

Parent informational meeting: 9-18-17

First of all, thanks for coming. Most of you are fairly new to the team so....welcome.

Agenda:

A little background of CAST, coaches, USA swimming, and swimming competitively.

First timers meet – Don Watkind's memorial meet

Freestyle festival

Entering meets

USA swimming registrations

Team Banquet

SMS messaging

Weekly informational e-mails

Turkey Classic

Team Suits

Contacts

Questions???

Don Watkind's Memorial – FIRST meet:

This is a meet for swimmers who have never been in a USA swimming sanctioned meet before. We are only allowed to bring up to 6 swimmers. As of last Friday, coach Tabitha had 3 who had told her they wanted to attend.

It starts with an educational session for swimmers, and a separate educational session for parents, and is here at the Kroc center beginning at 8:30. With the actual meet beginning at 10:00 am.

If your swimmer has only been in the summer league meets, or hasn't been in any meets, ask coach Tabitha if we have any spots left.

Freestyle Festival:

is Saturday 9-30 at Granite Hills High School.

This meet is traditionally the kickoff meet for the short course season and we really want every swimmer on the team to go. All the events are freestyle – so everyone can compete! All swimmers need to be registered with USA swimming by Thursday 9-21 (2:30 pm) in order to enter – see below.

If you're not familiar with how to enter a meet, there is a video tutorial for it on our website under "tutorials/docs" tab. If your swimmer is not on Meghan's list, just ask her before or after a practice.

Entering Meets:

Please make sure you do the following when you enter meets:

1: Click the "Attend/decline" button. If you're not sure which sessions include your swimmer and you intend them to swim all days, click all sessions. It can be confusing when there are 5 sessions in a 3 day meet.

You can enter any special notes here as well. If you look at the meet format it will show the sessions. Typically the bigger meets will have 5 sessions (fri pm, sat am, sat pm, sun am, sun pm). Some may have as few as 1 (like the Pentathlon). If you're not sure about the sessions, and you can't participate in one...click to attend all and put in the notes: "cannot attend Saturday morning".

Please be aware that the coach selects events for the swimmers (unless otherwise noted on the meet information page), and that requesting a change needs to be discussed between the swimmer and the coach, and okayed by the coach. Just putting in "no 100 fly" will cause confusion and is not appropriate unless the coach has okayed it. It is okay to put notes such as "we have to leave by 11:30", or "unable to attend Sunday, please enter Saturday only" types of notes. Or "Susie would like to try the 100 back as well, if okay with coach".

2: Make sure you have a credit card or debit card on file for "on demand payments". This can be a different card (if you wish) than your card that is billed for your monthly fees. Your card will be billed for the meet entries after the entries are sent in to the host team.

USA swimming registrations:

CAST is a chartered USA swimming club. Every member of the team needs to register with USA swimming within 30 days of joining the team.

There are 3 types of registration. One is a Seasonal membership and is valid May- Sept1. The second is an annual membership registrations after 9-1-17 is valid through Dec. 31st of 2018. The third is an annual Outreach membership which is an annual membership, but is for limited income families and is at a greatly reduced fee – it is available for anyone who is eligible for a school lunch program at their school.

For those of you who are new to USA swimming, you must present a birth certificate, or passport the first time you register. For those who hold a 2017 registration already, if it was a seasonal membership it expired 9-1-17. If it is an annual membership (listed as 2017) it expires on December 31st. I recommend you renew your membership prior to December to get it out of the way. I have a current listing of 2017 annual memberships available on deck, if you're not sure of your current status.

To register for the first time, since a birth certificate or passport is required, it is best to show up in person to do this. The SI swimming office (also known as the all sports office) is open from 10:30-2:30 M-F and is located at **3511 Camino Del Rio South, Suite 405 San Diego, CA 92108. Checks are to be made out to SI All Sports Assoc.**

Team Banquet:

Is on 10/1, here at the Kroc center (multipurpose room near the library). 4:00-7:15 pm.

Our annual banquet is our chance to recognize the achievements of our swimmers over the past year. It is enlightening for all to learn more about CAST, who we really are, and what were really here for. It is motivational for the swimmers and the parents and we strongly encourage all families to attend. **ALL SWIMMERS IN ALL LEVELS WILL BE RECOGNIZED---EVEN IF YOU'RE BRAND NEW TO THE TEAM!**

We want everyone to see what the swimmers have accomplished and be motivated to reach higher, so don't miss this opportunity.

