

A dynamic background image featuring a large splash of water with numerous bubbles and droplets, creating a sense of movement and freshness. The water is a deep blue color, and the overall composition is energetic and aquatic.

# CLUB SWIMMING ORIENTATION

FOG SWIMMING 2026

# WHAT YOU'LL LEARN IN THIS PRESENTATION

- Basics of being part of FOG: Coaches, Groups, and Resources
- Instructions for registering with USA Swimming
- Links to important websites
- Information regarding team involvement
- Instructions for Meet Registration

# We're new to the team.... What's next?

Step 1. Register on Team Unify and USA Swimming

Step 2. Read the Team Handbook

Step 3. Check your emails for updates

Step 4. Check out the swim meet schedule and sign your swimmer up when they are ready.

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# REGISTER WITH USA SWIMMING

Pacific Swimming is our zone's governing body. This is an annual registration. You will register your swimmer for the first time and every December for the years they continue to swim.

This is mandatory for all swimmers.

## USA Swimming Online Member Registration

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### Welcome

Click 'Continue' to register a new person or renew an existing person with USA Swimming. This registration is associated as a member of the,

LSC: **Pacific Swimming (PC)**  
Club: **Fog City Hammerheads (FOG)**

If this is not the registration option that you intended, please get the correct link from your coach before starting your registration.

CONTINUE

# REGISTER WITH USA SWIMMING


Follow this link: <https://omr.usaswimming.org/omr/welcome/A70B8EDA069C40>

Create a parent account. Then create a membership for your swimmer. Follow

## USA Swimming Online Member Registration

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**Who is the membership for?**

- ☐ The membership is for myself, Laura Horsley
- ☒ The membership is for someone other than the logged-in user 

Has this person ever had a USA Swimming Membership?

☒ ☐ ☐

# REGISTER WITH USA SWIMMING

## USA Swimming Online Member Registration

Registration For:

\* **About Member**

× Member Contact  
(complete other steps first)

× Membership  
(complete other steps first)

× Ethnicity  
(complete other steps first)

× Gender  
(complete other steps first)

× Member Summary  
(complete other steps first)

### About Member

Legal First Name\*

Legal Middle Name\*

☐ Member does not have a Middle Name ⓘ

Member is a US Citizen?\*

☐ Yes ☐ No

Legal Last Name\*

Suffix

Birth Date\*

Month  Day  Year

Preferred Name

BACK

CONTINUE

# TRANSFERRING SWIMMERS

- For swimmers transferring from another team
- Assuming you have are already registered with USA Swimming
- You need to do is apply for a transfer on the SWIMS platform
- There is a \$15 transaction fee



# TEAM HANDBOOK



**Parent and Swimmer  
Handbook**

2022 Revision

All important information for FOG is kept in the handbook.

Families new to the team should read through this.

The handbook can always be found under the “Documents” tab

Info about Practice and Competition requirements, Time standards, Dues, Parent Involvement and Safe Sport....

# KNOW YOUR COACHES

- John Dahlz - Head Coach - [jdahlz@siprep.org](mailto:jdahlz@siprep.org)
- Laura Horsley - Age Group Head Coach - [laura@fogswimming.org](mailto:laura@fogswimming.org)
- Morgan Kwong - Assistant Coach
- Mia Blaylock - Assistant Coach
- Elijah Chen - Assistant Coach

# IMPORTANT SITES

- [fogswimming.com](http://fogswimming.com): Our club team website
- [usaswimming.org](http://usaswimming.org): The national U.S. Organization of swimming
- [pacswim.org](http://pacswim.org): The Regional West Coast association of USA Swimming
- [ome.swimconnection.com](http://ome.swimconnection.com): local meet info and registration
- [fastswims.com](http://fastswims.com): local meet info and registration

# DESIGNATED SWIM GROUPS

- Time Standards (found in the Handbook)
- Practice with your appropriate group to ensure most beneficial practices for your swimmer and the rest of the group
- Coaches are constantly accessing the swimmers for move ups, we will notify prior to a test set day

