

Pinewood Porpoises Swim Team



Parent Orientation

2025 Pinewood Swim Team

Board Members

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



2025 Pinewood Swim Team

Coaches

Head Coach: Brayden

Assistant Head Coach: TBD

Assistant Coaches:

- Sam
- Carter
- Camryn
- Beau
- Coz
- Shelby
- Sydney
- Avery
- Michael

Junior Coaches

- Henry
- Callirae



Brayden- Head Coach



SHS graduate
Rising Senior at
Louisiana Tech,

Former Pinewood
SHS, and HSC
swimmer.



Sam



NHS Graduate
Rising Freshman at
Hendricks College

Hendricks College
Swim Team,
Pinewood, former
NHS, and HSC
swimmer



Carter



NHS Graduate
Rising Freshman at
William Carey

William Carey Swim
Team, Pinewood,
former NHS, and
HSC swimmer



Cami



NHS Graduate,
Rising Sophomore
at SLU

Former Pinewood,
NHS and HSC
swimmer



Beau



Attends NHS,
Rising Junior

Pinewood and NHS
swimmer



Coz



Attends NHS,
Rising Senior

Pinewood and NHS
swimmer



Shelby



Mount Carmel
Graduate,
Rising Freshman
at LSU

Pinewood and
former MCA
swimmer



Sydney



Attends
Mount Carmel,
Rising Senior

Pinewood and Mount
Carmel swimmer



Avery



Attends NHS,
Rising Junior

Pinewood and former
NHS swimmer



Henry



Attends NHS,
rising Sophomore
NHS and
Pinewood
swimmer



Michael



Attends PJP,
rising Senior

Pinewood, PJP,
and HSC
swimmer



Calliray



Attends NHS,
rising
Sophomore
Pinewood, NHS
and HSC
swimmer



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?

S	E	H	L
Free	1	1	1
Ba	25	3	4
FR	45	1	3



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

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, Gabri	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, 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, Lilliar	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

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, Gar	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, Hayd	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

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.



