To help protect your privacy, PowerPoint has blocked automatic download of this picture.

Pinewood Porpoises Swim Team

Parent Orientation

2023 Pinewood Swim Team Board Members

- President/Team Manager: Tiffany Hooks Hill
- Vice President/Membership Coordinator: Stefini W. Salles
- Secretary: Renee Hirsh
- Treasurer/Supplies (team suits, fins, goggles):
- Meet Coordinator: Matt Zelden
- STSL Team Representative: Jeff Ganucheau
- Volunteer Coordinator: Katie Reyes
- Equipment Manager/Website: Tiffany Hooks Hill
- Clerk of Course: Christy Wood
- Fundraising: Christy Wood and Renee Hirsh
- T-shirts: Christy Wood
- Scoring: Sheila Ganucheau
- Awards: Renee Hirsh
- Member-at-Large: Gina Zelden

2023 Pinewood Swim Team Coaches

Head Coach:

- Zoey

Assistant Head Coach:

- David

Assistant Coaches:

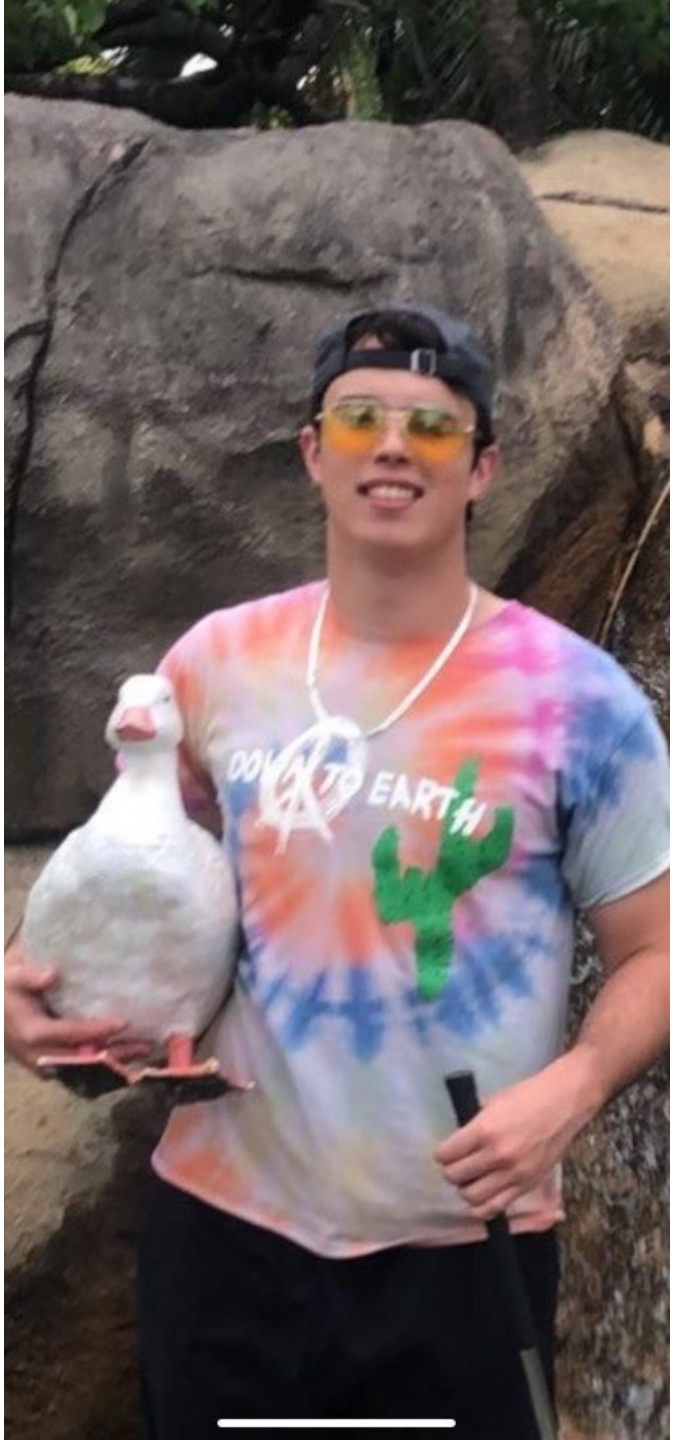
- Mady
- Sam
- Carter
- Lucy
- Brayden
- Camryn
- Chloe

Junior Coaches:

Coz

Twila

Zoey



David

OUTSTANDING SWIMMER
LHSAA
SWIMMING
Division IV
2021
LHSAA
State Championship
SPAR Aquatic Center
November 17-20
Ochsner

Mady

Sam

Carter

Lucy

Chloe

Cami

Brayden

Swim Strokes

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

Individual Medley (IM)

- The IM is for advanced swimmers who can do all 4 strokes and have the stamina to swim 4 laps.
- IM order
  - Fly
  - Back
  - Breast
  - Free

Swim Meet Events

- 25/50 yd. Freestyle
- 25/50 yd. Backstroke
- 25/50 yd. Breaststroke
- 25/50 yd. Butterfly
- 100 yd. IM (Individual Medley)
- 100/200 yd. Freestyle Relay
- 100/200 yd. Medley Relay

Number of Events per Swimmer

- 3 individual events
- 1-2 relays
- A swimmer may be in more relays if coaches need that swimmer to “age up”

Disqualification (DQ)

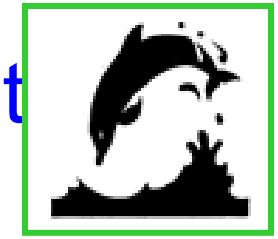
- Each stroke has specific rules designed to ensure that no swimmer has an unfair advantage over another swimmer
- Stroke judges watch each swimmer to be sure that rules are followed.
- If a stroke judge sees that a swimmer is not swimming a stroke according to the rules, then that swimmer will be disqualified for that event and the swimmer will not receive a time for that race.
- www.usaswimming.org

Common Reasons for DQs

- Swimmer walking or touching bottom of pool
- Pulling on the lane rope to propel forward
- Coming out of dive in any stroke other than the stroke required
- Touching or adjusting goggles while swimming
- Improper turn
- Not touching the wall at the end of the race
- Using a 1 hand touch when a 2 hand touch is required.

