

SVSC

New Member Meeting

Thursday, September 21, 2017

6:30-7:30pm

SVSC New Member Meeting Agenda

- * Welcome & Introduction
- * Vision & Mission
- * Team Unify SVSC Website
- * Parent Expectations
- * Equipment
- * Key Dates
- * Mentors
- * Q&A

SVSC Board Members

- Tammy Wilson, President
- Gina Elliott, Vice President
- Gary Dietz Treasurer
- Robert Kling, Secretary
- Trent Wilson, Registrar
- John Stefanowicz, Board member/AMS treasurer
- Tom Donaldson, Board member/New Family Mentorship

SVSC Coaches

- Brian Blackwell, Head Coach & Senior Coach
- Jeff Gavin, Head Age Group Coach
- Lisa Wilson, Age Group Coach
- Nicole Rogos, Dryland Coach

If I could go back in time, I wish I had known...

- * What a B, BB, A time was?
- * What is the Deck Pass app?
- * What a yellow slip was before the first meet?
- * Why should my child's swim suit fit snug?

Vision and Mission of SVSC

Mission—To develop competitive swimming skills and good sportsmanship in children of all ages and ability levels.

Vision—To be western Pennsylvania's premier swim club through the physical, mental, and emotional development of our swimmers.

Team Unify Site

www.swimsvsc.org

- * Events Tab
 - * Meet information section
 - * Forms/Documents
- * Calendar Tab

What's the difference?

- * USA Swimming
- * Allegheny Mountain Swimming (AMS)
- * Seneca Valley Swim Club (SVSC)

Parent Expectations

- * Communications with Board & Coaches
- * Meets/IMX
 - * Types
 - * Swimmer Prep
 - * Parent Prep
- * Goals/Development of Swimmers
- * Membership Meetings – open to members, 1x per month
- * Technology Apps – USA Swimming Deck Pass, OnDeck Parent, MeetMobile

Equipment Needed

- * Fins, must be TYR Flex Swim Fins (fins for snorkeling or purchased at Dicks or Costco, are not acceptable)
- * Kickboard
- * Pull Buoy
- * Mesh bag to carry equipment
- * Team Suit for meets

These items are available to borrow at our pool, however, there aren't a lot of small fin sizes.

SWIM SUITS, APPAREL & EQUIPMENT



* Sponsorship by Swimmer's Network



Speedo Team Suits

- * Suits will be plain black without logo (or new option). Girls will have 2 choices—Speedo Aquablade and a basic Speedo black suit, and boys will have choice of jammers or briefs.

**Racing in
style!**



Key Dates

- * *September 7 - Kickoff Meeting*
- * **September 21th - New Member meeting**
- * September 29 - Blue/Black/White Meet (5pm)
 - * Sign up to Volunteer at the meet
- * October 4th—Team Photo day (mandatory 4:45pm)
- * October 14th – 15th First Splash (ANSC)

2016 Short Course (SC) Meet Schedule



- * Sept 29 Black & Blue Meet – (SV pool)
- * Oct 14-15 First Splash (ANSC)
- * Nov 4-5 10&Under Meet (HD)
- * Nov 11-12 IMX Meet 14&Under (FAST)
- * Nov 17-19 Mark J Braun (Travel Meet– A & faster)
- * Dec 2-3 Xmas Qualifier/Mini Meet (BPR)
- * Dec 9-10 Open Age Group (LEBO)
- * Dec 16-17 Pitt Xmas Meet (AA times)
- * Jan 6-7 IMX Last Chance Qualifier (BPR)
- * Jan 20-21 Mini/Dist (TBD)
- * Jan 26-28 IMX Games (University of Maryland)

2016-2017 SC Meet Schedule

- * Feb 3-4 Single Age (SFAC)
- * Feb 17-18 Bronze Champs (B)
- * Feb 23-25 Silver Champs (BB)
- * Mar 3-4 10&Under Champs (MLAC)
- * Mar 9-11 Gold Champs (TPIT)
- * Mar 28-Apr 1 Eastern Zone Champs (Selection Based)

Coach Contact info

- * Email is the best
 - * Briandavidblackwell@yahoo.com
 - * All Coaches can be reached by email
 - * Link by Name on the Coach Page on our website
 - * **Please allow at least 72 hours for a response**

