

6/10/25

Good afternoon Frog family!

I hope your swimmers all had a great first few weeks of practice! I am writing to provide some information about the Lily Pad and some of our team activities for the season. Attached to this email, you will find our most up-to-date Team Events/Activities Calendar.

PLEASE BE SURE TO READ THIS EMAIL IN ITS ENTIRETY. It is VERY long, but the information is extremely important. You may even want to print this out for future reference. It will also be posted on the team website (Lily Pad Tab).

In this email, you will find information on:

1. Lily Pad Meetings
2. Team Parent Reps
3. Team Breakfast
4. Team Pep Rallies (Friday Nights)
5. Bigs and Littles
6. Frog Café
7. Team Picture Day
8. Alumni Meet/Family Fun Day & Team Fundraiser (Save the Date!)
9. Age Group Reps & Basket Donations
10. Team Shirts, Suits, and Apparel
11. GP Beach Day (Save the Date!)
12. Team Banquet (Save the Date!)
13. PhotoCircle
14. Team Communication

(1) LILY PAD MEETINGS:

For those who are new to our team, my name is Gina Hahn, and this is my first year as the Lily Pad Coordinator. The Lily Pad is our GP Frogs Parents' Association, which all families are members of simply by having joined the team. Together we organize fun team activities that focus on creating a positive team culture for both swimmers and families.

- Some things to know about the Lily Pad:
 - We organize all fundraising events to raise money for the team
 - Meetings are open to ALL swim families - you became part of the Lily Pad when you joined the team
 - We cannot do all that we do without the active involvement of all of our families
- ***Why so much fundraising?***
 - In addition to registration fees, we have to fundraise to cover the costs of everything for the swim team - equipment, lane lines, starting blocks, flags, food for our pep rallies, gifts for our swimmers, a portion of the banquet, meet supplies, senior celebration items, our Frog Garden... The list goes on and on.

Thank you to all those who have already volunteered so much of their time and/or who have agreed to take on roles for this season. It's going to be an amazing season!

(2) TEAM PARENT REPS (AGE GROUP):

The following is a list of Age Group Reps you can go to if you have any questions about anything. Additionally, you can always feel free to reach out to me as the Lily Pad Coordinator, Jamie Alexander or Dave Vicente as the Swim Team Co-Chairs, or Catherine Kolodzey as our Team Tri-County Rep with any questions or concerns you may have.

Age Group	Girls	Boys
8 and under	Jamie DeVecchis	Chelsea Black
9/10	Amanda Phillips	Laura Kurian

11/12	Sarah Tarasevich	Liz Duxbury
13/14	Heather Santone	Siobhan Sparks
15-18	Michelle Severa	Eileen Donnelly

(3) TEAM BREAKFAST:

Our Team Breakfast will be held immediately following Time Trials this **Saturday morning, June 14, 2025**. The Lily Pad provides bagels and parents sign up to donate various other breakfast items to share with our swimmers and families. Below is the link for parent sign-ups for this season's Team Breakfast, our Friday Pep Rallies, and our Frog Café (our team's concession stand for home meets).

Each family is also asked to donate one of the following items on Saturday: case of water or case of sports drinks. All contributed items will be served at upcoming Pep Rallies and used for our home meets' Frog Café.

2025 SIGN UP GENIUS LINK (For all events)

(4) TEAM PEP RALLIES:

The Friday evening before every Saturday A meet, our team holds a Team Pep Rally on which is also a potluck. All team families are encouraged to attend and participate.

- The Sign-Up Genius above includes a drop-down menu for the team breakfast, each pep rally, and the Frog Café.

Pep Rally Hosting Duty:

- Each age group will be assigned a pep rally to host, which includes
 1. *Serving food items where applicable, and breaking everything down at the end.*
 2. *Filling ice bins with ice and bottled drinks*
 3. *Setting up food and drinks as families bring items in*
 4. *Setting up all paper products and serving ware (provided by Lily Pad and stored in the team shed)*
 5. *Decorating the pavilion per the date's theme (if applicable)*
 6. *Timeline for hosting:*

5:15 - Setup
6:00 - Guests will start to arrive
6:30 - Buffet Opens (Swimmers and coaches first, then families)

- ALL families attending pep rallies are asked to bring food items for each pep rally. (The hosts simply make sure the pep rally runs smoothly.)
- Please be sure to RSVP by the **Tuesday before** the pep rally so we can be sure to plan for and order enough food!
- The following are the designated age group hosts per pep rally:

6/14/2025 - Team Breakfast (15-18 host)
6/20/2025 - Pizza Pep Rally (Wear Green!) (8 and under host)
6/27/2025 - Color Party Pep Rally (Sign up for a color!) (13-14 host)
7/11/2025 - Best of Philly Pep Rally (Wear Philadelphia-inspired items!) (11-12 host)
7/18/2025 - Pasta Party Pep Rally/Senior Celebration (Hawaiian theme) (9-10 host)

(5) BIGS AND LITTLES:

Our team tradition is to pair our older swimmers (Bigs) with our younger swimmers (Littles) to encourage team spirit, mentorship, and leadership.

