



Welcome New and returning Star Parents!

Below you will find a simple “how to guide” to Star Swimming.

**1. Using the Star Swimming Website: [www.starswimming.org](http://www.starswimming.org)**

**A. Register with Star Swimming** – Left side menu bar. New families will not have full access to the Star website or receive Star e-mails without being registered.

- I. There is a \$66 registration fee.
- II. Full year payments – One full payment due when registering, at the end of the two week trial period.
- III. Monthly payments – Monthly payments deducted from a credit card on the first of every month. **First month payment due at time of registration, after the two week trial period. (The first payment for new swimmers starts on the first of every month. If a family registers on November 18<sup>th</sup>, then they will not be billed until December 1<sup>st</sup>. Only the USA registration will be billed immediately. Mail-in option also available.**

**B. Star Web Homepage**

- I. Here you have access to joining and registering for Star, swim meet info and dates, important news, team calendars, parent page, coach info and e-mail addresses, shopping at the Deep End (**STAR's team vendor**), access to “My Account” where you can set up auto pay, view your payment invoice, and find your swimmers meet results. **(You must be logged in to your account to see many items.)**

**C. News Section of Star Website** – Right lower corner of homepage.

- I. Here you will find team updates, team social events, merchandise sales, and important news & messages from Coach Phil and Coach Nate.

**D. Events Section of Star Website** – Lower middle of homepage.

- I. The events section lists all Star Swimming swim meets. This section gives information about the meets such as location, meet times and warm-up times, **and deck fees (and per meet fees)**. It also allows you to edit swim meet commitments and sign up for and edit volunteer jobs.
- II. The most important part of the Events Section is learning how to edit meet commitments. Clicking on the red “Edit Commitment” tab, allows you to enter, remove, and change meet commitments. Meet commitments are meet events that your swimmer has been entered into by Coach Phil Aronica.  
After

clicking on the red “Edit Commitment” tab, you will be directed to the Event Signup page where there will be a gray Athlete Signup tab. At the bottom of this tab you will see your swimmers name and the events that they have been entered into. You can then click your swimmers name to add or delete your swimmers events. To delete events, unclick the green check next to the event titles and to add events, click the empty box and a green check will appear. All meet event add-ons are approved and submitted by Coach Phil Aronica. If you are unsure of events that your swimmer should be swimming, please speak to your swimmers coach after practice or send them an e-mail. Coach e-mail addresses are located in the Coaches tab, located in the top left corner of the site homepage.

**E. Team calendar** – Tab across top of homepage

- I. Team calendars provide each teams practice and events schedule. In the event that a practice is cancelled at the last minute, A mass email will hopefully be sent out to all our families when this happens.

**F. My Account** – Left side menu bar

- I. Once logged into the Star Swimming website you will have access to the “My Account” tab. Here you can set up auto pay, view your payment invoice, and view your swimmer’s meet results. If you should have any questions about your invoice, please contact Lisa Bender at starbookkeeper361@gmail.com.

**2. Ordering Star Apparel**

**A.** At different times of the swim season, Star’s merchandise purchaser Megan Hurley, Meganhurley32@hotmail.com will post a merchandise sale posting in the News section of the site homepage. She will also send out an e-mail announcing the ordering. Various items that are special ordered are official Star clothing, personalized rugby shirts and personalized silicone swim caps. Megan always has latex Star swim caps on hand for \$5.

**B. The Deep End** – Left side of homepage

- I. The Deep End is our online merchandise store, where you can purchase Star Swimming team suits with the Star logo. When ordering suits, please order the “Endurance” brands. (they seems to last longer than most other swim suits.) The Deep End also has equipment such as swim bags, goggles, warm-ups, fins, kickboards, etc.

- II. To access The Deep End use

**Username: star**

**Password: starswimming**

### 3. What Your Swimmer Will Need...

#### A. For practice...

Swim bag, swim suit, swim cap, goggles, towel, fins, water/Gatorade.

#### B. For swim meets...

Swim bag, black Star Swimming swim suit (ordered from The Deep End), Star swim cap, goggles, towel (maybe more than one), team warm-up jacket and pants, water/Gatorade, food/snacks (such as sandwiches, fruit, energy bars), and a Sharpie marker. Parents should be prepared to purchase a Meet Program and pay meet entrance fees (usually just a few dollars).

