



GTS 2023-2024 SEASON

Everything you need to know...

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Registration Fees

USA Swimming Annual Registration (SWIMS 3.0 Database)*

- **Premium Membership \$80 per swimmer**
(One time annual fee per athlete. All ages.
LSC \$15, USA Swimming \$65).

OR

- **Flex Membership \$30 per swimmer**
(One time annual fee per athlete. Ages 12 and
under. LSC \$10, USA Swimming \$20).

AND

Greenwood Tiger Sharks Annual Registration

- **\$50 annual GTS registration fee**
(One time fee per athlete)

Dues

Swim team fees vary by group; monthly or annual payment options available.
Billed through Club Automation. Fee schedule upon request.

	Monthly	Monthly Multifamily	Monthly Employee	Annual Prepaid
Senior	\$120.00	\$115.00	110.00	\$1,296.00
Senior Prep	\$115.00	\$110.00	\$105.00	\$1,242.00
Senior Flex	\$115.00	\$110.00	\$105.00	\$1,242.00
Sharks	\$100.00	\$95.00	\$90.00	\$1,080.00
Sharks Flex	\$105.00	\$100.00	\$95.00	\$1,134.00
Fish	\$90.00	\$85.00	\$80.00	\$972.00
Fish Flex	\$95.00	\$90.00	\$85.00	\$1,026.00
College Plan	\$480.00			

All fees will appear on your monthly Club Greenwood monthly statement.

*USA Swimming subject to change per year

Registration Links



USA SWIMMING LINK:
[HTTPS://HUB.USASWIMMING.ORG/LANDING](https://hub.usaswimming.org/landing)

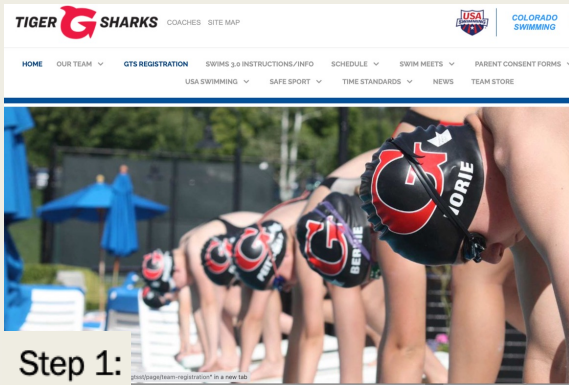


TEAMUNIFY LINK:
[HTTP://WWW.TEAMUNIFY.COM/MEMREGSTART.JSP?TEAM=COGTSST](http://www.teamunify.com/memregstart.jsp?TEAM=COGTSST)

