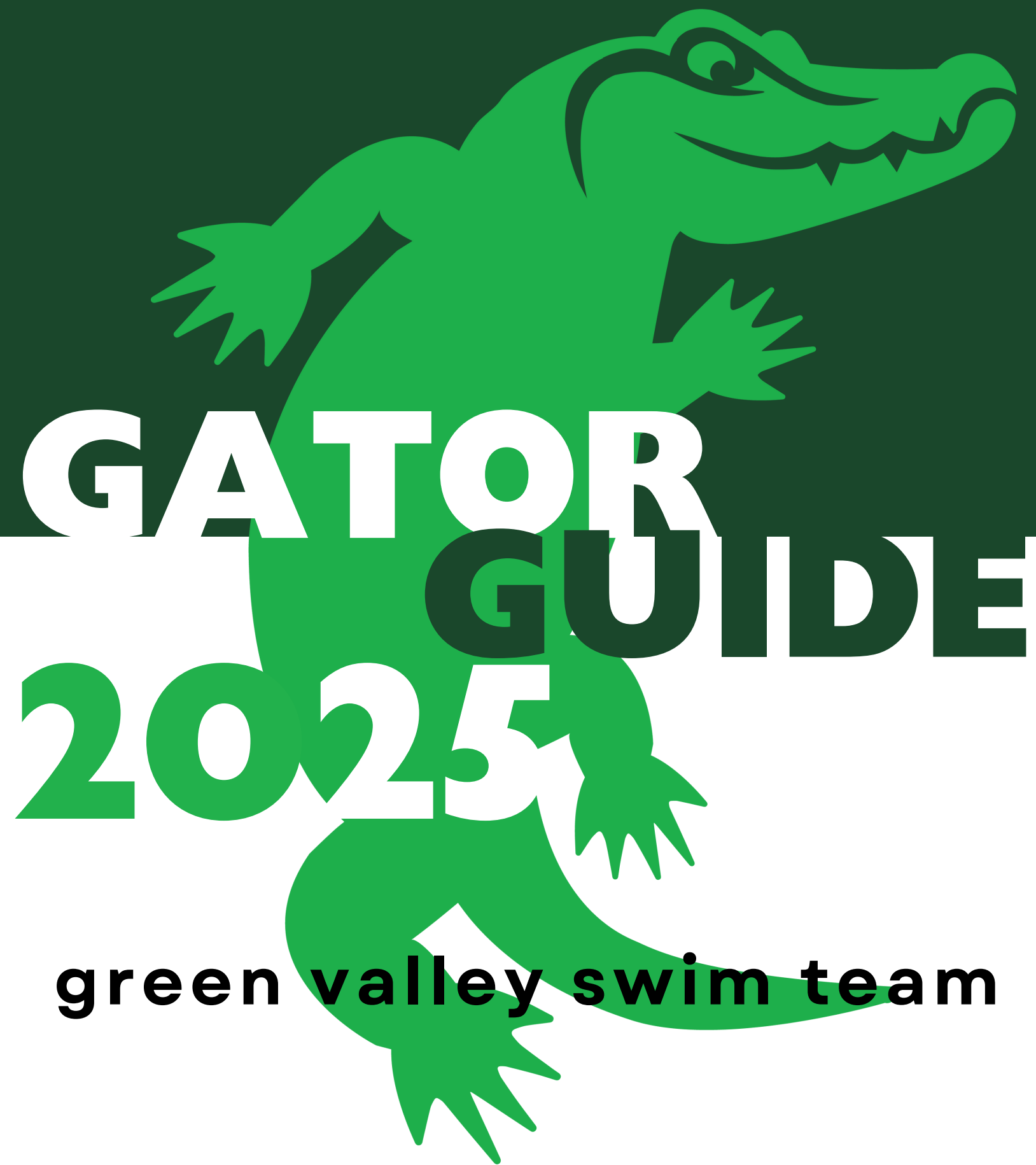




GATOR **GUIDE** **2025**

green valley swim team

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Swim Team Requirements

We welcome swimmers of all levels to be part of the swim team. Our program allows swimmers to grow in their stroke development, speed, and love for the sport. We foster a sense of community and fun summer memories that swimmers carry with them for a lifetime.

Green Valley has a rich heritage of winning, but we value our strong team bond and sportsmanship above all else. We cheer FOR swimmers, not against! We are proud of our reputation in our community.

