



Information & Guidelines

THE PINEWOOD PORPOISES SWIM TEAM

The Pinewood Porpoises Swim Team has been participating in summer swimming for well over 40 years. Our program is designed to improve swimming techniques, enhance abilities, promote good sportsmanship, make new friends and have fun. It is a program that involves the swimmers and their parents.

THE ST. TAMMANY SWIM LEAGUE

The Pinewood Porpoises compete in the St. Tammany Swim League (STSL). Other teams that compete in the STSL include the Cross Gates Gators, the Lakeside Gators, the Picayune Blue Tide, the St. Bernard Swim Club Blue Fins, and the Tanglewood Tarpons. We will participate in tri/quad meets with these teams as well as three championship meets; 1) the STSL “B” Championship Meet, 2) the STSL “A” Championship Meet, and 3) the STSL Christopher Condon Memorial Championship Meet called the “City Meet”.

ALL SWIM TEAM MEMBERS MUST BE ABLE TO SWIM!

All swim team members must be able to swim the length of the pool on their own. Practice times are not geared for individual swimming lessons and we do not teach non-swimmers to swim.

Individual swimming lessons are offered at Pinewood Plantation. Contact the Pinewood office or the Head Coach for further information.

EVERY PARENT'S PARTICIPATION IS REQUIRED AND ESSENTIAL

Parent participation is required. In order for a swimmer to participate on the Pinewood Swim Team, a parent or family member must volunteer at least 3 times during the course of the season. If this obligation is not met, then a swimmer may not be eligible to return the following season. Swim meets demand a good deal of participation by everyone involved. Meets consist of set up, running the meet, and tear down/clean up. There are a variety of jobs available. You are welcome to sign up for as many as you like. Please feel free to ask questions.

Timer: Uses a stop watch to time the swimmers as they swim and records that time on swimmer's deck card.

Runner: Picks up the completed deck cards from the timers at the end of a heat and delivers them to Scoring.

Deck Helper/Seater: Helps swimmers get to their correct lane and in the correct order according to their deck card.

Deck Marshal: Manages the pool deck during swim meets hosted at Pinewood. Controls access to the pool area and works closely with the Clerk of Course.

Clerk of Course Assistant: Announces swim events and calls swimmers to Clerk of Course, distributes deck cards to the swimmers indicating which event, heat and lane they are swimming in, and assists in consolidating heats when necessary.

Scoring/Awards: Sorts deck cards and Disqualification (DQ) slips, evaluates the finish for each heat determining the final order of finish, then labels and sorts the ribbons.

Championship Meet Assistance: Assembles raffle baskets and sells raffle tickets, maintains food in hospitality area for meet officials, refills ice and distributes water to meet volunteers, helps with parking and with set-up and tear-down for championship meets hosted at Pinewood Plantation.

PINEWOOD PORPOISES PRACTICE PROTOCOL

During swim practices, the pool deck area is closed to all except swimmers and coaches. Parents wishing to watch may do so from outside the fenced area (where the tables are located). Any questions on your swimmer's progress should be directed to the head coach outside of practice time.

SWIMMER & PARENT CONDUCT POLICY

The Pinewood Swim Team's mission is to provide a fun, family atmosphere that promotes good sportsmanship, while teaching stroke refinement, building endurance, and providing opportunities for fun and healthy competition. Swimmers are expected to listen to coaches during practices and swim meets, and to follow rules at all times. Swimmers should demonstrate respect, team spirit, good sportsmanship and courtesy to team members, coaches, competitors, meet officials, parents and volunteers at all times. Fighting or striking another athlete, is strictly prohibited.

Parents are expected to set an example for our swimmers by showing respect and common courtesy. Violence, abusive or foul language, and behavior deemed offensive or disrespectful of others, will not be permitted nor tolerated. Parents should use good judgement when posting comments and/or pictures on social media sites concerning anyone associated with the St. Tammany Swim League, including but not limited to swimmers, coaches, competitors, officials, parents, and volunteers.

