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

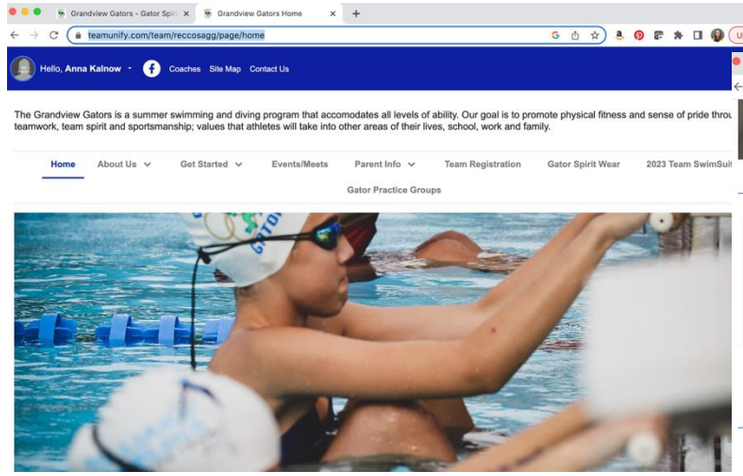
- We're looking for some new members as some of our members age out. Please let us know if you'd be interested!

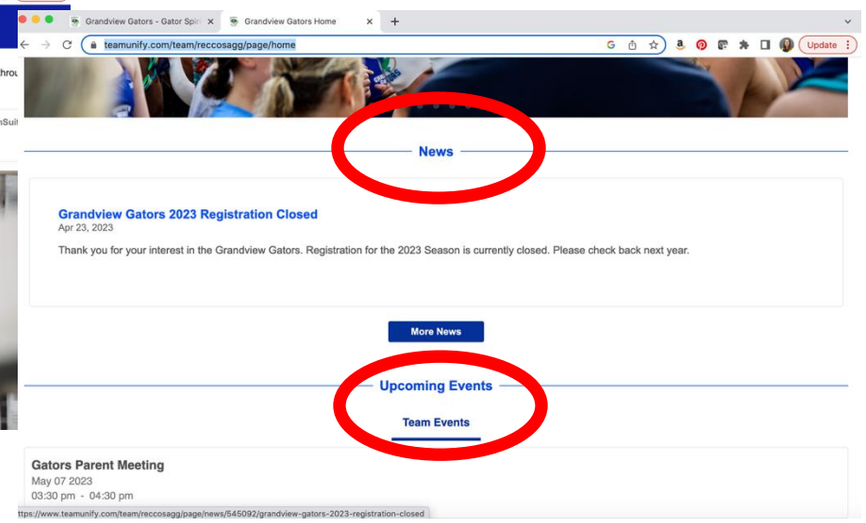
HOW DO I KNOW WHAT IS GOING ON?

COMMUNICATION

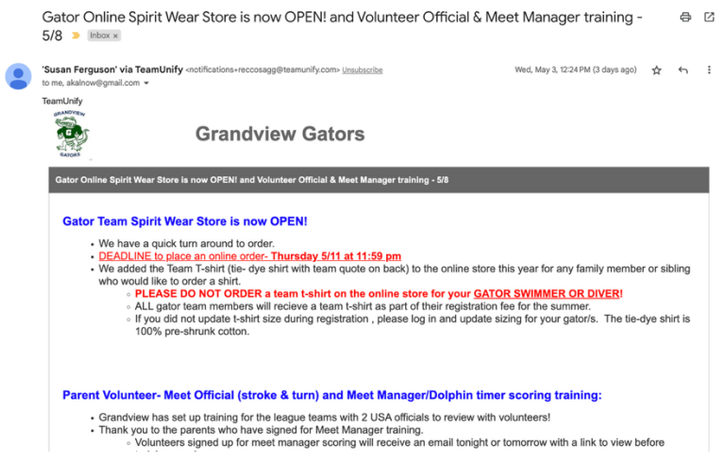
1. Check Team Unify:

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:

8th 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:**

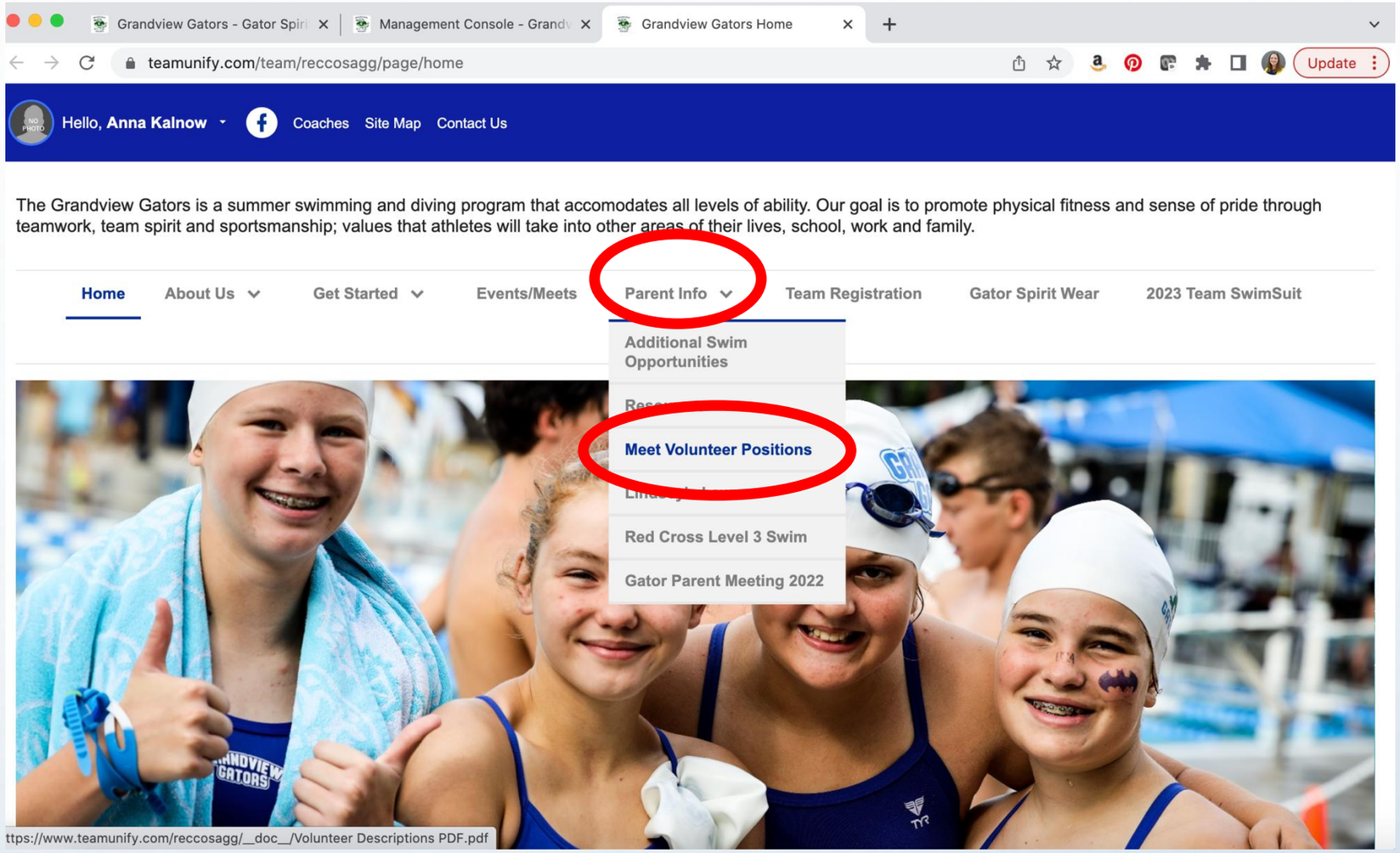
  We will ask for volunteers but fewer: timers,officials, bullpen, ribbons
- **Concessions:**

