

# PENNYPACKER SWIM & DIVE TEAM HANDBOOK 2019



Welcome to the Pennypacker Swim & Dive Team! The purpose of this handbook is to provide you with information about our team and what can be expected during the season regarding team activities, practice groups, meets, volunteer opportunities and much more. This handbook is designed to answer some of the more frequently asked questions that parents have about our program.

## REGISTRATION

### **Returning Swimmers & Divers -**

Each year returning swim team members are required to register online, sign the online waiver form and pay the annual registration fee. There is an “early bird discount” if these items are completed and submitted by the early bird date listed on the team calendar each season.

### **New Swimmers & Divers –**

If your child is interested in joining our team, please complete the online registration form on our website prior to attending practice. New swimmers who are considered “water safe” and can swim at least 4 laps of freestyle on their own are welcome to join. They should attend the first team practice after Memorial Day. Swimmers who cannot swim 4 laps of freestyle are invited to join our “Peeps” practice group. Peeps practices begin in June. Additional new swimmer & new diver information is listed under the swim team/dive team tabs on the homepage of the team website.

Full team registration by the required date means that your swimmer/diver will be: included on the official team roster, be able to participate in league meets, and receive the end of season team gift. Timely completion of the team registration is necessary because the Suburban Swim League requires each team to submit a team roster by a certain date, (usually early June). Late registrations will not be accepted.

## TEAM UNIFORM

The swim team uniform consists of the team swimsuit and cap.

All swim & dive team members must purchase a team suit. Purchasing info will be provided at the start of each season, as the suits may change from year to year.

Each member of the swim team is also required to wear the PCC team cap to all meets. All team members will receive a cap in their family folder at the start of the season. If at any point during the season you need a replacement cap, they will be available for purchase.

## SPIRIT WEAR

A selection of PCC spirit wear and other accessories will be available for purchase at the beginning of the season. We open an online store in May. We encourage everyone to wear PCC spirit wear or something green to the meets to show our team spirit!

## TEAM INFORMATION RESOURCES:

Have a question? Send an email to: [pccliaison@gmail.com](mailto:pccliaison@gmail.com)

<b>Website:</b>	Our team website is: <a href="http://pccswimanddive.com">pccswimanddive.com</a> . This site is loaded with useful information on all aspects of our team. The website is the first place you should go for answers to your questions. This is also where you will sign up for all meets and events throughout the season. Once your swimmer is registered and the dues are paid, you will receive an email with login information, which will allow you to access information specific to your swimmer(s) and your family. Login information for returning families remains the same as the previous season. You may hear other members refer to the site when committing to events as “Team Unify”—that is the engine that runs our site. To clarify—Team Unify is no separate site.
<b>Email:</b>	All information for swimmers will be communicated via email. A weekly email with details for the upcoming week is generally sent out each Sunday evening throughout the season. All of the Sunday emails will also be accessible under the “NEWS” tab on the website for your continued reference.
<b>Family Folder:</b>	Each family has a folder located in the file boxes by the lifeguard station under the barn. Swim caps, swim meet awards, team picture forms, and other updates are distributed through these folders. Please check them at least once a week.
<b>App:</b>	TeamUnify has an App called On Deck Parent. This has all PCC meet results, times, A Champs qualifying times, and a conversion calculator. It’s an extremely helpful tool, so please download it from the app store, (it’s free). Use your TeamUnify login and password.
<b>Shutterfly Site:</b>	We have a team Shutterfly photo sharing site [ <a href="http://pccteam.shutterfly.com">pccteam.shutterfly.com</a> ]. Team members can see, upload, and order pictures on this site. Login and password info will be provided in team emails during the season.
<b>Bulletin Board:</b>	Located under the barn outside the lifeguard station. Please look here for team information when directed to by a coach or team email.
<b>Parent Meeting:</b>	This information session for parents and swimmers will take place at the beginning of the season during a team wide event. The date and time will be communicated via email.