TEAM UNIFY WEBSITE - www.pcc-porpoises.com

Once registration paperwork has been submitted and swimmer/family information has been entered into our Team Unify website by our membership coordinator, swim team families will receive an e-mail at the primary e-mail address indicated on the registration form requesting that the e-mail address be verified and that a user password be set up. All swim team families are required to take this step as Team Unify is used to sign swimmers up for swim meets and team events. A parent will need to "commit" their swimmer for each meet in order for that swimmer to be entered in that meet. If a swimmer is unable to participate in a meet, then the parent would need to "decline" the swimmer for that particular meet. Family members will also need to sign-up to volunteer for the meets using Team Unify. We also strongly urge parents to sign up for SMS alerts through Team Unify so that text messages can be sent when there are last minute notifications regarding practices and meets due to inclement weather.

TEAM UNIFY LOG IN INSTRUCTIONS:

Once Pinewood has registered you on the website, go to www.pcc-porpoises.com and then click on the "Sign In" tab on the left side of the page. Enter the e-mail address you used during registration and click on "Forgot Password". A password will be e-mailed to you, or it will prompt you to set up your password for sign-in. Once logged in, you will have access to the Events page, where you can sign your child in/out of swim meets and volunteer to help at swim meets. Once swim meets begin for the season, you will also have access to your child's times achieved during meets. If you are already a member, you can access swim times from past seasons.

TO GET TEAM TEXT MESSAGES:

Once signed in, click on "My Account" on the left column of the page and again on "My Account" in the drop-down choices. In the area that says "SMS", type in your cell phone number and cellular service carrier. A box will pop up to 'verify' your number. Click on this box and you will receive a text on your phone within a few minutes. Follow the instructions on your phone to verify the number. After doing this it should say 'verified' under the phone number in your "My Account" page. You may have to log out and log back in for this to take effect.

GENERAL INFORMATION REGARDING MEETS

Pinewood Porpoises Swim Meet Protocol

For swim meets hosted at Pinewood Plantation, the only individuals allowed on the pool deck are swimmers who are lined up for an upcoming heat in an event, coaches, meet officials and volunteers. Spectators must stay outside of the fenced area. The kiddie pool is closed during swim meets. Any questions concerning swimmer disqualifications (DQs) should be addressed with coaches, not the meet officials. Cleanliness is expected at every swim meet, please have respect for the hosting facility and clean up after yourself.

SWIMMERS TAKE NOTE!

It is required that every swimmer either be "signed in" or "signed out" for every swim meet through Team Unify. This needs to be done well in advance of each meet so that our coaches know who will be participating in each swim meet in order to prepare entries and put relay teams together. Each entry costs money, so a swimmer will not be entered in a meet if they have not been "signed in" for that meet through Team Unify! In the event of illness, it is the responsibility of the swimmer to contact the head coach as soon as possible. If for any reason your swimmer is forced to miss part of a meet, make sure you discuss this with the head coach as well. Remember that we are a team and every member is important! It is expected that swimmers participating in a meet stay at the meet even if individual events have been completed if that swimmer is part of a relay.

SWIMMERS MUST BE EVENT AND RELAY CONSCIOUS!

All of our swimmers will compete individually, and most will be assigned to one or more relay teams. Swimmers must remember their individual events and heats and be prepared to go to the Clerk of Course when called. If swimmers do not report to the blocks on time, they will miss swimming in the event.

DO NOT SIMPLY "DROP OFF" YOUR SWIMMERS AT A MEET!

Parents, if you cannot attend a meet, please find another responsible adult/parent, who will take charge of your swimmers.

HOW TO KNOW WHEN YOUR SWIMMER IS GOING TO SWIM

"Heat Sheets" will provide you with all of the information you need to determine when your swimmer will swim. A heat sheet will list the order of events, the heats within an event, the swimmer's name, and the lane number assignment for each swimmer. The cost of the heat sheets varies slightly depending on the type of swim meet but is usually \$2.00 -- \$5.00.

ALL THE REST

Refreshments are available for purchase at meets hosted at Pinewood Plantation, and at most other pools as well. You may choose to bring your own refreshments, however, please note that coolers, food and/or drinks purchased from outside Pinewood Plantation (or other pool facilities) are not allowed in the pool yard (inside the perimeter fence) or in the clubhouse. You may also want to bring blankets, shade umbrellas, folding chairs, and "quiet" games.

We are looking forward to a great summer of swimming!!