Description:

The Egg Harbor Township Seahawks have been providing excellence in swimming for over 25 years. We are a high quality, competitive, year-round swim program with swimmers ranging in age from 6 to 18. We offer quality instruction for beginners to national level swimmers. The Seahawks coaching staff strives to instill the following goals:

♦ To teach the value of hard work, commitment and perseverance.  This will not only lead to success in swimming, but in all areas of life.  It is our hope that the swimmers will use the skills and knowledge they have gained throughout life.

♦ To teach swimmers of all levels the importance of both short-term and long-term goals.  The process of goal setting promotes essential communication between swimmer and coach.  It also provides important focus for daily workouts in addition to keeping an eye on the end goal.

♦ To develop proper stroke technique, skills, endurance, and strength, so that each individual swimmer may reach their full potential.  Our professional coaching staff, led by Coach Brian Elko, is committed to providing the most comprehensive swimming experience, including the most up-to-date techniques as well as innovative dryland techniques.

♦ To develop a strong sense of team, through positive interactions, encouragement, and enthusiasm.  Swimming is a grueling sport that requires our athletes to work together to support and encourage each other on a daily basis.  Additionally, for our team to improve on the championship level, it takes everyone from our young super squaders to our elite, senior level swimmers.

Coaching Staff:

Head Coach – Brian Elko

Lead Assistant – Bob Cornell

Assistant – Laura Bassford

Assistant – Joe McVey

Assistant - Carol McClintock

Assistant - Kevin Howarth

Assistant – Paige Howarth

Organizational structure:

The EHT Seahawks is a non-profit organization, which derives it funds from team fees and fund raising. This income is used for coaches, fees, pool rental, and necessary equipment. The Seahawks has a parent Board of Directors that oversees the organization of the team. The current Seahawks Board members are:

Brian Elko President seaelk@hotmail.com

Cindy Bell Vice President

Christa Dewitt Treasure

Deb Sarhan Secretary EHTSeahawksswim@gmail.com

Susan Slusarski Board Member

George Moore Board Member

#### Payments

A deposit is due at the beginning of the season. This ensures a spot on the team for your child. The remainder of the balance will be paid electronically, via your team unify account. Meet fees will also be billed online after signing up for a meet. In order to register for the next season, all team and meet fees must be paid in full. If you have special financial circumstances that require different payment options, please contact Coach Brian or one of the Board Members.

USA Swimming / South Jersey Swim League:

Seahawks Swim Team is a registered member of United States Swimming. Each swimmer is required to pay a yearly fee of $65 (this is included in our team dues), which includes benefits such as liability insurance and a bi-monthly publication of SPLASH magazine. We are locally governed and compete for Middle Atlantic Swimming. Middle Atlantic Swimming is comprised of teams from Delaware, Pennsylvania, and New Jersey.

We are also a part of the South Jersey Swim League in the summer. This is an opportunity to compete against local swim clubs in a dual meet setting. There is also a championship meet at the end of the summer season.

Communication:

Communication is the key to any successful club team. We have many different methods of communication used to relay important information to our team members. We encourage our swimmers and parent to ask questions at any time. However, parents should never interrupt a coach during a practice session. Please make arrangements to speak with the coach either before or after practice or set up a phone conference.

Website: www.seahawksswimming.com – This is our primary mode of communication for all team members. Please visit this site frequently for updated information regarding practice, meets, news, and upcoming events.

Social Media – While we do not use this as a form of important communication, we do update photos and swimmer’s accomplishments on many platforms. Follow the links on our team website.

E-mail: if you have questions about anything at any time, please don’t hesitate to email Head Coach Brian Elko ([seaelk@hotmail.com](mailto:seaelk@hotmail.com))

Family Folders – We have set up a family folder system which is located inside the pool entrance. Please check your folder each time you come to the pool. If you do not have a folder please e-mail Deb Sarhan ([EHTSeahawksswim@gmail.com](mailto:EHTSeahawksswim@gmail.com))

Seasons:

# Fall / Winter

This is our longest season, running from September to March. During this season we practice in the evenings at the Egg Harbor Township High School. This season is broken down into two segments. The first half of the season builds towards various championship meets in December. The second half then builds again and concludes with various championship meets in March.

