

# GRANDVIEW GATORS SWIM & DIVE






# GATOR MISSION

The mission of the Grandview Gators organization is to provide a summer swimming and diving program that accommodates all levels of ability. Our goal is to promote physical fitness and sense of pride through teamwork, team spirit and sportsmanship; values that athletes will take on into other areas of life, school, work and family.

Diving: We teach the basic fundamentals of springboard diving. Divers will learn about stretching techniques, body position, head and feet first entries, the front and back approach, and the elements of competition.





# GATOR COACHES

## **SWIM AND DIVE COORDINATOR:**

- Susan Ferguson

## **HEAD SWIM AND DIVE COACH:**

- Susan Ferguson

- **HEAD DIVE COACH:**


- Katelyn Cook
- 



# GATOR COUNCIL

- **CHAIR:** Anna Kalnow
- **VICE CHAIR:** Toni Burton
- **SECRETARY:** Molly Lang
- **TREASURER:** Alexis Barbour
- **DIVE PARENT REP:** Alison Barger
- **MEMBER AT LARGE:** Susan Ferguson

• We're looking for some new members as some of our members age out. Please let us know if you'd be interested!





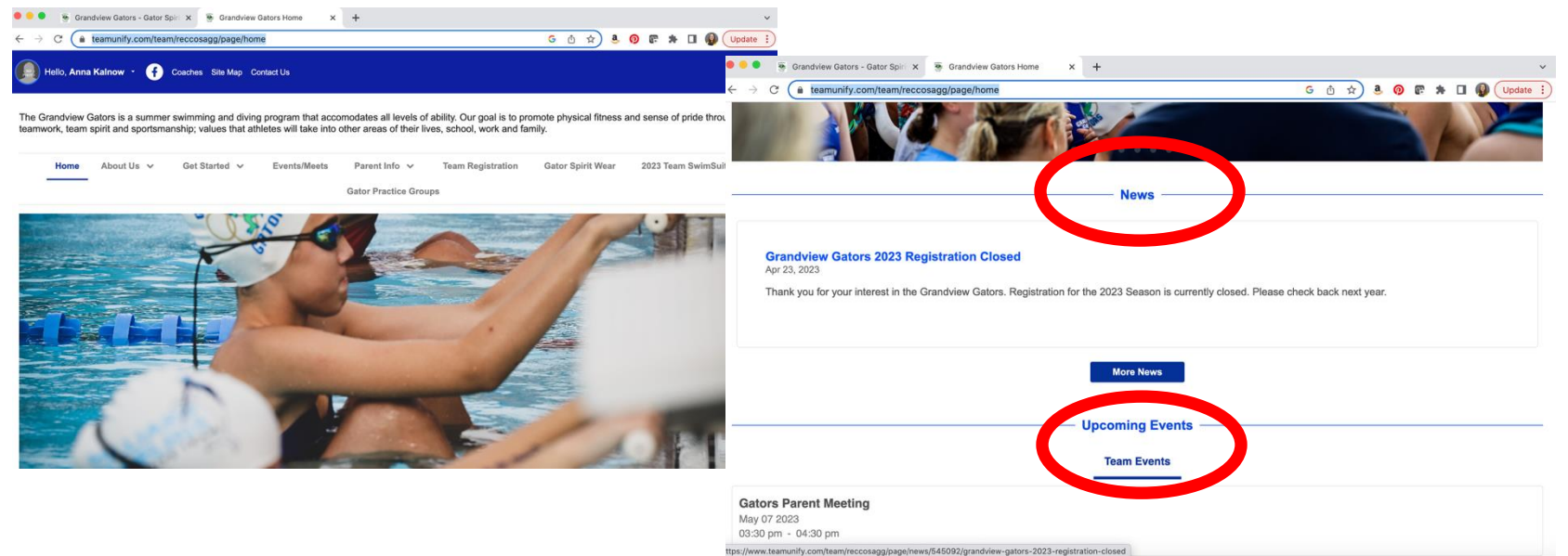
HOW DO I KNOW WHAT  
IS GOING ON?



