



PACIFIC  
NORTHWEST  
SWIMMING



# PDST 2022-23 Season Parent Information

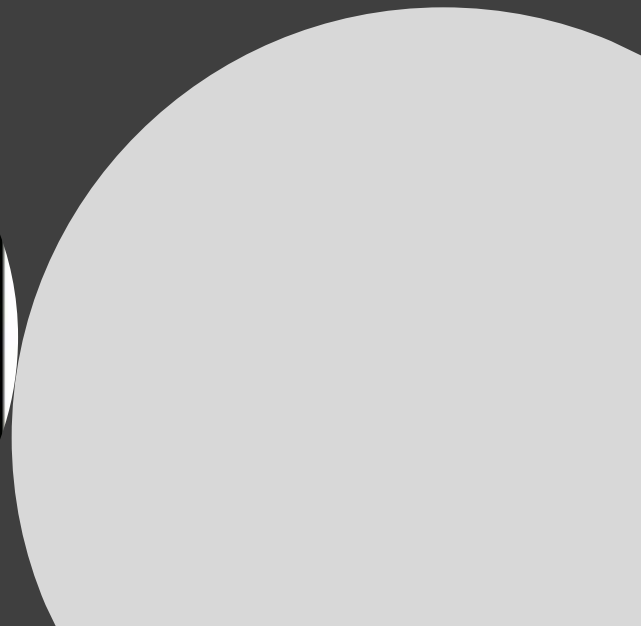
General Guide

# PDST Information for You to Know

1. Our coaches
2. PDST vision and mission
3. Code of conduct for each of us
4. PDST communication methods
5. PDST website and your PDST account
6. Pool locations and pool info
7. Swim meets and key info
8. Volunteering requirement
9. PDBC – supporting our swimmers
10. Purchase PDST training gears
11. PDST private lesson



PDST Coaches



# PDST Vision/Mission

- “Enable all of its swimmers to reach their highest potential as an athlete and as a person through **excellence** in its coaching, training, and caring.”
- Focus on positive development for our swimmers
- PDST culture: cohesion & a sense of the accomplishment and pride



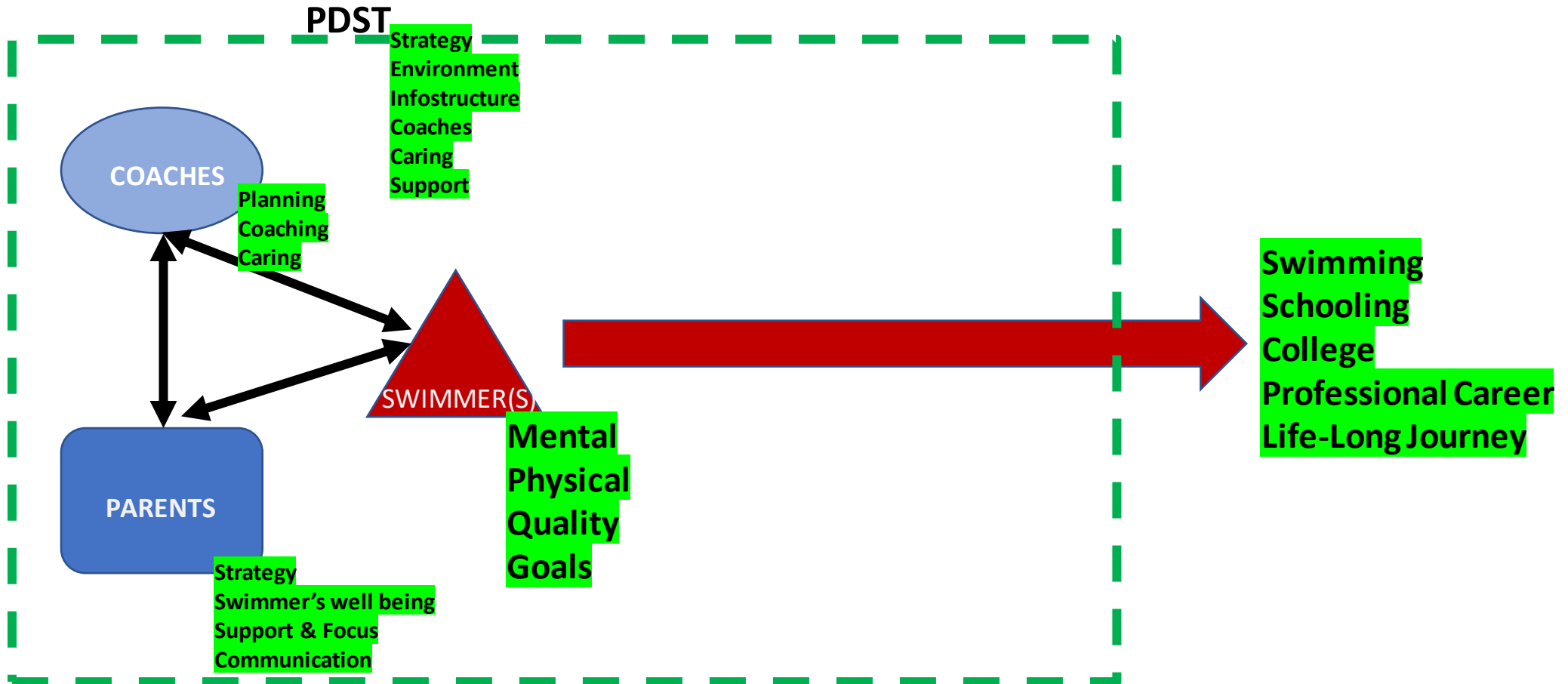
今天的100米仰泳真是杀疯了！  
从意外侥幸垫底16名进入到决赛，到决赛咬死了拼命游到了第12名，一共前进了四个名次！今天一天就进步了4秒啊！  
而且更让我膜拜的是我们的老李教练，赛前对虎子的预测是决赛一定会游进1:18秒，而且肯定会干掉在他前面的三名选手，果然，神预测！一点都不差，全中！给跪了！



Congratulations [redacted] It takes a village to raise a great swimmer. 好成绩都是孩子的努力，家长的付出，和教练培养的成果。 [redacted]



