



Parent Meeting Handout
September 23, 2021

COACHING STAFF

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Judy Gurchak

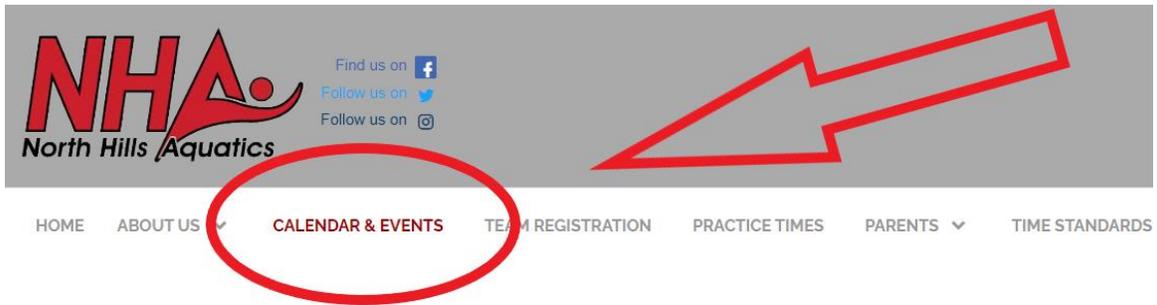
Meet Coordinator

(Spirit Wear and Team Suit/Cap Chair)

Email - judygurchak@gmail.com

Steps for declaring availability for swim meets

Step 1



You will find our practice schedules here, as well as meet events and special occasions.

The screenshot shows the calendar interface. At the top, there are tabs for 'General' and 'Team Events'. Below the tabs are buttons for 'Print' and 'Subscribe'. A calendar for 'SEPTEMBER 2021' is displayed on the left, with the date '23' highlighted in red. To the right, a 'Fullscreen' button is visible. Below the calendar, there are dropdown menus for 'All Roster Group' and 'All Locations'. The main calendar view shows a grid of dates with events listed for each day. The events are: Sunday 29 (First day of practice f...), Monday 30 (First day of practice ...), Tuesday 31 (Swim Clinic), Wednesday 1 (Swim C), Friday 5, Saturday 6, Sunday 7 (Senior Performance), and Monday 8 (Senior Senior).

Step 2

The screenshot shows the top navigation bar of the NHA website. The logo 'NHA North Hills Aquatics' is on the left. Social media links for Facebook, Twitter, and Instagram are on the right. The navigation menu includes 'HOME', 'ABOUT US', 'CALENDAR & EVENTS', 'TEAM REGISTRATION', and 'PRACTICE TIMES'. The 'CALENDAR & EVENTS' link is circled in black, and a black arrow points to it from the right.

You will find our practice schedules here, as well as meet events and special occasions.

The screenshot shows the calendar interface. At the top, there are tabs for 'General' and 'Team Events'. Below the tabs are buttons for 'Print' and 'Subscribe'. A calendar for 'SEPTEMBER 2021' is displayed on the left, with the date '23' highlighted in red. To the right, a 'Fullscreen' button is visible. Below the calendar, there are dropdown menus for 'All Roster Group' and 'All Locations'. The main calendar view shows a grid of dates with events listed for each day. The events are: Sunday 29 (First day of practice f...), Monday 30 (First day of practice ...), Tuesday 31 (Swim Clinic), Wednesday 1 (Swim C), Friday 5, Saturday 6, Sunday 7 (Senior Performance), and Monday 8 (Senior Senior).

Step 3

NHA North Hills Aquatics

Find us on: Facebook, Twitter, Instagram

HOME ABOUT US **CALENDAR & EVENTS** TEAM REGISTRATION PRACTICE TIMES PARENTS TIME STANDARDS LINKS

Calendar Settings | Calendar Notes | Help | + New Calendar Item

You will find our practice schedules here, as well as meet events and special occasions.

