



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

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

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 Last Name*

Suffix

Legal Middle Name*

Birth Date*

Month Day Year

Member does not have a Middle Name ?

Member is a US Citizen?*

Yes No

Preferred Name

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
- Laura Horsley - Age Group Head Coach - laura@fogswimming.org
- Morgan Kwong - Assistant Coach
- Mia Blaylock - Assistant Coach
- Elijah Chen - Assistant Coach

IMPORTANT SITES

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

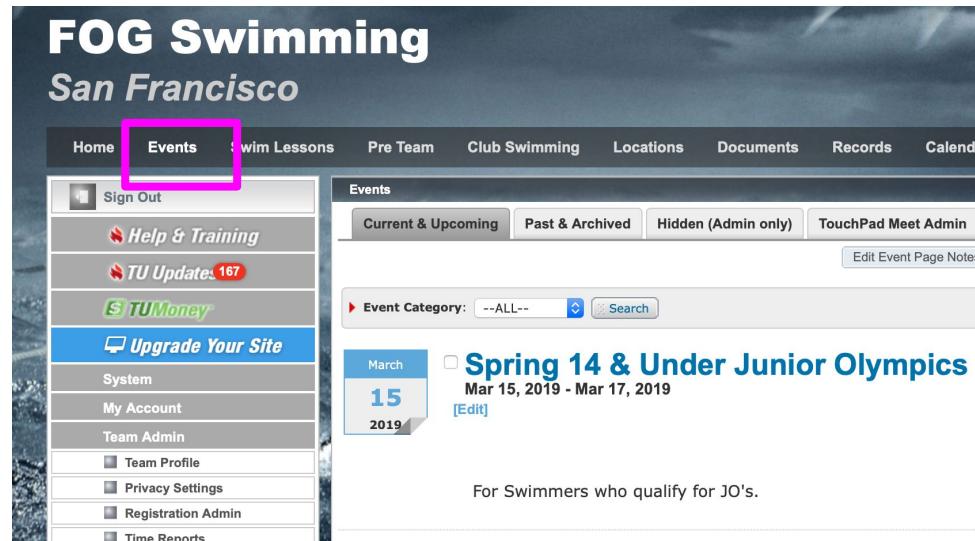
GROUP	HOURS/YEAR
Bronze and Silver	5
Gold and Platinum	5

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

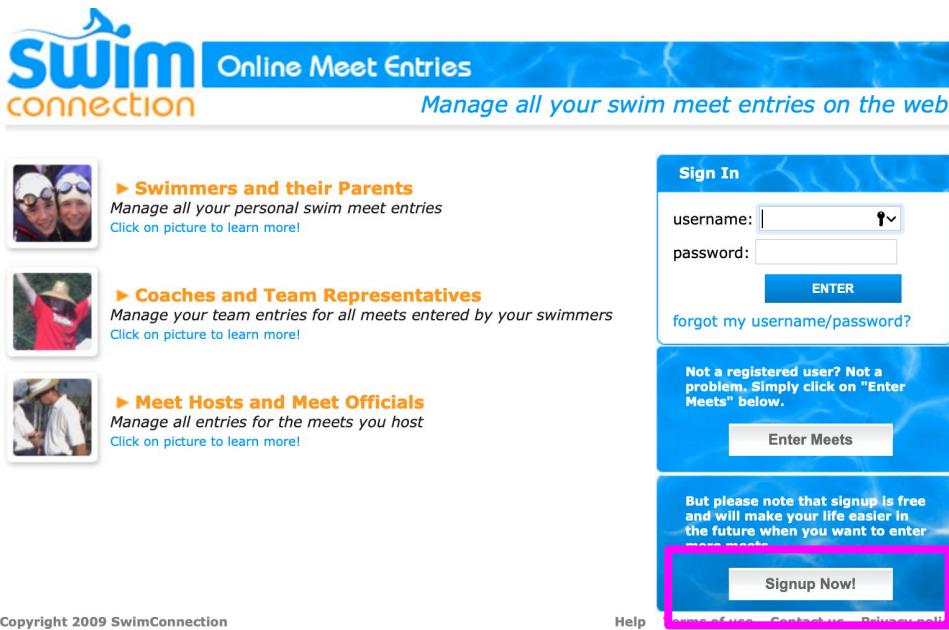
- Check out upcoming swim meets under the “Events” tab on fogswimming.com
- Meet details will be included in the Meet Sheet attached on [Swim Connection](http://SwimConnection.com) or [Fast Swims](http://FastSwims.com)



