



2025-2026 Parent Guide to Competitive Swimming
at Sachem Swim Club

Introductions

- Board of Directors – All Volunteer
 - Brian Pfisterer - President
 - Shannon Giagios- VP
 - Allen Wone – Treasurer
 - Sade Blondel-John – Secretary
 - Janet Borowski – Parent Liaison
 - Mike Gorton – Registrar
 - Valery Matthys– Club Liaison

Training Groups

- Head Coach – Kyle Wilson
- Assistant Head Coach - Julia Renna

- Seniors – Kyle Wilson
- Advanced – Evan Byrnes
- Juniors – Al Scott
- Novice – Rob Todd
- Developmental – Kirkland Lewis
- Director of Pre-Competitive Swimming – Kimberly Ferraris

Welcome to 2025-2026

- Welcome to all returning families!
- Welcome to all our NEW families!
- SSC is a private 501c(3) non-profit
- We are **NOT** affiliated with the Sachem CSD.
- We are guests(renters) of the school facilities/YMCA. Please follow all school district/YMCA rules and requests from their staff.
- Our ability to use school/YMCA facilities depends on the cooperation of all!

Tuition

- Tuition (Developmental thru Seniors)
 - Tuition is for the full season (Sept thru End of July)
 - Payment plans are to help families budget
 - You are responsible for the full season's tuition if your children stop swimming for any reason as agreed to at registration

- There is no prorating for other sports or activities
- Sibling Discount continues this year for Developmental through Seniors

Swim Lingo

- Swim Season is September thru Beginning of August
 - September to April – “Short Course” 25 yard pools
 - Sachem North, Sachem East, Ward Melville, Hauppauge, SBU
 - YMCA Holtsville is “Short Course Meters” – 25 meters (International)
 - May to August – “Long Course” 50 meter pools (Olympic Length)
 - Holtsville Park
 - Some pools are adjustable for either standard
 - Eisenhower Park, Hofstra, Lehman College

Swim Lingo

- DQ - This is an abbreviation for disqualification. A swimmer may be DQ'd for an improper stroke, an improper turn, or entering the water early.
- FALSE START - This is when a swimmer leaves the starting block prior to the gun or horn signal. A false start results in disqualification.
- JUMPING - Is when a swimmer's feet leave the blocks prior to the hand touch of his team member during a relay. This results in disqualification.
- RELAY - A relay consists of four team members. In a medley relay, each swimmer swims a different stroke. The stroke order for a medley relay is: backstroke, breaststroke, butterfly and freestyle.
- IM - This is an abbreviation for individual medley. In this event the swimmer will be swimming all four strokes; butterfly, backstroke, breaststroke, and freestyle in that order.
- WU - This is an abbreviation for warm up which is approximately a one hour period in the water that swimmers "warm up" or loosen their muscles prior to the start of the meet.
- HEAT SHEET – The program order of the meet, list swimmers and entry times
- PSYCH SHEET – Like a Heat Sheet except it only lists the swimmers entered in the meet for each event

Safety

- **ARE PARENTS ALLOWED ON THE POOL DECK?**
 - Almost never during practice and never during a meet. This is a USA Swimming insurance requirement. If you need to speak to your swimmer's coach, either arrange to meet with the coach before or after practice or contact the coach via email. SSC's coaching staff e-mails can be found on the SSC website.
- **ARE PARENTS ALLOWED IN THE LOCKER ROOMS?**
 - **NEVER!**
 - Under no circumstances are parents permitted in the locker rooms.
 - This is a Safe-Sport Violation
- **Can my swimmer change on deck?**
 - No “deck changes” are permitted. Athletes are expected to use available changing facilities.
 - This is a Safe-Sport Violation.

SSC “Home” Meets

- Home Meets
 - Provides income to the club helping to offset costs and keep tuition down.
 - For Short Course - All SSC Swimmers (Developmental thru Seniors) are automatically entered
 - ***Must Notify Coach Kyle BEFORE the scratch deadline if you cannot attend.***
 - For Long Course - All SSC Swimmers (Juniors thru Seniors) are automatically entered. Developmental and Novice are Opt-In and coach approval.
 - Club covers the cost of SSC entries for home meets
 - ***Scratching after the deadline posted, you are then responsible for the costs***
 - \$15 facility charge per family (Developmental thru Seniors)

“Home” Meets 2025-2026

Short Course

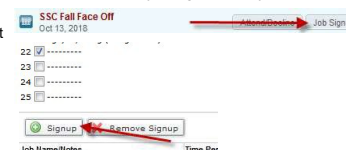
- SSC TYR September Sprint Meet - Saturday 9/27/25- 3 Sessions
 - Eisenhower Park, Nassau County Aquatic Center
- SSC Turkey Trot – Saturday 11/15/25 -3 sessions
 - Eisenhower Park, Nassau County Aquatic Center
- SSC Turkey Trot Distance - Saturday 11/22/25 -2 sessions
 - Sachem East (**THIS MEET IS NOT AUTOMATIC ENTRY FOR ANY SWIMMER**)
- SSC Reindeer Games - Sunday 12/21/25 - 3 Sessions
- SSC TYR Polar Bear Plunge 1/30/26-2/1/26- 6 Sessions
 - Sachem East

Long Course

- SSC Summer Mad Dash – TBD - 3 sessions
 - Eisenhower Park, Nassau County Aquatic Center
- SSC A-May-Zing Races – TBD - 3sessions
 - Eisenhower Park, Nassau County Aquatic Center