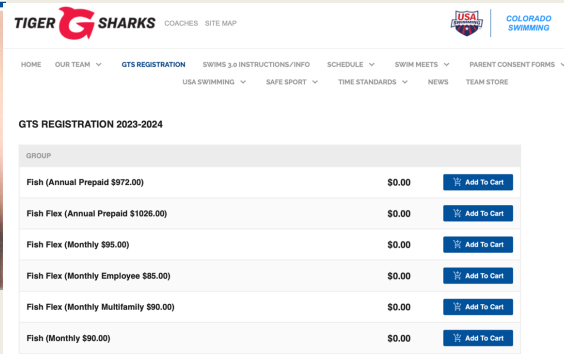
USA Swimming Registration: How To



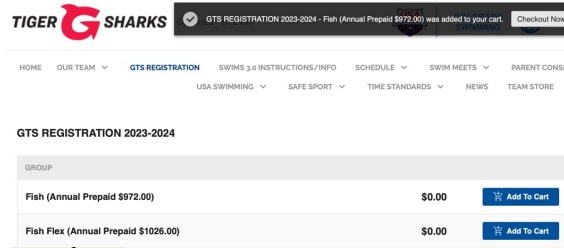
- ❑ Create a login for the new SWIMS 3.0-
 - Link: <https://hub.usaswimming.org/landing>
 - This will be a new account in SWIMS 3.0, even if you have a previous membership. The username and password you enter will be the login for your new account. The parent will be set up as the account owner (you will add /link members after that).
 - Some of you may have already created this account when USA Swimming sent out information in September. If so, just log in after clicking our team registration link.
- ❑ Once you have your account, go to our team's unique membership url
 - Link: <https://omr.usaswimming.org/omr/welcome/5BA74677119D4D>
 - You will be asked if the membership is for you or someone else. Select "someone else" since the parent is the account owner, managing registration for the athlete.
 - Then complete the remaining steps which will take you through locating your previous/currently registered athletes, linking them, and completing their new membership registration.
 - At the end of the first registration, you will have the option to add another member before you check out.
- ❑ Please reach out to Coach Genevieve if any issues arise
Genevievem@clubgreenwood.com



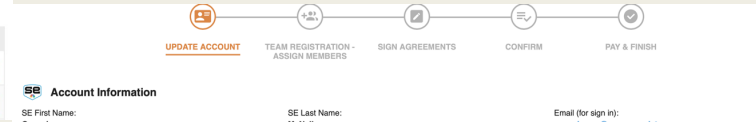
Step 1:



Step 2:



Step 3:



Step 4:

Step 1: Team Unify

Step 2: Select GTS Registration Tab

Step 3: Select your athlete(s) groups and place in cart and Check Out

Step 4: Fill out all required information and hit submit

Teamunify Registration: How To



Safe Sport Class

- Please remember USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision, and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.
- GTS is seeking to maintain this club recognition annually; thus, our parents and athletes must complete the following training.
- Please plan on the training taking about 1 hour to complete.
- The links below can be found on TeamUnify:

For Parents:

- October 11, 10 p.m. ET | [REGISTER](#)
- November 1, 8 p.m. ET | [REGISTER](#)
- December 6, 8 p.m. ET | [REGISTER](#)

For Athletes (12 years & up):

- October 12, 10 p.m. ET | [REGISTER](#)
- November 2, 8 p.m. ET | [REGISTER](#)
- December 7, 8 p.m. ET | [REGISTER](#)



Youth Certification

- All members 13 & Over must be youth certified.
- Please contact Lisa Thomas, to get your athlete scheduled

Snow Days

- If the club is closed, then GTS will not have practice.
- Typically, we follow Cherry Creek School district regarding snow closures/delays. However, we watch weather reports and road conditions, as well.
- Communication is sent out by noon day of massive snow event.



October:

- October 13: FST Swim Pink
- October 28: Great Pumpkin

November:

- November 10: JH Pineapple Open
- November 18: CUDA Pentathlon

December:

- December 1: CSI Pioneer Open*
- December 8: Travel Trip *
- December 10: FORM Winter Open (For all not going on travel trip)

January:

- January 6: TOPS LC Invite*
- January 19: TOPS CO OPEN

February:

- February 16: Senior Meet*
- Feb 23: Age Group State*

*: Must have qualifying time or faster

Short Course Swim Meet Schedule

(Tentative)

TeamUnify:

Parents: Sign up athlete for meet / Commit to events

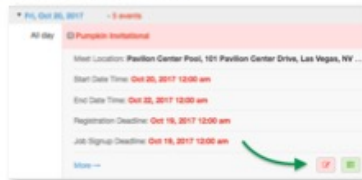
← Parents/Non-Admins

Declaring/signing up your athlete(s) for events is easy in TeamUnify. Note: See below link if you are using OnDeck.

1. Sign in to your team's TU website.
2. Go to the Events or Calendar page.
3. Click the **Attend/Decline** button.
 - a. On the Events page, it looks like this.



- b. On the Calendar, it looks like this.



4. Click the name of your athlete whom you want to attend.
5. Click the Declaration dropdown and click **Yes, please sign [name] up for this event** (or **No, thanks, [name] will NOT attend this event**, enter any Notes, and then click **Save Changes**).