# Working Together to Maximize Your/Our Swimmer's Potential



- **Swimming is one of the biggest commitments and a big investment in time and resources**
- **You have invested big in your big (biggest) asset – Grow your asset bigger !**
- **We absolutely need to work together to have the best outcome!**

# PDST wants the best outcome for each of our swimmers, swimming & beyond



University of Penn

Pomona College

Lakeside HS

Stanford University



Jason Xu  
 PDST: 2008 - 2014  
 Pomona College Class of 2018, Mol Bio  
 Pomona Pitzer Swim Team, 2014-2016  
 MD/PhD Student, 2018-present  
 University of Pennsylvania

In this picture:  
 MIT  
 Pitzer college  
 Carnegie Mellon  
 Cornell  
 WashU in St Louis  
 Pomona College  
 Brown  
 Tufts  
 Bowdoin college

Amy Tang  
 PDST: 2010 - 2021  
 Stanford University Class of 2025  
 Stanford University Swim Team:  
 2021-Present  
 Intended Computer Science Major

# Code of Conduct

- **We ask all PDST members (Coaches, staff members, swimmers, and parents) adhere to the code of conduct**
  - **US Swimming Code of Conduct**
  - PDST Coach's Code of Conduct
  - PDST Swimmer's Code of Conduct
  - PDST Parent's Code of Conduct
  - Safe Sports
    - @ PDST website

# PDST Communication Methods

- Dual communication methods

1. Emails (formal)

- [PDSwimTeam@gmail.com](mailto:PDSwimTeam@gmail.com) (Team) – Most frequently used email account
- [pdstleon@gmail.com](mailto:pdstleon@gmail.com) (Training and meet)
- [renyxu@gmail.com](mailto:renyxu@gmail.com) (frequently used)

2. Website

- [www.PDSwimTeam.org](http://www.PDSwimTeam.org)

3. Wechat groups (informal)

4. Emergency Texting SMS (urgent communication such as snowy weather, pool contamination, power outage etc)

- What usually being communicated

- Practice schedule change
- Team news and related issues
- Meetinfo/entry/timeline/meet
- Efficiency in all aspects – Less spam, focus on the swimming
- If needed, but not efficient
  - Schedule an appointment
- – Call/Text: [425-691-9165](tel:425-691-9165) (10am-5pm, Mon-Fri)
  - No deck interference at practice!!!



# Ensure to receive PDST email or emergency texting

## How to ensure to receive PDST email

Edit News

December 29, 2021

In the past, We have a few incidents where a PDST email had gone into junk/spam folder of the receiving PDST parent's emails before.

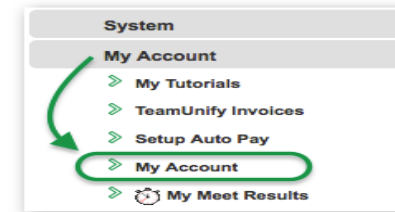
The way to ensure you receive team email is to configure this email address "[notifications@teamunify.com](mailto:notifications@teamunify.com)" as one of your contacts in your email contact directory as PDST email is routed through Teamunify server.

Thanks for your attention.

## Membership: Add and verify a cell number for SMS/texting

To add a cell number for texting messages please follow the steps below. This MUST be done for the number to be activated for use through OnDeck. Ideally an account holder will perform the below steps, as it requires retrieving a verification code from their cell phone and entering it on the site.

Admin Level - Not an Admin



1. Sign In to your team's TeamUnify SwimOffice website.
2. Go to your account profile.
  - a. Chameleon users: In the side menu click **My Account** > **My Account**.
  - b. New CMS users: In the side menu click **My Account** > **Account Info**.
4. To add an SMS number for one of the athletes in the account, click the **Members** tab and then click their name; otherwise stay on the current screen.
5. Enter an *SMS* cell number and select its *Carrier*.

SMS:  Unverified Carrier:

# PDST Group “WeChat” (微信) mobile App

- In addition, to supplement above PDST official dual communication channel, there are GROUP based wechat (微信) organized by each group parent rep, we think this social media based communication channel can enhance our communication and we think our parent should be aware of this tool and join it if you can (not official PDST communication but helpful).
- Scan WeChat code of Coach Leon to request to join PDST Wechat group



# Fully Utilize Your New PDST Account for your swimming needs

- To manage your family PDST account
- Find other PDST member contact info
- Check practice schedule
- Meet sign up online and find your swimmer's time
- See your swimmer's meet fee account
- Invoice payment (ACH)
- Volunteer job signup online and see your volunteer hours
- Purchase PDST gears

[Go to PDST Website](#)

# Use PDST website to find relevant Info

Coaches Members Password Site Map

**PDST** Pacific Dragons Swim Team

USA SWIMMING PACIFIC NORTHWEST SWIMMING LEVEL 2 USA SWIMMING CLUB RECORDS

Home PDST News **PDST Info** Schedule Meet Info Safe Sport Tryout Volunteering Links Documents

Sign Out  
Help & Training  
TU Updates  
Upgrade Your Site  
System  
My Account  
Team Admin  
Billing Admin  
\$ Billing Setup  
\$ SE Payments  
\$ Invoices & Payments  
\$ Reports  
\$ QuickBooks Import  
Service Hours Admin  
Contact Us

**TouchPadLIVE**

Schedule  
PDST Events  
PDST News

The goal of PDST is to provide every swimmer an opportunity to improve swimming skills and achieve success through its excellent coaching, training, and caring in a safe environment.

