



CULLMAN SWIM & DIVE

Welcome Parents!

- Committee
- Coaches
- Practice Schedule
- Swim Meets
- Volunteers
- Other Items



CST Board Members

- Sara Hughes-Secretary
- Kayla Corliss
- Adriann Basch
- Natalie Caffey
- Erin Tidwell
- Stephanie Amuso- Treasurer
- Will Dowdy
- SaVann Mann
- Matt Davis

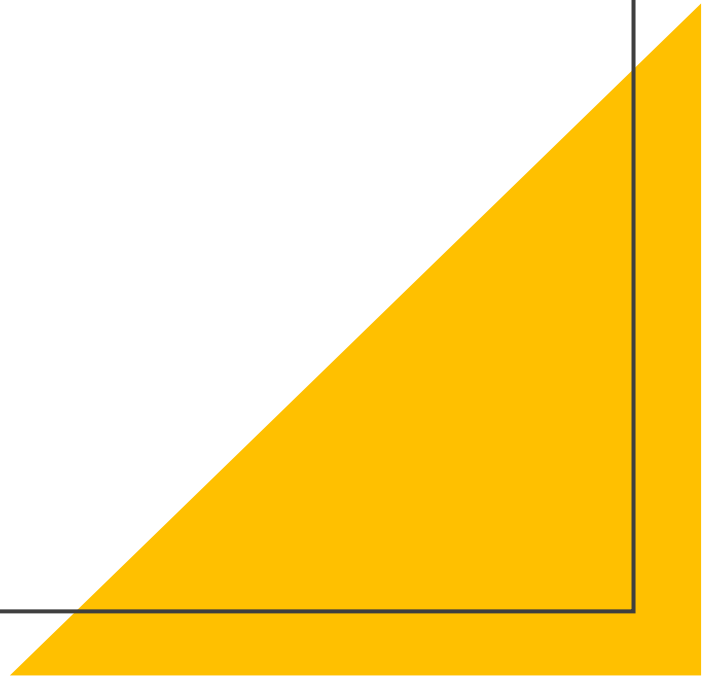


CST Board Member Vacancies for Next Season


- **3 vacancies open for next season**
- **Board tenure is 3 years/3 seasons**
- **Looking for parents who will strengthen the organization through fresh perspectives and expertise**

If you are interested in serving as a board member for next season, please contact a board member or email cullmanswimteam@gmail.com for further information on the role and responsibilities.


Coaches, Practices & Meets




Coaches



Charis Peek
Head Swim
Coach



Anna Page
Assistant Coach



Troy Mann
Assistant Coach



Anna Hilb
Assistant Coach

Practice Schedule

*** 2025 Summer Practices Start May 27th ***

	Gold	Silver	Bronze	Black	White	6 - Unders
Monday	7 - 8:30am	7 - 8:30am	8:30 - 9:30am	8:30 - 9:30am	8:30 - 9:30am	9:00-9:45am
Tuesday	7 - 8:30am	7 - 8:30am	8:30 - 9:30am	8:30 - 9:30am	8:30 - 9:30am	9:00-9:45am
Wednesday	7 - 8:30am	7 - 8:30am	8:30 - 9:30am		8:30 - 9:30am	9:00-9:45am
Thursday	7 - 8:30am	7 - 8:30am	8:30 - 9:30am	8:30 - 9:30am		INDOOR
Friday	7 - 8:30am	7 - 8:30am		8:30 - 9:30am	8:30 - 9:30am	



CST Practice



- Items needed for practice
 - swimsuit (any color)
 - goggles
 - swim cap
- Swimmers are encouraged to bring swim fins and a kickboard to every practice.
 - Parents can purchase at any retailer that sells these items.
 - [SwimOutlet](#)
 - [Amazon](#)



Swimmers to be on swim deck ready prior to the start of practice.

