

Piedmont Piranha Swim and Dive Team Handbook

We would like to welcome you to the Piedmont Piranha Swim and Dive Team 2023. If you are returning to the team, we are glad you are back. If you are new to the team, we can't wait to get to know you! The goal of our handbook is to include most if not all the information you need to participate on the team. It is a lot, but hopefully it is a useful tool for your family. Please feel free to contact us regarding any questions or concerns. We don't want you to feel overwhelmed. This is FUN!

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We would like to welcome back Dive Coaches Tommy Kibler and Virginia Evans and welcome back Head Swim Coach Jane Nurre!

Registration and Fees

The registration this year is on our Go Motion site
<https://www.gomotionapp.com/team/recrcslpra/page/home>

An account must be made then all swimmers and divers added. You are able to use your existing account and new members if needed. Please recover passwords rather than creating new accounts. You cannot register through the app. You can register from "team website" by choosing register for swim and dive tab or you can register from "my account→team registration (beta)". You will pay by credit or debit before your registration is complete.

If you do not have an account, please make one.

The cost is \$100 per swimmer and \$45 per diver to be paid at time of online registration. Swimmers must be 3.5 years old. We will have swim tests for 6 and unders and new swimmers to determine practice time. **Included:** All swimmers receive a team t-shirt. New swimmers to our team will also receive a new swim cap. We are asking those that have their caps from last year to please use them. (The cost of caps has doubled to over \$12 per cap so we are ordering limited numbers.) Additional shirts and other merchandise will be available to purchase.

Team Swimsuits

Our team suits are available to order from Zone Swimwear. It is a custom suit designed just for Piedmont. It is our goal to be able to maintain this suit for many years. A team suit is not a requirement, but it is a great way to show team spirit. The order will automatically come with the custom designed suit and a black practice suit. <https://zoneswimwear.com/collections/piedmont-piranhas> Password: GoPiranhas . The black suits ship pretty quickly but the team suit takes about 3-4 weeks from order to arrival so be

sure to order soon. Tips from last year: 1. The thin strapped suits run small. 2. We have a "fit kit" available for you to try on if you don't know where to start. There will be one organized fitting day on 5/6 from 10:30-11:45 at the clubhouse. Please email for other arrangements.

Communications

Our primary method of communication to swim team families is via email and text that is provided through GoMotion sign-up. Please verify that you are signed up for both!

Please communicate with coaches before and after practice. Please DO NOT interrupt the coaches during practice as this takes away from swimmers' instructional time. Coaches will be happy to interact with parents outside of official practice times. The swim reps are great liaisons to connect to coaches if needed.

Swim Practice Schedule

First Week Practice- Different than rest of season.

	Monday May 22nd	Tuesday May 23rd	Wednesday May 24th	Thursday May 25th	Friday May 26th
8:00-11:00				8-9 11 and older 9:00-10:00 9-10 10:00-11:00 7-8 age group 10:30-11:00 6 & unders	Time Trials during normal practice times (See Thursday 5/25)
3:30-4:30	6 and unders ONLY	7-8 year olds ONLY	6&unders and 7-8 age group		Additional Time Trials for those not able to attend morning
4:30-5:30	9 and over	9 and over	9 and over		

Morning practice schedule listed below will begin 5/30 and continue until City Meet (**exception: Previous to City Meet there will be a scheduled opportunity to swim at the Huntsville Aquatic Center, TBA)

	Monday	Tuesday	Wednesday	Thursday	Friday
8-9	11& up	11&up	11&up	Fun Day 9-1045	11&up
9-10	9-10	9-10	9-10		9-10
10-11	7-8	7-8	7-8		7-8
10-10:30	6&under group 1	6&under group 1	6&under group 1		6&under group 1
10:30-11	6&under group 2	6&under group 2	6&under group 2		6&under group 2

*During the practices 5/22-26, a swim test will be given to all 6 & under swimmers to determine group 1 vs. group 2. Group 1 will consist of swimmers capable of completing a full 25 yards across the pool unassisted. Group 2 will consist of emerging swimmers with the goal of making it a full 25 yards across the pool unassisted by our last swim meet. Group 2 swimmers will not be expected to swim in a meet until they are deemed ready by the coaches.

Dive Practice Schedule

Dive practice will start 5/22-23 3:30-4:30 9 and older, 4:30-5:30 8 and under, NO DIVE PRACTICE WEDNESDAY, Thursday 5/25 9-10 am: 8 and under and 10-11 am: 9 and up, regular schedule begins 5/26

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am		8 and under	8 and under	8 and under		8 and under	
10:00-11:00am		9 and up	9 and up	9 and up		9 and up	
6:00-7:00pm	all ages	all ages or Dive Meet	all ages		all ages	all ages	

Swim Team Stroke Clinic

Each Sunday night we will have an optional stroke clinic for those 7 & older. Times are 5:00-5:30 pm (7-8 year olds) and 5:30-6:00 pm (9&up). Each week we will focus on a certain stroke or aspect of swimming, including starts, turns and finishes. This is a unique opportunity for our swimmers to have a more technical instruction on specific aspects of the sport from someone who excels in this discipline. This will begin 5/28.

