Parent Meeting May 22, 2019

Southbridge Seals Swimming

Welcome

Welcome to 10 Years of Southbridge Seals Swimming!!!

10 Years

5 Championships

ONE TEAM

Welcome

- Board of Directors
  - President – Annemarie Juhlin
  - Vice President – Jim Riley
  - Treasurer – Michael Murphy
  - Secretary – Becky Howery
  - Parent Liaison & League Representative – Cathie Mumford
- Members-At-Large
  - Computer Rep – Emily Lattanzi
  - Concessions Manager – Becky Howery
  - DJ Extraordinaire – Paul Fucito
  - Fundraising Coordinator – April Hamblin
  - Head Clerk of Course – Monica Gadd / Deatra Idlet
  - Volunteer Coordinator – Matt King / Chrissy Letsen

Coaching Staff

- Head Coach
  - Greg Giovinazzo
- Assistant Coach
  - Mellora King
- Junior Coaches
  - Nikki Skaines
  - Hunter Howery
  - Shaila Williams
  - Jordan Mumford
  - Kristen Hamblin
  - Ainsley Juhlin

Practice Schedule and Equipment

- Pool passes required for swimmers
- Practice Times (Monday – Friday)
  - 5:30-6:00 – 8 & under*
  - 6:00-6:45 – 9-12 years*
  - 6:45-7:30 – 13 & over*

  *Age is a general guideline for establishing practice groups. Skill level and family schedules are also taken into consideration by the coaching staff in deciding group assignment
- Equipment
  - One-piece swimsuit, board shorts/practice jammers
  - Goggles (bring a backup pair)
  - Cap (hair tie for long hair is helpful)
  - Towel
  - Sunscreen
  - Water bottle

Practice Structure

- **Warm-ups:** Blend of lap swimming, kicking and pulling
- **Drills:** Stroke specific drill-work to improve technique and efficiency
- **Swim Sets:** Endurance-focused interval training

- **Turns:** Enforce proper turn techniques for all strokes
- **Starts/Finishes:** Focus on proper starting and finishing techniques

Practice Guidelines

- Snacks & Drinks
  - Snacks should be light and healthy before practice
  - Water is the best drink – no soda or juice

- Swimmer Expectations
  - Arrive early (10-15 mins)
  - Positive attitude & work ethic
- Parent Involvement
  - Welcome to stay and watch practice
  - Please do not approach coaches during practice (before or after only)
  - The General Manager and/or other board member(s) will always be on deck during practice and happy to answer your questions.
- Lap Swimming
  - Swimmers may not occupy the dedicated lap swimming lane for Southbridge residents.

Practice Guidelines

- **Practice Cancellation**

Thunder: In the case of a thunderstorm the pool must be closed for a minimum of 30 minutes

Rain: The pool will be closed if the rain prevents the lifeguards from seeing the bottom of the pool.

Water Temperature: Pool temperatures below 70 degrees

- **Communication**

- SMS Text
- Email
- Facebook

Pool Phone: 703-221-2716

Online Swimming Resources

- Southbridge Swim Team Website
  www.southbridgeswimteam.com
- Southbridge Swim Team Facebook Page
- Team Unify On Deck Mobile App
  - SBST User ID/PW
  - Team Alias : recpwslsst
  - Team Country: United States

Meet Schedule

Additional meet information is available on the SBST homepage

DATE	OPPONENT	LOCATION
June 15	Veterans Park Marlins	Away
June 22	Kingsbrooke Sea Lions	Away
June 29	Meadowbrook Makos	Away
July 6	Virginia Oaks Sea Devils	Home
July 13	Old Bridge Breakers	Home
July 20	Victory Lakes Piranhas	Home
Green Divisional Meet		
July 27	Westridge Waves Brookside Hurricanes	Westridge

Meet Logistics

- Can't come to a meet? Let Coach Greg know asap!
- Arrive 15 minutes before scheduled warm ups and check in with your coach. Must be present for warm-ups!
- Be present for relays at the end of the meet. We need you!
- Write event numbers on swimmers' hands.
- No other writing or drawings on swimmers.
- Help with set up and break down for home meets.