  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?



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

SUITS & SPIRITWEAR

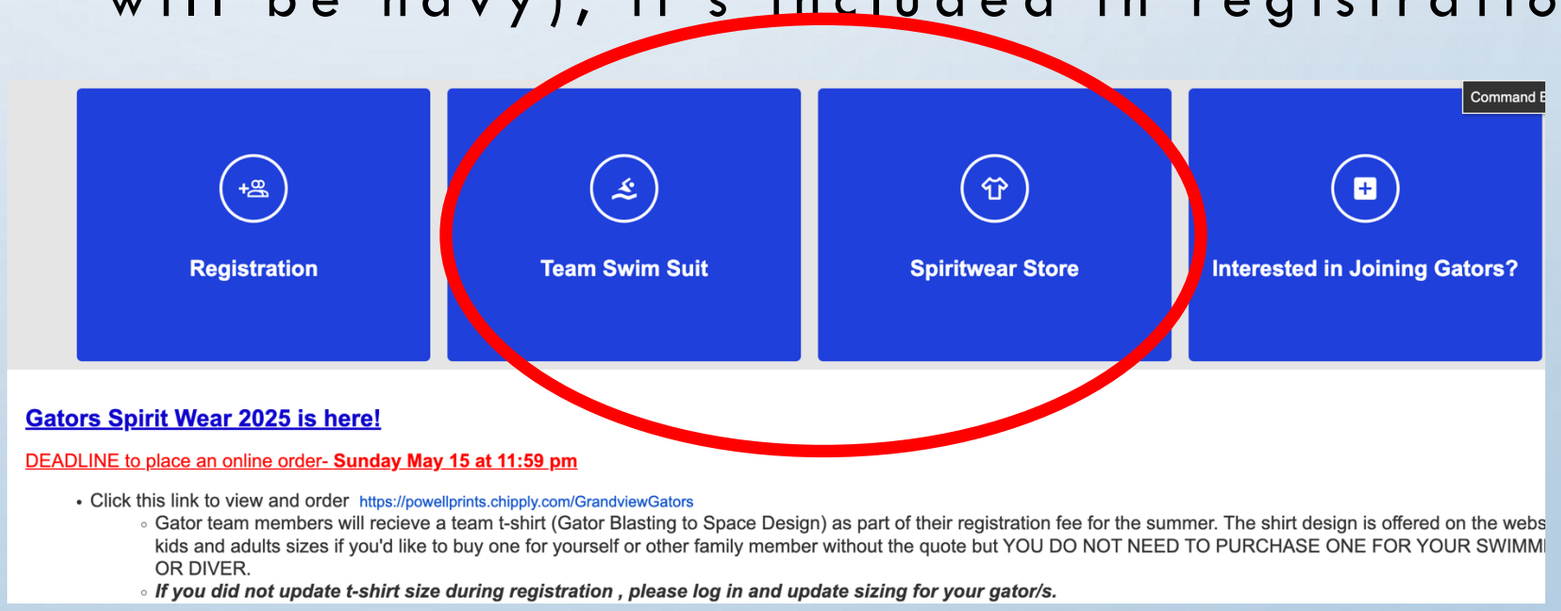
- **Suits:**

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



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.