What happens the day of a Swim Meet

- Arrive at designated warm-up time and swimmer reports to coach
- Parent sets up chairs and possibly tent
- Parent buys a Heat Sheet and highlights their swimmer's events. (Bring a highlighter!)
- Write swimmer's events on arm or leg with a Sharpie (Bring a Black Sharpie!)
- When the swimmer's event is called, t swimmer reports to clerk of course



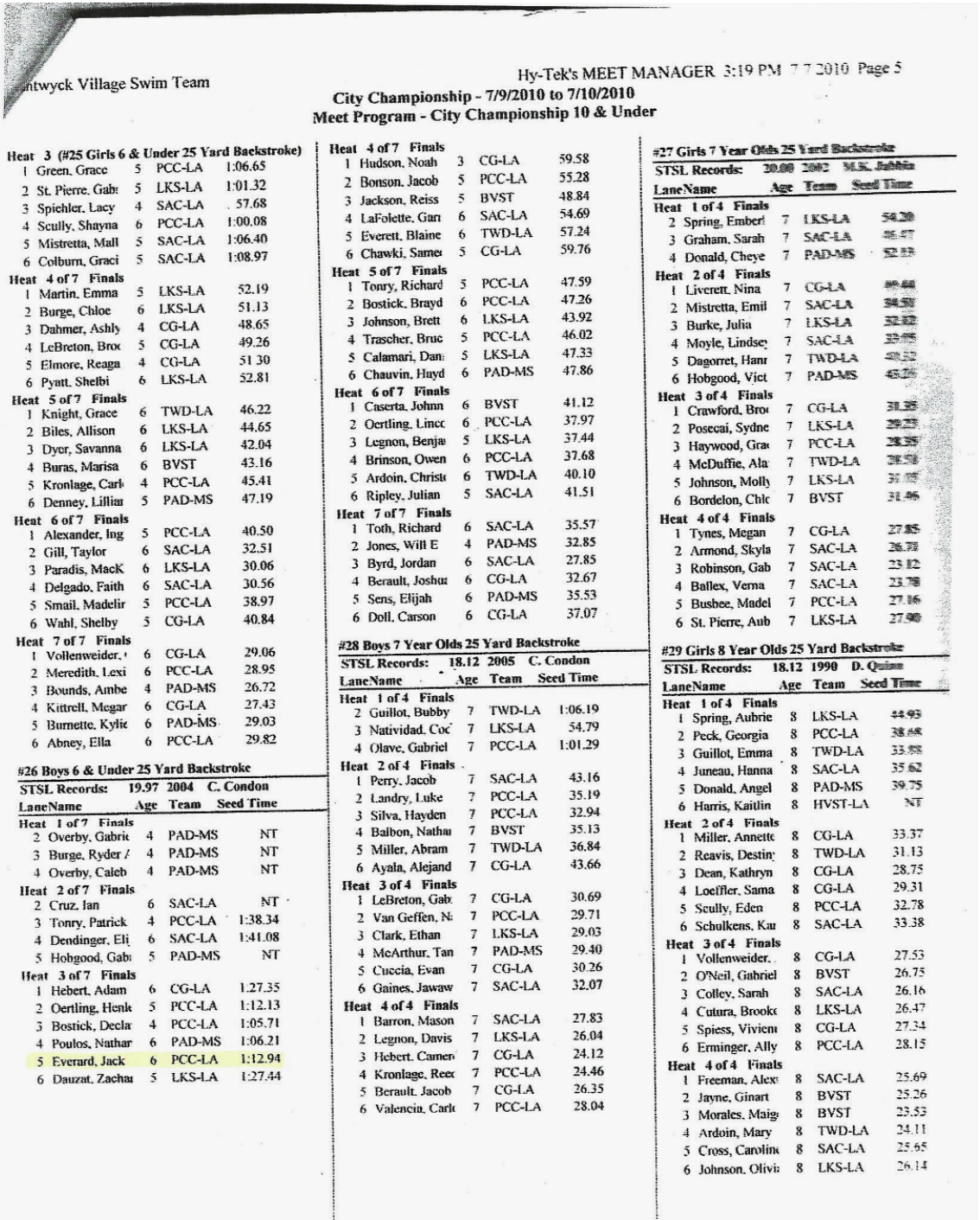
What to bring to a Swim Meet

- Black Sharpie, Highlighter, Pen
- Cash for heat sheets and snacks
- Swim cap, goggles, extra pair of goggles
- Towels
- Change of clothes for swimmer, team shirt
- Sunblock
- How to mark swimmer?

Pinewood Rules

- No outside food or beverage within the courtyard.
- No tents in the courtyard area.
- Baby pool closed during swim meets and practices.
- No swimmers or spectators on the golf course during swim meets.
- Pool deck is only open to swimmers, coaches, meet officials and volunteers during swim meets.

Heat Sheet



City Championship - 7/9/2010 to 7/10/2010

Meet Program - City Championship 10 & Under

Heat 3 (#25 Girls 6 & Under 25 Yard Backstroke)

1	Green, Grace	5	PCC-LA	1:06.65
2	St. Pierre, Gab	5	LKS-LA	1:01.32
3	Spichler, Lacy	4	SAC-LA	57.68
4	Scully, Shayna	6	PCC-LA	1:00.08
5	Mistretta, Mall	5	SAC-LA	1:06.40
6	Colburn, Graci	5	SAC-LA	1:08.97

Heat 4 of 7 Finals

1	Martin, Emma	5	LKS-LA	52.19
2	Burge, Chloe	6	LKS-LA	51.13
3	Dahmer, Ashly	4	CG-LA	48.65
4	LeBreton, Broc	5	CG-LA	49.26
5	Elmore, Reaga	4	CG-LA	51.30
6	Pyatt, Shelbi	6	LKS-LA	52.81

Heat 5 of 7 Finals

1	Knight, Grace	6	TWD-LA	46.22
2	Biles, Allison	6	LKS-LA	44.65
3	Dyer, Savanna	6	LKS-LA	42.04
4	Buras, Marisa	6	BVST	43.16
5	Kronlage, Carl	4	PCC-LA	45.41
6	Denney, Lillia	5	PAD-MS	47.19

Heat 6 of 7 Finals

1	Alexander, Ing	5	PCC-LA	40.50
2	Gill, Taylor	6	SAC-LA	32.51
3	Paradis, MacK	6	LKS-LA	30.06
4	Delgado, Faith	6	SAC-LA	30.56
5	Smail, Madelir	5	PCC-LA	38.97
6	Wahl, Shelby	5	CG-LA	40.84

Heat 7 of 7 Finals

1	Vollenweider,	6	CG-LA	29.06
2	Meredith, Lexi	6	PCC-LA	28.95
3	Bounds, Ambe	4	PAD-MS	26.72
4	Kittrell, Megar	6	CG-LA	27.43
5	Burnette, Kylie	6	PAD-MS	29.03
6	Abney, Ella	6	PCC-LA	29.82