## SWIM & DIVE TEAM BOARD MEMBERS & COMMITTEE CHAIR VOLUNTEERS

- Provides information and support to the coaching staff
- Coordinates all social and fundraising activities for the team
- Organizes and supplies officials, timers, and other volunteers as required by the League for all home and away meets
- They are invaluable in helping to make sure our season runs smoothly!

Parent volunteers are vital for our team--they help the season run smoothly and efficiently. The coaches train your swimmers & divers, but the parents run the meets and events for your child. We strongly encourage you to volunteer; it is a great way to get to know the swim team families from PCC and other teams.

Current Board Member and Committee Volunteer Chairs are listed on the website, with a description of each position, they take a minimal amount of your time. We can’t do it without your help!

## SWIM & DIVE TEAM ACTIVITIES

One of the reasons why swimmers enjoy being a part of Pennypacker's team is because of the many fun activities planned throughout the season. There is a team event planned almost every week! Listed below are descriptions of some of our annual team-building events. Check out the website calendar for dates and times!

Rooster Picnic:	Join everyone in the picnic grove immediately following the Rooster meet. Pack your own picnic and have fun socializing with the other families on the team. This is a fun way to officially kick off our season! Swimmers' lunches will be provided.
Team Pictures:	Individual/family and team pictures will be taken. Swimmers must wear their team suit. Order forms will be placed in your family folder. Please fill out ahead of time—we have many swimmers! Online pay is offered.
Charity Swim Event:	This is a wonderful opportunity for our swimmers & divers to raise money for a great cause and have fun while helping others.
Social:	There's no better way to then to organize fun events outside of practice to continue the fun and team bonding! Maybe a BBQ or meeting up at a waterpark! This can also be a team fundraiser as a side benefit! Dinner at Freddy's, a Rita's night, or bowling.
Senior Night:	We will honor our graduating seniors at our last home meet of the season. Following the meet, each senior will share some of their favorite PCC memories, then everyone can enjoy cake under the barn!
Spirit Breakfast:	The entire team will celebrate a terrific season by eating together and sharing in team building activities. Please watch for sign-ups for food donations.
Awards Dinner and Team Party:	Bring your family and join your teammates to celebrate the end of the season. Awards are given to the Most Improved and High Point swimmers in each age group and gender. Spirit Awards and the prestigious Kise Cup and Joanne Pennypacker awards are also given. Each team member will receive a special gift as a memento of our season. A DJ will provide music and the team has fun dancing with their teammates under the barn. Although there is no dress code, most attendees dress up for this special celebration: sundresses for the women and girls; collared shirts and shorts for the men and boys. The pool is not open for swimming for the party attendees.
Swim Sibs:	Each swimmer who would like a swim sib will be assigned one in the beginning of the season to cheer for/send encouraging notes to during meets.

## MEET JOB ASSIGNMENTS/SIGNUPS

A successful season depends on many people behind the scenes. **Each swim/dive team family is expected to work meets AND also to volunteer at the inter-squad and Championship meets.** To offer perspective—it takes 20 volunteers to run one meet. All job signups will be on our team website, under Meet & Event Tab. We understand life happens and there may be a time when you cannot complete the assignment you signed up for, so please find a replacement and notify either the Varsity or JV Coordinators, as well as make the correction on our team website. Below are descriptions for the different job assignments...jobs are on a first come, first serve basis for each meet.

**How do I sign up for a volunteer job?** Simply go to the Meet & Event Tab, (where you commit your swimmer to the meets), and click on the blue box that says “Job Signup” on the top right of the page, then follow the “how to signup event jobs” instructions on the page.