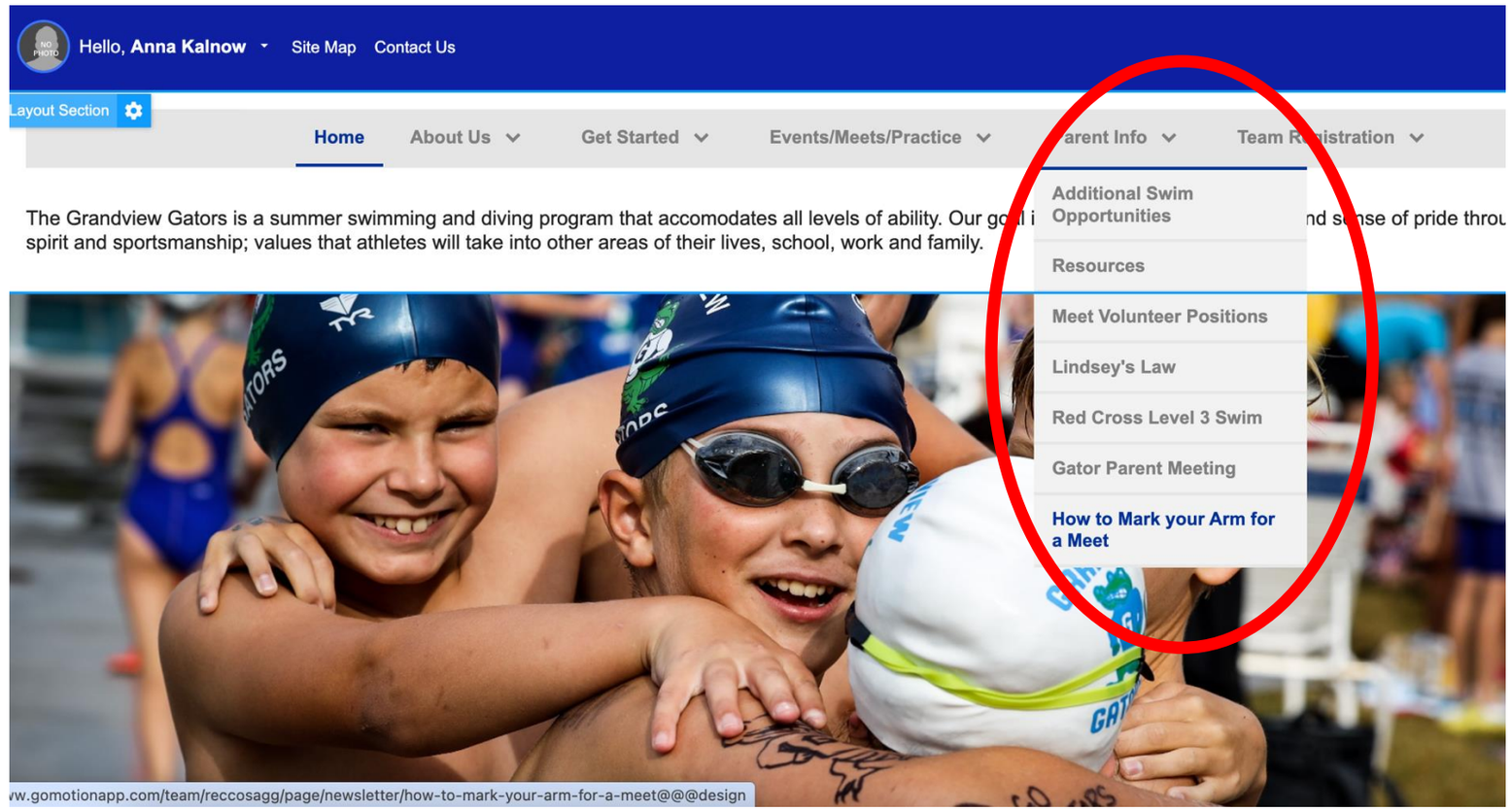
DEVELOPMENTAL MEETS

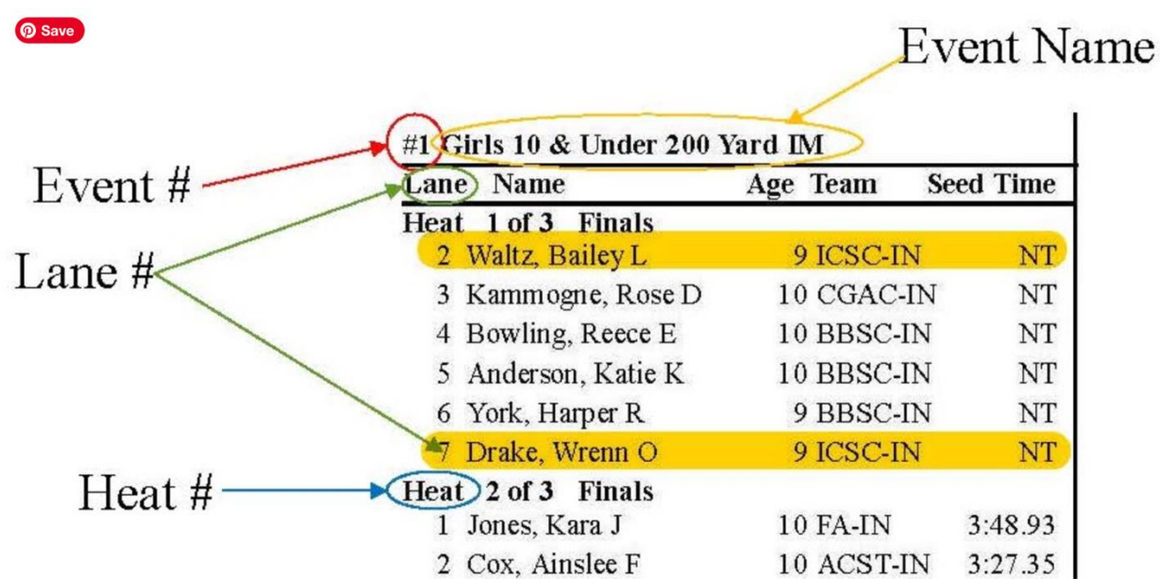
Developmental meets are different from dual meets because of the following:

- 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

MARKING YOUR ARM FOR A MEET

We added a link to the website to help new parents with their first meet. See the link under Parent Info to access the graphic about event marking.





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 Lightening Safety Institute guidelines of waiting 30 minutes after a flash of lightening or hearing thunder to reenter the pool.

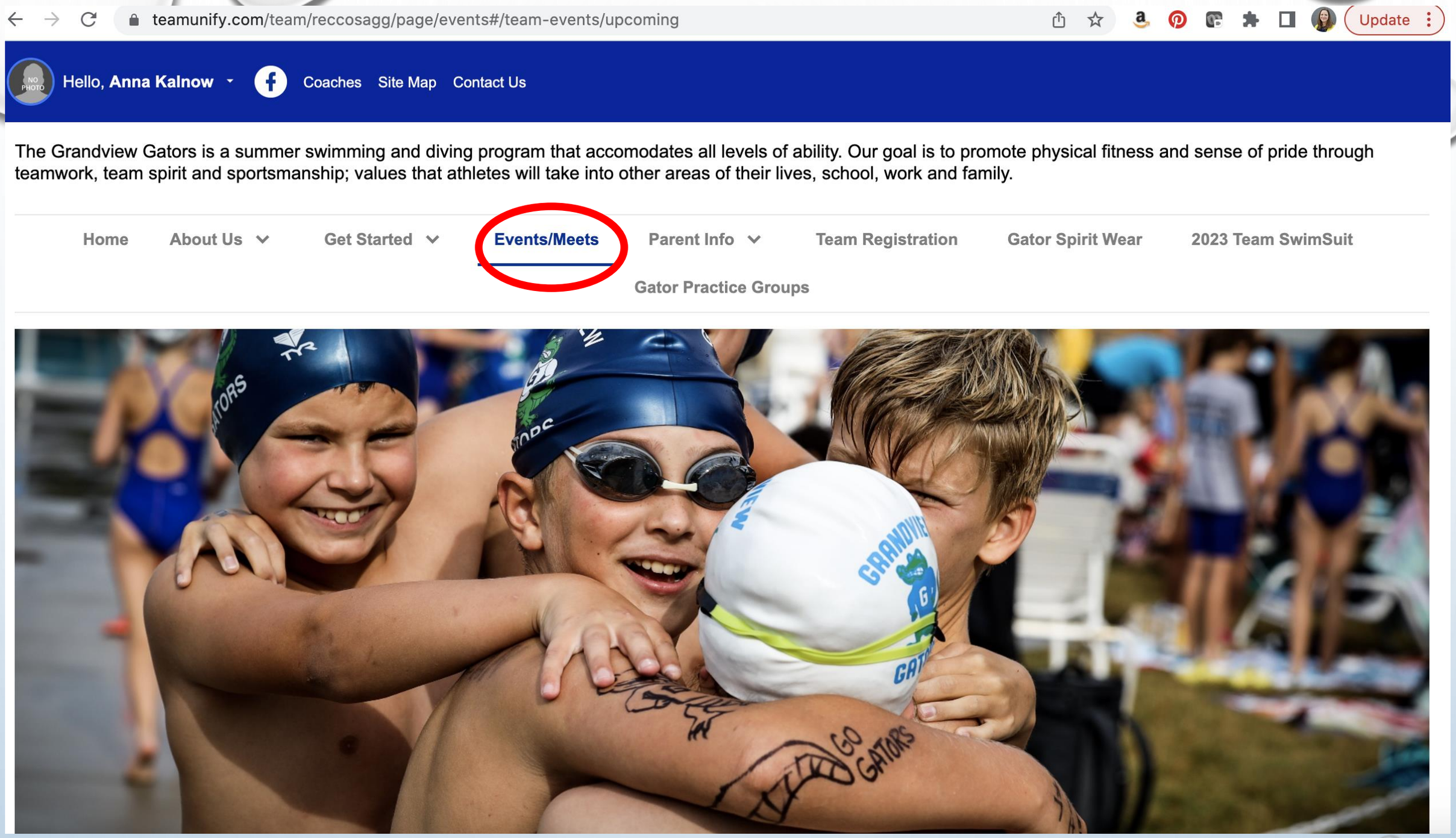
If there is heavy rain and lifeguards cannot see the bottom of the diving well, we will not practice.