The screenshot shows the FOG Swimming San Francisco website. The top navigation bar includes links for Home, Events (which is highlighted with a pink box), Swim Lessons, Pre Team, Club Swimming, Locations, Documents, Records, and Calendar. The main content area features the FOG Swimming San Francisco logo. On the left, a sidebar menu lists: Sign Out, Help & Training, TU Updates (167), TU Money, Upgrade Your Site (highlighted with a blue box), System, My Account, Team Admin, Team Profile, Privacy Settings, Registration Admin, and Time Reports. The main content area shows an event titled "Spring 14 & Under Junior Olympics" for March 15, 2019, with a link to edit it. Below the event, a note says "For Swimmers who qualify for JO's."

REGISTERING FOR A SWIM MEET

- Use Swim Connection to find and register for meets online



The screenshot shows the Swim Connection website. The top navigation bar includes the logo 'swim connection' and the text 'Online Meet Entries' and 'Manage all your swim meet entries on the web!'. Below the navigation, there are three sections for 'Swimmers and their Parents', 'Coaches and Team Representatives', and 'Meet Hosts and Meet Officials', each with a photo and a brief description. To the right is a 'Sign In' form with fields for 'username' and 'password', and a 'Forgot my username/password?' link. Below the sign-in form is a box for new users with a 'Enter Meets' button. At the bottom is a box encouraging users to 'Signup Now!' with a note about the benefits of signing up. A pink arrow points from the text 'Create an account' to the 'Signup Now!' button.

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Create an account

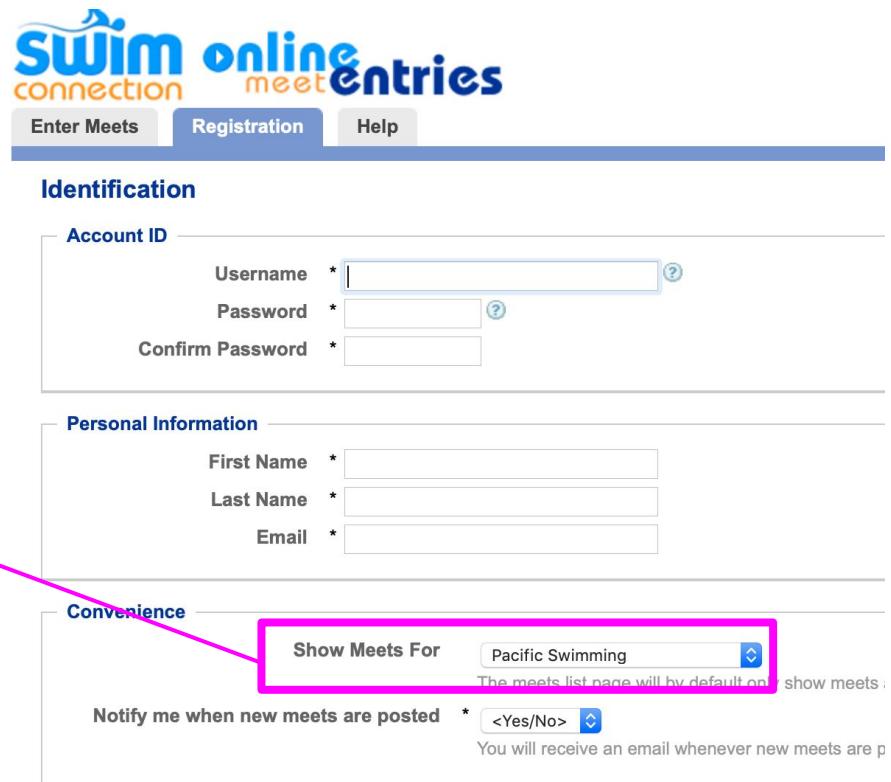
REGISTERING FOR A SWIM MEET

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](#)



