



Parent Meeting Handout
September 23, 2021

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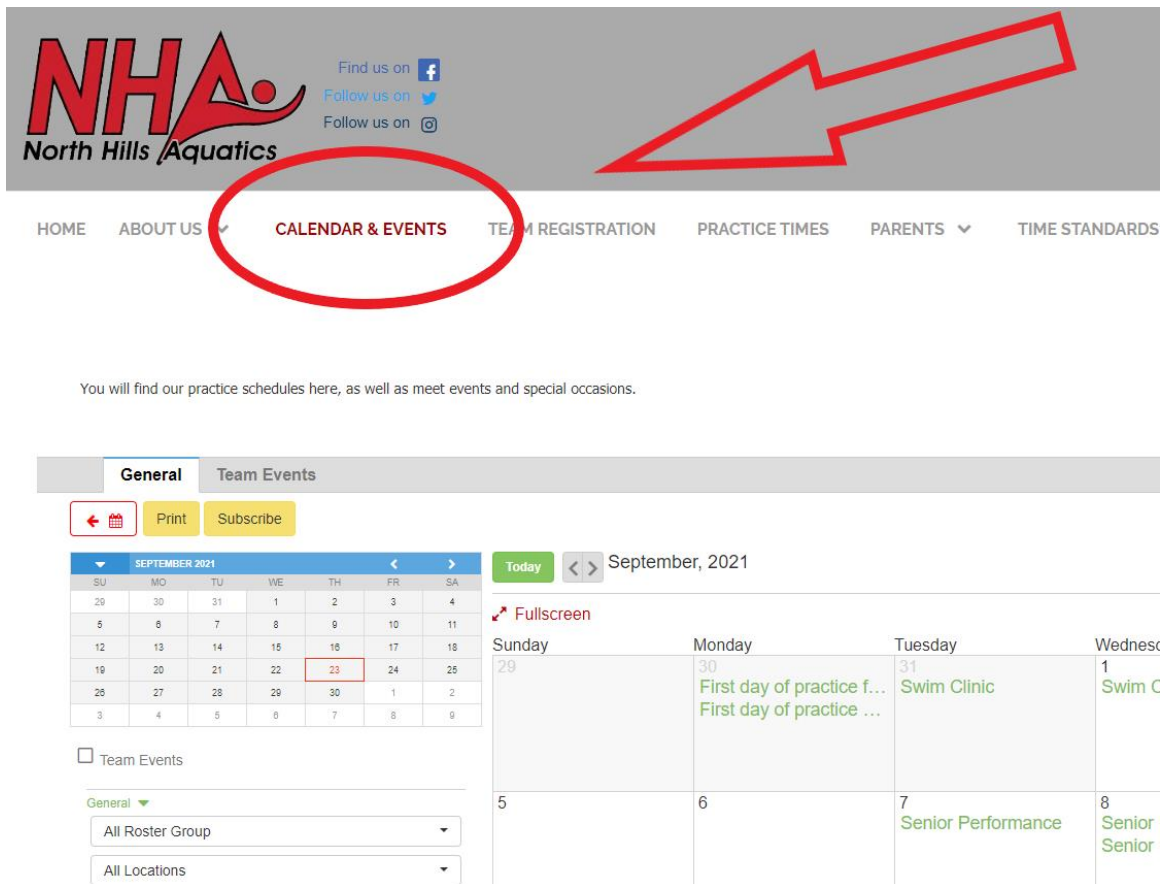
Meet Coordinator

(Spirit Wear and Team Suit/Cap Chair)