General **Team Events** Event Notes

Current & Upcoming Past & Archived

Subscribe Search for Team Events

Oct 02 2021 **First Splash**
Oct 2, 2021 - Oct 3, 2021 Event Category: Swim Meet
This is meet is set up for all levels of swimmers to attend. New families that have just joined as of the fall of 2021 are welcome to attend this meet if they feel comfortable. If you are unsure, please email your coach. Coaches will select the events for your swimmer, please indicate which day you are available to swim. As more information becomes available,

Event Notes | **Edit Comment**

Step 4

NHA Team Events

Athlete Signup Committed Athletes Undeclared Declined

Registration Deadline has passed.

First Splash
Oct 2, 2021 - Oct 3, 2021

My Account: **Lawrence, Kristen** 412-485-7735 | Change Account (Admin Only) | Registration Deadline: 09/15/2021

Meet Name: **SVSC First Splash 2021** | Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 15037, USA | Course: YO | Meet Type: YO

Start Date: 10/02/2021 | End Date: 10/03/2021 | Age Up Date: 10/01/2021 | Use Date Since: 12/31/1969

Enforce entry based on (Qualify Times): No | Restrict entry (Best Time) to same (Meet Type): No

Event Declaration Setting: **Commit by Session** | Edit | Maximum Event Entry Limitations: [View](#)

Allow Course Conversion for Sways: No

If Athlete qualifies for non-conforming sways, default (Entry Time) to the mini. (Qualify Time): No

[View/Edit All Meet Sways](#) | [Go Back to Event Home Page](#)

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
Kristen Lawrence Active	Declined		09/12/21 7:20 PM
Rory Lawrence Active	Declined		09/12/21 7:20 PM

Step 5

NHA Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: **Rory Lawrence**

Sign-up Record: **No, thanks, (Rory) will NOT attend this event**

Notes:

Please do not use the notes field for more than 256 characters.

Save Changes

Step 6

Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: **Rory Lawrence**

*Signup Record: **Yes, please sign (Rory) up for this event**

Meet Name: SVSC First Splash 2021	Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, USA	Course: YO	Meet Type:
Start Date: 10/02/2021	End Date: 10/03/2021	Age Up Date: 10/01/2021	Use Date Since: 12/31/1969

Enforce entry based on (Qualify Times): **No** Restrict entry (Best Time) to same (Meet Type): **No**

Event Declaration Setting: **Commit by Session** Maximum Event Entry Limitations

Allow Course Conversion for non-conforming course, default (Entry Time) to the mini. (Qualify Time): **No**

If Athlete qualifies for non-conforming course, default (Entry Time) to the mini. (Qualify Time): **No**

Please select the Days/Sessions that this Athlete would like to attend below:

- Day 1/Session 1
- Day 2/Session 5
- Day 2/Session 6

Notes:

Please limit the size of the notes to no more than 256 characters.

[Save Changes](#)

Step 7

Team Events

First Splash (Oct 1, 2021 (09:00 PM) - Oct 2, 2021 (09:00 PM))

Member Athlete: **Rory Lawrence**

*Signup Record: **Yes, please sign (Rory) up for this event**

Meet Name: SVSC First Splash 2021	Location: Seneca Valley Aquatic Center, 126 Seneca School Road, Harmony, PA 16037, USA	Course: YO	Meet Type:
Start Date: 10/02/2021	End Date: 10/03/2021	Age Up Date: 10/01/2021	Use Date Since: 12/31/1969

Enforce entry based on (Qualify Times): **No** Restrict entry (Best Time) to same (Meet Type): **No**

Event Declaration Setting: **Commit by Session** Maximum Event Entry Limitations

Allow Course Conversion for non-conforming course, default (Entry Time) to the mini. (Qualify Time): **No**

If Athlete qualifies for non-conforming course, default (Entry Time) to the mini. (Qualify Time): **No**

Please select the Days/Sessions that this Athlete would like to attend below:

- Day 1/Session 1

Ev#	Best Times	Gen	Event	Qualifying Time
2	NT	C	10 & Under 200 Free	
5	1:50.93Y	C	10 & Under 100 Back	
8	NT	C	10 & Under 50 Fly	
14	42.91Y	C	10 & Under 50 Free	
17	NT	C	10 & Under 100 Breast	
17	NT	C	10 & Under 200 Freestyle	

Important information for new families about swim meet protocol.

