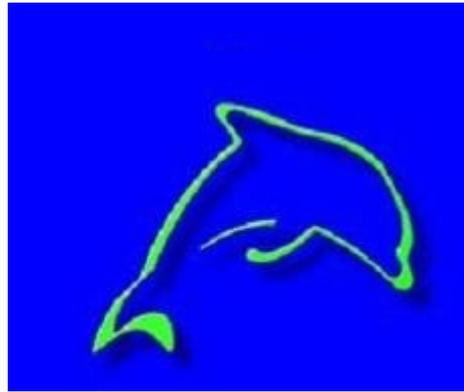


Pinewood Porpoises Swim Team



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





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, the 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.



City Championship - 7/9/2010 to 7/10/2010
 Meet Program - City Championship 10 & Under

Heat Sheet

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

1	Green, Grace	5	PCC-LA	1:06.65
2	St. Pierre, Gabi	5	LKS-LA	1:01.32
3	Spiehler, 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, Brox	5	CG-LA	49.26
5	Elmore, Reagan	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, Lillian	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, J	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
LaneName	Age	Team	Seed Time

Heat 1 of 7 Finals

2	Overby, Gabriel	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, Gabi	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, Zachau	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	LaFollette, Garr	6	SAC-LA	54.69
5	Everett, Blaine	6	TWD-LA	57.24
6	Chawki, Sameh	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, John	6	BVST	41.12
2	Oertling, Lince	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, Joshuz	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
LaneName	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, Nathu	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, Gabr	7	CG-LA	30.69
2	Van Geffen, Ni	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, Recc	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:	30.00	2002	M.S. Rubin
LaneName	Age	Team	Seed Time

Heat 1 of 4 Finals

2	Spring, Emberl	7	LKS-LA	54.20
3	Graham, Sarah	7	SAC-LA	46.47
4	Donald, Cheye	7	PAD-MS	52.53

Heat 2 of 4 Finals

1	Liverett, Nina	7	CG-LA	49.44
2	Mistretta, Emil	7	SAC-LA	54.50
3	Burke, Julia	7	LKS-LA	52.82
4	Moyle, Lindsey	7	SAC-LA	52.85
5	Dagoret, Hanr	7	TWD-LA	49.12
6	Hobgood, Viet	7	PAD-MS	45.26

Heat 3 of 4 Finals

1	Crawford, Brox	7	CG-LA	51.25
2	Posceci, Sydne	7	LKS-LA	59.23
3	Haywood, Gra	7	PCC-LA	58.35
4	McDuffie, Ala	7	TWD-LA	58.58
5	Johnson, Molly	7	LKS-LA	51.05
6	Bordelon, Chlc	7	BVST	51.86

Heat 4 of 4 Finals

1	Tynes, Megan	7	CG-LA	27.85
2	Armond, Skyla	7	SAC-LA	26.73
3	Robinson, Gab	7	SAC-LA	23.82
4	Ballex, Verna	7	SAC-LA	23.78
5	Busbee, 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
LaneName	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	33.88
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, Destin	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, Ka	8	SAC-LA	33.38

Heat 3 of 4 Finals

1	Vollenweider, J	8	CG-LA	27.53
2	O'Neil, Gabriel	8	BVST	26.75
3	Colley, Sarah	8	SAC-LA	26.16
4	Cutura, Brookc	8	LKS-LA	26.47
5	Spies, Vivien	8	CG-LA	27.34
6	Ermingier, 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	Morates, Maig	8	BVST	23.53
4	Ardoin, Mary	8	TWD-LA	24.11
5	Cross, Carolin	8	SAC-LA	25.65
6	Johnson, Oliviv	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 #

Description

#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.

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

Home General Information Events/Volunteers Practice/Meets Documents Calendar Fundraising

Sign In
More Information

Contact Us

1

Find us on Facebook

Partners

Pinewood JOHN NASTAS PHOTOGRAPHY

2013 PINEWOOD PORPOISES

Coaches & Board Members

Pinewood Porpoises : Request Password - Internet Explorer

<https://www.teamunify.com/ForgetPasswordPop.do?team=recstppla&ac> TeamUnify, LLC [US]

3 Request Password

If you believe you do have an account with the Team, please enter your E-Mail Address associated with your account below and click Submit. An email with password reset instructions will be sent to that address.