#26 Boys 6 & Under 25 Yard Backstroke

STSL Records: 19.97 2004 C. Condon

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
2	Overby, Gabrie	4	PAD-MS	NT
3	Burge, Ryder /	4	PAD-MS	NT
4	Overby, Caleb	4	PAD-MS	NT
Heat 2 of 7 Finals				
2	Cruz, Ian	6	SAC-LA	NT
3	Tonry, Patrick	4	PCC-LA	1:38.34
4	Dendinger, Eli	6	SAC-LA	1:41.08
5	Hobgood, Gab	5	PAD-MS	NT
Heat 3 of 7 Finals				
1	Hebert, Adam	6	CG-LA	1:27.35
2	Oertling, Henk	5	PCC-LA	1:12.13
3	Bostick, Decla	4	PCC-LA	1:05.71
4	Poulos, Nathar	6	PAD-MS	1:06.21
5	Everard, Jack	6	PCC-LA	1:12.94
6	Dauzat, Zachai	5	LKS-LA	1:27.44

Heat 4 of 7 Finals

1	Hudson, Noah	3	CG-LA	59.58
2	Bonson, Jacob	5	PCC-LA	55.28
3	Jackson, Reiss	5	BVST	48.84
4	LaFolette, Gan	6	SAC-LA	54.69
5	Everett, Blaine	6	TWD-LA	57.24
6	Chawki, Samei	5	CG-LA	59.76

Heat 5 of 7 Finals

1	Tonry, Richard	5	PCC-LA	47.59
2	Bostick, Brayd	6	PCC-LA	47.26
3	Johnson, Brett	6	LKS-LA	43.92
4	Trascher, Bruc	5	PCC-LA	46.02
5	Calamari, Dan	5	LKS-LA	47.33
6	Chauvin, Huyd	6	PAD-MS	47.86

Heat 6 of 7 Finals

1	Caserta, Johnn	6	BVST	41.12
2	Oertling, Lincc	6	PCC-LA	37.97
3	Legnon, Benja	5	LKS-LA	37.44
4	Brinson, Owen	6	PCC-LA	37.68
5	Ardoin, Christ	6	TWD-LA	40.10
6	Ripley, Julian	5	SAC-LA	41.51

Heat 7 of 7 Finals

1	Toth, Richard	6	SAC-LA	35.57
2	Jones, Will E	4	PAD-MS	32.85
3	Byrd, Jordan	6	SAC-LA	27.85
4	Berault, Joshu	6	CG-LA	32.67
5	Sens, Elijah	6	PAD-MS	35.53
6	Doll, Carson	6	CG-LA	37.07

#28 Boys 7 Year Olds 25 Yard Backstroke

STSL Records: 18.12 2005 C. Condon

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
2	Guillot, Bubby	7	TWD-LA	1:06.19
3	Natividad, Coc	7	LKS-LA	54.79
4	Olave, Gabriel	7	PCC-LA	1:01.29
Heat 2 of 4 Finals				
1	Perry, Jacob	7	SAC-LA	43.16
2	Landry, Luke	7	PCC-LA	35.19
3	Silva, Hayden	7	PCC-LA	32.94
4	Balbon, Nathai	7	BVST	35.13
5	Miller, Abram	7	TWD-LA	36.84
6	Ayala, Alejand	7	CG-LA	43.66
Heat 3 of 4 Finals				
1	LeBreton, Gab	7	CG-LA	30.69
2	Van Geffen, N	7	PCC-LA	29.71
3	Clark, Ethan	7	LKS-LA	29.03
4	McArthur, Tan	7	PAD-MS	29.40
5	Cuccia, Evan	7	CG-LA	30.26
6	Gaines, Jawaw	7	SAC-LA	32.07
Heat 4 of 4 Finals				
1	Barron, Mason	7	SAC-LA	27.83
2	Legnon, Davis	7	LKS-LA	26.04
3	Hebert, Camer	7	CG-LA	24.12
4	Kronlage, Reec	7	PCC-LA	24.46
5	Berault, Jacob	7	CG-LA	26.35
6	Valencia, Carl	7	PCC-LA	28.04

#27 Girls 7 Year Olds 25 Yard Backstroke

STSL Records: 20.00 2002 M.S. Jubbin

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
2	Spring, Emberl	7	LKS-LA	58.20
3	Graham, Sarah	7	SAC-LA	46.47
4	Donald, Cheye	7	PAD-MS	52.33
Heat 2 of 4 Finals				
1	Liverett, Nina	7	CG-LA	49.44
2	Mistretta, Emil	7	SAC-LA	34.50
3	Burke, Julia	7	LKS-LA	32.82
4	Moyle, Lindsey	7	SAC-LA	32.95
5	Dagorret, Hanr	7	TWD-LA	40.53
6	Hobgood, Vict	7	PAD-MS	45.20
Heat 3 of 4 Finals				
1	Crawford, Broc	7	CG-LA	31.35
2	Posecai, Sydne	7	LKS-LA	29.23
3	Haywood, Grac	7	PCC-LA	28.35
4	McDuffie, Ala	7	TWD-LA	29.58
5	Johnson, Molly	7	LKS-LA	31.05
6	Bordelon, Chlc	7	BVST	31.46
Heat 4 of 4 Finals				
1	Tynes, Megan	7	CG-LA	27.85
2	Armond, Skyla	7	SAC-LA	26.33
3	Robinson, Gab	7	SAC-LA	23.82
4	Ballex, Verna	7	SAC-LA	23.78
5	Bushee, Madel	7	PCC-LA	27.16
6	St. Pierre, Aub	7	LKS-LA	27.90

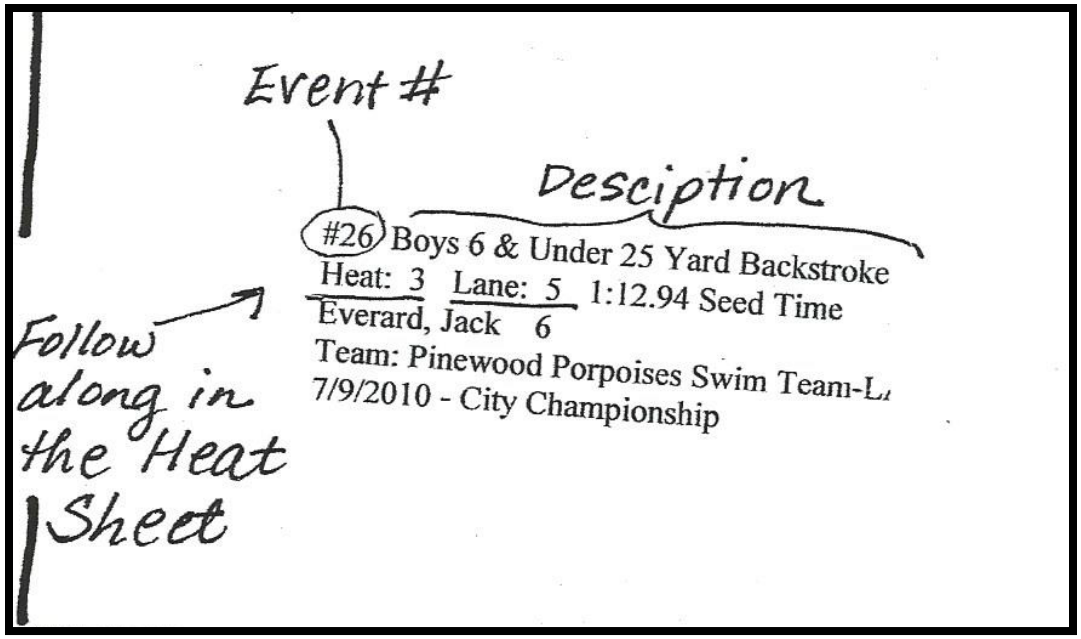
#29 Girls 8 Year Olds 25 Yard Backstroke

