all eligible swimmers participate in this event.
- Swimmers swim their own age (not in age groups).
- High Point Winner and High Point Runner Up Awards given for each age group.
- Team awards also given out.

10. Championship Season

- Burlington County Jack Hafner Invitational Championships (July 29, 2023 at Stratford)**
 - Spectators are charged for admission and a program at this meet.

- This is a meet against all of the team in the Tri-County Conference located in Burlington County.
 - This is a “Coaches Pick” meet, meaning the coaching staff will choose which swimmers will swim and what events they will swim.
 - Each team may only enter one swimmer in each event.
 - Each swimmer may swim a maximum of one individual event and two relays.
- b. **Tri-County Championships (August 5-6, 2023 at Cherry Valley Swim Club, Cherry Hill, NJ)**
- Spectators are charged for admission and a program at this meet (both days).
 - Swimmers must meet a qualifying time during a Saturday meet in order to swim at this meet. Qualifying times are listed at www.tricoswim.org.
 - Swimmers can swim a maximum of 2 individual events and 2 relays.
 - Preliminary heats are swum on Saturday (two sessions: AM session – 11-12 boys and all 10 and under qualifiers; PM session – 11-12 girls and all 13-18 qualifiers) and the Top 12 Finalists for individual events swim on Sunday. Relays are timed finals (only swim once) with teams ranked 13-36 (based on entry times) swimming on Saturday and teams ranked 1-12 swimming on Sunday.

11. End of Season Parties (Friday, August 4, 2023 and Sunday, August 6, 2023)

- a. Pasta “Q” Cap Party on Friday, August 4, 2023
- EVERYONE on the team (and family) is invited.
 - There are several purposes for this party.
 - The team gets together for a pasta dinner the night before Tri-County Championships.
 - Tri-County qualifiers receive a “Tri-County” Qualifier Swim Cap.
 - All swimmers receive their team gift (a thank you for being part of the team).
 - Everyone who attends brings food to share.
- b. Post Tri-County Party on Sunday, August 6, 2023
- EVERYONE on the team (and family) is invited
 - After the final session of the Tri-County, the team goes back to Pheasant Run to hand out awards won at the meet.
 - Dinner is typically provided.

Appendix (Swim Meet Order of Events)

Event 1	100 Meter Individual Medley Girls 12 & Under
Event 2	100 Meter Individual Medley Boys 12 & Under
Event 3	100 Meter Individual Medley Girls 13-14
Event 4	100 Meter Individual Medley Boys 13-14
Event 5	100 Meter Individual Medley Girls 15-18
Event 6	200 Meter Individual Medley Boys 15-18
Event 7	100 Meter Medley Relay Girls 8 & Under
Event 8	100 Meter Medley Relay Boys 8 & Under
Event 9	100 Meter Medley Relay Girls 9-10
Event 10	100 Meter Medley Relay Boys 9-10
Event 11	200 Meter Medley Relay Girls 11-12
Event 12	200 Meter Medley Relay Boys 11-12
Event 13	200 Meter Medley Relay Girls 13-14
Event 14	200 Meter Medley Relay Boys 13-14
Event 15	200 Meter Medley Relay Girls 15-18
Event 16	200 Meter Medley Relay Boys 15-18
Event 17	25 Meter Freestyle Girls 8 & Under
Event 18	25 Meter Freestyle Boys 8 & Under
Event 19	50 Meter Freestyle Girls 9-10
Event 20	50 Meter Freestyle Boys 9-10
Event 21	50 Meter Freestyle Girls 11-12
Event 22	50 Meter Freestyle Boys 11-12
Event 23	100 Meter Freestyle Girls 13-14
Event 24	100 Meter Freestyle Boys 13-14
Event 25	100 Meter Freestyle Girls 15-18
Event 26	100 Meter Freestyle Boys 15-18
Event 27	25 Meter Backstroke Girls 8 & Under
Event 28	25 Meter Backstroke Boys 8 & Under
Event 29	25 Meter Backstroke Girls 9-10
Event 30	25 Meter Backstroke Boys 9-10
Event 31	50 Meter Backstroke Girls 11-12
Event 32	50 Meter Backstroke Boys 11-12
Event 33	50 Meter Backstroke Girls 13-14
Event 34	50 Meter Backstroke Boys 13-14
Event 35	50 Meter Backstroke Girls 15-18
Event 36	100 Meter Backstroke Boys 15-18
Event 37	25 Meter Breaststroke Girls 8 & Under
Event 38	25 Meter Breaststroke Boys 8 & Under
Event 39	25 Meter Breaststroke Girls 9-10
Event 40	25 Meter Breaststroke Boys 9-10

Event 41	50 Meter Breaststroke Girls 11-12
Event 42	50 Meter Breaststroke Boys 11-12
Event 43	50 Meter Breaststroke Girls 13-14
Event 44	50 Meter Breaststroke Boys 13-14
Event 45	50 Meter Breaststroke Girls 15-18
Event 46	100 Meter Breaststroke Boys 15-18
Event 47	25 Meter Butterfly Girls 8 & Under
Event 48	25 Meter Butterfly Boys 8 & Under
Event 49	25 Meter Butterfly Girls 9-10
Event 50	25 Meter Butterfly Boys 9-10
Event 51	50 Meter Butterfly Girls 11-12
Event 52	50 Meter Butterfly Boys 11-12
Event 53	50 Meter Butterfly Girls 13-14
Event 54	50 Meter Butterfly Boys 13-14
Event 55	50 Meter Butterfly Girls 15-18
Event 56	50 Meter Butterfly Boys 15-18
Event 57	100 Meter Freestyle Relay Girls 8 & Under
Event 58	100 Meter Freestyle Relay Boys 8 & Under
Event 59	200 Meter Freestyle Relay Girls 9-10
Event 60	200 Meter Freestyle Relay Boys 9-10
Event 61	200 Meter Freestyle Relay Girls 11-12
Event 62	200 Meter Freestyle Relay Boys 11-12
Event 63	200 Meter Freestyle Relay Girls 13-14
Event 64	200 Meter Freestyle Relay Boys 13-14
Event 65	200 Meter Freestyle Relay Girls 15-18
Event 66	200 Meter Freestyle Relay Boys 15-18

Scoring for Individual Events:

1st place – 5 points

2nd place – 3 points

3rd place – 1 point

Scoring for Relays:

1st place – 7 points

2nd place – 0 points

Welcoming Committee Members

If you have any questions, please feel free to contact any of these members!

Amanda Dranchak

Email: staraf1@comcast.net

Cell: (856) 296-8155

Swimmers:

Mason (16) – 15-18 age group

Charlotte (14) – 13-14 age group

Samuel (8) – 8 & Under age group

Allison Friebel

Email: allisongiehl@hotmail.com

Cell: (609) 432-4181

Swimmers:

Melanie (12) – 11-12 age group

Cassidy (10) – 9-10 age group

Damien (7) – 8 & Under age group

Mary Kavney

Email: mskavney@gmail.com

Cell: (609) 744-2869

Swimmers:

Elena (13) – 13-14 age group

Janette Oliver

Email: jladislaw@yahoo.com

Cell: (856) 816-8989

Swimmers:

Brynlee (10) – 9-10 age group

Macee (8) – 8 & Under age group

Amy Sellars

Email: sellarsa@cinnaminson.com

Cell: (609) 213-1034

Swimmers:

Julia (10) – 9-10 age group

Andrew (7) – 8 & Under age group