

# Welcome to the 2025 Narwhals Season!

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## Practice Schedule

Before Nazareth schools get out for summer, we'll swim at the **Nazareth Middle School from 4:15 pm - 5:15 pm Monday - Friday**. Please refer to the tables on the right to see when your age group will practice.

\*\*\*No practice Monday 5/26\*\*\*

Week 1: 5/19 - 5/23					
Date	Mon	Tue	Wed	Thu	Fri
8 & under	Meet the Coaches 4:30pm	OFF	OFF	OFF	4:15 - 5:15
9 & 10		OFF	OFF	4:15 - 5:15	OFF
11 & 12		OFF	4:15 - 5:15	OFF	OFF
13 & over		4:15 - 5:15	OFF	OFF	OFF
Weeks 2-4: 5/26 - 6/13					
Date	Mon	Tue	Wed	Thu	Fri
8 & under	OFF	4:15 - 5:15	OFF	4:15 - 5:15	OFF
9 & 10	OFF	4:15 - 5:15	OFF	4:15 - 5:15	OFF
11 & 12	4:15 - 5:15	OFF	4:15 - 5:15	OFF	4:15 - 5:15
13 & over	4:15 - 5:15	OFF	4:15 - 5:15	OFF	4:15 - 5:15

We'll switch to our **morning practice schedule on 6/16 at the Nazareth Middle School**. Starting on **6/23 practice will be at the pool at Nazareth Borough Park**.

**13 & over:** Mon - Fri | 7:15 am - 8:15 am  
**11 & 12:** Mon - Thu | 8:15 am - 9:15 am  
**9 & 10:** Mon - Thu | 9:30 am - 10:30 am  
**8 & under:** Mon - Thu | 10:45 am - 11:30 am

**Friday Fun Day!**  
**All age groups**  
**8:30 am - 9:30 am**

\*\*\*For those who can't attend morning practice, **evening practices** will be offered on **Mondays and Wednesdays** at Heil Pool (900 Packer St, Easton) starting at 6pm or 7pm depending on the week.

## Meet Schedule

Swimmers must attend at least (3) dual meets to be eligible for Champs. Arrival time for dual meets is between 4:45 and 5:15pm.

Thu 6/26	<b>HOME</b> vs Pburg	Tue 7/15	<b>HOME</b> vs Belvidere
Tue 7/1	<b>HOME</b> vs Easton	Thu 7/17	<b>AWAY</b> at Hackettstown
Thu 7/3	<b>AWAY</b> at HCY	Sat 7/19	<b>Last Chance Meet</b> at Belvidere
Tue 7/8	<b>HOME</b> vs Bethlehem	Sat 7/26	<b>League Champs</b> at Phillipsburg
Thu 7/10	<b>AWAY</b> at Two Rivers		

## Team Suits, Apparel, and Equipment

All swimmers should have a team suit, a practice suit, goggles, a towel, and sunscreen. Caps are recommended, especially for swimmers with long hair. **Team caps will be available to purchase for \$10.**

Team suits can be purchased at **A&H Sportswear at 1700 Sullivan Trail Easton, PA 18040**. Tell them you are on the Narwhals Swim Team and they will help you pick out the right suit.

Team apparel is not required but it's a fun way for swimmers and fans to show their Narwhals pride! **Items can be purchased at the below link until 6/13.**

[https://stores.inksoft.com/narwhals\\_swimming\\_apparel\\_sprin/shop/home](https://stores.inksoft.com/narwhals_swimming_apparel_sprin/shop/home)

## **Work Bond and Volunteering Requirements**

- There is a **\$200 workbond per family** due by the first practice.
  - Checks can be made out to **Blue Eagle Swim Team**
  - No check is cashed unless you do not fulfill your volunteer obligation. Every family needs to **volunteer 3 times** over the course of the summer.
  - Job sign-ups can be found on the [‘Meet & Events’ section of our website](#).
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## **Important Dates**

- 5/27 | 5/30 - Bring a friend week!
  - 6/11 | Team Fundraiser at Rita’s in Nazareth | 6:00 pm - 8:00 pm
  - 6/13 | Team Apparel Orders Due
  - 6/20 | Pep Rally at the Middle School | 10:00 am - 11:30 am
  - 6/24 | Team Fundraiser at Red Robin in Easton | 4:00 pm - 8:00 pm
  - 6/30 | Team Pictures at the Boro Pool | 9:00 am
  - 7/24 | End of the Season Party at Stehly’s | 5:30 pm - 7:30 pm
  - 7/26 | PJSL Championship Meet @ GPS
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## **Contact Information**

Jess Howk, Head Coach - [coachjess@blueeagleswimteam.org](mailto:coachjess@blueeagleswimteam.org)

Lisa Palochik, Team Admin - [narwhaladmin@blueeagleswimteam.org](mailto:narwhaladmin@blueeagleswimteam.org)

Heather Major, Meet Coordinator- [narwhalmc@blueeagleswimteam.org](mailto:narwhalmc@blueeagleswimteam.org)

Sarah Shive, Volunteer Coordinator- [narwhalvc@blueeagleswimteam.org](mailto:narwhalvc@blueeagleswimteam.org)

Kelly Salmon, Food Coordinator - [narwhalfc@blueeagleswimteam.org](mailto:narwhalfc@blueeagleswimteam.org)

Cynthia Spencer, Event Coordinator - [narwhalec@blueeagleswimteam.org](mailto:narwhalec@blueeagleswimteam.org)

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Visit our website often for news, event information, meet sign-ups and volunteer job sign-ups!

