

# SWIM TEAM REMINDERS

Most returning parents may already know this information; however, it is always important to review a few swim team policies and procedures as we get another summer swim season underway.

## VOLUNTEERS

The swim team and swim meets run smoothly due to the help of hundreds of parent volunteers. Thus, if your child participates in swim team your family's volunteer obligation is three times or you will be charged the \$100 buy-out fee.

## SIGNING OUT FOR MEETS

All swimmers are expected to compete in the weekly swim meets. If swimmers are unable to attend a meet or unable to stay for the entire meet, they need to sign out of the meet on the sign-out sheet located on the window to the right of the drinking fountain. The sign-out sheets are usually posted two weeks prior to the meet. The sign-out sheet is typically taken down on **Wednesday at NOON** prior to a Saturday meet. Swimmers must remember to sign out of the meet because a swimmers' absence has an effect on other age group teammates, coaches, and the entire Parkcrest team.

When one child does not show up, there are usually three disappointed team members. If your child is only able to attend for certain times during the meet, please note this on the sign-out sheet. We do understand that emergencies may come up, and if this is the case, please get a hold of a coach as soon as possible.

## MEET WARMUPS

Meet warm-up times are posted on the bulletin board the week of the meet. Warm-ups allow the swimmers to loosen their muscles and practice starts and turns. Practicing starts and turns is especially important at unfamiliar pools. Please make every effort to get your swimmer(s) to warm-ups on time.

## PROMPTNESS

Promptness is extremely important for practices as well as warm-ups. Practices begin with stretching and warm-up. When swimmers come in late, they are not able to get adequate stretching and warm-up. They also disrupt practice for other swimmers in lanes with limited space. Promptness is important for meets as well. Besides cheering at the beginning of the meet, most swimmers compete in the first event, the medley relay.

## FREE RELAYS

Make sure you check if you child is on a free relay at the end of the meet. On occasion, swimmers have left early, leaving three disappointed relay members.

## RELAY ASSIGNMENTS

Coaches make the relay assignments for each meet. At more competitive meets, coaches attempt to put together the fastest relays for each age group. In less competitive meets, coaches may mix relays around so that swimmers can try new strokes or have new opportunities to compete.

## OBSERVING PRACTICE

Similar to swim lessons, parents are asked to stay off the pool deck during practice. If you have a question for one of the coaches, please feel free to ask them after practice. Thanks!

## COMMUNICATION

Information for the Parkcrest swim & dive team members will be distributed via email and family mail folders located in a crate at the pool desk. Email will be used regularly to communicate timely information and the family folders are available for distribution of award ribbons, permission slips and other items. Please check both regularly.

Each PC Swim and Dive Team family is encouraged to join our Yahoo! group so that information can be communicated easily throughout the season. Go to: <http://sports.groups.yahoo.com/group/PCSwimDiveTeam/> And follow the "Join This Group" If you have any additional swim team questions, please feel free to speak with one of the coaches or the swim team reps, Beth Piper (826-9096) and Sandra Walters (238-7897). Thank you.