Pumpkin Invitational (Oct 20, 2017 - Oct 22, 2017)

Member Athlete:

Emily Black

*Declaration

Yes, please sign [Emily] up for this event

Notes:

Emily cannot attend on Sunday.

6. Enter any Notes you want the coach to see.
7. If a team admin has allowed you to select events, check the boxes of the events you want your athlete to enter.

Day 1 Session 1									
Best Time	Entry Time	Bonus	Qualification	Approval	Out	On	Event	Quality Time	
NT	Not Qualified				1	Q	Open 1000 Free	<=14:59.99Y <=12:59.99X	
22:12.00	22:12.00	22:12.00			3	Q	Open 1600 Free	<=25:59.99Y <=23:59.99X	
Day 2 Session 3									
Best Time	Entry Time	Bonus	Qualification	Approval	Out	On	Event	Quality Time	
NT	Not Qualified				46	Q	Open 400 Medley	<=6:27.99Y <=6:59.99X	
2:13.85	2:13.85	2:13.85			47	Q	Open 50 Free		
2:13.85	2:13.85	2:13.85			48	Q	Open 100 Back		

- a. Red times indicate your athlete is not qualified to enter those events.
- b. Events you choose are subject to coach approval.

8. Otherwise select which days and sessions your athlete will attend and a coach will then pick which events your athlete will enter.

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

Day	Session	Event	Best Time	Gen	Event	Qualifying Time
<input checked="" type="checkbox"/>	Day 1/Session 1	1	NT	Q	Open 1000 Free	<=14:59.99Y <=12:59.99X
<input checked="" type="checkbox"/>	Day 2/Session 3	3	22:12.00	Q	Open 1600 Free	<=25:59.99Y <=23:59.99X
<input type="checkbox"/>	Day 3/Session 5					

- a. You may click a day/session button to see what events are scheduled.
9. Click **Save Changes**.
 10. Repeat for all other athletes you may have.

PDF: <https://bit.ly/3PAOcDI>

YOUTUBE: <https://www.youtube.com/watch?v=9iyMrur-iAc>

Swim Meet Athlete Sign Up: How To

2023 FST Swim Pink Meet October 13-15

SANCTION:

Held under the sanction of USA Swimming. Sanction number CO24-026. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

ENTRY CHAIR: Vinny Pryor vinny@foothillswimteam.com
MEET DIRECTOR: Vinny Pryor vinny@foothillswimteam.com
SAFETY CHAIR: Bill Rose bill@foothillswimteam.com
MEET REFEREE: Dave Anderson dave_anderson13@yahoo.com

LOCATION:

Carmody Recreation Center, 2200 S Kipling St, Lakewood CO 80227

FACILITY:

Elevation 5320 ft, indoor 6 lane 25 yard pool with the non-turbulent lane markers. A small cool down area will also be available. The competition course has been certified in accordance with 104.2.2C (4) The pool depth at both ends is 6ft. The facility is monitored by a full lifeguard staff and has Automated External Defibrillators (AED) stationed on the pool deck.

START TIMES:

ALL start times are estimated. We reserve the right to adjust session start times based on the number of entries received.

ESTIMATED SCHEDULE:

Day	Session	Warm-Up	Start
Fri, Oct. 13 th	1 All	3:50 pm	5:00 pm
Sat, Oct. 14 th	2 All 10 & Under 11-12 Girls	6:40 am	8:15 am
Sat, Oct. 14 th	3 11-12 Boys All 13 & Over	12:00 pm	2:05 pm
Sun, Oct. 15 th	4 All 10 & Under 11-12 Girls	6:40 am	8:15 am
Sun, Oct. 15 th	5 11-12 Boys All 13 & Over	12:00 pm	2:05 pm

ENTRY LIMITS:

Swimmers are permitted to swim a maximum of three (3) individual events per day.

ENTRY OPENING / DEADLINE:

Entries will be accepted beginning on **Wednesday, September 27th** at 10:00 am. Meet entries must be received by the Entry Chair no later than the end of the day on **Tuesday, October 3rd**.

