



COHO Orientation Outline:

- [Practice](#)
- [Meets](#)
- [Season Overview](#)
- [Parent Expectations](#)
- [Explanation of Fees](#)
- [Technology](#)
- [Help! FAQ](#)

- What does practice look like?

- a. Time to arrive: 10 minutes before the start of practice.
- b. GEAR: What does my swimmer need for every practice?
  - i. Water
  - ii. Towel
  - iii. Sneakers/tennis shoes (can wear to practice or bring)
  - iv. Water shoes/sandals for on deck (crocs, flip flops, etc.)
  - v. Sunscreen on them- as needed, for the outdoor summer season at Deerspring
  - vi. Group-specific gear: Arena Branded (Purchase at Elsmore Swim Shop)
    1. What do I purchase? ***Each group has different equipment needs; the list is above & found [here](#). Elsmore Swim Shop supplies our team gear, and [here](#) is where you purchase.***  
Elsmore gives a 25% discount when ordered through the team store (discount built in on the team store site). The closest store is located in Glenview. Practice gear should be Arena-branded. The store is very knowledgeable & helpful regarding fit & sizing for your swimmer.
    2. Swimmers keep their gear in their mesh practice bag & bring it on deck to practice. It will likely get wet. Most swimmers don't store items in the locker rooms; they wear their suit under their clothes to practice & store their clothes/jackets on deck during practice or in a second bag, then put them over their (wet) suit after practice. Locker rooms & showers are at all 3 pools, so changing into/out of suits & showering after is always an option.
    3. Swimmers often have a non-mesh bag for meets (different than their gear bag) to hold their swim meet gear. Practice items apart from cap & goggles are not needed for meets.
- c. Parents- Do I stay, or do I go?



- i. Parents can stay & watch practice (seating area room adjacent to Sachs pool, DHS stands, or Deerspring seating areas) but NEVER on deck or in the locker rooms (exception is Deerspring, where you need to walk through the locker rooms to enter the pool area)
- ii. If you stay for practice, it's to observe or do your own thing while you wait or chat with other parents, it is NOT to sideline-coach your swimmer or otherwise disrupt practice
- iii. In all 3 locations, you can watch your swimmer
- iv. Siblings can be in these areas as long as you are with them & supervising
- v. As long as you feel comfortable dropping off & picking up your swimmer, there is no need to stay for practice
  1. Drop off for Deerfield High School (DHS) is at the check-in doors in the middle of DHS (south side)
  2. Pick up for DHS is: at the doors at the west side of the building (near the track/stadium)- **these doors are locked incoming to DHS, you can only exit; the doors between the main entrance & athletic exit at the south part of the building, east of the pool can no longer be exited, it will sound an alarm if you exit**
  3. Pick up & drop off at Sachs Recreation Center (SRC) is at either the north or south entrance of the building; swimmers & parents do not need a pass to enter, just tell them you're there for Coho
  4. Pick up & drop off at Deerspring is at the only entrance- swimmers & parents do not need a pass to enter (would need a pass for siblings to use the splash pad)
  5. **Should weather or an unexpected change to practice plans, an email blast will go out from COHO. Watch your email if the weather is concerning. You can also have email blasts sent as a push notification text to your phone. Here's how:**
    - a. Log into your SportsEngine account on a computer (it doesn't work on your phone)
    - b. To the right of your cell number, add your cell carrier
    - c. Verify the text message from your phone & the tag above your number will turn green & say "verified"

Mobile/SMS:	Unverified	Carrier:
<input type="text" value="(555-555-1234)"/>		<input type="text" value="AT&amp;T Wireless"/>

d. Expected departure:

Kids- shower, or no? All 3 pool locations (SRC, Deerspring, & DHS) have showers in the locker rooms; it's entirely up to swimmers/parents if they use the showers after practice, but no adults are allowed in the locker rooms to help their swimmer shower or change (see below)



***If your child is using the locker room to shower, it is expected that they are respectful of the property & not playing or leaving it a mess & exiting promptly.***

After practice, meet your swimmer:

1. at the SRC room next to the pool (it is at the exit of the locker rooms too), or outside the entrance
  2. at DHS at the lower level outside the locker room doors, or at the top of the stairs, or pick up at the west athletic school exit
  3. At Deerspring: near the exit, by the locker rooms, or pick up at the entrance
- e. Safe Sport rules- **no adults in locker rooms** (only exception is Deerspring practices because you need to walk through it to get to the pool)- this applies to practices and meets- **parents are never on deck**- only exception is volunteering at meets
- Attendance Expectations:
    - a. For Minnows: 2-4 practices/week
    - b. For Chinook: 2 practices/week, 3-4 when possible
    - c. For Sharks: 3-4 practices/week
    - d. For White: 3-5 practices/week
    - e. For Blue: 5-6 practices/week
    - f. For Red: 5-6 practices/week
    - g. For Fun & Fit: No requirement
    - h. For Black: 80% of practices offered, 4 practices/week
    - i. For Silver: [Silver Requirements and Expectations](#)
    - j. For Gold: [Gold Requirements and Expectations](#)
- 
- Swim Meets: **SEE ALSO- [swim meets 101!](#)**
    - a. Overview:
      - i. Friday, typically in the afternoon/evening during the school year (may start in the morning for summer season meets), typically longer distance races
      - ii. Saturday & Sunday-
        1. If final swims format, typically it is half-day of swimming based on the age-group, either morning to noon/1:00 or noon/1:00 to evening; usually 10 & under events are final (no prelim/final format)
        2. If prelim/finals format, (typically >11yrs) swimmers with qualifying races in the morning, swim in the final races later that day. If you do not want to swim in the finals, your swimmer needs to notify Coach within 30 minutes of announcing the qualifying swimmers



(scratch the race). If they do not notify & do not show, they are disqualified from swimming more events in the meet (including the following day(s))

b. Is my swimmer ready for a meet?

Check with group coaches before signing up new swimmers.

c. **How to sign up for the meet:**

1. You must log into the GoMotion website or app (SE Motion App)
2. You must have an active credit card or ACH (recommended option) on file with the team, or you'll be locked out of registration.
3. You must not have a balance greater than \$5.00 on your team account, or you'll be locked out of Registration.
4. Once logged in, click on "Events & Competition." You should see a list of all the swim meets that we've posted. Some may not be open yet for registration.
5. Click on the Attend/Decline button located to the right of the event that you wish to attend and pick the appropriate answer.
6. If you clicked attend, you'll be prompted to select the days/sessions your athlete can attend. Please be sure to choose the most age-appropriate option, not the best time option, or you may be setting your swimmer up to fail. (Open age groups are open to swimmers of all ages & typically swam by older swimmers.) This is a very important step.
7. There is a notes section, you may request events in this section, but please know that we, as coaches, may ask for them depending on what we see in practice out of your swimmer.

d. What are the fees for swim meets?

1. Meet fee: one-time fee for attending, per swimmer
2. Event fee (sometimes called splash fee): fee per event swam (excludes relays, relays are paid for by the COHO parent board)
3. IL, WI, or IN swimming surcharge: one-time fee for attending, per swimmer, sometimes included in Meet fee & not listed separately

**All of these fees are listed for each meet in TeamUnify under the Meet, Entry Fees. You will be billed for the meet after it is completed by the COHO treasurer. You will be billed if you sign up, even if your swimmer does not attend the meet.**

**\*Swim Meet example:** 1 swimmer attending 1 meet in IL for 2 days, swimmer is limited to 3 individual events per day per the meet rules & is entered into 3 individual events each day & one relay by the coaches:

Meet fee: Meet fee \$20 (includes state surcharge)

Event fee: \$5 per event (=\$30)

Relay event=\$0 (no charge to swimmer's family, paid for by the Coho parent association)

Total cost \$50



*\*This is just an example; each swim meet is different. The cost of these items is detailed in the event for each meet & you can view them before signing up.*

e. Day Before the Meet:

Get some rest- sleep is important!