**SAFE SPORT**  
RECOGNIZED CLUB  
Until MAY 2022

Events

Swim Meet Team Functions

**Futures Championships**  
Jul 27, 2022 - Jul 30, 2022 (07:00 PM)

**PNS 14U Age Group LC Champs**  
Jul 28, 2022 - Jul 31, 2022 (07:00 PM) Edit Commitment

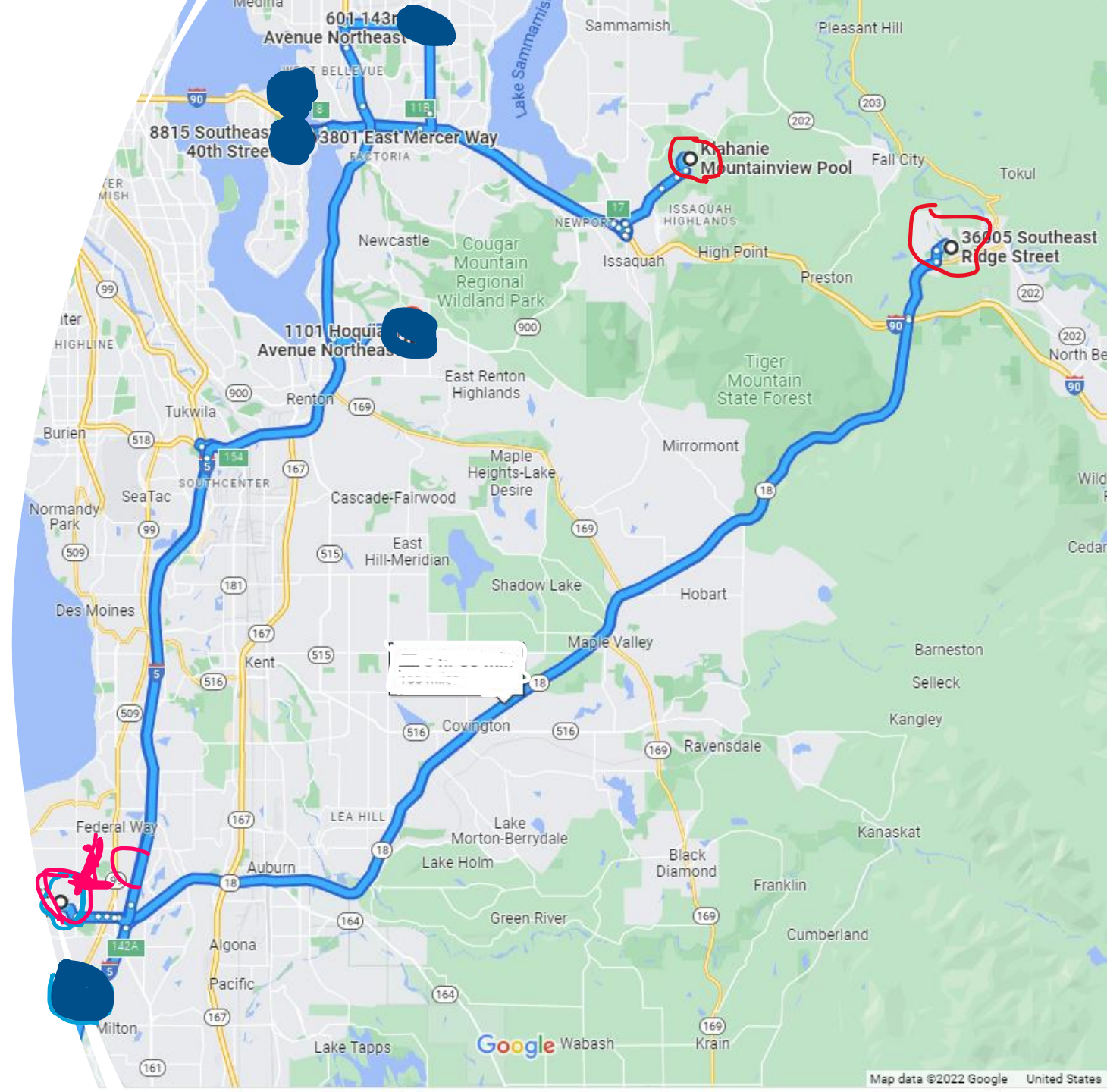
News

7/23/22  
PDST re-awarded as Safe Sport Recognized club by US Swimming

7/22/22  
PDST summer break & DNS

# Practice Pool Locations and Schedule

- We use many different pools for our practices
- pool locations can be found at PDST website
- **Mary Wayte Pool (MW)**
  - 8815 SE 40th St. Mercer Island, WA 98040; Phone: [206-588-1117](tel:2065881117)
  - Jewish Community Center Pool at Mercer Island (JCC)
    - 3801 E. Mercer Way, Mercer Island, WA 98040; Phone: [206-232-7120](tel:2062327120)
- **Bellevue Aquatic Center (BAC):** 601 143rd Ave. NE, Bellevue, WA 98007. Phone: 425-452-4444
- **Hazen Pool @ Hazen High School:** 1101 Hoquiam Ave NE, Renton, WA 98059. Phone: [425-204-4230](tel:4252044230); temporarily closed for renovation
- **FIFE Pool (for Sat only):** 5410 20th St E, Fife, WA 98424
- **The Club at Snoqualmie Ridge Pool (SR):** 36005 SE Ridge St, Snoqualmie, WA 98065
- **KLAHANIE MOUNTAINVIEW POOL - (KM)** 4280 Klahanie Drive SE; Issaquah, WA 98029
- **King County Aquatic Center (KCAC, for summer Long Course only):**
  - 650 Southwest Campus Drive, Federal Way, WA 98023-8425
- Please follow monthly schedule
- Please follow email/wechat for pool/time changes (when happens)