Timers:	Time each heat in a specific lane using stopwatches that are provided by the host team. This job is very important, but very easy and keeps you right next to the action. No prior experience necessary, and officials will provide training prior to the start of the meet.
Stroke & Turn Judge:	Act as judge in observing the swimmers and their proper compliance and execution of the strokes. Training is necessary and can be provided by other PCC parents. Suburban Swim League does not require official training. There is always a need for these volunteers!
Runners:	Assist the scoring table by obtaining results from the timers. No prior experience is necessary.
Scorers:	Input data into the computers during the meets using Meet Manager. Training on specific software is needed and will be provided by our Technical Coordinator.
Announcer:	Announces the events and swimmers' names prior to each heat entering the water, as well as announces other important meet updates. No prior experience is necessary.
Clerk of Course:	Makes sure the swimmers are lined up for their events. No prior experience is necessary.
Starter:	Operates the starter and conducts the meet. Some training is necessary and will be provided by another experienced PCC parent. There is always a need for these volunteers!
Place Judge:	Watches the finishes closely and records the placing of the swimmers. No experience necessary.
Team Photographer:	Captures candid photos of the team during meets and special events. Uploads the photos to our team Shutterfly site.

## SWIM TEAM INFORMATION

We are ONE team. However, per league guidelines, our team requires two categories – Varsity and Junior Varsity. Team designations are for meet purposes only. A Varsity and Junior Varsity roster will be announced after Time Trials.

- Swimmers ages 5-18 (must be five by June 1st).
- Afternoon practices usually begin the Tuesday after Memorial Day.
- Morning practices will begin after DASD is out of school, and will be Monday through Friday mornings.
- Swimmers must commit to attending practices and meets.
- Time Trials are mandatory for all swimmers ages 14 & younger.
- Team suits and caps are required.
- The age up date for swimmers is June 1<sup>st</sup>.

## PRACTICE DETAILS

### Practice groups:

- Specific practice groups are determined by the coaching staff and will be posted after Time Trials. Swimmers will practice in these groups when morning practices begin.

### After School Practices

- Practice usually begins the Tuesday after Memorial Day and is separated into groups (though they are subject to change, depending on the size of each age group).
  - 5:00-6:00 (10 and younger)
  - 6:00-7:00 (11 and older)
- Afternoon practices will consist of 30 minutes of swimming and 30 minutes of dryland. Swimmers will need to bring sneakers to these practices.

### Regular Season Practices

- Morning practices will begin after DASD last day of school. Please check the Swim & Dive calendar for the specific date.
- The age ranges are for guideline purposes only:
  - Roosters – Advanced competitive swimmers, age range is 12-18
  - Hens – Intermediate competitive swimmers, age range is 8-12
  - Younglings – Beginner competitive swimmers, age range is 6-12
  - Peeps – Developing swimmers, age range is 5-8
- **All groups practice Monday through Friday, except for Peeps**
  - 8:30-9:45 – Roosters
  - 9:45-10:45 – Hens
  - 10:45-11:30 – Younglings
  - 11:30-12:00 – Peeps (Monday, Wednesday, and Thursday)

## **PRACTICE ATTENDANCE**

Our season is only 8 weeks long, and our success - both individually and as a team - is dependent on swimmers regularly attending practice. You are highly encouraged not to miss practice or schedule a vacation during swim season, but the coaches realize that sometimes you do need to miss. Please keep in mind, the more you put into it, the more you get out of it (and the more fun you will have)!

If your child is missing one or two practices due to sickness or another commitment, there is no need to notify the coaches. However, if for some reason your child will be missing a more significant number of practices, please email the coaches and let them know. Please also make sure to notify the JV or Varsity Coordinator if you cannot volunteer.

Swimmers who are swimming for Pennypacker and also training with their winter club team or doing long course should attend at least one Pennypacker practice per week.

If Pennypacker is the only summer swim team that your child is training with, they are expected to attend at least three practices per week.

## **PRACTICE EXPECTATIONS**

The start time for practice is the time when swimmers are expected to get into the water. Therefore, please make sure you arrive at the pool with plenty of time for the swimmers to put on their caps and goggles (and sunscreen!) before their practice is scheduled to begin.

Swimmers can wear either a PCC cap or a cap with a fun design (not team specific) to practice. Swimmers should not wear another team's cap to practice. (For example, if your swimmer is also a member of a winter swim team, they should not be wearing the winter team's cap to a Pennypacker practice). Swimoutlet.com has great alternatives!