# TEAM GEAR

- All team gear can be found on the team store:
- <https://elsmoreswim.com/collections/fog-city-hammerheads>
- Swimmers should have a team suit, a team swim cap and 1 piece of other team gear



# PARENT VOLUNTEER HOURS

- Parents are vital to running a successful team, we appreciate your help!
- Tent pick-up and drop-off
- Timing at meets
- Timing Coordinator at meets
- Event planning

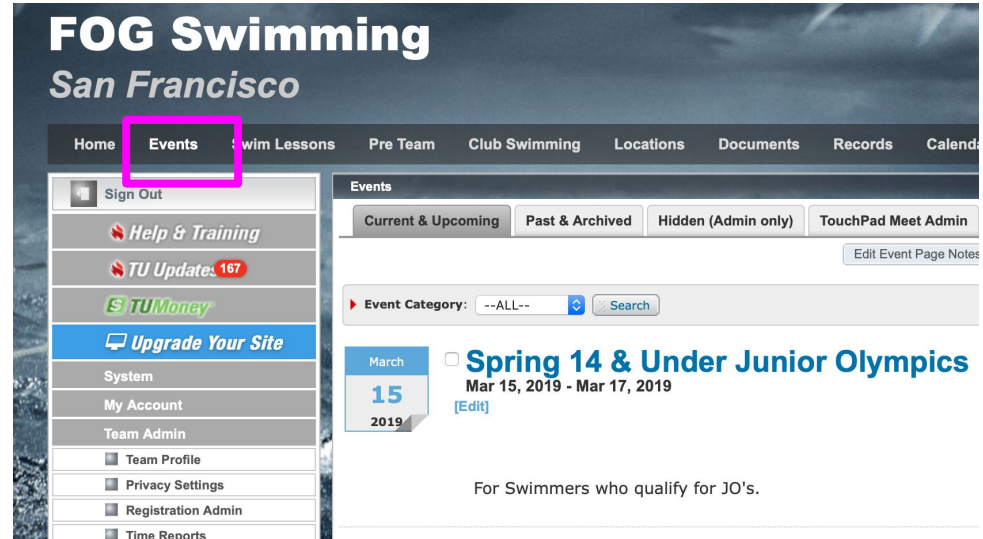
GROUP	HOURS/YEAR
Bronze and Silver	5
Gold and Platinum	5

# ATTENDING A SWIM MEET

- Review the meet sheet that can be found on fast swims or OME
- Arrive at the beginning of warm ups (usually 7:00 - 7:20 AM)
- Have your swimmer check in before beginning warm ups
- Bring snacks, chairs and extra towels
- Wear team gear, make sure your swimmer gets a team cap from a coach
- Check in with your coach before and after every swim!

# REGISTERING FOR A SWIM MEET

- Check out upcoming swim meets under the “Events” tab on [fogswimming.com](http://fogswimming.com)
- Meet details will be included in the Meet Sheet attached on [Swim Connection](#) or [Fast Swims](#)





# REGISTERING FOR A SWIM MEET

→ Use [Swim Connection](#) to find and register for meets online

The screenshot shows the Swim Connection website. At the top is the logo "swim connection" with a swimmer icon, followed by the text "Online Meet Entries" and the tagline "Manage all your swim meet entries on the web!". Below this are three main sections, each with a small image and text:

- Swimmers and their Parents**: "Manage all your personal swim meet entries. Click on picture to learn more!"
- Coaches and Team Representatives**: "Manage your team entries for all meets entered by your swimmers. Click on picture to learn more!"
- Meet Hosts and Meet Officials**: "Manage all entries for the meets you host. Click on picture to learn more!"

On the right side, there is a "Sign In" section with fields for "username:" and "password:", an "ENTER" button, and a link "forgot my username/password?". Below this is a section for new users: "Not a registered user? Not a problem. Simply click on 'Enter Meets' below." with an "Enter Meets" button. At the bottom of this section, it says "But please note that signup is free and will make your life easier in the future when you want to enter more meets." and features a "Signup Now!" button, which is highlighted with a pink rectangle. A pink arrow points from this button to the text "Create an account" on the right.

