

2025 - 2026

# Plantation Swim Team

ATHLETE & PARENT HANDBOOK



9151 NW 2nd Street, Plantation, FL 33324  
954-452-2526

# About PST



**Join us for an evaluation Tuesdays at either 3:30pm or 4:45pm**

Our year-round competitive swimming program will provide a top notch training atmosphere that will develop and grow integrity, discipline, teamwork, sportsmanship, health and fitness among our members and community.

We are committed to providing a safe, healthy, and positive environment for athletes. Plantation coaches have a long tradition of balanced, innovative leadership, excellence in their respect for individual responsibility and discipline, as well as sportsmanship, in an atmosphere of spirited teamwork.

Parents are encouraged to be involved in many levels of team promotion and through volunteerism with the Plantation Swim Team Booster Club.

Visit [swimpst.com](http://swimpst.com) for links on how to pay online and sign up for USA Swimming in the New Parent Tab!



# Meet Our Coaches



## **Terrell Woods - [twoods@plantation.org](mailto:twoods@plantation.org)**

### ***Head Coach; Senior Group***

Coach Terrell Woods brings a deep passion for competitive swimming and athlete development to the Plantation Swim Team. With years of experience coaching swimmers from beginners to Futures-level athletes, Coach Terrell is dedicated to helping every swimmer reach their full potential — both in and out of the pool.

Under his leadership, Plantation Swim Team has fostered a positive, high-performance environment built on discipline, teamwork, and continuous improvement. His coaching philosophy focuses on developing strong technique, efficient training habits, and a growth mindset that carries beyond the sport. The Plantation Swim Team can claim FGC Age Group Champions, FGC Senior Championship Champions, FHSAA State Finalists, Sectional, Futures and Junior National Qualifiers, and the 2021 and 2023 Southern Zone Senior Championship Men's Team Champions. The Plantation Swim Team has broken over 30 individual team records and over 25 relay team records in Coach Woods' tenure.

## **Erica Wammock - [ewammock@plantation.org](mailto:ewammock@plantation.org)**

### ***Head Age Group Coach; Jr. Piranhas & Age Group 1***

Coach Erica grew up competing on the Hilton Head Aquatics swim team, breaking individual records and was a record breaking member of several relay teams, some of which still stand. She achieved NCSA Junior National Qualifying Times and was a member of the SC Zone Team two years in a row. She attended Campbell University, where she helped break relay records her freshman and sophomore year and achieved best times in all of her races during her four years. Since joining our team in 2021, Coach Erica has coached PST swimmers to BB, AG Champs, and Senior Champs qualifying times, has been a Sunshine State Showcase Coach, and has traveled with FGC Swimming to Open Water Zones. She has a Bachelor's degree in Educational Studies, a Master's degree in Christian Ministry, and a Master's degree in Couple and Family Therapy. In her free time, Coach Erica likes to spend time with her dog Ruby, at the beach, playing video games, and telling bad jokes.





# Meet Our Coaches



## **Dolores Campbell - [travelswim@aol.com](mailto:travelswim@aol.com)**

***Assistant Coach; Jr. Piranhas & Age Group 2***

Coach Dolores has been coaching for the Plantation Swim Team since 1989. She is certified Level 3 with the American Swimming Coaches Association. She currently coaches our Age Group 2 and Junior Piranhas and is our Business Manager. Coach Dolores has also worked with numerous Zone and All Star coaching staffs during her years coaching in the Florida Gold Coast.



As a competitive swimmer, Dolores set County and District High School records in both Freestyle and Backstroke and finished 3rd in the 100 yard freestyle in her Florida High School State Championships. She went on to compete for 8 years as a Masters swimmer. Her goal is to pass on the positive influence swimming has had on her life, and make workouts challenging but fun.



## **Nick Chaimowicz - [NChaimowicz@plantation.org](mailto:NChaimowicz@plantation.org)**

***Assistant Coach; Senior & Age Group 3***

Coach Nick started his competitive swimming career in 2007 for the Cooper City Cyclones. In 2012 Cooper City and PST merged into one team where Coach Nick would practice alongside PST swimmers under the coaching and leadership of Coaches Terrell and Dolores. While swimming for PST Coach Nick would attend JO's where he specialized in long distance events and the individual medley. In his senior year of high school, Coach Nick led the Pembroke Pines Charter Jaguars to their first state championship appearance in the 200-freestyle relay. Throughout his swimming career, Coach Nick was awarded the team spirit award for always providing a positive environment in and out of the water, at practice and at meets.

