



Welcome to **The Brigantine Greenheads!**

We're so glad to have you join the team! This guide is meant to provide team specific information to help you get off to a great and productive start.

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WHO WE ARE

Our Mission

Our mission is to instill a love of swimming, encourage healthy competition and teamwork, while teaching the swimmers to give back to the swim community and the community at large through volunteerism and inclusion.

The Team

Greenheads Swimming was established as a competitive swim team in 2002. Our swim team focuses on mastering the four basic strokes while fostering a love for competitive swimming.

Quick BGH Facts....

- Part of the Greater South Jersey Swim League
2002-Present
- Greenheads joined USA Swimming in
2004-Present
- Started Greenheads Special Olympic Team
2018-Present

GREEN WHALES, INC

Who Are They?

Green Whales, INC. is a NJ 501(c)3 that encompasses Greenheads Swim Team, Greenheads Special Olympic of NJ team and Whelan's Whales, a free swim program for inner city youth. GWI raises money for local communities through various fundraisers and events throughout the year such as the Ugly Sweater Run, Stanley Special Friends Quizzo, etc. We encourage our athletes and parents/guardians to participate in these events.

How Does GWI Help BGH?

GWI donates 50% of its profits to the Greenheads. Those funds go to various needs.

- Coaching stipends
- Training certifications
- Coaches travel costs
- Food & Beverage for different team building events throughout the year
- Christmas presents for the athletes
- Coaches fees for team building events
- Equipment, etc.
-

STAFF

It takes three people for every athlete's success:

- The Coach
- The Athlete
- The Parent

*The more involved the parents are the more successful the athlete, the team, and the organization will be!
Show your support and get involved!*

10 Commandments for Swim Parents

- Thou shall not impose thy ambitions on thy child.
- Thou shall be supportive no matter what.
- Thou shall not coach thy child.
- Thou shall only have positive things to say at a competition.
- Thou shall volunteer at meets and events.
- Thou shalt not criticize the officials.
- Thou shalt honor thy child's coach.
- Thou shall be loyal and supportive of thy team.
- Thy child shall have goals set besides winning.
- Thou shall not expect thy child to become an Olympian.

TEAM REGISTRATION

All athletes, regardless of the team/group, are required to register through our online Registration module on the team's website:

[Greenheads Swimming Home \(gomotionapp.com\)](http://gomotionapp.com)

FINANCIAL POLICY

In order to ensure proper payment for all members automatic billing via credit card or ACH (checking account withdrawal) is required; including summer athletes. Your monthly bill will include:

- Monthly dues
- Meet fees for USA Meets and Invites, dual meets are free
- Swag and Gear orders- when you order items, you will be told what month that they are being charged to.
- CC fees

It is the swim parent/guardian's responsibility to check their billing summary every month. If there are questions after reviewing the itemized bill email Robin at rtaylor345@comcast.net or through the team website contact us no later than the 28th of the current month.

If automatic billing fails, the login email address will be sent an automated email stating that the withdrawal has been declined. It is the responsibility of the account holder to update their billing information on the team's

website. It is also their responsibility to manually charge the payment upon correcting the billing information. If the account is not reconciled by the 14th of each month a late charge of \$20 will be applied on the 15th. **This fee will not be removed!**

Suspension/Cancellation

If an athlete needs to take a break or drop from the team this form needs to be filled out prior to the 25th of the month before to make sure auto billing does not go through.

[GWI Suspension/Cancellation Form](#)

Delinquent Accounts

If an athlete's dues have gone delinquent the athlete cannot return to practice until their bill has been resolved and the account's billing information has been updated.

COMMUNICATION

Email

Emails are a necessity for any organization and ours is no different. Greenheads Swimming will be using email as the #1 form of communication. EMAIL SHOULD BE CHECKED OFTEN. Staff will send weekly emails with pertinent information. Please look for these weekly, and share all the exciting news with the swimmers.

Team Website

[Greenheads Swimming Home \(gomotionapp.com\)](http://gomotionapp.com) should be used for all communication, meet and event sign ups. If you need assistance on using the team's website please do not be afraid to ask.

Text Messages

Please be sure that your current cell phone number is set up for team texting.

Social Media

Site	Link
Facebook	https://www.facebook.com/pages/BRIGANTINE-GREENHEADS/112864602080973
Twitter	https://twitter.com/BGHSwimming
Instagram	https://www.instagram.com/bghswimming/
YouTube	https://www.youtube.com/channel/UCMVqR0z-eF79GO_mBaDUyYQ

Team Mailbox

The Team Mailbox can be found at the Brigantine Aquatic Center. Each swimmer has their own folder. The mailbox is used to hand out ribbons, awards, information, news, etc that hasn't been sent out

Google Calendar

The Team's Google Calendar, [bghbac@gmail.com \(google.com\)](mailto:bghbac@gmail.com) provides all pertinent information regarding the practice schedule, swim meets, fundraisers, team building functions, etc. This is updated when we have an emergency cancellation or a practice change.

ROSTER GROUP REQUIREMENTS & EXPECTATIONS

Overall Athlete Expectations

Our #1 expectation of our athletes is kindness! The coaching staff wishes to promote athletes to be kind, supportive, well rounded, to have a sense of community, cooperative as a team, competition against yourselves, and to be the best swimmers, friend, community member and version of yourself that you can be.

[Roster Groups Explained](#)

Responsibility

It is the goal and responsibility of our coaches to develop well-rounded athletes. To do this our coaches will progressively stress to the athlete the importance of:

- Becoming an effective student and athlete.
- Volunteerism, involvement in GWI and the community.
- Increasing the amount of physical work done outside of the swim club (i.e. dryland exercises).
- Greenhead pride!
- Setting an example!
- Recognizing their individual ability to help younger teammates identify and nurture their talents.
- Nurturing a life-long love of swimming.
- Taking initiative when it comes to improving their own training by seeking help when necessary.