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Help [Home](#) [About Us](#) [Contact Us](#) [Privacy Policy](#)

Create an account

# REGISTERING FOR A SWIM MEET

## CREATING AN ACCOUNT

- Set up an username, password, and email for your account
- Under the “Convenience” section, Show Meets For “Pacific Swimming”

**Congratulations! Your account was successfully created!**  
**Please check your email and activate the account.**

[<< Go to Sign In](#)



Enter Meets

Registration

Help

### Identification

#### Account ID

Username \*

Password \*

Confirm Password \*

#### Personal Information

First Name \*

Last Name \*

Email \*

#### Convenience

Show Meets For

The meets list page will by default only show meets :

Notify me when new meets are posted \*

You will receive an email whenever new meets are p

# REGISTERING FOR A SWIM MEET

## ENTERING A MEET

- Select which meet you intend on registering for
- Select “online meet entry”

swim online connection meet entries

Enter Meets Registration Help

Meets Standards

Meets > March Madness

**March Madness Meet Sheet**  
Sat, Mar 16 - Sat, Mar 16 2019 • Oakdale Swim Team

Oakdale Swim Team

Hosted by: California Gold - Oakdale  
Meet Director: Russ Van Cleave ([oakdaleswimteam1@gmail.com](mailto:oakdaleswimteam1@gmail.com)) (209) 380-0115 Email or Text preferred

**online meet entry** »  
[Modify previous entries to this meet](#)

Sessions

Open Saturday Warm up 7:30 AM-8:45 AM. Meet starts at 9:00 AM

- Enter your User ID

swim online connection meet entries

Enter Meets Registration Help

**User Identification**

☒ **I am a Registered OME User**  
Your SwimConnection account at SwimConnection Club Pages Central (<http://swimconnection.org>) is the most convenient way to register for a swim meet. You need to create a new account to be a registered user to use OME, although it has many advantages. [Signup for an account](#)

Great! All of your personal profile (with your swimmers) will be available for fast processing.

Username \*\*\*\*\* Password \*\*\*\*\*

☐ I am NOT a Registered OME User

# REGISTERING FOR A SWIM MEET

## ENTERING A MEET

- Select which events you/your swimmer wants to swim. You should also consult a coach if it's their first meet
- In the "Entry time" section, you can type NT for "no time"

Swim online  
connection meet entries

Enter Meets My Swimmers My Account Help

Meets Standards

Meets > Vallejo Aquatic Club LCM C/B/A+ > Entries Summary > Event Entries

To enter an event, fill in the "Entry Time" box with the swimmer's best time. A blank entry time means the event will not be entered. If Swim Con Clicking on the "Get Best Times" button below will get all their best times or "Best" for individual events. "NT" is filled in for those events that no times below or "Clear" will erase individual times. A manual time can be entered by using the standard "swim time notation", for example: 5:30.2 Use "NT" to enter an event without an entry time.

