



## Swimming and Diving Team Welcome Packet

### WELCOME

We are glad to have you and your family part of our swimming and diving team. We welcome all levels of swimming from beginner to competitive swimmers. The only requirement is that the swimmer can swim one length of the pool. Our wonderful coaching staff will provide instruction on all strokes, turns and starts, as well as conditioning. The main goal is to encourage the swimmer and diver to do their personal best, support their teammates, learn good sportsmanship and most of all have fun!

### TEAM PRACTICES

Typically, practices are every week day in the morning before the pool opens to general membership and typically children practice with team members in the same age group. Practices typically include dry land work so sneakers are needed as well. At the beginning of the season, there may be some evening practice hours while school is still in session. The coaches and swim team coordinator will communicate practice schedules typically via email.

### SWIMMING/DIVING MEETS

Our swimming and diving team is part of the ABE League and we currently have 11 teams in the league. During the season, we have about 6 dual meets. Typically, dual meets are held on Tuesday and/or Thursday evenings at 6PM. Occasionally, meets will have to be rescheduled due to inclement weather. The swimming and diving meet schedule is posted on the website.

The ABE League consists of 8 swim clubs and 3 country clubs. There is a dress code when attending swim meets at country clubs; please do not wear denim or t-shirts if you are attending as a volunteer or spectator. Swimmers and divers are permitted to wear t-shirts.

Our team participates in a league championship meet for diving and swimming with all 11 teams participating. Typically, there is a silver swimming championship meet, a diving championship meet, and a swimming championship meet.

### VOLUNTEERS

Our team is focused on family fun so we rely on all families to volunteer and donate items. Volunteers are needed to coordinate team pictures, team registration, concessions, meet supplies, volunteers, sportswear, fundraising and team picnic.

Also, every meet is very important to have adequate volunteers to run the meet smoothly. Some positions include: timer, finish judge, concession stand, grill master, stroke and turn judge, diving judge, scorer and meet official.

### CONCESSION DONATIONS

The concession stand is an important way for our team to raise funds. We rely on team families to donate food, drinks and consumables for the concession stand during home swim meets.

### TEAM PICNIC

At the end of the swimming and diving season, we typically have a team picnic. All swimmers, divers and families are invited. This is a fun event to wrap up the season. Traditionally, some awards are handed out and swimmers and divers are recognized.

### CONTACT INFORMATION

We primarily use email for communication so please make sure you are on our email list. Please email the coordinator with any questions or to be added to the email list. Emails will be sent to communicate practice schedules, meet details and events.

[stonesswimteam@gmail.com](mailto:stonesswimteam@gmail.com)

We look forward to a great summer swimming and diving team season!