# Swim Meets

- Meet types

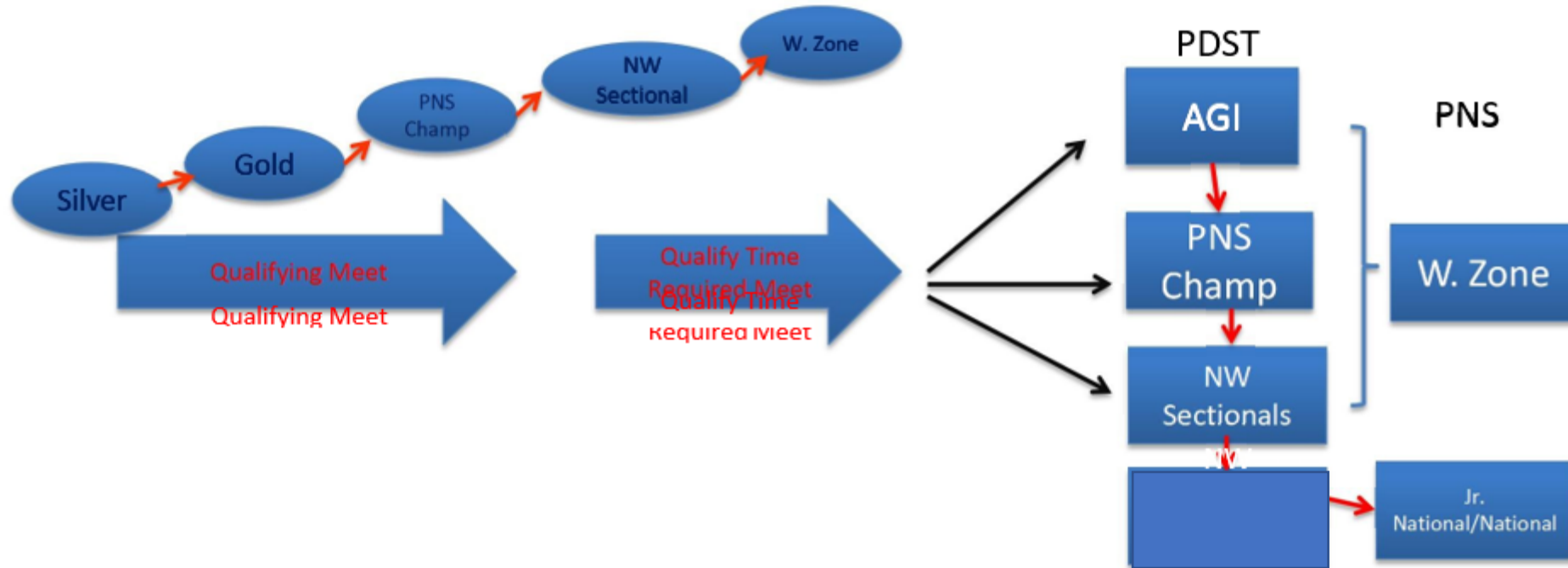
- Challenge meet
- Invitational meet
- “Q” meet
- Age Group Invitational
- PNS Champ meet
- Sectional Champ meet
- Western Zone meet
- Future Champ
- Junior National
- National

- Qualifying time standard

- None
- Silver (age group)
- Gold (age group)
- PNS Champ (age group)
- Sectional (age group)
- Senior Sectional
- Zone (age group)
- Future Standards
- Junior National standard
- National standard

# Swim Meets

1. Meets are carefully selected, we do not go to every meet.
2. Attend the meet when there is a meet for PDST.
3. Relays at PNS Champ & Sectional meets are mandatory. Selection is based on swimmer's time.



Meet Schedule is published at Team Website

Demo: [https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=pnpdst](https://www.teamunify.com/Home.jsp?_tabid_=0&team=pnpdst)

The way to pay PDST fees is by ACH

ACH Setup (ACH is default PDST Payment Method)

1. Sign in
2. Go to My Account > Setup Auto Pay
3. Click the "Current Payment Method" drop down and select either **Automatically charge BANK ACCOUNT below** or **Automatically charge CREDIT CARD below**
4. Click the **Edit** link to the right of the "**Bank Account on File**" or "Credit Card on File" field
5. Fill in the bank account (9 digit routing number and the **account number**)
6. Click **Save Changes**
  - There is \$10 a check processing fee (see your financial agreement with PDST for details)



# Volunteering Requirement at PDST

We all volunteer to support our swimmers, and swimming at large

Summary of Work-Share SERVICE (Volunteering) hours by each group, and other key information)

Groups	Senior Group	Adv1&2 Groups	HS 1& 2 Groups	Reg Group	Age Group	Novice Group	Dev Group	Pre-Comp Group	Fly-Fish Group
Hours	20	18	8	15	12	8	4	2	0

The cash value of the volunteering hour is set at \$20/hour and a check can be paid to PDBC in lieu of the SERVICE hours when a family may choose to buyout the entire SERVICE hours or SC portion at the time of registration; and at the end of the SC season to buyout for the LC season.

- SERVICE hours must be earned by working on PDST or PDBC Board approved activities.
- Any unfulfilled SERVICE hours will be billed at \$40/hour at end of short course season and/or long course season.
- If you registered for the SERVICE but failed to complete SERVICE sessions, you will be charged a fee. The fee is \$40.00 per missed hour. This charge will be added to your account and billed immediately.

**Your unfilled volunteered hours will be converted into SERVICE HOUR FEE at August  
An Amendment is implemented effective Sept 1<sup>st</sup> 2019 (posted at Website:  
[https://www.teamunify.com/SubTabGeneric.jsp?team=pnpdst&\\_stabilid\\_=88420](https://www.teamunify.com/SubTabGeneric.jsp?team=pnpdst&_stabilid_=88420))**

# Volunteering Opportunities

- No team can run without the parent's support
- We need you to help the team and our swimmers
  - PDST hosted or co-hosted meets (1 this season: Jan 27th) – biggest opportunity
  - Meet timers
  - Serve on PDBC Board (Pacific Dragons Booster Club)
  - Other volunteering jobs
    - PDBC activities (team party)
    - LC pool setup, JCC door keeper etc.
    - Other miscellaneous board approved and assigned tasks
- All volunteering jobs/times need to be approved by the Board
- **Posted at team website and signed up by you**
- You could see all your past assignments and hours spent from your account for tracking purpose

## PDST hosted or co-hosted meets – Fulfill volunteering hours

- Jan each year PNS winter challenge meet, PDST hosting
- Lots of volunteer positions
- Large chunk of volunteer hours
- PDST families are required to volunteer in PDST hosted or co-hosted meets
- Need our parents to support and pitch in

# Track Your Service/Volunteer Hours in your account

1. Report shows all the signups including the ones that have only been assigned but not fulfilled



The screenshot shows the PDST Pacific Dragons Swim Team website. The navigation menu includes Home, PDST News, Team Info, Meet Info, Calendars, About PDST, and Join PDST. On the left, there is a sidebar with links for Sign Out, TUMoney, System, My Account, My Tutorials, My Account, My Meet Results, My Sponsor Center, My Invoice/Payment, and More Information. The main content area has three tabs: Current & Upcoming, Past & Archived, and Reports. The Reports tab is highlighted with a red circle. Below the tabs, there is a list of reports, with 'Job Signup Report for My Account' highlighted by a red circle.