072505ISA\*PONC Ponce, Isabella F 8 PC FOG Unattached: ☐

Events

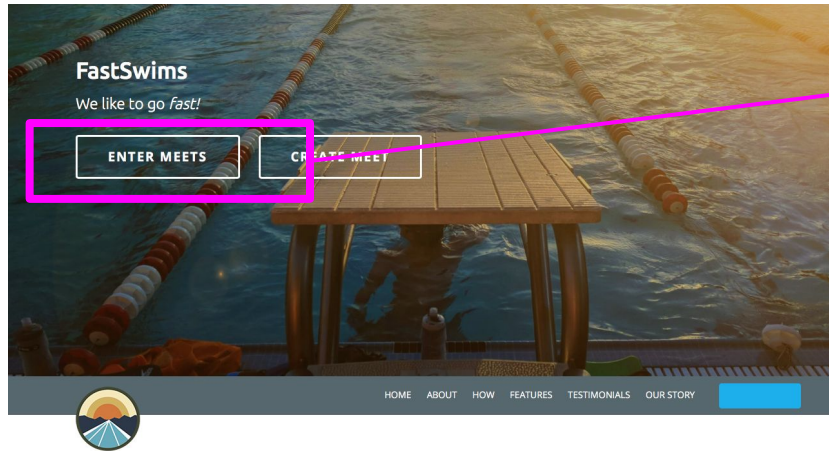
Get All Best Times Clear All Times

No	Gender	Age Group	Event	Entry Time		Message
Friday Warm Ups 3:30 - 4:45 pm. Session starts at 5:00 pm.						
5	F	Open	1500 Free	<input type="text"/>	LCM Best Clear	No Best Time available.
Saturday Warm ups 7:30 - 8:45 am. Session starts at 9:00 am.						
7	F	Open	400 IM	<input type="text"/>	LCM Best Clear	
13	F	10 & Under	50 Breast	NT	LCM Best Clear	No Best Time available.
23	F	10 & Under	50 Free	NT	LCM Best Clear	No Best Time available.
35	F	Open	800 Free	<input type="text"/>	LCM Best Clear	
Sunday Warm ups 7:30 - 8:45 am. Session starts at 9:00 am.						
39	F	10 & Under	50 Fly	NT	LCM Best Clear	No Best Time available.
45	F	10 & Under	100 Free	<input type="text"/>	LCM Best Clear	No Best Time available.
57	F	10 & Under	50 Back	NT	LCM Best Clear	No Best Time available.
63	F	Open	400 Free	<input type="text"/>	LCM Best Clear	