Your Account E-Mail Address:

Submit

Sign In

This is a protected area and is only accessible by authorized members of the Pinewood Porpoises. All information contained in the site is the property of Pinewood Porpoises and unauthorized access and/or use is forbidden.

By giving the E-Mail and Password below, you agree the Terms of Use and Privacy Policy below.

E-mail:

Password:

Keep me signed in on this computer

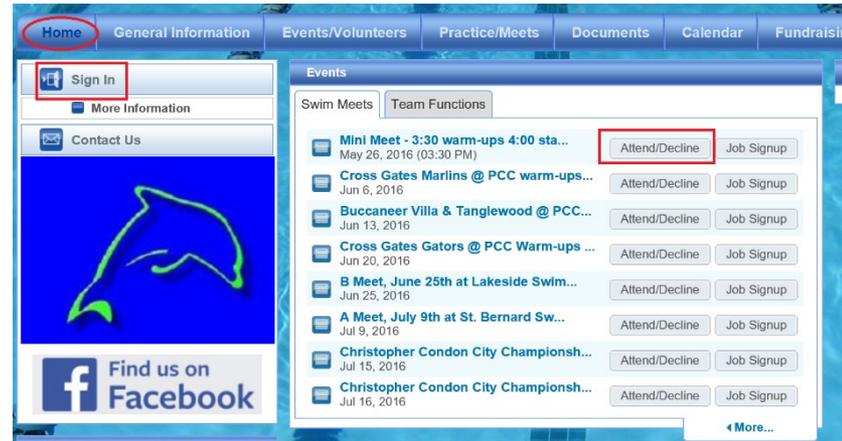
If you forgot your password, please click [Here](#) to reset your password.

Sign In

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

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

1



2

Member Name	Member Commitment
<u>Anna Grace Stenstrom</u> *Active	⊘ Undeclared
<u>William Stenstrom</u> *Active	⊘ Undeclared

3

Member Athlete:
Anna Grace Stenstrom

Declaration

Yes, please sign [Anna Grace] up for this event
No, thanks, [Anna Grace] will NOT attend this event

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.

The screenshot displays a website dashboard for a swimmer. The top navigation bar includes links for Home, General Information, Events/Volunteers, Practice/Meets, Documents, Calendar, and Fundraising. The main content area is divided into several sections:

- Left Sidebar:** Contains links for Sign Out, System, Feedback Zone, My Account, and Contact Us. Below these is a Facebook link with the text "Find us on Facebook".
- Events Section:** Titled "Events", it has two tabs: "Swim Meets" (selected) and "Team Functions". It lists several events with their dates and times:
 - PCC @ Marlins (Cross Gat...): Jun 20, 2015 (08:00 AM) - Jun 20, 2015 (12:00 PM). A blue arrow points to the "Job Signup" button next to this event.
 - B Meet @ Lakeside: Jun 27, 2015 (08:00 AM)
 - A Meet @ Pinewood: Jul 11, 2015 (08:00 AM). A "Job Signup" button is visible next to this event.
 - City Meet 10 & Under @ C...: Jul 24, 2015 (08:00 AM)
 - City Meet 11 & up @ Cros...: Jul 25, 2015 (08:00 AM)
- News Section:** Titled "News", it features a post dated 5/5/15 with the text: "Check out our swim groups and practice schedule under the 'Practice/Meets' Tab".
- Partners Section:** Displays logos for Pinewood and Jon Nastasi Photography.
- Bottom Section:** Features a large photo of the "2013 PINWOOD PORPOISES" team. To the right of the photo are two buttons: "Coaches & Board Members" and "Team Events".

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.

The screenshot shows a web interface for signing up as a volunteer. At the top, there are two buttons: a green '+ Signup' button and a red 'X Remove Signup' button. Below these is a table with two columns: 'Job Name/Notes' and 'Time Periods Signup'. The table lists various roles such as Clerk of Course, Runner (1st half), Runner (2nd half), Scoring, Seater/Deck Coordinator, Starter/Announcer, Stroke Judge, and Timer (1st half). Each row has a checkbox in the 'Time Periods Signup' column. A blue arrow points to the 'Signup' button, and an orange '1' is next to it. An orange '2' is next to the checkbox for the 'Stroke Judge' position. Below the table, there is a grey box with the title 'Please Supply Your Volunteer's Information' and a close button 'x'. Inside this box, it says 'Please provide any additional contact information for the person who will actually be doing the work.' Below this text, there is a label 'Optional Contact Info:' followed by an empty text input field. An orange '3' is next to this label. At the bottom right of the page, there are two buttons: 'Go Back' and 'Sign Up'.