STSL Records: 18.12 1990 D. Quinn

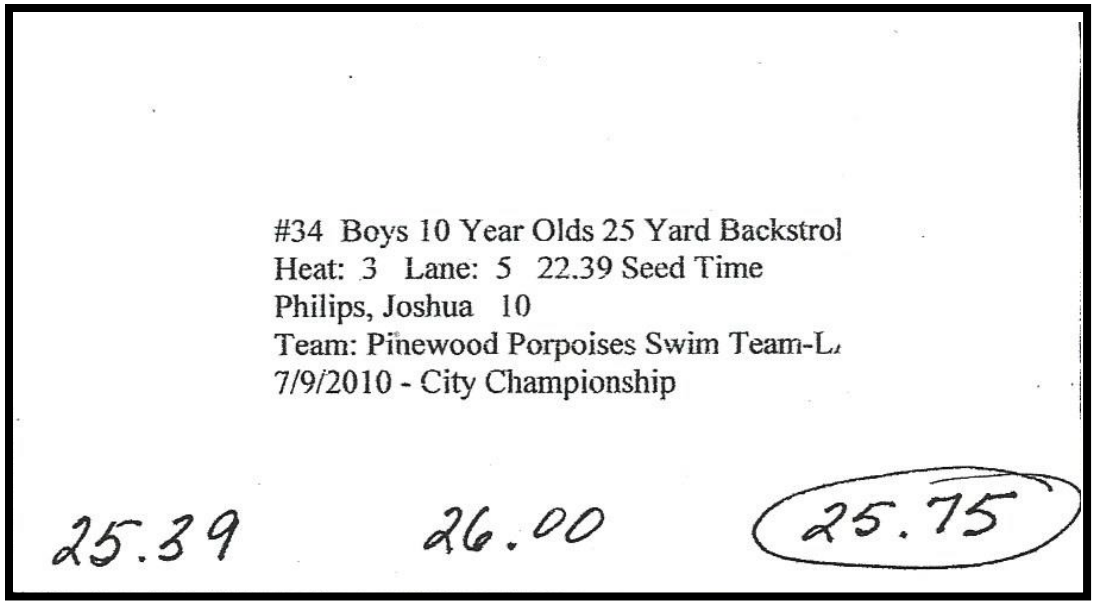
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Spring, Aubrie	8	LKS-LA	44.93
2	Peck, Georgia	8	PCC-LA	38.68
3	Guillot, Emma	8	TWD-LA	33.93
4	Juneau, Hanna	8	SAC-LA	35.62
5	Donald, Angel	8	PAD-MS	39.75
6	Harris, Kaitlin	8	HVST-LA	NT
Heat 2 of 4 Finals				
1	Miller, Annette	8	CG-LA	33.37
2	Reavis, Destiny	8	TWD-LA	31.13
3	Dean, Kathryn	8	CG-LA	28.75
4	Loeffler, Sama	8	CG-LA	29.31
5	Scully, Eden	8	PCC-LA	32.78
6	Schulkens, Kai	8	SAC-LA	33.38
Heat 3 of 4 Finals				
1	Vollenweider,	8	CG-LA	27.53
2	O'Neil, Gabriel	8	BVST	26.75
3	Colley, Sarah	8	SAC-LA	26.16
4	Cutura, Brooke	8	LKS-LA	26.47
5	Spiess, Vivien	8	CG-LA	27.34
6	Erminger, Ally	8	PCC-LA	28.15
Heat 4 of 4 Finals				
1	Freeman, Alex	8	SAC-LA	25.69
2	Jayne, Ginart	8	BVST	25.26
3	Morales, Maig	8	BVST	23.53
4	Ardoin, Mary	8	TWD-LA	24.11
5	Cross, Caroline	8	SAC-LA	25.65
6	Johnson, Olivi	8	LKS-LA	26.14

Deck Cards

- Labeled index cards for each event a swimmer is registered to swim in.
- Tells the swimmer which lane and which heat they will be swimming in.
- Swimmer gives deck cards to runner or timer so his or her times for that race can be recorded.
- Deck card is then collected by a runner and taken to the scoring area.


Event #
Desciption
#26 Boys 6 & Under 25 Yard Backstroke
Heat: 3 Lane: 5 1:12.94 Seed Time
Everard, Jack 6
Team: Pinewood Porpoises Swim Team-L
7/9/2010 - City Championship
Follow along in the Heat Sheet

Deck Cards


#34 Boys 10 Year Olds 25 Yard Backstrol
Heat: 3 Lane: 5 22.39 Seed Time
Philips, Joshua 10
Team: Pinewood Porpoises Swim Team-L
7/9/2010 - City Championship
25.39
26.00
25.75

Scoring

- Three times are entered for a swimmer for each race on the deck card.
- The median time is circled by the scoring official and that time is entered into the Meet Manager software.
- Meet Manager software ranks the times from fastest to slowest for each event.
- Points are awarded for the top 4 places in each event for a dual meet and top 12 places in each event for a championship meet.

