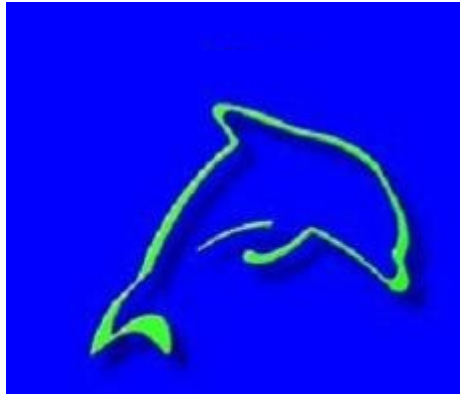


Pinewood Porpoises Swim Team



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





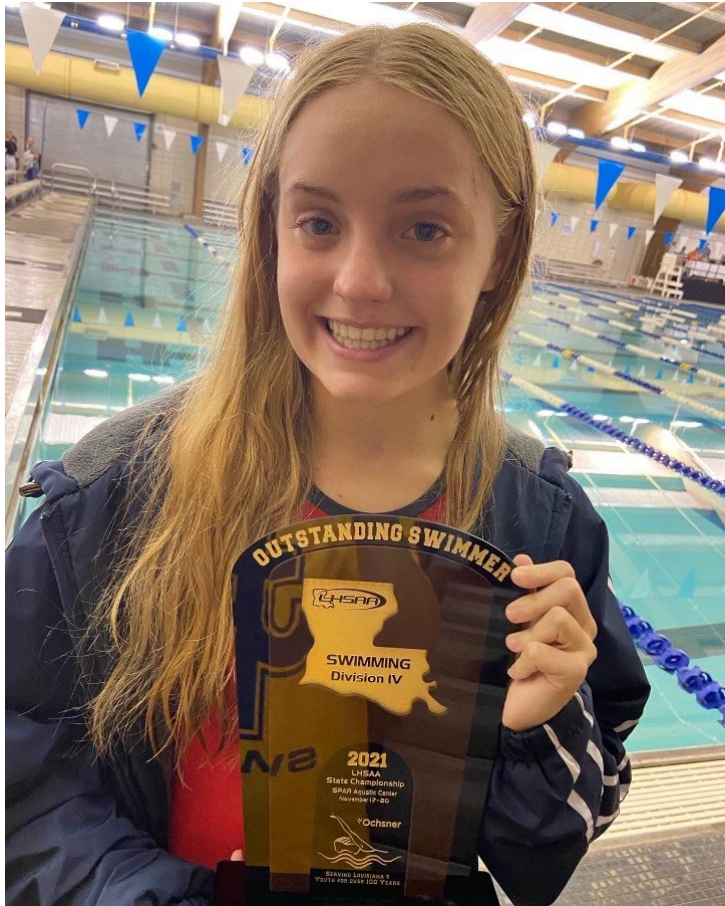
Zoey





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.



Heat Sheet

Antwyck Village Swim Team

Hy-Tek's MEET MANAGER 3:19 PM 7/7/2010 Page 5

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, 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, C	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	28.82

#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, Gabrit	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, Gun	6	SAC-LA	54.69
5	Everett, Blaine	6	TWD-LA	57.24
6	Chawki, Same	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, Linc	6	PCC-LA	37.97
3	Legnon, Benja	5	LKS-LA	37.44
4	Brinson, Owen	6	PCC-LA	37.68
5	Ardoim, 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
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, 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, Rec	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	52.13

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	53.05
5	Dagoret, Hanr	7	TWD-LA	49.12
6	Hobgood, Vict	7	PAD-MS	45.26

Heat 3 of 4 Finals

1	Crawford, Brox	7	CG-LA	38.25
2	Posecai, Sydne	7	LKS-LA	39.23
3	Haywood, Gra	7	PCC-LA	38.35
4	McDuffie, Ala	7	TWD-LA	38.58
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, Skylar	7	SAC-LA	26.73
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
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	33.58
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, Kar	8	SAC-LA	33.38

Heat 3 of 4 Finals

1	Vollenweider, C	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	Spies, 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	Ardoim, Mary	8	TWD-LA	24.11
5	Cross, Carolin	8	SAC-LA	25.65
6	Johnson, Olivh	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





