

# High Point/ Deerfield Woods Sharks Swim Team 2018 Season

## Eligibility

The SSL is a summer recreational swim league. Swimmers must meet minimum criteria to participate. A swimmer must be between 4 and 18 years of old as of June 1, 2018. Younger children should be able to swim the length of the pool in addition to being able to follow directions. Some children may need to touch the lane line to swim across the pool. These swimmers may join the team and attend practice however coaches will make the final determination of a child's ability to swim the length of the pool safely and his/her readiness to swim in meets. We encourage our coaches to get into the pool with the younger swimmers during practice however they cannot do so during meets.

## Fees

**The registration fee per swimmer is \$110.** The estimated cost per swimmer is \$125, but due to fundraisers and the support of our homeowners associations, we have been able to reduce that cost. The price is reduced by \$ 10 for each additional sibling.

## Registration Meeting

The registration meeting will be held at the High Point Clubhouse on Thursday April 26, 2018 from 6:00 to 8:00pm. New families are encouraged to attend however it is not required.

## Swim Suits/Caps

Swimmers are encouraged to have the team suit but it is not required. Team suits can be tried on and ordered through the Spirit Shop at the Strongsville Rec Center. New swimmers will be issued a Sharks swim cap. Replacements are \$1. If swimmers are not wearing the team suit they are required to wear the cap.

## Swim Meets

The SSL swim meets are held on Tuesday and Thursday nights during June and July. The final meet, the Strongsville Swim League (SSL) championship meet will be held on **Saturday, July 21, 2018**. Our team swim banquet will be held on **Sunday July 22, 2018** at 5:30pm.

## Registration

In order to be registered we must have a Consent and Release form and payment. New families are also required to submit a Contact Information Form.

## Spirit Wear

We offer a selection of team gear. All Spirit Wear orders are due June 1 so that we can try to have the items for our first swim meet. The team has yard signs and backpacks that will be available for sale the first week of practice.

### **Practice Schedule**

We will practice during the evening hours from the day after Memorial Day through the last day of school at either 5pm or 6pm, whichever is more convenient for you. **New families that can make it are asked to come to the first practice on May 29 at 4:30 for swimmer familiarization.** After school is out we will begin our morning practice schedule as indicated. Generally swimmers aged 7-10 will swim 9:15 to 10:15. Swimmers 11 and older will swim from 10:15 to 11:15. Swimmers age 6 and under will swim 11:15 to 11:45. Coaches may request to move swimmers to another practice based on ability. For example due to the large number of 6 and unders and our desire to give them the coaching ratios we prefer we have moved the 7/8 swimmers up to the 9/10 practice. If however the coaches feel a new swimmer at age 7 may be better suited for the shorter practice they may recommend moving them. Please keep in mind that the coaches will put your child in a practice where they will get the most benefit. Also as we transition to morning practice schedule we will continue to offer evening practice some nights. Unlike morning practices where we have the pool to ourselves, these are held when the pool is open. We are limited in lanes and coaches so we recommend this practice as alternative with the understanding that if your child can make the morning practice they will benefit far more.

### **Starting Blocks**

Swimmers are encouraged to get familiar with using the blocks but they are not required if they are uncomfortable doing so. Starting blocks can only be used during practices and meets. They will be off limits any time the pool is open to all residents.

### **What is a Swamily -----it's a Swim Family**

New families will be assigned to a "swamily" consisting of a coach or mentor and another swimmer in their age bracket. The swamily is meant to provide support and be a resource to the new family to make their transition onto our team as easy as possible.

### **Fundraising**

**Concessions** - Our largest fundraiser is concessions at our home meets. We are asking each family to contribute a concessions item for the season. This is a one-time donation. We will post this list once we have determined what our need is. In addition you are asked to donate baked goods or side salads for one home meet. We will use Sign Up Genius for this.

**Movie Nights** – At High Point Movie Nights we operate a snack bar. Donations are always welcome for cookies or candy we can sell. We also welcome volunteers to help work the snack bar.

**Swim A Thon**- Each July 4<sup>th</sup> we hold a swim a thon and party before the pool opens. We divide the proceeds between the team and a charity of the swimmers choice.

**High Point HOA** – The High Point Homeowners association has been generous in allowing us the opportunity to hold events which they reimburse us for our products and time. This year we will provide the hot dogs and pop at the opening day of the pool. We will also provide the ice cream after the 4<sup>th</sup> of July Parade.

### **Parent Responsibilities**

**Parent involvement is the only way this league can exist. It is required that each family to do its part and volunteer for a job.** As we approach the season, we will send a link for you to sign up for jobs for all meets. Please consider doing something other than timing or awards. We need all positions filled. We are happy to walk you through a new position until you are comfortable. Job assignments generally come from the following committees: Concessions, Scoring, Timing and Clerk of Course. If a family does not sign up for jobs, you will be assigned them. **Again you will be required to volunteer for a job.**

### **Swimmer Responsibilities**

Swimmers are responsible for following these rules at practices and swim meets:

1. Attend all scheduled practices.
2. Be on time to be eligible to swim in a meet.
3. Respect the instructions and decisions of the coaches, and be respectful and cooperative at all times.
4. Inform coaches if you will not be able to attend a practice or meet.
5. Disruptive behavior will be subject to discipline, and parents will be consulted if problems are persistent.

**The Coaching Staff and Volunteer information will be updated for 2018 in the coming months.**

### **2017 Coaching Staff**

We would like to welcome our coaching staff for 2017

**Head Coach Julia Grady**

**Sr. Coach – Serena Stout**

**Assistant Coaches- Shaelyn Gadd, Mikayla Mingus & Lexi Smith**

**Junior Coaches – Kyle Franz & Jordyn Homoki**

### **2017 Parent Board Volunteers**

**Co Presidents - Janie DeVito & Jeff Gadd**

**Treasurer - Staci Franz**

**Scorers - Scott & Emily McComas**

**Concessions Chair – Joy Larson**

**Clerk of Course Chairs - Kate Mingus & Keri Snow**

**Looking forward to another great season. Go Sharks !**