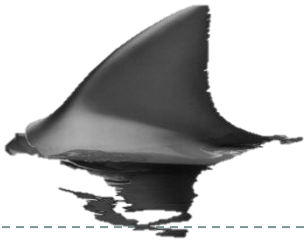




# SHARKS

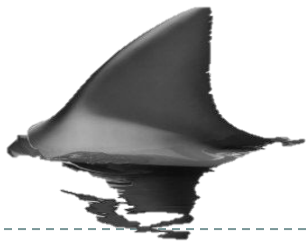
2022 Parent Meeting



Return of the Sharks 2022!



**Welcome to the 2022 Season!**



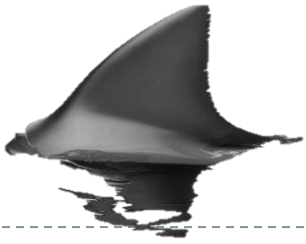
# Evaluations



□ **All new ODSL swimmers must pass a tryout on May 22nd 10am-12pm @ Dulles South Rec Center**

**Sign Up will be emailed once details are finalized.**

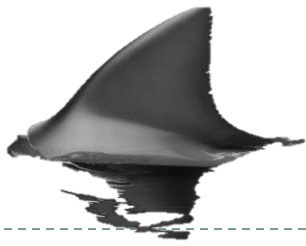
- 8 and under: Swim one length of the pool unassisted and without touching the sides or bottom of pool –must be a recognized swim stroke
- 9 and older: Swim two lengths of the pool unassisted and without touching the sides or bottom of pool –must be a recognized swim stroke
- 30 second tread without touching bottom of pool or wall
- Kickboarders: Must enter and leave the water without assistance from parent, demonstrate comfort in the water, confidence putting face in the water, and willingness to leave the wall with a kickboard. Coach Rick and Coach Zach will be in the water to assist.



# Team Suit and Equipment



- Swimmers must have goggles, a kickboard, and fins for practices. Please label the kickboard and fins.
- We are not requiring a team suit for 2022.
- Swimmers may wear the 2019 Sharks Suit or a dark solid color swim suit. (See the next slide)
- Team Caps must be worn with long hair. Sharks Caps will be available for \$10 at practice or meets.



# Team Suits and Cap Options



Due to supply chain issues, there will not be named caps this season.

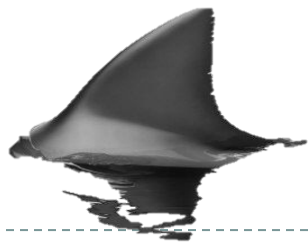


**Team Cap: \$10**

**2019 Suit**



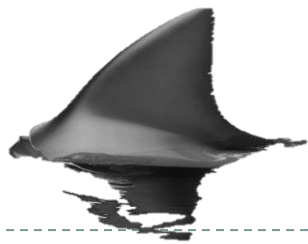
**Dark Suit Examples**



# Volunteer Checks



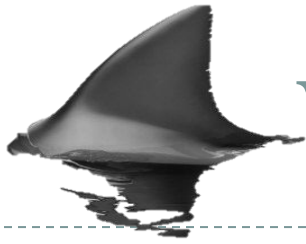
- ★ Volunteer Checks are needed ASAP
- ★ All **\$200 volunteer deposit checks** should be made out to **The Stone Ridge Community Swim Team** and mailed to **Sean Page** at **42012 Ural Drive, Stone Ridge, VA, 20105**.
- ★ **If we do not receive a check, swimmers will NOT be allowed to practice or attend meets.**
- ★ Checks are only cashed if families do not meet volunteer point requirements for the 2022 season.



# We Need YOU!



- We are 100% run by volunteers
- ★ Parents have to volunteer in order to conduct meets
- ★ The point system will return this year.
- ★ Each Family will need **14 points** for our 2022 season
- ★ Volunteer examples: Clerk of Course, Timers, Stroke and Turn, Runners, Heat Winner Ribbons, Computer Assistant, Meet Setup/Clean Up
- ★ For more details and instruction on signing up for volunteer positions and the point system please visit the website under documents.
- ★ Sign up early!!