Regular Season Swim Meets

May 26	Time Trials*
May 31	Piedmont @ Greenwyche
June 7	Piedmont vs Jones Valley
June 14	Piedmont vs Monte Sano
June 21	Piedmont @ Blossomwood
June 28	Piedmont @ Lily Flagg

*Time trials are an opportunity for the coaches to get times for each swimmer in each event

It is of utmost importance to let us know via GoMotion no later than Sunday 5:00 pm prior to the meet if your swimmer will not be able to attend the meet that week! You will get a reminder.

Our season consists of five dual meets. We will caravan to each away meet if you are able. Meets are held on Wednesday night with warm-ups at 5:15 for home meets and 5:45 for away meets with the meet starting at 6:30 pm. Meets typically last until 8:30-9:30. Our team then goes to Little Rosie's to celebrate our swimmers following each meet. Each swim meet will have a theme determined by the coaches and sent out in the email of the week. All are encouraged to participate and dress up according to the theme.

Regular Season Dive Meets

The meets will take place on Monday nights in June. The pool is closed during dive meets.

June 12	Piedmont @ Lily Flagg
June 19	Piedmont vs. Greenwyche
June 26	Piedmont vs. Jones Valley

City Meet

City Meet is a fun filled weekend, July 6th-9th that includes all the teams in RCSL. July 6th-7th is the City Dive meet and July 8th and 9th is the City Swim meet. The dive meet takes place at Richard Showers Center. The swim meet takes place at Huntsville Aquatic Center with four sessions over the two days. Participation in 2 dual meets is required to qualify for City Meet. We are proud of our showing at last year's City Meet and hope to continue the tradition of having lots of team participation. If your swimmer fulfills this requirement and can make it the full 25 yards across the pool unassisted we encourage you to block off this weekend and participate to show the city what a great pool Piedmont is. It gives us a unique opportunity to see friends from all over the City and see how our team stacks up against the rest. The entry for this meet is due much sooner than a regular swim meet so we will need to know by **June 28th** if your swimmer is participating or not.

Job Sign-up Requirement

We depend completely on parents and guardians to run our meets. Each family is required to sign up for a minimum of 3 jobs throughout the regular swim season. A home meet requires 37 jobs worked and an away meet requires 18. Please do not hesitate to ask questions regarding the job opportunities. The final page of this handbook includes a description of each of the positions and what is required of them. We are always eager to have new parents train in skilled positions to provide continuity for the future. More information on these jobs will be available on the sign-up itself each week. Thank you in advance for helping us make meets happen for these kids!

If your child swims in City Meet, you will be required to sign up for a minimum of 1 job during the weekend for each family. When we learn our assignment area from the league we will send job opportunities to families that are swimming the meet.

Committee Leads

We are currently seeking people to take on vital roles within the team. This worked so well last year for the areas that were filled. These committees include: day after meet play days, city meet week events, ribbons, pictures, pasta potluck and banquet, concessions purchaser (reimbursement upon receipt with PRA board), and concessions manager (during the meet). Please let Sara or Elise know if you are interested or available for one of these roles.

Concessions

Swim meet concessions are a major source of revenue for swim team. We will host the concession stand at our home swim meets. Hamburgers, hot dogs, chips, drinks, and candy are available for sale. This

takes many volunteers to run successfully. We would love to train someone to help oversee concessions this year! If this is in your skill set, please email.

Banquet

Our end of the year banquet will be held Monday, July 10th at 5:30 pm. This is an opportunity for us to recognize each of our swimmers and divers and celebrate the season. Further information will be sent out the week before this celebration.

Job Sign-up Descriptions:

Place Judge: These judges determine the finish order for each race which they call out to the scribe. These are collected with time cards and turned into the scoring table.

Scribe: Documents what the place judge determines to be the finish order of each race.

Head Timer: Organizes the timers at the beginning of the meet and serves as back up timer to each of the lane timers.

Timers: Uses a stopwatch to time each race. Records this time on timecard corresponding to the swimmer. Best seat in the house.

Runner: Collects from event card both scribes and time cards each timer after each heat and takes them to the score table. Requires a decent amount of walking back and forth along the lanes to the score table.

Scorer: Marks the official time for each swimmer, records the order of finishes and verifies the computer results.