Nutrition and Hydration

Any young athlete should monitor what they eat and drink. Athletes should bring at least one water to all practices and at least one water and Gatorade on competition days. Athletes are required to eat breakfast on meet days and before morning practices; food is fuel. Good suggestions for race day snacks are anything with complex carbs such as: bagels, PB&J, popcorn, pretzels, fruit, and nuts. Energy drinks are not permitted on meet days or at practice no matter the age of the athlete.

Tapering

Tapering is customary in many endurance sports and is essential for optimal performance. In the context of swimming, tapering refers to the practice of reducing exercise in the days, up to a couple weeks, just before an important competition.

We will have taper 2 times per year; (1) a mini taper one week before in December or January, and (2) a 10 day to 2 week taper before our USA championship meet.

There are things that athletes should be doing outside of the pool during this time:

- No dryland or heavy exercise outside of swim practice.
- Take it easy in gym class. A note to your athlete's Physical Education teacher can be provided.
- Athletes should be getting more sleep, eating more complex carbs, fruits and vegetables, and attending all training sessions.
- Athletes should expect an extra night off or shortened practices during this period.

High School (HS) Swimmers

High school swimming is a very exciting time for the club swimmer. Finding the balance between your two teams is tricky, but your coaching staff is here to guide you to success on both teams. The most important

thing is to communicate with your club coach as to when you will be practicing for each team. This should be planned out weekly with your club coach so that you can get the most from your training.

Greenheads will require all HS swimmers that wish to participate in USA meets during the HS season to attend at least three club practices per week. If the HS swimmer wishes to practice solely with their HS team, they should not register for any USA meets during their high school season.

Each HS swimmer will be required to attend a HS swimmer/coaches meeting prior to the start of the season. HS swimmers will be required to participate in two dual meets and championships for the GSJSL. HS swimmers should always demonstrate GWI pride, while remembering that their high school teammates are just that, team mates, and they should be supportive of them regardless of their club affiliation. Remember in swimming your only competition is yourself, to excel at your chosen sport you must be able to cooperate with your teammates.

SWIM MEETS

Dual Meets (REC TEAM)

- Dual Meets are open to Greenheads; no USA Registration is required.
- Please ACCEPT or DECLINE your athlete(s) for all swim meets by the registration deadline date via the team's website. *No BGH Staff will do this for you; all parents/guardians/athletes will be responsible for signing up, or declining, for their own swim meets by the registration deadline.*
- When signing up for swim meets please only ACCEPT or DECLINE for all dual meets.
 - The coaches will put the athletes in events; unless the system specifically asks for an event to be selected (such as Champs).
 - If your athlete would like to swim in a specific event for a dual meet please put that in your comment when ACCEPTING for the event. The coaches will take this into consideration when assigning events.

USA Swimming and Meets (TRAVEL MEETS)

- Age Group USA Meets

These are USA Swim meets for the 9 to 18 age groups. Coaching staff will pick the meets that best suit the needs of the team, and the individual swimmer, and will have the meet weekend dates posted prior to the season meeting.

- Qualifying Meets

These are USA Swim Meets that require the athlete to obtain a specific qualifying time in order to register for the meet. Coaching staff will advise.

- Non-Greenheads Hosted USA Swim Meets

USA registered athletes are required to attend a minimum of two USA Sanctioned swim meets per calendar year in order to keep their USA Registration standing. Some of the USA Swim Meets require qualifying times where others do not. When registering for these events it will be posted if a qualifying time is required. All meet fees, individual and relay, will be charged to your BGH account in advance of the event.

VOLUNTEERING, FUNDRAISING, & TEAM FUNCTIONS

Parental Volunteering

As a team we could never have gotten this far if it weren't for our consistently outstanding volunteers! It sometimes takes an army to organize our Greenheads events and thus we must call upon our athlete's parents and families for help. We appreciate everyone using the "Job Sign Ups" system on our website. With this system we hope to foster an environment where swimmers, coaches, and parents all play an important role. As each swimmer begins to dedicate more time to this sport, their coach begins to dedicate more time to the swimmer. Due to this balance, we also find it fair to ask parents of more involved swimmers to dedicate more volunteer time. If there are still unfilled jobs the morning before a BGH hosted event, they will be automatically filled. The parent/guardian who was given a job will be notified. It is your responsibility to find a replacement if you can't volunteer at that time.

 [Volunteer Job Descriptions](#)

Fundraising

Fundraising is an essential part of any team. We are lucky to keep fundraising requirements low due to funding from Green Whales, INC. event. All families will be required to participate in our large team fundraiser for both the fall and summer seasons. These will be announced at the October and June Parent's Meetings.

Team and Green Whales Inc. Functions and Events

There will be many team functions throughout the year. It is important to have your athlete participate in these team functions to encourage Greenheads Spirit and Pride outside of the pool. These include but are not limited to Halloween Party/Sahl's Farm Outing, Christmas/Holiday Party, Winter Season Banquet, and the Summer BBQ. Each team function may require swim families to bring additional items, such as a covered dish, drinks, etc.

RESOURCES

[Practice Schedule](#)

Safe Sport Info & Related Forms:

[MAAPP 2.0](#)

[Permission-Room with Unrelated Adult Athlete](#)

[Permission-Travel Unrelated Adult](#)

[Team Code of Conduct: Athletes](#)

[Team Code of Conduct: Parents](#)

[Grievance Procedure](#)

 [Volunteer Job Descriptions](#)