Save Cancel

# FAST SWIMS

→ Use [Fast Swim](#) to find and register for meets online

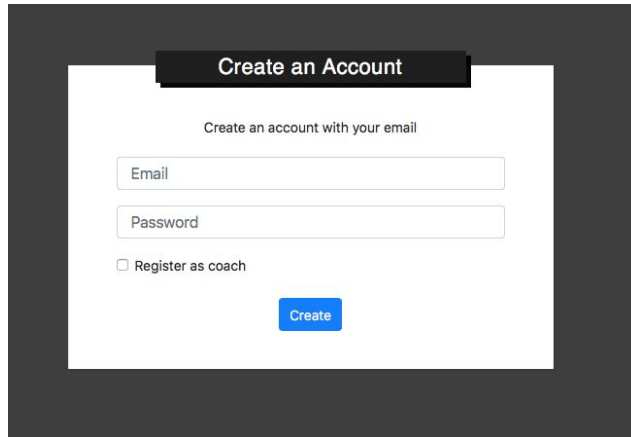


To start

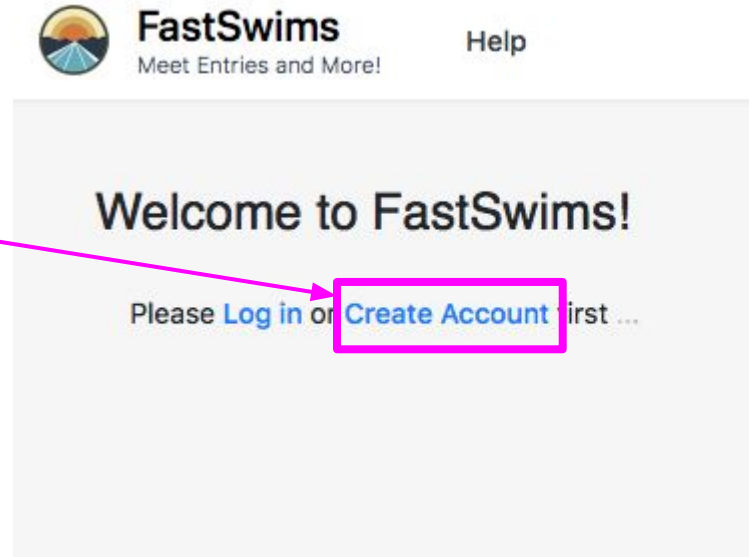
# FAST SWIMS

## CREATING AN ACCOUNT

→ Set up an email and password for your account



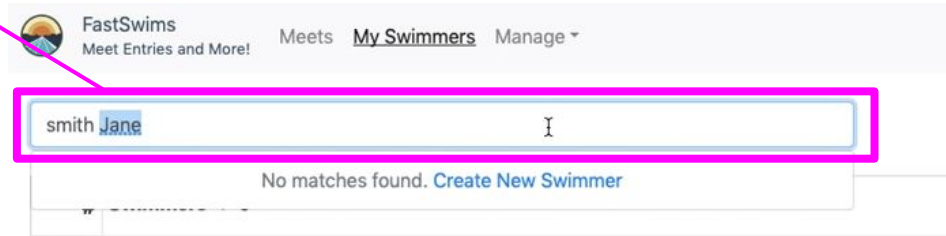
The screenshot shows a 'Create an Account' form. At the top, there is a black header with the text 'Create an Account' in white. Below this, the text 'Create an account with your email' is displayed. The form contains two input fields: 'Email' and 'Password'. Below the 'Password' field, there is a checkbox labeled 'Register as coach'. At the bottom of the form, there is a blue button labeled 'Create'.



# FAST SWIMS

## CREATING A NEW SWIMMER

- Begin to type in your swimmers name, if they don't pop up "Create New Swimmer"



The screenshot shows the FastSwims web application interface. At the top, there is a navigation bar with the FastSwims logo, the text 'Meet Entries and More!', and links for 'Meets', 'My Swimmers' (which is underlined), and 'Manage'. Below the navigation bar is a search bar containing the text 'smith Jane'. A magenta arrow points from the text 'Create New Swimmer' in the instruction above to the search bar. Below the search bar, there is a message that says 'No matches found. Create New Swimmer' with a blue link to 'Create New Swimmer'.

# OME SWIM CONNECTION

## ENTERING A MEET

Meets -> 13									
Expand All Collapse All									
	#	Start Date	End Date	Name	Location				Actions
>	1	03/30/2019	03/31/2019	QSS Sprint Meet	Gunderson High School				≡
>	2	02/23/2019	02/24/2019	BAC Last Chance for JOs CBA+	College of San Mateo				≡
>	3	02/23/2019	02/24/2019	PASA Last Chance for JOs CBA+	Rinconada Park Pool	SCY	closed		≡
>	4	02/23/2019	02/24/2019	For PC-MNLO Only	Menlo Park, CA	SCY	closed		≡
>	5	02/20/2019	02/20/2019	Bulldog Swim Club Intra-Team Meet #2	College of San Mateo	SCY	open		≡

Enter

Reports

Manage Meet Athletes

Show Original Meet Sheet

≡



# OME SWIM CONNECTION

## ENTERING A MEET

Jane Smith, D - 18 years, Female -> 010101JANDSMIT

Date of Session	Name of Session			Session Course	Max Entries	Swimmers
03/30/2019	Saturday - Age Group & Elite			SCY	4	1000
No.	Gender	Age	Event	Time	Course	Enter
1	F	17 & up	25 fly	NT	SCY ▾	<input checked="" type="checkbox"/>
15	F	17 & up	25 back	NT	SCY ▾	<input checked="" type="checkbox"/>
29	F	17 & up	25 breast	NT	SCY ▾	<input checked="" type="checkbox"/>
43	F	17 & up	25 free	mm:ss.hs	SCY ▾	<input type="checkbox"/>
03/31/2019	Sunday - Masters, Parents, & Adults			SCY	4	1000
No.	Gender	Age	Event	Time	Course	Enter
1	F	18 & up	25 fly	mm:ss.hs	SCY ▾	<input type="checkbox"/>
3	F	18 & up	25 fly	mm:ss.hs	SCY ▾	<input type="checkbox"/>
5	F	18 & up	25 back	mm:ss.hs	SCY ▾	<input type="checkbox"/>
7	F	18 & up	25 back	mm:ss.hs	SCY ▾	<input type="checkbox"/>

Hopefully you found this helpful!  
If you ever have any questions, feel free to email  
one of the coaches!