

TRUMBULL PISCES PARENTS

PACKET 2021-2022

**TIPS AND REMINDERS ON SURVIVING AS A
PARENT OF A TRUMBULL PISCES SWIMMER**

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WEBSITE – TRUMBULLPISCES.ORG

Getting started.

Practice

Equipment – Pool Practice

Ever practice your swimmer will need!!!!!!!

- **Swim Suits –**
Girls – Racing suit, no two piece bathing suits!!!!



Ex.

Boys – Jammer / Speedo swimmers choice, no board shorts or regular bathing suit



Ex.

- **Swim Goggles – no masks, or beginner goggles. TIP – HAVE AN EXTRA PAIR!!!!!! Goggle types – TYR , Speedo Racing goggles**



Ex.

- **Swim Cap, Water Bottle MUST HAVE ONE, towel,**

MESH BAGS

Every Pisces Swimmer for every Group will need a Mesh Bag every practice. Ordered through the Trumbull Pisces. **MAKE SURE TO WRITE YOUR NAME ON YOUR EQUIPMENT!!!!**

Contents Per Group

Black and Yellow

- Kick Board  Pull Buoy 
- Fins  Hand Paddles 

Not ordered through team so make sure swimmers put in bags on their own!!!!

- Water Bottle  Tennis Balls x 2 

Age Group and Seniors

- Kick Board



- Pull Buoy



- Fins



- Hand Paddles



- Snorkel



- Water Bottle



- Tennis Ball x 2



Equipment for Dry Land Practice

Swimmers must bring the following to Dry Land

- Gym Shorts
- Sneakers – NO CROCS / SANDLES / SLIPPERS
- T – Shirt

Practice Times and Practice Schedule

- All Pisces practice times are located under the Calendar Tab on the trumbullpisces.org website.
- Drag cursor over tab to show drop down menu
- Click on Practice Schedule
- Will bring you to screen to select practice schedule by month
- **ANY IMPORTANT PRACTICE SCHEDULE CHANGES WILL BE POSTED TO THIS PAGE. PLEASE MAKE SURE TO CHECK PAGE DAILY TO SEE ANY ANNOUNCEMENTS!!!!!!!!!!**

PARENTS DROP OFF , PICK UP, and RULES FOR PRACTICE

Drop off

- Swimmers need to be at pool at least 10-15 mins prior to practice start.
- Need to be on time for practice warm up, have time to get ready and get in pool on time. WARM UP IS AS IMPORTANT AS THE REST OF PRACTICE.
- PULL INTO PARKING LOT AT A SLOW SPEED. MANY SWIMMERS ARE WALKING AROUND NO SPEEDING!!!!!!!!!!!!!!

Pick up

- PLEASE MAKE SURE TO PICK UP YOUR SWIMMER AT END OF THEIR PRACTICE TIME. ***COACHES SHOULD NOT HAVE TO WAIT 30 – 45 MINS AFTER PRACTICE FOR SWIMMERS TO BE PICKED UP.***
- A coach will be waiting with the swimmers outside after practice when being picked up by parents.
- Do not hang out and wait for your swimmer to be done in the door way of pool. KEEP IT CLEAR.
- AGAIN WHEN PULLING INTO LOT DO SO AT LOW SPEED. IT WILL BE DARK OUT AND SWIMMERS ARE IN THE PARKING LOT. NO SPEEDING!!!!!!
- PARENTS REMIND SWIMMERS TO NOT TAKE LONGER THEN 15 MINS TO CHANGE AND GET READY TO LEAVE AFTER PRACTICE.

PRACTICE RULES FOR PARENTS

- No Parents are allowed on deck / or standing outside windows or in stands during practice times.
- DO NOT COME UP AND DISTRACT A COACH WHILE THEY ARE ON DECK COACHING. If you need to talk with a coach please do so 15 mins prior or after practice. Contact Coach Bill to arrange a time.