2025 CST Swim Meet Schedule

- Black and Gold Time Trial Meet— Tuesday, May 27th
- 5 Home Meets, 4 Away (Month of June)
 - Warm-ups for home meets are 4:30 to 5:00 pm
 - Warm-ups for away meets are 5:00 to 5:30 pm
- Madison Medal Meet – Saturday, June 14th
(optional to attend)
- District Meet – July 11-12, Madison, AL
 - ALL swimmers need to attend. Mark on your calendars TODAY!
- ARPA State Swim Meet – July 25-27, Albertville, AL
 - Only qualified swimmers/teams attend

2025 CST Swim Meet Schedule

2025 CST MEET SCHEDULE

May 27th (Tuesday) Black and Gold time trials at Cullman

June 3th (Tuesday) Jacksonville vs. Scottsboro vs. Cullman at Cullman

June 5th (Thursday) Cullman at Albertville

June 10th (Tuesday) Cullman Boys vs. Girls

June 12th (Thursday) Cullman at Arab

June 14th (Saturday) Madison Medal Meet

June 17th (Tuesday) Cullman Challenge at Cullman

June 19th (Thursday) Cullman at Jasper

June 24th (Tuesday) Boaz vs. Cullman at Cullman

June 26th (Thursday) Cullman at Madison

***July 11 - 12th** (Friday-Saturday) - ARPA District II Meet at Madison **(ALL SWIMMERS NEED TO ATTEND!!!)**

***July 25 - 26th** (Friday-Saturday) - ARPA State Championship Meet at Albertville

(For swimmers that qualify at ARPA District II meet)

- CST has a 6-meet requirement - Swimmers must attend 6 of the 9 regular swim meets.
- All swimmers need to attend the ARPA District Swim Meet July 11th & 12th.

Meet Sign-Up

9 Swim Meets

- Online sign-ups, this closes 48 hours before the meet.
- Talk directly with your coach after online sign-up closes.

Madison Medal Meet – June 14th

- Choose 5 Events (see website for events)
- \$5.00/event + \$5 surcharge
- Online Meet Entry - Deadline TBA

District Meet – July 11 & 12th

- Choose 3 Individual Events
- **There will be NO spectator fee at the door or parking fee, instead an additional \$10 per swimmer will be collected prior to the event by CST. The \$10 per swimmer covers both days not per day charge. More information to come.**



First Meet: Black & Gold Trial Meet

Tuesday, May 27th

- Wear Team Suit
 - black one piece swimsuit
 - black “jammers” for boys
- Warm-ups at 4:30pm
- Meets starts at 5pm
- **Declare online if “Attending” or “Not-Attending”**
- Need Veteran Parents to volunteer with New Parents



ARPA STATE MEET in Albertville, AL July 25-27th

- **State Qualifying Time (SQT) – See website for times** . Swimmers with SQT advance to State, including 6&U
- Top 4 regardless of time advance to State
9 Relays per age group advance from **District 2**
- Mixed relays – Each age group will have a mixed free relay and mixed medley relay.
- Mixed relays must consist of two males and two females from the same age group or one age group below.

What To Bring To A Meet

- Suits, goggles, and CST cap (may want extra goggles and caps as they can break during a meet)
- 2-3 Towels per swimmer
- Water/Sports Drinks
- Snacks
- Money for food
- Pop-up Tent
- Chairs and/or Blankets
- Dry change of clothes
- Swim meets are not known for their brevity. Play cards, read the paper, play games, torture your children, or you can **ALWAYS Volunteer.**



How to declare your swimmers for swim meets?

1. Login to your CST account

2. Click on "Events and Competition"

3. Click on the Team Events tab

The screenshot displays the CST Events and Competition interface. At the top, there is a navigation bar with a yellow 'Subscribe' button, a search bar labeled 'Search for Events', and a blue 'Customize Filters' button. Below this, a list of events is shown, each with a date badge, title, details, and an 'Attend / Decline' button. The events listed are:

- May 01 2023**: Mandatory Parent Orientation-Monday (Attend ONLY One Date)
01 May 2023 Event Category: Misc
Who: ALL CST Parents
When: Monday, May 1, 2023 6:00 PM
Location: Active Adult Center, 1625 Cleveland Ave SW, Cullman, AL 35055
Please sign up to attend
- May 06 2023**: Mandatory Parent Orientation-Saturday (Attend ONLY One Date)
06 May 2023 Event Category: Misc
Who: ALL CST Parents
When: Saturday, May 6, 2023 9:00 AM
Location: Active Adult Center, 1625 Cleveland Ave SW, Cullman, AL 35055
Please sign up to attend
- May 18 2023**: 2023 CULLMAN STROKE AND TURN OFFICIALS CLINIC
18 May 2023 Event Category: Misc
CULLMAN STROKE AND TURN OFFICIALS CLINIC
What: Introduce prospective swimming stroke and turn officials, and parents of current or new swimmers, to the fundamental aspects of officiating swimming and provide a platform of classroom training to these individuals.
Why: Officials are required by ARPA (Alabama Parks and Recreation) as well as USA Sw
- Jun 17 2023**: 2023 Madison Medal Meet (Optional)
17 June 2023 Event Category: Swim Meet
Madison Medal Meet Invitational is an optional meet for all interested swimmers. There is a fee to swim based on the number of events the swimmer swims.
The facility address is

