



GLEN ELLYN  
PARK DISTRICT



GLEN ELLYN

GATORS

— 2019 —  
PARENT MANUAL

[www.gegators.com](http://www.gegators.com)

Sunset Pool: (630) 858-7665 | Rainout Line: (630) 984-5075

# Important Dates to Remember

DATE	TIME	LOCATION	DETAILS
<b>Tues, May 14</b>	6:30pm	SARC	New Parent Orientation
<b>Tues, May 28 to Fri, May 31</b>	4-5pm for 7-8 years 5-6pm for 9-10 years 6-7pm for 11& Up	Sunset Pool	First Week of Practice Swimmers will have the opportunity to meet the coaches, ask questions and get comfortable with the program.
<b>Monday, June 3 AND Wednesday, June 5<sup>th</sup></b>	4-5pm for 7-8 years 5-6pm for 9-10 years 6-7pm for 11& Up	Sunset Pool	Last Name A-L Placement Practices
<b>Tuesday, June 4 AND Thursday, June 6</b>	4-5pm for 7-8 years 5-6pm for 9-10 years 6-7pm for 11& Up	Sunset Pool	Last Name M-Z Placement Practices
<b>Mon, June 10 through July 21</b>	11 & Up 7am-8:00am (M-F) or 6:30pm- 7:30pm (M, W, & Th)	Sunset Pool	Regular Swim Season Practice Begins
	9 & 10 years 8:00am-9:00am		
	7-8 years 9:00am-10:00am		

# Introduction

Welcome to the Glen Ellyn Gators Swim Team! Our season is short, but filled with exercise, teamwork, learning and most especially, fun! Go Gators!

**Swim Team participants (7 & 8 years) must be able to comfortably swim one pool length of freestyle and one pool length of backstroke. Participants (9 & over) must be able to swim two lengths of freestyle and two lengths of backstroke consecutively.** These are the requirements of the West Suburban Swim Conference that we belong to.

Note: **Please understand that swim team is not a lesson program.** Swimmers will be evaluated during the first several practices. If the swimmer does not meet the swim length requirement for their age group, you will be issued a refund for the entire fee.

## Program Goals

1. Learn the discipline of competitive swimming.
2. Learn the value of sportsmanship.
3. Encourage team spirit.
4. Acquire a positive appreciation for the sport of swimming.
5. Have parents share in their child's experience through volunteering.

## Swim Team General Information

- The Glen Ellyn Gators Swim Team is open to youth ages 7 to 18.
- Practices and Home Meets are held at Sunset Pool.
- Meets are held both at home and away on Saturday mornings, Tuesday evenings and Thursday evenings.
- Friends and relatives are encouraged to attend!
- Swim Team members all receive a team t-shirt and a fun Gator giveaway.
- The Gators swim against Clarendon Hills, Downers Grove, Hinsdale, Lemont, Lisle, Western Springs and Wheaton.
- The Gators compete at "A" (more competitive) and "B" (less competitive) level meets.
- The Gators follow the rules set forth by the West Suburban Swim Conference.
- Anyone wishing to review the rules is welcome to do so, they are located on the team's website: [www.gegators.com](http://www.gegators.com).

## Swimmer Expectations

- Attend practices regularly with working goggles and a swim cap (boys and girls with long hair). Come to practice and meets on time.
- Sign up for and attend up to five dual meets during the season (**at least two meets must be away meets and one must be further than Wheaton and Lisle**).
- All swimmers will check the ribbon file on the pool deck during practices. This file will contain ribbons from meets and possibly informational flyers for events. Please allow at least 3 days after a meet for ribbons to be distributed.
- Have fun!

## Gator Pride

What is Gator Pride? Gator Pride is an Award of Merit program. It's the desire to do your best. It's the passion for improvement. It's sportsmanship. It's cooperation. It's effort. It's positive attitude. It's team spirit! Each week the coaches will award swimmers that they believe have embraced this team spirit. Be sure to check the bulletin board by the coach's office for a listing of Gator Pride recipients and congratulate them for a job well done!