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.

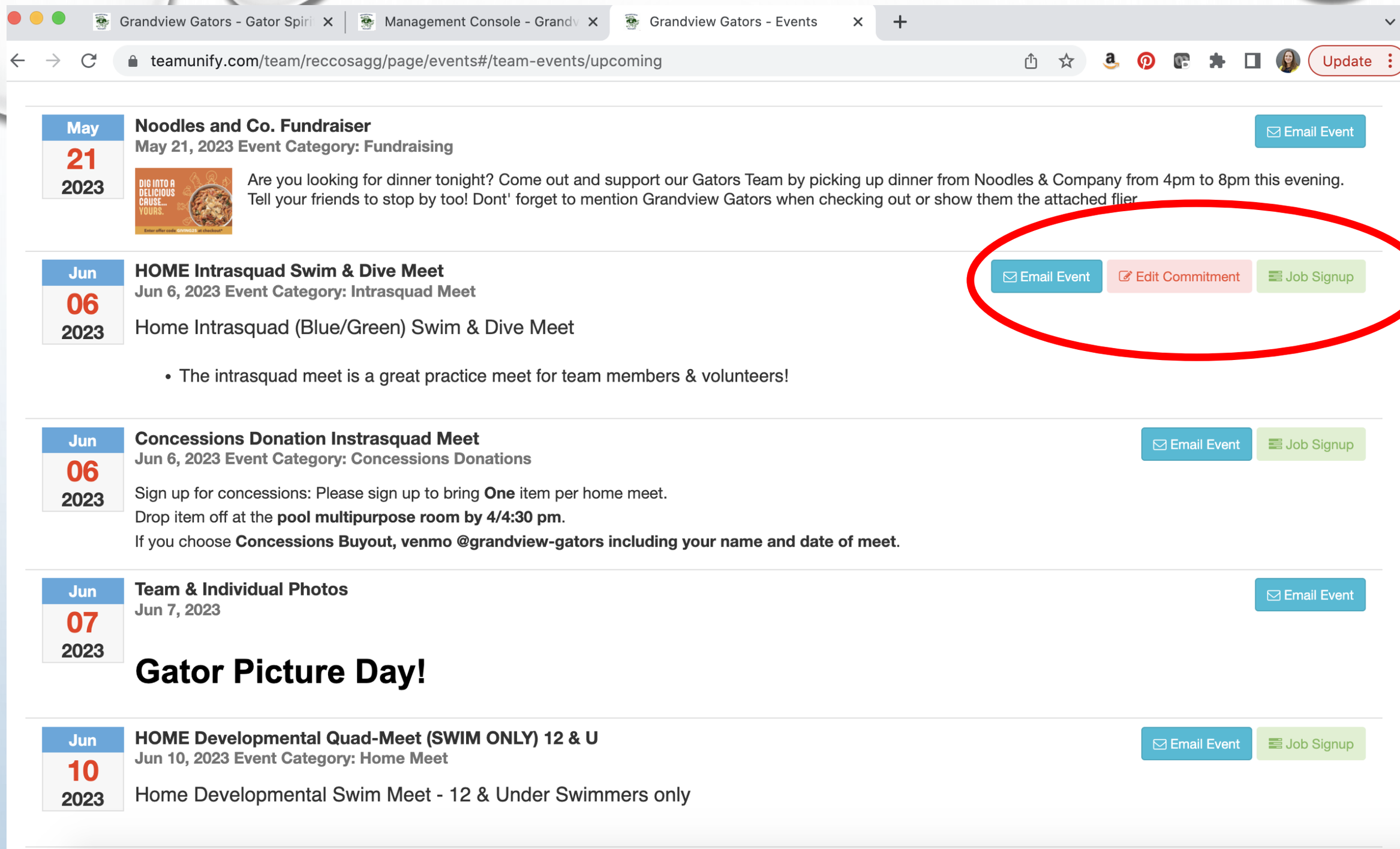
HOW DO I SIGN UP FOR A SWIM OR DIVE MEET?