Computer: Someone trained to input the official results of the meet.

Bullpen: A village of people who corral kids and make sure they make it to their appropriate races. Specifically used for swimmers 10 and under.

Concessions: Cooks and sells our amazing hamburgers and hot dogs.

Referee/Starter/Stroke and Turn Judge: These are the trained officials who run the meet. It takes one referee, one starter and four stroke and turn judges to run a meet. Specific training is offered before the swim meet season starts. We are always looking for more people to train, please let us know if you are interested.

Bullpen Reminders and Tips!

(for families with kiddos 10 and under from a fellow mom in the trenches)

ALL kids 10 and below need to remain in the bullpen from after warm-ups until their last race!!

* Write the child's **last name, first name, and age** on the back of their right shoulder in Sharpie. Last, First (this is how it is on the heat sheet so that helps us!)

* Write the events, heats, lanes, and strokes on their arm in Sharpie if they fit (their leg if not). A fine-tipped Sharpie is easier for this. Most things are heat 1... just the freestyle gets to be multiple heats! See attachment for an example.



* When you look at the picture of the heat sheet (attached), the EVENT is in PINK, the HEAT is in ORANGE, and the LANE is in YELLOW. You can see one of the other pictures of the child's arm. "E" is for "Event," "H" is for "Heat," and "L" is for "Lane" ... and then I wrote the stroke the child is swimming next to each lane. Check the second line on her arm for the E, H, L for that picture - 71, 1, 6, and Back (for backstroke;)

6	Turnbull, Thomas A	9 PRA-RC	1:21.05
#71 Girls 11-12 50 Yard Backstroke			
Lane	Name	Age Team	Seed Time
Heat 1 of 1 Finals			
1	Lerma, Elizabeth	12 WHBG	NT
2	Nichols, Zoie	12 WHBG	1:05.00
3	Morris, Clara	11 WHBG	43.95
4	Earls, Reagan	12 PRA-RC	38.33
5	Turnbull, Kate J	12 PRA-RC	57.59
6	Wessel, Molly	12 PRA-RC	1:08.40
#72 Boys 11-12 50 Yard Backstroke			
Lane	Name	Age Team	Seed Time
Heat 1 of 1 Finals			
1	Summers, Eli E	11 WHBG	NT

* When you arrive, lay a towel down for your child in their age group's area. Make sure they know where their cap and goggles are :)

* We like to eat a light dinner right before we arrive and then take a few snacks to eat during the meet. Or you could find a spot where your child isn't swimming and snag items from the fabulous concessions!

* Make sure your little one has: water, sunscreen, goggles, snacks, games if desired, towels (I usually do 1-2 extra towels than the number of events the child is swimming - one to sit on and one for after warm-ups).

* If your 6&under child can't swim alone, stay nearby. They will warm up for less time so the coaches can help with all of them. Be sure to have them practice diving in (if an away meet - sometimes diving into a new pool is hard - it may be deeper, shallower, have sharks painted on the bottom, etc;).

* **Remind your child to return to the bullpen** after warm-ups and after each swim. We have to line up fairly quickly for some of these events - some of the kids will line up for the next event right after they swim! Some of those experienced 9-10s want to go straight to their lanes... but it helps if they can come to the bull pen and line up with the others.

*After warm up, we do a team **cheer**. If at home this is during the other team's warm up and we walk to 3305 Monarch and the team walks together across the street while cheering back to the pool and around to deep end where the coaches lead the final cheer! This is fun, and your child needs shoes! Feel to walk along with them if you desire. At away meets, cheering is much shorter because we have the last warm up. It is usually held in our bullpen area.

* The order of the meet is: Medley Relay (each child in the relay swims a different stroke), Freestyle, Breaststroke, Mixed Free Relay (boys and girls), Backstroke, Butterfly, Freestyle Relay. (6&unders ONLY do the Freestyle - no relays and no other strokes).

* The order the children swim for the Medley Relay is: Backstroke, Breaststroke, Butterfly, Freestyle. See the attachment to see how those look on the heat sheet. For the 8&unders who swim one lap each, the Back and Fly kids go to the end where the timers are seated and the Breast and Free kids go to the other end of the pool. The 9-10s swim 2 laps each - so all four swimmers go to the end where the timers are.

Earls, Reese 10	Hayles, Harper 9
Handley, Molly 10	Fleming, Merrill E 10
5 PRA-RC	B XNT
Sieja, Edith 10	Neely, Maria J 10
Smith, Lily 10	Carver, Ella G 10
6 PRA-RC	C XNT
Taubuki, Millie T 9	Wessel, Kate K 10
Wessel, Caroline 10	Francis, Lucy 10
butterfly	freestyle