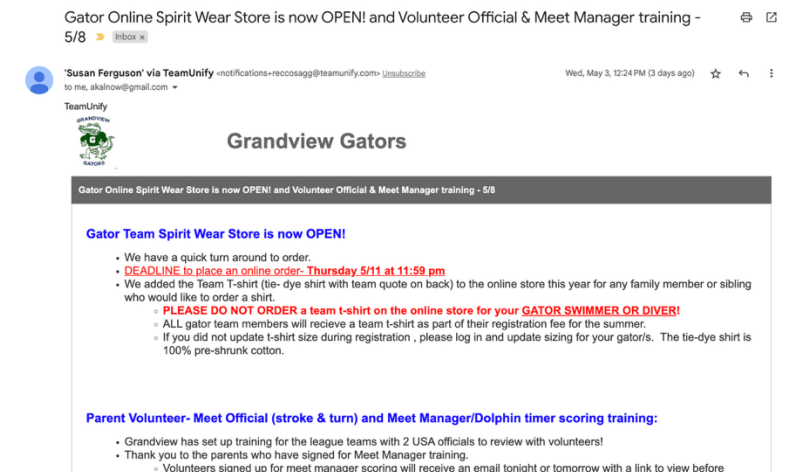
# COMMUNICATION

## 1. Check Team Unify:

<https://www.teamunify.com/team/reccosagg/page/home>



## 2. Weekly emails and updates.



## 3. Facebook






# WHAT HAPPENS AT PRACTICE?



# SUPERVISION REQUIRED

- All **8 and under swimmers and divers** must have a designated parent, guardian, sitter or adult with them at all practices. This can be a guardian shared amongst kids.
  - All kids 10 and under must wait inside the pool if they are being picked up. Please let us know if you have a different person picking them up.
  - Please make sure you're coordinating with your child how they are getting home from the pool.
- 



# SWIM PRACTICE SCHEDULE

- PLEASE REFER TO THE GATOR TEAM UNIFY SITE FOR CURRENT PRACTICE TIMES

## SWIM PRACTICE TIMES FOR 2025 SEASON:

### **8<sup>th</sup> Grade and Over**

7:15– 8:30 am

**11-12 & 9-10** (each group will have separate lanes)

8:40– 9:40 am

### **8 and Under**

9:45– 10:30 am

### **HS swimmer additional practices**

5:00- 6:30 pm (M & W evenings) More info about evening practices will be communicated with the HS swim group.

\*Note: we know there are some kids who are young for their grade. If your child is in the young for their grade and in a different swim group please let us know.

# DIVE PRACTICE SCHEDULE

- PLEASE REFER TO THE GATOR TEAM UNIFY SITE FOR CURRENT PRACTICE TIMES AND GROUP INFO. YOU MUST BE LOGGED IN!

## **DIVE PRACTICE TIMES FOR 2024 SEASON:**

**Group 1 (8:30– 9:30 am)**

**Group 2 (9: 30 – 10: 30 am)**

Dive practice focuses on a progression of skills. This means a diver will not be expected or asked to perform a dive if they have not yet mastered the required techniques to be successful or safe. Because the dive program is geared toward younger and newer divers, we do not practice or compete on the 3-meter board.

Please note: It is important for divers to attend practice so they can be safe on the board.


The dives we work on are in the following categories: front, back, inward, reverse, and twist.

Common dives for the summer league include: front/back dive, front flip, back flip, front 1 1/2 flip, inward...




# FIRST WEEK OF PRACTICE

## RULES AT THE POOL

- We will meet with each group on the pool deck to take attendance and review the Grandview pool rules
  - No kicking
  - No dunking
  - No splashing
  - Head above water (at end of each drill or set)
  - Eyes on coach
  - No talking when coaches are talking
  - Hand on the gutter (at the end of drill or set)
- 





# SAMPLE PRACTICE

- Active stretching
  - Dry land conditioning
  - Skill level appropriate warmup in the pool
  - Lane work - may include
    - Working with a noodle
    - Conditioning and endurance stroke technique
    - Stroke drills
    - Speed drills
    - Starts and turns
- 




# WHAT TO BRING TO PRACTICE

- Come wearing a suit
  - Running shoes for dry land (especially the first week)
  - Goggles (well fitting goggles)
  - Towel
  - Warm, dry clothing (the first few weeks can be chilly)
  - Water bottle
  - Sunblock
- 



# SWIMMER EXPECTATIONS

- Remember to practice safety in and around the pool
  - Attend a minimum of **three** practices per week
  - Attend practice the **day of a meet**
  - Compete in a minimum of **two meets**
  - If you are going to be on out of town or unable to attend practice for more than a couple days, let your coaches know.
  - Have fun!
- 



# PARENTAL EXPECTATIONS

- **Volunteering:**

Volunteer at a minimum of **2 meets**

- Timing, officiating, tear down, setup, ribbons etc.
- Every family must time at least once

- **Away meets:**

We will ask for volunteers but fewer: timers, officials, bullpen, ribbons

- **Concessions:**

We are no longer doing Concessions! The pool concession stand will be open during weekday meets.

- Stay positive and encouraging!

# OVERVIEW OF VOLUNTEER POSITIONS

- Meet Set up: Dive or Swim
- Meet Break Down: Dive or Swim
- Meet Set Up and Break Down Coordinator
- Dive Judges
- Ribbons: Dive or Swim
- Timers (Head Timer)
- Officials
- Runners: Hospitality and Officials
- Bullpen
- Computer Assistants
- Announcer

WHERE CAN I  
FIND MORE  
INFORMATION  
ABOUT  
VOLUNTEER  
OPTIONS?