In order to make sure that each swimmer is getting the attention and coaching they need to be successful, we have two levels of swim team: Grinning Gators Jr. Swim Team and the regular competitive swim team. Regular swim team is for swimmers of all abilities that can complete a full lap and want to be there! A swimmer must be able to swim a full lap unassisted in a swim test to be on the competitive swim team. We recommend if you think your child needs a “warm up period” to get acquainted with swim, arrange to spend some time reviewing with them at one of the indoor pools in town. The GAC normally has open swim hours for the community for a small fee.

Swim Team Expectations

The GVP Gators swim team is a strong community and we operate as a family. We all depend on each other to make the season go smoothly, to have fun, to celebrate each others wins, and to behave in a way that shows the Greensboro swim community what it means to be a Gator. Please read the following expectations we have for our swimmers and their families and discuss these as a family.

- parents are expected to volunteer. Please see p10 for more information. Families that do not volunteer are enjoying the benefits of swim team without sharing in the responsibility and this creates resentment in our team. Please do your part.
- swimmers are expected to be respectful of others in every situation, especially: coaches in practice, parent volunteers, fellow teammates, and opposing teams.
- take care of your stuff! Do not leave a mess, at our pool or when we swim elsewhere.
- all requirements from GVP and CSA must be met to compete. This means forms must be completed, payments made, and all rules followed. CSA is the organization that runs summer swim in Greensboro and they make the competition rules, ie) age restrictions, meet order of events, and requirements to participate in both dual and Clty meets, etc.

Team members who show poor sportsmanship or inappropriate behavior at either meets and practices will not be tolerated .

Grinning Gators Jr Swim Team

Grinning Gators (GG) is noncompetitive junior swim team. Young swimmers will be divided by ability and learn basics in a group setting with consistent coaches. If you are unsure which team is the best fit, sign up for the one you think and come to the swim test (date and time TBD). Credits or additional charges will be issued as needed! If your child is struggling to be comfortable in the water during GG, they may be put in a separate group in the shallowest part of the pool so that they can feel safe and ease into the program without stressing the other swimmers out, *despite their ability level*. We want to create an environment that allows coaches to give each swimmer an ample amount of attention and instruction safely. We will have a lifeguard on deck for all GG sessions. GG swimmers and immediate families are invited to our end of the season celebration for dinner and games and show off their skills!

Requirements for Grinning Gators:

- minimum age 3 years old
- can stand in the shallow end of the pool
- are excited to learn and can take instruction
- parents that are comfortable giving their swimmer and the coaches space

Schedule for Grinning Gators:

There will be TWO separate sessions of GG that run concurrently. You must choose one session and cannot switch back and forth. This is to maintain the correct numbers and make sure we have the right amount of coaches to keep everyone safe and progressing. We recommend swimmers come to every practice in your session and we ask that you drop your child with their coach and then give your child plenty of room to learn (ie do not sit directly behind them or continue to talk to them while they are in the pool!). There are a total of 10 practices for GG and we will make every effort to have makeups for weather etc. Unfortunately, if you miss part of your session due to illness, vacation, etc, we cannot prorate it or adjust our schedule to accomodate your child in the other session.

GRINNING GATORS	
m/w/th/f June 11-June 27	AM session: 10-11
	PM session: 6-7

Important Dates

2025 Swim Season at a Glance

March 1: Swim Team Open House, floating 2-4p

May 12: Practice starts

May 24: Time Trials 7:30-10am

May 27: Time Trials 5:30-8pm

June 3: Sherwood @ GVP

June 12: regular practices + Grinning Gators Start

June 10: Friendly @ GVP

June 17: BurMil @ Sherwood

June 24: GVP @ Hamilton Lakes

June 27: Last day of Grinning Gators

July 1: GVP @ Lake Jeanette

July 8: Spirit Dinner (tentative)

July 10-12: City Meet

July 15: Awards Celebration (tentative)

Time Trials

May 24: 7:30-10:00am

May 27: 5:30-8pm

Time trials are important! Swimmers need an official time to swim an event in a dual meet. Before the season begins we have two time trials to get times to start the year. These run similar to a meet but with just our swimmers and no relays. Think of it as a trial run! These times give the swimmers and coaches a starting place. Summer swim is organized so that swimmers at similar levels compete together in heats. We should not have anyone starting with a “no time,” especially a return swimmer or year round swimmer. We cannot use year round times or last years’ times.

We will have sign ups for time trials just like a meet for your swimmers. The difference is that they may swim as many events as they would like at trials and you need to choose them. (if you have questions reach out to McCain!) Please let them know they need to swim EVERYTHING possible at trials so they can swim it at meets. It is important that every swimmer attends at least one of the time trials, but we encourage them to attend both. It is great practice and helps them and their coaches build a strong lineup going into swim season. Please note we are having one trial on a Saturday morning and one on a Tuesday evening.