An annotation for step 4, '4. Click Attend/Decline', is shown in a red box with a red arrow pointing to the 'Attend / Decline' button for the June 17 event.

How to declare your swimmers for swim meets?

2023 Madison Medal Meet (Optional)
Jun 17, 2023

My Account: Basch, Adriann 2563392543 Registration Deadline: 06/12/2023

Click on Member Name to declare for this Event:

[VIEW DEMO](#)

Member Name	Member Commitment	Last Updated
Ezra Basch *Active	Undeclared	
Preslie Basch *Active	Undeclared	

5. Click on swimmer's name

Team Events

2023 Madison Medal Meet (Optional) (Jun 17, 2023)

Member Athlete: Ezra Basch

*Declaration
--SELECT--
Yes, please sign (Ezra) up for this event
No, thanks. (Ezra) will NOT attend this event

8. Click Save Changes

6. Click "Select"
7. Choose the "Yes" or "No" option

Save Changes

New Swim Parents

- **Every parent has a “Rookie Swim” season.**

Ask other parents for tips, advice, and help.

- A FAQ, along with a Common Swimming Terms, document are available for you on the CST website! Check it out!!



***The swim meet cannot function without our parent volunteers**

*60+ Volunteers needed for home meets

*25+ Volunteers needed for away meets

*No experience needed for most jobs

*On the job training

*Only work half of the meet

*Black and Gold meet is the BEST time to begin!!

"Volunteers aren't paid, not because they are worthless, but because they are priceless"
Anonymous

Volunteer Incentives

Lack of volunteers can cause a delay in meets starting on time.

Require some parents to volunteer more sessions than required.

Track participation by family.
Volunteer a minimum of 5 times during the season **per family**.

For those who do not complete the requirements a fee of \$300 will be charged to your account at the end of the season.

The Team needs everyone to do their fair share.
Let's be the example.

Volunteering Opportunities

VOLUNTEER



Home and Away Meets	Additional Home Meet Opportunities
Timers- 16 (8 per half) Records the swimmer's time.	Head Timer-2 (1 per half) In charge of lane timers during the meet.
Ribbon/Merchandise- 2 (1 per half) This job will be appointed and reserved for families that have communicated a specific need for this role.	Runner- 2 (1 per half) Responsible for taking lane timer sheets per event to scoring table.
Place Judge- 2 (1 per half) Judges the order of swimmers finishing the races.	Bullpen-6 (3 per half) Organizes swimmers per event, heat, and lane and ensuring they are ready for their race.

Volunteer Meet Officials

- Please consider training to become a Stroke and Turn official
- Always in need for new officials
- Train with experienced team Stroke and Turn officials
- If interested, training will be held before the beginning of the season. Look for updates on date and time
- Sign-up on website

Home and Away Meet	Home Meets Only
Stroke and Turn Judges-4	Meet Referee-1
	Meet Starter-1





Volunteer Sign-Up

Sign-up on through
the website.
Click link for detailed
information

[How to sign-up to
volunteer](#)

Use the login you have
for registration

Select the meet, job
and session you wish to
sign up for



Volunteer Information

- Please report promptly to your selected job.
- Meets can't start until everybody is in place
- A sign-in sheet at each meet will log your participation.
- If you can't make a meet you signed up for, let us know as soon as possible so a replacement can be found.

Swim meets can't happen without volunteers.
Thank you!

