



**CULLMAN SWIM & DIVE**

# Welcome Parents!

## Agenda

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



# Committee Members

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President: Jose Rodriguez

Vice President: Justin Aaron

Treasurer: Julie Below-Cole

Secretary: Sara Hughes

District II Rep - Dianne Evans

Diving Coordinator - Dianne Evans

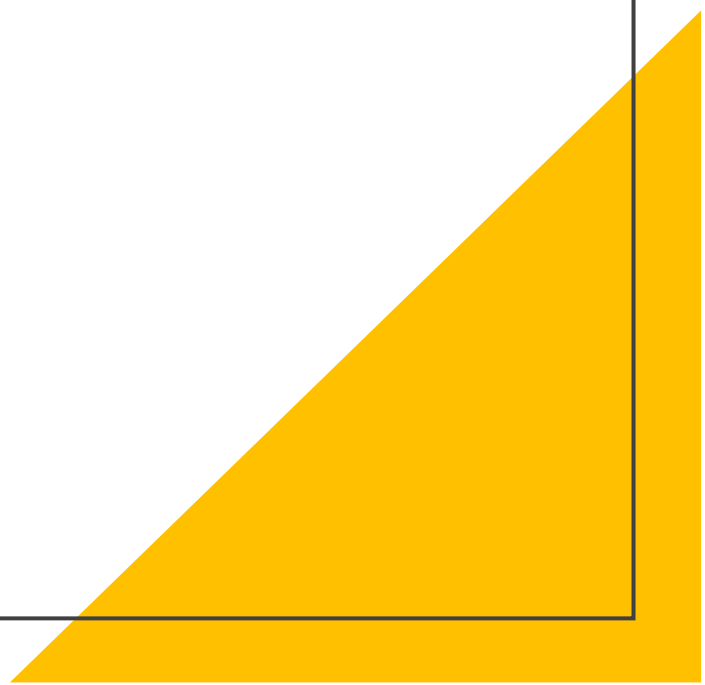
Head Coach - Charis Peek

**CST Board Members: Tracy Smith, Kira Long, Ashley Lackey**

**CST Board Members: Tracie McPhillips, Adriann Basch, Stephan Reese, Kayla Corliss**



# Coaches, Practices & Meets





# Coaches

Charis Peek  
Head Swim  
Coach

Logan Holley  
Assistant Coach

Dianne Evans  
Dive  
Coordinator

Reagan Martin  
Dive Coach

# Practice Schedule

**\* 2023 Summer Practices Start May 30<sup>th</sup> \***

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

# 2023 CST Swim Meet Schedule

## 2023 CST MEET SCHEDULE

May 30<sup>th</sup> (Tuesday) Black and Gold time trials at Cullman

June 6<sup>th</sup> (Tuesday) Ft. Payne vs. Cullman at Cullman

June 8<sup>th</sup> (Thursday) Cullman at Scottsboro

June 13<sup>th</sup> (Tuesday) Decatur vs. Albertville vs. Cullman at Cullman

June 15<sup>th</sup> (Thursday) Cullman at Arab

June 17<sup>th</sup> (Saturday) Madison Medal Meet at Madison (OPTIONAL)

June 20<sup>th</sup> (Tuesday) Cullman Challenge at Cullman

June 22<sup>th</sup> (Thursday) NO MEET

June 27<sup>th</sup> (Tuesday) Boaz vs. Cullman at Cullman

June 29<sup>th</sup> (Thursday) Cullman at Madison

**\*July 7-8<sup>th</sup>** (Friday-Saturday) - ARPA District II Meet at Scottsboro **(ALL SWIMMERS NEED TO ATTEND!!!)**

**\*July 21- 22<sup>nd</sup>** (Friday-Saturday) - ARPA State Championship Meet at Birmingham Crossplex

**(For swimmers that qualify at ARPA District II meet)**



# Swim Meets

- Warmups for home meets are at 4:30 to 5:00 pm
- Warmups for away meets are at 5:00 to 5:30 pm
- Swimmers to be on deck ready 5 mins prior to warmups  
Meet starts at 5:30 pm.
- CST has a 6-meet requirement  
- Swimmers must attend 6 of the 9 swim meets.