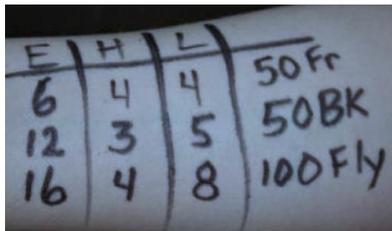
Heat Sheets

Heat Sheets are prepared by the Aquatics Club sponsoring the swim meet. These sheets detail out the event (ex. Event #4-25 Free), heat (ex. Heat 1 of 10), and Lane (Lane 1-6) your swimmer is entered to participate. You can purchase the heat sheet upon entry to the pool for a small fee or there will be a heat sheet hung up in the hallway for your reference.

To aid your swimmer in knowing what events they are registered for, you can write this information on their **hand** or **forearm**. By having the events readily available to them, they will be more prepared for when it's their turn to swim.

For example: **E**vent #4-25 Free, **H**eat 1, **L**ane 3 would look like this:

E H L Details
4 1 3 25 Free



Warm-ups:

Warmups begin at **XXX am** for North Hills. Please arrive 20 minutes prior to the warmup time to ensure your swimmer has time to find their coach, get their gear on, and can enter the pool on time.

Once swimmers have entered the pool, they should not re-enter the spectator seating area. Wet bathing suits in the stands is discouraged.

Spectator Seating:

Be sure to arrive early if you want a place to sit during the meeting. Many aquatics clubs participate in these swim meets so the stands fill up quickly.

Sitting on the steps is strictly prohibited as this is a fire hazard and should be avoided.

Locker Rooms:

No adults are allowed in the Locker Room. This is the rule for practice as well as swim meets.

Event Statistics and Ribbons:

Event statistics (swimmer place and time) will be posted as the meet progresses. There is about a 20–30-minute delay between the event completing and the event statistics sheet being posted in hallway. Once the sheets are up, look for your swimmer's name and you will see their place among the age group they are entered.

If your swimmer has earned a ribbon, you may go over to the ribbon table to claim your ribbon.

Swimmer Dismissal:

Swimmers may leave the meet when they have completed all their events. If their event statistics have not been posted by the time you leave, coaches will pick up the ribbons and distribute at practice.

Volunteers supporting the meet must fulfill their entire time commitment even if their swimmer is done prior to the morning/afternoon session completing.