PLEASE sign up to volunteer. We can not run time trials without volunteers.

Weather Policy for Practices & Meets

We try very hard to have practices, but occasionally weather gets in the way. At the beginning of the season, we will monitor water temps and do dry land until it is warm enough to be in the water. If there is only light rain we will continue to have practice. If it is down pouring or lifeguards have called it for thunder or lightening, we will not have practice. Every effort will be made to communicate practice information ahead of time but please be flexible.

Scheduling and rescheduling of swim meets is a tricky science! We have to work with unpredictable weather and also with other pools’ schedules, all within a very short season. Please be patient and understanding and know that anytime a meet has to be changed we have put a lot of thought and effort into the best possible outcome for as many people as possible.

Swim Schedules

BEFORE SCHOOL GETS OUT

Evening Practices (no GG)

- 8u 5:00-5:45
- 9-12 5:45-6:45
- 13+ 6:45-8:00

AFTER SCHOOL GETS OUT (6/10)

Morning Practices

- 13+ 8:30-9:00
- 8u 9:00-10:00
- 9-12 10:00-11:00
- GG 10:00-11:00

Evening Practices

- 12u 5:00-6:00
- 13+ 6:00-7:00
- GG 6:00-7:00





Swim Practice

Basics

Swim practice is divided by age and within each age, the coaches divide the swimmers by ability. Swimmers will practice strokes, work on endurance, learn about DQ's, flip turns, starts, relays, and team spirit.

What to bring? towels, cap, goggles, tennis shoes if it is a dry land day.

Expectations

Coaches expect each swimmer to show up ready to swim! It is important for swimmers to be good listeners, good teammates, and to do their very best.

Please note the following rules:

- No one is allowed in the pool or baby pool before the pool is open unless they are participating in a practice. That includes siblings of swimmers.
- No one is permitted on the tennis courts during practices unless they are signed up for a court or are signed up for camp . Due to structural issues we no longer have a wall for wall ball. Please do not permit kids to wander up around tennis! The bathrooms by the courts are for TENNIS ONLY.
- Swimmers cannot hang on or monopolize the coaches' attention during practices. It is a safety hazard and distracting for all the other swimmers.
- Respecting the coaches and other swimmers is required. If your child is being disrespectful or disruptive, the coaches will address it with them. If it continues, the will be asked to leave practice and it will be addressed with the parent and the swimmer.

Attendance

We understand that not every swimmer can come to every practice! It is VERY important for swimmers to come to as many practices as possible. You do not need to let the coach or reps know if you will be missing a practice! If you are having some issue that will keep you out, feel free to speak to Coach Anna.

Year round swimmers are not expected to be at every practice, but we encourage you to come to as many practices as possible so you can feel like you are a part of the team and to have fun and practice with your fellow gators!

Dual Meets

Every season we have five dual meets with other teams in the CSA. The schedule is set by CSA and the number of home meets and away meets flip flops each year. This year we will have three home meets and two away meets.

Meet Day Schedule

We do have practice on meet days! After practice each swimmer gets pancakes prepared by our very own Gator Grill, so plan to stay after for a few minutes for your swimmer to enjoy breakfast with friends!

Meets start at 5:30 and end normally between 8 and 10pm. Warmups begin between 4-4:30, depending on if the meet is home or away. It is very important that your child be there on time! Please make every effort to have them there ready to warm up.

What to bring?

- towels (two)
- a chair (and for spectators)
- sharpie
- fun things to do (Uno, coloring, etc)
- snacks
- water
- sweatshirt in case it gets chilly
- cash for bake sale

Meet Expectations

It is very important for swimmers to stay in their designated areas during meets. Swim meets are fun but they are also fast paced and chaotic. It is not the responsibility of our coaches or tent parents to find your swimmers for their events. Please help us by encouraging your swimmers to stay where they can be easily found for their events.

Swimmers are not allowed to rough house, climb, or make a mess during meets. Please help us be good hosts and good guests by encouraging proper behavior.

Dual Meets, cont.

Meet Information

All swimmers **MUST** be signed up or signed out for the meet by the Sunday at NOON prior to the meet. This is done through Team Unify...each meet is an event that will be on the calendar and emailed out.