Swimmers should pack a water bottle with their name on it to keep at the end of their lane during practice. Even though they can't feel it because they are in the water, they are sweating from working hard and need to replenish their fluids!

The coaches have requested that all parents and families stay in the grass and off the concrete pool deck during practice in order to allow the coaches to work with the swimmers.

## **TIME TRIALS**

Time Trials are mandatory for all swim team members, ages 14 & younger. Coaches will be placing swimmers on either Varsity or JV based on the results of Time Trials. Open swimmers (ages 15-18) are automatically placed on the Varsity team, per league rules. Swimmers in the Peeps practice group are not required to attend Time Trials. All Peeps swimmers are automatically placed on the JV roster.

Parents are required to volunteer at the Time Trials session that their swimmer(s) attend and will be assigned a job by the coaches.

## **RECORDS**

Meet results are closely tracked for any new team or league records. Team records can only be set at league sanctioned meets. New records are announced weekly, and are updated at the end of the season on our team records board.

## MEET INFORMATION

Pennypacker Swim Meets fall under four different categories: Dual Meets, Inter-squad Meets, Mini Meets, and Championship Meets.

### DUAL MEETS

The Dual Meets are divided into Junior Varsity and Varsity Meets, and all members who are part of the official team roster should participate in these meets. Our JV and Varsity meet schedule can be found on our website in late spring, once it has been set by the league.

We are a part of the Suburban Swim League (SSL). The Suburban Swim League website is: [www.ssl-summer.com](http://www.ssl-summer.com). This site is a great resource for directions to league pools, meet schedules, meet results, individual standings in the league, and more.

Events at the Dual Meets are in age order, youngest to oldest, and girls followed by boys. Each heat allows up to 6 swimmers, 3 from each team in alternating lanes. The order of events at each meet is as follows:

- Medley Relay: Four swimmers make up a relay. Each swimmer swims a different stroke in the following order:  
backstroke, breaststroke, butterfly, freestyle
- Backstroke: Individual events
- Breaststroke: Individual events
- Freestyle: Individual events
- Butterfly: Individual event
- Freestyle Relay: Four swimmers make up a relay, and they all swim freestyle

One of the most common misconceptions about swimming is that it is an “individual” sport. While it is true that you are trying to improve your technique and your own personal times, at Pennypacker WE ARE A TEAM. Our team’s success is built from each individual’s success. Our swimmers have a lot of fun, make so many friendships, work together as a team, and learn to shoot for their own personal best no matter their pace.

**INTER-SQUAD MEETS:** These meets are within our Pennypacker team.

**Rooster Meet:** This meet is for all members of the team. It is one of the highlights of the season filled with lots of laughs and team spirit! Older swimmers will be Team Captains, and they divide swimmers into three teams: Green, White, and Rooster. There will be fun events such as the Ping-Pong, Corkscrew, Wheelbarrow, and T-shirt relays!

**Club Champs:** This meet is for all members of the team. Swimmers and coaches will work together to choose events for this meet. This is a fun way for the swimmers to race against each other in friendly competition, and try to improve their times. Club Champs also serves as a “last chance” opportunity for swimmers to achieve an A Champs qualifying time. Each swimmer may swim in 4 events at Club Champs.

## **MINI MEET:**

The mid-season Mini Meet takes place during the regular Peeps practice time. It is a way to introduce the Peeps group to the concept of a swim meet in an environment they are already comfortable with. It's an exciting opportunity for you to see their progress, for your child to gain confidence, and for us to see if they are ready to sign up for JV meets, if they haven't already. And since we will have worked with your child for a few weeks at this point, we will make sure we have instructors in the water swimming next to any child who we feel may need extra support to get down the pool. That allows every single swimmer to participate in the excitement of the Mini Meet, but in a safe and developmentally appropriate way.

## **CHAMPIONSHIP MEETS**

All swimmers who are on the official team roster, and who have participated in three SSL dual meets are eligible to swim in a League Championship meet at the end of the season. We hope to see every swimmer participate! Just like the dual meets, Championships are for team points, so every single swimmer is a valuable part our team's success!