# 1st Swim Meet of the Year: Black & Gold Meet

- **Tuesday, May 30th**
- Warmup is at 4:30 pm  
Meet Starts 5:00 pm
- Cullman time trial meet, **everybody swims.**
- Declare online
- Everybody swims every event, where possible.



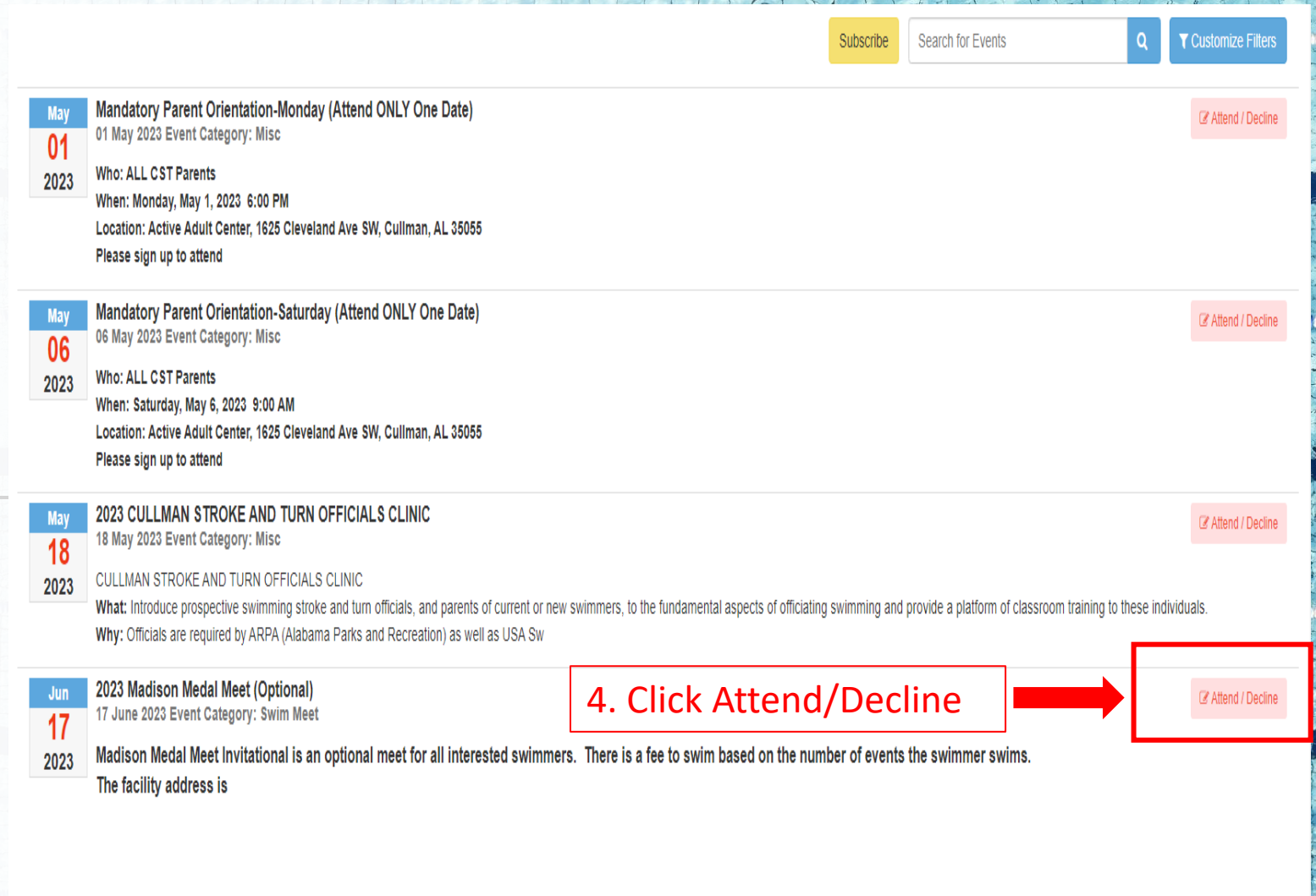


# How to declare your swimmers for swim meets?

1. Login to your CST account

2. Click on "Events and Competition"

3. Click on the Team Events tab



The screenshot shows a website interface for swim meet registration. At the top right, there is a yellow 'Subscribe' button, a search bar labeled 'Search for Events' with a magnifying glass icon, and a blue 'Customize Filters' button. Below this is a list of four events, each with a date badge, title, details, and an 'Attend / Decline' button. The first event is on May 01, 2023. The second is on May 06, 2023. The third is on May 18, 2023. The fourth is on Jun 17, 2023. A red box highlights the text '4. Click Attend/Decline' with a red arrow pointing to the 'Attend / Decline' button of the fourth event.