<https://www.gomotionapp.com/team/recbest/page/home>

## **Frequently Asked Questions**

### **Is my child ready for the swim team?**

If your child can safely swim unassisted across the length of the pool then yes, they can join the Narwhals Swim Team!

### **What equipment do swimmers need for practice?**

Swimmers need a bathing suit, cap, goggles (mirrored are best for outside), sunscreen, towel, and water bottle.

### **What are the practice attendance requirements?**

While we don't have a strict attendance policy, we encourage swimmers to come to as many of the 5 practices offered per week as possible. We understand that some practices will be missed for vacations, camps, and other summer plans.

### **What are the swim meet attendance requirements?**

Swimmers need to swim in at least 3 dual meets in order to be eligible for the Championship meet. Please be sure to declare swimmers' attendance to all swim meets on the 'Meets & Events' section of our website.

### **What should swimmers bring to swim meets?**

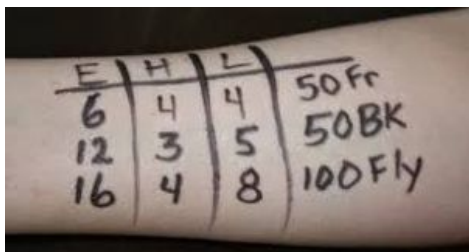
At meets, swimmers will need a team suit, team cap, goggles, towel (more than 1 is helpful), sunscreen, water bottle, snacks, and activities to keep them busy between races (a deck of cards, bracelet making kit, etc), warm clothes for when it gets chilly at night.

### **What should parents bring to swim meets?**

Parents will want to have lawn chairs or blankets to sit on, food and drink, a pen or sharpie to help swimmers write down their events, and cash for the concession stand.

### **How do I know what my child is swimming at a meet?**

A coach will send an email containing meet entries to all families on the day of the meet. Meet entries are subject to change up until the start of the meet, but all swimmers should come to the meet already knowing which events they are likely swimming. To remember what they're swimming, some swimmers find it helpful to write their events on their arm or a piece of paper. This is something you can begin before arriving to the meet to save time once the meet begins.



**E** = Event

**H** = Heat\*

**L** = Lane\*

(\*Heats and Lanes can be filled in once heat sheets are published at the start of the meet)

### **How many events can a swimmer compete in at a meet?**

Swimmers may compete in up to four events: one free relay, one medley relay and two individual events OR one relay and three individual events.

### **What is a free relay and a medley relay?**

A free relay has 4 swimmers who each swim freestyle. A medley relay has 4 swimmers who each swim a different stroke. The order of the medley relay is always 1. Backstroke, 2. Breaststroke, 3. Butterfly, 4. Freestyle.

## What is a heat sheet?

A heat sheet is a document that lists the order of events at a swim meet, including the heat and lane assignments for each swimmer. At each meet, coaches, officials, and marshals will get copies of the heat sheets. Parents and swimmers can find a heat sheet posted in our team area.

1	<b>Event 8 Men 100 Yard Butterfly</b>					2
	NCAA:	42.80	3/23/2018	Caeleb Dressel		
	Meet:	42.80	3/23/2018	Caeleb Dressel		
	American:	42.80	3/23/2018	Caeleb Dressel		
	U. S. Open:	42.80	3/23/2018	Caeleb Dressel		
	Lane	Name	Yr	School	Seed Time	5
3	<b>Heat 1 of 6 Prelims</b>					
	1	Torepe-Ormsby, Taiko	JR	Wisconsin	46.44	
	2	Whelehan, Colin	SO	UNC	46.29	
	3	Zubik, Jan	JR	Missouri	45.99	
	4	Robinson, Logan	FR	FSU	45.94	
	5	Jensen, Matthew	5Y	California	45.95	
4	6	Applebaum, Frank	5Y	California	46.25	
	7	Jones, Charles	JR	Wisconsin	46.40	
	8	McDonald, Mario	5Y	OSU	46.75	
	<b>Heat 2 of 6 Prelims</b>					
	1	Schmitt, David	SO	Harvard	45.75	
	2	Branon, Ryan	JR	Texas	45.63	
	3	Espenberger, Martin	JR	Tennessee	45.43	
	4	Klinge, Matthew	FR	OSU	45.39	
	5	Chmielewski, Michal	SO	USC	45.40	
	6	Lunak, Seb	SO	UNC	45.56	
	7	Gentry, Landon	JR	VT	45.72	
	8	Walker, Logan	SO	Texas	45.94	
	<b>Heat 3 of 6 Prelims</b>					

1. Event number
2. Gender, age group, event length and stroke
3. Heat number
4. Lane Assignment
5. Best time of the season

## What is a 'live heat'?

The heat in which some or all of the swimmers' times will count toward our overall team score. We can only have 3 "live" swimmers/relay teams per event.