**Blue Divisional Champs:** All swimmers who have participated in three SSL dual meets during the current season, and who have not achieved an "A" Champs qualifying time, are eligible to compete in the Blue Divisional Championship. Our league is split into three divisions for this end of season meet. Pennypacker hosts the Blue Divisional Champs. Swimmers will be seeded in heats based on their times. Ribbons are awarded in each event. Swimmers must have an official time in an event to enter that event in Divisionals. "NT" (no time) entries will not be accepted.

**A Champs:** In order to swim at A Champs, swimmers must have participated in three SSL dual meets during the current season, and also must have achieved A Champ qualifying times (these are posted on the website under the swim team tab). Swimmers must swim the stroke and event during the current season in order to swim it at Champs (this includes PCC Time Trials and Club Champs, as well as any SSL meets). A Champs consists of four different sessions spread out over the last week of the season: Distance Free Meet (Monday night), Individual Medley Meet (Wednesday night), and the Sprint Events & Relays (Saturday – morning and afternoon sessions are divided by age group). The top swimmers in the league will compete in this meet.

Swimmers may swim in up to three individual "sprint" events at Championships. A swimmer can swim at both Divisional Champs and A Champs if they have some events that qualify for A Champs and some that do not, but the total number of sprint events allowed for both of the meets cannot exceed three. If a swimmer has achieved an "A" time in an event, he or she is not eligible to swim that event in Divisional Champs.

If a swimmer achieves an "A" time in a Distance Free event or IM event, they can swim in one distance event and three sprint events, or two distance events and two sprint events. The total number of events swam in Champs may not exceed four (not including relays).

If a swimmer qualifies for more than the maximum number of events allowed at Champs, the coaches will make recommendations as to which events they should swim based on what will help our team score the most points.

Relays will be determined by the coaches.

All medals and ribbons for the championship meets will be placed in the family folders at some point after the team party.

**Elite Meet:** The top two swimmers in each event at A Champs are invited to attend the Elite Meet (the invite may be extended to other high placing swimmers, depending on the top two swimmers' availability). The Elite Meet is held the Tuesday night after A Champs. This is a competition between the top swimmers in each of the three local summer swim leagues: Suburban, IntraCounty and Delco.

## **MEET ATTENDANCE**

At Pennypacker, we have a long tradition of team spirit and sportsmanship. We expect that parents and swimmers will support this, recognizing that missing meets impacts the team. Meets have been won or lost by one point...every single swimmer is an important part of our team and contributes to our success. It is expected that JV and Varsity swimmers will be able to attend all of their meets.

You must go onto the team website to commit to each meet no later than the Friday prior to each meet. Many parents find that it is easiest to commit to all of the meets at one time, at the beginning of the season.

How do I commit my swimmer for a meet or event? Please follow the instructions:

- Log into our team website and click on the "Meets & Events" tab. You will see the different swim meets listed here.
- Click on the name of the meet, and select "Edit Commitment"
- Click on "commit" if your child is attending the meet, and "decline" if your child is unable to attend the meet.
- Click "Save" to complete committing your swimmer.
- If you fail to "Commit" or "Decline" your swimmer for a meet, the coaches will assume that your swimmer cannot attend the meet, and they will not be placed in the lineup. **NO EXCEPTIONS.** This is to ensure fairness to the entire team.

**The coaches refer to a list of "Committed Athletes" when they make the meet lineups. Life happens, if your swimmer has "committed" to a meet, and they get sick or an emergency happens at the last minute, and they need to "scratch" please email [pccswimcoach1@gmail.com](mailto:pccswimcoach1@gmail.com) with "scratch" in the subject line ASAP so that the lineups can be adjusted. A lot of time and effort goes into developing a meet lineup, and missing just one swimmer unexpectedly can greatly impact the team, especially with relays.**

## MEET EXPECTATIONS

- Please allow sufficient travel time to away meets – rush hour and traffic situations must be taken into consideration.
- Please plan to arrive and report to the team area at least 15 minutes before warm ups are scheduled to begin. Make sure you leave enough time to find parking and walk into the pool area.
- Swimmers should check in with the coach taking attendance as soon as they arrive.
- Meets will only be postponed if there is continuous thunder in the area. Never assume a meet is cancelled, as summer storms typically tend to pass quickly. In the event a meet is cancelled, you will be notified via email. Any meet changes will also be posted to the team website. Please check your email and the team website for any last minute changes before leaving for each meet. Text alerts may be sent as well.
  