ENTRY FEES:

\$7.50 per individual event, plus \$20.00 pool surcharge per swimmer (\$3 per swimmer will be a donation towards Breast Cancer research and treatment).

\$1.15 per individual swim goes to the CSI support fund.

\$15.00 per late event entry (in open lanes only).

\$25.00 penalty fee for missed positive check-in events

Sample: Meet Information

“Meet Information” Overview

- Each meet will have meet information
- Meet Information will be housed under each swim meet heading on TeamUnify
- Meet Information contains:
 - Meet Location
 - Dates
 - Tentative Start Times
 - Tentative Schedule
 - Event Limits
 - Entry Deadline
 - Entry Fees
 - And all other important information regarding the meet
- The Meet Information will be your go to guide for all meet details
- Please ensure your athlete is signed up for all meets or at least declared as a “Yes...” This will ensure coaches get all athlete entries submitted.
- No late entries will be accepted.
- The week of the swim meet, coaches will send out updated information such as
 - Warm Up times
 - Meet Timelines
 - Timing Assignments (Parent Volunteer Opportunities)
 - Parking
 - And any other day of meet operation information regarding the meet
- GTS Travel Fee:
 - \$10 Local Meet
 - \$15 Championship Meet
 - \$20 Travel Meet

An aerial photograph of a swimming pool with multiple lanes. Red lane lines are visible across the water. Several swimmers are in the pool, and the water is a vibrant blue. The image is partially obscured by a black vertical bar on the left side.

My First Meet

- Parents are not allowed behind the blocks
- Please ensure athletes have snacks, warm clothes to wear during the meet, snacks, cap/goggles, water bottle and activities to pass the time
- No Flash Photography is permitted
- It is uncommon to have a heating area for 12 & under at USA Swimming Sanctioned events especially here in Colorado. Coaches will assist athletes getting to their races
- Athletes must talk to their coach before and after each race
- If you are curious as to what to expect at a swim meet to help you and your athlete(s) prepare please watch: [My First Meet](#)
 - *My First Meet Video Youtube Link: <https://bit.ly/3LK5Inl>*



Swim Meet Packing List

- | | |
|---|--|
| <input type="checkbox"/> <i>Two competition suits</i> | <input type="checkbox"/> <i>Water bottle</i> |
| <input type="checkbox"/> <i>Two caps</i> | <input type="checkbox"/> <i>Electrolyte – Sports Drink</i> |
| <input type="checkbox"/> <i>Two pairs of goggles</i> | <input type="checkbox"/> <i>Clothes</i> |
| <input type="checkbox"/> <i>Two or more towels</i> | <input type="checkbox"/> <i>Shoes</i> |
| <input type="checkbox"/> <i>Snacks</i> | <input type="checkbox"/> <i>Socks</i> |
| | <input type="checkbox"/> <i>Phone</i> |

Also Consider Bringing:

- **Money:** You may want a snack, bar or treat, especially if the meet is running slowly.
- **Lunch/Snacks:** Pack your own sandwich, fresh fruit, nuts, energy bars, and water. Don't count on the snack bar being open
- **Chair(s):** Sometimes a team area will be stationed on wet grass or hard concrete. In order to stay comfortable, think about bringing a chair along.
- **Sunscreen:** If the meet is outdoors, you may be sitting outside in the sun for hours. Remember: even if it is overcast, you can still get burnt.
- **Warm clothes:** Bring a swim parka, comfortable pants, sweatshirt, socks, and shoes. Even at indoor pools, it is best to have a non-flip-flop option for your feet, in case the air-conditioning is cranked up or you get stuck near an open (or frequently opened) door.
- **Entertainment:** Be prepared to sit around for a couple of hours. Staying awake and alert will help you swim faster, so bring whatever keeps you happily entertained: a friend or two, a deck of cards, something to read, pens and paper for coloring, your iPod, or all of the above.
- **A relaxed, positive attitude:** This least tangible item is probably the most important thing you can bring to a meet!