“Home” Meets Continued

- **Parent Volunteer Requirements (Developmental thru Seniors)**
 - 6 session requirement (per family). Limit of 2 per family per session per meet.
 - Job assignments will be given out at the sign in table at the meet. You are not guaranteed to have a particular job assignment.
 - If you are interested in having a guaranteed job assignment, you can become a USA Swimming certified official. If this interests you please see Allen Wone after the meeting or via email
 - ***There is a \$100 fine assessed for each session not worked at th end of the season. This could total up to \$600 if you miss all 6 sessions!!!! We really need your help, not the fine. A fine cannot time swimmers or be a safety marshal.***
- **Job Sign Up**
 - Available on website next to meet name after you log in to the system
 - Click on Job Signup
 - Check an available slot
 - Click Signup



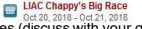
“Jobs”

- **SWIM MEET ASSIGNMENTS POOL COORDINATOR (a.k.a. Clerk of Course):** Responsibilities include organizing each swimmer into their heat and lane; informing coaches of the event currently being seeded; providing a place for swimmers to report to when their event is called so they can be given their heat and lane assignments; getting heats to the starting blocks on time so as to keep the meet running smoothly and keeping order so that the swimmers aren't injured.
- **SECURITY/MARSHALL:** These parents must make sure that the entire pool area, the upper lobby and the immediate area outside the main doors are safe and free from vandalism. They maintain order by keeping spectators away from the pool deck and starting block area and continually supervise the locker rooms in an attempt to prevent vandalism. They will have the responsibility of ejecting from the meet anyone who breaks the rules or does not conduct themselves in a proper manner. Visible posts throughout the area should be established especially at the admissions table and any other area that handles money.
- **TIMING:** The purpose of a timer is to record every heat of every event so that accurate records can be kept for every participant in the meet. They must be familiar with the stopwatch and the proper procedures for timing a swimming event. USA Swimming requires a certain number of timers depending on whether the meet is being with or without electronic timing.

“Jobs”

- **ADMINISTRATIVE OFFICIAL (TABLE/CONSOLE):** The people working this assignment are also responsible for maintaining and overseeing the operation of the electronic timing system during the meet. These timing systems are the most accurate measurement of time in each lane. The people working this assignment are trained and certified and may need to be USA Swimming registered members as well as passing a mandated background check and safety training. The club will pay the yearly registration fee for any parent willing to assume the responsibility. Any parent who becomes a USA Swimming official will automatically have that work assignment at home meets.
- **CONCESSIONS:** These people are responsible for the planning and acquiring of food to be sold at the swim meets. Food is a very big money making item and will be used to reduce club expenses. Sufficient change should be available to start business. Price signs should be clearly posted. (**MEETS AT NORTH OR EAST ONLY**)
- **DECK OFFICIALS:** USA Swimming requires officials to be properly trained, certified and registered with USA Swimming as well as passing a mandated background check and safety training. SSC swim parents are encouraged to be officials. Each SSC parent that is also a USA Swimming official will be required to volunteer two sessions as an official during each meet. The club will pay the yearly registration fee for any parent willing to assume the responsibility. Any parent who becomes a USA Swimming official will automatically have that work assignment at home meets.
- **MEET DIRECTOR:** USA Swimming has created the position of Meet Director. The Meet Director shall preside over all sessions of a meet to ensure that warm- up sessions are run accordingly and safely and that all safety regulations on deck are enforced. This position may be held by one or more club members. They must be registered with USA Swimming as non-athlete members as well as passing a mandated background check. The club will pay the yearly Meet Director registration fee for any parent willing to assume the responsibility.

“Away” Meets

- Non SSC Hosted Meets (Local)
 - Available on the website for sign up, click on the Edit Commitment
 -  → Edit Commitment
 - Some Meets have qualifying times (discuss with your group coach)
 - You may select your child(ren)'s events or leave blank for the coaching staff
 - Leave a note for coaches (i.e. Saturday Only/Sunday Only, etc...)
 - Coaching staff has final say on events and may change or remove events if they feel your child is not ready. Any questions, contact your group head coach.
- Non SSC Hosted Meets (Travel)
 - Available on the website for sign up, click on the Edit Commitment
 -  → Edit Commitment
 - Some Meets have qualifying times (discuss with your group coach)
 - Hotel information is available on website
 - 
 - You may select your child(ren)'s events or leave blank for the coaching staff
 - Leave a note for coaches (i.e. Saturday Only/Sunday Only, etc...)
 - Coaching staff has final say on events and may change or remove events if they feel your child is not ready. Any questions, contact your group head coach

Officials Wanted

- Officials Needed to Run Meets and Time Trials
 - Guaranteed Position on Deck for Meets and Work Assignments
 - Hospitality
 - Best spot in the house for meets
 - Can work any meet your child is at
 - Progression
 - Stroke & Turn -> Starter -> Referee
 - Administrative Official (Computer/Timing Console)
 - SSC Pays all fees
 - Training Class/Video and Apprenticeship will teach you what you need to know
 - No need to have been a swimmer

See Allen Wone after Parent Meeting

Fundraising

- **Fundraising 2025-2026**
 - Fundraising is mandatory for all families with a swimmer in Developmental or higher, there are no exceptions
 - \$150 per family minimum is required
 - Fundraising is used only for capital purchases or towards Awards Dinner
- For this season, like last season
 - Automatic charge to your account on November 1 and February 1 for \$75 each
 - Raffle tickets will be distributed in the November time frame
 - All tickets are due by the Feb Freeze (Feb 1)
 - Families keep the first \$150 they sell (recoup your 11/1 and 2/1) payments
 - Any excess of \$150 to be handed in to the club

Other Items

- Team Apparel
 - Swim Gear/Suits
 - SSC is sponsored by TYR this season
 - TYR is our Vendor
 - Link is available on the website
- Presentation & Vote of 2025-2026 Budget
 - See handouts
 - Vote

Questions

- Questions????