

PINEGATE SWIM TEAM 2019
www.pgswimteam.com

Welcome to the 43rd year of Pinegate Swimming! This summer, we look to continue our successful tradition while having a lot of fun. **Pinegate Pool** will serve as the team's **practice facility** and **Garfield Pool on Mentor ave.** will be our home pool for swim meets on Saturdays.

This packet contains a lot of great information about the current season, including rules and policies, directions to all away meets, as well as practice schedules. We know the all are looking forward to a great season. If we work together, we can make the summer a big success!

COACHES

Erich Schultz	Head Coach	pgstcoach@gmail.com
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Sean Farmer	Assistant Coach	alygv3@gmail.com

TEAM RULES & POLICIES

Parental Involvement:

There are some simple actions you can do that can go a long way in helping our team, such as:

- Help out at meets and championships; training will be available for various jobs.
- Provide transportation. Please accompany your swimmer or make arrangements for another adult to do so.
- Ensure your child's attendance and promptness at practices and meets.
- Help to raise money for the team by supporting our fundraisers.
- Attend FroYo Twist (7267 Center St) with your swimmers and the team Saturday afternoons.
- If you need to talk with a coach, do so after practice and meets, or by e-mail. If you have certain comments to make about the team or coaches, direct these to the President of Pinegate Swim Team.

Text Updates PGST will be using Remind to text/email short updates. This is a one-way texting/email service that Mentor High School is using and it's an extremely easy and effective way to communicate updates. Only the head coach and PGST president will have texting capabilities.

Practices:

- 1) Morning Practice (Monday-Thursday):

Practice times and lane assignments will be determined after the team roster has been completed. Assignments are based on both age and skill level, and may change throughout the season as determined by the coaches. Practice times and lane assignments will be emailed out to the email on file with the team.

2) Morning Practice (Friday)

- Ages 11-15: 8:00-9:30 a.m.
- **Ceremony: entire team gathering 9:30-9:40 a.m.**
- Ages 5-10: 9:30-10:30 a.m.

3) Lap Swim (Monday-Friday): 5:00-6:00 p.m.

Attendance Daily attendance at morning practice is required. In accordance with league guidelines, a minimum of three morning practices must be made each week. If a swimmer is to miss practice for any reason, please write down their name on the appropriate page in the attendance notebook (located in the pool office on the PGST shelf) and provide a reason for the absence. Attendance at lap swim is recommended, especially for swimmers hoping to sharpen their technique or work on starts and turns.

Swimmers must attend 3 morning practices a week. However, we are asking that each swimmer make it their goal to attend a minimum of 5 practices weekly. Three of these must be mornings and the rest the swimmers choice as long as they attend a minimum of 5 workouts. Attendance at lap swim will count towards the five practice goal. Please discuss any attendance issues with the head coach.

Tardiness Swimmers arriving late to practice are subject to discipline at the coach's discretion. A swimmer who is more than 10 minutes late will not get attendance award for that week. Unexcused absence or tardiness does not look good! If you will be late for practice or miss practice for any reason, write it down in the attendance book or write a note for your child in advance. Excuses given after the fact will not be accepted unless an emergency or illness has occurred.

Discipline If a swimmer misbehaves at practice, the coach will give the swimmer a verbal warning. If he or she continues to cause problems, the coach will remove the swimmer from the practice and contact the parent(s) by phone and/or email. Until the coaches have discussed the situation with the parent, the swimmer will not be allowed to participate in team functions, and any practices missed during this time will be considered unexcused.

Weather If the air temperature is below 60 degrees or lightning/thunder is present, first practice will consist of out-of-the-water exercises. **Coaches will not cancel morning practice due to weather for the first practice group.** The other

practices will occur unless there is consistent thunder or record cold. On afternoons with especially severe storms, lap swim may be cancelled and in this case, a sign will be posted on the pool's front gate, email the team and send a team text message.

Newsletter Each Thursday, a copy of Pinegate Swim Team's official newsletter, *Gator News*, will be distributed to all families via e-mail. Make sure to read each newsletter in its entirety, as important information about the team and the upcoming meet will be included. The newsletter includes weekly age group reports that feature a personalized recap of each child's swim meet on a weekly basis. The newsletters usually run 6-8 pages, and a copy of the current edition will be on display at Pinegate Pool.

Swim Meets Coaches will be coordinating an intrasquad meet prior to a real meet so that everyone, especially new swimmers and their families, can see what goes into putting on dual meet. Date and time will be announced.

Dual Swim meets are on Saturday mornings (please see the team schedule). Suburban Swim League Championship weekend is the last full weekend in July. During dual meets, each swimmer will swim three or four events, which normally includes at least one relay. It is imperative that all swimmers arrive at the meet by the appointed time so that they are accounted for and can warm-up before the meet. Arrangements can be made for coaches or other parents to assist in transportation should the need arise. Swimmers should come see their age group coach before and after each event. Relay swimmers should meet as a group well in advance of their relay and stay together before, during, and after their swim. It is important that all swimmers stay for the entire meet. Coaches are willing to give swimmers a ride back to Pinegate after meets.

