

Parents meeting 05/02/2024

Remind

- Join for last minute announcements and reminders
- Text to 81010 @sgsc24

New this season (from other past summer seasons)

- As our name suggests, we are a competitive swim club; therefore, new this season, we are requiring ALL swimmers to compete in at least one meet this season.
- As every season, we need parents to volunteer at swim meets; we cannot run the meet without all positions filled out. Since we struggled in the past, we added a new requirement this past winter season and it seemed to work. For swimmers to swim in the Divisional championship, in addition to the required more than half of meets attendance, parents must fulfill a minimum of 3 volunteer spots this season. A spot is half a meet, volunteering an entire meet will fulfill 2 of those spots. If another parent, aunt, uncle, grandparent, older sibling etc is available to take an extra spot that meet, you fulfilled your minimum volunteer responsibilities by attending one meet this season.
- Team suits purchase will be done individually by each family; we will have a TYR portal with a 25% discount; more on this later

Communication with club/coaches

- Anything in writing is great, we get a lot of requests and verbal communication might be lost not because we don't care but it's a lot and we're humans.
- Email the club at sgswimclub@gmail.com is probably the best way. Before meets, each email sent to club will have coach Brian's number for last minute changes.
- If you have questions about coaches, practices, your swimmers etc, please DO NOT interrupt the coaches during practices. They are there to coach and must keep their eyes on the pool, not be distracted.
- For any issues/concerns, a board member or one of the two head coaches, coach Brian or Meg are the ones to approach at the end or beginning of practice. The assistant coaches are there to coach, not to solve issues. If you need feedback on your swimmer, you can talk to head coaches.
- If there are any issues you and/or your swimmer are upset about, please use the 24-hour cool down rule before contacting the club.
- During practices, we ask ALL parents to use the viewing area and not stay on deck. While up in the viewing area, please make sure all younger siblings are supervised or they may be asked to wait outside the pool area.

General Swim Meet Information

- Report times - will vary based on location typically 7:40am for Away meets (will email the days prior)
- Check in with Coaches upon arrival.

- Please contact Coach Brian or coach Meg or email the club sgswimclub@gmail.com ASAP if you are unable to attend a meet that you have previously signed up for. Also let us know if you can attend a meet that you previously said you could not attend.
- swimmers may swim 4 events, including relays (no more than 3 individual events per league rules). For Championships, swimmers will swim a total of 3 events.
- Regular swim meets last until appx. 11:30am – 12pm
- Swimmers must stay on the pool deck with the team during the meet (not in the stands, hallways, locker rooms or concession areas!!)
 - We must be able to locate the swimmers in a quick & easy way to line them up for their events. If they are somewhere other than the pool deck, they risk missing their event.
 - They are allowed to visit the concession area for a snack/drink during the meet, but they must let the lineup parent know where they are going. If their next event is lining up soon, we will ask them to remain on the pool deck until after they complete their event.
- Only volunteers with a wristband are allowed on deck during a meet.
- We encourage ALL swimmers to stay the entire length of the meet to support & cheer on their teammates.
 - If you do need to leave prior to the end of the meet, please make sure your swimmer informs one of the coaches that they will be leaving. No swimmer should leave a meet without talking to one of the coaches first!!!
- Swimmers need to remember to use proper locker room etiquette at both home & away meets!!
 - If trouble occurs in the locker rooms, locker room privileges may be taken away!!!
- Please be ON TIME for practice as well as swim meets!!
- More info can be found in our Parents Handbook that was emailed at the beginning of the season
- **SEVERE peanut allergy** - this season we have swimmers with peanut allergies. We kindly ask the parents not to send any snacks during swim meets that contain any traces of peanuts. Our goal is to create a safe place for all our swimmers
- Lastly, as we did in the past seasons, we would like to strongly encourage our swimmers to have a screen free swim team experience. Building friendships is an important value of our club. When our kids are on deck looking at screens, they are not interacting with one another. They are not cheering on their teammates. When they are focused on their screens, they are losing focus on their sport, and it also becomes very challenging to have them prepared & lined up for their event. Our children don't sit on the sidelines of any other sport with a device in hand. Please encourage your child to leave the technology at home and engage in other activities with their teammates while waiting for their events. Some great ideas are coloring/drawing, puzzle books, cards, games, any "car trip" activities. The kids have been VERY good the last couple of seasons, we got great feedback from the other teams when they saw our kids cheering on their teammates and being engaged

