

Communication:

How to stay up on the Team Events -

Event, newsletters, weather updates and other blasts will come via email and/or text message – check your details are up to date in your account.

OnDeck parent App - see times, meet info, meet entries, etc.

Meet Mobile App - up to date meet results. Meet mobile charges $1.99 per month or $6.99 for the year.

 follow us at **Piranha Swimming**

**Key phone numbers to put in your phone:**

* Team Rep – Tracie Buckley 571-232-0519
* Parent Liaison – Joe Kilty 703- 731-7738

Volunteering:

The participation of our swimmers’ parents is essential to the success of the swim team. Parents are expected to volunteer at 4 - 5 different swim meets during the season, doing such duties as timing, clerk of course, timekeeper, meet set up and clean up, concessions or meet officials.

In addition to swim meet duties, each family is expected to participate on one of the Piranhas committees. Each committee is responsible for planning and executing one of the many activities or programs the team offers to our swimmers.

**Volunteer signups are done online. As stated at the parent meeting, if you do not fulfill your (4) volunteer and committee obligations by the end of the season, you will not be allowed to register next season as a returning family.**

Meet Schedule:

Sat. June 8th - Home Time Trials

Sat. June 15th - Home A Meet vs. Fort Myer

Wed. June 19th - Home B Meet vs. Sugarland Run

Sat. June 22nd- Home A Meet vs. Manorgate

Wed. June 26th - Away B Meet vs. Chantilly National

Sat. June 29th – Away A Meet vs. Armfield Farm

Wed. July 3rd - Away B Meet vs. Cascades

Sat. July 6th - Away A Meet vs. South Riding

Wed. July 10th - Away B Meet vs. Manorgate

Sat. July 13th - Home A Meet vs. Chinquapin

Wed. July 17th – Home B Meet vs. Ashburn Village

Sat. July 20th - Divisionals @ South Riding

Sat. July 27th - All-Stars @ Cascades

Wednesday Meet Order:

6/19: Freestyle, Backstroke, Breaststroke, Butterfly

6/26: Backstroke, Breaststroke, Butterfly, Freestyle

7/3: Breaststroke, Butterfly, Freestyle, Backstroke

7/10: Butterfly, Freestyle, Backstroke, Breaststroke

7/17: Freestyle, Backstroke, Breaststroke, Butterfly

Apparel:

All swimmers are required to wear the CSL Piranhas team suit for meets. It is available for purchase at Cassell’s in Herndon. Spirit wear is available for purchase through our web store through 5/29.

Practice Schedule:

All practices are held Monday through Friday at the Community Center Pool.

May 28 - June 7: Evening Practice Schedule (while school is in session M-F)

* 5:30 - 6:00 pm 6 and Under
* 6:00 - 6:30 pm 7/8
* 6:30 - 7:15 pm 9/10
* 7:15 - 8:00 pm 11 and over

June 10 - July 26: Morning Practice Schedule (after school is out M-F)

* 8:00 – 8.45 am 8 and under
* 8.45 – 9.30 am 9/10
* 9.30 - 10:30 am 11/12
* 10:30 - 11:30 am 13 and up

**No practice on the following dates:**

6/7, 6/10, 6/11, 7/4

Team Events:

**Fri. May 31st**: Pizza/Kona Ice Season Kick-off Party @ Community Center Pool

**Wed. June 26th**: Team Picture Day - 8:00 am

**Thurs. July 11th:** Team Event – Hershey Park

**Sun. July 14th**: Team Party @ Southern Walk Pool

For more, please check the Team Web site

[www.Broadlandsswimteam.org](http://www.broadlandsswimteam.org) and Click the CSL Logo.

**Helpful hints for parents:**

Bring a chair to meets. Seating can be limited as we use a lot of the pool chairs for the swimmers as they line up for events.

Bring money for concessions – your swimmer will be hungry after their events

On Deck Etiquette:

**At Practice:**

Questions arise during or after practices should be sent to the coach via email or after practice (as long as it doesn’t interrupt the next session)

[CSLHeadCoach@Broadlandsswimteam.org](mailto:CSLHeadCoach@broadlandsswimteam.org).

**At Meets**

If an issue arises during a meet, please do not approach the Officials (including Hytek) or the Head Coach. Direct all questions and issues to our Team Rep, Tracie Buckley or our Parent Liaison, Joe Kilty, during or after meet

On Meet Days:

Please arrive 10 - 15 minutes prior to warm ups starting. Every swimmer must check in before they warm up and set up their space in the team area.

**All swimmers must check in to be eligible to swim in the meet.**

If your swimmer is unexpectedly unable to swim on the day of the meet, please contact our Team Rep,   
Tracie Buckley or our Parent Liaison, Joe Kilty as soon as possible.

Swimmers should never leave the meet until they have checked in with coach. This is very important at Saturday meets Swimmers may participate in one or more relay events.

**During the meet, swimmers are asked to stay in the team area so they are ready for their next event.**

How to Mark Your Swimmer Absent for an Upcoming Meet

If your swimmer is going to miss a meet (either WED or SAT), you must mark them absent. **Never assume your swimmer won’t swim in a Saturday meet**; we try to give as many swimmers as possible a chance to swim in a Saturday meet, so please tell us if you know your swimmer won’t be around on a particular Wednesday or Saturday. Here’s how to mark your swimmer absent for an upcoming meet:

* Log in at <http://www.teamunify.com/reccslblva/>
* Click on the “Team Event Schedule” button
* Find the event(s) for which your swimmer cannot attend
* Click on “Attend/Decline”
* Click on your swimmers name
* Click on the Declaration pull down menu and select “No Thanks…..”
* Click on “Save changes” button

How Do I Know What/When My Swimmer/s Swim?

Meet entries are posted at the pool near the records board on Tuesday for Wednesday meets and on Friday for Saturday meets.

You may also check for your swimmers entries on the OnDeck Parent App. You will use the same username and password as your website account. The team alias is: reccslblva Select swim meets and select the meet. You can select my kids.

And you can always check on the website too.

What Is An “A” Meet?  
An “A” Meet is how CSL describes a Saturday competition between teams. An “A” meet is competed for team points, team standings and age group champs within a given CSL Division. It involves strategy and gamesmanship by our coaches to earn the most points for the team by selecting the most competitive swimmers available for the given meet.

What Is A “B” Meet?

A “B” Meet is how CSL describes a Wednesday night developmental meet between two teams. A “B” Meet is conducted to allow all swimmers an opportunity to improve individual seed times in all strokes including the individual medley. There are no team points associated with a Wednesday night, only “official” individual times. CSL allows “B” meet times to count for qualifications to the Divisionals. All swimmers except swimmers that placed in a particular event in the prior Saturday “A” meet are encouraged to swim and improve their personal times.

What Is The Selection Process For An “A” Meet?  
The answer is simple and not so simple all at the same time. At the most basic level, the Head Coach selects the top 3 seeded swimmers in each individual stroke. Swimmers can only compete in 3 individual events and 2 relays at any given “A” Meet. So if a top seeded swimmer in backstroke is not available to swim because she is already selected for free, breast and fly, then the 4th seeded swimmer in backstroke will be selected. The coach may also shuffle swimmers around in an effort to maximize points, which may also allow for a lower seeded swimmer to participate in an “A” Meet.