Grandview Gators - Gator Spirit | Management Console - Grandview | Grandview Gators Home

teamunify.com/team/reccosagg/page/home

Hello, Anna Kalnow | Coaches | Site Map | Contact Us

The Grandview Gators is a summer swimming and diving program that accommodates all levels of ability. Our goal is to promote physical fitness and sense of pride through teamwork, team spirit and sportsmanship; values that athletes will take into other areas of their lives, school, work and family.

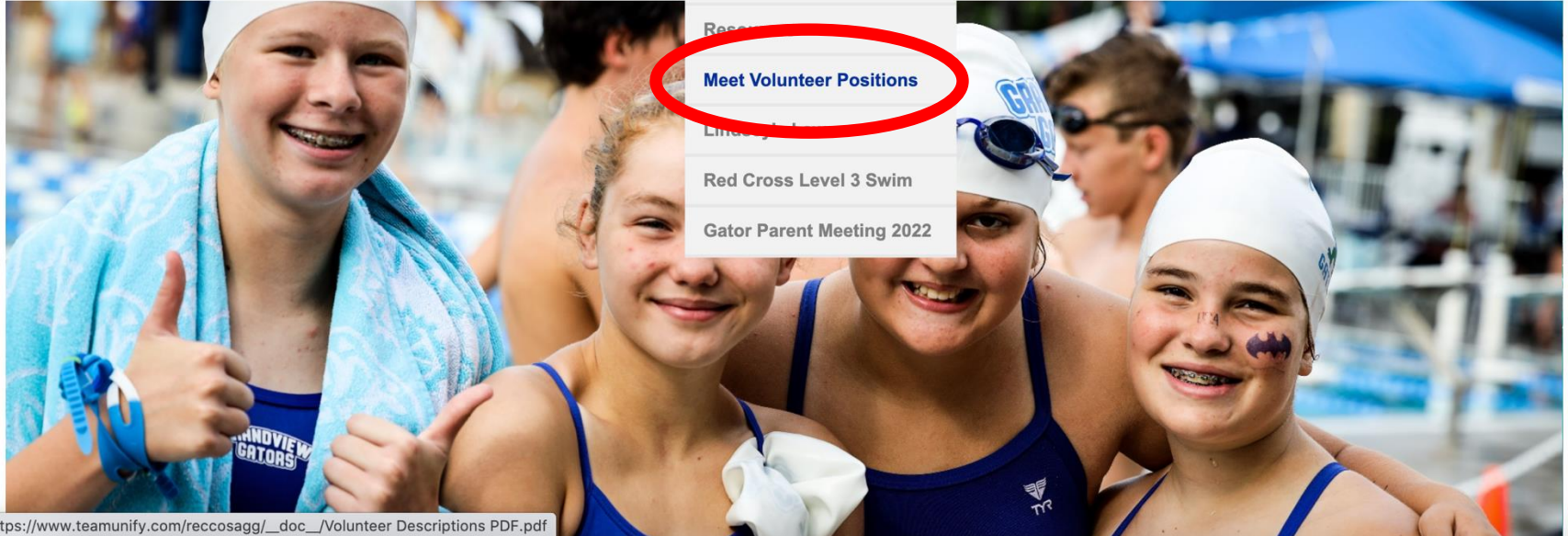
Home | About Us | Get Started | Events/Meets | **Parent Info** | Team Registration | Gator Spirit Wear | 2023 Team SwimSuit

Additional Swim Opportunities

**Meet Volunteer Positions**

Red Cross Level 3 Swim

Gator Parent Meeting 2022



https://www.teamunify.com/reccosagg/\_doc\_/Volunteer Descriptions PDF.pdf

# FULL SEASON VOLUNTEER POSITIONS

- **PARTY/EVENT COORDINATOR**
  - **FUNDRAISING**
  - **MEET SETUP COORDINATOR**
  - **MEET CLEANUP COORDINATOR**
  - **BULLPEN COORDINATOR**
  - **MEET MANAGER LEADS (2):**
    - DJ Singley
    - Toni Burton
    - **OPEN**
  - **OFFICIALS (4-6)**
  - **WE PROVIDE A 1 HR TRAINING PRIOR TO THE SEASON**
- 
- **PLEASE LET ANNA KALNOW KNOW IF YOU'RE INTERESTED,  
[ANNAKALNOW@GMAIL.COM](mailto:ANNAKALNOW@GMAIL.COM)**



# SUITS & SPIRITWEAR



- **Suits:**

Follow the link on the website to order from Swimville USA or you can go to the store in person. Please have at least one suit for meets.

-MS and HS swimmers can wear their team suit.

- **Spiritwear:**

You can purchase spiritwear through the website until the store closes early May. We will distribute it the first week of practice. Please do NOT buy a team shirt for your child (pictured here- their shirt will be navy), it's included in registration

Registration

Team Swim Suit

Spiritwear Store

Interested in Joining Gators?