Meet Scoring

Relay Events

Relay Team	
Place	Points
1	47
2	32

Individual Events

Individual Scoring	
Place	Points
1	13
2	11
3	10
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

What to Bring, What to Do

- Bring to Meets:
  - Swimmers – caps, goggles (2 pair), swim suit, towels, sunscreen, warm clothing, WATER
  - Parents – chairs, cash/credit card for concessions, sunglasses, drinks and snacks, comfortable shoes, camera, Heat Sheet (if provided), Sharpie, sunscreen
- Expectations:
  - Swim Meets should be FUN for the swimmers and parents
  - Do Not focus on just 'TIME'
  - Parents: Cheer
  - Coaches: Coach
  - Swimmers: Do your best and have a blast!

REMEMBER

This is for **fun**!

The officials are **volunteers**.

This is **not** the Olympics.

The **kids** are doing their **best**.

Volunteering

- We CAN'T do it without you!
- 1 parent volunteer per family for 1 session each meet (required!... special circumstances considered)
- Check your email for the Volunteer Questionnaire
- Volunteer Coordinator will assist with changes
- Parents, check in each meet
- Don't be intimidated! Volunteering is a fun way to get to know your fellow swim parents.
- High school and college students - need volunteer hours? We got you.

Volunteer Opportunities

For more information about these positions, see the detailed descriptions on the team website under 2018 Events/Meets → Volunteering

- *Starter**
- *Referee**
- *Clerk of Course**
- ***Stroke & Turn**†***
- *Head Scorer**
- Heat Ribbons
- Place Ribbons
- Head Timer
- Computer Data Entry
- Timers
- Recorders
- Scorers
- Runners
- Concessions (home meets)
- 8 & Under Coordinator
- Deck Marshal

** Require official training*
† WE NEED YOU!

Other Volunteer Opportunities

- Meet Set Up / Take Down for Home Meets *(required participation)*
- Awards Banquet
- Snack Shack
- Board of Directors
- Fundraising
  - NO fundraising requirement
  - We encourage participation in any fundraisers
  - Concession stand donations
    - Concessions – Becky Howery

Training for Select Positions

- The Officials clinics for the following positions will be held at Sudley Club in Manassas on **Saturday, June 1st from 9:00am-12:00pm.**
- We can carpool!
- If you are interested in receiving the training, but can't make Saturday, we can make on the job training available. For more information, contact Cathie Mumford at cathiemumford@yahoo.com.
  - Stroke and Turn
  - Clerk of Course
  - Scoring
  - Starter
  - Referee
  - Computer Data Entry (not required, but may be helpful)

Non-Residents

- Non-resident pool passes available beginning today
- Non-resident fees ($25 per swimmer or a $50 family cap) will be due when you pick up your pool passes – fees are paid directly to the HOA
- Non-resident pool passes only allow entrance during your swimmers age group practice
- Parents and siblings of swimmers may not swim in any pool BUT! if you sign in as a guest with a Southbridge resident you can enjoy the main pool!
- No pool passes needed during swim meets

Spirit Wear and Team Gear

SHOW YOUR TEAM SPIRIT!

- Southbridge Swim Team offers spirit wear with our Seals Swimming logo. Merchandise for purchase includes:
  - T-shirts and Tanks
  - Swim Caps
  - Car Magnets *(they're free – grab one!)*
  - Pajama Bottoms
  - Bags
  - Hoodies and MORE!

- Team swimsuits and jammers are available for purchase. These are encouraged, but not required for swim meets and team pictures. Practice suits should be worn during practices.

Spirit Wear

- Store Open 05/04/19 to 05/31/19 (personalized caps must be ordered by 5/25)
- https://sportfairusa.tuosystems.com/stores/sb19

Other Important Dates

- Tuesday, June 11th (6pm) – Picture Day
  - Arrive on deck by 5:45 dressed in the team swimsuit/ jammers. Bring a swimwear change for practice.
- Saturday, July 27th (evening) – Awards Banquet
- More fun activities to come!

Our Sponsors & Supporters

- Sport Fair USA – The Swimmer's Outfitter
- Swim Kids
- Prince William Swim Club "The Amberjax"
- Cardinal Management Group Inc.
- UTZ Chips
- VFW Dale City
- Potomac Engraving
- Steve Dillon - New York Italian Ice
- Dick's Sporting Goods
- Chick-fil-A
- The All American Steakhouse
- Your Business Name HERE

Thank You

Other Information

- There is a LOT of information on our team website. Check it out!
- The team Facebook page (closed page) is a great way to connect with other swim parents.
- We need Stroke and Turn officials – free training is provided and it's the best seat in the house!
- Look around you – we're here to help!
- Interested in a seat on the board? Nominations Accepted for next year's season.

Thank you!

- Q&A