

PDST Frequent Q & A

Team Communication Methods

- Dual communication methods
 - Emails
 - PDswimTeam@gmail.com (Team)
This is the team email address. The team (PDST) uses this email address to send out general team based communication to all PDST families, each practice groups or individual. Parent(s) or swimmer need to contact any of the team staff member or have inquiries, send your email to this address. Anyone who is interested about PDST will also send email inquiry to this email.
 - CoachesAtPDswimTeam@gmail.com (Coaches)
This is for PDST coaches to communicate to PDST swimmers, or parents or vice versa. Anyone who is interested about PDST can also send email inquiry to this email.
 - PDswimTeamMeetEntry@gmail.com (receiving only, auto reply on)
This is for PDST members to submit swimmer's meet entries
 - PDswimTeamBoosterClub@gmail.com (Booster Club use only)
This is for the Booster Club to communicate to PDST families.
 - PDSTMemberPosting@googlegroups.com
This is a group email address shared with all people who joined this group (for more information on how to set it up, refer to "Member Only Site" section. You could either email directly to PDSTMemberPosting@googlegroups.com from the email address that you set up for your Google account on member only website or use this Google account to log on to Google group site <http://groups.google.com/group/pdstmemberposting> to post lost and found, carpool and other messages to communicate with other team members. This group email is specifically setup for information exchange among PDST members and will not communicate any info to the team or coaches.
 - Websites:
 - Public facing site:
www.PDswimTeam.org
 - Member only site (Google based):
<https://sites.google.com/site/memberpdst/home>
- Efficiency in all aspects –Less spam, focus on the tasks
- If needed, but not efficient, team telephone # is 425-449-2173
 - Schedule an appointment
- No deck interference at practice!!!

Member Only Site

1. Log in is not required when accessing the PDST member site. You can simply go to: <https://sites.google.com/site/memberpdst/home> and you will see a lot of info such as meet announcements.

2. If you want to see **member sensitive** info such as emergency phone tree, you will need to log in. The member sensitive info is listed on the home page of the member site.
3. In order to log into member site to see the member sensitive info, you need to have a Google account. To create a Google account if you don't have one, you need to go to the Google site and click "sign-up". When you sign up for a Google account, you will be asked for an email. You can enter any email address that you have and it doesn't have to be a Gmail address. Once your Google account setup is confirmed, you can then contact [Arthur Jin](#) or [PDBC Booster Club](#) and provide them with your email address. They will add your email address to the site permission list for the member site and the PDST member posting. You are then ready to log in.
4. Once you log into the member site, you will automatically have access to the member posting. You can access member posting from the member site (under menu "PDBC").
5. If you enter the member site without log in, the member sensitive info will be hidden. In order to log in, you can scroll down to the bottom of the home page and click "Sign in". Once you sign in, the member sensitive info will be immediately available to you. Most of them can be accessed through the top menu bars. Simply mouse over the menus bars. You will see the menu drop down showing the member sensitive info to you.
6. The same info above is documented on the home page of the member site

Practice Schedule

- [Regular schedule](#) posted at PDST website in advance. The monthly schedule is published in the last week of the month for next month.
- Schedule may change – When change, it is emailed out and posted at [Practice Schedule](#) section of the website concurrently.
- Canceling practice – due to holiday, meet, weather or pool
 - Planned cancellation (Advanced notification) – in the monthly schedule and PDST website
 - Unplanned cancellation: more than 2 hours before the practice, email notification.
 - Emergency cancellation (within 2 hours of practice) – by [phone tree](#) activation & an email