The deadline to sign up is 9-24. If you're planning on attending, whether you are eating or not (\$12 for those eating and \$3 for those not eating ---yes they charge us) we need you to sign up soon. Please pay online on the banquet page.

Please don't ignore it and just show up at the banquet --- this creates problems on our end.

Why would a new swimmer/family attend? Well, as I said, every swimmer will be recognized, and it's motivational for newer swimmers to hear about the achievements of the ones who've been swimming for a longer period.

SMS messaging:

Please log in to you account and set up a number for SMS messaging. Although I very rarely send out an SMS, I would like to be able to use the service a little more to be able to send out team information quickly. Don't worry, I'm definitely not going to flood your phone with texts. But it's a way to get you important information with 1 click.

Here's how it works..... go to your account on the website set up your phone to receive SMS messages from the team. Enter your phone carrier, and voila, you're done.

As I said, messages are rare, like a sudden pool closure, or potential thunderstorms, it's an easy way to be up to date on critical information.

Weekly (almost) E-mails:

We try to keep general information coming out about once a week in weekly e-mails. Jennifer Davies and I meet once a week to figure out what general info needs to go out and she sends it out. If you are not receiving these, you may not have an account set up yet or we may have an issue with the wrong e-mail address attached to your account (or possibly it's going to your junk folder). Let me know if you have problems.

Starting this season we are also going to post these to the team website under the NEWS tab.

November Travel meet:

This year we will be attending the Turkey Classic. It is being held in San Juan Capistrano. This is for swimmers with A and B times. We will be attending on Saturday and Sunday. (it is a split session with 12&U's in the AM and 13&O's in the afternoon. **Parents will be responsible for their swimmers travel arrangements.** You may want to just drive up and back, or decide to stay in a hotel. The meet format has a couple of hotels available – if you want to stay at the hotel with other CASTies, we encourage you to book the Courtyard in Laguna Hills 949-859-5500. The meet format indicates 20 rooms are available at a \$90 rate – mention the Turkey Classic swim meet.

Approximately 1 meet / month:

We are targeting about 1 meet a month for most swimmers this season. So if you see multiple meets in one month that your swimmer is eligible for, double check to see if the coach may have your swimmer doing more than one that month. Some swimmers have many levels that they are qualified for. Example: 4 C times, 3 B times and 2 A times. Since all meets do not cover all levels, we may have your swimmer compete more than once in some months.

Team Suits:

We have a team suit for competitions. The suit is the Speedo ANGLES blue/green (color 421). We want everyone to compete in their team suit. The suit is the “Speedo endurance” model so it is built to last, and can easily be used as a practice suit as well. Although you can get one wherever you like, our team dealer is Paradowski's swim and sport located at: 7962 Convoy Ct. San Diego, 92111 (858) 569-6946. They are very knowledgeable and can help you get the proper fitting suit as well as any other swim equipment you might need. When you shop at Paradowskis, let them know you are a member of CAST, you will receive the “team price” on some Speedo equipment.

Officials:

We need to provide officials whenever we have more than 12 swimmers in a session of a meet. If we have more than 35 swimmers (or we are the meet host) we have to provide 2 officials. We are often lacking officials for the younger/newer swimmers in C meets, since the parents of this level of swimmer have not normally been around for many years. We need more officials.....the more we have, the less any given person has to work at meets. It is fun, it keeps you occupied, and the officials are a great group of people to get to know. We will put up a note in the news section in the next week or so on how to become an official.

Contacts:

Head Coach (Dave Kilmer):
dave@castswim.com

Coach Tabitha
xhurricane1@gmail.com

Coach Dawnella
degstoddard@gmail.com

Treasurer (Melissa Holden)
casttreasurer@sbcglobal.net

General questions / concerns
Board member (Heather Giordano)
heather_giordano@ymail.com

Turning in service hours
service hours rep (Martha Ornelas)
mo_660@yahoo.com

Board president (Jose Ornelas)
jose.ornelas@dot.ca.gov

Board Secretary (Ralph Nowacki)
rnowackijr@cox.net