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

4. Click Attend/Decline

# How to declare your swimmers for swim meets?

2023 Madison Medal Meet (Optional)  
Jun 17, 2023

My Account: Basch, Adriann 256339543 Registration Deadline: 06/12/2023

Click on Member Name to declare for this Event:

[VIEW DEMO](#)

Member Name	Member Commitment	Last Updated
<a href="#">Ezra Basch</a> *Active	Undeclared	
<a href="#">Preslie Basch</a> *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

A hand holding a silver stopwatch in the foreground, with a swimming pool and lane markers in the background. The image is partially obscured by a white, torn-paper-like graphic on the right side.

# When To Sign-Up For a Swim Meet?

## Dual Meets:

Online Sign-up, this closes 48 hours before the meet.

- If you miss deadline - Talk directly with Coach Charis after online sign-up closes.

**Madison Medal Meet** – Saturday June 17th, 2023 (optional)

- Choose 5 Events (see website for events)
- \$5.00/event + \$5 surcharge
- Online Meet Entry - Deadline Sunday the 13th of June

**District – 7 & 8th of July** \*Every swimmer has a chance to qualify for state!

- Choose 3 Individual Events (under discretion of the Coaches)
- Meet Fees already included in registration
- Indicate availability for Relays

Online Meet Entry - Deadline Monday the 19th of June



# 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 trucks
- 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.**



# ARPA STATE MEET

- **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.



# 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.

# 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**

\*50+ 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

# 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 at CWAC on Thursday, May 18, 2023, at 5:30 pm
- Sign-up on website

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



# Volunteer Incentives

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

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Require some parents to volunteer more sessions than required.

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

\*New this year\* 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.



# Volunteer Sign-Up

Don't Delay!

Volunteer sign-up sheets are available at Parent Meeting. 1st come 1st serve basis.

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# Team Website

- Integrated Registration
- Meet Signup
- Volunteer Signup
- Practice Schedule
- Meets, Maps of away team pools
- District and State details



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

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







# Apparel

- All swimmers get a team shirt.
- All NEW swimmers will get one CST team swim cap.
- All swimmers have the option to purchase a personalized swim cap (\$15/2 caps.) This is encouraged for ease of swimmer identification during the meets.
- Other CST apparel can be purchased through Initial Impressions through an online store.

# CST Sponsorship

All sponsorship support is due by  
Monday, May 8th.



## CULLMAN SWIM TEAM 2023 SPONSORSHIP FORM

### DIAMOND \$750

- 3 Business Highlights at every home meet by announcer
- Prime placement of business name on banner at CWAC
- Prime placement of business name on team shirt
- Business name on CST website & social media pages

### GOLD \$500

- 1 Business Highlight at every home meet by announcer
- Placement of business name on banner at CWAC
- Placement of business name on team shirt
- Business name on CST website & social media pages

### SILVER \$250

- Placement of business name on team shirt
- Business name on CST website & social media pages

### BRONZE \$100

- Business name on CST website & social media pages

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PLEASE MAKE ALL CHECKS PAYABLE TO CST  
PLEASE SEND BUSINESS LOGO TO [cullmanswimteam@gmail.com](mailto:cullmanswimteam@gmail.com)