What to pack/bring:

1. Water
2. Light, healthy snacks (no nuts)
3. 2 towels
4. Team swim cap & goggles for races
5. Spare goggles & caps
6. Extra swimsuit just in case (team suit or non-team suit ok, but not another team's suit)
7. Sharpie marker
8. Sweatshirt, jacket, or parka to stay warm on deck or in the gym
9. Underwear/dry clothes if changing out of their suit after
10. Something to do (there's a lot of downtime)- book, game, toy, etc.
11. Outdoor meets: Folding chair or blanket for your swimmer to sit on, folding chair for yourself (stands are typically very small), hat for shade, sun protection (they sit under a tent we bring, but space can be limited)

What not to pack

12. Snacks w/ nuts
13. Carbonated drinks, juice, **no glass items**
14. Messy crafts or lots of pieces
15. Folding chair for your kid (Exception- outdoor summer meets, see above- Also *sometimes* kids are in a gym area for indoor meets instead of on deck before events- we will tell you if you might want to send them with a folding chair for an indoor meet)
16. Folding chair for yourself for indoor meets- typically, floor space to use them is limited, with rare exceptions, portable stadium seats with backs can be used in the pool stands
17. Bulky items, there's typically not a lot of space where they sit
18. Anything that can't get wet or you fear your swimmer will not be responsible for

f. Day of the meet:

Arrival for swimmers on deck is 20 minutes before warm-up starts.

Swimmers check in with their coach on deck at the meet on arrival

19. A swimmer may be scratched from the meet if they don't arrive by 40 minutes before the meet starts. Contact your coach asap by email if you are running late but coming.



For new swimmers, you can write a grid on their arm with a Sharpie (or a note card if you don't want to) for event number (E), heat (H), & lane (L), *unless told otherwise, leave the numbers for heat & lane blank for Coach to complete because they sometimes change from the Meet Mobile info*  
Ex: 4 – – 50 Free



*You will separate from your swimmer for them to enter the locker rooms to go on deck & meet their coach, & you to go into the stands to watch (Safe Sport rules)- **inform first-time swimmers of this ahead of time, hug them, wish them luck, tell them to swim confidently & go have fun!***

Some swim meets have admission fees (cash or cards, it depends) for spectators, while others are free for spectators

#### G. HOME Meets

If your swimmer is racing in the home meet, you are expected to sign up to volunteer: 1 person for each swimmer for each session- ie, you have 2 swimmers swimming 1 day- 1 volunteer for 2 sessions or 2 volunteers with 1 session each. You do not need to volunteer for the session your kid is swimming in; it can be any session.

Hosting meets is a vital way to fund our club, but we can't host these meets without your help! It's also a fun way to meet other members & show your swimmer your support. No experience needed, there are explanations for each role, & we will help you with the job. For timers, there's a meeting before the meet starts to teach you what to do & we pair you with an experienced timer.

We suggest you sign up for a variety of different roles to discover what works best for you and your family. Some roles may allow you to watch your swimmer while still covering your volunteer role.

You sign up for volunteer positions on our website: [www.teamcoho.org](http://www.teamcoho.org)



- Overview of the Year

- a. Fall & Winter Seasons = Short Course Yards Season

- Fall Season: Starts beginning of September, ends beginning of November

- Winter Season: Starts beginning of December, ends mid-February

- Practice at SRC (Minnows) or DHS (all other groups)

- Short Course Yards (SCY) Season- practice & race in 25-yard distances

- We typically have practices during winter break

- End with Winter Age-group or Senior Regionals, State, & Zones (require qualifying times) in mid/end of February

- b. Spring & Summer Seasons = Long Course Meters (LCM) Season

- Spring Season: Starts beginning of April, ends end of May

- Summer Season 1 of 2: month of June

- Summer Season 2 of 2: month of July

- Practice at SRC (Minnows), DHS (Spring), & Deerspring (Summer)

- Long Course Meters (LCM) Season- race & practice in 50-meter Distance  
*(exception- SRC practice swimmers & sometimes races are in short course pools)*

- We typically have practices during spring break

- End with Summer Age-group or Senior Regionals, State, & Zones  
(require qualifying times)