Results

Pinewood Country Club

Hy-Tek's MEET MANAGER 4:34 PM 6/15/2009 Page 1

PCC v. LKG - 6/15/2009

Results

Event 2 Boys 6 & Under 25 Yard Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kronlage, Reed	6	Pinewood Porpoises Swim Team-LA	28.02	24.65	6
2	Van Geffen, Nathan	6	Pinewood Porpoises Swim Team-LA	29.17	30.16	4
3	Tymkiw, Michael	6	Lakeside Gators Swim Team-LA	30.88	30.68	2
4	Clark, Ethan	6	Lakeside Gators Swim Team-LA	30.62	30.71	1
5	Bonson, Michael	6	Pinewood Porpoises Swim Team-LA	26.68	31.69	
6	Silva, Hayden	6	Pinewood Porpoises Swim Team-LA	35.62	37.81	
7	Holden, Andrew	6	Pinewood Porpoises Swim Team-LA	37.37	38.13	
8	Kelley, Christopher	6	Lakeside Gators Swim Team-LA	40.28	44.50	
9	Landry, Luke	6	Pinewood Porpoises Swim Team-LA	51.22	44.62	
10	Natividad, Cody	6	Lakeside Gators Swim Team-LA	55.41	45.13	
11	Johnson, Brett	5	Lakeside Gators Swim Team-LA	55.33	50.54	
12	Trascher, Bruce	4	Pinewood Porpoises Swim Team-LA	47.15	59.97	
13	Olave, Gabriel	6	Pinewood Porpoises Swim Team-LA	1:08.81	1:13.91	
14	Silva, Avery	4	Pinewood Porpoises Swim Team-LA	1:20.37	1:21.89	
15	Bonson, Jacob	4	Pinewood Porpoises Swim Team-LA	1:43.75	1:30.31	

St. Tammany Swim League

2023 STSL A-Meet Qualifying Times

GIRLS	FREE	BACK	BREAST	FLY	100 IM
6 and Under	37.00	40.00	40.00	40.00	2:20.00
7	28.00	33.00	40.00	40.00	2:20.00
8	24.00	29.00	33.00	29.00	2:10.00
9	22.00	27.00	29.00	27.00	2:00.00
10	20.00	25.00	26.00	23.00	1:50.00
11	40.00	51.00	52.00	46.00	1:40.00
12	38.00	47.00	50.00	40.00	1:30.00
13-14	35.00	44.00	45.00	37.00	1:25.00
15-18	31.00	38.00	43.00	35.00	1:20.00

BOYS	FREE	BACK	BREAST	FLY	100 IM
6 and Under	39.00	44.00	40.00	40.00	2:20.00
7	29.00	35.00	40.00	40.00	2:20.00
8	24.00	29.00	31.00	31.00	2:10.00
9	21.00	27.00	29.00	25.00	2:00.00
10	20.00	26.00	26.00	23.00	1:50.00
11	41.00	51.00	55.00	48.00	1:40.00
12	36.00	47.00	50.00	44.00	1:30.00
13-14	31.00	40.00	42.00	35.00	1:20.00
15-18	28.00	35.00	36.00	31.00	1:15.00

Notes:

Ages up to and including 10 years swim 25 yard individual events.

Ages 11 and up swim 50 yard individual events.

All Individual Medleys (IM) are 100 yards.

These events: 25 Breast, 25 Fly, and 100 IM are grouped 7 and under.

www.sttammanyswimleague.org

Parents Run the Swim Meets!!

- A parent from each PCC family is required to volunteer at least 3 times through out the season.
- Each time you volunteer your name is entered in to win a prize at the end of the season.
- Roles that need to be filled at each swim meet:
  - Timer
  - Runner
  - Deck Helper
  - Clerk of Course
  - Stroke Judge

Rules for Timing

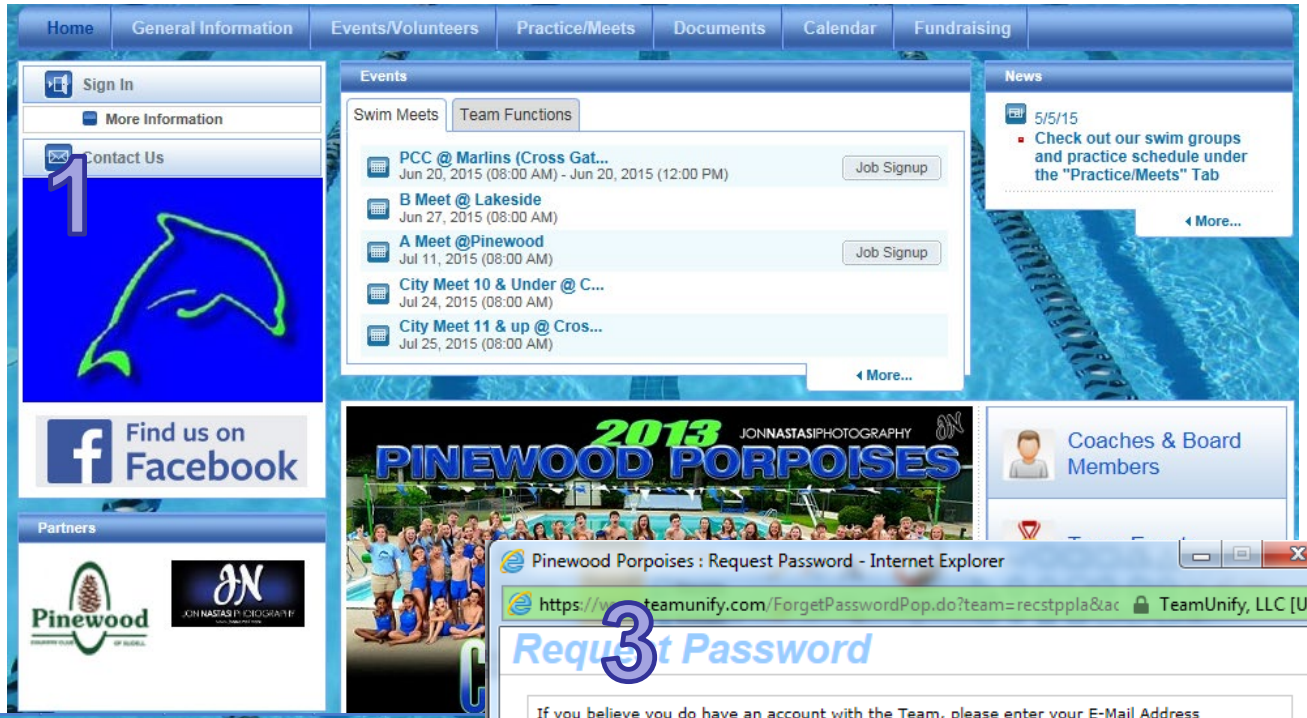
- Report to the Head Timer when your shift is called.
- Start on the light, not the sound.
- Stop the watch when any part of body touches the finish.
- If you don’t get the start, yell “backup!”
- Everyone times for every race, even if there isn’t a swimmer in your lane.
- If you are seated, stand-up to see the swimmer touch at the finish.
- Limit texting and phone calls to urgent issues.
- No kids on deck with you while you are timing.
- Nobody leaves their shift until a replacement comes to relieve them.