**Gators Spirit Wear 2025 is here!**

**DEADLINE to place an online order- Sunday May 15 at 11:59 pm**

- Click this link to view and order <https://powellprints.chipply.com/GrandviewGators>
  - Gator team members will receive a team t-shirt (Gator Blasting to Space Design) as part of their registration fee for the summer. The shirt design is offered on the website in kids and adults sizes if you'd like to buy one for yourself or other family member without the quote but YOU DO NOT NEED TO PURCHASE ONE FOR YOUR SWIMMING OR DIVER.
  - *If you did not update t-shirt size during registration , please log in and update sizing for your gator/s.*




# WHAT TO EXPECT AT A MEET?





# SWIMMERS ARE NOT PERMITTED IN THE RECREATION POOL DURING THE MEET.

The leisure pool will remain open during our evening meets but swimmers should remain in the swim meet area. It is hard to find swimmers for events when they are not with their team.



# WHAT TO PACK

- Gators team swimsuit (pack a backup as well)
- Map/directions for away meets
- Two (or more) towels
- Cap and goggles for swimmers
- Change of clothes, deck sandals/flip flops
- Sweatshirts/hoodies (the evenings bring cooler temperatures)
- Healthy snacks and drinks (or money for concessions)
- Water bottle
- Cards, books, games for between events
- Indelible (sharpie) marker
- Sunscreen
- Something to sit on (blanket, chair etc.) For all members of your family. We will be putting lounge chairs away for our bigger meets for safety reasons.

# SWIM MEET STRUCTURE

**Always check Team Unify for Updates!**  
**Check in with your coach on deck!**

## **Warmup**


- 4pm (Tuesday home meets)
- 5pm (Tuesday away meets)
- 8am (Saturday AM meets)

## **Start time**

- 6pm (Evening meets)
- 9am (Saturday AM meets)

## **Events**

- **Divisions:** grouped by age and gender
- **Order of events:**
  - Medley relays (100/200)
  - Individual medley (100)
  - Free (25/50)
  - Back (25/50)
  - Fly (25/50)
  - Breast (25/50)
  - Free relays (100/200)
- Swimmers are free to leave after their last event. **Confirm with your coach if they are placed in a relay!**



# SWIM MEET STRUCTURE

## **Bullpen**

- All 10 and under swimmers will report to the bullpen to be lined up for their event

## **Length of meet**

- Typical length of meet: Warm up to last event is approximately 4 hours

IF YOU REPEATEDLY COMMIT TO A MEET AND DO NOT ATTEND, YOU WILL NOT BE NOT BE PLACED IN RELAYS AND MAY JEAPORDIZE YOUR ABILITY TO SIGN UP AS A RETURNING MEMBER THE FOLLOWING YEAR.





# 8 & UNDER

## RECOMMENDED MEETS

Due to the high number of 8 and under swimmers, we are making the following recommendations regarding which meets to attend:

- Intrasquad meet
- Either or both developmental meets
- Weeknight dual meets
- League swim championships

Please remember that there are limitations to the number of entries and heats per event for weeknight dual meets.

There are no entry/heat limitations for developmental meets.



## DEVELOPMENTAL MEETS

Developmental meets are different from dual meets because of the following:

- No relay events
- Limited to 12 and under swimmers
- Time limitations, eliminate faster swimmers from the meets
  - All of the above result in a shorter meet with fewer swimmers attending
- 10 and under swimmers may swim up to 3 events
- 11-12 swimmers may swim up to 4 events







# WHAT TO EXPECT AT A DIVE MEET?



# DIVE MEET REQUIREMENTS

Grandview dive competes against Hilliard and Swim & Racquet. Bexley does not have a dive team this year. We also have an Intrasquad meet, Dive Invitational, and Championship Meet.

Divers must participate in **TWO** dual meets to have the opportunity to compete at Champs. There are requirements for diving at Champs, including additional dive requirements. Your dive coach will work with you or let you know if you are qualified to attend.

## Age Group Requirements:

**8 & Under Divers:** Perform two dives. One is a front dive and another dive of choice.

**9-10 Divers:** Perform two dives. One is a front dive and another dive of choice.

**11-12 Divers:** Perform three dives. One front dive and two other dives of choice.

**13-14/15-18 Divers:** Perform four dives. One front dive and three other dives representing 3 categories.



# DIVE MEET FORMAT

Each team has 30 minutes to warm up their dives. Once dive sheets are entered, the dive list cannot be changed.  
(Exception of 8 & under).

**Home Meets:** Arrive by 3pm. Meet starts at 4pm.

**Away Meets:** Arrive by 3:30pm. Meet starts at 4pm.

**Meet Format:** 8 & Under Girls followed by 8 & Under Boys. 9-10 Girls then 9-10 Boys...

- Awards will be given at the completion of the meet.

# DIVE MEET SCORING

Each dive has a degree of difficulty (DD), as determined by USA Diving.

The DD is based on the dive itself (front, back etc) and the position (tuck, pike, layout)


In a DUAL meet, divers will receive three scores. Scores range from 0 (failed dive) to 10.