Team Website

Website [Cullman Swim Team](#)

TeamUnify Platform

- Registration, Meet Signup, Volunteer Signup

Information on:

- Practice Schedule
- Meets, Maps of away team pools
- District and State details

Team E-Mail cullmanswimteam@gmail.com

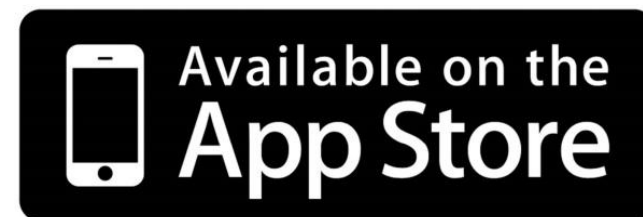


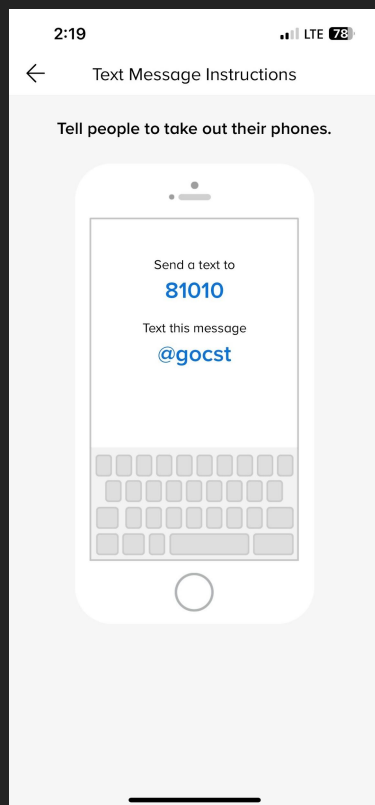
The Cullman Swim and Dive Team (CST) is a summer league competitive swim and dive team offered through Cullman Parks and Recreation. We have high quality age-appropriate coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability. Our team members are ages 5-18 from the Cullman County area.



Meet Mobile

- Track events and timeline
- Get real-time results for your swimmer
- Annual fee \$9.99 to get results.





STAY IN THE
KNOW!
Text
@gocst to
81010





Apparel

- All swimmers get one team shirt that is included in registration fee.
- All swimmers must purchase a personalized swim cap (\$20/2 caps.) This is encouraged for ease of swimmer identification during the meets.
- Team shirts and hats will be sold this year. Look for more info to come!

CST Sponsorship



CULLMAN SWIM TEAM 2025 SPONSORSHIP FORM

PLATINUM \$750

- VIP Meet Sponsor Multiple Business Highlights at every home meet
- Prime placement of business name on banner at CWAC
- Business name on CST website & social media pages

DIAMOND \$500

- Multiple business highlights at every home meet
- Placement of business name on banner at CWAC
- Business name on CST website & social media pages

GOLD \$300

- Business highlight at every home meet
- Placement of business name on banner at CWAC
- Business name on CST website & social media pages

SILVER \$150

- Business highlight at every home meet
- Business name on CST website & social media pages

Friends and Family Sponsorship: (any amount) _____

PLEASE MAKE ALL CHECKS PAYABLE TO CST
PLEASE SEND BUSINESS LOGO TO cullmanswimteam@gmail.com

BUSINESS/FAMILY NAME _____

PHONE _____

EMAIL _____

ADDRESS _____

CONTACT NAME _____



THANK YOU FOR YOUR SUPPORT

CST Awards Banquet

- **Sunday, August 10, 2025 2:00-4:00pm**
- **Traditions Bank Banquet Hall (across the street from Traditions Bank.**

More Information To Follow

Swimmer Conduct



- Good behavior is expected of swimmers at all times, especially when practicing with the team, using facilities, equipment, and representing the team at a meet.



- Respect the Wellness and Aquatic center at all times!



- Be respectful of patrons exiting the facility as CST is entering for swim meets.

Parent Conduct



- Encourage good sportsmanship by demonstrating positive support for all participants, Coaches, Officials, Board Members, and Staff at a team-sponsored event either at home or away



- If you as a parent have a concern or an unforeseen issue arises during a swim meet, take time to talk with coaches in an appropriate manner including the proper time and place. Be sure to follow the designated chain of command.



- Respect the Cullman Swim Team rules and regulations, and agree to abide by those rules, responsibilities, and Code of Conduct.



CULLMAN SWIM & DIVE