Meet Escrow Account Setup

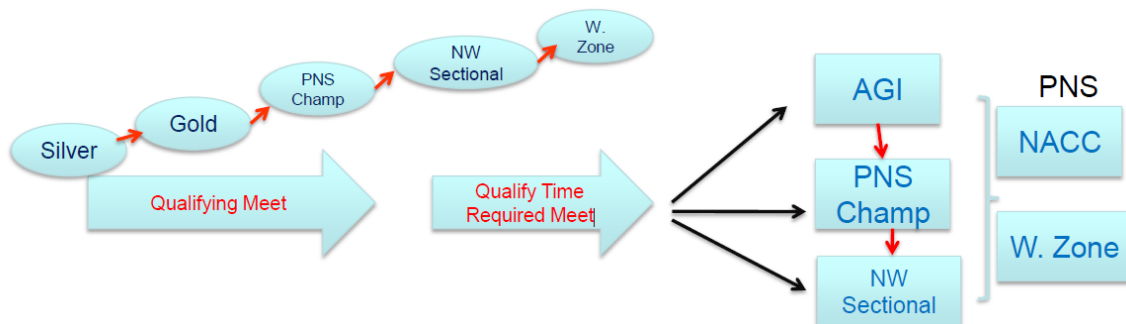
- Swim meet “escrow” account managed by PDBC
- The initial deposit amount for each swimmer is listed below
 1. Developmental group - \$100 per swimmer
 2. Novice group - \$100 per swimmer
 3. Age group - \$200 per swimmer
 4. Regional group - \$250 per swimmer
 5. Advanced group - \$350 per swimmer
- Your account info is posted on the member only [website](#) and you need your Google account credentials.
- See the member only website for details.

Volunteer Hours

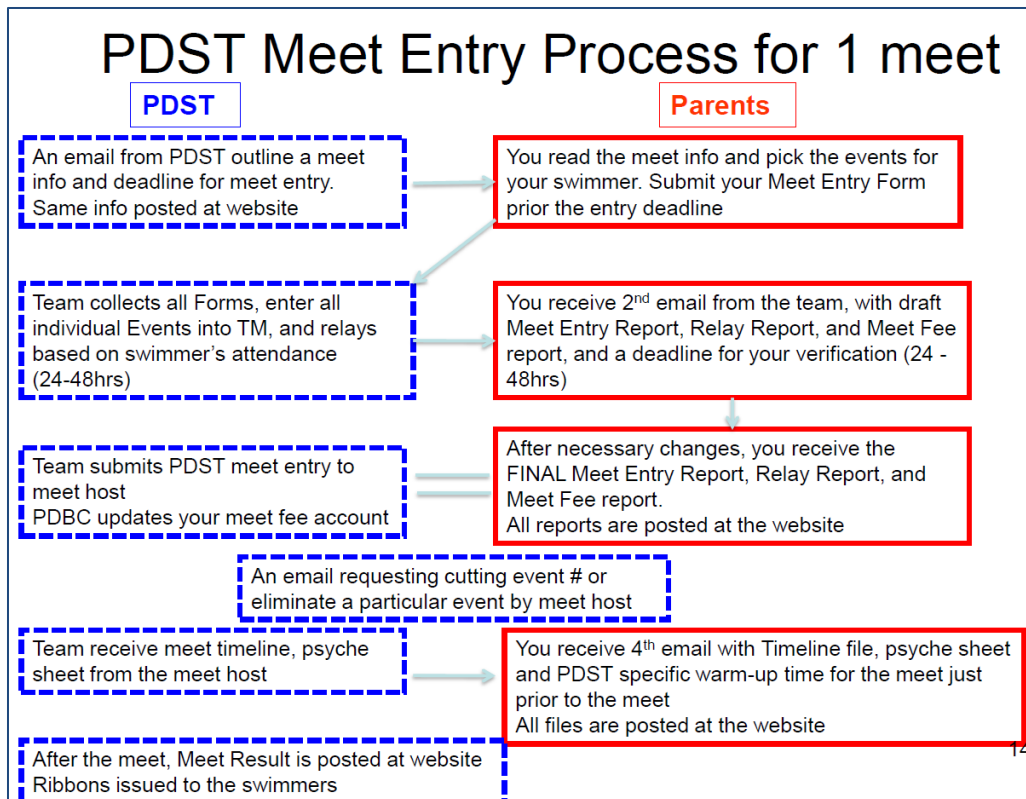
- For each PDST family:
 - 20 volunteer hours are required for families with a swimmer in Advanced Group, Regional Group or Age Group;
 - 10 volunteer hours are required for families with a swimmer in Novice Group;
 - 5 volunteer hours are required for families with a swimmer in Developmental Group
- The cash value of the volunteering hour is set at \$20/hour and a check can be paid in lieu of the volunteer hours.
- For a family with multiple swimmers, the higher volunteer hour requirement applies to the family.
- The execution of the volunteer hours is divided in 2 parts, with 2/3 of the hours (for example, 14 hours of the 20 hours) to be completed during the PNS short course season (Sept –end of April) and the rest to be completed during the long course season (April-July).
- There will be no banking or carryover of the hours from season to season.
- Your volunteering hours are posted at member only website [here](#)
- Volunteer policy and opportunities for season 2012-2013 can be found [here](#)