In the CHAMPIONSHIP meet, divers will receive five scores with the highest and lowest score eliminated.

Each dive score is calculated by totaling up the judges score and multiplying it by the DD of the dive. Those scores are added up to produce a final total.


A diver completes a front dive pike with a DD of 1.3. The judges submit scores of 6, 6.5, and 7 for a total of 19.5. Multiply that by the DD and you get a total score of 25.35.





## WHAT IF MY BASEBALL/ SOFTBALL GAME CONFLICTS WITH A MEET?

Softball and baseball teams are working with a limited number of players.

- Please give your GBSA team **priority** over a swim meet, however, you are still required to make a minimum of 2 swim meets.
  - Parents may not request their child leave the meet early for a ball game or other event.
  - Meet timelines are approximate and can vary with number of heats, inclement weather, swimmer no-shows etc.
  - Coaches, officials, and judges work hard to ensure the meets run smoothly, but cannot “guarantee” your child will be finished swimming at a specific time.
- 





# INCLEMENT WEATHER


## **Ohio weather is unpredictable!**

Rain makes the boards slippery and both swimming and diving unsafe.

We follow the National Lightning Safety Institute guidelines of waiting 30 minutes after a flash of lightening or hearing thunder to reenter the pool.

If there is heavy rain and lifeguards cannot see the bottom of the diving well, we will not practice.

We will do our best to notify parents by email through team unify if practice is cancelled. You can also contact the Grandview Pool for questions about practice.






**HOW DO I SIGN UP FOR A  
SWIM OR DIVE MEET?**



# SWIM AND DIVE MEET SIGN UP

- Meet "sign up" reminders are automatically sent out **7 days before** deadline
  - Meet registration "sign up" closes **7 days before the event**
  - **No exceptions** after deadline
  - **No deck entries** at swim or dive meets
  - Volunteer sign up will open 7-10 days before each meet and will remain open until two nights before the meet.
- 



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Home

About Us

Get Started

Events/Meets

Parent Info

Team Registration

Gator Spirit Wear

2023 Team SwimSuit

Gator Practice Groups




On Team Unify, navigate to **Events/Meets** Tab. This may look different on a mobile device.

Grandview Gators - Gator Spirit
Management Console - Grandview
Grandview Gators - Events

teamunify.com/team/reccosagg/page/events#/team-events/upcoming

May
21
2023

**Noodles and Co. Fundraiser**  
May 21, 2023 Event Category: Fundraising



Are you looking for dinner tonight? Come out and support our Gators Team by picking up dinner from Noodles & Company from 4pm to 8pm this evening. Tell your friends to stop by too! Don't forget to mention Grandview Gators when checking out or show them the attached flier

Email Event

Jun
06
2023

**HOME Intrasquad Swim & Dive Meet**  
Jun 6, 2023 Event Category: Intrasquad Meet  
Home Intrasquad (Blue/Green) Swim & Dive Meet

- The intrasquad meet is a great practice meet for team members & volunteers!

Email Event

Edit Commitment

Job Signup

Jun
06
2023

**Concessions Donation Intrasquad Meet**  
Jun 6, 2023 Event Category: Concessions Donations

Sign up for concessions: Please sign up to bring **One** item per home meet.  
Drop item off at the **pool multipurpose room by 4/4:30 pm**.  
If you choose **Concessions Buyout**, venmo @grandview-gators including your name and date of meet.

Email Event

Job Signup

Jun
07
2023

**Team & Individual Photos**  
Jun 7, 2023

**Gator Picture Day!**

Email Event

Jun
10
2023

**HOME Developmental Quad-Meet (SWIM ONLY) 12 & U**  
Jun 10, 2023 Event Category: Home Meet  
Home Developmental Swim Meet - 12 & Under Swimmers only

Email Event

Job Signup

When the event is open for signup you will see an **Edit Commitment** and **Job Signup** button. Click **Edit Commitment** to register your swimmer. You will use Job Signup to signup for a volunteer position.



Grandview Gators - Gator Spirit x Management Console - Grandview x Grandview Gators - Events x

teamunify.com/team/reccosagg/page/events#/team-events/upcoming/1448031

Where: Grandview Heights Library - Large

Team Event Details

Edit Edit Commitment Job Signup Email Event Delete

### HOME Intrasquad Swim & Dive Meet

Jun 06, 2023 - Jun 06, 2023

#### EVENT INFORMATION

Start Date Time: Jun 06, 2023 End Date Time: Jun 06, 2023 Registration Deadline: May 30, 2023

Job Signup Deadline: Jun 04, 2023

#### DESCRIPTION

Home Intrasquad (Blue/Green) Swim & Dive Meet

- The intrasquad meet is a great practice meet for team members & volunteers!

