

NEW PARENT ORIENTATION 2025-2026





NEW PARENT ORIENTATION

PART 1 – WELCOME TO THE TEAM

PART 2 - WHAT TO EXPECT AS A SWIM PARENT PART 3 - SWIM MEET SURVIVAL GUIDE

WED. 9/10, 7:00 PM @ RIDGE WED. 9/17, 7:00 PM @ RIDGE 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

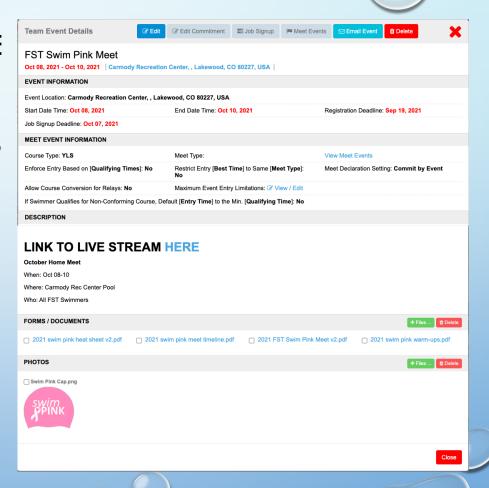
- From group updates and team-wide updates
- Giving reminders on:
 - Dates
 - Location
 - Declaration deadline

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



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

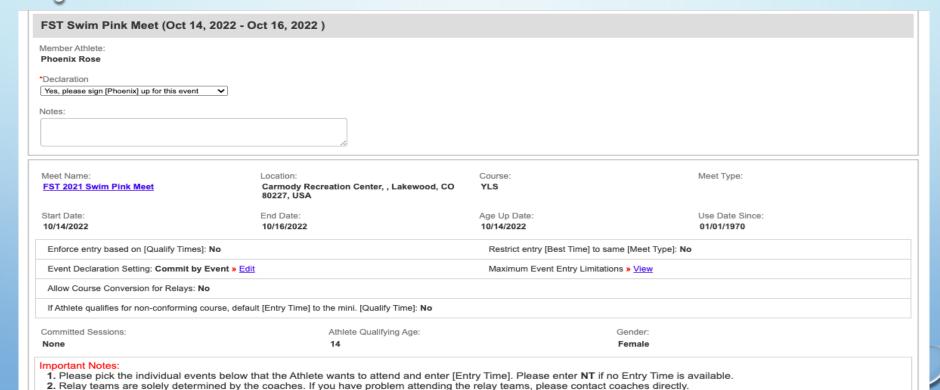
DECLARATIONS

- 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





3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.

5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.

4. Please enter [Entry Time] in this format: mm:ss.hh.

6. Only Admin can customize [Entry Time] and set [Bonus] fields.

EVENT SELECTION PAGE



	<i>d</i>								<u>-</u>
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
	2:29.23Y	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
~	54.54Y	54.54Y			Pending	29	G	13 & Over 100 Free	
	2:24.54Y	2:24.54Y				33	G	13 & Over 200 Fly	
~	2:23.33Y	2:23.33Y			Pending	36	G	13 & Over 200 Back	
	1:30.34Y	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
~	25.56Y	25.56Y			Pending	63	G	13 & Over 50 Free	
	NT	NT				66	G	13 & Over 200 Breast	
	1:05.97Y	1:05.97Y				69	G	13 & Over 100 Back	
~	59.16Y	59.16Y			Pending	72	G	13 & Over 100 Fly	
~	2:01.55Y	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 Williams, Carolanne (Carolanne Williams). 2 Williams, Carolanne (Carolanne Williams). 3 Porter, Holly (Holly Porter). 4 Woodruff, Erin (mrswoodruff@gmail.com). 5 Woodruff, Erin (mrswoodruff@gmail.com).
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 Porter, Holly (Holly Porter) 2 Leafblad, Victoria 3 Carlson, Sarah (Rob & Sarah) 4 Carlson, Sarah (Rob & Sarah) 5 Fusco, Justin (Laura Fusco)
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
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.) Buzenaite, Austeja (Austeja Buzenaite (Edita or Valdas 720- 838-0579)). Iamburini, Tonia Iamburini, Tonia (Steve Tamburini (3038187515)). Oliman, Courtney Lombardo, Kelly (Kelly or Joe Lombardo). Slough, Brenda (Brenda Slough). Bruetsch, Kimberly (Dave Bratten (303-981-1537)). 04/23/2022 07:40:00 AM - 04/23/2022 09:40:00 AM(1.00 Pts.). Archambeau, Jamie. Imburini, Tonia. Brewster, Natalie. Lind, Kerri (Lind.). Unvall, Bret (Bret Duvall). Nhin, Lan. Trujillo, Stacey.

