

Greenfields Swim and Dive Team Handbook



Green-Fields Turtles

Head Swim Coach

Nancy Curtis Pegues

Assistant Swim Coaches

Tim Tedesco

Hannah Schnell

Turtles In Training

Amanda Pegues

Head Dive Coach

Evan Scott

Assistance Dive Coach

Morgan Scott

Parent Volunteers

Role	Volunteer
Swim Team Chairperson	Katie Robinson, Kristi Jansen
A Meet Coordinator	Julie Wills (will need someone to shadow her this year)
B Meet Coordinator	
Website	Stefanie Hak
Spirit Wear	Kristen Powell
Activities Coordinator	
Digital Yearbook	Karen Schonewise
Fundraising Coordinator	
Banquet Coordinator	

Tri-County Representative

Joe Pegues

Communication

- Weekly emails will be sent with information about upcoming events
- Sign up for the remind 101 app to get reminders sent to your phone for weather related decisions impacting events and practices:

<http://rmd.me/b?rid=21796944> or text @gfswimt to 81010

- For questions related to Team Events, Merchandise Orders, or to volunteer, please email:
 - Kristi Jansen (KristiJansen4@gmail.com)
 - Katie Robinson (Katie.jh.robinson@gmail.com)
- For registration questions, please email greenfieldsswimclub@gmail.com

League and Championship Meet Information

Visit the Web page - www.tricoswim.org

Tri-County Swim League

Our summer league is composed of 35 clubs. The clubs are located in Burlington, Camden, Gloucester, Cumberland and Salem Counties. They are divided into six divisions (A-F) and each division includes six teams. The season is composed of five dual "A" meets and two dual "B" meets, the Gloucester County Championship Meet and the Tri-County Championship Meet. "A" meets are held on Saturday mornings at 9:00 a.m. The results are tabulated and standings are kept. Qualifying times for Tri-County Championships can be met at these meets. "B" meets are held on Wednesday evenings and swimmers are given the chance to achieve success. Results are not tabulated in a "B" meet and qualifying times for Tri-County cannot be met.

Gloucester County Championship Meet Peach Bowl

At this meet, eight Gloucester County teams from both the Tri-County and Suburban Swim Leagues will compete for individual and team awards. A swimmer may only be entered in one individual event and can swim in two relays. Top official relays swim in this meet. Entries and alternates for this meet are strictly the coaches' decisions. This meet is **ALWAYS** scheduled on the Tuesday evening following the last "A" meet.

Tri-County Championship Meet

Swimmers for any of the 35 clubs with a qualifying time compete at this meet. They may compete in two individual events and two relays. This meet is held over a two-day period. This meet is ALWAYS scheduled for the first full weekend in August. On the first day, Saturday, all swimmers swim in the preliminaries. On the second day, the swimmers who placed in the top twelve during prelims return and swim in the finals. Relays with the top 12 qualifying times will compete on Sunday only, all others will compete on Saturday only.

Swim Team Practice Schedule

***All Swim Team Practices take place Monday through Friday**

After-school Beginning Tuesday, May 30th (Morning Practices will begin June 19th)

4:15-4:45 - 8 & Unders

4:45-5:45 - 9&10s; 11&12s

5:45-7:30 - 13 & overs

Morning Practice Times Beginning June 20th (More Info to Follow)

7:00-9:00 - 13 & overs

9:00-10:30 - 11 & 12s; 9 & 10s

10:30-11:30 - 8 & Unders

Turtles in Training will begin on Wednesday, May 31st in the afternoon. Practice times will be assigned through a Sign-Up Genius. Morning Practice Times for Turtles in Training will begin on June 19th. Turtles in Training takes place Monday through Thursday

Dive Team Practice Schedule

After-School Beginning Tuesday, May 30th through Thursday, June 15th:

4:00-6:30 Tuesdays and Thursdays

Morning Practice Times Beginning June 19th:

8:30-11:30 Mondays, Wednesdays, Fridays

Swim Practice Guidelines

- The coaches expect all swimmers to treat the coaches and fellow teammates with respect and in a manner that they would like to be treated in return.
- Please be on time for practice. When you show up early, you can stretch and get ready to start on time.
- Use of proper practice etiquette and conduct is expected. This includes quiet behavior during set explanation, continuous completion of sets without untimely "stopping", etc.
- No gum chewing during practice!
- Label your belongings (cap, goggles, towel, fins, etc.)
- Bring a water bottle to workouts
- Please let the coach know when your children are going to miss future practices.
- Bring required equipment to practice: fins, goggles, cap, and water bottle.
- **No parents on deck during practice.**
- Be prepared for dryland and bad weather. Be prepared to come to practice with sneakers/workout attire. We will practice in the rain, as long as there is no thunder or lightning. For practice cancellation check email or Remind.
- All swimmers' health history information is very important. Please update as needed.
- If a parent has any questions for the coaches, please approach them before or after practice. They cannot stop for a discussion during practice for safety reasons.