2. This shows the hours served after it was confirmed by the admin



The screenshot shows the PDST website with the 'Service Hours Tracking' section. The navigation menu includes Home, PDST News, Team Info, Meet Info, Calendars, About PDST, Join PDST, Booster Club, Links, and Documents. The sidebar on the left has links for Sign Out, TUMoney, System, My Account, My Tutorials, My Account, My Meet Results, My Sponsor Center, and My Invoice/Payment. The 'Service Hours Tracking' section has two tabs: Invoices and Service Hours. The 'Service Hours' tab is highlighted in yellow. Below the tabs, the account name is 'Wu, Zhixiong & Heidi'. There is a section for 'Current Obligation' with a table showing invoice details.

Invoice Created	Obligation & Adjustments	Worked	Balance
09/2013	09/18-Event (2251460.1): Volunteer Coordinator/PDBC Board Member	Volunteer Time Track:5.00 hr.	-5.00 hr.

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Use of this Web site constitutes acceptance of the TeamUnify  
Terms of Use, Privacy Policy, & Disclaimer.

Secured by Thawte  
click to verify

Powered By: TeamUnify



## PDBC Funding

- Volunteering hours and employer matching
- Some parent donations
- Funds used for our swimmers, supporting the pools, swimming at large, and team activities



# PDST swimmers supported by PDBC

Currently we have 7 parents volunteers serve as board members. The board's main responsibility is fund-raising, organizing meets hosted by PDST, and organizing volunteer activities, including meets support, travel meet, yearbook and team parties. Thanks to the support from every family and parent like you, we had another successful year. Here are some numbers of 2017-2018:

- Received \$17,287 in donations and company matches
- Received \$1,120 in volunteer hour donations
- Made \$5,575 from hosting the Winter meet
- Spent \$2,000 for annual party
- Spent \$1,281 for Winter PNS Swimmer Party
- Spent \$2,321 for Vancouver Travel Meet
- Spent \$5,000 for JCC donation (required to secure pool hours for training)
- Spent \$1,500 for Hazen Pool donation (required to secure pool hours for training)
- Spent \$3,457 for team relay entry fees
- Total volunteer hours completed: 1376 hours, 10 hours per family in average
- Organized PNS SCY party in Dec 2017
- Organized Regional Champ Swimmer Travel Meet and party in May 2018
- Organized team party in June 2018, more than 200 families attended |

# PDST Gears @ PDST

- Frequently used swim gears can be purchased at PDST
  - Swim suits, goggles, parka, paddles, special kick board, bungee strap
  - PDST special training gears
  - Go to “Team Info” then “PDST Gear” to order
  - Order is delivered to you at practice, and directly billed into your PDST account



# PDST Private Lessons

- For PDST swimmers only
- Optional, not required
- With Coach's spare time – limited and will get better
- Posted for PDST members by Coach Leon
- Contact Coach Leon if you have any question.



# Conclusion and Expectation

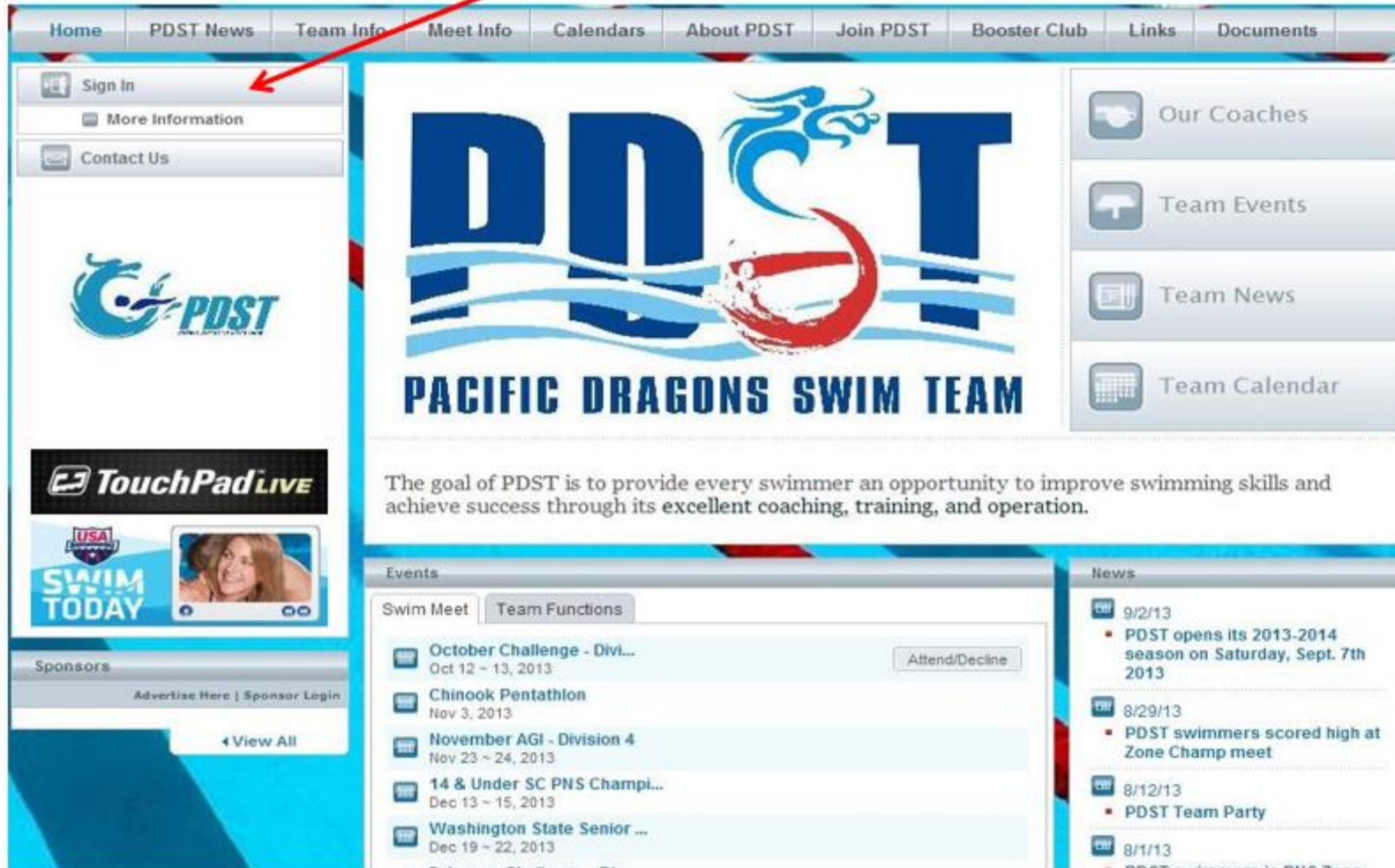
- Let's invest and grow your biggest asset to yield best outcome by taking care of all admin items upfront so we (all sides involved) can focus on the high-quality swim training at PDST
- Each of us to do our own part for the best outcome, with high efficiency