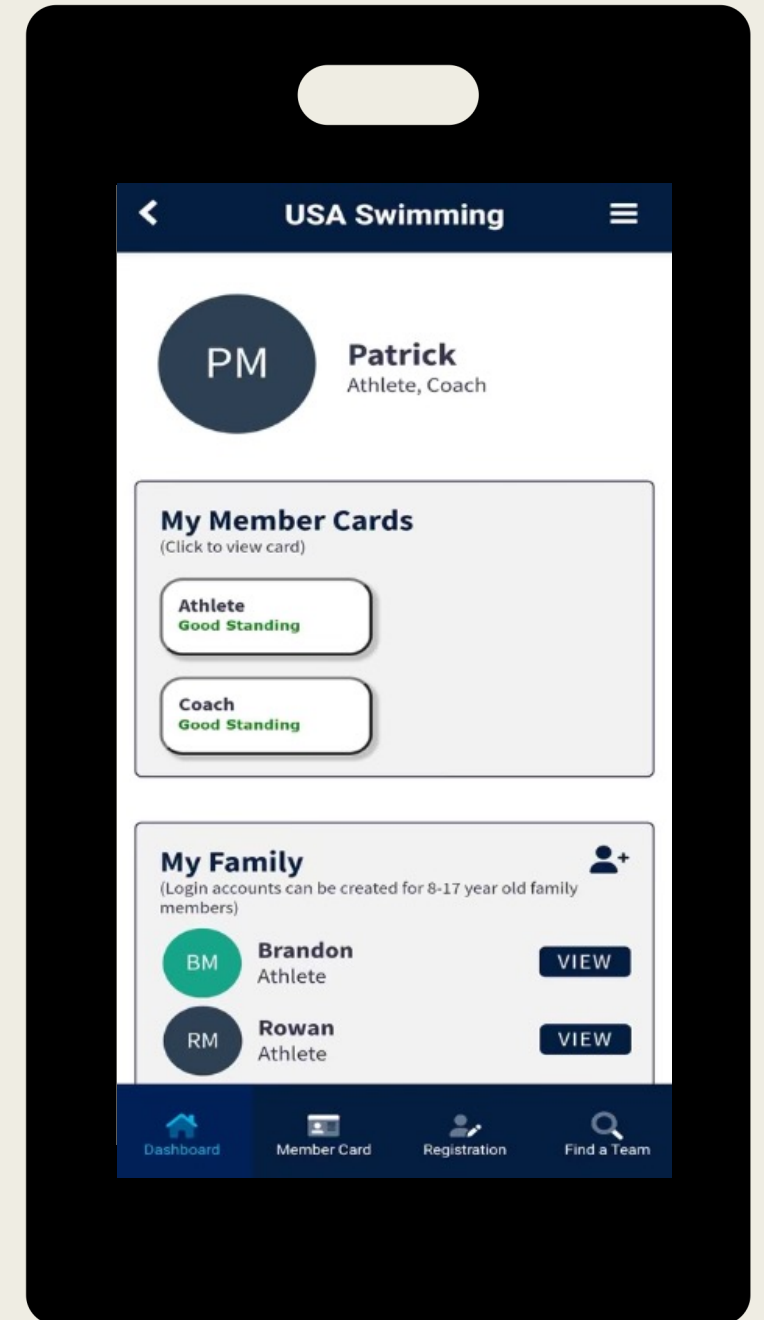
Apps to Download



■ MeetMobile



■ USA Swimming





Cancellation & Hold Policy

Hold Policy:

- If you wish to put your GTS membership on hold, this will allow you to still receive team emails and will hold your spot on the team for when you return. You will need to notify Coach Genevieve, in writing, by the 1st of the month prior. Hold fee of \$250/family will be incurred along with your last month of team dues. Holds last a maximum of 3 months.

Example: If a swimmer wishes to put their membership on hold in March, the written notice would be needed by February 1, and the swimmer would be charged their final team dues for March as well as the hold fee of \$250.