**Dive team-**

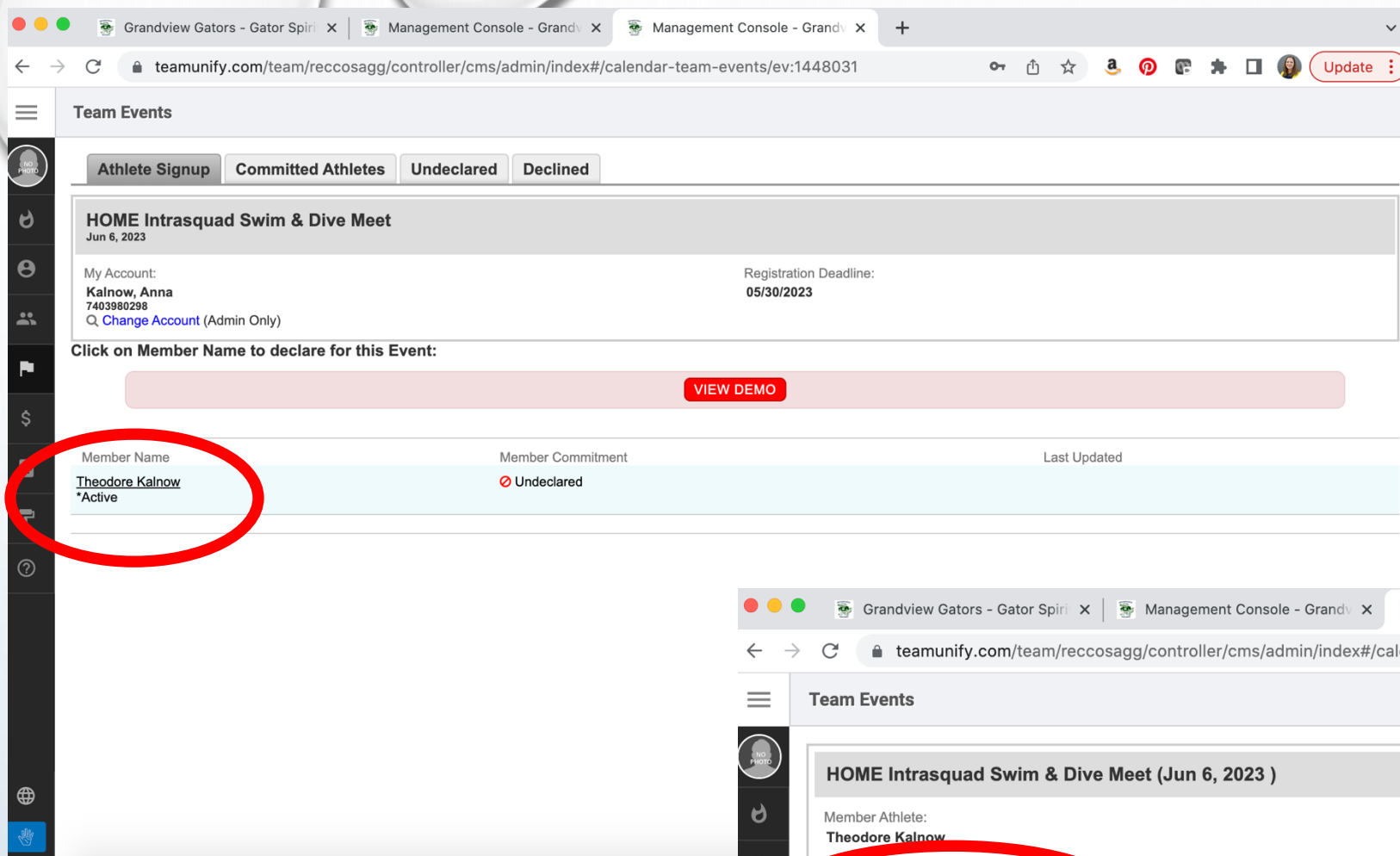
- Arrival time (3:30 pm)
- WU time (3:40 pm)
- Meet Start time (4:00 pm)