Job Name/Notes	Time Periods Signup
Clerk of Course	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (3.00 Pts.) 1 <input type="checkbox"/>
Runner (1st half)	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (1.50 Pts.) 1 <input type="checkbox"/>
Runner (2nd half)	06/20/2015 10:00 AM - 06/20/2015 12:00 PM (1.50 Pts.) 1 <input type="checkbox"/>
Scoring	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (2.00 Hrs.) 1 <input type="checkbox"/>
Seater/Deck Coordinator	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (1.50 Pts.) 1 <input type="checkbox"/>
Starter/Announcer	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (4.00 Pts.) 1 <input type="checkbox"/>
Stroke Judge	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (3.00 Pts.) 1 <input type="checkbox"/>
Timer (1st half)	06/20/2015 08:00 AM - 06/20/2015 10:00 AM (1.50 Pts.) 1 <input type="checkbox"/> Canulette, Andrew & Charlene (test) 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>

Please Supply Your Volunteer's Information ×

Please provide any additional contact information for the person who will actually be doing the work.

Optional Contact Info:

Go Back Sign Up

View your swimmers results

1. Select "My Account" in the top left menu
 2. Select "My Meet Results"
 3. Select your swimmer
 4. Click "Search"
- Your swimmers results will appear.

1

2

3

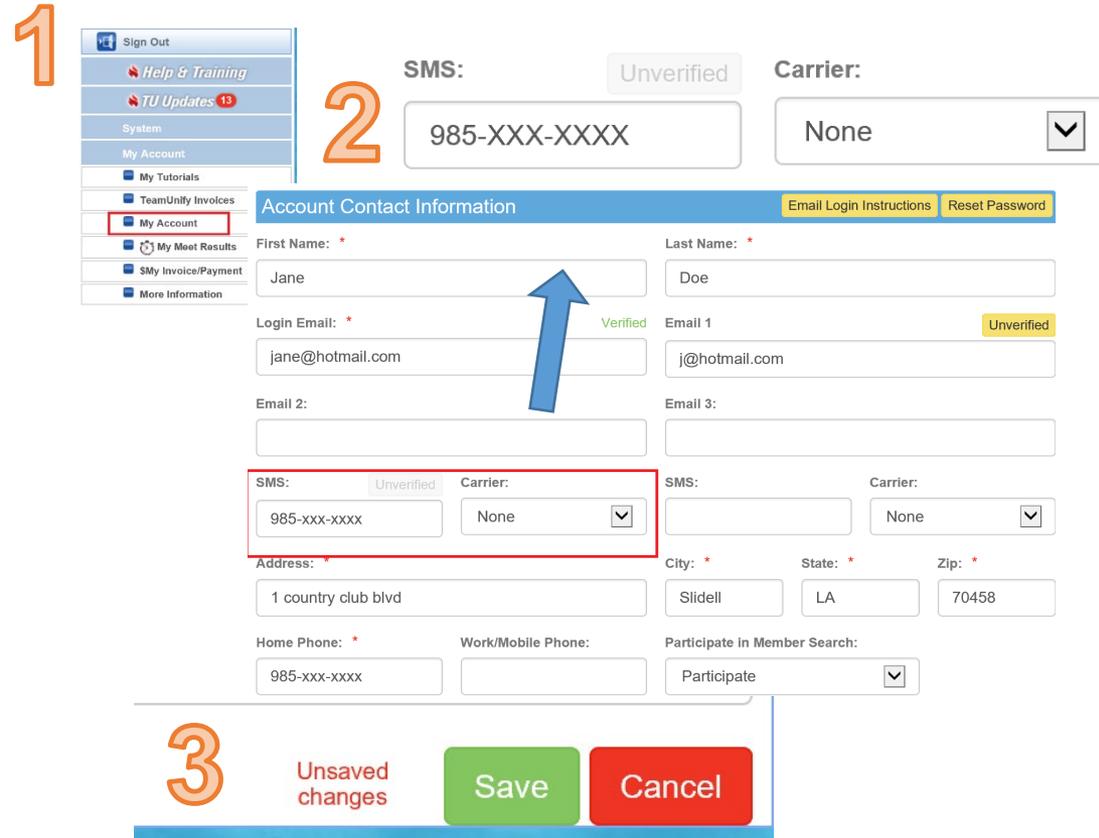
4

Athlete Name	Event	Trial	Prelim.	Finals	Pos	Pts	EventAge Current	Date of Swim	Meet
Canulette, Carson	Male (13-14) 50 Breast			30.28Y	1	6.00	14	6/1/15	PCC v. CG Gators
Canulette, Carson	Male (13-14) 50 Fly			27.56Y	1	6.00	14	6/1/15	PCC v. CG Gators
Canulette, Carson	Male (13-14) 100 IM			1:02.06Y	1	6.00	14	6/1/15	PCC v. CG Gators
Canulette, Carson	Male (13-14) 50 Free			25.72Y	1	13.00	13	7/26/14	Championship Meet 2014
Canulette, Carson	Male (13-14) 50 Breast			31.56Y	1	13.00	13	7/26/14	Championship Meet 2014
Canulette, Carson	Male (13-14) 100 IM			1:04.06Y	2	11.00	13	7/26/14	Championship Meet 2014