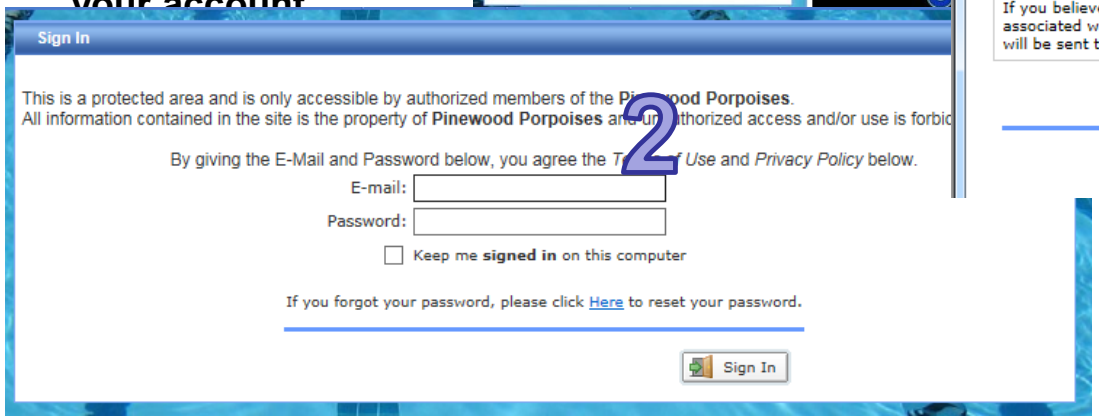
The Pinewood Swim Team site is

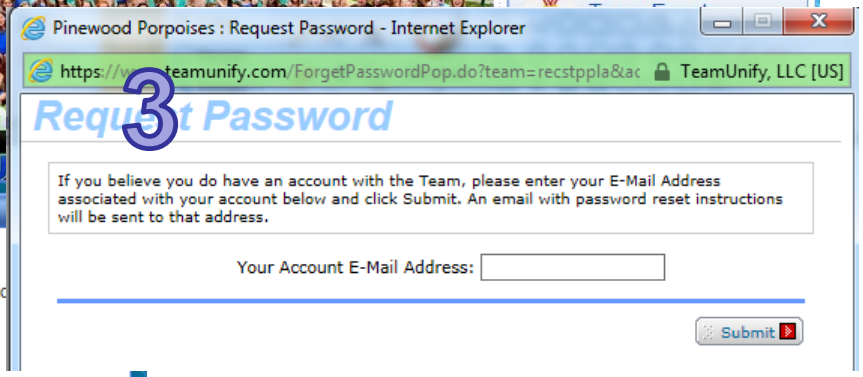
https://www.teamunify.com/team/recstppla/page/home

1. **Sign In**
2. **Click to reset password**
3. **Enter email**

A link to reset your password will be sent to your primary email account. If you have trouble please contact us to determine the primary email for your account



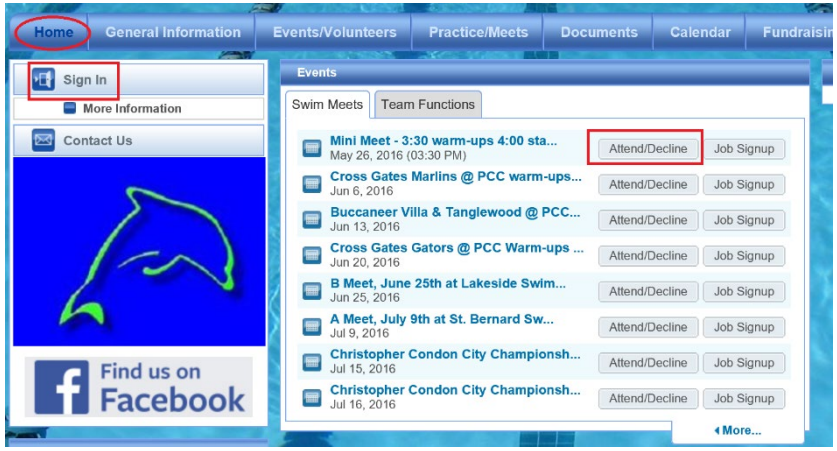


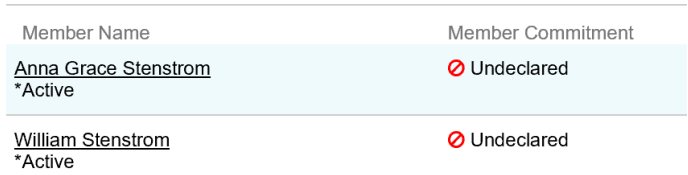


How to “Commit” or add your swimmer to a swim team event

1. Sign In to your account top left
2. On the Home screen select the event you would like to attend Click Attend/Decline
3. Select your swimmer’s name Select from the drop-down under “Declaration”