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 * <Yes/No>

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”

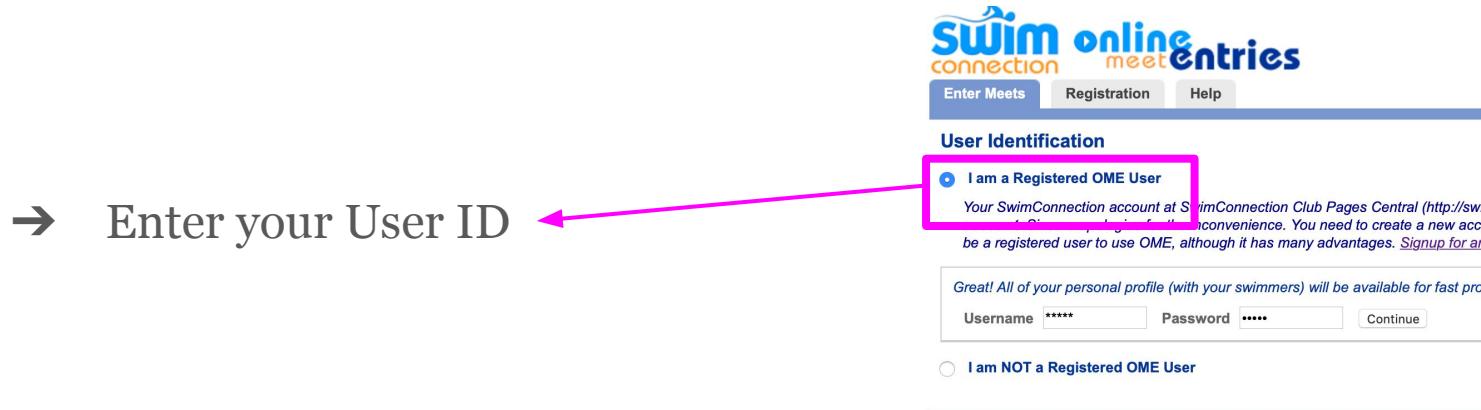


March Madness Meet Sheet
Sat, Mar 16 - Sat, Mar 16 2019 • Oakdale Swim Team
Oakdale Swim Team

Hosted by: California Gold - Oakdale
Meet Director: Russ Van Cleave (oakdaleswimteam1@gmail.com) (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



I am a Registered OME User

Your SwimConnection account at [SwimConnection Club Pages Central](http://swimconnection.com) (<http://swimconnection.com>) is for your convenience. You need to create a new account if you are not 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.