SWIM AND DIVE MEET SIGN UP

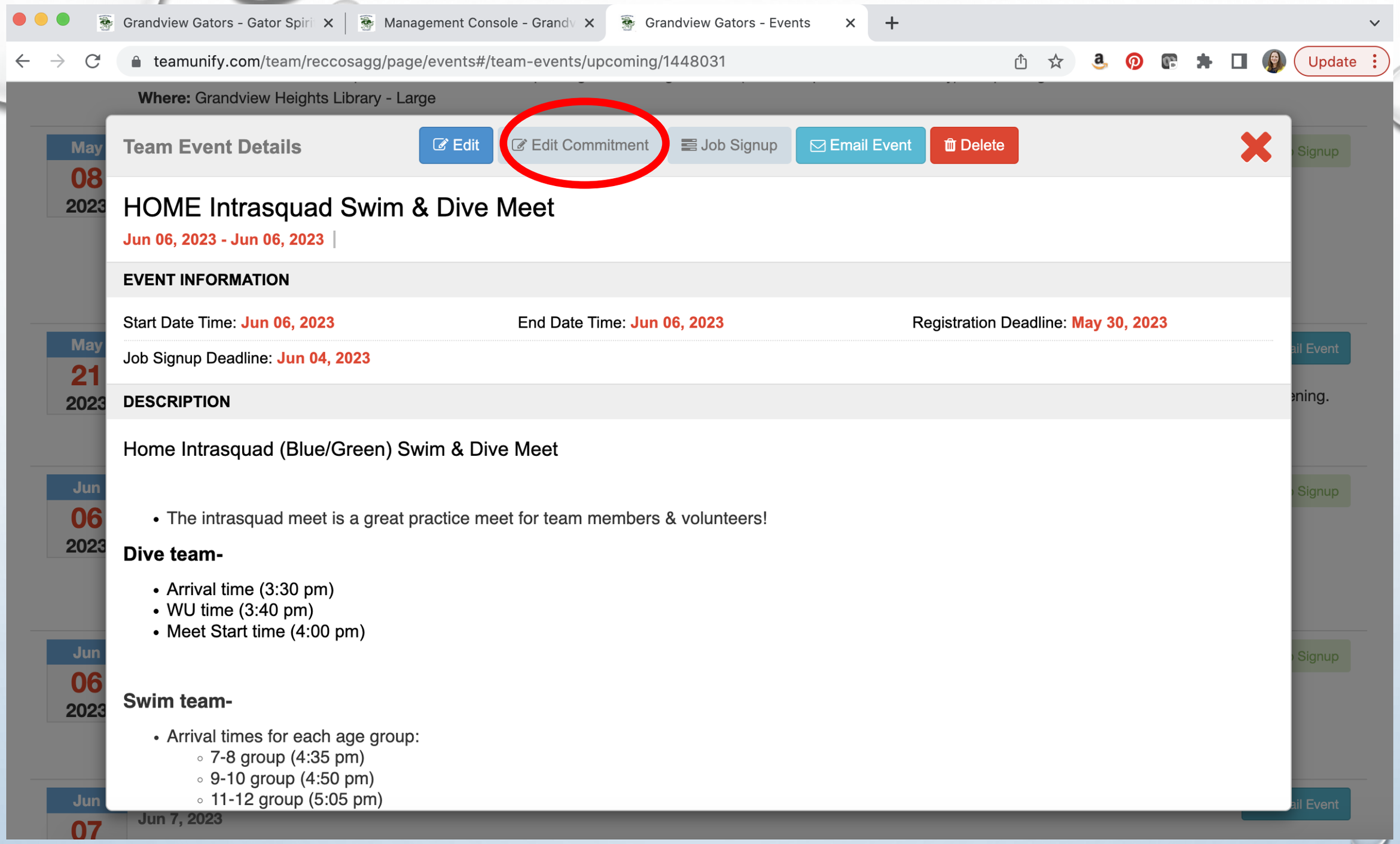
- Meet "sign up" reminders are automatically sent out **7 days before** deadline
- Meet registration "sign up" closes **7 days before the event**
- **No exceptions** after deadline
- **No deck entries** at swim or dive meets
- Volunteer sign up will open 7-10 days before each meet and will remain open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



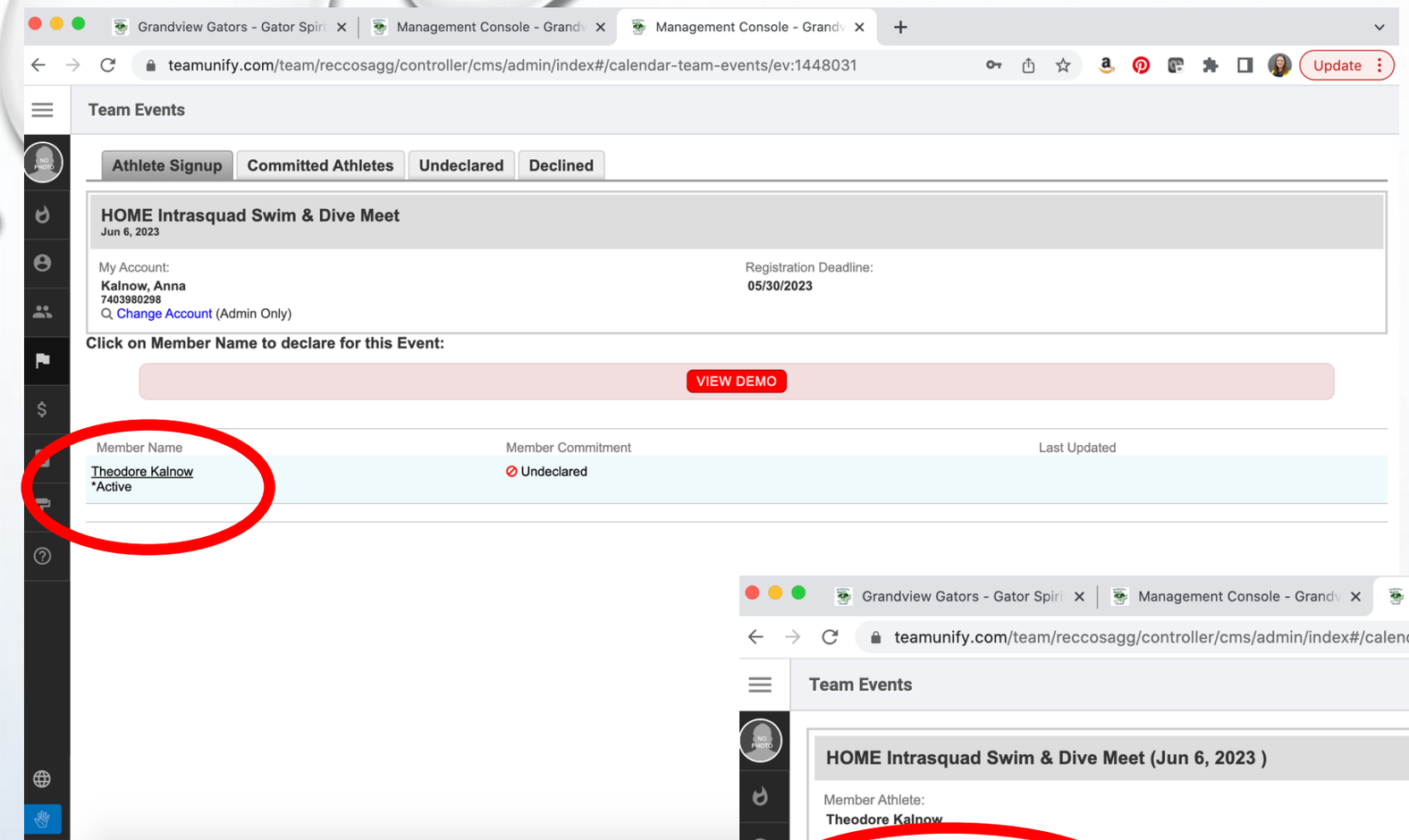
On Team Unify, navigate to **Events/Meets** Tab. This may look different on a mobile device.