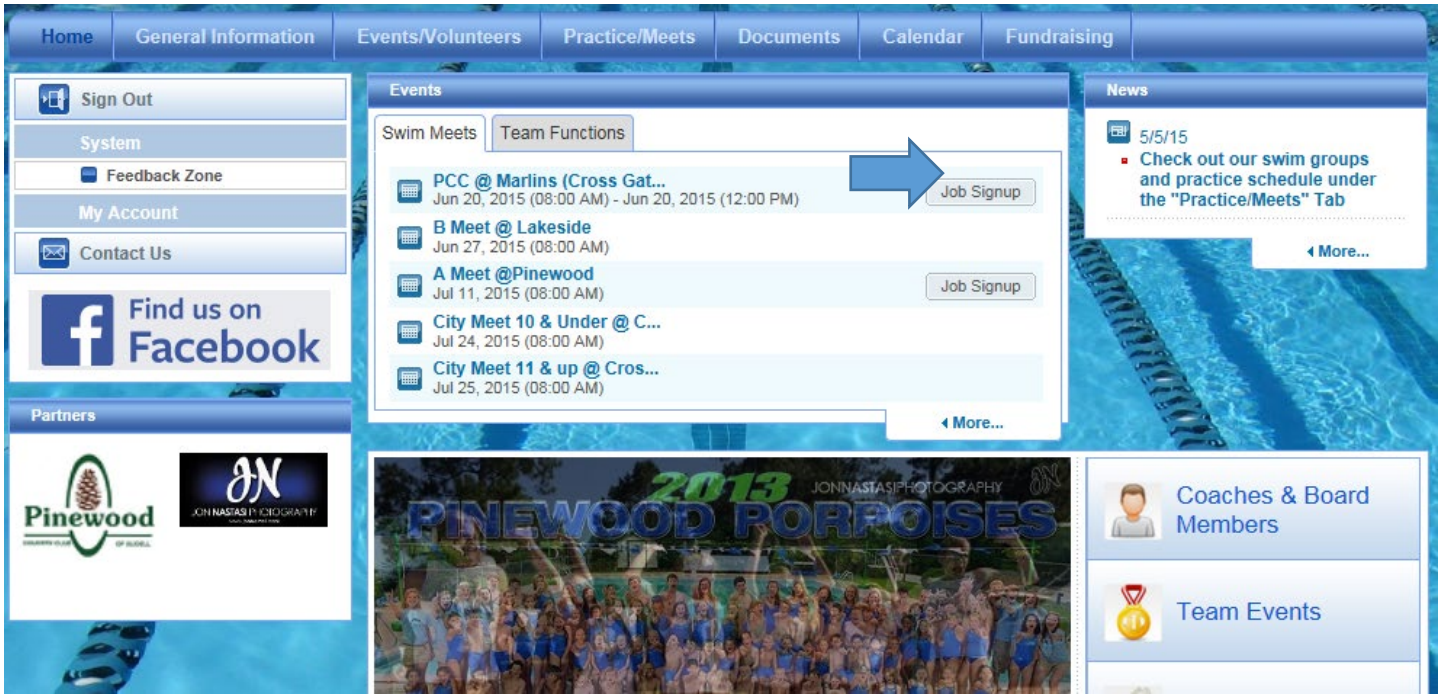
   Click Save Changes





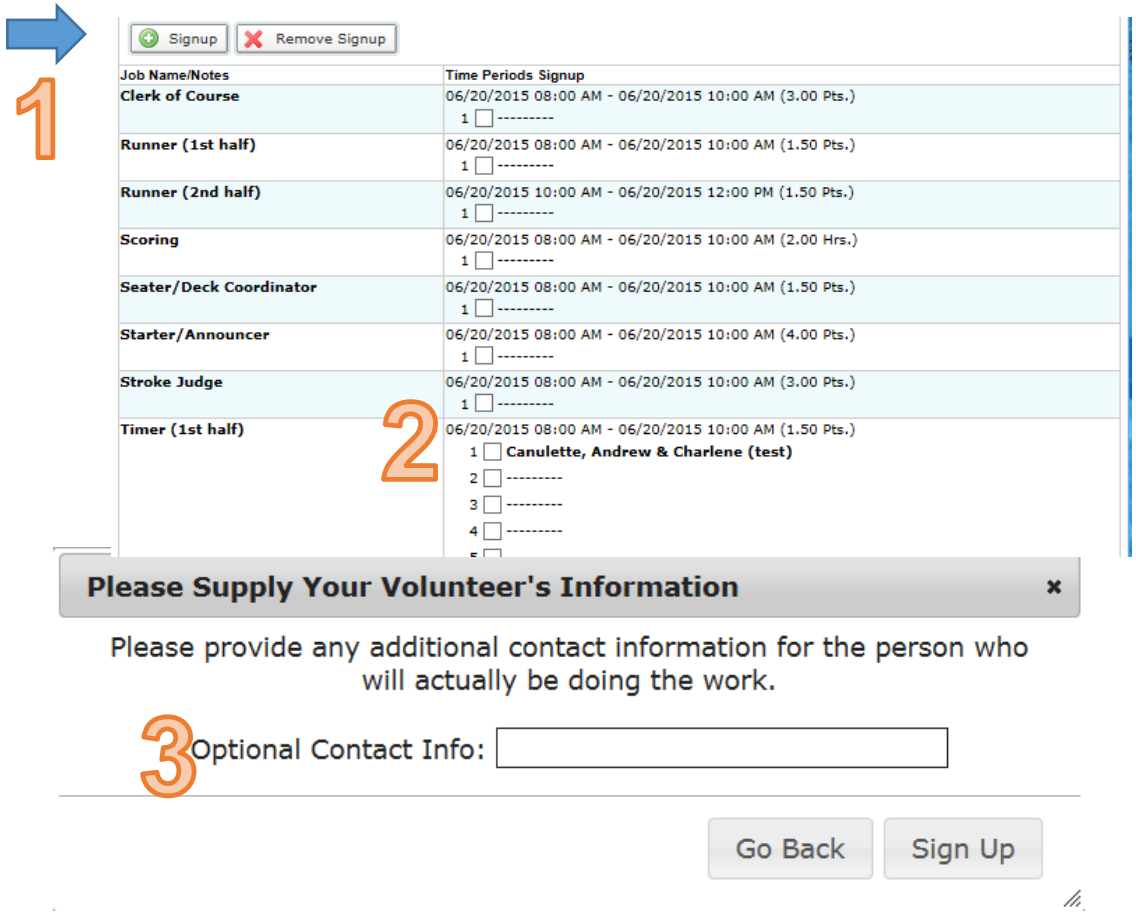
After you are logged in you can sign up to volunteer and review meet results for your swimmer

- **Job signups are available for each event.**
- **Click the signup button for the event you are selecting.**



Choose the position for which you would like to volunteer

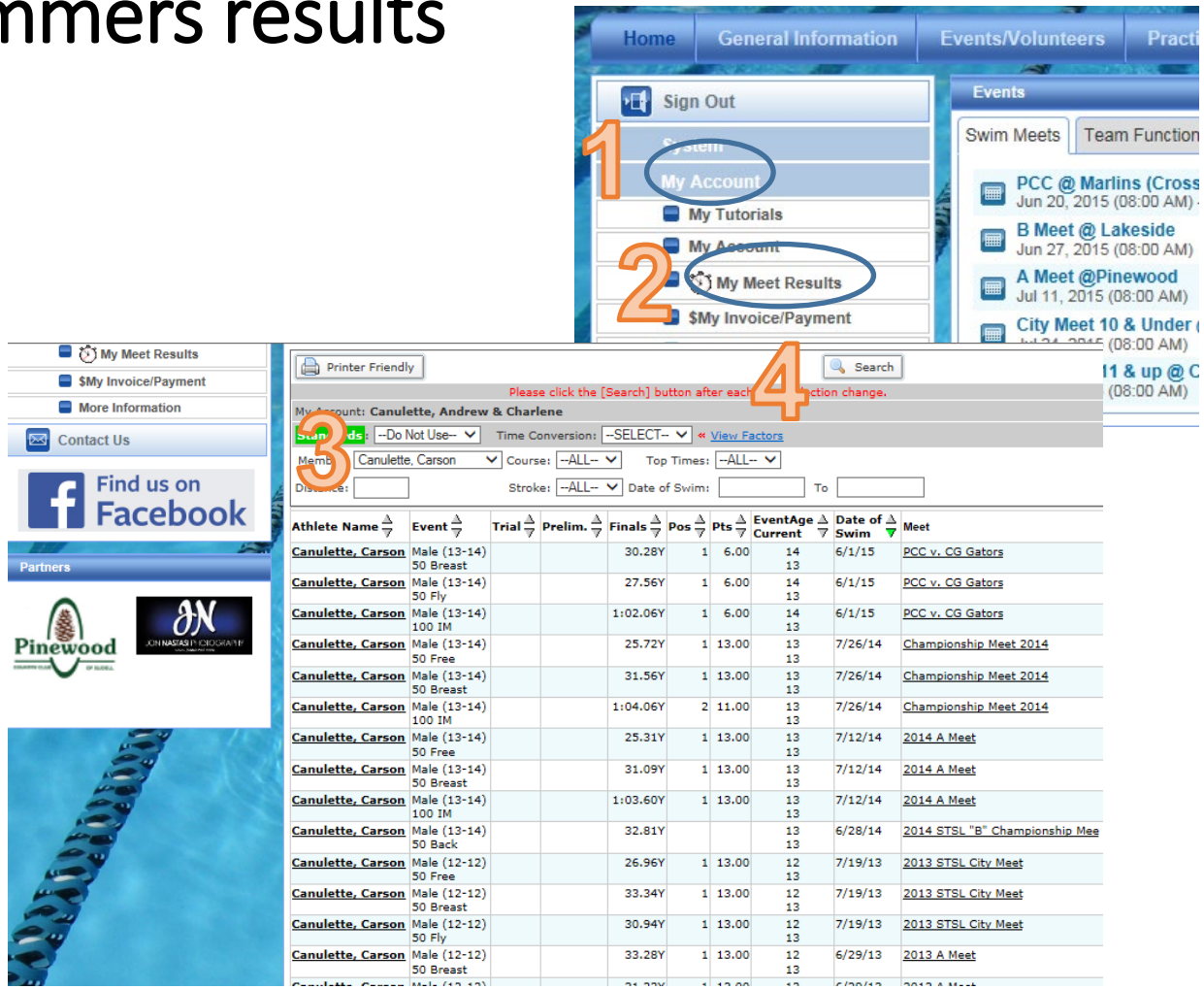
1. **Choose the position by selecting the checkbox and click “sign up”.**
2. **Your name will be populated in the position.**
3. **Add contact information and select “Sign up” button.**



