

Clinton Otters Swim Team

Orientation Meeting

Tuesday August 26th at 6pm in the viewing room of Clinton YMCA

1. Welcome to the 2025-2026 Clinton YMCA Otters Swim Team
2. Meet your Coaches
 - a. Claire Diener – Head Coach
 - b. Aubrey Sentel - Head Coach for HS Girls & Boys team
 - c. Michelle Lukach - Assistant Coach
3. Meet your Parent Board
 - a. Heather Houser – President
 - b. Kristina Bentz – Vice President
 - c. Angie Moran – Acting Team Secretary
 - d. Amanda Ferguson – Acting Team Treasurer
4. Season Starts Monday September 8th – March
 - i. a. No Practice Days: October 13, Thanksgiving (11/27), December 22 - January 2, January 19
 - ii. **Practice Schedule:**

Groups	Monday	Tuesday	Wednesday	Thursday
Otters Stroke School		4:00-5:00		4:00-5:00
Purple	4:00-5:15	5:00-6:15	4:00-5:15	5:00-6:15
Black	5:45-7:15	6-7:15	5:45-7:15	6-7:15
Gold	7:15-8:30	7:15-8:30	7:15-8:30	7:15-8:30

Practice Max Size: 16 Swimmers

5. Dryland:

6. Swim Meets

- a. Tentative Schedule on Informational Handout
- b. **Otter Pup (Stroke School):** Required to attend home meets & Reindeer Classic
 - i. Equipment Requirement: Googles
- c. **Purple:** Must attend minimum of 2 practices per week & 4 meets a season
 - i. Equipment: Kickboard, buoy, & fins required.
- d. **Black:** These swimmers must compete in a minimum of 1 meet/month and are expected to compete at Districts & State if they qualify.
 - i. Equipment: Kickboard, fins, paddles, buoy, & snorkel required.
- e. **Gold:** Swimmers must train a MINIMUM of 3x/week in the pool and 2x on land regardless of season (workouts may be customized / flexible for each swimmer based upon their other extra curricular activities). These swimmers must compete in a minimum of 1 meet/month and are expected to compete at Districts & State if they qualify
 - i. Equipment: All equipment above required and tempo timer recommended.

- f. Parents must commit their swimmer to each meet with TeamUnify/On Deck at <https://www.gomotionapp.com/team/ymca-1731/page/home>
 - i. The registration deadline is ****Set Day**** prior to each meet.
 - ii. If you do not meet the registration deadline, your swimmer will be unable to compete at that meet. This is due to the deadlines for entries & meet fees that have to be sent to the host team.
 - iii. If you have questions or problems with TeamUnify, please contact Angie, Heather, Kristina

7. Team Gear:

- a. NEW Suit: Sporti Molecule (Swim Outlet)
 - i. Working on getting suits to try on
- b. Old Suits – Nike- still accepted this year
 - i. If you still have older suits than Nike, it's time for a new competition suit.
- c. Techsuits are accepted with Coach's approval
- d. Basic Black suit as a backup is always a good idea
- e. NEW option: Team Caps with Swimmer's last name on them.
 - i. If interested put on registration form (minimum of 2 caps)
- f. Team Shirts (Krista Jackson)
 - i. YMCA will cover. Make sure to write down the size of the shirt for your swimmer on the registration form.
 - ii. Online store will be open between September - December
 - iii. Goal is to have team shirts by Apple & Pork

8. Apple and Pork:

- a. Apple & Pork - September 27-29th
- b. Sharing tent with YMCA again this year
- c. Job sign-up is up & ready; please sign up ASAP.
- d. Swimmers under 13 can only do the drinks & take orders.
 - i. A parent must work at the same time as a child that is under 13.
- e. Please try to fill kitchen spots first if possible.

9. Swim Cloud

- a. Please sign your child up for an account
- b. Good for tracking and recruiting.

10. Parent Meetings

- a. First Tuesday of every month at 6pm in the viewing room.
 - i. First meeting will be Thursday, September 11th **(please note: this date was pushed back one week)**
 - ii. Going over Apple N Pork, Parade Float (homecoming October 3), Intersquad Meet & Team Pictures (October 5) and more
- b. We will have that month's agenda posted by Tuesday before the meeting.
- c. Meeting Minutes will be available on TeamUnify, Swim Board, and File Folder.

d. Committees/Chairman.

- i. Look in TeamUnify for the list
- ii. Will be appointing new committee members and chairman in September meeting
- iii. Please consider joining one of two

e. Event Job Sign-ups

- i. Look for Apple & Pork job sign ups on TeamUnify and/or Sports Engine App

11. TeamUnify / Sports Engine app – updated to be more mobile friendly

a. This is the number one way to stay up to date with everything going on with the swim team

- i. Check to make sure you can get into your account
- ii. Go through your Account information and your swimmers information. Make sure it is up to date and if any changes need to be made.
- iii. Keep an eye out for an email we will be sending after this meeting. We want to make sure you are receiving our emails. If you do not receive our email, please contact Heather Houser or Angie Moran
- iv. Emails are the #1 way that the coaches communicate to all families at once. PLEASE READ them thoroughly and be timely if you need a response.

12. USA Status

- a.** Will be applying to become a team soon
- b.** As of now can be Unattached USA - NOT REQUIRED to be on the Clinton YMCA Otters swim team
- c.** If you want to know more, stay after this meeting for more information.

13. Coaches' Corner-

- i. Claire
 - 1. Please make sure that you read the team handbook. There is a lot of good information in there, plus an outline for behavior expectations & swimmer conduct.
- ii. Aubrey

14. Questions?

USA Status

- Will be applying to become a team soon
- As of now can be Unattached USA - NOT REQUIRED to be on the Clinton YMCA Otters swim team
- If you want to know more, stay after this meeting for more information.
- Fill out on your Registration Form (YMCA Clinton Otter or Dual YMCA/USA unattached)
- Register your swimmer on USA Swimming website (this is the parent's responsibility)
- Prices
 - Premium: \$81 All Age Groups, participates in MORE than 2 USA meets a year
 - Flex: \$20 only 12&U, swimmers allows them to participate in 2 USA meets a year, good for beginners or cross training in other sports, can upgrade later
- Responsibilities:
 - Signing your swimmer up for each meet
 - Paying Coaching fee (\$10 per swimmer per day. Must be paid when signing up for the meet)
 - Paying Meet Fees
 - Getting your swimmer ready at the meets to send onto the swim deck to coaches
- Timeline
 - Membership good for the rest of the 2025 season (renewal date is 1/1/26)
 - Looking at 1 meet a month
 - Goal to have our Team Registered as a Dual (USA/YMCA) team
 - USA Committee: Looking for some volunteers to help get our team to the USA team level.
 - Those who are USA swimmers will stay after Parent Meetings an extra 30 mins to go over any USA business
 - Clinton Otters USA Swimming Facebook Group