IMPORTANT PRACTICE INFO FOR ALL PARENTS

- IF THERE ARE SCHOOL CLOSURES OR CANCELATIONS THERE IS NO PRACTICE. PARENTS ARE NOTIFIED RIGHT AWAY ABOUT ANY CHANGES TO PRACTICE SCHEDULE THROUGH EMAIL AND POSTED ON TEAM WEBSITE.
- ANY SCHOOL VACATIONS – WINTER / SPRING BREAK FROM SCHOOL ALL PISCES PRACTICES BEGIN IN THE MORNING. THERE ARE NO EVENING PRACTICES WHILE ON SCHOOL VACATION.
- **VERY IMPORTANT FOR WHEN SCHOOL IS OUT FOR SUMMER!!!!**
- **ALL PISCES PRACTICES MOVE TO MORNINGS, THERE ARE NO EVENING PRACTICES IN THE SUMMER**

TRUMBULL PISCES SWIM MEETS

- **ALL SWIM MEET SESSIONS OCCUR ON FRIDAY EVENINGS, SATURDAY AND SUNDAYS**
- **ALL SWIM MEETS ARE ABLE TO BE SEEN ON WEBSITE. CLICK ON SWIM MEETS/ EVENTS TAB AT TOP OF TRUMBULLPISCES.ORG**

TYPES OF SWIM MEETS

The Trumbull Pisces compete in Connecticut Swimming sanctioned swim meets.

CT SWIMMING AGE GROUP QUALIFIERS MEETS

Connecticut Swimming Meets are held on Friday Evenings, Saturday and Sundays. These swim meets are much more competitive than our Yankee League Meets and each meet has certain Pisces groups that are able to swim at each meet. With some meets being coaches decision, or have time standards that a swimmer must have achieved to swim at that meet. Our team is responsible to providing timers for each USA SWIM MEET. IF YOU ARE ASSIGNED TO TIME BY OUR TEAM YOU MUST TIME AT MEET!!!!

Typically at each meet our swimmers will be broken down by Age Group and have 2 different sessions per day. (Trials / Finals meets have 3 sessions, 2 sessions for Trials and one for finals. Swimmers must qualify for finals in Trials sessions of meet). Since there are usually 2 sessions per day, swimmers are only to come to the session where there age group is swimming. Typical Break Downs are as follows – 8/ Unders, 12 / Unders, 13 / Overs

Typical USA SWIMMING MEET ANNOUNCEMENT ON WEBSITE

USA SWIMMING - WAC AQUATIC CLUB INVITATIONAL

SATURDAY / SUNDAY OCTOBER 11-12, 2021

ALBERTUS MAGNUS COLLEGE MARCUS MESSER ATHLETIC CENTER

305 HUNTINGTON STREET, NEW HAVEN CT

SHORT COURSE YARDS

WARM UP - NOTE WARM UP TIMES CHANGE FOR SATURDAY AND SUNDAY

SATURDAY - 12/ UNDERS - WARM UP - 10:15 AM MEET START - 11:10AM

13 / OVER - WARM UP - 3:15 PM MEET START - 3:55 PM

SUNDAY -12 / UNDERS - WARM UP - 8:00 AM MEET START - 8:55 AM

13 / OVERS - WARM UP - 1:00 PM MEET START - 1:40 PM

QUALIFYING GROUPS - BLACK AND YELLOW (COACH'S DECISION), AGE GROUP 1/2 (COACH'S DECISION) SENIORS

MEET FEES - \$10.00 Per Event

HOW DO I SIGN UP FOR A SWIM MEET??

Here is a step by step direction on how to sign up for our team swim meets. All Swim Meet Announcements are located on our Swim Meets/ Events Tab on our website, Yankee League and USA Swimming

1. Log into trumbullpisc.es.org with your individual log in
2. Click on Swim Meets / Events Tab
3. Click on desired Swim Meet
4. Click Yes or No to attend the meet.

5. Any special requests such as only swimming Saturday and not Sunday may be filled in on the comments box when committing Yes or No. Please make sure to fill this out if there are any conflicts.
6. Done.