- Includes Open Water State & Zones Racing- need qualifying times in 200 Freestyle (12 & under) or longer distances (400 or longer for 13 & 14 & open), typically swam in July or beginning of August

- c. Off-season: After Regionals/State in \*March & \*\*August

- \*Individual clinics are sometimes offered in off months*

- \*\*exception: beginning of August if swimming in an open water state race- they practice up until that race*

- d. Social Events

- i. New Family Orientation and Fall Kick-Off Meeting: in September

- ii. Laps for COHO Fundraiser: November or January; 1 hr. of lap swimming, all ages together, at DHS, parents count their swimmer's laps; Advertise to family & friends before the day to collect donations towards their efforts (flat amount, not done per lap)

- 1. Pancake breakfast in the cafeteria after

- iii. Spring Banquet: beginning of April; celebration of graduating senior swimmers, scholarships, awards, basket raffle fundraiser, all-club meeting, nomination/appointing of COHO board members

- iv. End of Summer Pool Party: end of August (typically after school starts), outdoor pool fun, food, drinks, typically at Mitchell Pool  
Other (TBD)

- 1. Attend a Wolves hockey game as a team

- 2. Team Parties





3. Walk in the Deerfield 4th of July Parade, planned for 2025  
Travel meet activities

- e. Photo sharing: Do you have photos of our swimmers at a meet/practice/before, or after swims? We want to see them! Please send your photos to our Social Media Coordinator at [cohomedia24@gmail.com](mailto:cohomedia24@gmail.com)
  - i. These may be included in the end-of-year slideshow or COHO's website or social media (please note if you DO NOT want them shared beyond the slideshow in your email).

- **Parent Expectations**

- a. Adhere to all [COHO Code of Conducts, MAAPP, Policies, and Guidelines](#).  
**Failure to adhere to them may result in disciplinary action that may result in suspension, either temporary or permanent, from all programs, events, or activities offered or affiliated with the COHO Swim Club, Deerfield Park District, Illinois Swimming, or USA Swimming.**
- b. Become Safe Sport Certified & follow their rules. It helps our club remain a Safe Sport Certified Club and helps increase awareness & safety for our swimmers. See the link [here](#) for training sign-up for parents.
- c. Volunteer for home meets (see Meets)
- d. Make sure your swimmer has their necessary [gear](#) for practice (Arena Branded).
- e. Consider becoming a USA Swimming Official, more info [here](#)
- f. Try to get your swimmer to practice as often as possible, on time, & with their gear.
- g. Encourage them to be prepared for practice & meets.
- h. Support their nutrition, hydration, & sleep needs.
- i. Cheer them on! Tell them how you love to see them swim/race/keep trying/working hard, etc.
- j. Support your Coaches & let them Coach- encourage your swimmer to use the feedback at practice & after races to improve their swims.
- k. Do Not:
  - Coach from the stands
  - Criticize after races
  - Underestimate the importance of dryland work
  - Praise only the dropped times, praise the work & process to get faster/better/stronger
  - Set unrealistic expectations

- **Explanation of Fees**

- a. Deerfield Park District Program fee: This is paid every season (so 4-5x/year: fall, winter, spring, summer seasons) through the park district online registration system. This goes directly to DFPD and is used to cover operating costs of COHO, such as salaries, pool rental, education and training, etc.





- b. COHO Club Fee: This fee is paid every season (so 4x/year: fall, winter, spring, summer seasons). The fee is set yearly by the COHO Parents Association and goes to help cover the cost of team shirts, caps, and other expenses associated with the overall team administration.
- c. USA Swimming/Illinois Swimming Membership fee: This is an annual fee (so 1x/year). The amount is the same no matter what time of year you pay for it. Since COHO is a USA/IL Swimming chartered club, all our swimmers, coaches, and officials are required to register with both organizations. This fee can only be paid online through USA Swimming.
- d. COHO meet & event fees: See section on meets regarding the breakdown of meet fees; these are billed to you after the swim meet. Club events are optional & associated fees are listed online at the time signups are listed; you are billed after the event. Please be on the lookout for communication. All Swim Meets and COHO events (the exception is the end-of-summer party, which we sponsor) have fees associated with them that are not included in your DFPD registration.