**Swim team-**

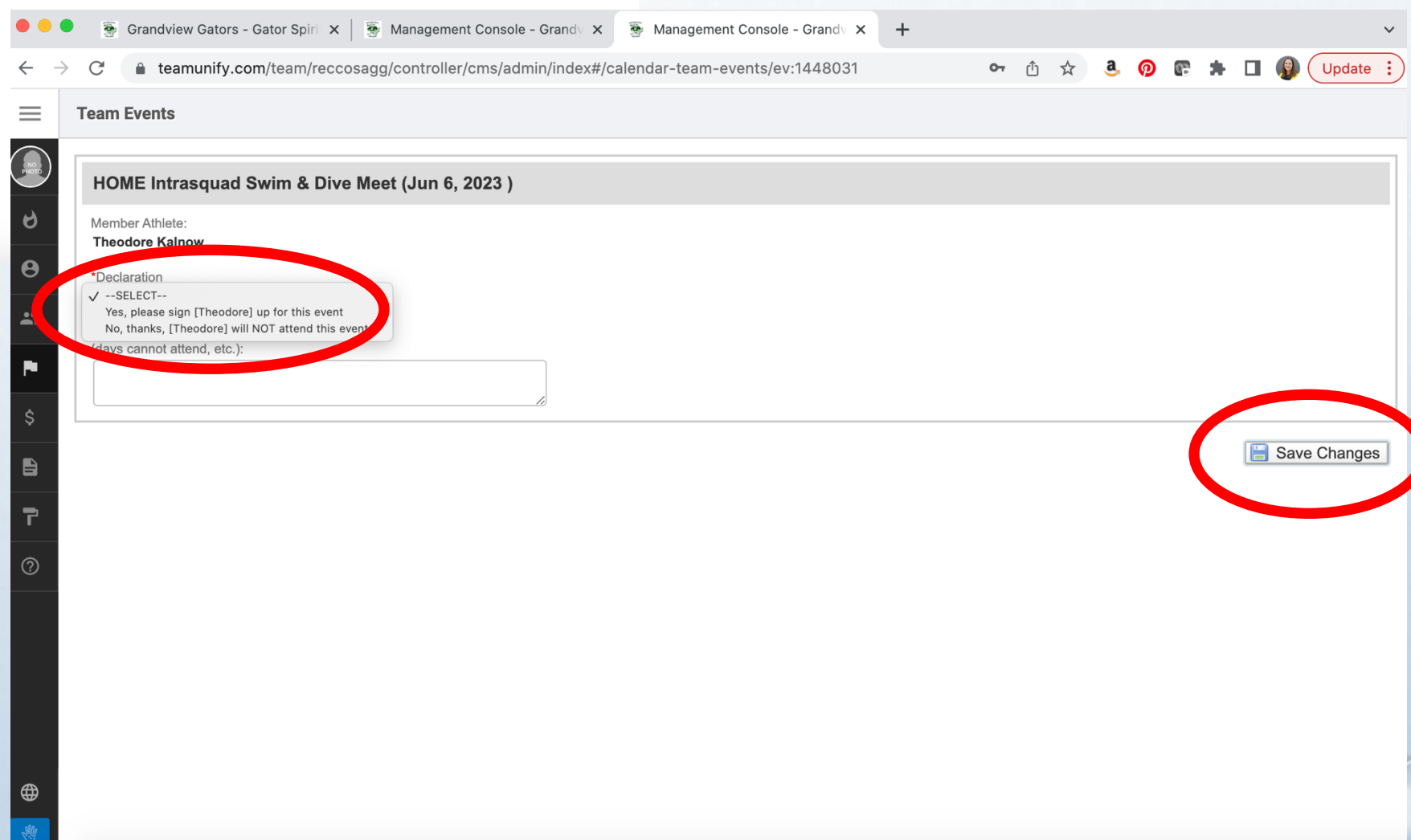
- Arrival times for each age group:
  - 7-8 group (4:35 pm)
  - 9-10 group (4:50 pm)
  - 11-12 group (5:05 pm)

You can also click on the event and get to Edit Commitment this way.





Click on your swimmer or diver. This will bring up the **Declaration** tab. Select your option. **Don't forget to click Save Changes!**



Grandview Gators - Gator Spirit x Management Console - Grandview x Grandview Gators - Events x

teamunify.com/team/reccosagg/page/events#/team-events/upcoming/1448031

Where: Grandview Heights Library - Large

Team Event Details Edit Edit Commitment **Job Signup** Email Event Delete

## HOME Intrasquad Swim & Dive Meet

Jun 06, 2023 - Jun 06, 2023

### EVENT INFORMATION

Start Date Time: Jun 06, 2023 End Date Time: Jun 06, 2023 Registration Deadline: May 30, 2023

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### DESCRIPTION

Home Intrasquad (Blue/Green) Swim & Dive Meet

- The intrasquad meet is a great practice meet for team members & volunteers!

**Dive team-**

- Arrival time (3:30 pm)
- WU time (3:40 pm)
- Meet Start time (4:00 pm)

**Swim team-**

- Arrival times for each age group:
  - 7-8 group (4:35 pm)
  - 9-10 group (4:50 pm)
  - 11-12 group (5:05 pm)

To volunteer, click on Job Signup. **Each family must volunteer at a minimum of 2 meets.** We will also need volunteers at away meets.

The screenshot shows the 'Team Events' management interface. A modal titled 'Please Supply Your Volunteer's Information' is open, prompting the user to provide contact information for a new volunteer. The modal includes a text input field for 'Optional Contact Info:' and buttons for 'Go Back' and 'Sign Up'. In the background, a table lists various events, including 'SWIM - Starter', 'SWIM - Timers - Backup', and 'SWIM - Timers - Lane 1' through 'SWIM - Timers - Lane 8'. The 'SWIM - Volunteer Check-In' event is highlighted with a red circle, and its '1' checkbox is also circled in red.

