

SEM Parent Meeting Document

Seminole Swim & Dive TEAM CODE OF CONDUCT POLICY

All families that participate in the Seminole Swim & Dive Team are expected to demonstrate good sportsmanship by conducting themselves in a manner that earns the respect of the children, other swimmers, parents, officials, and coaches at meets and practices. As a parent, swimmer, or family member on the Seminole Swim & Dive Team, I will abide by the following guidelines:

- 1. Practice teamwork:** I will support the values of good sportsmanship by being encouraging, respectful, and fair toward all athletes, parents, and coaches.
- 2. Monitor children:** Under no circumstances should a sibling or other child be left unattended or unwatched at the pool. Athletes and siblings are not permitted to run on the pool deck or grass, or climb on the bleachers. Children of parents who are distracting to coaches or lifeguards may be asked to leave the pool.
- 3. Be respectful:** I understand that criticizing, name-calling, the use of abusive language, or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted and will result in being asked to leave the team. I will not coach or instruct the team or any swimmer at a practice or meet in a way that interferes with coaches on the pool deck.
- 4. Communicate effectively:** During practices and meets all questions or concerns regarding decisions of coaches or officials, should be asked after practice is over or directed to a member of the coaching staff by email.
- 5. Volunteer:** I understand that my volunteer efforts are an integral part of the success of the team, and I will complete my volunteer responsibilities. If an emergency arises, I will make an effort to have another parent volunteer in my place.

2025 Swim Team Preseason Practice Schedule

May 27th- June 10th *No practices on Friday May 30th or Friday June 6th*

8 & Under: 5:30 – 6:15 p.m.

9 & 10: 6:00 – 6:45 p.m.

11 & 12: 6:30 – 7:30 p.m.

13 & Up: 7:15 – 8:30 p.m.

* Shark Bites practice will start on June 11th.

Reminder to everyone that there will also be no swim practice on Tuesday, 6/3 due to the pizza party.

2025 Dive Team Preseason Practice Schedule *No practices on Friday May 30th or Friday June 6th*

Reminder to everyone that there will also be no swim practice on Tuesday 6/3 due to the pizza party.

Normal Weekly Schedule:

2025 Swim Team Regular Season Practice Schedule

****THIS SCHEDULE BEGINS MONDAY, JUNE 11 FOR ALL SWIM TEAM MEMBERS****

	Monday	Tuesday	Wednesday	Thursday	Friday
13 & Up	6:30-8:00 am	6:30-8:00 am. (dryland during practice)	6:30-8:00 am	6:30-8:00 am. (dryland during practice)	6:45-8:00 am.
11-12's	7:45-9a.m.	7:45-9a.m.	7:45-9am	7:45-9a.m	7:45-9a.m.
9-10's	8:45-10a.m.	8:45-10a.m.	8:45-10a.m	8:45-10a.m.	8:45-10a.m.
8 & Unders	9:30-10:30a.m.	9:30-10:30a.m.	9:30-10:30a.m.	9:30-10:30a.m.	9:30- 10:30a.m.
Shark Bites	9:00-9:45a.m.		9:00-9:45a.m.		9:00- 9:45a.m.

Beginning 6/11 through Saturday, July 26 (the date of the last dual meet):

1. Coaches' communications as necessary, by age group: Target Sunday nights
2. Weekly meet sign-up online: Wednesday nights at 11:59 pm
3. Chocolate Milk deliveries: Wednesdays after practice (starts June 11)
4. Donuts: Fridays after practice (starts June 13)
5. Dive Meets: Friday nights, 5 p.m. start (unless otherwise communicated)
6. Swim Meets: Saturday mornings, 8 a.m. start, warm-up times to be communicated by coaches. We will have one Wednesday Meet that will start at 4:00pm-7/2 at home.

All-City!:

For those new to Swim and Dive team, "All City" refers to the final meet of our season, and it is a multiple-day grand finale. Ask anyone who has been around for a few years, and they can fill you in on the fabulousness that is All-City! We'll keep you apprised of important items as the weeks progress, but for now, you just need to remember two things:

- 1. Every athlete (Swim OR Dive) must participate in at least 3 dual meets to be eligible for All-City**
- 2. All-City Dive is Monday/Tuesday, July 28-29 at Parkcrest. All-City Swim is Thursday-Saturday, July 28-31 at Hill Farm. Keep an eye on allcityswimdive.org for more details as they develop.**
- 3. Family Folders – We are working on getting one for every family. (Please let front desk staff know if you need one). Check yours periodically (file cabinet near the water fountain).**
- 4. Swim Buddies -Please use the link below to access the About Me form. Please print and put in the C. Grady Folder by June 5th**
- 5. Chocolate Milk and Donuts – no need to sign up. The Boosters provide these tasty treats after practices on Wednesdays and Fridays, respectively. This is a fan favorite. Begins June 11 and 13.**
- 6. Required Volunteering: Every family must complete 3 shifts or forfeit their \$100 deposit. Other volunteering: Want to step up and take a bigger role with Boosters?**

Swimming Expectations for Practices

If you have questions, ask the coaches before or after the practice, not during.

1. Coaches- Please be respectful of the coach, and your swimming peers. Please do not talk when the coaches are talking to the group. Have fun! We are going to get better, but most importantly we are going to have fun!

2. Swim Ability-This is not a club team, so please know that every swimmer will focus on improving their own stroke. If there is something that is difficult for a swimmer, the coaches ask that the swimmer communicate with their coach about this. The coaches will always do their best to make modifications that they believe will help the swimmer be successful.

3. Equipment-We have kickboards and pull buoys, but can often times run out with large groups. If you are wanting to make sure you have your own, I would recommend buying these from simply swimming. We ask that all swimmers bring their own cap and goggle.