Email - judygurchak@gmail.com

Steps for declaring availability for swim meets

Step 1

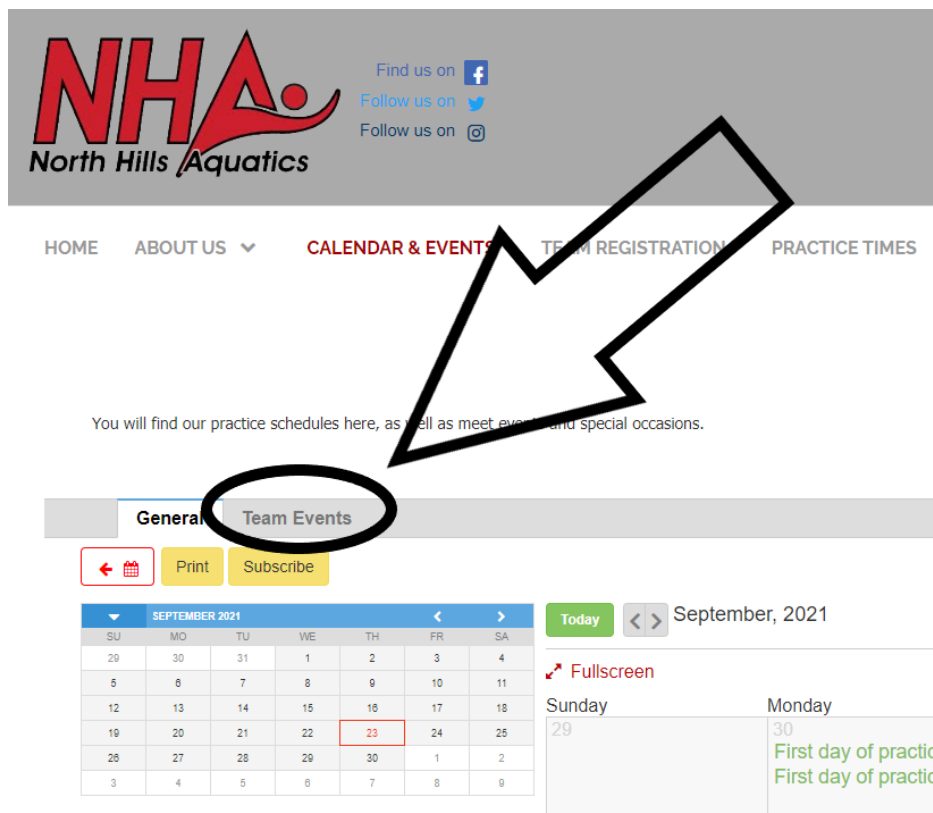


The screenshot shows the NHA North Hills Aquatics website. The header includes the NHA logo, social media links, and a navigation bar with the following items: HOME, ABOUT US, **CALENDAR & EVENTS** (circled in red), TEAM REGISTRATION, PRACTICE TIMES, PARENTS, and TIME STANDARDS. Below the navigation bar, a message states: "You will find our practice schedules here, as well as meet events and special occasions."

Below the message, there are tabs for "General" and "Team Events". Under the "General" tab, there are buttons for "Print" and "Subscribe". A calendar for September 2021 is displayed, with the date 23 highlighted. To the right of the calendar, there is a "Fullscreen" button and a list of events for the month of September, 2021:

Sunday	Monday	Tuesday	Wednesday
29	30 First day of practice f... First day of practice ...	31 Swim Clinic	1 Swim C
5	6	7 Senior Performance	8 Senior Senior

Step 2



The screenshot shows the NHA North Hills Aquatics website. The header includes the NHA logo, social media links, and a navigation bar with the following items: HOME, ABOUT US, **CALENDAR & EVENTS**, TEAM REGISTRATION, and PRACTICE TIMES. Below the navigation bar, a message states: "You will find our practice schedules here, as well as meet events and special occasions."

Below the message, there are tabs for "General" and **Team Events** (circled in black). Under the "Team Events" tab, there are buttons for "Print" and "Subscribe". A calendar for September 2021 is displayed, with the date 23 highlighted. To the right of the calendar, there is a "Fullscreen" button and a list of events for the month of September, 2021:

Sunday	Monday
29	30 First day of practice First day of practice

Step 3

NHA North Hills Aquatics

Find us on: Facebook, Twitter, Instagram

HOME ABOUT US **CALENDAR & EVENTS** TEAM REGISTRATION PRACTICE TIMES PARENTS TIME STANDARDS LINKS

You will find our practice schedules here, as well as meet events and special occasions.