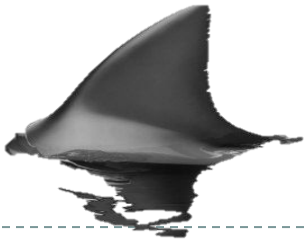


# Volunteer Opportunities at Home Meets



<b>Job</b>	<b>Points</b>
<b>Concession Stand Assistant</b>	<b>3</b>
<b>Clean Up Crew</b>	<b>2</b>
<b>Set Up Meet</b>	<b>2</b>
<b>Head Timer</b>	<b>5</b>
<b>Timers</b>	<b>4</b>
<b>Relay Judges</b>	<b>1</b>
<b>Runner</b>	<b>2</b>
<b>Heat Winner Runner</b>	<b>2</b>
<b>Head Clerk</b>	<b>5</b>
<b>Clerk of Course Assistants</b>	<b>4</b>
<b>Ribbon Writer</b>	<b>2</b>
<b>Backup</b>	<b>1</b>

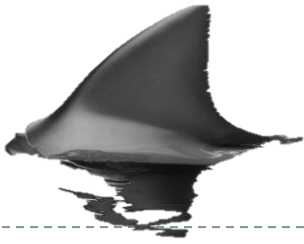




# Volunteer Opportunities at Away Meets



<b>Job</b>	<b>Points</b>
<b>Timers</b>	<b>4</b>
<b>Relay Judges</b>	<b>1</b>
<b>Head Clerk</b>	<b>5</b>
<b>Clerk of Course Assistants.</b>	<b>4</b>
<b>Ribbon Writer</b>	<b>2</b>
<b>Backup</b>	<b>1</b>



# Officials:

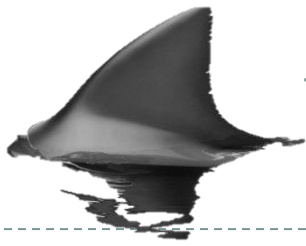


- Will be coordinated by Head Official for each meet
- You must be trained to work as an official for a meet.
- ODSL, VHSL, and USA Swimming are all accepted

<b>Home Meets</b>	<b>Points</b>
<b>Referee</b>	5
<b>2 Stroke and Turn</b>	5
<b>Chief Judge(New This Year)</b>	4

<b>Away Meets</b>	<b>Points</b>
<b>Starter</b>	5
<b>2 Stroke and Turn</b>	5

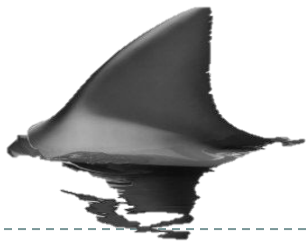
Ryan Mulholland is our Head of Officials. Contact him for more information:[mulholland.ryan@gmail.com](mailto:mulholland.ryan@gmail.com)



# Update Swimmer Information



- Everyone needs to log onto the website (stoneridgesharks.org) and ensure you update your profile in the system
  - Contact Information: Email Addresses, Address, Phone Number (Text Messaging)
  - Emergency Contact
  - Medical Concerns
  - **Update Swimmers T-Shirt Size -Shirts Orders will be placed on May 15**
  - **Last day to update your swimmers sizes will be May 14 (No exchanges or returns will be possible)**
- [Spirit Wear](#) is available for purchase May 3-31



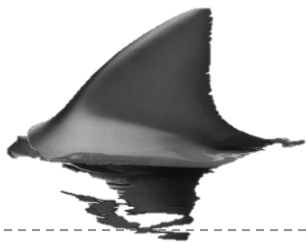
# Spirit Wear



- Spirit Wear is available now through May 31

**Click Here for Spirit Wear  
Store**



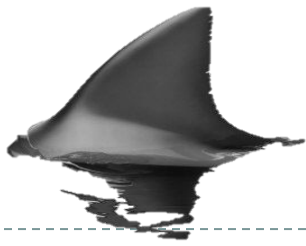


# Sportsmanship



Our swim team has a zero tolerance policy with regard to bullying. Swimmers and their families will conduct themselves at practices and meets so as to exhibit good discipline and sportsmanship toward all swimmers, coaches, and meet officials.

Any swimmer not adhering to this guideline, by the discretion of the Head Coach, Meet Officials, or Swim Team Board of Directors, may be suspended from practices, meets, social events, or even expelled from the team.

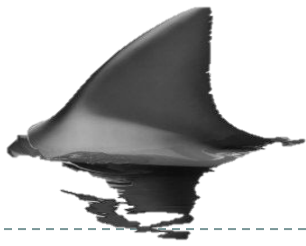


## Team Area



We will have the team area back on deck (back, left corner).

In the past, we have had problems with clean up of this area. Swimmers are expected to clean up after themselves, including trash and food.