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

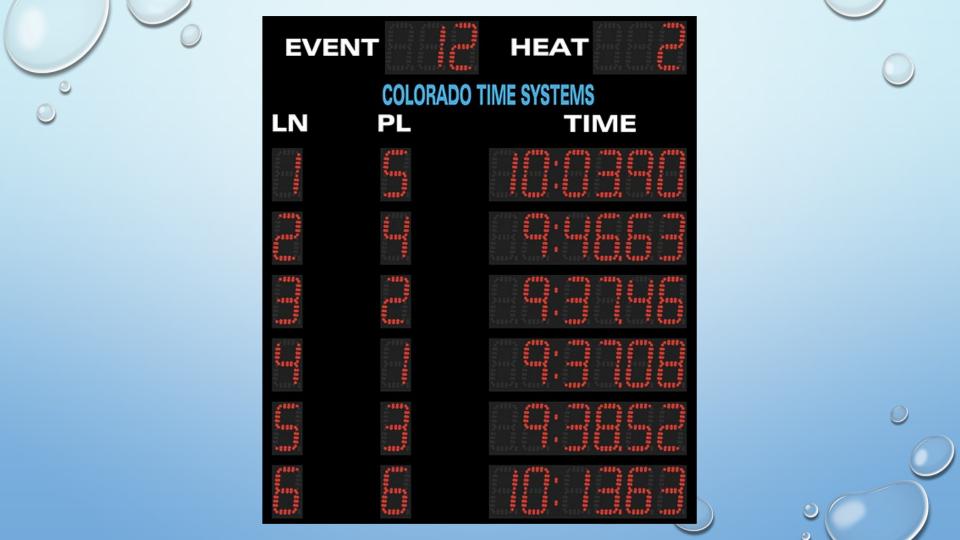
location

Heat Sheets / Sharpied Events

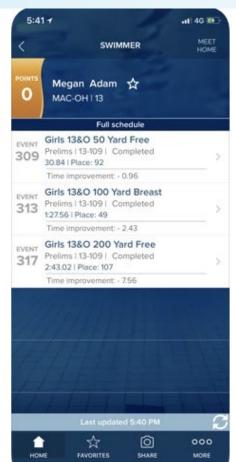
#7 Girls 8 & Under 100 Yan	rd IM		Heat 3 (#31 Girls 7-8 25 Yard I	ackstroke)	
Lane Name	Age Team	Seed Time	1 Hayley Ferrell	7 WWST	NI
Heat 1 of 2 Finals			2 Claire Crane	7 BVCC	N
2 Sydney Boyer	6 BVCC	NT	3 Sarh McGee	8 WWST	29.78
3 Maddie Williams	7 BVCC	NT	4 Delaney Byrne	8 WWST	35.94
4 Laura Stroud	7 WWST	NT	5 Ruth McGee	8 WWST	N
Heat 2 of 2 Finals			The state of the s		
2 Bree Sullivan	8 WWST	NT	#61 Mixed 8 & Under 100 Yard	Medley Relay	
3 Ruth McGee	8 WWST	2:19.99	Lane Team	Relay 5	Seed Time
4 Delaney Byrne	8 WWST	NT	Heat 1 of 1 Finals		
5 Elena Williamson	7 WWST	NT	2 WWST	В	NT
#19 Girls 7-8 25 Yard Frees		1			
Lane Name	Age Team	Seed Time	Luke Leong M8 3 BVCC	Cayman Choat A	NT
		Seed Time	3 BVCC Maddie Williams W7	A Sydney Boyer	NT W6
Lane Name	Age Team 8 BVCC	Seed Time	3 BVCC	Ä	NT W6 18
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams	Age Team	10.75077007	3 BVCC Maddie Williams W7 Cameron Taylor M8	A Sydney Boyer Ethan Boyer M	NT W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter	Age Team 8 BVCC	NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST	A Sydney Boyer Ethan Boyer M A	W6 18 NT
Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals	Age Team 8 BVCC 7 BVCC 7 WWST	NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8	A Sydney Boyer Ethan Boyer M A Colin Kruse M	W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC	NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8	A Sydney Boyer Ethan Boyer M A Colin Kruse M	W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC	NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8	A Sydney Boyer Ethan Boyer M A Colin Kruse M	W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 8 BVCC	NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8	A Sydney Boyer Ethan Boyer M A Colin Kruse M	W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC	NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8	A Sydney Boyer Ethan Boyer M A Colin Kruse M	W6 18 NT
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser Heat 3 of 3 Finals	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 8 BVCC 7 WWST	NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8	Sydney Boyer Ethan Boyer M A Colin Kruse M Bree Sullivan	NT W6 18 NT 18 W8
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser Heat 3 of 3 Finals 1 Elena Williamson	8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 7 BVCC 7 BVCC 8 BVCC 7 WWST 7 WWST	NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8	Sydney Boyer M A Colin Kruse M Bree Sullivan	NT W6 18 NT 18 W8
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser Heat 3 of 3 Finals 1 Elena Williamson 2 Noelle de Vente	8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 8 BVCC 7 WWST 7 WWST 7 WWST	NT NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8 E H L 7 Z 3 19 3 3	Sydney Boyer M A Colin Kruse M Bree Sullivan	NT W6 18 NT 18 W8
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser Heat 3 of 3 Finals 1 Elena Williamson 2 Noelle de Vente 3 Ruth McGee	Age Team 8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 8 BVCC 7 WWST 7 WWST 7 WWST 8 WWST	NT NT NT NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8 E H L 7 Z 3 19 3 3	Sydney Boyer Ethan Boyer M A Colin Kruse M Bree Sullivan	NT W6 18 NT 18 W8
Lane Name Heat 1 of 3 Finals 2 Natalie Potter 3 Maddie Williams 4 Maeve English Heat 2 of 3 Finals 2 Andie Smiley 3 Ava Griffin 4 Skyeler Jackson 5 Meredith Setser Heat 3 of 3 Finals 1 Elena Williamson 2 Noelle de Vente	8 BVCC 7 BVCC 7 WWST 8 BVCC 7 BVCC 8 BVCC 7 WWST 7 WWST 7 WWST	NT NT NT NT NT NT NT	3 BVCC Maddie Williams W7 Cameron Taylor M8 4 WWST Ruth McGee W8 Jenna Rupp W8 E H L 7 Z 3 19 3 3	Sydney Boyer M A Colin Kruse M Bree Sullivan	NT W6 18 NT 18 W8



- 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













QUESTIONS?

Reach out to info@foothillsswimteam.com