A swimmer does need to have a cap, it will just make it easier for swimmers with a lot of hair to move through the water.

4. Coming to Practice-If you come to practice, that is the best way for an athlete to give themselves the best opportunity to succeed. We encourage 3 practices a week minimum, and if you will be gone for several days, please communicate that with your age group coach. Try to attend Friday practices or the day before the meet practices. That is when relay exchanges and starts, and race prep will happen!

5. Private Coaching Sessions- Each coach will set their own rate and the lessons will be held in the lap lane at Seminole pool. Please make sure to follow through the process of setting up private coaching sessions via member splash. The process is available on our website.

Swimming Expectations for Meets

Swimmers must compete in at least three dual meets in order to be eligible to participate in the All-City meet at the end of the season.

1. General Communication for Meets and Practices- Entries, themes, and important times will be posted each week by Coach Andrew. You will also get weekly group updates from your age group coach if they feel it is necessary. We as a board and coaching staff will try to minimize the weekly emails as much as possible.

2. Sign-up-Deadline to sign up for a meet is Wednesday night prior to the meet. Except for the Wednesday night meet, the entry deadline will be the Sunday before. I will send reminders, but please get those entries in before 11:59pm. For non-Saturday meets, meet entries will be due two days before the meet at 5 pm. This is so coaches can get the relays in. If you miss the deadline, please let the coaches know asap and we may be able to get you into the meet. Each swimmer can swim 2 individual events and 2 relays. If you are unable to do a relay or your swimmer does not want to, please indicate that in the notes section when you sign up. If you are unsure what to sign up for, please talk to the coach. Please know that your swimmer will not always get 2 relays, and the coaches will do their best to make sure this is not a consistent occurrence.

Regardless of age, it is a good idea to sign up for all the strokes over the course of the season. For younger swimmers, a great goal is to have a legal swim in each stroke. The coaches reserve the right to assign strokes to swimmers in the interest of fielding a balanced team and may use any swimmer for any of the 4 strokes in the medley relay.

3. Posting Entries- Entries will be emailed to the members on Friday at noon or at noon the day before the meet.

4. Meet themes- Coaches will be dressed up and we encourage kids to do so as well!

5. Meet Preparation- make sure your swimmer has all equipment needed (swimsuit/cap/goggles/towel) and an extra set of goggles is recommended. Bring sunscreen, tent, blankets, towels, chairs, games and snacks. The meets will go on rain or shine and regardless of temperature. Thunder/lightning may cancel or postpone a meet.

6. Additional Meet Items- It is important to eat healthy snacks and stay hydrated at the meet, so bring plenty. Some of the meets can last 3-5 hours, so it is best to be prepared. Concessions are also sold at the meet, and you can bring a cooler too.

7. Warm-ups- There will be warm-ups scheduled before each meet that will be sent out via Coach Andrew. Please have your swimmer there and ready to swim 10 minutes before the appointed time. These are required if you have a valid excuse for not being at warm-ups, please let a coach know. Warm ups will always be 7-7:15 (8 and Unders), 7:15-7:30 (9-10's), 7:30-7:40 (11-12), 7:40-7:50 (13 and ups)

8. Order of events- MR, Fr, Bk, 8&under FR, 9&up IM, Br, Fl, 8&under IM, 9&up FR

9. Pool Conversion-Our pool is unique, because we are 26.5 m strong. If you are interested in finding out the conversion to a different length, please reference the Swim Team tab on the website.

10. Heat Sheets/Events- Heat Sheets will be posted around the pool or you may utilize the virtual copy we send out online. 3 things swimmers need to make sure they know: Event/Heat/Lane. It is

often helpful to have parents write down a younger swimmers', Event/Heat/Lane on their arm.

11. At the Meet- Arriving at the meet can be hectic. Your swimmer should find a place to set down their belongings and find their age-group coach. For younger swimmers, coaches will remind them (often with a notecard-only at All-City) which events and relays they are in.

12. Seating at the Meet- First come first serve. At SEM seating is typically wherever, and we like to normally sit in the grassy area between the tennis courts and the pool. If other pools are specific about where they want us to sit, I will communicate that to everyone.

The baby pool area is reserved for Seminole swimmers 13 & Up. Tennis courts are closed during the meet.

13. Sickness- If, before or during the meet, your swimmer gets sick please contact the coach ASAP to ensure they can scratch your swimmer from their events or change relays if need be.

14. Clerk of Course-For kids 10&under, there will be clerk of course. The events being currently clerked are displayed at the entrance to the clerk of course to ensure the swimmers make it to their race. Please remind your swimmers to behave appropriately in this crowded area.

15. Relays- Coaches will determine the relays and can put any swimmer in any order or on any stroke. If your swimmer has never done butterfly and the coach puts them on it, it is for a reason and the coach believes in them.

16. Behind the block-The area behind the blocks is for swimmers, coaches and meet staff. Parents are not allowed behind the block. Volunteers and Coaches will make sure to help athletes follow the appropriate rules when going behind the blocks.

17. Before the event- When swimmers are on the blocks, spectators and other swimmers should be quiet so that the swimmers can hear the starter.

18. After your event-For 12&unders, if you finish first in your heat, you will receive a heat winner ribbon. The home team will post results somewhere in the pool area. The results will show time, placement and points awarded. If your swimmer is 12&under and finishes in the first 6 places, they will receive a ribbon. Older swimmers receive ribbons for first 3 places. If your swimmer is disqualified, they will appear near the bottom of the list. For new swimmers, a DQ is not uncommon, especially for every stroke except freestyle. While they may be discouraged, it is something that every swimmer goes through and can learn from. Officials will give the coaches the reason for the DQ. After the meet: results will be sent out via the Head Coach.

19. During the meet- Please make sure swimmers are not crowding the area where the coaches are sitting.