We will continue our meet check in procedure this summer. Each week, we will post a check in time where swimmers must notify their age group coach that they are present. Check in will end 5 minutes before our team warm-ups. If a swimmer is not checked in by the end of this allotted time, the swimmer will be pulled out of the relays for that day. Should this happen a second time, the swimmer will be pulled out of the relays for the meet and then the following week as well.

Swimmers must participate in a minimum of three dual meets to be eligible to swim at Champs in August. The league will consider a petition in certain circumstances. Please discuss your situation with the head coach or a board member if your swimmer does not meet this requirement.

Caravan This is a great Pinegate tradition in which we all meet at Pinegate Pool and Gatewood in our cars/vans on Saturday morning and drive down to the away meet as a caravan. Departure times will be in Gator News and on display at the

pool on Friday. We encourage all families to participate in caravan each week.

Big Gator/Little Gator

All swimmers in the 8&U group will be assigned a “Big Gator,” who is an experienced swimmer and will help coordinate the “Little Gator” at the meets and assist that swimmer’s parents if needed.

General

Some important information is listed below:

- Make sure to bring water bottles to practices and meets. We will have a water jug at practice, but it is up to the swimmers to bring their own water bottles.
- Every swimmer should be wearing a swimsuit, goggles, and a swim cap at every practice and meet (if you are a boy and have short hair, no cap is necessary.)
- Every Friday after lap swim, the entire team has a pizza party/pasta party at Pinegate Pool. This is a family event and all are welcome!
- After each home meet on Saturday, swimmers and their families are invited to FroYo Twist (on 615, across from Yours Truly (7267 Center St)) for a cup of frozen yogurt after every meet.
- **TERMIGATOR!!** Here’s how it works: We pair off the entire team into a big bracket and have them race against each other one-on-one. Swimmers 9&up swim 50s freestyle and 8&unders swim 25s freestyle. One swimmer is given a head start so that if they each swim their best time, it will be a tie. The loser of each heat is eliminated and the winner moves on to the next round. This continues until there is only one remaining, the **Termigator**. As an added bonus, the Termigator gets to have dinner with the coaches at a restaurant of their choice.
- **Marathon** – Marathon (our all night swim) is both the team’s biggest fundraiser and the kids’ favorite event. Much more info is forthcoming.
- **Incentives** The Pinegate Swim Team will continue traditions such as attendance rewards and the prestigious **Swimmer of the Week**, as well as various other awards that will be given at the year end banquet.
- **Banquet** dinner, team awards, and an evening of fun for everyone! See the team schedule for dates and time.

Swimming Jargon

U.S.S.....	United States Swimming – National organization which sponsors amateur athletics
Dual Meet.....	Swim meet between two teams, one or two heats per event
Invitational.....	Swim meet between several teams, many heats per event. Championships is this type.
Heat.....	A division of an event in which there are too many swimmers for to swim at one time.

Heat Sheet.....	Printed schedules of events with swimmers listed in heats – available at Championships.
Meters Pool.....	25 Meters (~82 Feet) from end to end. Most SSL pools are this type.
Yards Pool.....	25 Yards (75 Feet) from end to end. Pinegate Pool and Euclid Pool are this type.
Scratch	Withdrawal from an event.
Split Time.....	Time recorded for one segment of a longer event; most notably, relays.
Exhibition.....	Swimming for time, but not for team points.
DQ.....	When a judge calls an illegal execution of a start, stroke, turn, or finish – the swimmer's time is not official and he/she scores no points for that event.
False Start.....	When a swimmer leaves his mark before the starting signal. Two in a row results in a DQ.
Medley Relay.....	Four swimmers with each swimmer swimming $\frac{1}{4}$ of the event distance in the following order: Backstroke (BK), Breaststroke (BR), Butterfly (FL), and Freestyle (FR).
IM.....	Individual Medley – one swimmer swims the required distance in the following order: $\frac{1}{4}$ Butterfly, $\frac{1}{4}$ Backstroke, $\frac{1}{4}$ Breaststroke, $\frac{1}{4}$ Freestyle. 9-12: 100 IM. 13-15: 200 IM.
NT.....	When a swimmer has no previous time for an event
Hell Week.....	A week of tough practices during the week before the final Saturday in July.
Taper.....	The week after hell week when practices get much shorter and less tiring.

Swim Meet Etiquette

1. Be on time, have shelter/umbrella for sun and rain, bring something to sit on, bring sunscreen, bring meet-friendly snacks, and bring plenty of water.
2. Stay off your feet and out of the sun unless you are racing or cheering, you do not want to waste energy on activities not beneficial to the meet.
3. Clean up after yourself and clean your area after the meet.
4. BE CONSCIENTIOUS! If you can't make it to a meet, make sure you write your absence in the attendance book as soon as possible – It only hurts the team if a swimmer is placed in the line-ups and doesn't show up
5. BE CONSCIENTIOUS AGAIN! If you must leave a meet early, let the coaches know as soon as possible so they can rearrange relays.
6. Only Coaches, Swimmers, and Timers are permitted behind the blocks.
7. Swimmers should wait in the water after they finish the race until all participants have finished. Congratulate the people in the lanes next to you.
8. If you have any questions not answered here, ask a coach or a board member.
9. **Championships are the culmination of the season. IF AT ALL POSSIBLE, DO NOT MISS CHAMPIONSHIPS!**