



Palatine Park District Tiger Sharks NOV/DEV2 Meet Schedule

Date/Name	Host	Location	Notes
October 29* Intrasquad	PPD <i>*Date may change based on trick/treat times*</i>	Fremd High School	<i>All Novice swimmers will be signed up. Email Coach Dustin if you cannot attend.</i>
November 3-5 Swim your own Age Invitational	MSC	Munster HS Natatorium 8808 Columbia Ave. Munster IN, 46321	<i>About an hour away.</i>
November 17-19 Suzy Gavars Memorial Invite	BSC	Barrington HS	<i>Do not sign Novice up for Friday.</i>
December 2-3 IMX Winter Open	COHO	Deerfield HS	
December 3 8 & Under Classic	SCST	St Charles North High School	<i>Themed meet 8 and Unders Only</i>
December 17 Developmental Intrasquad	PPD	Fremd High School	<i>NOV, DEV2, DEV1 only</i>
January 5-7 GA Superteams	GA	Glenbrook North and South High Schools	<i>Do not sign Novice up for Friday</i>
January 13-14 PPD Winter Splash	PPD	Deerfield HS	<i>All PPD swimmers will be signed up, Email ddt1326@yahoo.com if you can't attend!</i>
February 17-18 Last Chance	AA	Prospect HS	
February 23-25 Regionals		TBA	<i>Regional Time Standards required to compete</i>

Group Parent Meeting: Fall 2017

Coaches' Background- There is some information about each of the coaches on the website. My email is ddt1326@yahoo.com.

Quick overview of rules:

- Stay with kids until you're sure practice is on
- Locker rooms aren't playgrounds (10 Minutes to change max)
- Be on time picking kids up
- No parents on deck
- Kids not allowed to walk out on deck until a coach is there
- Check the practice calendar and your email regularly to make sure practice hasn't been changed or cancelled. We will only cancel practice if a pool breaks, the schools cancel our rental or lightning (not rain).

Team Gear:

- Caps- PPD caps for meets please, coaches have them, \$4 gets taken out of your escrow (silicone is more \$)
- Suits- Team suit can be ordered through the swim team store, [link on website](#) (Shark Shop under Parents Page tab). Buy Speedo!!
- T-Shirts- Team shirt, email me Size and what practice you'll be at next (don't have smaller sizes yet)
- Fins for Developmental 1/2 at practice
- Coaches try to grab anything with a name left, but double checking a bag before leaving is a good idea

Goals of Novice

- This group is about teaching. Stroke technique provides foundation for years of swimming
- Fun!!! It's a long term sport, Technique is foundation, Enjoyment keeps them interested
- Meets provide real progress reports. Goals should be personal bests and first-time accomplishments, not winning.

Goals of Developmental 1/2

- Stroke technique
- Racing techniques/strategies- We start talking about how to swim longer races, breath control, etc.
- Again fun and enjoying a sport. Long term patient, short term impatient.
- Developmental 1 should think about having actual goals and planning how they will reach them.

Meet sign up/preparation – Please note the Intrasquad meet October 29th- Awesome meet for new swimmers !!!

- All kids are invited; recommended meets on flip side.
- Sign-ups are online except for Home Invitationals and End of the Year meets. Typical meets charge \$2 per swimmer and then about \$5 per event entered which comes out of escrow
- If you attended several meets, please check your escrow and replenish if necessary
- Tutorials explaining sign up and finding what events you're in are under [Resources, Parent Education](#)
- I will email 2-5 days prior to meet with preparation/tips

Check Email!!! (And read them thoroughly please!)

Fundraising

- Take advantage for yourselves. The team does not profit off of the Scrip card program.
- You can reduce your swim team fees for next season all the way to \$0.
- The Scrip cards can be used for useful, everyday things like groceries and gas.

Please communicate with me (ddt1326@yahoo.com) and feel free to ask any questions! The better informed about swimming and our team you are, the more enjoyable and successful our season will be!