# Spring / Summer

This season runs from April to the beginning of August. From Memorial Day until the end of school we practice in the evenings at EHT High School. Once school ends we switch to morning practices at the same location. There may also be occasions when we practice at an alternate locations due to pool time and availability. During this season we are a part of the South Jersey Swim League. If you are a member of the Seahawks in the summer season you may not be a member of any other team in the South Jersey Swim League. This season ends with various championship meets in July/August including the South Jersey Swim League Championships.

#### USS Meet entries

All swimmers are required to participate in a minimum of two USS meets. Registration for USS meets will be completed through our website. It is the family’s responsibility to check the Meets/Events section of the website for upcoming meets. All event selections will be reviewed by the coaching staff. Coaches reserve the right to change any event selection. Entry into and relay team members will be determined by the coaching staff. Only individual entries will be billed to the member account. All relay fees will be paid by the club.

#### Fundraising

Each year we conduct various fundraising projects. To ensure success, it is essential that all swimmers and parents get involved and contribute to our fundraising projects. The proceeds from fundraising go toward offsetting the cost of pool rental and toward buying new equipment for the swimmers and/or the pool area.

##### Parents Code of Conduct

♦ Demonstrate good sportsmanship and be a positive role model for your swimmers by supporting them (regardless of their performance), supporting the coaching staff, other parents, other swimmers, officials, etc.

♦ Parents are welcomed to observe any swim practice from the balcony area. Due to insurance issues, parents are not permitted to remain on the pool deck during practice.

♦ Parents should never coach, instruct, or try to talk to their swimmer(s) during practice. This is not only distracting for the swimmer, it is also disruptive for the coaching staff. Trying to instruct your child regarding stroke techniques and/or race strategies will only lead to confusion for the swimmer. Please allow our professional coaching staff to address the technical aspects of swimming.

♦ It is the parent's responsibility to make the coaches aware of any medical conditions / problems of their children.

♦ Volunteers are essential to the smooth operation of any swim club. Parents are expected to donate their time and/or talent in at least one event throughout the season (fundraising, hosting a meet, organizing a team event, etc.)

♦ Every effort must be made to have swimmers arrive to practice on time.  If practice starts at 5:00pm, swimmers must be ready to dive in at 5:00pm. In addition, all swimmers must be picked up promptly at the end of their practice. \*Note: this is also listed under “Swimmers Code of Conduct”!)

##### Swimmers Code of Conduct

♦ Swimmers should arrive to practice early, or at the latest, on time. If swimmers need extra time to change, stretch, etc. please arrive 10-15 minutes before the scheduled start time.

♦ We are guests at the Egg Harbor Twp. High School and all areas of the school and pool need to be respected. Swimmers should enter the pool through the silver doors. No one is permitted to use the locker rooms across the hall. There is to be no running, playing, or hanging out in the hallway or gym areas of the school (unless doing dryland while supervised by a coach).

♦ Swimmers are expected to give their best effort at all practices and swim meets. If there is a situation that may prevent this, the swimmer and/or parent should communicate this to the coach.

♦ During practice and meets, swimmers should listen carefully to their (or any other) coach that is instructing and/or speaking.

♦ There is no running on the pool deck. All gum, candy, band-aids, etc. are to be thrown away prior to the start of practice. All jewelry should be taken off prior to practice.

♦ Swimmers are expected to show respect to all team members, coaches, officials, and adults.

♦ The following conduct will not be tolerated and may result in suspension or dismissal from the team: Unsportsmanlike conduct toward coaches, officials, adults, or other swimmers, the use of inappropriate language, destructive or indiscreet behavior.