



2025/2026 Season
Welcome to the Family!



Welcome to York

- History 1981 - Year 45
- Meets - Enter by the deadline
1/month
- Billed per swim and “splash” - prepaid - NO REFUNDS
- Practice Procedures
- Team Activities
- Do not compare your swimmers
- Be Patient
- Renaissance





PVS Requirement
for YORK



20
(min)



Your Swimmer needs **YOU** to become a Certified

USA Swimming Official

LEARN

about how your child's sport works
and help make sure it's fun, but also
fair and fun for everyone.

HELP

fulfill your parent duties in a way that's fun
but also strengthens our team culture.

WATCH

your swimmer from the best spot in the
pool. No more obstructed views!

ENJOY

getting to know other swim parents
and other teams.
New friends await!



Official “FAST FACTS”



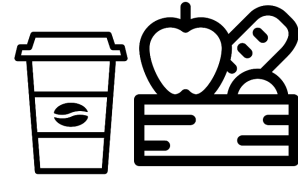
Volunteer



No cost



Fashion



Hospitality

Officials Incentive Program

Only Certified officials will be eligible for the program



More Official “FAST FACTS”

Entry Level and “Voluntary Training” Positions



STROKE AND TURN JUDGE (ST)



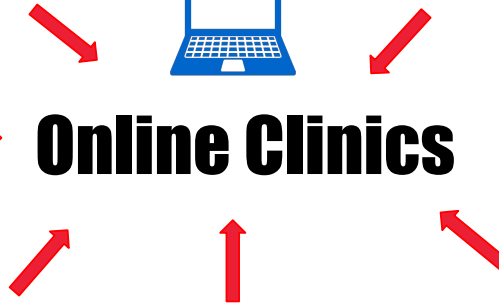
HY-TEK COMPUTER OPERATOR (CO)



ELECTRONIC TIMING
SYSTEM OPERATOR (TO)



→ **Online Clinics** ←

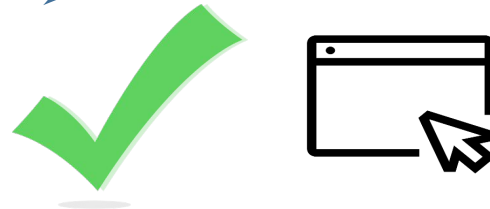


I am in!!!



francesafriedman@gmail.com

Now what?



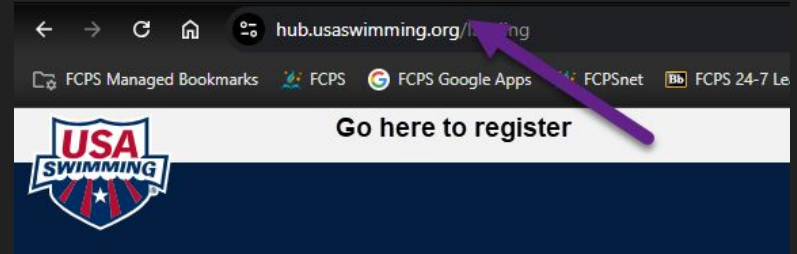
York Officials Mixer

Save the Date

USA Swimming Registration Guidelines



- All NEW TO USA Swimming
Registration email already sent -
Must be completed
ASAP
- All RETURNING TO USA Swimming
by Dec 2025
- Questions about registration
Kristin Wolff - kristinbryantwolff@gmail.com
Mat Campet - mfcampet@gmail.com



What APPs are Best?

- Sports Engine Motion App - Team Unify on your phone (same log in as your York log in)



- Meet Mobile - fee based app
We highly recommend paying for this
IMPORTANT : Times in Meet Mobile are UNOFFICIAL
Official times are located recorded in USA Swimming
**Not all meets use Meet Mobile but most do



Regular Team Procedures

- Practice Attendance and Makeups
- [York Apparel](https://www.sportfairusa.com/teams/york/) -<https://www.sportfairusa.com/teams/york/>
- Shirts and Caps
- Social Media - FB “York Swim Club”
IG - @yorkswimclubva
- Saturday Morning Practices Require Coach approval
OM - Full
YT - 13 and over availability
RE - 10 and over availability
- YORK RUN MEETS - HELP WANTED!!!
March Madness | Reindeer Mini | Friendship Mini Meets



Instagram



yorkswimclubva

Follow ...