## Preparing for a Swim Meet

Typical swim meets are between 2 to 2-1/2 hours in length (not including the warm-up time). It is recommended that the following items be brought along by each swimmer to help pass the time and keep them warm and comfortable between events (be sure you label each item with your name):

- Team suit (or appropriate swim wear)
- Team t-shirt
- Warm sweatshirt and pants
- Sunscreen
- Two Towels
- Swim cap & goggles
- Water bottle and healthy snack
- Book, cards, etc., to pass the time
- Bug repellent

**Positive Check-In /Home Meets:** Swimmers must be at the pool by 6 p.m. on week nights and 7:15 a.m. on Saturday's to be eligible to swim in the meets. Each swimmer must highlight their name when they arrive. Swimmers who arrive late and/or do not check-in will not swim in the meet.

**Note:** Due to the length of meets, your child will get hungry! Most (but not all) pools have a snack bar. A healthy snack brought from home might be a better choice. Always follow the pool rules regarding where food is to be eaten and always pick up your trash.

## Parent Expectations

- Sign up online and volunteer for two dual meets (conference championship meets are not included in this requirement.)
- Read the weekly email sent by the head coach with important announcements and information
- If you are suddenly unable to meet your volunteer commitment, please contact the Volunteer Scheduler immediately to re-schedule.
- If your swimmer has a last minute emergency and cannot attend a meet they have signed up for, please notify Coach Nancy immediately at [nancydenenberg@hotmail.com](mailto:nancydenenberg@hotmail.com)
- All families must commit to work a minimum of two dual meets.
- The Conference Championship meets are outside this commitment.
- Make arrangements to drop off and pick-up your swimmer from practice on time.
- Focus on effort, individual time improvement and good sportsmanship rather than what place they finish.
- Encourage your child to go to their coach right after their race for feedback.
- Have fun volunteering!

## Behavior Policy

Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make park district programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff. Participants shall:

1. Show respect to all swimmers and staff at Sunset Pool and take direction from coaches and lifeguards. Safety comes first.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants or staff.
4. Show respect to equipment, supplies and facilities.

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. The park district reserves the right to dismiss a participant whose behavior endangers the safety of himself/herself or others.

## Parent Volunteer Requirements

There are many jobs that need to be done during the swim season. The Gators Parent Advisory Committee works hard at trying to make each season better than the one before. To accomplish that goal, we rely heavily on an even distribution of parent volunteer time.

Each parent is required to volunteer for two dual meets. If your child is swimming in a conference meet, you are expected to work at that meet too.

These volunteer jobs are fun and rewarding and make the swim meet pass quickly!

### Home Team

1. Timer
2. Runner
3. Bull Pen

### Visiting Team

1. Timers
2. Bull Pen

## Meet Sign Up

Gator parents will have access to sign up for meets online. Every Gator may swim in a maximum of five dual meets and two of these must be away meets; **one of the away meets must be farther than Lisle and Wheaton**. Swimmers must be signed up for these meets by midnight on June 3rd except for the first two meets on June 11<sup>th</sup> and 13<sup>th</sup> (These sign up dates will be June 11<sup>th</sup> and 12<sup>th</sup> respectively.) Deadlines for signing up for availability for conference will be one week prior to that conference meet.

## 2019 Parent Advisory Committee

The Gator Parent Advisory Committee was created to help guide the operation of the swim team. Please feel free to contact these parents with any questions you may have.

The members of the committee are: Danielle Bollman, Becca Farrell, Maureen Lawrence, Emily Lobdell, Molly McNally, Carla Olsen, Karl Peter, Jennifer Schliben and Jackie Wyrick

NAME	TITLE	CONTACT
Chad Shingler	Aquatics Supervisor	(630) 317-0137 or cshingler@gepark.org
Nancy Denenberg	Head Swim Team Coach	nancydenenberg@hotmail.com
Jane Denenberg	Assistant Coach	
Sydney Green	Assistant Coach	
Kate Kissane	Assistant Coach	
Kate Morris	Assistant Coach	
Grace Schwieters	Assistant Coach	

If you need to contact one of your coaches, email [nancydenenberg@hotmail.com](mailto:nancydenenberg@hotmail.com) **Parents are asked not to approach coaches during practice, this interferes with the productivity of practice time.** With limited time, coaches prefer you email Coach Nancy with any questions. Emails will be answered within 48 hours.