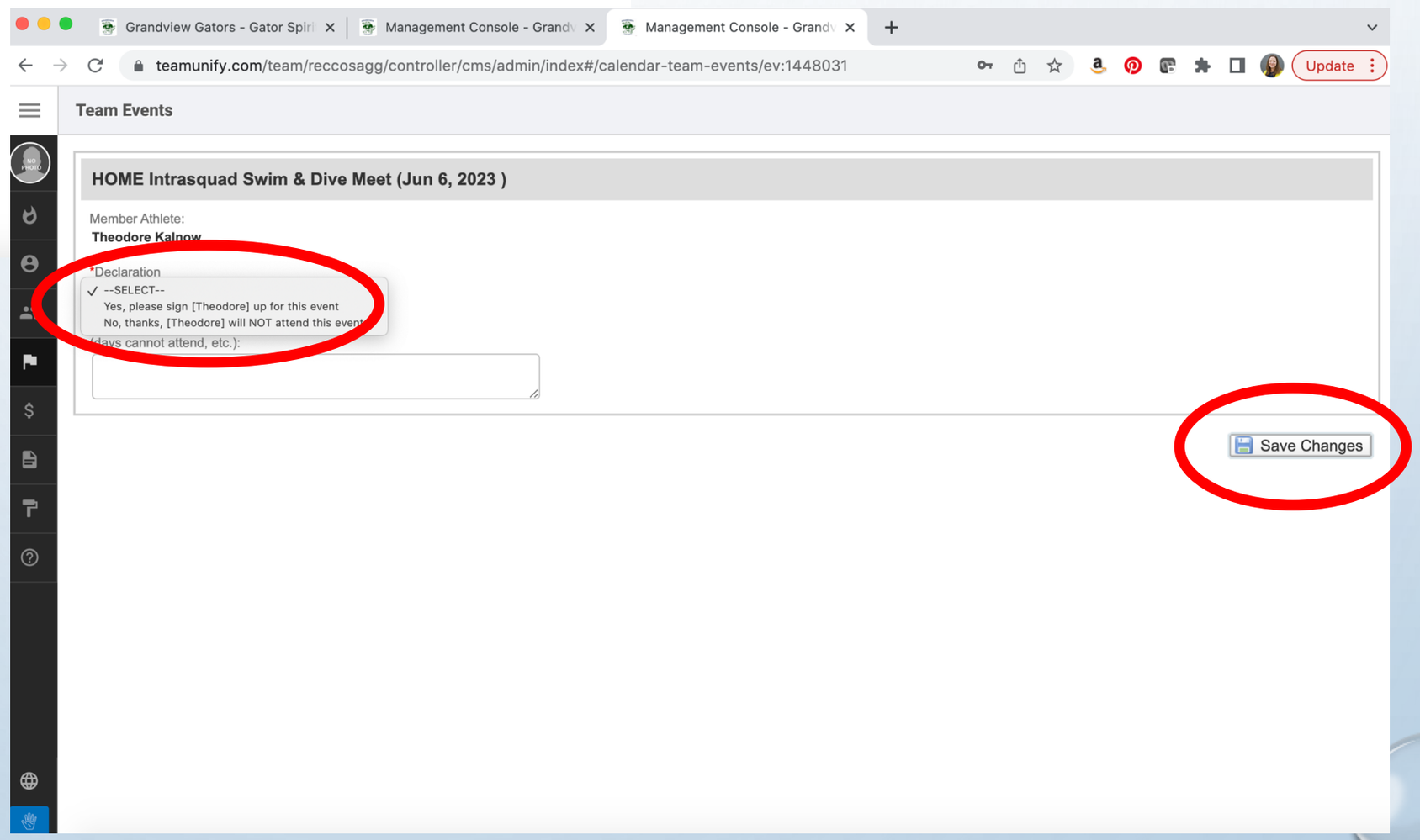
When the event is open for signup you will see an **Edit Commitment** and **Job Signup** button. Click **Edit Commitment** to register your swimmer. You will use Job Signup to signup for a volunteer position.