View your swimmers results

1. **Select “My Account” in the top left menu**
2. **Select “My Meet Results”**
3. **Select your swimmer**
4. **Chick “Search”**

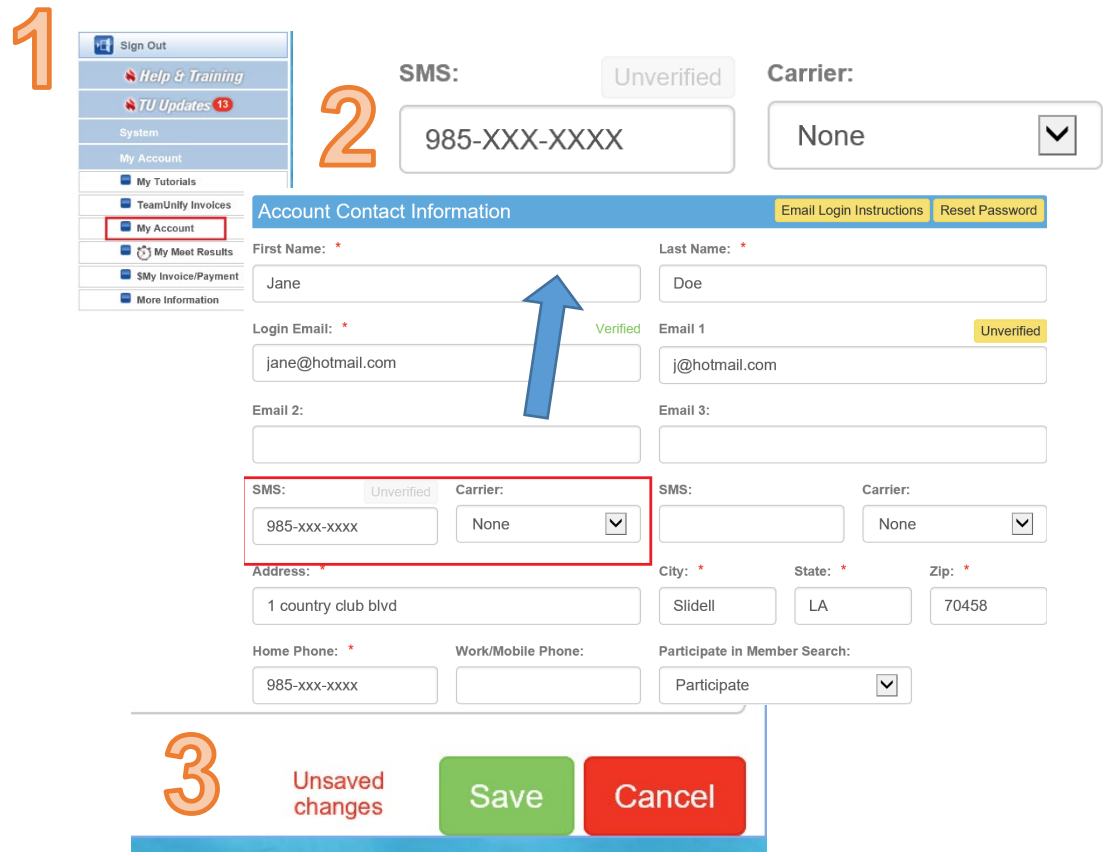
Your swimmers results will appear.



How to receive SMS/text updates from the team

1. **Select “My Account”**
2. **Enter mobile number in the “SMS” field and select from drop-down for your carrier.**
3. **Scroll down to the bottom of the page and select** Save

A confirmation text will be sent to your mobile device. Select link in that text to verify your contact number



Swimmers of the Week

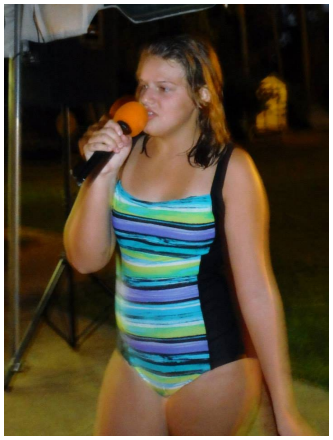
- Special Recognition given to one male and one female in each practice group.
- Awarded to a swimmer who has had 100% attendance at practice that week and has given their very best effort.

Fruit Practice

- Fun practice using fruit for relays and to play games to promote team building
- Cut fruit is served at end of practice

Swim Hops

- Swim Team Fundraiser
- $5 per swimmer entrance fee
- Swim Party with music presented by a DJ
- Snack Shack concessions available
- Lifeguards on Duty



Pinewood Family Dinner Nights

- Buffet style dinner each Wednesday
- Catered by NOLA Southern Grill
- Price varies by menu, but typically $11.99-$13.99 per adult
- Kids 12 and under eat free with paid adult
- Call the club to make reservations –
  (985) 643-6892 ext. 11

Pinewood
COUNTRY CLUB OF SLIDELL

NOLA
Southern Grill

Welcome to our team!!

Go Porpoises!!!