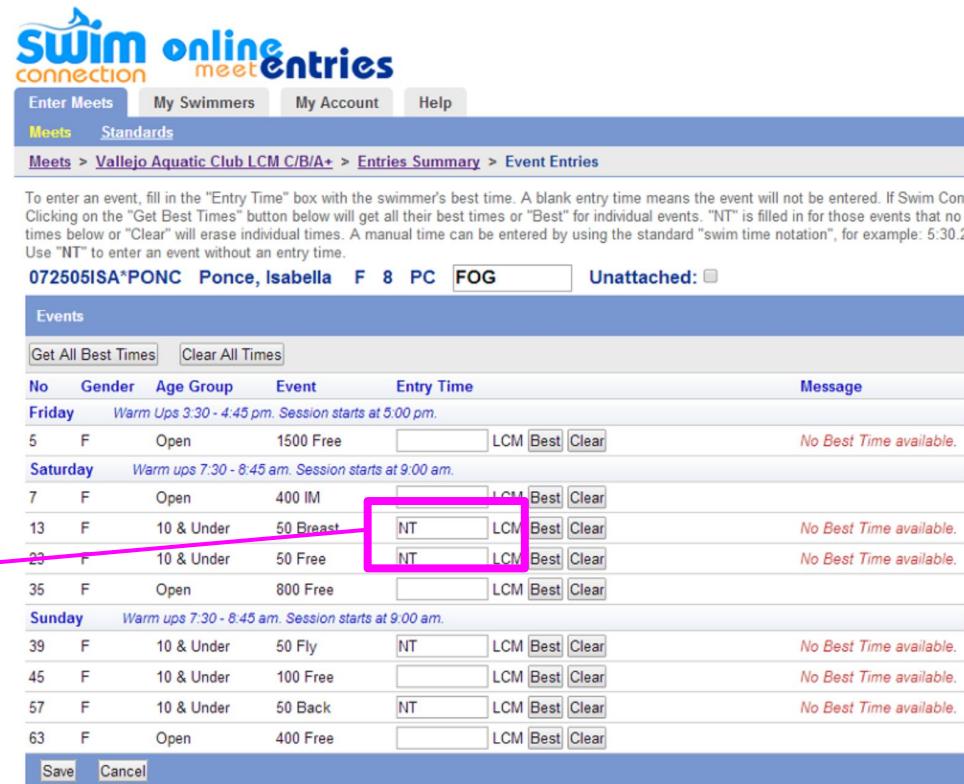
Username Password Continue

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”



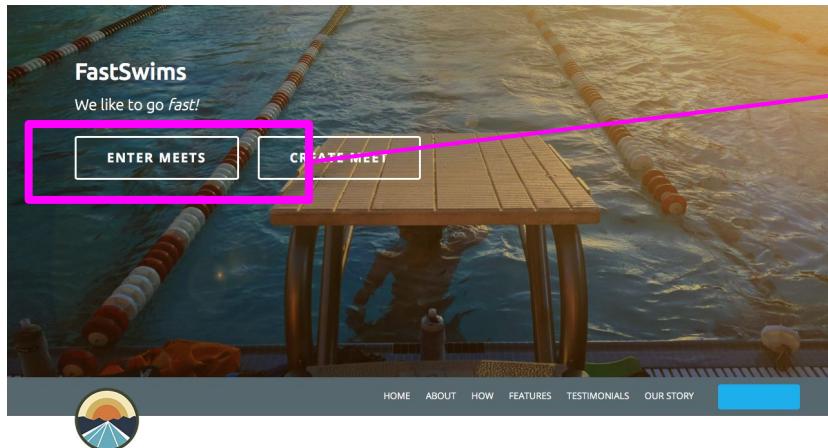
The screenshot shows the swimonline meetentries software interface. The top navigation bar includes 'Enter Meets', 'My Swimmers', 'My Account', 'Help', 'Meets', and 'Standards'. The current page is 'Meets > Vallejo Aquatic Club LCM C/B/A+ > Entries Summary > Event Entries'. The main content area displays a table of events with columns for No, Gender, Age Group, Event, Entry Time, and Message. The 'Entry Time' column for event 13 (50 Breast) contains the value 'NT', which is highlighted with a pink box. A pink arrow points from the text 'you can type NT for “no time”' to this highlighted cell. The 'Entry Time' column also includes buttons for 'LCM', 'Best', and 'Clear'.

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	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	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	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	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	LCM Best Clear	