## Other Important Details

### Swim Suits

Swim suits are available for purchase online! Please go to the following website to place your order and to order additional merchandise: [www.allamericanswim.com](http://www.allamericanswim.com)  
username: glen password: gators

#### Boys Suits

Jammers: size 20-38  
\$21.95 + tax

#### Girls Suits

Size 20-40  
\$27.50 + tax

### T-Shirts

Short-sleeve shirts with the Gator Logo are provided to all Swim Team members and will be given to swimmers on picture day, date TBD.

### Gator Giveaway

Every season participants receive a fun “Gators Gift” item. We encourage swimmers to wear (or use) these items for team spirit throughout the season!

## Inclement Weather Procedure

In the case of inclement weather, such as lightning or severe rain, practices and meets will be cancelled. Practices will be held in the event of light rain. The pool is heated. Once a decision is made, the Rainout Line will be updated. Call the Rainout Line at (630) 984- 5075, visit [www.gepark.org/rainout](http://www.gepark.org/rainout), or download the free app for iPhone and Android devices for latest information and text updates.

## Stroke Clinics

Stroke Clinics are offered to gator participants only and are 30-minutes Monday through Thursdays in the Deep Pool. Participants can sign up for these clinics online and spaces are limited!



# Order of Events

	Age	Event
1.	Girls: 8 & under	100 Medley Relay
2.	Boys: 8 & under	100 Medley Relay
3.	Girls: 9-10	200 Medley Relay
4.	Boys: 9-10	200 Medley Relay
5.	Girls: 11-12	200 Medley Relay
6.	Boys: 11-12	200 Medley Relay
7.	Girls: 13-14	200 Medley Relay
8.	Boys: 13-14	200 Medley Relay
9.	Girls: 15-18	200 Medley Relay
10.	Boys: 15-18	200 Medley Relay
11.	Girls: 8 & under	25 Freestyle
12.	Boys: 8 & under	25 Freestyle
13.	Girls: 9-10	50 Freestyle
14.	Boys: 9-10	50 Freestyle
15.	Girls: 11-12	50 Freestyle
16.	Boys: 11-12	50 Freestyle
17.	Girls: 13-14	50 Freestyle
18.	Boys: 13-14	50 Freestyle
19.	Girls: 15-18	50 Freestyle
20.	Boys: 15-18	50 Freestyle
21.	Girls: 8 & under	50 Backstroke
22.	Boys: 8 & under	50 Backstroke
23.	Girls: 9-10	100 Individual Medley
24.	Boys: 9-10	100 Individual Medley
25.	Girls: 11-12	100 Individual Medley
26.	Boys: 11-12	100 Individual Medley
27.	Girls: 13-14	100 Individual Medley

## Order of Events Continued

	Age	Event
28.	Boys: 13-14	100 Individual Medley
29.	Girls: 15-18	100 Individual Medley
30.	Boys: 15-18	100 Individual Medley
31.	Girls: 8 & under	25 Butterfly
32.	Boys: 8 & under	25 Butterfly
33.	Girls: 9-10	50 Butterfly
34.	Boys: 9-10	50 Butterfly
35.	Girls: 11-12	50 Butterfly
36.	Boys: 11-12	50 Butterfly
37.	Girls: 13-14	50 Butterfly
38.	Boys: 13-14	50 Butterfly
39.	Girls: 15-18	50 Butterfly
40.	Boys: 15-18	50 Butterfly
41.	Girls: 8 & under	25 Backstroke
42.	Boys: 8 & under	25 Backstroke
43.	Girls: 9-10	50 Backstroke
44.	Boys: 9-10	50 Backstroke
45.	Girls: 11-12	50 Backstroke
46.	Boys: 11-12	50 Backstroke
47.	Girls: 13-14	50 Backstroke
48.	Boys: 13-14	50 Backstroke
49.	Girls: 15-18	50 Backstroke
50.	Boys: 15-18	50 Backstroke
51.	Girls: 8 & Under	50 Freestyle
52..	Boys: 8 & Under	50 Freestyle
53.	Girls: 9-10	100 Freestyle
54.	Boys: 9-1	100 Freestyle