A swimmer can swim a maximum of 5 events; 3 individual events and 2 relays. Swimmers may request individual events they would like to swim, but ultimately a coach has the final say. Swimmers do not sign up for relays; they are determined by the coach. Relays are determined by times. If you do not want your swimmer to be signed up for a relay you **MUST** sign them out. Leaving a meet before your child's relay will result in a loss of points for the entire team.

The order of events is the same at every meet and is set by CSA.

Please bring a sharpie to meets and write your child's events on their arm or leg, as well as their last name on their back! This helps tent parents and coaches as they are getting to know your child.

Please watch your email for communication before meets about exact times, things you may need to bring specific to that pool, parking info, etc.

Ribbons

Ribbons are placed in each swimmer's file in the swim team crate a day or two after the meet. For individual events, ribbons for 1-10th place are awarded. For relay events, ribbons for 1-4th place are awarded.

Order of Events

The order of events is the same for every dual meet. Only 8 and unders swim 25's. Once a swimmer is 9 they swim 50's! Age groups are standard and are divided as follows: 6u, 8u, 9-10, 11-12, 13-14, 15-18. Swimmers can swim up for relays only, but not if they have swam that event in their own age group. (example: Mary is 9 and swimming in the 11-12 relay so she cannot swim in the 9-10 freestyle relay in that meet.) Each event alternates girls then boys and goes from youngest to oldest. (example: 100 free starts with girls 8u and ends with boys 15-18.)

6U 100 FREESTYLE RELAY

8U 100 MEDLEY RELAYS

200 MEDLEY RELAYS

25 BACKSTROKE

50 BACKSTROKE

25 FREESTYLE

100 FREESTYLE

25 BREASTSTROKE

50 BREASTSTROKE

25 BUTTERFLY

50 BUTTERFLY

50 FREESTYLE

100 INDIVIDUAL MEDLEY

200 FREESTYLE RELAYS



Communication

We use a website platform called Team Unify. On the website we have practice schedules, meet schedules, team events, registration forms, etc. We also send out emails very frequently during the season because there is a lot of information to get out to swim team families. We ask all team families to read the emails carefully and stay informed.

If you need to communicate with Coach McCain we ask that you email her at mccain@gvpgators.com or set up a time to meet with her. We want to make good use of your swimmer's practice times, so please do not discuss issues with any coaches when they are on deck coaching.

If you have addressed a concern first with the Coach but still need help please speak with our Parent Swim Reps--Thea DeLoreto and Joy Vest at swimteam@gvpgators.com.

Volunteering

Our swim meets cannot run without volunteers. If you have a swimmer participating in swim team, it is expected that you will volunteer. We are all very busy, but if everyone takes a few shifts, the meets will run smoothly and be easier for us all! Any unfilled volunteer slots will be assigned to families who have not signed up.

Trained volunteers include Starter/Referee and Stroke and Turn Officials. These volunteers must have attended the CSA training prior to the start of the season. Other volunteer positions are Swim for Cancer help, Spirit Dinner coordinator, Hospitality, Bake Sale, Clerk of Course, Timers, Head Timer, Runners, Heat Treats, Data Entry, Ribbons, Announcer, and Swimmer Escorts.

There is a full list on the team website that explains what each job is! We are also giving people specific jobs this year. If you are looking for a bigger role please reach out to us!

City Meet

City meet is the culmination of the summer swim season. All 23 teams that make up CSA (Community Swim Association) participate in three days of fun and fast swimming. We will have meetings to explain how city meet works, what to expect, and what we need from our families to make it run smoothly.

It is assumed that if your swimmer is part of the team they will be at City Meet. Please let Coach McCain know if you anticipate missing it. The meet is scored by points and just a few swimmers can make all the difference in our standing. This year our last meet will be after the entries for city meet are due and per CSA a swimmer MUST have swam an event in a duel meet to compete in it at city meet. Please keep this in mind! Also, please understand if a swimmer is not going to be at city meet it may effect their relay placement in duel meets.



Swim for Cancer

Each year we participate in Greensboro's "Swim for Cancer" program benefiting the American Cancer Society! Let's work together to make a strong contribution this year! Each family will receive a white envelope in the Swim Team Crate towards the beginning of the season. Families are encouraged collect pledges from friends and family or to make a donation. More information to come! We will also host fundraiser through out the season like our bake sale. Make sure you sign up to donate baked goods each home meet and bring money for a sweet treat that goes toward a great cause!

Also watch our emails for more news about ways that we will be raising money throughout the season with clinics for swimmers to work on specific areas, similar to the ones we have traditionally just done the week before city meet.



Questions?
Contact us.



Joy Vest and Thea DeLoreto
swim team parent reps

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