Calendar Events Calendar Notes Help + New Calendar Item

General **Team Events** Event Notes

Current & Upcoming Past & Archived

Subscribe Search for Team Events

Oct 02 2021 **First Splash**
Oct 2, 2021 - Oct 3, 2021 Event Category: Swim Meet

This is meet is set up for all levels of swimmers to attend. New families that have just joined as of the fall of 2021 are welcome to attend this meet if they feel comfortable. If you are unsure, please email your coach. Coaches will select the events for your swimmer, please indicate which day you are available to swim. As more information becomes available,

Event Notes

View/Edit Commitment

Step 4

NHA

Team Events

Athlete Signup Committed Athletes Undeclared Declined

Registration Deadline has passed.

First Splash
Oct 2, 2021 - Oct 3, 2021

My Account: Lawrence, Kristen
412-486-1735
Change Account (Admin Only)

Registration Deadline: 09/15/2021

Meet Name: [SVSC First Splash 2021](#) Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 15037, USA Course: YO Meet Type: YO

Start Date: 10/02/2021 End Date: 10/03/2021 Age Up Date: 10/01/2021 Use Date Since: 12/31/1999

Enforce entry based on [Quality Times]: No Restrict entry (Best Time) to same [Meet Type]: No

Event Declaration Setting: Commit by Session Edit Maximum Event Entry Limitations View

Allow Course Conversion for Sways: No

If Athlete qualifies for non-conforming sways, default [Entry Time] to the mini. [Qualify Time]: No

View/Edit All Meet Sessions Go Back to Event Home Page

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Kristen Lawrence Active	Declined		09/12/21 7:20 PM
Ryan Lawrence Active	Declined		09/12/21 7:20 PM

Step 5

NHA

Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: [Rory Lawrence](#)

Signup Record: No, thanks, (Rory) will NOT attend this event

Notes:

Please do not exceed the character limit of 256 characters.

Save Changes

Step 6

The screenshot shows the NHA Team Events registration interface. A sidebar on the left contains navigation links: Hello, Kristen Lawrence, USAS Deck Pass, USAS Safe Sport, TU Updates, My Account, Team Tools, Events & Competition, Business Tools, Team Resources, Website Design, and Help & Training. The main content area is titled 'Team Events' and displays details for the 'First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))' event. The member athlete is 'Rory Lawrence'. A red arrow points to the 'Location' field, which contains 'Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, US'. A black circle highlights the 'Please select the Days/Sessions that this Athlete would like to attend below:' section, which includes checkboxes for 'Day 1/Session 1', 'Day 2/Session 5', and 'Day 2/Session 6'. Below this is a 'Notes' field with a character limit of 256. A 'Save Changes' button is at the bottom right.

Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: Rory Lawrence

*Signup Record: Yes, please sign [Rory] up for this event

Meet Name: SVSC First Splash 2021

Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, US

Course: YO

Meet Type:

Start Date: 10/02/2021

End Date: 10/03/2021

Age Up Date: 10/01/2021

Use Date Since: 12/31/1969

Enforce entry based on [Quality Time]: No

Restrict entry [Best Time] to same [Meet Type]: No

Event Declaration Setting: Commit by Session

Maximum Event Entry Limitations

Allow Course Conversion for non-conforming course, default [Entry Time] to the mini [Quality Time]: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini [Quality Time]: No

Please select the Days/Sessions that this Athlete would like to attend below:

☐ Day 1/Session 1

☐ Day 2/Session 5

☐ Day 2/Session 6

Notes:

Please limit the size of the notes to no more than 256 characters.

Save Changes

Step 7

This screenshot shows the same NHA Team Events registration page as Step 6, but with the 'Please select the Days/Sessions that this Athlete would like to attend below:' section expanded. A red circle highlights the 'Day 1/Session 1' section, which displays a table of events. The table has columns for 'Ev#', 'Best Time', 'Gen', 'Event', and 'Qualifying Time'. The events listed are: 2 (NT, 10 & Under 200 Free), 5 (1:50.92Y, 10 & Under 100 Back), 8 (NT, 10 & Under 50 Fly), 14 (42.91Y, 10 & Under 50 Free), 17 (NT, 10 & Under 100 Breast), and 17 (NT, 10 & Under 200 Freestyle).

Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: Rory Lawrence

*Signup Record: Yes, please sign [Rory] up for this event

Meet Name: SVSC First Splash 2021

Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, USA

Course: YO

Meet Type:

Start Date: 10/02/2021

End Date: 10/03/2021

Age Up Date: 10/01/2021

Use Date Since: 12/31/1969

Enforce entry based on [Quality Time]: No

Restrict entry [Best Time] to same [Meet Type]: No

Event Declaration Setting: Commit by Session

Maximum Event Entry Limitations

Allow Course Conversion for non-conforming course, default [Entry Time] to the mini [Quality Time]: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini [Quality Time]: No

Please select the Days/Sessions that this Athlete would like to attend below:

☐ Day 1/Session 1

Ev#	Best Time	Gen	Event	Qualifying Time
2	NT	C	10 & Under 200 Free	
5	1:50.92Y	C	10 & Under 100 Back	
8	NT	C	10 & Under 50 Fly	
14	42.91Y	C	10 & Under 50 Free	
17	NT	C	10 & Under 100 Breast	
17	NT	C	10 & Under 200 Freestyle	

Important information for new families about swim meet protocol.

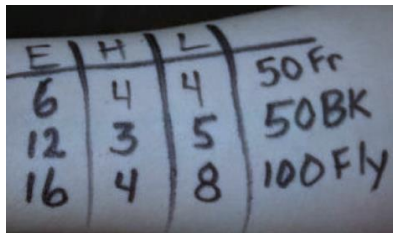
Heat Sheets

Heat Sheets are prepared by the Aquatics Club sponsoring the swim meet. These sheets detail out the event (ex. Event #4-25 Free), heat (ex. Heat 1 of 10), and Lane (Lane 1-6) your swimmer is entered to participate. You can purchase the heat sheet upon entry to the pool for a small fee or there will be a heat sheet hung up in the hallway for your reference.

To aid your swimmer in knowing what events they are registered for, you can write this information on their **hand** or **forearm**. By having the events readily available to them, they will be more prepared for when it's their turn to swim.

For example: **E**vent #4-25 Free, **H**eat 1, **L**ane 3 would look like this:

E	H	L	Details
4	1	3	25 Free



E	H	L	Details
6	4	4	50 Fr
12	3	5	50BK
16	4	8	100 Fly

Warm-ups:

Warmups begin at **XXX am** for North Hills. Please arrive 20 minutes prior to the warmup time to ensure your swimmer has time to find their coach, get their gear on, and can enter the pool on time.

Once swimmers have entered the pool, they should not re-enter the spectator seating area. Wet bathing suits in the stands is discouraged.

Spectator Seating:

Be sure to arrive early if you want a place to sit during the meeting. Many aquatics clubs participate in these swim meets so the stands fill up quickly.

Sitting on the steps is strictly prohibited as this is a fire hazard and should be avoided.

Locker Rooms:

No adults are allowed in the Locker Room. This is the rule for practice as well as swim meets.

Event Statistics and Ribbons:

Event statistics (swimmer place and time) will be posted as the meet progresses. There is about a 20–30-minute delay between the event completing and the event statistics sheet being posted in hallway. Once the sheets are up, look for your swimmer's name and you will see their place among the age group they are entered.

If your swimmer has earned a ribbon, you may go over to the ribbon table to claim your ribbon.

Swimmer Dismissal:

Swimmers may leave the meet when they have completed all their events. If their event statistics have not been posted by the time you leave, coaches will pick up the ribbons and distribute at practice.

Volunteers supporting the meet must fulfill their entire time commitment even if their swimmer is done prior to the morning/afternoon session completing.

Short Course – Time standards

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls							10 & under Boys					
38.89	35.19	31.39	30.19	28.89	27.69	50 Y Free	27.39	28.59	29.79	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	1:07.29	1:04.19	1:00.99	100 Y Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39 *	1:11.89 *	1:15.39 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	35.99	50 Y Breast	35.49	37.29	39.19	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	100 Y Breast	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
47.39	41.79	36.19	34.39	32.49	30.59	50 Y Fly	30.29	31.99	33.69	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	1:19.19	1:14.19	1:09.19	100 Y Fly	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls							11-12 Boys					
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	50 Y Free	24.49	25.59	26.79	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	500 Y Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls							13-14 Boys					
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.59 *	5:37.59 *	5:11.69 *	4:58.69 *	4:45.69 *	4:32.69 *	400 Y IM	4:16.09 *	4:28.29 *	4:40.49 *	4:52.69 *	5:17.09 *	5:41.49 *

15-16 Girls						15-16 Boys						
31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *
17-18 Girls						17-18 Boys						
31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *

EQUIPMENT

Swimmers are encouraged to start bringing their equipment to practice. If you do not know what equipment will be needed for your swimmer, please have them speak to their coach!

