

PINEGATE SWIM TEAM 2023 HANDBOOK

Welcome to the 47th 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 **Civic Center Pool on Munson Rd.** will be our home pool for swim meets on Saturdays.

This packet contains a lot of great information about the NEO Suburban Swim League, what happens during our season, rules and policies, as well as practice schedules. We know our swimmers are looking forward to a great season. If we work together, we can make the summer a big success!

COACHES

Eric Thompson	Head Coach	pgstcoach@gmail.com
Declan Hoellein	Assistant Coach	
David Slovenkay	Assistant Coach	
Owen Rogonjic	Assistant Coach	
Sarah Perish	Assistant Coach	

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 at meets and championships; training will be available for various jobs.
- Provide transportation to all activities. Please accompany your swimmer or arrange 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 after our meets.
- If you need to talk with a coach, do so after practice and meets or by e-mail (pgstcoach@gmail.com) to our head coach. If you have certain comments to make about the team or coaches, direct these to the President of Pinegate Swim Team (pgstboard@gmail.com).

Text Updates: PGST will be using Remind app to text/email short updates. This one-way texting and email service is an effective way to communicate last minute/real-time updates. Only the head coach and PGST president will have texting capabilities. **Text @pgst23 to 81010 to sign-up to receive all last minute schedule changes.**

Practices:

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 will be emailed to the family email

on file with the team before the first practice.

Morning Practice (Friday)

Ages 11-18: 8:00-9:30 a.m.

Full Team Ceremony: 9:30-9:40 a.m.

Ages 5-10: 9:30-10:30 a.m.

Evening Practice (Tuesday & Thursday)

Ages 16-18: 5:00-6:00 p.m.

Evening Lap Swim (Monday, Wednesday, Friday)

All age groups: 5:00-6:00 p.m.

Attendance: Daily attendance at morning practice is required and taken each morning. Attendance at lap swim is recommended, especially for swimmers hoping to sharpen their technique or work on starts and turns.

In accordance with the NEO Suburban Swim League guidelines, a swimmer must attend a minimum of 3 morning practices to be eligible to score points for the team at the Saturday swim meet. If you do not attend 3 practices during the week, you may still be able to participate in the meet, but unable to earn points. Participation will be at the coach's discretion.

While swimmers must attend 3 morning practices a week, we ask that each swimmer make it their goal to attend a minimum of 5 practices weekly. Three of these must be morning practices and the remaining are the swimmer's choice, as long as they attend a minimum of 5 workouts. Attendance at lap swim counts towards the 5-practice goal.

The earlier you can communicate meet absences the better for coaches and the team. Please communicate extended absences to the coach via email at pgstcoach@gmail.com.

Tardiness: Tardiness is disruptive to practice. 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. 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 coaches will make a decision to have a regular swim practice or practice will of out-of-the-water exercises. Always come prepared to swim. Swim practice and meets continue in the rain. Practice or meets will be canceled if there is lightening or thunder. If practice is canceled, you will be notified by the Remind app. **Text @pgst23 to 81010 to subscribe to our the Remind app to receive any last minute schedule changes.**

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.

Swim Meets: Coaches will be coordinating an intrasquad meet (Pine vs. Gate) prior to a real meet so that everyone, especially new swimmers and their families, can see what goes into putting on dual meet.

Dual Swim meets are on Saturday mornings. NEO 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 meet. Should this happen a second time, the swimmer will be pulled out of the relays for the following week as well.

Swimmers must participate in a minimum of three dual meets to be eligible to swim at Championship. 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 in our cars/vans on Saturday morning and drive down to the away meet as a caravan. Departure times will be in Gator News. We encourage all families to participate in caravan each week.

Big Gator/Little Gator: All swimmers in the 8&U group and new swimmers 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 Information:

- 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 potluck/pizza meal at Pinegate Pool. This is a family event and all are welcome! Dishes are provided. Bring your own drink.
- After each home meet on Saturday, swimmers and their families are invited to FroYo Twist on 615, across from Yours Truly (7267 Center St.) to celebrate the week.

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 50 freestyle and 8&unders swim 25 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 an important team fundraiser and the kids' favorite event. Swimmers collect pledges for the number of laps they can swim all night or donate \$50 to participate.

Incentives: The Pinegate Swim Team will continue traditions such as weekly attendance rewards and the prestigious *Swimmer of the Week*, as well as various other awards that will be given at the end of the season banquet.

Banquet: A potluck dinner, team awards, and an evening of fun for everyone is held the week after Championships at the Pinegate pool.

Swimming Jargon:

- **United States Swimming (U.S.S)** – National organization which sponsors amateur athletic
- **Dual Meet:** Swim meet between two teams, one or two heats per event.
- **Invitational Meet:** Swim meet between several teams, many heats per event. Championships is this type meet.
- **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.
- **Disqualification (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 false starts in one race will DQ the swimmer that false started anytime after the first false start.
- **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).
- **Individual Medley (IM):** 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.
- **No Time (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:

- 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.
- 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.
- Clean up after yourself and clean your area after the meet.
- **BE CONSCIENTIOUS!** If you can't make it to a meet, please inform the Head Coach by email at pgstcoach@gmail.com – It only hurts the team if a swimmer is placed in the line-ups and doesn't show up.
- **BE CONSCIENTIOUS AGAIN!** If you must leave a meet early, let the coaches know as soon as possible so they can rearrange relays.

- Only Coaches, Swimmers, and Timers are permitted behind the blocks.
- 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.
- If you have any questions not answered here, ask a coach or a board member.
- Championships are the culmination of the season. **IF AT ALL POSSIBLE, DO NOT MISS CHAMPIONSHIPS!**