Short Course – Time standards

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls						10 & under Boys						
38.89	35.19	31.39	30.19	28.89	27.69	50 Y Free	27.39	28.59	29.79	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	1:07.29	1:04.19	1:00.99	100 Y Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
3:18.99*	2:57.19*	2:35.39*	2:28.19*	2:20.89*	2:13.59*	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39*	7:34.89*	6:44.29*	6:27.49*	6:10.59*	5:53.79*	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69*	33.49*	35.19*	36.99*	42.29*	47.49*
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39*	1:11.89*	1:15.39*	1:18.79*	1:29.29*	1:39.79*
53.19*	47.49	41.69*	39.79*	37.89*	35.99	50 Y Breast	35.49	37.29	39.19	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	100 Y Breast	1:18.29*	1:22.19*	1:26.09*	1:29.99*	1:41.69*	1:53.39*
47.39	41.79	36.19	34.39	32.49	30.59	50 Y Fly	30.29	31.99	33.69	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	1:19.19	1:14.19	1:09.19	100 Y Fly	1:08.49*	1:13.19*	1:17.99*	1:22.79*	1:37.09*	1:51.39*
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09*	1:12.39*	1:15.69*	1:18.99*	1:28.89*	1:38.79*
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls						11-12 Boys						
33.59*	31.29*	28.99*	27.79*	26.59*	25.49*	50 Y Free	24.49	25.59	26.79	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	1:00.49	97.79	95.19	100 Y Free	93.29	95.79	98.29	1:00.89	1:05.89	1:10.99
2:40.39*	2:28.99*	2:17.49*	2:11.79*	2:05.99*	2:00.29*	200 Y Free	1:55.89*	2:01.39*	2:06.99*	2:12.49*	2:23.49*	2:34.59*
7:08.79*	6:38.19*	6:07.59*	5:52.19*	5:36.89*	5:21.59*	500 Y Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89
38.09*	35.39*	32.69*	31.29*	29.99*	28.59*	50 Y Back	27.79*	29.29*	30.69*	32.09*	34.99*	37.89*
1:24.79*	1:18.09*	1:11.39*	1:08.09*	1:04.69*	1:01.39*	100 Y Back	99.49*	1:02.79	1:05.99*	1:09.19*	1:15.69*	1:22.19
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99*	2:15.19*	2:21.29*	2:27.39*	2:39.69*	2:51.99*
42.99*	39.99	36.89	35.39	33.79*	32.29	50 Y Breast	31.09	32.69*	34.39*	36.09*	39.49*	42.89
1:34.09*	1:27.19*	1:20.19*	1:16.69*	1:13.19*	1:09.79*	100 Y Breast	1:06.99*	1:10.49*	1:13.99*	1:17.49*	1:24.49*	1:31.39*
3:20.89*	3:06.59*	2:52.19*	2:45.09*	2:37.89*	2:30.69*	200 Y Breast	2:25.59*	2:32.49*	2:39.39*	2:46.39*	3:00.19*	3:14.09*
36.49*	33.89*	31.29*	29.99*	28.69*	27.39*	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39*	1:17.59*	1:10.89*	1:07.49*	1:04.19*	1:00.79*	100 Y Fly	98.99*	1:02.39*	1:05.89*	1:09.29*	1:16.09*	1:22.89*
2:59.99*	2:47.19*	2:34.29*	2:27.89*	2:21.39*	2:14.99*	200 Y Fly	2:09.89*	2:16.09*	2:22.19*	2:28.39*	2:40.79*	2:53.19*
1:24.09*	1:18.09*	1:12.09*	1:09.09*	1:06.09*	1:03.09*	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19*	2:47.29*	2:34.49*	2:27.99*	2:21.59*	2:15.19*	200 Y IM	2:10.69*	2:17.29*	2:23.99*	2:30.69*	2:43.99*	2:57.29*
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls						13-14 Boys						
32.59*	30.19*	27.89*	26.79	25.59*	24.39*	50 Y Free	22.49	23.49*	24.59*	25.69	27.79*	29.89*
1:10.59*	1:05.49*	1:00.49*	97.99*	95.49*	92.89*	100 Y Free	91.19	91.59	93.89	96.29	1:00.89	1:05.59
2:32.09*	2:21.29*	2:10.39*	2:04.99*	1:59.49*	1:54.09*	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79*	6:18.69*	5:49.59*	5:34.99*	5:20.39*	5:05.89*	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69*	1:11.19*	1:05.69*	1:02.99*	1:00.19*	97.49*	100 Y Back	95.59*	96.19*	98.69*	1:01.29*	1:06.39*	1:11.49*
2:46.79*	2:34.89*	2:22.99*	2:17.09*	2:11.09*	2:05.09*	200 Y Back	1:57.19*	2:02.79*	2:08.39*	2:13.99*	2:25.09*	2:36.29*
1:27.99*	1:21.69*	1:15.39*	1:12.29*	1:09.09*	1:05.99*	100 Y Breast	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:10.89*	2:57.29*	2:43.69*	2:36.79*	2:29.99*	2:23.19*	200 Y Breast	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:16.39*	1:10.89*	1:05.49*	1:02.69*	99.99*	97.29*	100 Y Fly	95.39*	95.89*	98.49*	1:00.99*	1:06.09*	1:11.19*
2:48.99*	2:36.89*	2:24.89*	2:18.79*	2:12.79*	2:06.79*	200 Y Fly	1:58.69*	2:04.29*	2:09.99*	2:15.59*	2:26.89*	2:38.19*
2:49.79*	2:37.59*	2:25.49*	2:19.49*	2:13.39*	2:07.29*	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09*	2:28.49*	2:39.99
6:03.59*	5:37.59*	5:11.69*	4:58.69*	4:45.69*	4:32.69*	400 Y IM	4:16.09*	4:28.29*	4:40.49*	4:52.69*	5:17.09*	5:41.49*

15-16 Girls

15-16 Boys

31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *

17-18 Girls

17-18 Boys

31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *

EQUIPMENT

Swimmers are encouraged to start bringing their equipment to practice. If you do not know what equipment will be needed for your swimmer, please have them speak to their coach!