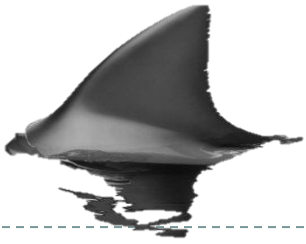


# Parent Liaison Role



Coaches should not be approached during the conduct of meets or practices. Family members and nonparticipating team members should not approach the coaching staff during meets or practices except in the case of an emergency.

If members have questions or concerns they can be addressed to the parent liaison, Jess Daniels, or members of the board present. We want our coaches focused on your swimmers.

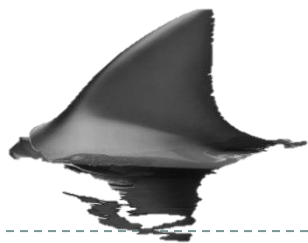


# 2022 Season Start Up



- May 22: New Swimmer Evaluations @ Dulles South Rec Center, 10am-12pm. Sign up will be emailed.
- May 31: Evening Practices Start at Greenstone Pool
- June 11: Time Trials at Greenstone Pool
- June 17: Morning and Kickboarder practices begin
- June 18: First Meet

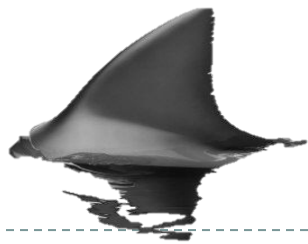




# Meet Schedule



Date	Event	Location
June 11 <sup>th</sup> Sat	Team Time Trials	Greenstone Pool
June 18 <sup>th</sup> Sat	@ Potomac Station	Away
June 22 <sup>nd</sup> Wed	Vs Dulles Farms	Home (Kickboarders)
June 25 <sup>th</sup> Sat	@ Red Rocks	Away
June 29 <sup>th</sup> Wed	Vs Lovettsville	Home (Kickboarders)
July 6 <sup>th</sup> Wed	Vs. Martin's Chase	Home (Kickboarders)
July 9 <sup>th</sup> Sat	OFF	
July 13 <sup>th</sup> Wed	Vs Franklin Park	Home (Kickboarders)
July 16 <sup>th</sup> Sat	@ Rivercrest	Away
July 23 <sup>rd</sup> Sat: possible	Divisionals??? Not approved yet	
July 30 <sup>th</sup> Sat	All Stars	Broadlands

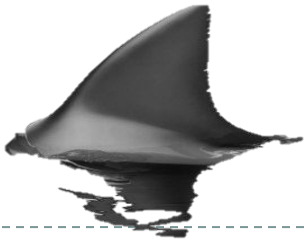


# Kickboard Races



Date	Event	Location
June 22 <sup>nd</sup> Wed	Vs Dulles Farms	Home (Kickboarders)
June 29 <sup>th</sup> Wed	Vs Lovettsville	Home (Kickboarders)
July 6 <sup>th</sup> Wed	Vs. Martin's Chase	Home (Kickboarders)
July 13 <sup>th</sup> Wed	Vs Franklin Park	Home (Kickboarders)

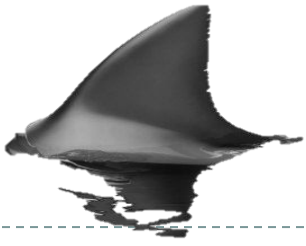
Our Kickboarders will have an opportunity to participate in home meets. We will have a kickboard event at the start of the listed home meets above.



# Upcoming Team Spirit Nights



Date	Percentage/How To	Location
May 17		Vocelli's Pizza

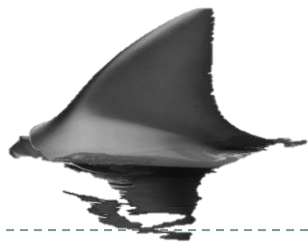


# Upcoming Team Events



Date	Percentage/How To	Location
July 24th 6pm	Ice Cream Social	Stone Ridge Amphitheater
July 27th 430pm-8pm	Awards Party	Greenstone Pool

More events will be added to the team site.

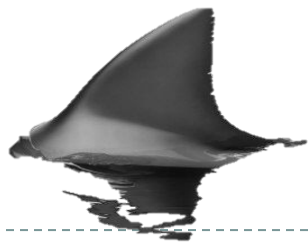


# Sharks Coaches



## Coaches are Back!

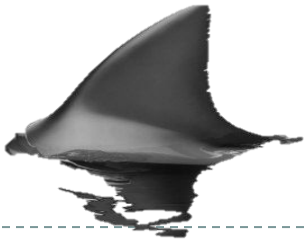
- Rick Stakel– Head Coach
- Zach Smith– Assistant Coach



# Junior Coaches



- Junior Coaches (volunteer position/not paid or compensated) - Junior Coaches will be announced on or before May 22nd.
- Google form must be completed prior to May 15th. Form link will be emailed out this week.
  
