

SWIM MEET/EVENT SCHEDULE

Tuesday, May 28th	Morning practices begin 10AM for ages 9 and up 11AM for ages 8 and under
Tuesday, May 28th	Parent/Coach Meeting @ 11AM -

SWIM MEETS:

- Thursday, June 13th – HOME - Winston Manor Swim Team – 6:30PM, start time. Chadds Ford swimmers arrive at 5:15PM for warm-ups.
- Tuesday, June 18st – AWAY – Barrington Swim Club, 680 N Aurora Rd, Aurora, OH – 6:30PM, start time. Chadds Ford swimmers arrive at 5:45PM for warm-ups.
- Tuesday, July 2nd – AWAY – Club Walden, 585 Country Club Ln, Aurora, OH – 6:30PM, start time. Chadds Ford swimmers arrive at 5:45PM for warm-ups.
- Tuesday, July 9th – AWAY - Winston Manor, 54 Ambrose Drive, Hudson, OH – 6:30PM, start time. Chadds Ford swimmers arrive at 5:45PM for warm-ups.
- Friday, July 12th – 11AM – Team End of Season Pool Party

Practices:

Regular morning practices will begin Tuesday, May 28th

- 10AM to 11AM for the 9 and over age group
- 11AM to 12PM for the 8 and under age group

Practices are Monday through Friday. They are not mandatory; however, it is highly encouraged that our Sharks attend as many practices as possible. After the coaches have had a few days to evaluate our swimmers, they may request that some of the swimmers change their practice groups based on ability.

Registration:

Cost is **\$150.00 per swimmer**. This fee includes team t-shirt, one swim cap, and all swim team events.

Please fill out the registration form included and return with payment to: Josee Adamson, 1756 Forest Oaks Drive by **Friday, May 17th**. There will be a plastic container available on the front porch. ****Anyone registering after May 17 will not receive a team T-Shirt. ****

Please make checks payable to Chadds Ford Swim Team.

Coaches:

Our returning Head Coach is Cameron Peachock, a senior at Slippery Rock University. He currently swims on the Slippery Rock Swim Club. Cameron graduated from Firestone High School where he swam for 4 years and served as Captain his senior year. He has been with us for a few years and the kids always learn a lot and have a great time!

Our assistant coach this year is Paige McCormick, a junior at Hudson High School. She swims for HEAT and holds many records throughout her swimming career. She was recently in the Hudson Hub Times for being the first individual swimmer for Hudson to win a state event, and has already given her verbal commitment to the University of Louisville. We are excited to welcome Paige to our coaching staff!

Our coaches assist with improving techniques, building endurance, encouraging active participation, and just having fun! Both coaches are available for private swim lessons. Please contact them directly for cost and availability.

Communication

We will use email to communicate with all parents and swimmers. Legibly fill in all email addresses on the registration form you would like us to use. As this is our main form of communication, please check your email multiple times a day for any updates on practice or meet cancellations due to inclement weather.

If the outside temperature is 65 degrees or below, the pool will be closed and practice will be cancelled. The pool and pool deck will also be closed for 30 minutes after thunder or lightening.

Swimsuits:

We do not require a team suit. However, we would like our *Sharks* to have a unified look at the meets. Each swimmer should wear either a blue or black swim suit at the meets. One team cap will be provided to each swimmer. If a swimmer loses his/her cap, additional caps may be purchased for \$5 each.

Swim Meet Sign-Up - Swimmers

Swimmer sign-ups for meets are electronic via Sign up Genius and MUST be done in advance for each meet. You will receive an invitation to sign up and will need to complete the registration if you do not already have an account. www.SignUpGenius.com

Swimmers are required to sign up prior to every meet that they will attend. If a swimmer does not sign up for a meet electronically by the posted deadline, he/she will not be able to swim in that meet.

Swim Meet Sign-Up - Volunteers

Volunteer sign-ups for meets are electronic via Sign up Genius and MUST be done in advance for each meet. You will receive an invitation to sign up and will need to complete the registration if you do not already have an account. www.SignUpGenius.com.

Volunteer participation by the swimmers family is essential for a swim team and meets to run smoothly, home or away. The coaches and parent representatives cannot run the meets without the help of ALL FAMILIES on the swim team.

During the Swim Meet

- Parents, please be available to assist your swimmer prior to the start of a meet to make sure they have gotten their event schedule. Please bring a Sharpie pen to each meet so that your swimmer can write the events on their hands or a piece of paper.
- The Shark Bullpen Volunteers help the 10 and younger swimmers line up for each event. It is the responsibility of the SWIMMER and PARENT to report to the Bullpen when their event number is displayed on the Shark sign. It is NOT the Bullpen Volunteers job to find the swimmers on the playground or pool deck. Once the swimmer is at the Bullpen, they will be lined up and walked to the blocks by the Bullpen Volunteers. If the swimmer is not at the bullpen when time to line up, he or she could miss their swimming event.

Swim Team Rules, Requirements and Notes of Interest:

- **Swimmers may be at the pool for practice times only.** Swimmers are **ONLY** allowed on the pool deck during their normal practice time. Swimmers who stay after their practice time before the pool is open for the day will be sent home. They may play in the playground area, however, the pool staff does not monitor this area. Parents are encouraged to stay at the pool during practices.
- Snack bar and baby pool are NOT open during practice times.
- Swimmers who bike or walk to the pool should NOT be cutting through yards to get to our pool, but should go all the way to Mannheim and Bergen Court. Please respect our neighbors privacy and their property.
- For everyone's safety, playground rocks should not be thrown. Please remind your swimmers. This seems to be more of an issue when we have home swim meets and the away team is not aware of our rules.