Survival Handbook

* Available on SVSC website

Mentors



Leaving this meeting... your next steps

- * Sign up for Blue/Black meet & *First Splash*
- * Add all meets to your family calendar
- * Review survival handbook
- * Wait for your mentor to reach out to you over the next week

Q & A

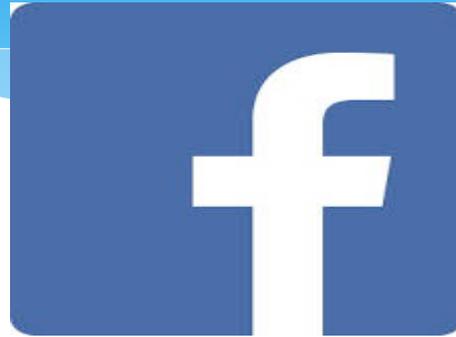


Parting Thought

- *It's a marathon not a sprint.
- *It's a 1650 not a 50!



COMMUNICATION



Like us on Facebook and our website
is **swimsvsc.org**.

***When in doubt, refer to Event Tab &/or Calendar tab

***School District asks SVSC not to park or drop off in the
area in front of the Natatorium (no right turn)

Thank you for coming!

- * We look forward to having you as part of our swimming family!
- * Please reach out with any questions.

Tom Donaldson
svsc.mentoring@gmail.com

Practice Times

Practices are canceled on HOME football game nights and Home SV Varsity swim meets – please check the calendar to keep up to date.

- * **Senior**
Mon-Fri 3:00-5:30 pm
Tues/Thurs 5:30-7:00 am
Sat 7:00-10:00 am
- * **Gold**
Mon-Fri 5:00-7:00 pm & Sat 7:00-9:00 am
- * **Silver**
Mon-Fri 5:00-6:30 pm
- * **Bronze**
Mon/Tues/Wed/Friday 6:30-7:30 pm
- * **Novice**
Tue/Thurs/Fri 6:30 – 7:30 pm

SWIM GROUPS

- * Senior - 2.5 hours x 6 days + 2 mornings
- * Gold - 2 hours a day x 6 days
- * Silver - 1.5 hours x 5 days
- * Bronze - 1 hour x 4 days
- * Novice - 1 hour x 3 days

What this allows will be a group based on these principles:

- * **Senior** (in-district/varsity)
- * ***Senior practice after school – into Varsity – no longer offer out of district practice from 5-7:30 for out of district swimmers (swim w/ own varsity team Nov 15-March)
- * **Gold** (Advance Age Group - 2 hour practices focus on endurance building, advance level drills and agility/strength development - Highly dedicated only)
- * **Silver** (Intermediate Age Group - 1.5 hour practices 5 days a week - technical advancement of strokes, endurance building and race strategies)
- * **Bronze** (Beginner Age Group - 1 hour practices 4 days a week - further development of strokes, swimming concepts, drills and race strategies)
- * **Novice** (Introduction to Competitive Swimming - Learn to swim program graduates, basic understanding of swimming, starts, turns, intro drills)

Planning

- * LCD projector (bag of supplies)
- * iPad & Laptop
- * Sign in sheet
- * Bring copy of:
 - * Agenda
 - * Meet Listing
 - * Survival Guide (optional)

Letter to Mentors

Good Evening,

We sincerely appreciate everyone volunteering their time to mentor the new families/swimmers joining SVSC this year. Your new family likely attended the new family meeting on Thursday, September 21 from 6:15-7pm during Bronze & Novice practice. As a mentor, we ask that you contact your assigned family by this Monday, September 25 to introduce yourself and welcome them to the club. From there, I recommend meeting with them in person to review the information below.

Items that need to be covered:

- 1) SVSC Survival Guide (attached here but also found on the SVSC website)
- 2) SVSC Website
- 3) Meet schedule
- 4) Questions on swim gear both for practice and meets

The end of everyone's two week trial is this coming Tuesday, so our main goal is to ensure they all feel welcome and all of their questions are answered.

Attached are the mentor assignments. If you have challenges contacting them or if there are questions, contact us or one of the board members.

Thanks again for your help.

All the best,
Tom Donaldson