



NEW PARENT ORIENTATION
2025-2026



NEW PARENT ORIENTATION

PART 1 – WELCOME TO
THE TEAM

WED. 9/10, 7:00 PM
@ RIDGE

PART 2 - WHAT TO
EXPECT AS A SWIM
PARENT

WED. 9/17, 7:00 PM
@ RIDGE

PART 3 - SWIM MEET
SURVIVAL GUIDE

WED. 9/24, 7:00 PM
@ RIDGE

HOW TO FIND INFO ABOUT MEETS

MEETS/EVENTS TAB IN TEAMUNIFY

- Overview
- Attachments
 - Meet Information
 - Warm-ups
 - Timelines
 - Heat Sheets
 - Timing Assignments

WEEKLY UPDATES

- From group updates and team-wide updates
- Giving reminders on:
 - Dates
 - Location
 - Declaration deadline

DECLARATION EMAILS

- Simply let everyone know that declarations for a specific meet are open and what the deadline is to declare

HOW TO ACCESS EVENT PAGE

- From the Homepage
- Click on “Meets / Events” tab at the top of the screen
- Find the Name of the Meet
- Click the **NAME OF THE MEET**
- From here, you can declare for the meet, scroll down to see the meet description, view and download any relevant documents

Team Event Details

[Edit](#) [Edit Commitment](#) [Job Signup](#) [Meet Events](#) [Email Event](#) [Delete](#)

FST Swim Pink Meet

Oct 08, 2021 - Oct 10, 2021 | Carmody Recreation Center, Lakewood, CO 80227, USA |

EVENT INFORMATION

Event Location: Carmody Recreation Center, Lakewood, CO 80227, USA

Start Date Time: Oct 08, 2021

End Date Time: Oct 10, 2021

Registration Deadline: Sep 19, 2021

Job Signup Deadline: Oct 07, 2021

MEET EVENT INFORMATION

Course Type: YLS

Meet Type: [View Meet Events](#)

Enforce Entry Based on [Qualifying Times]: No

Restrict Entry [Best Time] to Same [Meet Type]: No

Meet Declaration Setting: Commit by Event

Allow Course Conversion for Relays: No

Maximum Event Entry Limitations: [View / Edit](#)

If Swimmer Qualifies for Non-Conforming Course, Default [Entry Time] to the Min. [Qualifying Time]: No

DESCRIPTION

LINK TO LIVE STREAM [HERE](#)

October Home Meet
When: Oct 08-10
Where: Carmody Rec Center Pool
Who: All FST Swimmers

FORMS / DOCUMENTS

[+ Files ...](#) [Delete](#)

☐ 2021 swim pink heat sheet v2.pdf

☐ 2021 swim pink meet timeline.pdf

☐ 2021 FST Swim Pink Meet v2.pdf

☐ 2021 swim pink warm-ups.pdf

PHOTOS

[+ Files ...](#) [Delete](#)

☐ Swim Pink Cap.png



[Close](#)

IMPORTANT INFO TO KNOW BEFORE DECLARING

- Dates (found on event page description AND Meet Information Document)
- Location (found on event page description AND Meet Information Document)
- Ages/Practice Groups competing (found on event page description)
- Estimated Session times (including Warm-ups) (found on Meet Information Document)
- Registration Deadline (found on event page description)
- Which events fall on which days (found on Meet Information Document)
- Entry limits (how many per day and for the meet in total) (found on Meet Information Document)

DECLARATIONS AND ENTRIES

DECLARATIONS

- Go to event page on the team website
- Click “Edit Commitment”
- Declare Yes or No

ENTRIES

- Once declared Yes, 2 options
 - 1. Select events on the days/sessions you'll be able to attend (don't forget about entry limitations)
 - 2. Leave event entries blank, and your child's Lead Coach will enter them
- **IMPORTANT:** Please leave a note if you have any kinds of potential conflicts or if you cannot attend certain days/sessions

DECLARATION PAGE

FST Swim Pink Meet (Oct 14, 2022 - Oct 16, 2022)

Member Athlete:

Phoenix Rose

*Declaration

Yes, please sign [Phoenix] up for this event

Notes:

Meet Name:

[FST 2021 Swim Pink Meet](#)

Location:

**Carmody Recreation Center, , Lakewood, CO
80227, USA**

Course:

YLS

Meet Type:

Start Date:

10/14/2022

End Date:

10/16/2022

Age Up Date:

10/14/2022

Use Date Since:

01/01/1970

Enforce entry based on [Qualify Times]: **No**

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

Event Declaration Setting: **Commit by Event** » [Edit](#)

Maximum Event Entry Limitations » [View](#)

Allow Course Conversion for Relays: **No**

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

Committed Sessions:

None

Athlete Qualifying Age:

14

Gender:

Female

Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

EVENT SELECTION PAGE

Day 1 Session 1

Max Entries this Session **IE = 3 | Rel = 0 | Comb = 3**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☐	<u>2:29.23Y</u>	2:29.23Y	☐	☐		3	G	13 & Over 200 Medley	
☒	<u>5:43.81Y</u>	5:43.81Y	☐	☐	Pending	7	G	13 & Over 500 Free	<=6:00.00Y <=5:15.00S <=5:25.00L