Swim Meet Guidelines

1. This is summer swimming...we want to make this a great and fulfilling experience. Vacations, day trips, summer school may be in your plans. Let the coach know when these activities will conflict with practices and meets. We would love to have all team members at all "A" meets. Our goal is to have them compete in the meet.
2. Coaches will go over the A meet lineup on Friday with each age-group before each practice.
3. Let the coach know as soon as you know when you are going to miss meets. Try to avoid going out of town for Peach Bowl and Tri-County. Your absence may affect a relay team's participation.
4. If you get sick and cannot make a meet, please contact one of the coaches as soon as possible.
5. Arrive for the home A meets between 7:15 AM and 7:45 AM and Away meets by 8:00 AM
6. Wear GF shirts and spirit wear to all meets. **This includes team suit & team cap**
7. **Stay in the team area at all times.** We have parents assigned to hand out cards for events, and their job becomes increasingly difficult if swimmers are not under the tent or in the team area.
8. Stay hydrated and limit junk food before or during the meet.
9. Plan to stay for the whole meet unless you have spoken to the coach prior to the meet and need to leave for other important commitments.
10. We'll meet at the end of the competition to review the meet and cheer for our opponents.
11. It is very important to pick up our trash in the team and parent area. We would like to leave the area the way we found it.
12. Ribbons will be placed in family folders after the meets. Ribbons are awarded for individual events for 1st through 4th place only and relays for 1st place only. There are no participation ribbons for A meets, but ribbons are awarded up to 6th place for B meets.
13. Bring a chair to use in the team area.

Swim Meet Descriptions

"A" Meets

"A" meets are held on Saturday mornings. Events are determined by the coaches and decisions are based on abilities and needs of the team. Coaches will fill all lanes for individual and relay events. Swimmers are permitted to compete in 2 individual events and 2 relays. Coaches use their knowledge of the opponents and their strengths and weaknesses and design a line-up that maximizes our chances for winning on Saturdays. There may be instances where your swimmer will swim an event that is not "their stroke". Have confidence in the coaches' decisions. The coach is concerned with winning and qualifying swimmers for the championship meet, as well as keeping all swimmers excited about the sport and team. Try to clear your calendar for all "A" meets and championships.

"B" Meets

The development of a successful team is directly related to our "B" meets. New swimmers develop here. They get to experience competition, and winning and not winning). Experienced swimmers may compete in "B" meets if the coach feels the need to see that swimmer do different events. Any swimmer may compete in our "B" meets. There will be a sign-up sheet by the Coaches' Office. Swimmers may select two events to swim.

Green-Fields "A" Meets

- All Saturday swim meets begin at 9:00 a.m. SHARP!
- Swimmers need to be at the pool for a home meet by 7:45 AM

Green-Fields "B" Meets

- Wednesday swim meets usually begin by 5:30 PM
- Swimmers need to be at the pool for a home meet at 4:45 PM

Team Suit

Below are images of our Team Suit. Swimmers are expected to wear these suits to meets. The name of the suit is ***Dolphin Blue/Green Jet Stream***



Calendar of Events

May 30th: Swim & Dive Team Practice Begins

May 31st: Turtles in Training Begins

June 4th: Last Day to Order Spirit Wear, Caps and Suits

June 17th: Fundraiser: Team Car Wash (9:00-1:00)

June 18th: Rain Date for Team Car Wash

June 19th: Morning Practices Start for Swim & Dive

June 24th: First A Meet Home vs. Deerbrook

June 25th: Dive Meet

June 28th: Team Building Day (Turtle Pennants)

June 28th: B Meet Home: Blue/Green 5:30 start followed by Pizza Party

July 1st: A Meet Away vs. Willowdale

July 5th: B Meet Away vs. Cherry Valley 6:00 Start

July 7th: Swim Team Pep Rally, Team & Individual Picture Day 5:00 Start

July 8th: A Meet Away vs. Greenwood Park

July 9th: Dive Meet Away at Brookside

July 11th: Team Building (t-Shirts)

July 12th: Turtle Olympics??

July 15th: A Meet Home vs. Pamonah

July 16th: Dive Meet Home

July 18th: 3M Dive Championships

July 19th: Pancake Breakfast, B Meet home vs. Wedgewood

July 22nd: Swim Meet Home vs. Wenonah

July 23rd: Swim Team Pep Rally & Pasta Party 4:00 start

July 25th: Peach Bowl at GCIT

July 26th: Team Beach Day @ Wildwood, No Practice

July 27th: Last Day of Turtles in Training; 1M Dive Championships Away

July 30th: GF Triathlon/Splash & Dash

August 5th & 6th: Tricounty Championships @ Cherry Valley

August 28th: Dive Team Banquet at GF

August 31st: Swim Team Banquet