

## Group Parent Meeting: Spring/ Summer 2024

Coaches' Background- There is some information about each of the coaches on the website. My email is [ddt1326@yahoo.com](mailto:ddt1326@yahoo.com). Coach Jake's email is [jakeklein1@att.net](mailto:jakeklein1@att.net).

### Quick overview of rules:

- Stay with kids until you're sure practice is on
- Locker rooms and Harper hallways aren't playgrounds (10 Minutes to change max)
- No parents on deck. Kids not allowed to walk out on deck until a coach is there
- **Check the practice calendar and your email regularly to make sure practice hasn't been changed or cancelled. We will only cancel practice if a pool breaks, the schools cancel our rental or lightning (not rain).**

### Team Gear:

- Caps- PPD caps for meets please, coaches have them, \$4- latex or \$12- silicone gets taken out of your escrow
- Suits- Team suit can be ordered through the swim team store, [link on website](#) (Shark Shop under Parents Page tab). Suits at meets must comply with USA Swimming rules.
- T-Shirts- Team shirt, if you haven't gotten one, email me size and when you'll be at practice next
- Coaches try to grab any lost stuff with a name, but double checking a bag before leaving is a good idea
- White 1 and White 2 need fins. Please get training fins, not scuba fins. Blue 2 needs fins and snorkels.
- We are a Speedo sponsored team. Please purchase Speedo products.

### Goals of Novice and White 2

- This group is about teaching. Stroke technique provides foundation for years of swimming
- Fun!!! It's a long term sport, Technique is foundation, Enjoyment keeps them interested
- Meets provide real progress reports. Goals should be personal bests and first-time accomplishments

### Goals of White 1 and Blue 2

- Stroke technique
- Racing techniques/strategies- We start talking about how to swim longer races, breath control, etc.
- Fun and enjoying a sport. Long term patient, short term impatient.
- White 1 and Blue 2 should think about having actual goals and planning how they will reach them.

### Meet sign up/preparation

- Sign-ups are online except for Regional and State meets. Typical meets charge \$2 per swimmer and then about \$5 per event **entered** which comes out of escrow.
- If you attend several meets, please check your escrow and replenish if necessary
- Tutorials explaining sign up and finding what events you're in are under [Resources, Parent Education](#)
- Deadlines are final. You will get email from website 1 week out then another with entries and a final deadline
- I will email 2-5 days prior to meet with preparation/tips
- Volunteering is required when we host and your child competes.
- Officiating is a great way to volunteer!
- Do not send in forms or entry fees, and please do not contact the host team. Coaches will handle everything- you just need to sign up on our website.

**Check Email!!!! (And read them thoroughly please!)**

### USA Swimming Registration

If you haven't registered yet, you need to before your first competition. Instructions are [posted](#) on the website. If you need help, let me know.

**Please communicate with me ([ddt1326@yahoo.com](mailto:ddt1326@yahoo.com)) and feel free to ask any questions! The better informed about swimming and our team you are, the more enjoyable and successful our season will be!**