- Team suits and team caps **MUST** be worn.
- Swimmers must sit with the team during a meet. It's fun and this is the best way to get to know your fellow swimmers! This also supports the coaches and parent volunteers (clerk of course) who are lining the swimmers up for their events. They should not have to hunt down missing swimmers when it is time for them to line up for their event. Coaches and Clerks of Course are not responsible for swimmers who miss their race due to not being in the team area! **Swimmers are not permitted to use cell phones and other electronics during meets.** We know phones are needed for pick ups, etc. but we want them engaged and cheering for their team! We highly encourage your swimmers to bring playing cards and small travel type games.
- Swimmers should not leave the designated team area without first notifying the Clerk of Course (usually a parent volunteer). Swimmers are not permitted to go in other pools, the snack bar, etc. during the meet. (We encourage you to pack snacks and a drink for your swimmer, so if they are hungry or thirsty during the meet, they can have something to eat and drink without having to leave the team area). If you have a younger swimmer who needs comfort or assistance, you are welcome to come and sit with them in the team area.
- Parents are asked to stay off the pool deck during meets in order to give the coaches, officials and other meet volunteers room to do their jobs.
- Swimmers are expected to stay until the end of the meet, even if their individual races are finished. This is important so that they are there to cheer on their teammates! Sometimes it is also possible that they may be needed in an additional race at the last minute to fill in for another swimmer.
- There is a long standing league practice that opposing teams shake hands at the end of every dual meet, and we expect all of our athletes to be present in demonstrating good sportsmanship. We also have Pennypacker's tradition to do a team cheer at the end of every meet (we have included the cheer at the end of the handbook for you to check out).

## PCC DIVE TEAM INFORMATION

Below, please find information about Pennypacker Dive Team, for both returning and new members.

### GENERAL INFORMATION

- Please see the calendar on the homepage for fun events and the meet schedule (this will be updated as dates become available)
- Team Suit TBD. We will let you know in an upcoming newsletter

The criteria/checklist used for new diver evaluations is the following:

- Swim across & back in the diving well
- Dive into the pool off the side and touch the bottom of the deep end
- Jump off the diving board facing forward
- Jump off or step off the diving board facing backward
- From standing position, bend over and dive in head first off the diving board
- Perform a Watermelon Dive (from a tuck, roll forward into the water)

**NEW DIVER EVALUATIONS:** Tuesday after Memorial Day

- 11 & over from 5-6:00pm
- 10 & under from 6-7:00pm

### PRACTICE TIMES:

**Afternoon Dive Practice:** Practice usually begins the Tuesday after Memorial Day.

- 5-6:00 pm ages 11 & older
- 6-7:00 pm ages 10 & under

**Morning Dive Practice:** Morning practices will begin after DASD last day of school. Please check the Swim & Dive calendar for the specific date. Practices are Monday thru Friday.

- 8:45-9:45 am            ages 10 & under
- 9:45-10:45 am        ages 13 & over
- 10:45-11:45 am      ages 11-12
- Some practices may change due to home JV swim meets which are in the morning. You will be given notice ahead of time and this will be listed on the team calendar on the homepage.

**Diving Team Club Champs:** This is an inter-squad Dive Meet.

**SSL Championships:** To be announced in a weekly email towards the end of the season. This met has dive requirements that the coach's will explain during the season.

**Elite meet:** To be announced in a weekly email towards the end of the season. This met has dive requirements that the coach's will explain during the season.