# Questions and Answers

Backup

# Sign In to your PDST account

Click "Sign In"; sign in your log-in email and the Password which you have received in an email



The screenshot shows the PDST website homepage. At the top is a navigation menu with links: Home, PDST News, Team Info, Meet Info, Calendars, About PDST, Join PDST, Booster Club, Links, and Documents. On the left sidebar, there are buttons for 'Sign In', 'More Information', and 'Contact Us'. A red arrow points from the text above to the 'Sign In' button. The main content area features the PDST logo, which includes the letters 'PDST' in blue with a stylized dragon and swimmer, and the text 'PACIFIC DRAGONS SWIM TEAM' below it. To the right of the logo is a vertical menu with buttons for 'Our Coaches', 'Team Events', 'Team News', and 'Team Calendar'. Below the logo is a paragraph: 'The goal of PDST is to provide every swimmer an opportunity to improve swimming skills and achieve success through its excellent coaching, training, and operation.' At the bottom, there are sections for 'Events' and 'News'. The 'Events' section has tabs for 'Swim Meet' and 'Team Functions', and lists several events with dates and 'Attend/Decline' buttons. The 'News' section lists recent news items with dates and brief descriptions.

Home PDST News Team Info Meet Info Calendars About PDST Join PDST Booster Club Links Documents

Sign In  
More Information  
Contact Us

PDST  
PACIFIC DRAGONS SWIM TEAM

Our Coaches  
Team Events  
Team News  
Team Calendar

The goal of PDST is to provide every swimmer an opportunity to improve swimming skills and achieve success through its excellent coaching, training, and operation.

Events

Swim Meet Team Functions

October Challenge - Divi...  
Oct 12 - 13, 2013 Attend/Decline

Chinook Pentathlon  
Nov 3, 2013

November AGI - Division 4  
Nov 23 - 24, 2013

14 & Under SC PNS Champi...  
Dec 13 - 15, 2013

Washington State Senior ...  
Dec 19 - 22, 2013

News

9/2/13  
PDST opens its 2013-2014 season on Saturday, Sept. 7th 2013

8/29/13  
PDST swimmers scored high at Zone Champ meet

8/12/13  
PDST Team Party

8/1/13  
PDST swimmers in DNS Zone

TouchPad LIVE

USA SWIM TODAY

Sponsors  
Advertise Here | Sponsor Login  
View All

# Verify Your Account Information Step 1

1. Check your email IDs are correct, if not, highlight the email ID you like to edit, click "edit selected", then edit it. You can add more email ID or SMS. Email addresses listed will receive team related communications in the future. Be sure to click on "Save Account Changes" with any changes

Type	Value	Carrier	Verified
Login Email	junxiao_8@hotmail.com		<input type="checkbox"/>
Email	renyxu@gmail.com		<input checked="" type="checkbox"/>
Email	uxnosaj@gmail.com		<input type="checkbox"/>

\*Account Status: \*Active    \*TouchPad PC Admin: No  
\*Admin Type: Not an Admin    \*Gear Admin: Yes  
\*Member Status: Yes-I want to participate

Person who is responsible to pay the bill:

\*Mail To First Name: Jun    \*Billing Address: 16790 SE 63rd Pl  
\*Mail To Last Name: Xiao    \*City: Bellevue  
M.I.:    \*State: WA  
\*Zip Code: 98006  
\*Home Phone: 4256141691  
Work/Mobile Phone: 2062657686

Save Account Changes

Member Name	Member Status	Joined	Billing Group	Sub Billing Group	Roster Group	Location
Xu, Jason	*Active		Advanced Group	Monthly	Advanced Gro	
Xu, Jessica	*Active		Novice Group	Monthly	Novice Group	

2. Click "Billing Information"; check all information here are correct, if not, correct any errors. Be sure to click on "Save Account Changes" with any changes

**Each family is ONLY allowed 1 log-in email**

3. Ensure your swimmer(s) are in the right group assignment. If not, please send an email to [pdswimteam@gmail.com](mailto:pdswimteam@gmail.com) to request a correction

# Verify Your Account Information Step 2

Home PDST News Team Info Meet Info Calendars About PDST Join PDST Booster Club Links Documents

Sign Out

System

My Account

- My Tutorials
- My Account
- My Meet Results
- My Sponsor Center
- My Invoice/Payment
- More Information

Billing Admin

Contact Us

**TouchPad LIVE**

USA SWIM TODAY

Sponsors

Advertisement Here | Sponsor Login

View All

### Billing Account Configuration

Account Info Payment Setup Membership Dues Schedule

ACCOUNT Email and Text Messaging Setup (click for instructions)

Type	Value	Carrier	Verified	
Login Email	junxiao_8@hotmail.com		<input type="checkbox"/>	✖
Email	renyxu@gmail.com		<input checked="" type="checkbox"/>	✖
Email	uxnosaj@gmail.com		<input type="checkbox"/>	✖

Add Email  
Add SMS  
Edit Selected  
Verify

\*Account Status: \*Active \*TouchPad PC Admin: No \*Admin Type: Not an Admin \*Gear Admin: Yes \*Member Search: Yes-I want to participate

Billing Information **Guardian** Insurance/Emergency Contact

Father/Guardian 1: First Name: Ren Last Name: Xu Work Phone: Mobile Phone: 8055735089

Mother/Guardian 2: First Name: Jun Last Name: Xiao Work Phone: Mobile Phone: 4256148366