In Coach Nick's free time, he enjoys working out both in the water and the weight room and still makes time every week to swim.

# Group Descriptions & Fees



**Junior Piranhas (JRP):** Beginner-friendly and fun-focused group for mostly ages 10 & Under. Swimmers learn all four competitive strokes, starts, and turns with lots of positive reps and game-style drills. Great for building water confidence and team spirit. JRP monthly fees are \$85 per month. Practices are offered Monday - Friday, either from 3:45pm-4:45pm OR 5pm-6pm. Swim meets for this group include Central Park Series meets, Sizzlers and Developmental meets.

**Age Group III (AG3):** Intermediate training for ages 9–12. Workouts sharpen technique, pacing, and race skills while introducing goal setting and meet prep. Ideal for kids ready to practice with purpose. AG3 monthly fees are \$100 per month. Practices are offered Monday - Friday from 6pm-7pm and Saturday from 8am-9:30am. Meets for this group include Central Park Series meets, Developmental meets and Championship Qualifying meets.

**Age Group II (AG2):** Beginner to intermediate for ages 13+. Emphasis on stroke mechanics, aerobic development, and efficient turns. A supportive step for teens growing into consistent training and competition. AG2 monthly fees are \$100 per month. Practices are offered Monday - Friday from 6pm-7pm and Saturday from 8am-9:30am. Swim meets for this group include Central Park Series meets, Developmental meets and Championship Qualifying meets.

**Age Group I (AG1):** Advanced training for ages 11–14. Focus on race strategy, speed work, and stronger practice habits. Perfect for motivated swimmers aiming for championship cuts. AG1 monthly fees are \$105 per month. Practices are offered Monday - Friday from 5pm-6:30pm and Saturday from 8am-10am. Swim meets for this group include Central Park Series meets, Developmental meets and Championship Qualifying meets.

**Senior (SEN):** High-performance group for ages 15+. Training builds endurance, strength, and elite-level skills with seasonal morning options. Designed for athletes pursuing top meets and long-term goals. SEN monthly fees are \$125 per month. Practices are offered Monday - Friday from 4pm-6pm and Saturday from 8am-10am. Swim meets for this group include Central Park Series meets, Developmental and Championship Qualifying meets.

## Registration Fees

- Annual USA Swimming Registration Fee: \$90.00 (completed by family online).  
<https://omr.usaswimming.org/omr/welcome/B9C812FC75C74B> (Link on swimpst.com)
- Competition Escrow Account: \$50, \$65 (2 children), \$80 (3+ children) paid to "Plantation Swim Team" (cash or check).
- Group Monthly Training Fees paid to "City of Plantation" -  
<https://parks.plantation.org/wbWSC/webtrac.wsc/login.html>

# Contact Us

## PST Parents

WhatsApp group



### How to Sign up for Swim Meet:

- Sign into [www.swimpst.com](http://www.swimpst.com), using your username and password. These can be found in the first email you received from TeamUnify/Sports Engine.
- Scroll to the bottom of the home page and find the meet you would like to enter.
- Click on edit commitment.
- Find your swimmers name and left click.
- Drop down box, click yes.
- Write notes if necessary (ex: my swimmer can only attend the Saturday session of meet.)
- Save changes at bottom.

Head Coach, Terrell Woods (SEN) - [terrellwpst@aim.com](mailto:terrellwpst@aim.com)

Head Age Group Coach, Erica Wammock (JRP, AG1) - [ericawammock843@gmail.com](mailto:ericawammock843@gmail.com)

Assitant Coach, Dolores Campbell (JRP, AG2) - [travelswim@aol.com](mailto:travelswim@aol.com)

Assistant Coach, Nick Chaimowicz (SEN, AG3) - [nickchaimowicz@gmail.com](mailto:nickchaimowicz@gmail.com)