The image shows a screenshot of the Pinewood Porpoises team website and a password reset form. The website has a blue header with navigation tabs: Home, General Information, Events/Volunteers, Practice/Meets, Documents, Calendar, and Fundraising. The main content area is divided into sections: Sign In (with a 'More Information' link), Contact Us (with a large blue arrow pointing to the 'Contact Us' link), Find us on Facebook, Partners (with logos for Pinewood and JONNASTASIPHOTOGRAPHY), and a large photo of the team. The Events/Volunteers tab is selected, showing a list of swim meets with dates and times, and a 'Job Signup' button. A 'News' section on the right shows a post from 5/5/15 about swim groups and practice schedule. A 'Coaches & Board Members' section is also visible. The password reset form is overlaid on the bottom right, titled 'Request Password' and 'Pinewood Porpoises : Request Password - Internet Explorer'. It contains a text box for 'Your Account E-Mail Address' and a 'Submit' button. The form also includes a disclaimer about the protected area and a link to the 'Use and Privacy Policy'.

1

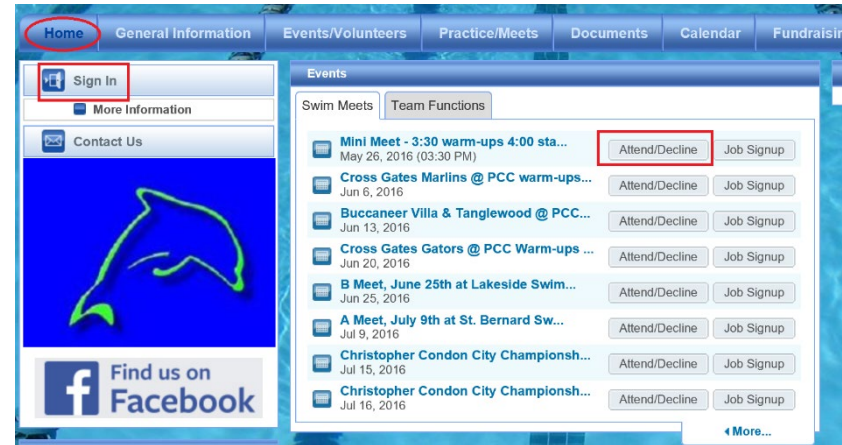
2

3



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

SELECT

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 web application for a swim team. The top navigation bar includes links for Home, General Information, Events/Volunteers, Practice/Meets, Documents, Calendar, and Fundraising. The left sidebar contains links for Sign Out, System, Feedback Zone, My Account, and Contact Us, along with a Facebook link. The main content area is titled 'Events' and has two tabs: 'Swim Meets' and 'Team Functions'. Under 'Swim Meets', a list of events is shown, including 'PCC @ Marlins (Cross Gat...' with a 'Job Signup' button highlighted by a blue arrow. Other events listed are 'B Meet @ Lakeside', 'A Meet @ Pinewood', 'City Meet 10 & Under @ C...', and 'City Meet 11 & up @ Cros...'. The right sidebar features a 'News' section with a date '5/5/15' and a message about checking swim groups and practice schedules. At the bottom, there are logos for 'Pinewood' and 'JON NASTAS PHOTOGRAPHY', a large photo of the '2013 PINETREE PORPOISES' team, and links for '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 form for volunteering. A blue arrow points to the 'Signup' button at the top left, labeled with a large orange '1'. The form contains 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 large orange '2' is placed over the checkbox for the 'Stroke Judge' position. Below the table, there is a grey box titled 'Please Supply Your Volunteer's Information' with 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 a text input field, with a large orange '3' to its left. At the bottom right of the form, 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 x

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.


The screenshot shows the website interface with four numbered steps indicating the navigation path:

- 1**: Click on "My Account" in the top left menu.
- 2**: Click on "My Meet Results" in the sub-menu.
- 3**: Select the swimmer "Canulette, Carson" from the dropdown menu.
- 4**: Click the "Search" button.