- Must be 13 years or older
  - Assists at practices & meets
  - Assists with new Kickboard Program
  - Junior Coaches will be assigned to assist the Clerks of Course as well



# Board and Committee Leads

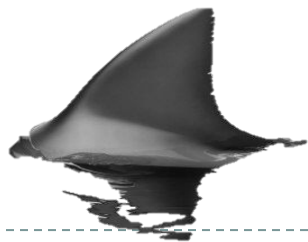


## Board

President.....Amanda Rohr  
VP .....Marianne Cornell  
Treasurer .....Sean Page  
Communications.....Maureen Thaivalappil  
Team Representative .....Jim Rice  
Pre Meet/Computer Operator .....Marc Wergley  
Member at Large/Parent Liaison.....Jess Daniels

## Committee Leads

Events/ Team Spirit Committee.....  
Jon Mollerup and Alex Amaya  
Fundraising.....Luzette Batu  
Concessions.....Christie Barnett and Lauren  
Rice  
Head Official.....Ryan Mulholland  
Swimmer Recognition..... Erin Long  
Audio/Visual..... Gabe Butler

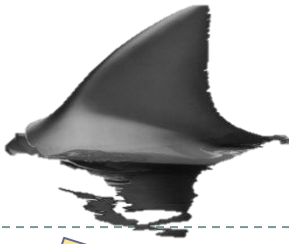


# Evening Practices



- In the past, we have had to split the days so everyone only went to practice 2-3 times a week on assigned days.
- This year, we are going to try to offer everyone a chance to practice **daily** while school is still in session.
- June 1-June 16: practices will be in the evening.
- No evening Kickboarder practices.
- Kickboarders will start in the morning on Friday, June 17.





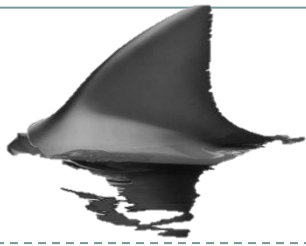
# Evening Practice Schedule: May 31-June 16



As of May 1, 2022

**Pay attention to ages!**

<u>Ages</u>	<u>9U</u>	<u>10-12</u>	<u>13+</u>
Times	4:00-4:45	4:45-5:30	5:30-6:15
	37	52	45

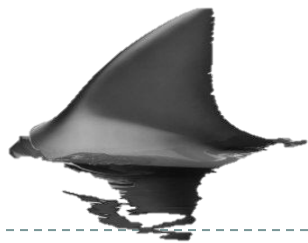


# Morning Practice Schedule: June 17-July 22



Pay attention to ages!

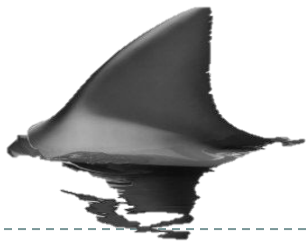
<u>Ages</u>	<u>12 +</u>	<u>9-11</u>	<u>8U</u>	<u>Kickboarders</u>
Times	7:00 – 8:00 62	8:00-9:00 49	9:00-9:45 23	9:45-10:15 11



# Meet Sign Up



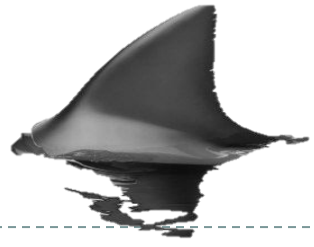
- ❑ How to sign up for meets? See the documents page on the website for detailed instructions
- ❑ Login to your account.
- ❑ Check the events tab to see all upcoming meets
- ❑ Click on attend this event for the specific meet
- ❑ Declare each swimmer as either committed or not committed
- ❑ Add a note to the notes section if you need to leave the meet early
- ❑ Check each event you want your swimmer to swim and save
- ❑ Check back the day before the meet to see if your swimmer is in a relay.
- ❑ Relays are chosen based on times, you are not able to sign up for a relay.



# All Stars/Divisionals



- All Stars will be based on swimmer rankings. Top 18 swimmers based on ODSL rankings are eligible for All Star meet in that event. Swimmers can swim any 3 events.
- League will meet with Team Coaches/Reps to seed the All Star meet. Anyone ranked below 18<sup>th</sup> spot will be moved up depending on whether the higher ranked swimmers decide to swim an event.
- Divisionals are still questionable for 2022. As soon as we have more information from ODSL, we will announce it.



# Questions???