Good Sportsmanship Code of Conduct

All swimmers should conduct themselves properly and portray good sportsmanship at all practices and meets. Parents should supervise their children to make sure they are acting appropriately. Attached is a copy of our Good Sportsmanship Code of Conduct. Please review this with your swimmer.

Questions?:

Please call or email your Chadds Ford Parent Representatives or Coaches:

Parent Head Representative:

Leslie Banweg

Cell: 847-513-3543

lbanweg@hotmail.com

Head Coach:

Cameron Peachock

Cell: 330-283-7715

cpeachockio@gmail.com

Assistant Coach:

Paige McCormick

Cell: 234-380-3141

paige.mccormick409@gmail.com

CHADDS FORD SHARKS SWIM TEAM

GOOD SPORTSMANSHIP

Webster's dictionary defines sportsmanship as the ability to play fair and lose without complaint or win without gloating. A good sport also treats his opponents with respect, fairness and courtesy. Our summer swim league is about having fun and demonstrating good sportsmanship. We hope that these tips for being a good sport will encourage parents, swimmers and coaches to demonstrate good sportsmanship at practice and at swim meets.

TIPS FOR BEING A GOOD SPORT

1. Respect not only your teammates, but also your opponents. Treat opponents as guests, greet them cordially upon their arrival at our pool and be courteous.
2. Respect and show graciousness to the coaches and officials. Accept and abide by their decisions.
3. Offer encouragement to teammates, especially when they make mistakes.
4. Accept the outcome of a swim meet without complaints and excuses. Lose without pouting. Give your opponent credit for winning. Congratulate, compliment and thank your opponent.
5. Be quietly proud of your successes, letting your victories speak for themselves. Win without gloating. Don't brag about your abilities or talk about how great you are. Compliment and thank your opponent who helped you swim your best.
6. Recognize and appreciate skill in a swimmer's performance, regardless of whose team they are on. Applaud for an opponent's good performance.
7. Treat opponents as guests and fellow swimmers, not as the enemy. Shake hands with the opponents, wish them luck and cheer for the opponents before, during and after the meet.

COACHES AND PARENTS

It is our responsibility to influence the attitudes and behavior of the swimmers. We can teach and model good sportsmanship through word and deed.

When you see your child being a bad sport, have a discussion about good sportsmanship. Be positive and supportive to swimmers and coaches.

Ask swimmers "How did you swim? Did you improve your time? What did you do well? What could you have done better?" Don't just ask, "Did you win? What place did you get?"

**We are all looking forward to a fun summer swim season.
Thanks for your support!**

CHADDS FORD SWIM TEAM FAQ's

How well does my child need to swim to be part of the team?

Your child does not need to be an Olympic swimmer or even be able to make it all of the way across the pool. Stroke technique and swimming strength will develop through practices.

How long is the summer season?

Swim Team practices are expected to start Tuesday, May 28th and end Friday, July 12th. The swim team party will be on the last day of practice on Friday, July 12th.

What is the practice schedule like?

Practices are held every weekday, Monday – Friday, during the season. Swimmers “9 and over” practice from 10AM -11AM and Swimmers “8 and under” practice from 11AM – 12PM. We will not practice if the outside temperature is 65 degrees or below.

What kind of swim league is the team part of?

We have friendly dual swim meets against other local neighborhoods and swim clubs with events (races) broken down by gender and age. We focus on becoming better swimmers while having summer fun with their friends.

How are the age groups broken down for the events at a meet?

Boys: 6 and under; 8 and under; 9-10; 11-12; 13-14; 15-18

Girls: 6 and under; 8 and under; 9-10; 11-12; 13-14; 15-18

Do we have to buy an expensive special team suit?

Chadds Ford Shark swimmers are required to wear a black and/or blue swim suit. We do not require purchase of a special team suit. We do provide a team T-Shirt that is included in the registration fee and spirit wear is available for purchase at the time of registration.

Does my child have to swim in the home and/or away meets?

No, they do not have to swim in the meets, but they will want to because they are FUN! We encourage your swimmer to swim in as many meets as your family's schedule allows.

What if we are going on vacation, my child is attending a camp or plays sports and will need to miss a few practices or meets?

The nice thing about summer swim team is that it is OK and common to miss practices and meets. We ask that you attend as many practices as you can and you only sign up for meets that you will be able to attend.

Chadds Ford Sharks Swim Team Registration Form– Non Resident Summer 2019

Family Name: _____

Chadds Ford Sponsor Family: _____

Address: _____

Home Phone: _____ Email: _____

Parents' Information:

Father's Name _____ Work/Cell Phone _____

Mother's Name _____ Work /Cell Phone _____

Emergency Contact _____ Relationship _____

Emergency Contact Phone _____

(Note: This should be a local person in case of emergency)

Swimmer: _____ Age: _____ DOB: _____

Swimmer: _____ Age: _____ DOB: _____

Swimmer: _____ Age: _____ DOB: _____

Swimmer: _____ Age: _____ DOB: _____

Please list any medical conditions such as bee or food allergies, asthma, etc. that coaches and staff should be aware of for each swimmer in your family:

Please indicate T-shirt size for each swimmer.

Additional shirts may be purchased for family members for \$10 each.

Please provide your name and size. Include payment for additional shirts in your registration fee and checks should be made payable to "Chadds Ford Swim Team".

Name

_____	Youth: S___ M___ L___	Adult: S___ M___ L___ XL___
_____	Youth: S___ M___ L___	Adult: S___ M___ L___ XL___
_____	Youth: S___ M___ L___	Adult: S___ M___ L___ XL___
_____	Youth: S___ M___ L___	Adult: S___ M___ L___ XL___