## ● Helpful Technology

- A. Coho homepage at: [www.teamcoho.org](http://www.teamcoho.org)

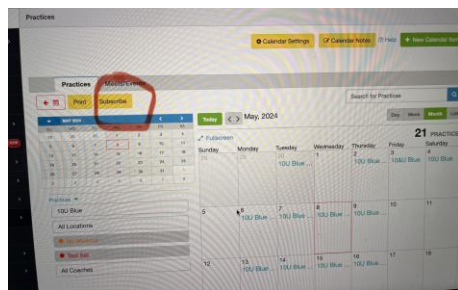
Meet sign up, meet schedule & cut-off dates for sign up

Volunteer sign-up for home meets, Practice calendar

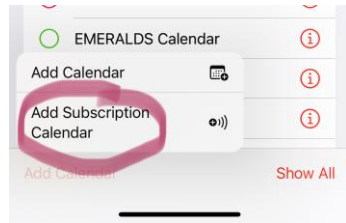
See events your swimmer is signed up for, upcoming meets, team & event information, your swimmer's best times, practice attendance, lots more!!

Allows you to subscribe to the practice calendar to link the practice schedule to your phone calendar:

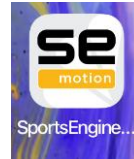
1. On your computer- Be logged into the website, select Practice & click on the calendar view, and filter for your swimmer's group.
2. Click the subscribe button



3. Copy the link.
4. Send the link to your phone.
5. Go into your phone calendar.
6. For iPhone, click the bottom middle 'calendar'
7. Click bottom left, Add Calendar', then 'Add Subscription Calendar'



8. Paste in the link & hit subscribe



B. SE motion app (formerly On Deck):

All the above info in an app

The login and password used to access our team website will allow you access to the app

Allow team emails to have push notifications to text you (see above in 'practice')



C. Meet Mobile App

Requires 1x/year subscription fee per family (shows all swimmers)

Gives Meet info: events, heats, lane assignments, finishing times w/ splits, how race time compares to their best time for that event, estimated time the event will start, disqualification (DQ- takes time after finish to show up)

D. Facebook group- [COHO Swim Club Parent Connection](#)

## ● Help! FAQ

1. What if I missed the meet sign-up cut-off deadline?

Please reach out to your swimmer's group coach to see if a late add can be accommodated. Please note that a late fee per family may be billed to your account if it is possible to make changes and requested by the host team. This depends on whether we have sent the entries in to the host team, if the host team is allowing changes, or if the swim meet is full. Please note that once entries are sent to USA Swimming to run what is called a Meet Recon, we are typically no longer able to do anything.

2. What do I do if my swimmer is sick the day of the meet?

In the need-to-know packets emailed out before the swim meet, there is a section towards the bottom with which coaches to contact for that weekend. Please contact that coach using that information and let them know your child will be out sick.



3. My kid won't be at practice; do I need to tell someone?

If there are > than 3 practices per week, please notify your swimmer's Coach.

4. I signed up for a meet & now we can't make it, what do we do?

Please email please notify the appropriate head group coach, Alex:

Developmental, Cece: Age Group, Steve: Seniors, as soon as you know. Depending on the host team's deadline, we may or may not be able to remove them before COHO is charged. Deadlines are often only 1-3 days between when the event closes for sign-up & when swimmers are assigned events & cannot be changed.

5. If my swimmer can't swim in the meet I signed up for, will I still be charged?

- a. Yes, the club is still charged by the host team, even if the swimmer doesn't compete. The deadline to pull out of a meet w/o being charged is different for every meet. Generally, if the entries are still open, we can remove your swimmer from the meet, but after it closes, changes cannot be made.