Swim Meets

- We are kicking off summer season with our second edition of our Invitational **Splash in the Grove** – this is outside the regular meet schedule and will require additional fee/event to sign up swimmers. We will also need volunteers to run this event, which will count towards the minimum requirement to participate in the end of season championships. Also, since this is on a Sunday, 6/2/24, it might be a good opportunity for those of you not available to volunteer on Saturdays.
- Summer meet schedule has been finalized: 6/8, 6/15, 6/22, 6/29 and 7/13.
- Divisional Championship Meet
 - 07/20/2024 – Spring Grove High School – US!!
 - Swimmers will have an option to select their individual events and then coaches will determine relays. More details can be found on the league website www.swimcasl.org
- All Star Championship Meet
 - 07/21/2024 – location TBD (possibly US again if no other club is able to host) – qualifiers will be announced the afternoon after the Divisionals, it will be top 16 individuals and top 8 relays from all Divisionals combined
- Mid Caps Championship Meet (Championship meet with swimmers from Capital Area Swim League – which we are a part of in summer - and swimmers from Mid Penn Swim League)
 - 07/27/2024 – Palmyra Sharks at Palmyra Community pool – outdoor meet
 - Qualifiers are top 8 swimmers and top 4 relays from CASL All Star Championship and top 8 individual (top 4 relays) from Mid Penn Swim League.

Swim Meet Commitment Sheets

- A Google form will be emailed in the next week or so. Please complete this form for each swimmer separately with a Yes/No on the meets that you will/will not be attending this season. If you are not sure, just fill out to the best of your knowledge and if anything changes, let us know afterwards by emailing the club
- We utilize these commitment sheets to build the meet line up each week
- The form MUST be completed by the date indicated on the form!

Volunteers

- A successful swim meet (and swim club!) needs MANY volunteers to help with various tasks.
- We utilize an online sign-up system to organize our meet volunteers
 - www.timetosignup.com/sgswimclub - we will release the meets monthly and please do not sign up for more than the minimum 3 spots ahead of time; the week before each meet, we will send an email letting you know what spots are still open and then, that week, you can grab additional spots if you wish. The goal is to give everyone the opportunity to fulfill their obligations but once we're approaching a meet, all bets are off since we need to have all positions filled to start the meet.

- If it's a home meet, we would require lane timers (6), Line Up parents (2-3), Finish Judges (1), officials (2), ribbons (2) – for each half
- A home meet will also need volunteers to help with concessions (5), announcer (1), runners (1), security (1)
- Each volunteer spot can be done by pretty much by anybody.
- There are no special qualifications necessary to be able to volunteer, except officials and the timing table (those positions are marked as requiring training)
- If you have any questions about any of the positions and what they do, please ask one of the coaches/officers/veteran parents. Any one of us will be more than happy to explain them.
- We ask each family to pick a min of 3 spots per season. We absolutely cannot start a swim meet without all the volunteers' spots filled out. This is very specific for swimming and unlike any other sports, we need our parents to help. Swim meets are where the kids will show us all their hard work and we need to be there for them!

Concessions

- concessions are our main fundraiser for the SGSC swim club
- Very important to help us keep the registration fees low (some of the lowest in the area), buy nice gifts for swimmers at the end of each season, summer banquet free of cost to swimmers and families etc.
- We do ask for food/drink donations from each club family to help support the concession stands fundraising efforts.
- Food item donations are organized via our online volunteer system at timetosignup.com as well – links will be provided as soon as they are finalized
- Drink Donations are also needed!!
 - We ask that each family donate an 8 pack of either red, orange, white, blue, or yellow large Gatorade.
 - 12 pack of sodas as follow:
 - Last name A-H –Sprite
 - Last name I-P –Regular Coke
 - Last name R-Z –Root beer
 - Drink donations can be brought in at any time and placed in the concession area upstairs, in the viewing area.

Officials Stroke & Turns Clinic (FREE for parents)

- Open to anyone interested in being a Strokes & Turns official for the meets
- Location and date: via Zoom, date to be determined.

Team Swimsuits/Personalized swim caps

- Team suit purchase is optional. If you don't purchase a team suit, we ask that, at meets, your swimmer wear a royal blue competition swimsuit. Team suits can be purchased via our team portal at a 25% discount as well as any other TYR equipment you'd like; parents are responsible for purchasing the suits in time for our first meet on June 8.

- Since team suits are optional, as an organization, to show uniformity and make things easier during swim meets, in summer season, we are making mandatory purchasing personalized caps, if you don't have already. There is a minimum amount to order them, we will send a Google form to collect orders and payment; cost will be \$25 for 2 silicone caps.

Summer Banquet

- More details to come later in the season!!