Day 2 Session 3

Max Entries this Session **IE = 3 | Rel = 0 | Comb = 3**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☒	<u>54.54Y</u>	54.54Y	☐	☐	Pending	29	G	13 & Over 100 Free	
☐	<u>2:24.54Y</u>	2:24.54Y	☐	☐		33	G	13 & Over 200 Fly	
☒	<u>2:23.33Y</u>	2:23.33Y	☐	☐	Pending	36	G	13 & Over 200 Back	
☐	<u>1:30.34Y</u>	1:30.34Y	☐	☐		39	G	13 & Over 100 Breast	
☐	NT	NT	☐	☐		41	G	13 & Over 1650 Free	

Day 3 Session 5

Max Entries this Session **IE = 3 | Rel = 0 | Comb = 3**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☒	<u>25.56Y</u>	25.56Y	☐	☐	Pending	63	G	13 & Over 50 Free	
☐	NT	NT	☐	☐		66	G	13 & Over 200 Breast	
☐	<u>1:05.97Y</u>	1:05.97Y	☐	☐		69	G	13 & Over 100 Back	
☒	<u>59.16Y</u>	59.16Y	☐	☐	Pending	72	G	13 & Over 100 Fly	
☒	<u>2:01.55Y</u>	2:01.55Y	☐	☐	Pending	75	G	13 & Over 200 Free	
☐	NT	NT	☐	☐		77	G	13 & Over 400 Medley	<=6:05.00Y

VOLUNTEER SIGN-UPS

- Click into meet
- Click “Job Signup” button next to “Edit Commitment”
- Signups are organized by type of job, then by dates and times that correspond to meet sessions

Meet Set-Up NO EXPERIENCE REQUIRED - Check in with Co-Head Coach Bill Rose for volunteer hours credit.	04/22/2022 02:30:00 PM - 04/22/2022 05:10:00 PM(1.00 Pts.) 1 <u>Williams, Carolanne (Carolanne Williams)</u> 2 <u>Williams, Carolanne (Carolanne Williams)</u> 3 <u>Porter, Holly (Holly Porter)</u> 4 <u>Woodruff, Erin (mrswoodruff@gmail.com)</u> 5 <u>Woodruff, Erin (mrswoodruff@gmail.com)</u>
Meet Tear-Down NO EXPERIENCE REQUIRED - Check in with Co-Head Coach Bill Rose for volunteer hours credit.	04/24/2022 05:30:00 PM - 04/24/2022 07:00:00 PM(1.00 Pts.) 1 <u>Porter, Holly (Holly Porter)</u> 2 <u>Leafblad, Victoria</u> 3 <u>Carlson, Sarah (Rob & Sarah)</u> 4 <u>Carlson, Sarah (Rob & Sarah)</u> 5 <u>Fusco, Justin (Laura Fusco)</u>
Safety Marshal NO EXPERIENCE REQUIRED - Helps enforce safety procedures and maintains order in the swimming venue. Check in with Co-Head Coach Bill Rose for volunteer hours credit.	04/22/2022 04:30:00 PM - 04/22/2022 07:00:00 PM(1.00 Pts.) 1 <u>Karakusis, Pam (Barbara Karakusis)</u> 04/23/2022 07:30:00 AM - 04/23/2022 11:00:00 AM(1.00 Pts.) 1 <u>Karakusis, Pam (Barbara Karakusis)</u> 04/23/2022 12:15:00 PM - 04/23/2022 05:15:00 PM(1.00 Pts.) 1 ☐ ----- 04/24/2022 07:30:00 AM - 04/24/2022 11:00:00 AM(1.00 Pts.) 1 <u>Clark, Bumaa (Bumaa & Keith Clark)</u> 04/24/2022 12:15:00 PM - 04/24/2022 06:00:00 PM(1.00 Pts.) 1 ☐ -----
Timer NO EXPERIENCE NEEDED - Check in with HEAD TIMER to have your volunteer hours recorded	04/22/2022 04:40:00 PM - 04/22/2022 07:10:00 PM(1.00 Pts.) 1 <u>Buzenaite, Austeja (Austeja Buzenaite (Edita or Valdas 720-838-0579))</u> 2 <u>Tamburini, Tonia</u> 3 <u>Tamburini, Tonia (Steve Tamburini (3038187515))</u> 4 <u>Oltman, Courtney</u> 5 <u>Lombardo, Kelly (Kelly or Joe Lombardo)</u> 6 <u>Slough, Brenda (Brenda Slough)</u> 7 <u>Bruetsch, Kimberly (Dave Bratten (303-981-1537))</u> 04/23/2022 07:40:00 AM - 04/23/2022 09:40:00 AM(1.00 Pts.) 1 <u>Archambeau, Jamie</u> 2 <u>Tamburini, Tonia</u> 3 <u>Brewster, Natalie</u> 4 <u>Lind, Kerri (Lind)</u> 5 <u>Duvall, Bret (Bret Duvall)</u> 6 <u>Nhin, Lan</u> 7 <u>Trujillo, Stacey</u>

VOLUNTEERING BREAKDOWN

Many jobs to help with:

- Concessions Worker / Cap Sales
- Timer
- Backup Timer
- Hospitality - Coaches & Officials Meals
- **Meet Official***
- Runner / Safety Marshall
- Safety Marshall /
- Set-Up / Tear-Down
- Timing Console Operator

***Only job that requires experience and extensive training.**

All other jobs will be trained either ahead of the meet or upon arrival. You will report to a specific person who will lead you through how to do the job you've signed up for.