248 posts

902 followers

251 following

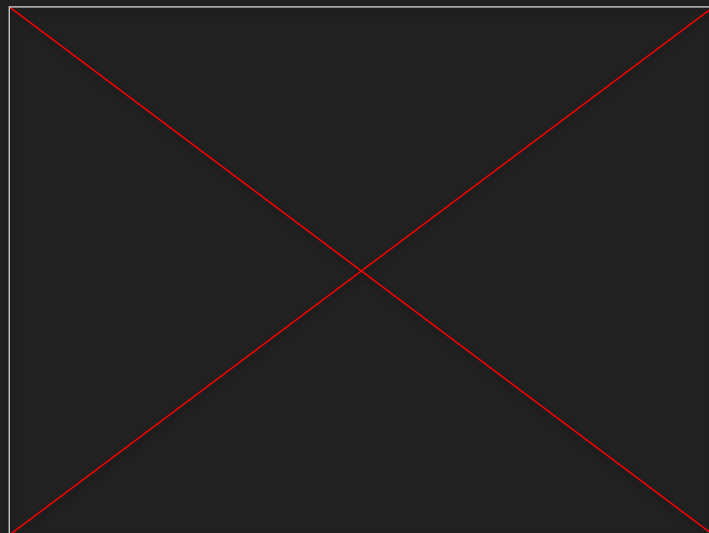
York Swim Club

The official Instagram of York Swim Club

@ youtu.be/WHWF_EZ2ZQY

Regular Team Procedures

- Communication with Coaches - Email and be mindful (24/48 hour rule)
Your email address in the system is what we use...
Each coach's email link is on the coaches tab on the front page of the website
- Meet Notifications and Entries



- BE ON TIME!



Communication - Who you gonna call?

- **Bob York** - Owner
- **Mat Campet** - Head Coach / Senior Group Manager / Team Registration Admin / Meet Entry Questions (Seniors) / Dryland / National|Travel Team Manager
- **Shelley Gesker** - Head Age Group Coach / Age Group 9-12 Manager / Meet Entries (age group)
- **Heather Tomasek** - 8/Under Head Coach / 8/under Manager / Meet Entries (8/unders)
- **Becky Yates** - Swim School Director / Anything Swim School Related
- **Julie Shafer** - Meet Entry Coordinator
- **Becky York** - Phone Admin
- **Kristin Wolff** - Team Registration Admin / Meet Entry Questions / Website

Regular Team Procedures - Practice Locations

- Oakmont (formally Oak Marr) | 3200 Jermantown Rd, Oakton VA
- Renaissance | 2230 George C Marshall Drive, Falls Church VA
- [Directions for entry on Team Website - NEWS PAGE](#)
- Reston Community Center | 2310 Colts Neck Road, Reston VA
- Yorktown | 5200 Yorktown Blvd, Arlington VA



NO SWIM DATES



- Indigenous Peoples Day - October 13
- Halloween October 31 - No Afternoon or Evening Practices
- Veterans Day - Regular Workouts on 11/11 EXCEPT FOR YT - No practice
- Swim and Rock - November 21-22 - No OM workouts
- Thanksgiving Break - November 27-28
- Holiday Break - December 22 - January 4th (Holiday Schedule TBA)
- MLK - January 19
- Presidents Day - February 16 - Regular Workouts EXCEPT FOR YT - No practice
- TBA - HS Conference Meets in JAN/FEB - Stay Tuned
- Spring Break - March 28-April 4 : ALL GROUPS
- Last Day of Practice - May 16

*** Due to some meets we will be adding Site Specific cancellations via email

8/Unders - Heather Tomesek



Focus on Foundation

Meeting Swimmer where they are

Meet Attendance

Required Equipment

8 and Unders / Swim School

- Goggles
- Cap
- Fins
- Hand Paddles - Check with your coach first
- Water Bottle - MANDATORY



Age Group - 9-12 - Shelley Gesker

- Stroke Work Emphasis
- Increased Yardage
- Selecting Events - Variety is good!
- Competition
- Winter Classic
- Lititz Meet (Family Travel)
- Feb Meets
- ISCA



Age Group (9-12)

- Caps / Goggles / Suit
- Fins
- Pull Buoy
- Hand Paddles - Finis Agility Paddles
- Kickboard - check with coach first
- Snorkel - check with coach first
- Water Bottle - MANDATORY



Seniors - Matt Wolff

- Something for Everyone!
- Senior Lock in and Retreat
- Meet Sign Up
- Practice Goals / Future Goals
- Balancing Swim / School / Social Life
- Communication with Coaches
- Travel Meets - Hoki - 52 athletes - Meet event requirements
- College Track
- ISCA Meet in Spring





Required Equipment Seniors

Seniors (13 and Over) Morning Group Practices

- Goggles
- Cap
- Fins - **Zoomer Fins**
- Hand Paddles - BOTH Finis Agility Paddle and Power Paddle
- Pull Buoy
- **Tempo Trainer**
- Water Bottle - MANDATORY
- Snorkel
- Power Bags (SOCKS)
- Alignment Board
- Chutes and Band



Dry-Land



Explosive Performance

Where: Tysons Sport and Health Club

When: Tuesdays and Thursdays 4:00pm-5:00pm

Cost: 8 week sessions

1 day/week \$120 | 2 days/week \$240

Email Brad Farrell - bfarrell@onelinefitness.com

Who: Ages 13 and Over

Capstone Performance Training

Where: Falls Church and Baileys Crossroads

When: You pick your days

Cost: \$180 per month (2 visits per week)

Email: FC Location Derek Fuller - derek@traincapstone.com

Baileys Crossroads Matt Bales - bales@traincapstone.com

Who: Consult with trainer



Welcome and THANKS!