Senior Performance – Fins, Snorkel, Buoy, and Kickboard

Silver and Bronze – Kickboard and Fins

Gold and Gold Performance – Fins, Kickboard, Buoy

Additional equipment may be necessary as the season progresses

Practice Schedule and Expectations

Practice Schedule

Group	Start Time	End Time	Practice Days	Dryland?
Senior Performance	2:15	4:45	M-F (Sat. later in season)	Yes
Gold Performance	3:30	5:30	M-F	Yes
Gold	4:30	6:00	M-F	No
Silver	5:45	7:00	M-Th	No
Bronze	6:00	7:00	M-Th	No

Senior Performance Group – Swimmers are encouraged to attend practice 5 days a week

Gold Performance/Gold Group – Swimmers are encouraged to attend practice 4 to 5 days a week

Silver Group – Swimmers are encouraged to attend practice 3 to 4 days a week

Bronze Group – Swimmer are encouraged to attend practice 2 to 3 days a week

Volunteer Job Sign Up Descriptions

(home swim meets)

Timer

Location: On deck

Duties include Timing the swimmers. You will be paired up with a partner. One person will handle the clip board with the time sheets attached to it and the “pickle” while the other will work the stopwatch. The stopwatch is started when the race starts and will be stopped by the timer when the swimmer in the lane in which you are timing in touches the wall. At that same time the “pickle” person will also press the button on the pickle (when the swimmer in that lane touches the wall). The timer will then record the time on the sheet attached to the clip board of the stopwatch.

Backup Timer

Location: On deck

Starts a watch for each heat and watches to see if any lane timer indicates that s/he missed the start.

Deck Host/Runners

Serves food and drinks, gathers up timer sheets after each event and takes them to the score table.

Floater

Any job that needs to be filled in.

Greeter

Location: Hallway on first floor

Meet, greet, and direct swimmers, coaches, and parents to meet location around the pool

Lifeguard – sit in lifeguard chair

Marshall/Security

Location: on deck, bathrooms, and hallway;

Duties include Monitoring the pool area during warmups for safety, clearing lanes for sprint warmups and monitoring the bathrooms for improper conduct. You will basically

“police” the pool deck (only allowing authorized personnel on the deck), the bathrooms and the hallway to ensure safety of the swimmers

Place Judges

Location: On deck

Duties include Judging the order of swimmers finishing the races. You sit on deck near the start/ finish end of the pool and monitor and record the order the swimmer’s finish.

Refreshments

Works in concession areas preparing, stocking, selling and serving drinks and food.

Ribbons

Work at awards table.

Setting up the awards table with the ribbons, placing labels on the ribbons for each event, organizing the awards according to event numbers, and distributes to eligible swimmers.

Scoreboard/Timing System

Location: On deck

Duties include Running the timing system. Volunteers must be trained on how to operate the timing system. If you would like to learn how to do this, please reach out.

SET UP/TEAR DOWN FOR MEET – Friday Night/Sunday Afternoon (Two Different Sessions)

Location: upstairs and on deck;

Duties include Setting up/taking down seating around the pool, hanging signs, moving tables, setting up/taking down timing and computer systems, and anything else that will be needed in order to set up/tear down for the meet.

SWIM MEET SCHEDULE

10/2-10/3/2021	First Splash
10/16-10/17/2021	NHA Mini/Distance meet
10/30/2021	Swim-A-thon
11/5-11/7/2021	Splash #3
11/19-11/21/2021	Spire (travel meet)
12/04-12/5/2021	9&0 Slower than BB & mini
12/16-12/19/2021	Christmas Invitational