## QUESTIONS

We are here to help you with any questions you may have throughout the season. If you are unable to find an answer on our website, or in the Parent Handbook, please don't hesitate to contact us so that we can help!

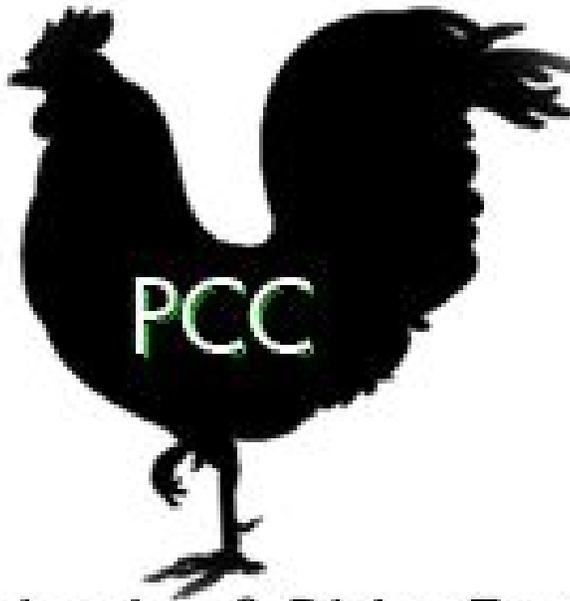
Please contact the team liaison email with questions pertaining to general team questions, registration, dues, team events, volunteering, or other administrative details: [pccliaison@gmail.com](mailto:pccliaison@gmail.com).

Questions about practices, schedules, meets or anything swimming related, please contact [pccswimcoach1@gmail.com](mailto:pccswimcoach1@gmail.com) for swimming and [pccdivecoach@gmail.com](mailto:pccdivecoach@gmail.com) for dive.

Questions about the website, please contact [webmaster@pennypackerswimming.com](mailto:webmaster@pennypackerswimming.com).

**Please remember, during practices and meets, the coaches need to give their full attention to the swimmers. If you need to speak with one of the coaches, please wait until after practice or the meet is finished, or email them to set up a time to talk.**

Pennypacker Country Club



Swimming & Diving Team

## WHAT IT MEANS TO BE A ROOSTER

Our 2015 Swim Team used these words to describe what being a Pennypacker Rooster means to them...

<b>R</b>	Respectful to our teammates and rivals; <b>Rocks</b> ; <b>Radical</b>
<b>O</b>	<b>Outstanding</b> ; <b>Outgoing</b> ; <b>Outrageous</b> ; <b>Oh-so-special</b>
<b>O</b>	<b>Optimistic</b> ; <b>Over-achieving</b> ; <b>AwesOme</b> ; <b>Out-of-this-world</b>
<b>S</b>	<b>Spirited</b> ; <b>Supportive</b> ; <b>Sensible</b> ; <b>Sweet</b> ; <b>Star</b> ; <b>Swag</b> ; <b>Swimmer</b> ; <b>Super duper speedy</b>
<b>T</b>	<b>Teamwork</b> ; <b>Trustworthy</b> ; <b>Terrific</b> ; <b>Team</b>
<b>E</b>	<b>Every day we try our hardest</b> ; <b>Enthusiastic</b> ; <b>Excellent</b> ; <b>Extraordinary</b> ; <b>Energetic</b>
<b>R</b>	<b>Reliable</b> ; <b>Responsible</b> ; <b>Records</b> ; <b>Rockin'</b> ; <b>Really really fast and fun!</b>

## TEAM CHEER

Hey, all you 'Packer fans, let me hear you clap your hands.

Now that you've got the beat, let me hear you stomp your feet.

Now that you've got the groove, let me hear your body move...awoo-ah-ah ah awoo-ah-ah

12345 we are 'Packer we're alive!

678910 pack it up and start again!

(Repeat til numbers)

12345 we are 'Packer we're alive!

678910 'Packer rules and that's the END!

**We look forward to a great season...GO ROOSTERS!**