



SUFFERN

Sea Lions



Dear New Swimmer and Family,

Congratulations on making the Suffern Sea Lions (SSL) team and welcome. The Suffern Sea Lions is a competitive age group team that also helps feed the Suffern High School swim team as the kids get older. SSL has grown considerably over the years and we are glad to now have you join us. You will find a collaboration of highly qualified coaches, many of whom also have a certified teaching degree or other certification pertaining to children.

We have created this packet of information in order to help answer any questions you may have. Please look it over and if you still have any unanswered questions please don't hesitate to ask any of the coaches or SSL board members.

Sincerely,

The Suffern Sea Lions

Team Information

Coaches

Group 1 - Kirk Skoglund (Head Coach)
mrskogssl@gmail.com
Cell phone: (914) 772-5962

Group 2 - Carolyn Skoglund
Curanskog@hotmail.com
Cell phone: (914) 772-3402

Group 3 - Rose Schmidt
coachrosessl@gmail.com
Cell phone: (845) 825-0381

Group 4 - Kelly DelDuca
kdelduca@rboces.org
Cell phone: (845) 826-0187

Madison Scanlon
Madisonscanlon96@gmail.com
Cell phone: (845) 825-6544

SSL Board Members (email: suffernsealions@yahoo.com)

President – Jeanette Kunow (845) 494-8755 or Jeanettekunow@gmail.com

Vice President – Jackie Curran – jackiecurran2@gmail.com

Treasurer – Kori Kempf – korikempf@gmail.com

Secretary – Susan Assad – assads4@aol.com

Please use the coaches' email addresses to notify them if you will not be attending a meet or are running late for a meet. All other questions should be directed to the SSL board at suffernsealions@yahoo.com, or to the Board President, Jeanette Kunow @ jeanettekunow@gmail.com.

Team Website: www.suffernsealions.net

The web site is where you will find:

- **Practice schedules**
- **Meet schedules** (Go to the calendar tab. Do not click on your group #. Scroll down to the bottom. The meets are listed there. All the way to the right of each meet you will find two blue links. The one labeled “**meet entries**” is where you can check what your child is swimming in the upcoming meet and the one labeled “**meet info**” is where you can check if your child is swimming morning or afternoon and what time warm up is.)
- **Links to email your coach or the head coach**
- **Directions to meets**
- **Upcoming events and important notices**
- **Link to the Metro web site**



Communication: Communication between parent/swimmer and coach is essential. Swimmers should let coaches know if they will not be attending practice or meets. Suffern Sea Lions is a competitive swim team. Therefore, swimmer attendance at meets is mandatory. If a swimmer is unable to attend a meet, coaches must be notified in advance. You can do one of the following:

- Email your coach ahead of time if you will not be attending a meet.
- Email head coach Kirk Skoglund at mrskogssl@gmail.com

Equipment:

- **Team suit:** There will be a link to a swim apparel website, metrowim, posted on our website in mid-September. There you can purchase team suits, swim caps and other items. In 2021-22, we will not be requiring a suit with a logo. A blue suit suitable for competition will suffice if you do not

purchase a team suit through the metroswim link. Team suits should be worn for swim meets only.

- **Practice suits:** These are suits you will wear to practice. They can be purchased in various sports stores, web sites that sell swim team supplies and you will usually find a vendor selling them at the meets. Note: boys should buy a bathing suit that is called a jammer not the traditional bathing suit they would wear to the beach.
- **Team Equipment:** For safety reasons, we are asking all swimmers to purchase their own “team equipment” to minimize sharing and the spread of germs. On our website, you will see a tab at the top of the home page to our “Team Store.” If you click the link, you will be able to purchase the required equipment. Each group has its own designated equipment list which can be found on the Team Store link.
- **Goggles:** Quality goggles can be purchased from various sports stores, at meets, or online. It is recommended for meets to have a spare pair of goggles.
- **Swim Cap:** We have latex and silicone ones for purchase. The choice between them is a personal preference. Girls must wear a cap and any boy who chooses to wear his hair longer must also wear a cap.
- **Towel:** Household or occasionally we have Suffern Sea Lions towels for purchase.