Save Cancel

FAST SWIMS

- Use Fast Swim to find and register for meets online

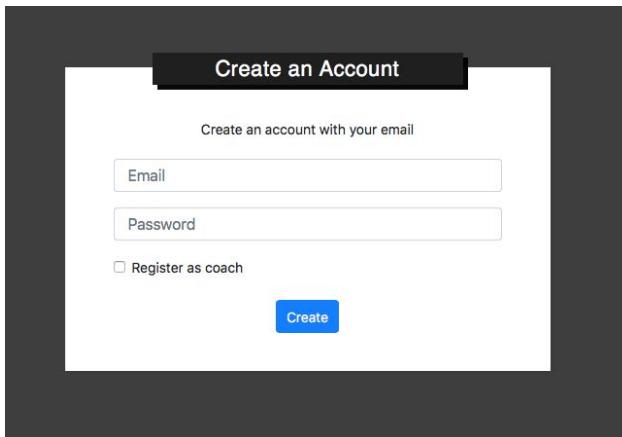


To start

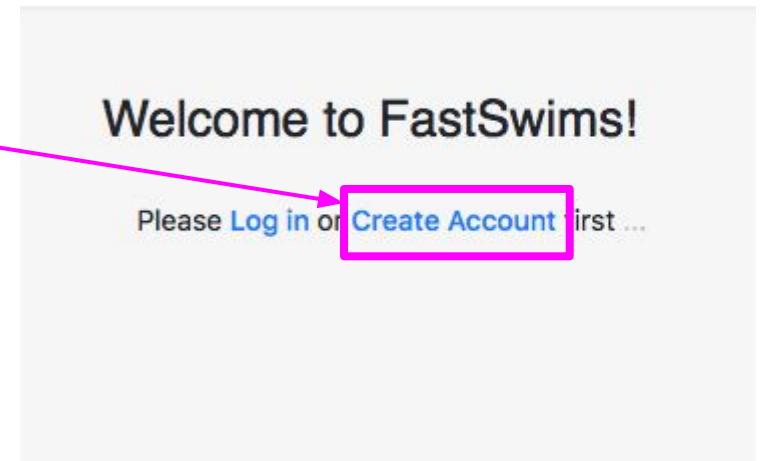
FAST SWIMS

CREATING AN ACCOUNT

- Set up an email and password for your account



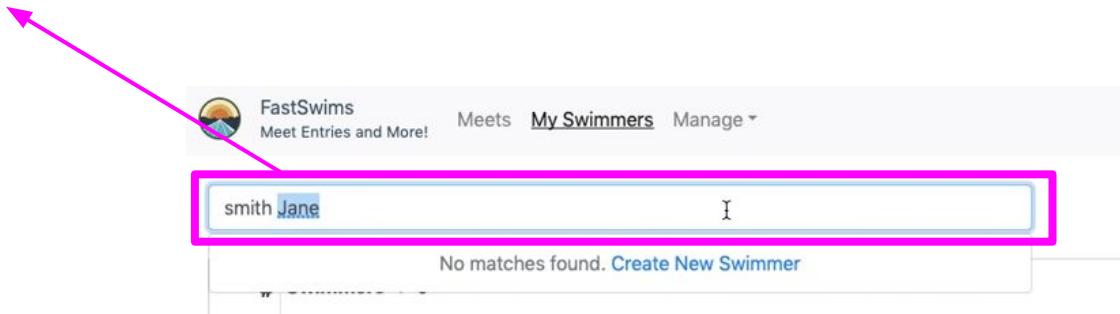
A screenshot of the 'Create an Account' form. It features a dark header bar with the text 'Create an Account' in white. Below this, a sub-header says 'Create an account with your email'. There are two input fields: 'Email' and 'Password', both with placeholder text. Below the fields is a checkbox labeled 'Register as coach' with an unchecked box. At the bottom is a blue 'Create' button.



FAST SWIMS

CREATING A NEW SWIMMER

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



OME SWIM CONNECTION

ENTERING A MEET

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

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"/>	<input checked="" type="checkbox"/>
15	F	17 & up	25 back	NT		SCY	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
29	F	17 & up	25 breast	NT		SCY	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
43	F	17 & up	25 free	mm:ss.hs		SCY	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
3	F	18 & up	25 fly	mm:ss.hs		SCY	<input type="checkbox"/>	<input type="checkbox"/>
5	F	18 & up	25 back	mm:ss.hs		SCY	<input type="checkbox"/>	<input type="checkbox"/>
7	F	18 & up	25 back	mm:ss.hs		SCY	<input type="checkbox"/>	<input type="checkbox"/>

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