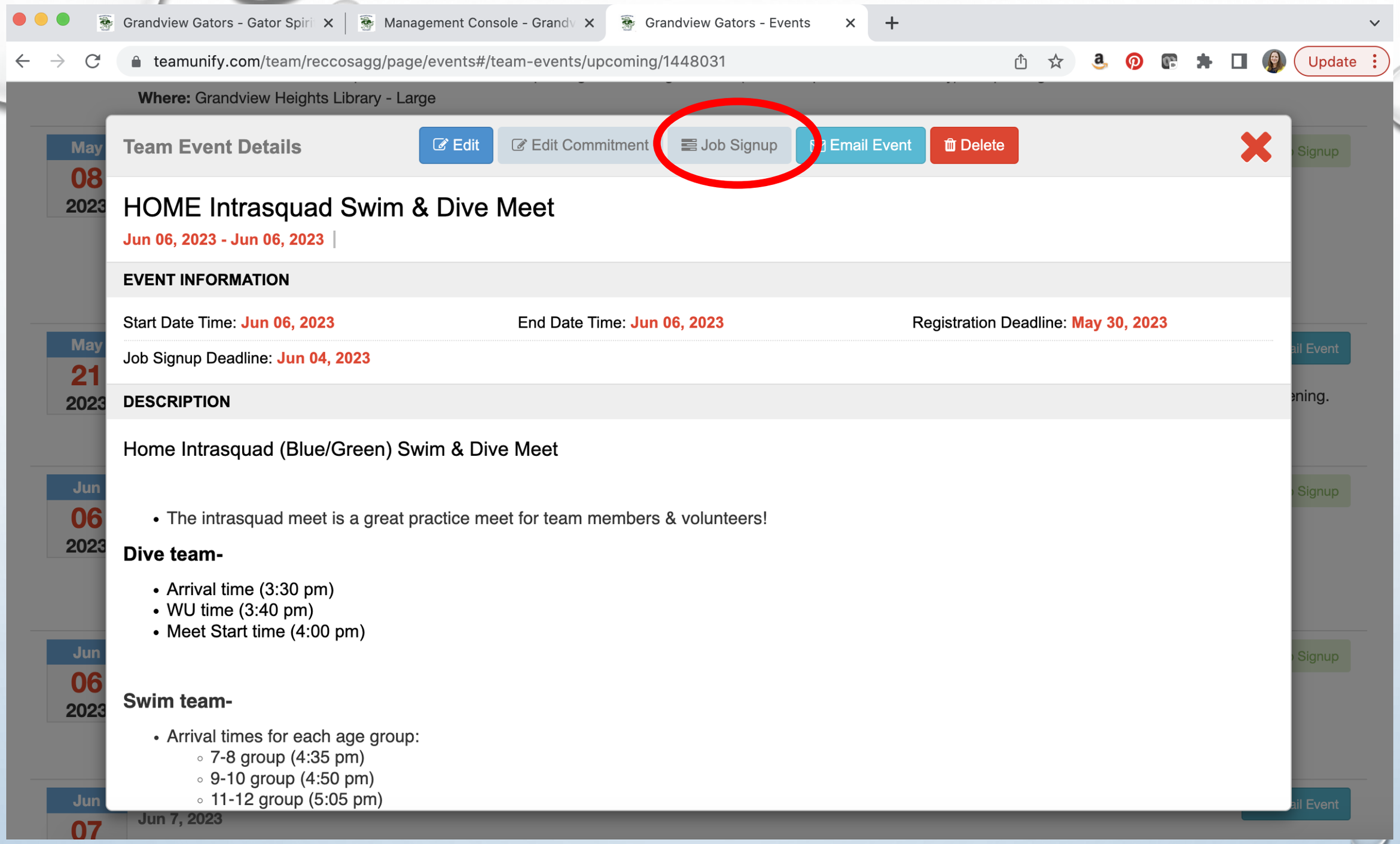


You can also click on the event and get to Edit Commitment this way.

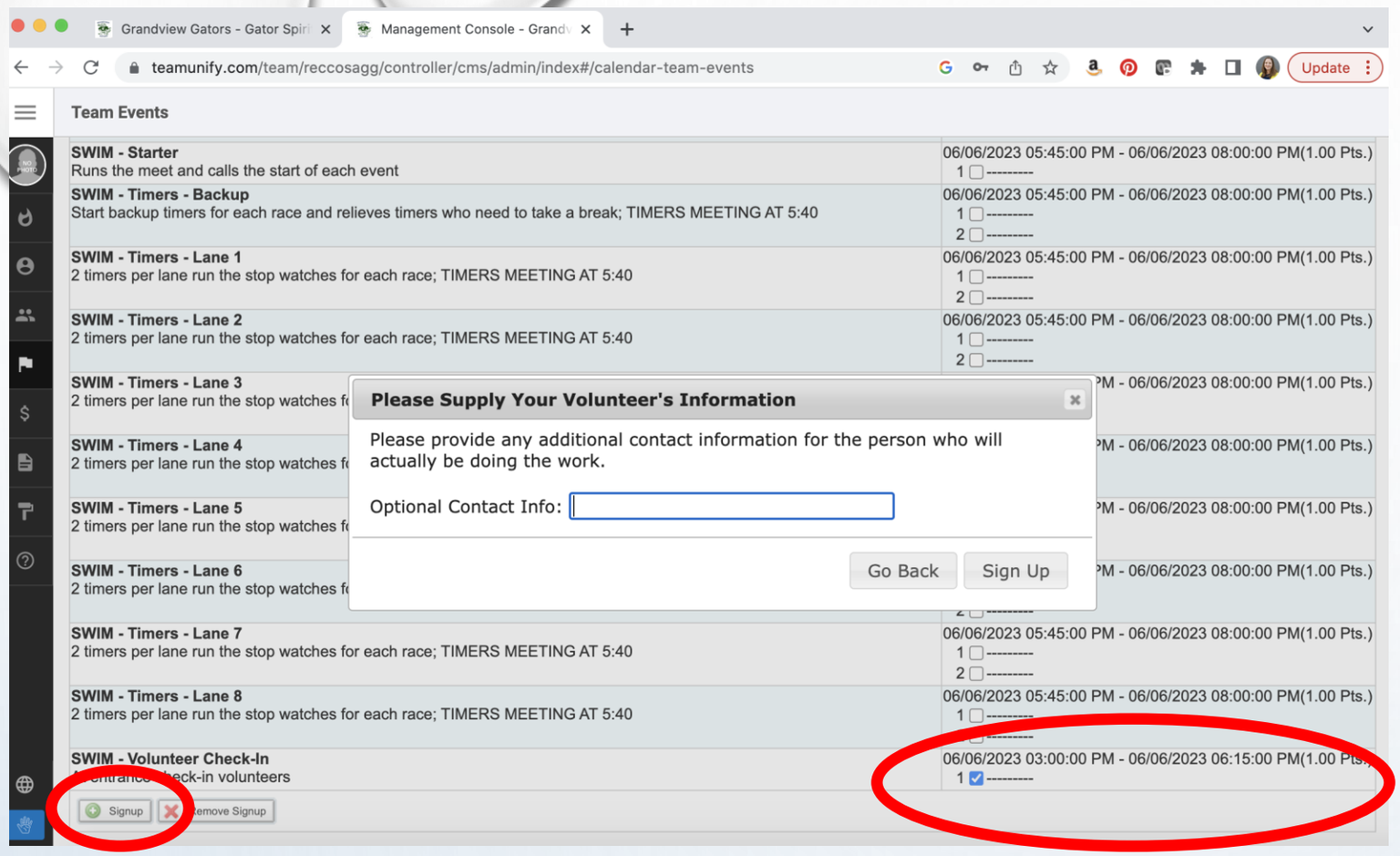


Click on your swimmer or diver. This will bring up the **Declaration tab**. Select your option. **Don't forget to click Save Changes!**