Cancel Policy

Cancellation Policy:

- If you wish to cancel your GTS membership, you must notify Coach Genevieve, in writing, by the 1st of the month prior. An early termination fee of \$180/family will be incurred along with your last month of team dues, with exceptions made only in the case of an athlete going away for college or an injury, with a physician's note, that prevents the swimmer from participating. All annual prepaids will also be charged a cancellation fee.

Example: If a swimmer wishes to cancel in March, the written notice would be needed by February 1st, and the swimmer would be charged their final team dues for March as well as the termination fee of \$180.

Also, when a Greenwood Tiger Sharks membership is canceled at any time that membership will be taken off of the team email list. To be added back on to the email list, the swimmer would need to notify Coach Genevieve to get reinstated to the team. However, there is no guarantee that your spot will be available upon your return.

Contact Information



Genevieve McNally
Head Coach
303.770.2582 x407
GenevieveM@ClubGreenwood.com

Genevieve is a long-time swimming and sports enthusiast. She has been the part of Club Greenwood for over a decade and has been the force of stability for the swim team for years as Head Coach. Genevieve swam for multiple club teams across the front range and at the University of Denver, alongside her four siblings. While at the University of Denver, she received her MBA with a concentration in Socio-Cultural Brand Management and has also earned her Lean Six Sigma Black Belt certification. Genevieve has a unique background in youth athlete development, from her time in sports marketing. She possesses an understanding of what it takes to be an athlete and the intricacies of the mental and physical capacity it takes to accomplish one's goals. Genevieve has a passion for fluid communication and helping others achieve their goals. Her hobbies include traveling, hiking, paddle boarding and swimming.



Andy Stockinger
Assistant Coach
303.770.2582 x350
AndyS@ClubGreenwood.com

Andy Stockinger is a lifelong aquatics enthusiast. He graduated from the University of Denver in 2018 with a Bachelor of Science in Mathematics. During his time at DU, he swam at a club level and competed at a National level in Masters and club water polo. He has coached swimming at a variety of levels for almost 10 years. During his time at a high school program in Aurora, his team placed 7th overall in 5A. This team achieved multiple All-American times and had several athletes recruited. He possesses an understanding of what it takes for young swimmers to develop into successful student-athletes in college. In his free time, Andy enjoys hiking and working on his education non-profit with his friends.



Jeremy Kemp
Team Trainer
NASM Certified Personal Trainer
JeremyK@ClubGreenwood.com

Jeremy's goal as a trainer is to help you function and move the way your body was designed to. Whether it is athletics or regular life, nothing should hold you back from doing what you love. Fitness isn't just a one month or one year commitment, it is a choice that will lead you toward a better life. Jeremy specializes in functional training, rehab and injury prevention. As an athlete himself, Jeremy is passionate about working with young athletes to encourage them to be the best they can be.



Kristin Burgess
Nutrition Coach
Registered Dietitian
KristinB@ClubGreenwood.com

As a registered dietitian and health and wellness coach, Kristin believes you are what you eat! Eating whole, natural foods can not only increase energy and help you be at an ideal weight, but it can boost your mindfulness in every aspect of your life. After all, we walk around in our body all day...it must be a priority to take care of it! Running and triathlons have taken Kristin everywhere from Boston to Boulder. Kristin believes everyone has an "athlete" in them... after all, exercise makes the heart smile!

- Email is preferred method

- **Coach Genevieve**
 - Fish | Sharks
 - Program Questions | Concerns
 - **Email:** GenevieveM@clubgreenwood.com
- **Coach Andy**
 - Senior | Senior Prep
 - All questions, concerns regarding Senior and Senior Prep Groups
 - 1st point of contact for Travel Meet information
 - **Email:** AndyS@clubgreenwood.com
- **Contact Information for prospective athletes:**
 - All athletes needing an evaluation and GTS team trial
 - Please pass this email around to friends, families and others in the community!
 - **Email:** gts@clubgreenwood.com