



2023/2024 Season  
Welcome to the Family!



# 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!





# YORK NEEDS MORE OFFICIALS!!



- **Officials Incentive Program**
- Only Certified officials will be eligible for the program

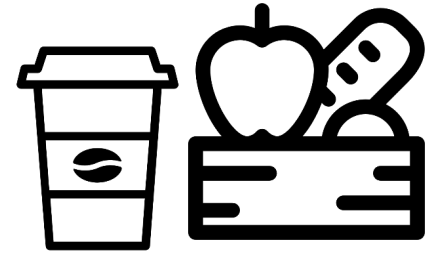


# Official "FAST FACTS"



Volunteer

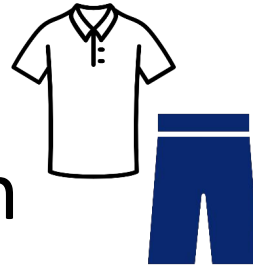
No cost



Hospitality



Fashion





# More Official "FAST FACTS"



## Entry Level POSITIONS



STROKE AND TURN JUDGE (ST)



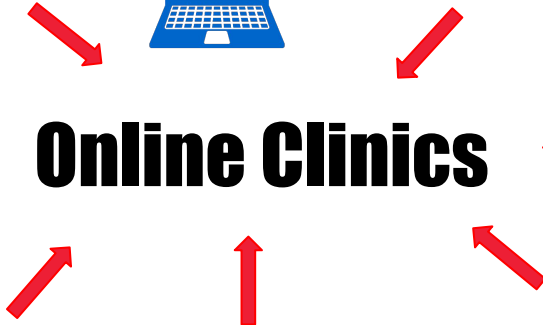
HY-TEK COMPUTER OPERATOR (CO)



ELECTRONIC TIMING  
SYSTEM OPERATOR (TO)



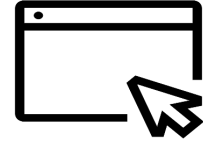
→ **Online Clinics** ←



I am in!!!



Now what?



ckotarski@gmail.com

571-521-9025



# 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)
- Melissa Holly - Swim School Director / Anything Swim School Related
- Julie Shafer - Phone Admin / USA Swimming Registration
- Kristin Wolff - Team Registration Admin / Meet Entry Questions / Website



# Welcome to York

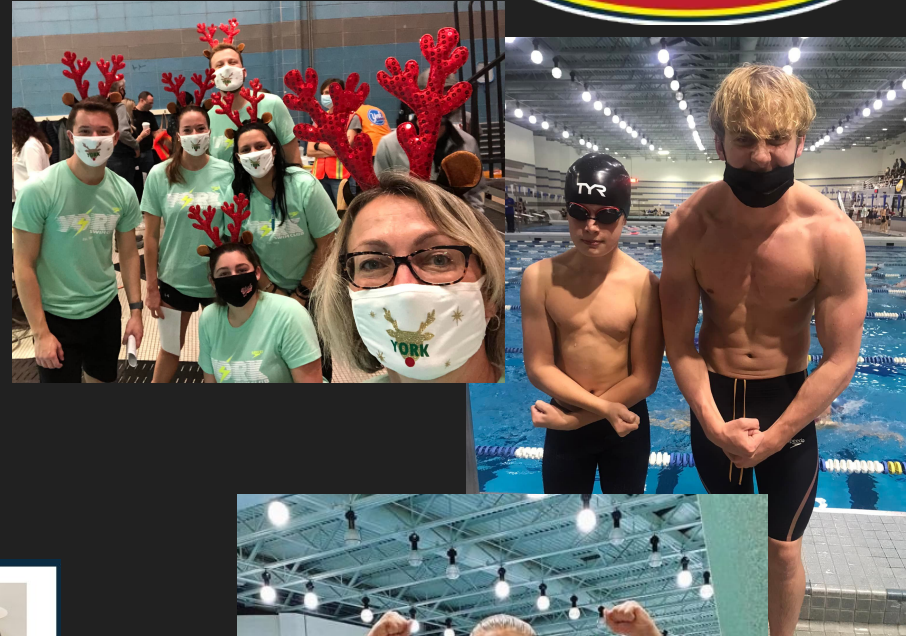
- History 1981
- Meets - Enter by the deadline  
1/month  
Billed per swim and “splash” - prepaid - NO REFUNDS
- Practice Procedures
- Team Activities
- Do not compare your swimmers
- Be Patient
- Renaissance







# Regular Team Procedures



- Practice Attendance and Makeups
- York Apparel
- Shirts and Caps
- Saturday Morning Practices Require Coach approval



			
<b>MID WEIGHT YORK HOODIE</b>	<b>YORK FLANNEL PANTS</b>	<b>YORK NORTH FACE BEANIE</b>	<b>YORK BEANIE</b>
\$34.95	\$32.50	\$34.95	\$31.95
<a href="#">View Details</a>	<a href="#">View Details</a>	<a href="#">View Details</a>	<a href="#">View Details</a>

# 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!

# New USA Swimming Registration Guidelines



- All NEW TO USA Swimming  
Registration email already sent - Must be completed ASAP
- All 2022/2023 and prior YORK Swim Club Families  
Registration deadline December 31, 2023.  
There is a system overload so please wait
- Questions about registration  
Julie Shafer  
[yorkswimclub81@gmail.com](mailto:yorkswimclub81@gmail.com)  
703-536-6338



New Registration Protocol

# Team COVID Procedures/Protocols



We follow all CDC and Facility Guidelines

TEAM EFFORT - We are all in this together!





# NO SWIM DATES

- Indigenous Peoples Day - October 9
- Halloween October 31 - No Afternoon or Evening Practices
- Veterans Day - Friday Nov 10 - YES!  
November 11 (YT Only - No Saturday Morning)
- Swim and Rock - November 17-18 - No OM workouts
- Thanksgiving Break - November 23-24
- Holiday Break - December 18 - January 1st (Holiday Schedule TBA)
- MLK - January 15
- Presidents Day - February 19 - (YT Only)
- TBA - HS Conference Meets in JAN/FEB - Stay Tuned
- Spring Break - March 23-30: ALL GROUPS
- Last Day of Practice - May 18

# 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
- Competition
- Winter Classic
- Hoki Meet
- Feb Meets

## Age Group (9-12)

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



# Seniors - Mat Campet



- 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



# 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



Where: Tysons Sport and Health Club - 8250 Greensboro Dr. McLean VA 22102

When: Mondays and Wednesdays 4:00pm-5:00pm

Starts Sept 12

Cost: 15 per session (need 10+ kids)

Who: Ages 13 and Over

## Capstone Performance Training

Where: Chantilly (main) / Falls Church / Baileys Crossroads

When: Variety of times

Who: Middle and High School

More info in email tomorrow!