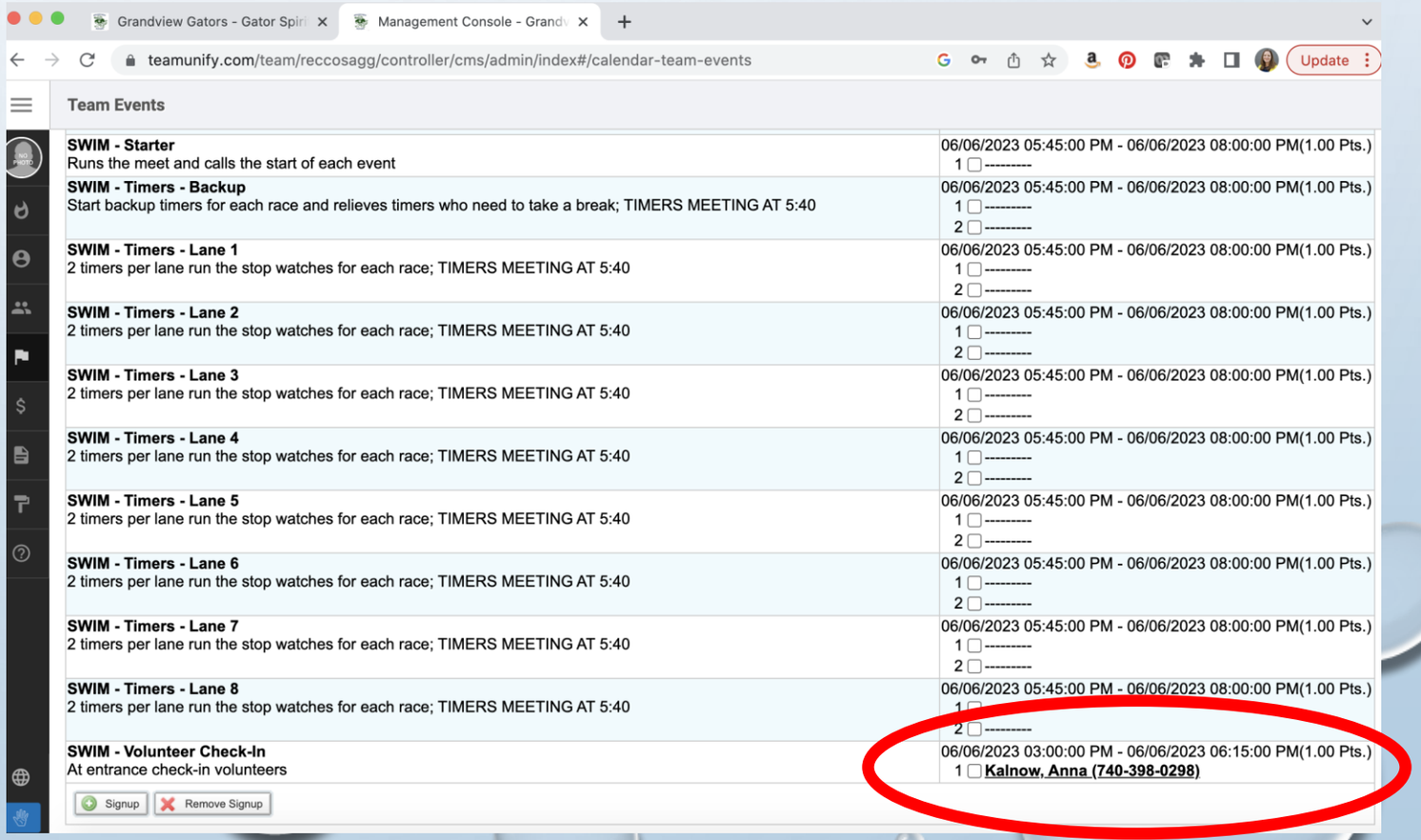




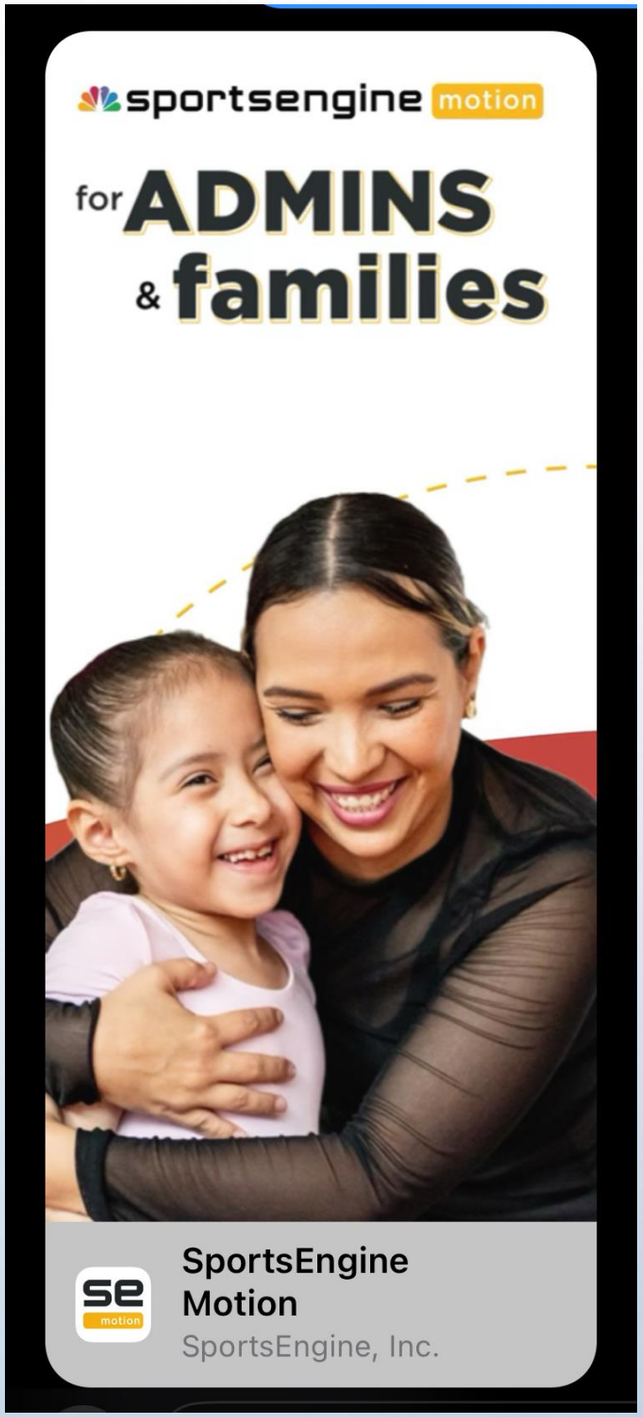
To volunteer, click on Job Signup. **Each family must volunteer at a minimum of 2 meets.** We will also need volunteers at away meets.



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!**



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.



QUESTIONS?