

2020 Pleasanton Meadows Swim Team: The SHARKS

The Sharks Swim Team was founded nearly **50** years ago by Pleasanton Meadows Cabana Club homeowners. We swim in the Tri-Valley Swim League alongside 7 teams from Pleasanton and Dublin. The Sharks host swim meets and social events at our Cabana Club and practice at Las Positas College in Livermore.

Volunteers lead our team: Michelle Hilton directs the team. Laurie Walker-Whiteland is our Team Manager. A Committee of Coordinators support all aspects of the team.

The Sharks:

1. Encourage success through commitment to the team, sport and neighborhood;
2. Instruct and challenge each swimmer through quality practices;
3. Build team spirit and family unity through extra-curricular activities;
4. Train our swimmers into positions of leadership, as they grow up through the team.

Team size is determined by volunteer resources and League rules

Shark swimmers should plan on attending daily practices and at least 4 of the 6 regular meets. Swimmers under 10 are strongly encouraged to participate in swim lessons through the season. Parent participation is required.

2020 Season:

- May 18-July 18
- 6 regular swim meets
- Team practices 5 days a week
- Championship meet July 18
- Extra-curricular events
- Awards Night July 18

Registration / Application Dates: www.pleasantonsharks.com

February 5: Returning Members of the 2019 Sharks Team may register online to reclaim their spots.

- Returning Sharks have a 7 day priority. Siblings may register, *but must pass an evaluation*.
- Swimmer fees are due at time of registration to reserve your spots; fees are non-refundable.

February 14: New Member Application opens online:

- Interested families apply for open spots (age group/gender). Applications are reviewed in order received and are contingent upon a successful swim evaluation. No fee is due until a spot is offered.
- Pleasanton Meadows Cabana Club Members have priority, but membership is not required.

New Applicants:

Applicants with previous swim team experience may submit competition times in lieu of an evaluation. Swimmers do not compete against one another for spots on the team.

Evaluation goals by Age Group (the child's age on June 1):

- 6 & under: Enter the water unassisted and swim one length Freestyle (25yds) of the pool. Show backstroke as well. We're looking for confidence and initiative.
- 7/8: 25yds (one pool length) of Freestyle, Backstroke, Breaststroke. Knowledge of Butterfly is preferred, but not required.
- 9/10: 50yds Freestyle & 25yds of Backstroke, Breaststroke and Butterfly. Swimmer is timed.
- 11 & up: 50yds of all four strokes. Racing dive. Swimmer is timed.

Tri Valley Swim League Requirements

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| <ul style="list-style-type: none">• Children must be at least 4 years old and no older than 17 on June 1, 2020• High School seniors who are 18 may compete if they haven't attended college• Swimmers with USS or AAU affiliation after January 1, 2020 are not eligible |
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- 2020 Fees*:** \$220 for the first swimmer & \$200 for each additional swimmer in a family. Fees include: Coaching, Facility rentals, Equipment and Operating Costs to support daily practices and 6 dual meets.
- The Sharks team suit and cap are REQUIRED at an additional cost.
 - **Volunteer Deposit Check:** Each family provides a \$100 check which isn't cashed—it's held until volunteer work is complete, then the check is shredded. If you miss your volunteer work, we cash your check and pay the new volunteer who did your work.
- *Space is limited on the Sharks and paid fees ensure your spot. **Fees are not refundable, except for siblings who don't pass a swim evaluation**

Coaches: The Sharks are led by a Head Coach, Lead Coaches & Assistant Coaches in each of our six age groups. Junior Coaches help the 6 & Under group. Specific assignments are via email in the spring. The Sharks are committed to training up swimmers into positions of leadership.

- Practices:** May 18 – May 28: While school is in session, we hold evening practices at the Cabana. June 1 - July 18. After school ends, we hold practices Mon-Fri at Las Positas College.
- U6 practice is 45min. Other age groups practice for 1hr. Practices are mid to late morning and end before noon.
We practice 3 groups during the 1st hour and 3 groups during the 2nd hour.
 - Twice-weekly, evening lap swims may be available for those who occasionally miss morning practices, but not as a regular replacement for team practices.
 - Final schedule is announced at the Team Meeting.

- Volunteer Jobs:** PMST is a volunteer-based organization and every family is required to serve: you'll work at each meet in which your swimmer participates or the equivalent on a parent committee.
- Choose your jobs online starting Monday, April 20. First come, first served
 - Parents of swimmers 10 and younger serve as Age Group Coordinator* at least once.
*AGC's help young swimmers get to their races on time and in correct lanes.
 - 15-18yr old swimmers may complete their own volunteer requirements—but not during meets.

Extra-curricular offerings: The Sharks offer clinics, lessons and social events to complete the Swim Team experience for each family. Events include: Rec days, Beach trip, Sleepover, Awards Night, etc.

Sharks Gear: The Sharks' Suit is **REQUIRED**. Designed by our own swimmers, it's available in 2 Men's styles and 2 Women's styles. Order team suits at the Team Open House. Sharks gear is available at the Team Meeting and throughout the summer.

Important Dates:

- May 18: First After-School Practice
- June 1: First Morning Practice
- June 6: First Meet
- June 16: Team Picture
- July 11: Sleepover
- July 18: Championships
- July 18: Awards Dinner

GO SHARKS!