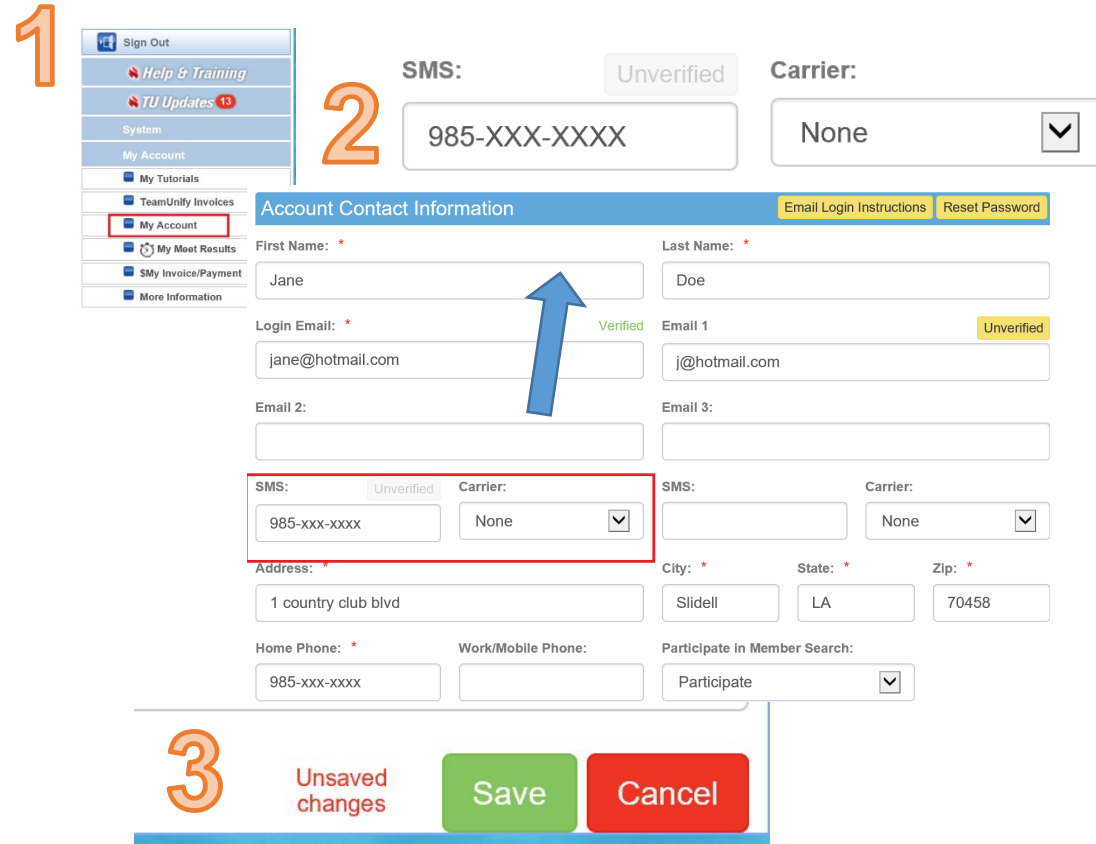
The resulting data table shows the swimmer's performance across various events:

Athlete Name	Event	Trial	Prelim.	Finals	Pos	Pts	Event Age 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' page in the TeamUnity system. It includes a sidebar with navigation links, a main form area, and a bottom status bar. Step 1 points to the 'My Account' link in the sidebar. Step 2 points to the 'SMS' and 'Carrier' fields in the form. Step 3 points to the 'Save' button at the bottom.

1 Sign Out
Help & Training
TU Updates 13
System
My Account
My Tutorials
TeamUnity Invoices
My Account
My Meet Results
My Invoice/Payment
More Information

2 SMS: Unverified 985-XXX-XXXX Carrier: None

Account Contact Information [Email Login Instructions](#) [Reset Password](#)

First Name: * Jane Last Name: * Doe



Login Email: * jane@hotmail.com Verified Email 1: j@hotmail.com Unverified

Email 2: Email 3:

SMS: Unverified 985-xxx-xxxx Carrier: None

Address: * 1 country club blvd City: * Slidell State: * LA Zip: * 70458

Home Phone: * 985-xxx-xxxx Work/Mobile Phone: Participate in Member Search: Participate

3 Unsaved changes  

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.



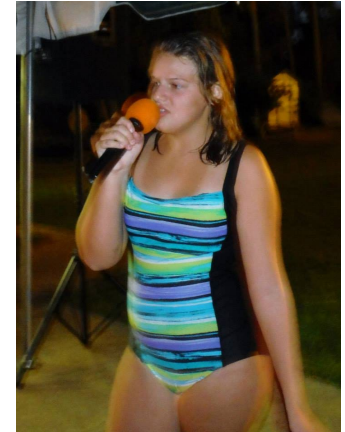
Fruit Practice

- 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!!!