

Welcome to Seals Swimming!

We've put together some helpful information below as you begin (or continue) your swim season with the Seals. However, if you have additional questions or there are things we didn't cover, reach out to us anytime at SealsSwimmingNews@gmail.com

Website - General information on our website includes information about practice & meet schedules, Safe Sport guidelines, pricing, coaching staff, the parent handbook, the history of the Seals Swim Club and much more. www.gomotionapp.com/team/news/page/home

- You can also download the "SE Motion" app on your iPhone or Android to access your Seals profile using the same log in. You can also use this app to sign up for meets.

Practice & Meet Schedule

- Both the [practice schedule](#) and [tentative meet schedule](#) can be found under the "Seals on Deck" tab of the website.
- The meet schedule includes suggested age groups to attend each meet, as well as information regarding qualifying times for each meet, if applicable.

Swim Gear – information can be found under the "Seals Gear" tab on the website.

- [Squadlocker](#) - Visit this website for a variety of Seals Swim Club swag.
- [Swim Outlet](#)
 - o Selecting your child's swim group will show all required gear for the season.
 - o Selecting the "My Team" option will show options for team swimsuits. There are a variety of options for both women and men.
 - o Team suits are highly recommended for meets, but not required. If you prefer not to purchase a team suit, swimmers are encouraged to wear a navy swimsuit.
 - o Under the fan wear section, you will see additional accessories and apparel that can be ordered throughout the season.
- Throughout the season we will place orders for swag including swim caps & clothing.

Signing up for Meets – Signing up for meets is completed via the website or SE Motion app. Coach Marcy will send an email when a meet is added to the schedule.

- A few reminders when signing up for meets:
 - o If you have more than one swimmer, you will need to sign each up individually.
 - o Be mindful of registration deadlines outlined in the meet packets. There are no exceptions for late entries, so please do not ask the coaches after the deadline.
 - o If you sign up for a meet, you are expected to attend. We understand illnesses and unexpected events occur, but generally, once you are registered and signed up, you should attend.

Welcome to Seals Swimming!

- Please make sure to review the meet packet to understand how many events your swimmer may sign up for in each session.
- You/your swimmer may select the events they wish to compete in, or you can leave a note asking the coaches to select the events they feel best suited for your swimmer.
 - You can also add other comments such as “really enjoys butterfly,” “prefers longer distance events,” or “can only participate on Sunday.”
 - Swimmers are encouraged to talk to their coaches about what events they would like to swim. Many seasoned swimmers have the coaches pick their events for them following discussion.

From the website:	From the SE Motion app:
● Click on the link in the meet email or go to the “events & competition/team events” tab after logging into the website. ● Click on the meet title. ● Click on the “attend/decline” button. ● Click your swimmer’s name at the bottom of the page. ● Under “declaration” select whether your swimmer will attend or not. ● If you select yes, the screen will expand and you’ll see a list of available events for your swimmer. ● Check the box next to the events your swimmer would like to participate in, or leave blank if you plan to have the coach select the events. ● Select “save changes” at the bottom of the page once complete.	● Click “Events & Jobs” then “Events and Meet entries.” ● Click “declare.” ● Click your swimmer’s name. ● Select either “No, thanks” or “Yes, please.” ● Add any applicable notes. ● Click the up/down arrow symbol to expand the list of meet events. ● Check the box next to the events your swimmer would like to participate in, or leave blank if you plan to have the coach select the events. ● Click “Apply.”

Meet fees- Meet fees vary by the host team and the type of meet. They are always listed in the meet packet. Examples (per swimmer) can include:

- \$5.00/ea individual events (200 yds & under) / \$10/ea distance event (400 yds & over)
 - NES Travel Free - \$1.00
 - Time Trials - \$10/ea
 - Swimmer participation fee - \$25
- Meet fees are added to your account following the registration deadline. The fees are charged to your account, the 1st of the month following the registration deadline. The fees are paid to the host team and are non-refundable even if your swimmer is ultimately unable to participate in the meet.

Welcome to Seals Swimming!

Fundraising - Fundraising is an important part of our organization to support our swimmers and maintain a cost to participate that is one of the lowest in the state for club swimming. At this time we anticipate two fundraisers for the 2025-26 swim season.

The Mile Challenge

- During the Mile Challenge, each swimmer will swim one mile (1,650 yards) to raise money for the club. It's a fantastic opportunity for our swimmers to push themselves and showcase their hard work. The swimmers have a great time and have the opportunity to win prizes for their efforts. Seal Pups and some Gold Group swimmers may participate in a relay in order to complete the full mile.
- Each swimmer will be asked to find sponsors to support them in swimming the mile. Seal pups are expected to raise \$125; all other practice groups are expected to raise \$175. Families with more than one swimmer are expected to raise \$250 (total). Those who do not meet these fundraising goals will be billed for the difference.

"Basket" Raffle

- New this year, we will be holding a basket raffle to directly support our end of season banquet. Funds raised through this raffle will allow us to host the banquet at an offsite location and reduce, if not cover entirely, the cost for all swimmers and their families to attend.
- We have a Yeti cooler that we will be stuffing with all kinds of goodies and selling raffle tickets over the winter. Swimmers will be asked to sell 5 raffle tickets/each.
- If you have something you would like to contribute to help fill the cooler, reach out and let us know. This could be a gift card or physical item. Or, if you have a connection with a local business who may consider a donation, we would be happy to reach out to them.

Volunteering - As any non-profit organization does, we rely on volunteers to be successful. There are several opportunities to volunteer throughout the season.

- ***Away meet volunteers:*** at many meets, teams are asked to provide volunteers for primarily timing races, but occasionally to complete other tasks. Education on timing is given ahead of the meet. Many Seals parents have timed previously and can assist you with learning this task. If you have a swimmer at a meet where volunteers are requested, it is strongly encouraged to sign up. Many hands make light work!
- ***Home meet volunteers:*** We host 1-2 home meets per season which require a lot of volunteers to come together. We need volunteers to support timing, concessions, admissions and more. As we begin planning for home meets, these opportunities will be communicated and a sign up sheet available.