6. My swimmer is done with their events in the meet. Can we leave?

Yes, your swimmer is welcome to leave after their last event. - **but first ensure they are not participating in a relay**- the relays sometimes swim as the first events or the last events in the meet & don't typically show up on Meet Mobile. They are listed in your swimmer's events on the Team Unify list of events for the meet (found easier on desktop, a bit trickier to find on the app. Looks like this on the website:

# 53 (d2/s5): G 10 & Under 50 Fly (43.78Y **Approved**)

# 55 (d2/s5): G 10 & Under 500 Free (NT **Approved**)

**Relay (Entered by Admin):**

# 27 (d1/s2): G 10 & Under 200 Free Relay (Team A)

← 2024 SPEEDO SUMMER CLASSIC HOST... →

MEMBERS EVENTS RELAYS

↓↑ SORT 🔍 ✖

And this on the SE Motion app:

7. What should they wear to practice?

- a. For girls- one-piece practice suit, which can be purchased at Elsmore Swim Shop.
- b. For boys- jammers are popular, but swim briefs are fine too, which can be purchased at Elsmore Swim Shop.
- c. No long or short-sleeved swim shirts (it affects their water resistance)
- d. Swim caps (non-team caps are fine for practice, but they cannot be any other swim club, high school caps are fine) are especially helpful for long hair to avoid pulling hair with the goggle straps & keeping hair out of their face.

8. We're going out of town for winter or spring break; do we notify you if we'll miss practice?

Yes, please notify the appropriate head group coach, Alex: Developmental, Cece: Age Group, Steve: Seniors, if you will be traveling and missing more than three days of practice.



9. My swimmer is afraid to start off the starting blocks or use the backstroke bar. Can they still swim in a meet?

Absolutely. Swimmers do not need to start off the blocks. They can dive in from the side of the pool or even start in the water & push off the wall to start.

Backstrokers need to start in the water, but do not need to hold on to the backstroke bar on the starting blocks; they can hold on to the side of the pool.

10. My swimmer got disqualified in a race. What does this mean? Are they not ready for meets?

This means that something during the race was illegal. Officials (who wear white shirts & blue pants at meets) make these decisions, note the reasons on a slip that will be turned into our Coaches. When a DQ is made, the official raises their hand during the race. Even experienced swimmers can have a DQ & it does not necessarily indicate a swimmer is not ready for competition. Coaches usually find out the reason why after the meet ends. You or your swimmer can ask the following week for practice.

11. I have a question about the club or swim meets. Who can I ask?

First, reach out to your group liaison, or you can email the general new family help email at: [cohoparentassociation@gmail.com](mailto:cohoparentassociation@gmail.com). If they don't know the answer, reach out to your swimmer's Coach (allow several days for response). Please notify the appropriate head group coach, Alex: Developmental, Cece: Age Group, Steve: Seniors.

12. Who is my group liaison? See this [link](#)

13. I have a question for my child's Coach: how do I reach them? See this [link](#). Please allow several days for a response, depending on the time of the season. If you don't get a response for more than 3 days, please reach out to the appropriate head group coach.

14. We don't have a team suit or cap yet. Can my child still participate in a meet?

Yes, we'd encourage getting a team suit & cap asap. Until then, they can wear a non-COHO suit (but no other team suit). A team cap will be provided in your welcome kit & once a year in the fall, you may want to save this for swim meet use.

15. What event(s) will my swimmer swim in a meet?

Their Coaches will select events they feel are appropriate for their ability unless otherwise requested (optional).

16. What if my swimmer really wants to swim a certain event, or really DOESN'T want to swim a certain event? How do I tell their Coach?

For each meet sign-up, there's a comment box where you can add notes to inform your Coach which events you'd prefer to swim in (or not swim).



Feel free to leave the box blank & your Coach will select the events. It is completely optional to request events. You can also include notes like- “needs to leave by 5:00”, etc., to help guide their selections

17. What are the qualifying times for IL Regionals & State? For Open Water Qualification? See [here](#) for age group regional & state qualifying times (under Age Group Standards) & Open water qualifying times (under Open Water Standards)

*Created by Jen Siuty with Coach Steve Frye & Coach Cece Ostergren  
Most recent update 10/2025*