## Order of Events Continued

	Age	Event
55.	Girls: 11-12	100 Freestyle
56.	Boys: 11-12	100 Freestyle
57.	Girls: 13-14	100 Freestyle
58.	Boys: 13-14	100 Freestyle
59.	Girls: 15-18	100 Freestyle
60.	Boys: 15-18	100 Freestyle
61.	Girls: 8 & Under	25 Breaststroke
62.	Boys: 8 & Under	25 Breaststroke
63.	Girls: 9-10	50 Breaststroke
64.	Boys: 9-10	50 Breaststroke
65.	Girls: 11-12	50 Breaststroke
66.	Boys: 11-12	50 Breaststroke
67.	Girls: 13-14	50 Breaststroke
68.	Boys: 13-14	50 Breaststroke
69.	Girls: 15-18	50 Breaststroke
70.	Boys: 15-18	50 Breaststroke
71.	Girls: 8 & under	100 Free Relay
72.	Boys: 8 & under	100 Free Relay
73.	Girls: 9-10	200 Free Relay
74.	Boys: 9-10	200 Free Relay
75.	Girls: 11-12	200 Free Relay
76.	Boys: 11-12	200 Free Relay
77.	Girls: 13-14	200 Free Relay
78.	Boys: 13-14	200 Free Relay
79.	Girls: 15-18	200 Free Relay
80.	Boys: 15-18	200 Free Relay

# Away Meet Addresses & Phone #s

## Clarendon Hills

Address: 100 Byrd Court, Clarendon Hills

Phone: (630) 325-1040

Distance: 14.55 miles

## Downers Grove

Address: 5560 Fairview Avenue, Downers Grove

Phone: (630) 515-9444

Distance: 9.75 miles

## Hinsdale

Address: 500 W. Hinsdale Avenue, Hinsdale

Phone: (630) 789-7098

Distance: 13.16 miles

## Lemont

Address: 16028 W. 127th Street, Lemont

Phone: (630) 257-6787

Distance: 17.9 miles

## Lisle

Address: 1825 Short Street, Lisle

Phone: (630) 964-3410

Distance: 5.78 miles

## Western Springs

Address: 1300 Hillgrove Avenue, Western Springs

Phone: (630) 543-3345

Distance: 14.48 miles

## Wheaton

Address: 1207 N. West Street, Wheaton

Phone: (630) 543-3345

Distance: 3.15 miles

## 2019 Conference Meet Schedule

LEVEL	DAY	DATE	COMPETITOR	POOL
"A" Meet	Tu	June 11	Hinsdale	Home
"B" Meet	Th	June	Hinsdale	Away
"A" Meet	Sa	June 15	Lisle	Away
"A" Meet	Tu	June 18	Clarendon Hills	Home
"B" Meet	Th	June 20	Lisle	Home
"B" Meet	Sa	June 22	Clarendon Hills	Away
"A" Meet	Tu	June 25	Lemont	Away
"B" Meet	Th	June 27	Lemont	Home
"B" Meet	Sa	June 29	Downers Grove	Home
"A" Meet	Tu	July 2	Downers Grove	Away
"B" Meet	Sa	July 6	Western Springs	Home
"A" Meet	Tu	July 9	Western Springs	Away
"B" Meet	Th	July 11	Wheaton	Home
"A" Meet	Tu	July 16	Wheaton	Away
"B" Meet	Sa	July 13*	Conference Meet	Wheaton
"A" Meet	Sa	July 20*	Conference Meet	Western Springs
Recognition Night	Su	July 21	Sunset Pool 7:30-10p	Sunset Pool

### Meet and Warm-Up Times

Tuesday / Thursday Meets

Positive Check-In closes at 6 pm for all home meets and 6:15 for away meets

Parent / Volunteer Check in begins at 6:15 pm

Meet begins between 6:45pm and 7:00pm

### Saturday Meets

Positive Check-In closes at 7:00am

Parent / Volunteer Check in begins at 7:30 am

Meet begins between 7:45am and 8:00am



## NOTES:



**GLEN ELLYN  
PARK DISTRICT**

The Park District's mission is driven to foster diverse, community-based leisure opportunities, through a harmonious blend of quality recreation programs, facilities and open space which will enhance the quality of life into the future.

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**[www.gepark.org](http://www.gepark.org)**