Meet Information

1. Meets are carefully selected, we do not go to every meet.
2. Attend the meet when there is a meet for PDST.
3. Relays at PNS Champ & Sectional meets are mandatory. Selection is based on swimmer's time.



4. Your meet fee will be deducted from your [meet escrow account](#) by PDBC
**Relay fee is paid by PDBC*



Emergency Phone Tree

<https://sites.google.com/site/memberpdst/emergency-phone-tree>

Team Roster & Member Directory

<https://sites.google.com/site/memberpdst/team-roster-and-member-directory>

Training Gears

Frequently used swim gears can be purchased at PDST

- Swim suits, goggles, paddles, Dev G. kick board, bungee strap
- PDST special training gears
- Contact Iris Li (425-301-0043; wuxipinblue@msn.com) or Jun Xiao (425-614-8366; jxunxiao@gmail.com)

More info: <https://sites.google.com/site/memberpdst/resources/swimgear>

Specific requirement at each pool

- All pools
 - No cell phone use in the locker room
 - No use of the facility by our parents or non-PDST swimmers unless you have the membership at the facility
 - Take a shower before going into the pool

- Keep noise down to respect other members
- Check-in at JCC front desk, tell front desk, you are a swimmer from PDST
- We are responsible to follow the rules at each pool (repeated violations can lead to lose our pool contract).
- Team will warn and then bar the swimmer from practice when there are repeated violations by the swimmer. Read Swimmer's [Code of Conduct](#) for details.

PDBC

The Booster Club is an IRS recognized non-profit 501(c)3 organization dedicated in support of our swimmers and promote swimming in the community.

- Run by PDST Parents
- Share the same mission with PDST and support PDST swimmers
- Every family will participate
- Your volunteer hours can be matched by your employer
 - Microsoft (approved)
 - Amgen (approved)
 - Others companies???
- More info to come from our Booster Club in the near future you can inquire at PDswimTeamBoosterClub@gmail.com
- Club info can also be found at <http://www.pdswimteam.org/7.html>
- PDBC Board members and Group Parent Rep info:
You can find the list of the names [here](#)
- Contact listed people if you have specific questions:
 1. For any team related questions (practice schedule, training fee, training related issues etc), contact Ren Xu via email to CoachesAtPDswimTeam@gmail.com or PDswimTeam@gmail.com
 2. For meet escrow account, meet fee setup, PDST hosted meet, stroke and turn judge etc, contact [Daniel Li](#) (Father of swimmers of Delora Li and Jeffrey Li) at
 3. For web access issue or adding your access for the website, contact Arthur Jin (Father of Rachel Jin and Albert Jin) at
 4. For volunteer hour requirement, volunteer hours, contact [Qin Zhang](#) at or your group parent rep
 5. For your volunteer hour fee, contact [Minyi Huang](#)
 6. For general PDBC questions, contact PDswimTeamBoosterClub@gmail.com