- During our team pep rallies of the season, typically, our Bigs and Littles exchange a small gift (usually inexpensive frog-themed or swim-themed items and/or drinks/snacks) and written and verbal words of encouragement.
- This year, gifts will only be exchanged during the first and the last pep rallies of the season to lighten the load on families.
- We also encourage our Bigs to support their assigned Littles during BOTH A and B meets, including showing up to B meets to cheer on their Littles when applicable.
- Bigs/ Littles list will be posted on the team shed

(6) FROG CAFÉ:

The Frog Café is our team concession stand that we hold during both A and B home meets. Supplies are donated by families and sold to attendees of the meets. All proceeds benefit the swim team.

- You may sign up to donate using the same Sign Up Genius for the pep rallies

2025 SIGN UP GENIUS LINK (For all events)

(7) TEAM PICTURE DAY:

Our very own Frog mom and Professional photographer, Siobhan Sparks, will be coming to Greenwood Park on **Wednesday, June 25, 2025** to capture individual, sibling, and team shots of our swimmers. Pictures for individual poses will take place at the shallow end of the pool.

- Package pricing and ordering info will be sent out via email
- Please make sure your swimmer is wearing this season's team shirt (the complimentary shirt that all swimmers will be receiving at the Team Breakfast) as well as this season's team suit.
- All pictures (solo/ sibling/friends) must be taken together this year so please plan accordingly
- Tentative timeline:
 - 8:00 - 8:45 (9/10's & 11/12's)
 - 8:45 - 9:15 (13/14's & 15 & Ups)
 - 9:15 - 9:50 (8 & U)
 - 10am - Team photo by the lake

(8) ALUMNI/FAMILY FUN MEET & TEAM FUNDRAISER:

Please save the date for our Alumni and Frog Family Fun Meet and Team Fundraiser event scheduled for the morning of **Sunday, July 13, 2025**.

- This event is open to all current and former GP frogs, as well as their friends and families. It's always a ton of fun to see everyone unwind and compete in silly races with friends and family members.
- We need your help to make this meet a success. Please sign up to help run our event!!

ALUMNI MEET JOB & EVENTS SIGN UP

(9) AGE GROUP REPS & BASKET DONATIONS:

As part of our fundraising efforts during the event, we will be having a basket auction and are asking parents of each age group to donate items for a specific themed basket that will be raffled off. Donated items or cash can be turned into your

age group parent listed below. We are asking that all donations be turned in no later than **Monday July 7th, 2025** so that we have time to assemble the baskets and have them ready to go by Sunday.

Group	Rep	Basket Theme
8 and under girls	Jamie DeVecchis	<i>Coffee</i>
8 and under boys	Chelsea Black	<i>Arts and Crafts</i>
9/10 girls	Amanda Phillips	<i>Backyard BBQ</i>
		<i>Pool Day</i>
9/10 boys	Laura Kurian	<i>Around Town</i>
11/12 girls	Sarah Tarasevich	<i>Hair Products</i>
11/12 boys	Liz Duxbury	<i>Movie Night</i>
13/14 girls	Heather Santone	<i>Wellness & Workout</i>
13/14 boys	Siobhan Sparks	<i>Game Night</i>
15 and up girls	Michelle Severa	<i>Happy Hour</i>
15 and up boys	Eileen Donnelly	<i>Luck of the Irish</i>

(10) TEAM SHIRTS AND APPAREL:

- **TEAM SHIRTS** (those that are provided free to every swimmer) will be available for distribution after Time Trials at the Team Breakfast.
- **PERSONALIZED CAPS** that were purchased pre-season will be distributed as they come in.
- **NON-PERSONALIZED CAPS** (latex and silicone) will be for sale throughout the season. See Catherine Kolodzey or me to purchase one.
- **TEAM SUITS** can be ordered from our team website (Lily Pad Tab → Team Store (Swim Suits))
- **GP TEAM APPAREL (SPIRITWEAR)** can be ordered through **Thursday, June 12th** from our website (Lily Pad Tab → Team Apparel (Spiritwear))
- Big thanks again to Jamie Alexander and Catherine Kolodzey for all of their efforts in facilitating and coordinating this!

GP TEAM APPAREL LINK

(11) GP FROGS BEACH DAY:

Please save the date of Wednesday, **July 23, 2025** for our Team Beach Day at Sea Isle City. More information to come on this in July.

- We will be running a hoagie sale/ fundraiser for this day so don't worry about lunch!

(12) TEAM BANQUET:

Save the date!!!

- **Thursday, July 24, 2025** at Paris Caterers (6:00-10:00)
- Come enjoy an evening of dancing, great food, an awards presentation, gifts for the swimmers, a slide show, and so much more! (More info to come.)

(13) PHOTOCIRCLE:

This year our Frog mom Melanie Anderson will be creating our banquet slideshow to look back on all the great memories from the 2025 season. Be sure to share your photos to our **PhotoCircle- GP Frogs 2025**

- Click **HERE** to join or scan the QR code below and start sharing!!



(14) TEAM COMMUNICATION:

Stay informed!!! Follow us on social media:

- [Lily Pad Facebook Group](#)
- [GP Instagram](#)
- [Remind Notifications](#) (New members only)

Please do not hesitate to reach out with any questions or concerns you may have via text or email. Looking forward to a great season!

Sincerely,

Gina Hahn

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