# Team Pool Party and CST Awards Banquet

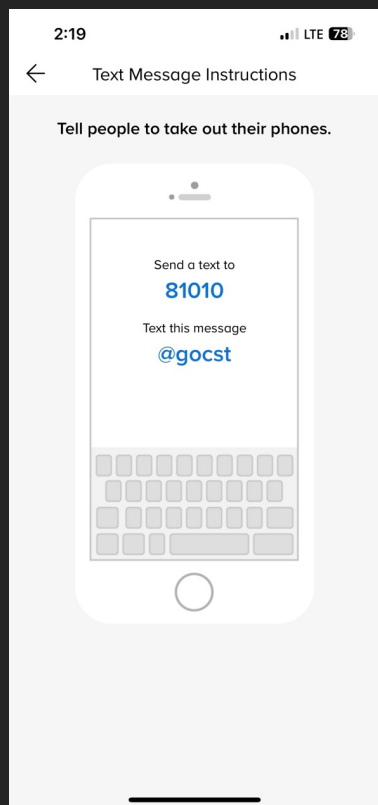
## CST Pool Party

- Tuesday, July 11, 2023
- 4:00-6:00pm
- Wild Water CWAC

## CST Awards Banquet

- Sunday, August 13, 2023
- 2:30pm
- Loft 212

**More Information To Follow**



STAY IN THE  
KNOW!  
Text  
@gocst to  
81010





# Please Sign and Return the Parent Code of Conduct Form

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## Parent Code of Conduct and Acknowledgment of Responsibilities

I hereby pledge to provide positive support, care, and encouragement for my child participating in the Cullman Park and Recreation Cullman Swim and Dive Team by following this Parents Code of Conduct pledge.

We feel that parents play a vital role in the development of all swimmers and divers, therefore, we believe in the following:

1. I will 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.
2. I will place the emotional, psychological, and physical well-being of my child, and any other child on my team ahead of any personal desires I may have.
3. I will insist that my child participates in a safe and healthy environment.
4. I will support all coaches, board members, and others working with my child, in order to encourage a positive and enjoyable experience for all.
5. I will accept that striving to win is more important than winning itself.
6. I will remember that the team is for the youth and – not for adults.
7. I will ask my child to treat other participants, coaches, board members, parents, and spectators with respect regardless of race, sex, creed, or ability.
8. I will, along with any guest of mine, refrain from any and all vulgar, lewd, or obscene language or gestures while participating in, or watching any team-sponsored event whether at home or away.
9. Be a positive role model through my own actions to make sure my child has the best athletic experience possible.
10. Be a "team" fan, not a "my kid" fan.
11. Show respect for the opposing swimmers, divers, coaches, spectators, and support groups.
12. Be respectful of all officials' decisions.
13. Don't instruct your children before or after a meet, because it may conflict with the coach's plans and strategies.
14. Praise swimmers/divers in their attempt to improve themselves as students, athletes, and as people.
15. Gain an understanding and appreciation for the rules of the contest.
16. Recognize and show appreciation for an outstanding swim by either team.
17. 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.
18. Please reinforce our drug, alcohol, and tobacco-free policies by refraining from the use of any substances before and during athletic events.
19. I will direct all comments and criticisms of parents, participants, officials, board members, and coaches away from the children participating on the team, and conduct myself in a calm, civilized manner when doing so.
20. I will respect the Cullman Swim and Dive Team rules and regulations, and agree to abide by those rules, responsibilities, and Code of Conduct. Violations of these rules could result in disciplinary action up to and including permanent dismissal from the Cullman Swim Team.
21. I acknowledge that I will NOT post anything on any platform of social media that shows any level of negativity towards any player, coach, parent, referee, or team.
22. I understand that my participation by volunteering at the swim meet is a vital part of being part of this team.
23. I understand I must volunteer a minimum of 5 times during the season and am encouraged to volunteer at both home and away meets (swim team families only.)
24. I understand that if I do not meet the volunteer requirements a fee of \$300.00 will be charged to my account at the end of the season (swim team families only.)

In order to participate in the Cullman Swim and Dive Team, this form must be signed and dated. Failure of the parent or guardian to read and sign this form will automatically render the parent ineligible to participate in the team activities at home or away. In addition, by signing this form, the signee agrees to abide by the guidelines set forth in the Code of Conduct and Acknowledgement of Responsibilities form. Also, by signing, you agree to be responsible for the actions and conduct of yourself and anyone who attends to watch the participant related to this form.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name Printed: \_\_\_\_\_

Swimmer's name: \_\_\_\_\_

**\*Note\* Only one form per swim/dive family needs to be signed\***



THANK YOU!

**CULLMAN SWIM & DIVE**