Important Reminders when Signing up for Meets

- ONLY SIGN UP FOR MEETS YOUR SWIMMER IS ABLE TO ATTEND. DO NOT JUST COMMIT TO ALL SWIM MEETS.
- IF YOU SIGN UP FOR A SWIM MEET AND YOUR SWIMMER IS NOT ENTERED THAT IS BECAUSE THEY DO NOT QUALIFY OR COACH FEELS THEY ARE NOT READY TO COMPETE YET.
- IF YOU HAVE SIGNED UP FOR A MEET AND CAN NOT ATTEND YOU MUST NOTIFY COACH BILL BY WEDNESDAY PRIOR TO SWIM MEET. DO NOT SIGN UP FOR A MEET IF YOU KNOW YOU WILL HAVE SOMETHING ELSE GOING THAT WILL KEEP YOU FROM SWIMMING AT MEET.
- MEET FEES WILL BE CHARGED TO YOUR PISCES ACCOUNT AFTER THE MEET
- ALL MEET FEES AMOUNTS ARE LOCATED ON MEET ANNOUNCEMENT

EXTREMELY IMPORTANT WHEN SIGNING UP FOR MEETS

YOU MUST SIGN UP FOR THE MEET BEFORE THE REGISTRATION DEADLINE. IF YOU DO NOT SIGN UP FOR A MEET BEFORE THE DEADLINE YOU WILL NOT BE ENTERED INTO THE MEET. ABSOLUTLY NO EXCEPTIONS!!!

RULES FOR PARENTS AT SWIM MEETS

- Please make sure to have your swimmer at meet at least 15 mins prior to warm up. WARM UP IS EXTREAMLY IMPORTANT AT SWIM MEETS AND SWIMMERS MUST WARM UP.
- Coach Bill cannot stress enough about being on time to swim meets. Not only do the swimmers have to warm up, but coaches have a deadline to when they can turn in their scratch sheets. (Like an Attendance Sheet for the Swim Meet). The meets need to start on time and all coaches must have these in at a certain time. IF YOU KNOW YOU ARE LATE DUE TO TRAFFIC PLEASE EMAIL COACH BILL AND ACCOMADATIONS WILL BE MADE. RUNNING LATE BECAUSE WARM UP IS TOO EARLY AND YOU WANT TO SLEEP IN IS NOT AN EXCUSE.
- **VERY IMPORTANT** – IF YOU AND YOUR SWIMMER ARRIVE AFTER SCRATCH SHEETS HAVE BEEN TURNED IN, YOUR SWIMMER IS OUT OF THE MEET AND WILL BE ABLE TO SWIM. NO EXCEPTIONS. BE ON TIME!!!!!!
- **REMEMBER YOU MAY HAVE AN AFFECT ON RELAYS IF YOUR SWIMMER IS LATE, AND IS SCRATCHED FROM THE MEET, THIS WILL MAKE THREE OTHERS NOT SWIM.**
- **NO PARENTS ARE ALLOWED ON DECK AT ANY TIME.** Do not walk your swimmer on deck, set up their chair and stand around on deck. NO PARENTS ARE ALLOWED ON DECK.
- **NO SWIMMERS ARE ALLOWED UP THE STANDS DURING SWIM MEETS.**
- **DO NOT CALL YOUR SWIMMER INTO STANDS DURING THE SWIM MEET AFTER THEIR RACE.** THE COACH SHOULD BE THE FIRST ONE TO TALK TO THE SWIMMER AFTER THE RACE. You will see them after the meet.
- **REMEMBER PARENTS** – NO ELECTRONICS ON DECK FOR SWIMMERS, DO NOT HAVE THEM TEXT YOU OR TEXT THEM TO COME UP TO THE STANDS DURING A MEET. NO ELECTRONICS MEANS NO ELECTRONICS.
- Let the coaches coach. You are there to support and cheer on your swimmer and our team. The coaches are the ones who will give the swimmers advice on how to swim their race and after will give them

advice on how they did. All we need you to do is cheer them on, say Great Job, and I Love You.

They get enough pressure from the coaches and themselves, they don't need the added pressure.

- Make sure your swimmer comes to the meet prepared.
- Bring their suit, towel, extra towel, water, food for the meet, (Healthy food) goggles, team cap, deck chair (If not allowed swimmers will be notified) TEAM SPIRIT. And extra clothing ex. Sweat shirt, sweat pants to wear on deck to stay warm between races.
- DO NOT BRING ELECTRONICS OR BAD MOODS.
- PISCES PRIDE!!!!

Final Tips

- Check the website daily. Any important announcements concerning the team are posted on the website. Please make sure to check them.

Any questions please email

Coach Bill @ tpiscesswimcoach@gmail.com

Good Luck this season to all swimmers and parents who are a part of the Trumbull Pisces family.

LET'S GO PISCES!!!!!!