Senior Performance – Fins, Snorkel, Buoy, and Kickboard

Silver and Bronze – Kickboard and Fins

Gold and Gold Performance – Fins, Kickboard, Buoy

Additional equipment may be necessary as the season progresses

Practice Schedule and Expectations

Practice Schedule

Group	Start Time	End Time	Practice Days	Dryland?
Senior Performance	2:15	4:45	M-F (Sat. later in season)	Yes
Gold Performance	3:30	5:30	M-F	Yes
Gold	4:30	6:00	M-F	No
Silver	5:45	7:00	M-Th	No
Bronze	6:00	7:00	M-Th	No

Senior Performance Group – Swimmers are encouraged to attend practice 5 days a week

Gold Performance/Gold Group – Swimmers are encouraged to attend practice 4 to 5 days a week

Silver Group – Swimmers are encouraged to attend practice 3 to 4 days a week

Bronze Group – Swimmer are encouraged to attend practice 2 to 3 days a week

Volunteer Job Sign Up Descriptions

(home swim meets)

Timer

Location: On deck

Duties include Timing the swimmers. You will be paired up with a partner. One person will handle the clip board with the time sheets attached to it and the “pickle” while the other will work the stopwatch. The stopwatch is started when the race starts and will be stopped by the timer when the swimmer in the lane in which you are timing in touches the wall. At that same time the “pickle” person will also press the button on the pickle (when the swimmer in that lane touches the wall). The timer will then record the time on the sheet attached to the clip board of the stopwatch.

Backup Timer

Location: On deck

Starts a watch for each heat and watches to see if any lane timer indicates that s/he missed the start.

Deck Host/Runners

Serves food and drinks, gathers up timer sheets after each event and takes them to the score table.

Floater

Any job that needs to be filled in.

Greeter

Location: Hallway on first floor

Meet, greet, and direct swimmers, coaches, and parents to meet location around the pool

Lifeguard – sit in lifeguard chair

Marshal/Security

Location: on deck, bathrooms, and hallway;

Duties include Monitoring the pool area during warmups for safety, clearing lanes for sprint warmups and monitoring the bathrooms for improper conduct. You will basically

“police” the pool deck (only allowing authorized personnel on the deck), the bathrooms and the hallway to ensure safety of the swimmers

Place Judges

Location: On deck

Duties include Judging the order of swimmers finishing the races. You sit on deck near the start/ finish end of the pool and monitor and record the order the swimmer’s finish.

Refreshments

Works in concession areas preparing, stocking, selling and serving drinks and food.

Ribbons

Work at awards table.

Setting up the awards table with the ribbons, placing labels on the ribbons for each event, organizing the awards according to event numbers, and distributes to eligible swimmers.

Scoreboard/Timing System

Location: On deck

Duties include Running the timing system. Volunteers must be trained on how to operate the timing system. If you would like to learn how to do this, please reach out.

SET UP/TEAR DOWN FOR MEET – Friday Night/Sunday Afternoon (Two Different Sessions)

Location: upstairs and on deck;

Duties include Setting up/taking down seating around the pool, hanging signs, moving tables, setting up/taking down timing and computer systems, and anything else that will be needed in order to set up/tear down for the meet.

SWIM MEET SCHEDULE

10/2-10/3/2021	First Splash
10/16-10/17/2021	NHA Mini/Distance meet
10/30/2021	Swim-A-thon
11/5-11/7/2021	Splash #3
11/19-11/21/2021	Spire (travel meet)
12/04-12/5/2021	9&0 Slower than BB & mini
12/16-12/19/2021	Christmas Invitational