Office Phone Number: (954) 452-2526



# Swim Team Registration Form

*Please Print Clearly & Return*

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Parent/Guardian Details

### Parent/Guardian #1

First & Last: \_\_\_\_\_

Address: \_\_\_\_\_

City & State: \_\_\_\_\_

Zip: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

### Parent/Guardian #2

First & Last: \_\_\_\_\_

Address: \_\_\_\_\_

City & State: \_\_\_\_\_

Zip: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

## Swimmer Details

### Swimmer #1

First: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F

Group/Time: \_\_\_\_\_

Coach: \_\_\_\_\_

### Swimmer #2

First: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F

Group/Time: \_\_\_\_\_

Coach: \_\_\_\_\_

### For Office Use Only

Entered: \_\_\_\_/\_\_\_\_/\_\_\_\_ Account #: \_\_\_\_\_

# Athlete Code of Conduct

## *Sign and Return*

As a member of the Plantation Swim Team, I agree to:

### **1. Respect & Sportsmanship**

- Show respect toward teammates, coaches, officials, competitors, and facility staff.
- Display good sportsmanship at all practices, meets, and team functions.
- Refrain from negative comments, bullying, teasing, or exclusion of others.

### **2. Practice & Meet Behavior**

- Arrive on time, prepared, and with a positive attitude.
- Follow all coaching instructions and team rules.
- Maintain a clean and safe environment at all practice and meet locations.
- Refrain from horseplay, profanity, or unsafe behavior.

### **3. Team Representation**

- Represent the Plantation Swim Team with pride and professionalism at all times.
- Wear team gear when appropriate.
- Conduct myself in a way that reflects positively on the club, both in person and online.

### **4. Drugs, Alcohol, and Tobacco**

- I will not use or possess drugs, alcohol, tobacco, or vaping products.

### **5. Digital Conduct**

- Use social media responsibly.
- Avoid posting or sharing content that is negative, discriminatory, or harmful to the team or its members.

I understand that any violation of this policy may result in disciplinary action, including a verbal warning, written warning, suspension and/or dismissal from the team. All discipline decisions will be made by the coaching staff and/or club leadership, in alignment with USA Swimming and Safe Sport policies.

Athlete Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



# Parent Code of Conduct

*Sign and Return*

As a parent/guardian of a Plantation Swim Team swimmer, I agree to:

## **1. Support & Respect**

- Support my child's love for swimming without pressuring results.
- Show respect toward coaches, officials, athletes, and other parents.
- Allow coaches to coach and refrain from interfering during practices or meets.

## **2. Positive Sideline Behavior**

- Cheer positively for all swimmers, not just my own child.
- Avoid criticizing officials, coaches, or athletes during or after competition.
- Address concerns privately and respectfully with coaches at appropriate times.

## **3. Team Commitment**

- Ensure my swimmer arrives on time and prepared for practices and meets.
- Communicate absences or schedule conflicts in advance.
- Support team activities, fundraising, and volunteer requirements.

## **4. Safe Sport Compliance**

- Adhere to USA Swimming's Safe Sport policies.
- Model appropriate boundaries and behavior for athletes.
- Report any concerns about athlete safety or misconduct to club leadership or USA Swimming.

I understand that any violation of this policy may result in disciplinary action, including a verbal warning, written warning, suspension and/or dismissal from the team. All discipline decisions will be made by the coaching staff and/or club leadership, in alignment with USA Swimming and Safe Sport policies.

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# City of Plantation



## Parks & Recreation Waiver

*Sign and Return*

Please read this form carefully and be aware that in registering your child/ward for participation in programs conducted at Plantation Aquatic Complex you will be waiving and releasing all claims for injuries your child/ward might sustain arising out of these programs. As a parent/guardian of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries (including death) damages or loss which I or my minor child/ward may sustain with or associated with such programs.

I agree to waive and relinquish all claims my minor child/ward may have as a result of participating in these programs against the City of Plantation and its officers, agents, servants, and employees.

I do hereby fully release and discharge the City of Plantation and its officers, agents, servants, and employees from any and all claims resulting from injuries (including death) damages and losses sustained by me or my minor child arising out of connected with, or in any way associated with the activities of these programs.

In the event of any emergency, I authorize the City of Plantation officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered, including transportation charges.

Child/Ward's First and Last name (please print)

Parent/Guardian Signature

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Parent Guardian First and Last Name (please print)

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Date: \_\_\_\_\_