Save Account Changes

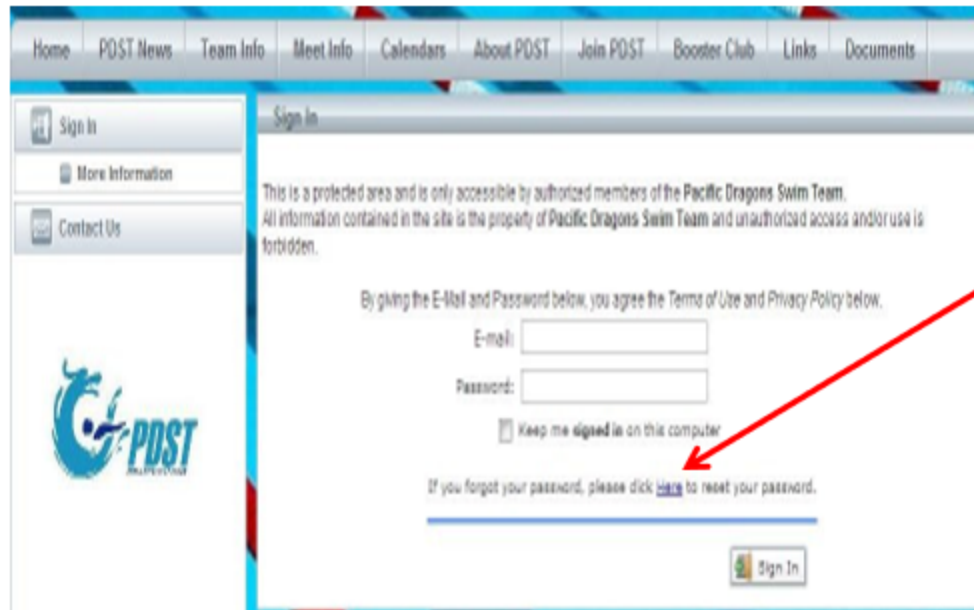
(2) Members Under this Account

Page 1 of 1 View 1 - 2 of 2

Member Name	Member Status	Joined	Billing Group	Sub Billing Group	Roster Group	Location
1 Xu, Jason	*Active		Advanced Group	Monthly	Advanced Gro	
2 Xu, Jessica	*Active		Novice Group	Monthly	Novice Group	

Click "Guardian" section: check all information here is correct, if not, correct any errors. Be sure to click on "Save Account Changes" with any changes

# Reset your account password



Home PDST News Team Info Meet Info Calendars About PDST Join PDST Booster Club Links Documents

Sign In  
More Information  
Contact Us

Sign In

This is a protected area and is only accessible by authorized members of the Pacific Dragons Swim Team. All information contained in the site is the property of Pacific Dragons Swim Team and unauthorized access and/or use is forbidden.

By giving the E-Mail and Password below, you agree the Terms of Use and Privacy Policy below.

E-mail:

Password:

Keep me signed in on this computer

If you forgot your password, please click [here](#) to reset your password.

Sign In

If you need to change or reset your account password, click [here](#) and follow the instructions. This is optional.

# Live Demo Section

Always log-into your account to see FULL PDST info

- To manage your family PDST account
- Find other PDST member contact info
- Check practice schedule
- Meet sign up online and find your swimmer's time
- See your swimmer's meet fee account
- Volunteer job signup online and see your volunteer hours
- Purchase PDST gears

The screenshot shows the PDST website interface. At the top, there are navigation links: Coaches, Members, Team Store, View Cart (0), Password, and Site Map. The main header features the PDST logo and affiliations with USA Swimming, Pacific Northwest Swimming, and Level 2 USA Swimming. A secondary navigation bar includes Home, PDST News, Team Info, Meet Info, Calendars, About PDST, Join PDST, Booster Club, Links, and Documents. A central banner promotes a 'FREE MOBILE APP' available on iOS and Android. On the left, a sidebar menu offers options like Sign Out, My Account, My Meet Results, and Billing Admin. Below this is a 'Gear Store' section with 'Grab Bag Suits' and 'Goggle Center' categories, listing items like 'Assorted Mesh Trainers' and 'Assorted Poly TYR Female Suits'. The main content area features a large blue box with the text: 'The goal of PDST is to provide every swimmer an opportunity to improve swimming skills and achieve success through its excellent coaching, training, and operation.' To the right of this box are links for 'Our Coaches', 'Team Events', 'Team News', and 'Team Calendar'. At the bottom, there are sections for 'Events' (listing 'October Challenge', 'Chinook Pentathlon', etc.) and 'News' (listing 'PDST All Parent Meeting', 'JCC and BAC closed', etc.).



# Specific requirement @ each pool

- All pools
  - No cell phone use in the locker room
  - No use of the facility by our parents or non-PDST swimmers unless you have the membership at the facility
  - Take a shower before going into the pool
  - Keep noise down – respect other members
- Check-in at JCC front desk is required for non-member PDST swimmers
- We are responsible to follow the rules at each pool (repeated violations can lead to lose our pool contract).
- Team will warn and then bar the swimmer from practice when there are repeated violations by the swimmer.

## Improvements will ensure PDST to be a better team

### x Swimmers

- x running around pool deck
- x Running with sandals
- x played before our practice & hit other patrons at BAC
- x yelling/screaming inside the locker room (particularly at SC), not use family-changing area to change/dress
- x go into the pool earlier or stay in the pool after PDST practice ends
- x **used JCC towels while not being a JCC member**

### x Parents

- x parked at the front of the building at JCC
- x Wearing shoes at JCC pool deck
- x used cell phone in a locker room
- x used club equipments while not being a club member
- x no time to check emails/website – went to wrong pool/wrong time
- x forget swim wears or cap broken (have a set of backup)
- x submit meet entry after the deadline
- x arrive at the meet a few minutes prior to the event, drop swimmer at the pool

# An example of Meet Info File

Oct Challenge Meet Info File. Demo: [PDST Website](#)

- Useful info for you:
  - Meet name, date, and location
  - Entry info: event #, fees, qualification requirement, order of events
  - From PDST meet entry email: entry deadline
  - PDST website: psych sheet, timeline file and warmup time
  - Online meet entry signup at PDST website



