

Group Parent Meeting: Fall/ Winter 2025-2026

Coaches' Background- There is some information about each of the coaches on the website. My email is ddt1326@yahoo.com. Coach Matt's email is matthewelliott196@gmail.com.

Quick overview of rules:

- Stay with kids until you're sure practice is on. Be on time for pickup.
- 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. We may have to cancel a 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 charged through the website
- 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, see us at a Harper practice we have extras there
- 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/State/National level meets. Typical meets charge \$2 per swimmer and then about \$5-7 per event **entered** which you'll need a credit card on file in our website before signing up. Many meets also include a surcharge to cover pool rental and admissions.
- Tutorials explaining sign up and finding what events you're in are under [Resources, Parent Education](#)
- Deadlines are final. You will get an email from the website 1 week out.
- I will email 2-5 days prior to the 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 meet 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 signing up for your first competition. Instructions are [posted](#) on the website. If you need help, let me know.

Please communicate with me (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!