### 4. Swim Meets

A. Swim meets can sometimes be overwhelming for new parents, but as long as you and your swimmer are prepared, you will quickly adjust. Each meet has a warm-up time that is usually one hour before the meet. For example, if a meet starts at 12:30pm, the warm-up time will be at 11:30am, so plan on arriving 15 minutes prior to the warm-up time.

#### B. Meet Times and Locations

You can find out the time and location of a swim meet by clicking on the red event name, located in the Events/Swim Meets tab on the Star homepage. The next screen will display the times of the meets and the meet "Meet Packet", towards the bottom of the page in blue. The Meet Packet will display the time and location of the meet, meet schedule, and meet entry fees per swimmer. The meet entry fees will be added to your monthly invoice. (Please note that Coach Phil Aronica sometimes posts a different warm-up time in that same area. Please always use his time as the swim meet might have to make changes with starting times and that is where Coach Phil Aronica posts those changes.)

#### C. Why do I need a Sharpie Marker at a swim meet???

Each swimmer is responsible for labeling their arm with the events that they will be swimming. For example, a swimmer may be swimming the following four events at a meet, as per the meet schedule – **50 Freestyle** – Event 4, Heat 2, Lane 5, **100 Backstroke** – Event 10, Heat 8, Lane 1, **50 Breast Stroke** – Event 13, Heat 9, Lane 4, and **100 Butterfly** - Event 17, Heat 4, Lane 3. In accordance to the meet schedule, the swimmer would label their arm in the following format. (Key: **E=Event, H=Heat, L=Lane**)

	<u>E</u>	<u>H</u>	<u>L</u>
50 Free	4	2	5
100 Back	10	8	1
50 Breast	13	9	4
100 Fly	17	4	3

This format allows the swimmer to easily know when and where they should be during a swim meet.

**5. Locker Room Etiquette**

- A. Please turn off showers after use.
- B. No horse play
- C. No screaming
- D. No Photos or video taking allowed

**6. Swimmer Drop off and Pick-up**

- A. Please drop your swimmers off at the front entrance of ECC and please pick your swimmers up at the side double doors of the building. (This is STAR's way to try and ensure a safe environment as the coaches and parents always know where the swimmers are.)

**7. Where parents can and cannot go during practices**

- A. Parents can sit in the natatorium stands.
- B. Parents cannot be on the pool deck. (USA Swimming insurance rules)
- C. Red Swimmer parents cannot sit or stand in front of the green double doors near the elevators.
  - I. Please do not interrupt coaches or swimmers while they are practicing. If you need to speak to a coach please do so after practice or through e-mail.

**8. How Different Swim Groups are Run**

- A. Red
  - I. Swim up to 3 days per week
  - II. Focus is 80-90% technique
  - III. 10-20% endurance
  - IV. Beginning stages of competition for newest Red swimmers
  - V. As swimmer progresses, they start trying new events
- B. Blue
  - I. Swim up to 4 days per week
  - II. Focus is 60-70% technique
  - III. 30-40% endurance
  - IV. Stronger level of commitment
  - V. Competes more often
  - VI. Focuses on IMX events (see coach for more information)
- C. Senior Prep
  - I. Swim up to 5 days per week
  - II. Focus is 50% technique
  - III. 50% endurance
  - IV. Much stronger level of commitment
  - V. Swimmers tend to love the sport
- D. Senior
  - I. Swim up to 6 days per week
  - II. Focus is 30% technique
  - III. 70% endurance
  - IV. Highest level of commitment
  - V. This is probably their only sport
  - VI. Focus is to be the very best in the sport that they can be

## **9. Volunteerism**

### **A. Why is Volunteering Important?**

- I. Saves families money by not having to travel to so many away swim meets.
- II. Is our major fundraiser throughout the year.
- III. We cannot run the team without your help!

Remember that the most important thing about swimming is that your swimmer enjoys the sport, has fun, makes new friends, and does their absolute best!

If you should have a question about anything, please feel free to contact Coach Phil Aronica or Coach Nate via email.