

## Group Parent Meeting: Fall/Winter 2019-2020

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 and Harper hallways aren't playgrounds (10 Minutes to change max)
- 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- latex or \$12- silicone gets taken out of your escrow
- Suits- Team suit can be ordered through the swim team store, link on website (Shark Shop under Parents Page tab). Suits at meets must comply with USA Swimming rules.
- T-Shirts- Team shirt, see me at Harper
- Coaches try to grab any lost stuff with a name, but double checking a bag before leaving is a good idea
- DEV1 needs fins. Please get training fins, not scuba fins.

### 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

### Goals of Developmental 1

- Stroke technique
- Racing techniques/strategies- We start talking about how to swim longer races, breath control, etc.
- 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

- DEV1 swimmers are expected to attend meets regularly.
- Sign-ups are online except for Regional and State meets. Typical meets charge \$2 per swimmer and then about \$5 per event **entered** which comes out of escrow.
- If you attend 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
- Deadlines are final. You will get email from website 1 week out then another with entries and a final deadline
- I will email 2-5 days prior to meet with preparation/tips
- Volunteering is required when we host and your child competes.
- Officiating is a great way to volunteer!

**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.
- Consider using Amazon Smile- smile.amazon.com and choose Palatine Swim Team

**Please communicate with me ([ddt1326@yahoo.com](mailto: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!**



## Palatine Park District Tiger Sharks NOV 2019-2020 Meet Schedule

Date/Name	Host	Location	Notes
TBA Intrasquad	PPD		<i>Great first experience</i>
November 1-3 Swim your own Age Invitational	MSC	Munster HS Natatorium 8808 Columbia Ave. Munster IN, 46321	
November 15-17 Suzy Gavars Memorial Invite	BSC	Barrington HS	
December 7-8 IMX Winter Open	COHO	Deerfield HS	
December 8 SCST 8 & Under	SCST	St Charles North HS	<i>8 &amp; Unders only Highly recommend!</i>
January 3-5 GA Super teams	GSC	Glenbrook North and South High Schools	
January 18-19 PPD Winter Splash	PPD		
February 22-23 Last Chance	AA	Prospect HS	<i>End of season champ meet for those without Regional/State times</i>
February 28-1 Regionals			<i>Regional Time Standards required to compete</i>
March 12-15 Age Group State		Lake Central HS St. John, Indiana	<i>Age Group Championship cuts required</i>
March 25-28 NCSA Age Group Champs		Orlando YMCA Orlando, FL	<i>Time Standards required</i>