Pacific Northwest Swimming  
 October Challenge – Division 7 – Sanction #1010-CSD07  
 Mary Wayte Pool  
 Mercer Island, Washington  
 Hosted by Olympic Cascade Aquatics

*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
<b>Dates</b>	Saturday, October 16, 2010	Saturday, October 16, 2010	Sunday, October 17, 2010	Sunday, October 17, 2010
<b>Coaches' Meeting</b>	7:45 AM – Coaches' packet at Clerk of Course.	as needed	as needed	as needed
<b>Officials' Meetings</b>	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
<b>Warm-ups</b>	8:00 AM	Immediately following conclusion of Session 1	8:00 AM	Immediately following conclusion of Session 3
<b>Timed Finals</b>	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
<b>Positive Check-in Deadline: 400 IM/500 free</b>		Will be announced during warm-ups	Will be announced during warm-ups	

**MEET DIRECTORS:**

- Suzanne Koontz
- snknelson@hotmail.com
- 206-605-3009

**Julie Larkin**

- juliestarkin@hotmail.com
- 206-293-0380

**MEET REFEREE:**

- David Warren
- warren@dothelix.com
- 206 283 7953

**LOCATION AND DIRECTIONS**

Mary Wayte Pool  
 5815 SE 40th Street  
 Mercer Island, Washington

**Directions:** Take I-90 to Island Crest exit, Mercer Island. Travel south to the top of the hill. At the light, turn left onto SE 40th St. Go two blocks. The pool is on the right.

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 4.0 feet deep; turning end 12.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool at shallow end of pool
- 150 spectator seats in gallery, plus space for one row of personal chairs; limited space at warm-up end of pool deck for personal chairs
- Electronic timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- Heat Sheets: \$5.00
- Results on PNS web site

- Concessions available in the lobby
- **Hospitality** for coaches and officials only in room at far end of warm-up pool
- **Parking** available west of pool building; additional parking at Mercer Island High School

**TEAMS:**

- Olympic Cascade Aquatics
- Pacific Dragons Swim Team
- Pro Swimming
- Washington Athletic Club
- WhiteWater Aquatics

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events per day but no more than eight (8) individual events over the course of the meet. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to one of the listed teams will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and

# Aligned Responsibilities with PDST Coaches and Staffs

- Head Coach: Peiyong Li,
- Senior Coach: Leon Li
- Assistant coach: John Michael Yasutake, Jack Kelley, Mian Lew
  - Day-to-day coaching & private lessons
- Admin and PDST Operation: Ren Xu (Team Operation), Leon Li (training related)
- Team Treasurer: Grace Yang
  - Team Billing

# PDST History and Achievements

- Dec. 2009: 34th at PNS 14 and Under SC Champ Meet
- Jan. 2010: Parent Booster Club (PDBC) established
- April 2010: Received US Swimming Level 1 Club Recognition
- July 2010: 15th at PNS LC Champ meet, received USS Level 2 Club Recognition
- Aug. 2010: 3 swimmers represented PNS Western Zone Champ Team
- Dec. 2010: 7th at PNS 14 & Under SC Champ Meet
- Jan. 2011: 1st PDST swimmer ranked in the National Age Group top 16
- March 2011: 14th at NW Age Group Sectional Champ Meet
- July 2011: 11th at PNS LC Champ meet
- August 2011: 3 swimmers selected into PNS NACC (North American Challenge Cup) Team
- Dec. 2011: 5th at PNS 14 and Under SC Champ Meet
- March 2012: 7th at NW Age Group Sectional Champ meet
- July 2012: 5th at PNS LC Champ meet
- August 2012: 4 swimmers selected into PNS NACC Team; 11 swimmers represented PNS Western Zone Champ Team
- Dec. 2012: 4th at PNS 14 and Under SC Champ Meet
- March 2013: 6th at NW Age Group Sectional Champ Meet
- July 2013: 4th at PNS LC Champ Meet
- August 2013: 10 swimmers selected into PNS NACC Team; 2 swimmers represented PNS Western Zone Champ Team
- August 2013: First PDST swimmer to break Western Zone Age Group record in 100M Back event
- March 2014: Team ranked 6th at NW Age Group Sectional Champ Meet
- July 2014: Team finished 4th at PNS LC Champ meet.
- August 2014: 8 swimmers represented PNS @ Western Zone Champ Meet
- March 2015: Team ranked 6th at NW Age Group Sectional Champ Meet
- Jan 2017: 3 swimmers represented @ PNS All-star Team
- April 2017: 2 swimmers selected into National Diversity Camp by US Swimming
- July 2017: PDST finished 3rd overall at 14 & U PNS LC Champ meet
- August 2017: 11 swimmers represented @ PNS Zone Team
- Dec. 2017: PDST finished 3rd overall at the PNS SC Age Group Champ Meet
- March 2018: 8th at NW Age Group Sectional Champ Meet
- May 2017: 1 swimmer selected into National Select Camp by US Swimming
- July 2018: 9th at PNS 14 & U LC Champ Meet
- August 2018: 9 swimmers represented @ PNS Zone Team
- Dec. 2018: 8th at 14 & U PNS SC Champ Meet
- March 2019: 11th at NW Age Group Champ Meet
- July 2019: 10th in 14 & U PNS LC Champ Meet
- August 2019: 4 swimmers represented @ PNS Zone Team
- August 2019: 1 swimmer attended Junior World Champ meet winning 2 Gold medals
- Dec 2019: 9th in 14 & U PNS SC Champ Meet
- Year 2019: PDST swimmer attained No. 3 world ranking for 18&U in 100 free long course
- Jan 2020" 2 swimmers represented @ PNS All-Star Team
- March 2020: COVID caused nation-wide program interruption, training switched to virtual dry-land based
- June 2020: PDST among the earliest swim teams restored limited in-water training under COVID pandemic
- May 2020: US Swimming recognizes PDST as a "Safe Sport" swim team
- July 2021: 3rd place finish among attending teams @ PNS 14 & U LC Champ
- August 2021: 8 swimmers represented @ PNS West Zone Team winning 3 Gold, 2 Silver and 1 Bronze Medals
- Dec. 2021: 5th in PNS 14 & U SC Champ Meet (2 meets combined due to COVID restriction)
- March 2022: 7th in WA State Champ Meet (without 10 and Under age group)