Canulette, Carson	Male (13-14) 50 Free			25.31Y	1	13.00	13	7/12/14	2014 A Meet
Canulette, Carson	Male (13-14) 50 Breast			31.09Y	1	13.00	13	7/12/14	2014 A Meet
Canulette, Carson	Male (13-14) 100 IM			1:03.60Y	1	13.00	13	7/12/14	2014 A Meet
Canulette, Carson	Male (13-14) 50 Back			32.81Y			13	6/28/14	2014 STSL "B" Championship Mee
Canulette, Carson	Male (12-12) 50 Free			26.96Y	1	13.00	12	7/19/13	2013 STSL City Meet
Canulette, Carson	Male (12-12) 50 Breast			33.34Y	1	13.00	12	7/19/13	2013 STSL City Meet
Canulette, Carson	Male (12-12) 50 Fly			30.94Y	1	13.00	12	7/19/13	2013 STSL City Meet
Canulette, Carson	Male (12-12) 50 Breast			33.28Y	1	13.00	12	6/29/13	2013 A Meet

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 

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



The screenshot shows the 'Account Contact Information' form. A sidebar on the left contains a menu with 'My Account' highlighted. The form fields include:

- SMS:** 985-XXX-XXXX (with 'Unverified' status)
- Carrier:** None (with a dropdown arrow)
- First Name:** Jane
- Last Name:** Doe
- Login Email:** jane@hotmail.com (with 'Verified' status)
- Email 1:** j@hotmail.com (with 'Unverified' status)
- Email 2:** (empty)
- Email 3:** (empty)
- SMS:** 985-xxx-xxxx (with 'Unverified' status)
- Carrier:** None (with a dropdown arrow)
- Address:** 1 country club blvd
- City:** Slidell
- State:** LA
- Zip:** 70458
- Home Phone:** 985-xxx-xxxx
- Work/Mobile Phone:** (empty)
- Participate in Member Search:** Participate (with a dropdown arrow)

At the bottom of the form, there is a status bar with 'Unsaved changes', a green 'Save' button, and a red 'Cancel' button. A large blue arrow points from the 'Save' button in the instructions to the 'Save' button in the form.

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



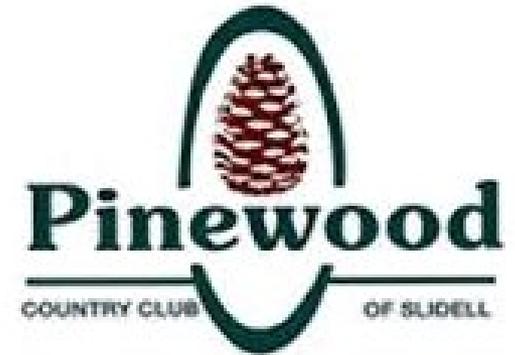
Swim Hops

- 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



Welcome to our team!!



Go Porpoises!!!