PREPARING FOR THE MEET

Email will come out 2-3 days before the meet

Will include:

- Finalized Warm-up times
- Timelines
- Heat sheets (sometimes)
- T-shirt color order

• For most meets, you'll want to bring:

- Team Suit
- Goggles
- Extra Goggles
- FST Cap
- Extra FST Cap
- 1-2 Towels
- Healthy Snacks
- Water
- Warm Clothes
- Socks
- Closed-toe Shoes
- Games/Books/Entertainment
- Folding chairs and/or blankets - depending on location

Heat Sheets / Sharpied Events

E

EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

H

L

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)			
1	Hayley Ferrell	7	WWST NT
2	Claire Crane	7	BVCC NT
3	Sarah McGee	8	WWST 29.78
4	Delaney Byrne	8	WWST 35.94
5	Ruth McGee	8	WWST NT

#61 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
Jeannie Ridley W7		Laura Stroud W7	
Luke Leong M8		Cayman Choate M8	
3	BVCC	A	NT
Maddie Williams W7		Sydney Boyer W6	
Cameron Taylor M8		Ethan Boyer M8	
4	WWST	A	NT
Ruth McGee W8		Colin Kruse M8	
Jenna Rupp W8		Bree Sullivan W8	

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

AT THE MEET

- Arrive 15 minutes before warmups
- Warmups, Timers Meetings, Meet Start
- How to read the scoreboard
- Talking to coaches before & after races
- Heating – very rarely happens, only for 8 & Unders
- Warming up & Cooling down - Bronze 1 and above
- Resting in between events
- Prelims / Finals Meets
- Meet Mobile / Results

EVENT

3

HEAT

3

COLORADO TIME SYSTEMS

LN

PL

TIME

1

3

0:03:00

3

4

9:33:33

3

5

9:33:45

4

1

9:33:09

5

3

9:33:53

5

5

0:03:53

5:42 4G

EVENT DETAILS MEET HOME

EVENT 203 Girls 8&U 25 Yard Free
6 heats | 56 swimmers
Completed

Finals - Results (Unofficial)

PLACE 1	Taylor Bacher RAYS-OH 8 Dropped: - 0.83	14.75 TIME
PLACE 2	MJ Neilson RAYS-OH 8 Dropped: - 2.41	15.10 TIME
PLACE 3	Jordan Laba OLY-MI 7 Dropped: - 1.97	16.07 TIME
PLACE 4	Addie Robillard RAYS-OH 7 Dropped: - 0.41	16.19 TIME
PLACE 5	Kiera Wood CM-OH 8 Dropped: - 0.69	16.54 TIME
PLACE 6	Lizzie Yon MHSW-OH 7 Dropped: - 0.56	16.65 TIME
PLACE	Kendall Arvey	16.94 TIME

Last updated 5:41 PM

HOME FAVORITES SHARE MORE

5:41 4G

SWIMMER MEET HOME

POINTS 0 Megan Adam ☆
MAC-OH | 13

Full schedule

EVENT 309 Girls 13&O 50 Yard Free
Prelims | 13-109 | Completed
30.84 | Place: 92
Time improvement: - 0.96

EVENT 313 Girls 13&O 100 Yard Breast
Prelims | 13-109 | Completed
1:27.56 | Place: 49
Time improvement: - 2.43

EVENT 317 Girls 13&O 200 Yard Free
Prelims | 13-109 | Completed
2:43.02 | Place: 107
Time improvement: - 7.56

Last updated 5:40 PM

HOME FAVORITES SHARE MORE

5:42 4G

meetmobile

Search for meets, swimmers & more

Last Visited Meets Near Me Favorite Meets

2015 CLPR 29th Annual Midwinter Classic
16 Jan 2015 to 18 Jan 2015 Erlanger, KY US

HOME FAVORITES SHARE MORE

5:40 4G

SWIM DETAIL MEET HOME

EVENT 309 Megan Adam
2015 CLPR 29th Annual Midwinter Classic
Sun, Jan 18, 2015

Girls 13&O 50 Yard Free

92nd PRELIMS 30.84 ENTRY 31.80

COMPLETED - 0.96 Share

Heat place 3 30.84

HEAT 3 LANE 10

EVENT SUMMARY

Entry time	--	31.80 ENTRY TIME
Prelims	92 PLACE	30.84 TIME
		- 0.96 DROPPED

HOME FAVORITES SHARE MORE



QUESTIONS?

Reach out to info@foothillsswimteam.com