## What is an 'exhibition heat'?

A heat in which some or all of the swimmers' times do not count toward our team score. You'll see **EXH** next to a swimmer's name in the heat sheet if they are swimming "exhibition".

## How is a meet scored?

In the Penn Jersey Swim League (PJSL), individual and relay events are scored as follows: 1st place – 5 points; 2nd place – 3 points; 3rd place – 1 point. No team is allowed to sweep an event, so if a team scores 1st, 2nd, and 3rd, they will earn 8 points and the opposing team will earn 1 point.

## What is a 'DQ'?

Disqualification. Swimmers get DQ'd if they swim a stroke incorrectly. If a swimmer is DQ'd, their swim doesn't count toward team scores or Champs qualifying times. DQs help coaches know what skills swimmers need to work on, and should be viewed as a learning opportunity!

## How does a swimmer qualify for Champs?

A swimmer needs to compete in at least three dual meets AND achieve a recorded qualifying time.

## What happens if there are thunderstorms or other adverse weather conditions?

Swimmers must clear the pool when lightning/thunder is seen/heard and cannot return until 30 minutes after the last time it was seen/heard. This applies to both indoor and outdoor pools. If thunderstorms are in the forecast, please be sure to check your email for communication on a possible cancellation before leaving your house for practice or a meet.

## Do I need one workbond check per swimmer on the team?

No, we ask for one workbond check per family.

## Do concession donations count toward my volunteer requirements?

No, the concession stand donations are separate from the volunteer requirements.

## **Volunteer Job Descriptions**

### **Announcer**

- Seated at 'Announcer Table' on pool deck. Needs a strong, clear voice.
- Use speakers with a microphone. Requires extension cord, table & tent. Equipment provided.
- Play the "National Anthem" over the mic from your phone at the beginning of the meet.
- Make announcements as directed by our Head Coach and Meet Coordinator.
- Read event, heat, and names of the swimmers for each race.

### **Backup Timer**

- Runs 2 extra watches as backups for every race.
- Stand along the side of the pool and look for lane timers who raise their hand. Bring them a watch to replace theirs immediately.

### **Concession Stand**

- Help set up/tear down and sell items (bring a chair to sit).
- Deliver water bottles & snacks to on-deck volunteers.
- Responsible for cash during the meet.

### **Finish Judge**

- Sit on one side of the pool near the blocks.
- Record order of finish for each race.

### **Marshal**

- Help your designated age group of swimmers line up for their events behind the correct lane.
- Signs and a heat sheet will be provided.

### **Photographer**

- Must use an SLR camera (not phone) to take pictures at the meet.
- Try to get candid photos, faces, and smiles, as well as action shots.
- We will give you a flash drive to hand in picture files or a link to upload them.

### **Runner**

- Collect timer sheets from Timers at each lane, take to scorer table, and post results.

### **Scorer Table Assistant**

- Assist the laptop operator inputting times by reading times from the sheets that the runner delivers to the scorer table.
- Assist in confirming the meet score.
- Help put stickers on awards.

### **Scorer Table Lead (Statistician)**

- Use the team laptop to record times and score the meet.

### **Set Up / Tear Down (tables & tents)**

- Set up tables/tents for the scorer table, concession stand, and announcer.
- Help coaches if needed with flags and blocks.

## Volunteer Job Descriptions, cont'd

### **Starter / Referee**

- Must take PJSL exam to be designated as a Meet Referee.
- Will run the 'starting system' for the meet.
- Controls the flow and speed of the meet.
- Has overall control and decision-making power over "wet" side matters.

### **Stroke & Turn Official**

- Must take PJSL exam to be designated as a Stroke & Turn Official.
- Will watch the swimmers for proper stroke execution and disqualify swimmers for rule infractions.

### **Timer**

- Report to the Timer Meeting before the start of the meet.
- Run a stopwatch for each race and record the times.

In addition to these jobs, the Event Coordinator will have **opportunities outside of swim meets** that parents can sign up for – for example, assisting at picture day and at the end of the season party.

When we go to invitational meets like the Last Chance Meet, the host team may ask for extra help from our parents. For Championships, the host team will assign us a specific number of volunteer spots. **These shifts WILL count toward your volunteer requirement.**

## Glossary

EXH = Exhibition

DNF = Did Not Finish

DQ = Disqualified

NS = No Show

NT = No Time

QT = Qualifying Time

S = Short Course Meters (short course = 25 meters)

Y = Short Course Yards (short course = 25y ards)