Dryland (Group 1, 2 and 3 only): Groups 1 and 2 have dryland at least twice a week. Group 3 has dryland at least once per week. For part of the dryland practice, swimmers exercise out of the pool to help improve strength, stamina and endurance for swimming, and to guard against any injury. You must wear sneakers and proper clothing for dryland exercise.



Swim Meets: Depending on the season there are different types of meets you will be swimming in.

- **USS Meets:** These meets will usually be from the fall to spring. Various teams host these meets at their home pool. Spectators will be charged to watch these meets. (Covid rules may limit the number of spectators). SSL usually attend an average of one of these meets a month. Meets usually last 2-3 days (Friday evening, Saturdays and Sundays). Younger swimmers usually do not swim the Friday night since these usually consist of distance events. Saturdays and Sundays consist of 2 sessions (am and pm sessions). Your child will swim both days (either am or pm) according to his or her age group; their age at the start of the meet determines their meet entry. It is important to always check the suffernsealions.org website for information on warm-up times, start times and meet entries.
- **Rockland County Summer Swim League Meets (RCSSL):** These meets are held at various Rockland County Pools. They run throughout the month of July. “A” meets are held on Saturday mornings with a few week day meets possible. “B” meets are held primarily on Wednesday mornings. Novice swimmers will usually swim in the “B” meets. The coaches will let the swimmers know which meets they will be swimming in. These meets are free for spectators with the possible exception of the championship meet at the end. All swimmers are required to go to the 2 days of Championship trials, which will be held on week day mornings. **These meets require parent volunteers from each team to be timers.**

Meet Rules and Procedures in General

You must be on time for the warm up session at the meet. If for some reason you are running late to a meet, please let the coaches know. Please email your coach using the contact information above. If you have a cell number of another parent at the meet you can call them as well and ask them to let the coaches know you are running late. Follow the same procedure if your child wakes up sick that day. The reason it is so important to let the coaches know is because the coaches must

hand in a scratch sheet 30 minutes prior to the start of the meet. If your swimmer is not there the coaches will assume he/she is not coming and scratch them from the meet. If you are on the way it will be a wasted trip because they will not be able to put the swimmer back in the meet. If the coaches know you are on the way they will not scratch you.

- If you do not attend a meet and do not notify the coaches ahead of time, the team incurs “scratch fees” which can run from \$4-\$8 per event the swimmer is scheduled to swim. For a 3-day meet, scratch fees may total more than \$50. These fees are passed on to the swimmers and will be charged to your account. It is imperative that you notify the coaches in advance if you cannot make a meet.
- Parents cannot be on the pool deck with their children. If there is a large time gap between their events, they may visit you after obtaining the coach’s permission.
- After a swimmer is done with his or her last event, he can leave the meet. Please do not leave without having the swimmer check in with the coach first. A swimmer may have been entered in a relay which is usually at the end of the meet.
- Swimmers must attend all meets and all sessions available. This is usually a once a month commitment. Understandably, there are conflicts. Meets are important and if conflicts arise, communication between parent/swimmer and coach is very important.

Glossary of Swimming Terms

NT: *No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.*

DQ: *Disqualified. (A swimmer's performance is not counted because of a rule's infraction. A disqualification is shown by an official raising one arm with open hand above their head.) Prepare your child, especially the younger ones that this may happen. It happens all the time and it's ok. It takes time to learn how to do the strokes correctly.*

Dive Overs: *This is done in order to move the meet more quickly. A dive over is when the swimmer that just swam stays in the water close to the wall. The next person to race will dive over the person in the water. (This is not done at all meets)*

False Start: *When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.*

Heat: *A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers' time, after all heats of the event are completed.*

IM: *Individual Medley. A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke. Distances offered: 100 yards, 200 yards/meters, 400 yards/meter.*

Long Course: *A 50 meter pool*

Short Course: *A 25-yard or 25-meter pool.*

Scratch: *To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, a swimmer can be disqualified from remaining events.*

Timer: *The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.*

Warm-Up: *The practice and "loosening-up" session a swimmer does before the meet or his or her event.*

USA Swimming: *The national governing body of the sport headquartered in Colorado Springs.*