Event Name	Description	Time	Points	Volunteer Count
SWIM - Starter	Runs the meet and calls the start of each event	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Backup	Start backup timers for each race and relieves timers who need to take a break; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 1	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 2	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 3	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 4	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 5	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 6	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 7	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 8	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Volunteer Check-In	At entrance check-in volunteers	06/06/2023 03:00:00 PM - 06/06/2023 06:15:00 PM	1.00 Pts.	1

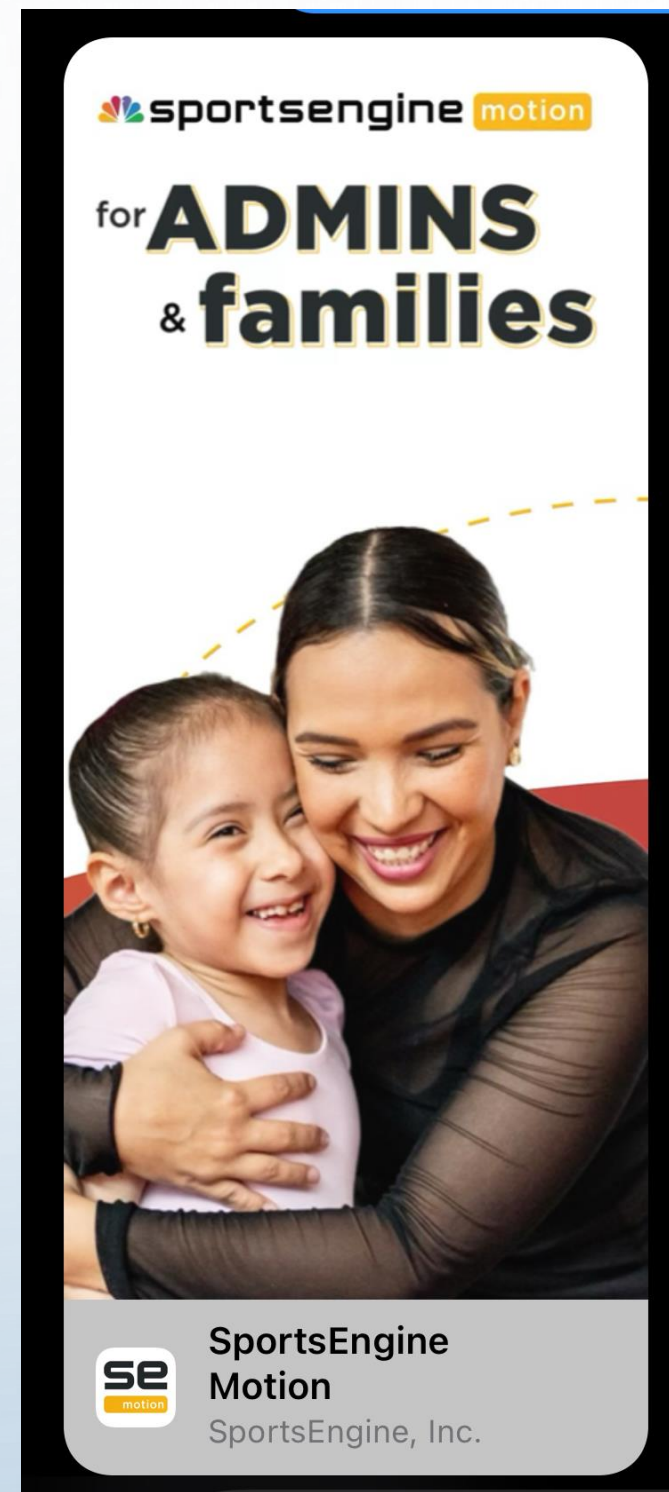
Click on the volunteer position you want and click signup. White box will pop up. You can enter another member who is not listed on your account or your contact info. **Don't forget to click Save Changes!**

This screenshot shows the same 'Team Events' management interface after a new volunteer has been added. The 'SWIM - Volunteer Check-In' event is highlighted with a red circle. The volunteer list for this event now includes 'Kainow, Anna (740-398-0298)'. The '1' checkbox for this volunteer is also circled in red.

Event Name	Description	Time	Points	Volunteer Count
SWIM - Starter	Runs the meet and calls the start of each event	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
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SWIM - Timers - Lane 5	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 6	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 7	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Timers - Lane 8	2 timers per lane run the stop watches for each race; TIMERS MEETING AT 5:40	06/06/2023 05:45:00 PM - 06/06/2023 08:00:00 PM	1.00 Pts.	1
SWIM - Volunteer Check-In	At entrance check-in volunteers	06/06/2023 03:00:00 PM - 06/06/2023 06:15:00 PM	1.00 Pts.	1



You can download the Sports Engine App if you'd like it on your phone. This app connects with the website and will allow you to view the same information that is on the website/register you or your child for a meet.



The image features a light blue gradient background. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The word "QUESTIONS?" is centered in the middle of the image in a bold, black, sans-serif font.

**QUESTIONS?**