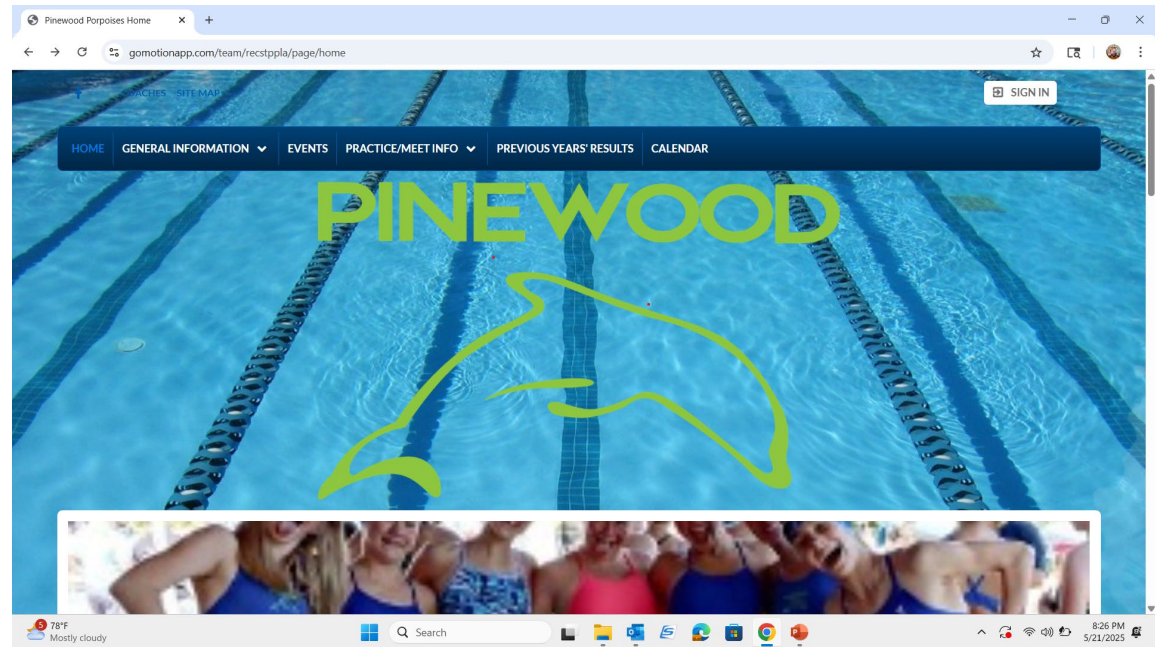
The Pinewood Swim Team site is

<https://www.gomotionapp.com/team/recstppla/page/home>

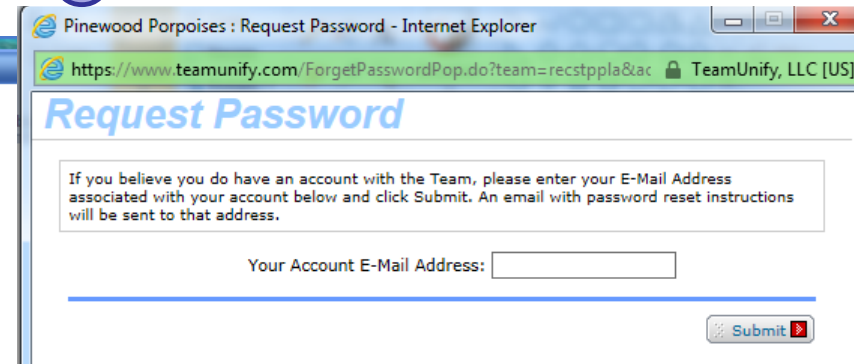
1. Sign In
2. Click to reset password
3. Enter email

1

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



3



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

1. Log in to your account to right
2. Click on Team Events screen select the event you would like to attend Click Edit Commitment
3. Select your swimmer's name
4. Click Declaration
5. Click yes or no
6. Click save changes

Member Athlete:

Anna Grace Stenstrom

Declaration

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

The screenshot shows the 'Team Events' interface. At the top, there's a header with 'Team Events' and a link 'Need help with Events?'. Below this are buttons for 'Calendar Settings', 'Calendar Notes', 'Help', and '+ New Calendar Item'. A tabbed interface shows 'Team Events', 'General', and 'Practices'. On the right, there's an 'Event Notes' button. Below the tabs, there are links for 'Current & Upcoming' (active) and 'Past & Archived'. A 'Subscribe' button and a search bar 'Search for Events' with a magnifying glass icon and a 'Customize Filters' button are present. The main content area lists two events: 'May 27 2025 Mini Meet' (27 May 2025 Event Category: swim meet) and 'Jun 02 2025 Pinewood @ Lakeside' (02 June 2025 Event Category: Dual Meet). Each event has three buttons: 'Email Event', 'Edit Commitment', and 'Job Signup'.

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 interface for a swimming club. The top navigation bar includes links for Home, General Information, Events/Volunteers, Practice/Meets, Documents, Calendar, and Fundraising. On the left sidebar, there are 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...'. A 'More...' link is at the bottom of the list. On the right, a 'News' section features a date '5/5/15' and a message about checking out swim groups and practice schedules. At the bottom right, there are links for 'Coaches & Board Members' and 'Team Events'. The bottom of the page features a large photo of the '2013 PINETREE PORPOISES' team and logos for 'Pinewood' and 'JON NASTAS PHOTOGRAPHY'.

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. 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 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. An orange '3' is next to this label. At the bottom right, 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.

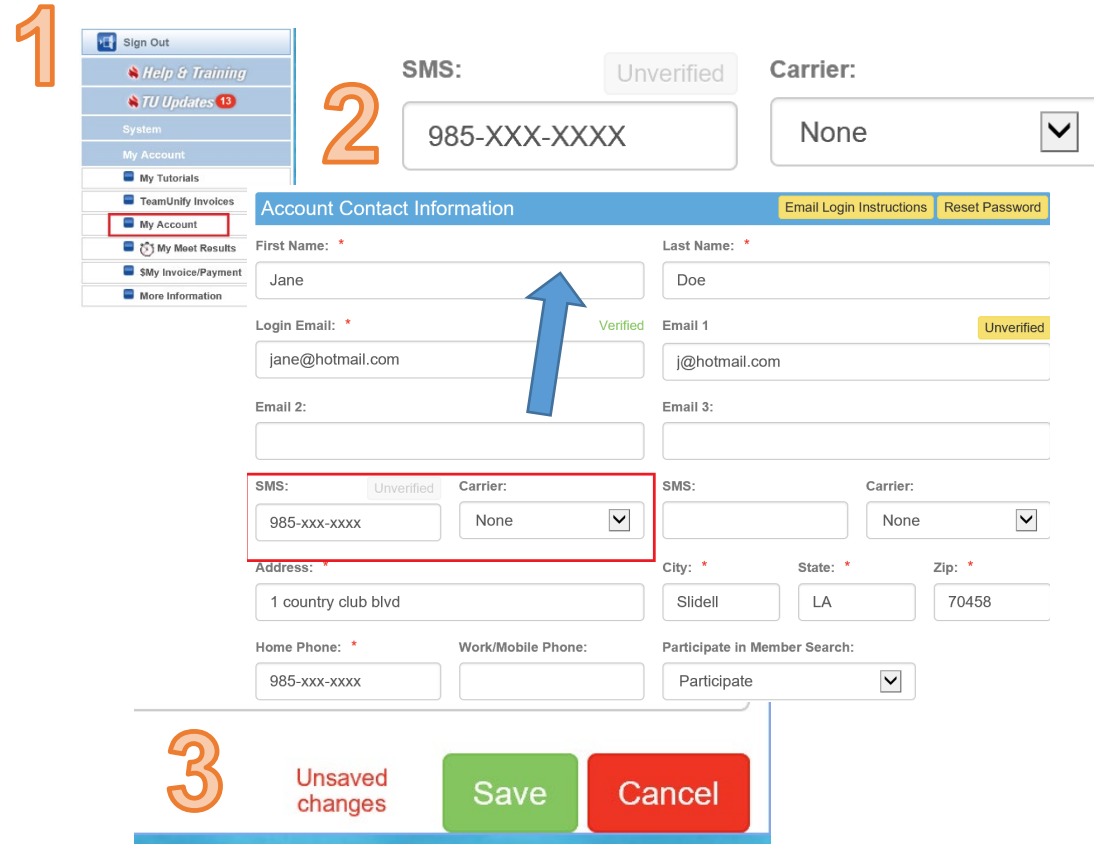
The resulting data table shows the swimmer's performance across various events:

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 a web interface for account management. On the left, a sidebar menu contains links: Sign Out, Help & Training, TU Updates 13, System, My Account, My Tutorials, TeamUnify Invoices, My Account (highlighted with a red box and an orange number 1), My Meet Results, My Invoice/Payment, and More Information. The main content area is titled 'Account Contact Information' and includes links for 'Email Login Instructions' and 'Reset Password'. It contains several form fields: First Name (Jane), Last Name (Doe), Login Email (jane@hotmail.com, marked 'Verified'), Email 1 (j@hotmail.com, marked 'Unverified'), Email 2, and Email 3. Below these are two sets of 'SMS' and 'Carrier' fields. The first set is highlighted with a red box and an orange number 2; the 'SMS' field contains '985-XXX-XXXX' and the 'Carrier' dropdown is set to 'None'. The second set is identical but empty. Further down are fields for Address (1 country club blvd), City (Slidell), State (LA), Zip (70458), Home Phone (985-xxx-xxxx), Work/Mobile Phone, and a checkbox for 'Participate in Member Search' (checked). At the bottom, a red box with an orange number 3 highlights a status bar showing 'Unsaved changes' and two buttons: 'Save' (green) and 'Cancel' (red).

Swim Outlet- Team Store

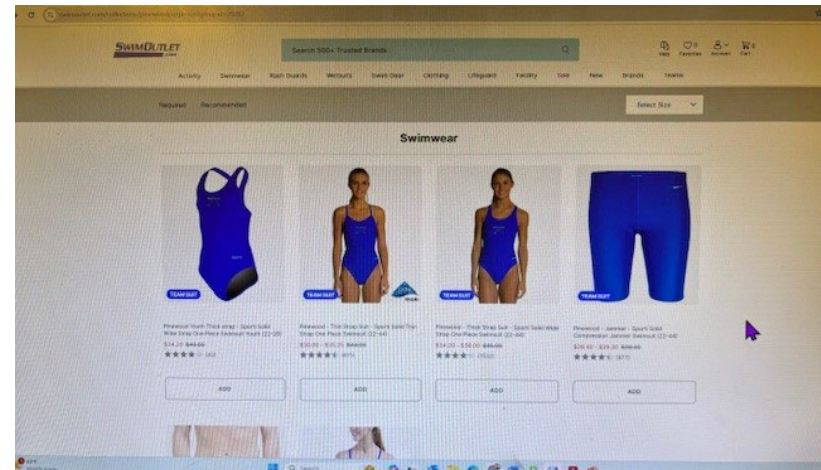
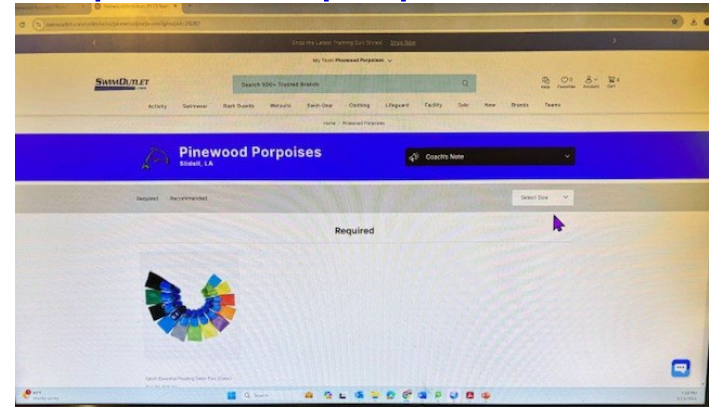
<https://www.swimoutlet.com/collections/pinewoodporpoises>

Swim Fins are required!

Googles are a MUST!

Team suits- not required, but encouraged or purchase a royal blue one piece for girls and jammers or briefs for boys

Visors, hats and Trucker Hats also available to show your team spirit!



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



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!!!