



Circle C Seals Swim Team Informational Presentation

Jeff Grosso and Colleen Cox

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AGENDA

- Welcome / Ensure Everyone Signed In
- Who/What is the Seals Swim Team
- Our Goals
- Who/How the Team is Organized/Run
- How the Swim Season Works
- How Practices Work
- How Swim Meets Work
- Volunteer Requirements
- Safety / Allergies / Weather
- Swim Team Fees
- Key Dates
- Challenges in growing the team
- The Lottery Process
- How Tryout Works
- Alternatives to Seals
- Additional Q&A

CC Seals Swim Team



- Summer Recreational Swim Tm
- Non-Profit Organization
- Serving Circle C Community
 - Only open to CC Residents
- Team is part of the Capital City Summer League
- 265 Swimmers
- Volunteer Led
- Paid Coaching Staff



Circle C Seals Swim Team
2017



Our Goals:

Fall in love with swimming, HAVE FUN, Race fast, Improve technique, Make best friends, & Be a good sport.

- Recognize Performance
 - Swimmer of the Week
 - Personal Best Ribbons
 - Heat Ribbons (1st, 2nd, 3rd place)
 - Meet Participant Ribbons
 - Volunteer of the Week Recognition
- Make it Fun
 - Fun Thursday/Fridays – Funny Relays
 - Parent Relay during Swim Meets
 - Both 'Competitive' and Seriously Entertaining And Laughable (S.E.A.L) Relays
 - Age Group Tent Fun – games, etc

Circle C Seals – Organization Overview (1 of 2)



Board

- Head Parent / President – Jeff Grosso
- Treasurer – James Dauterive
- Technical Lead – Matt Regan
- Secretary – Heather Corbett
- Meet Dir/League Rep – Dana Chang
- Member at Large – Katie Dinwiddie

Committee and Functional Lead Volunteers

- Announcer/DJ
- Head Age Group Parent
- Head Clean Up
- Head Computer Operator
- Head Ready Bench
- Head Ribbons and Medals
- Head Runner
- Head Set-Up
- Head Stroke and Turn Judge
- Head Timer
- Hospitality/Events Committee
- League Representative
- Merchandise and Award Distribution
- Merchandise Coordinator
- Merchandise Design
- Meet Director
- Relay Assistant/Coordinator
- Scholarship Coordinator
- Sponsorships
- Starter
- Team Equipment Manager
- Volunteer Coordinator
- Website and Registration Coordinator

Circle C Seals – Organization Overview (2 of 2)



- Coaching
 - Head Coach – Colleen Lanne Cox
 - Swam at Collegiate, National, and Olympic Level
 - Traveling Swim Clinic Coach during professional career
 - Coach/Guest Speaker at Longhorn Swim Camp to 10+ Years
 - 5 Year Seal - 4th as Head Coach
 - Coaching Philosophy for Seals – In Order:
 - Learn the fundamentals of the 4 strokes, demonstrate good technique, sportsmanship, have fun, and swim fast
 - Assistant Coaches
 - 7 Asst Coaches in CY17 – normally filled by College and High School Students
 - Junior Volunteer Coaches
 - Coaches in Training assisting other coaches.

2018 Swim Season - Overview



- Quick Starts – April 16-26
- Practice Begins May 1
- Swim Meets are typically Mid May – Late June on Saturday mornings
- Swim League Championship Meet (ie 'Champs') is June 30th
 - Texas A&M in College Station
- End of Season Awards/Party – July 1st



How Practice Works

- Quick Starts – April 16-26
 - A OPTIONAL 2-week, 2 session per week, intensive swim program that kick starts kids into their summer season.
 - Swimmers are organized by age & swim level and additionally separated into two groups, either Returning Seals or New Seals.
 - A fantastic opportunity to get to know the coaches, and brush up on or learn essential skills for the season.
 - It is a small group environment with a swimmer/coach ratio of 5:1. New Seals highly encouraged to attend.
 - \$50 fee/swimmer. 30 min long sessions.
- Normal Practice Begins May 1
 - Mon-Thur while AISD in session, then Tue-Fri thereafter
 - 1 day/week mandatory attendance – any day.
 - Must practice 1 day during week to swim at meet that weekend
 - Swimmers are assigned to sessions by skill (age is a guideline) that occur at a specific time each day.
 - Sessions are 35-55 min long dependent on assigned session – assigned session will not change during season.
 - Thur/Friday Fun Days – Some fun relays and games included to help blow off some steam at the end of the week
- Equipment
 - Required equipment includes a team swimsuit, swimcap, goggles, fins, and a kickboard. Practice Suits are permitted for practice.



Example Practice Schedule

Session 1 (7-10 yo)	3:45 - 4:30 PM
Session 2 (7-8 yo)	4:35 - 5:10 PM
Session 3 (5-7 yo)	5:10 - 5:45 PM
Session 4 (10-12 yo)	5:45 - 6:35 PM
Session 5 (12+)	6:35 - 7:30 PM

- Many factors are considered in determining session times and assignments including:
 - Other uses of pool lane space
 - Times that our coaches and volunteers (that are in high school) are able to be in attendance to help the youngest kids
 - Size of the different age groups.
- Session times aren't always the most convenient, but unavoidable - particularly with your kids one or more sessions apart.
- It's important for safety to keep kids of like ability and age together and we hope you can adjust as necessary to make sure your child can attend their scheduled practice time
- During practices you are more than welcome to stay at the Swim Center. If you drop off you must ensure an adult is available to pick up your child when practice is over.



How Swim Meets Work?

- Mid May – End of June – 2 months long
- Minimum Meets: All swimmers are expected to swim in at least two meets.
- Saturdays – Typically 6:45am start, 1-2 pm finish
- Swimmers sign up for events they want to swim (up to 3) and are considered ‘legal’ – ie demonstrated skill.
 - Backstroke, Free, Breast, and Butterfly are the 4 basic strokes. Individual strokes and Medleys are available.
 - Relays are optional and assigned by Coaches
- The night before a meet Heat Sheets are published outlining what event/heat/lane each swimmer is assigned.
 - Swimmers are ‘marked’ with a sharpie pen as per a guideline to help keep track of young swimmers’ meet requirements.
- Swimmers ‘hang out’ in Age Group Tents in between events. “Age Group Parents” get them ready for events.
- Swimmers move through several stations as they prepare to swim – lining up, ready benches, ready chairs, etc.
- Swimmers are free to leave tent/meet upon getting checked out by parent when they have completed last event.



Volunteer Requirements

- The team and Swim Meets are 100% volunteer run.
- Ea family is required to earn volunteer pts (40 pt min in '17) during the season – regardless of # of swimmers/meets attended.
- Points can be earned by signing up for 'jobs' at Swim Meets and Champs – points awarded vary based on time/difficulty
 - Meet Set-up
 - Age Group Tent Parents
 - Awards
 - Event / Heat Board Turner
 - Stroke and Turn Judge
 - Ready Bench
 - Floater
 - Gate Keeper / Marshall
 - Runners
 - Timers
 - Meet Clean-up
- Volunteer pt reqts & sign-ups will launch in April. Web-based sign-ups. First come first nabbed. Plenty of jobs available.
- Swim Meet 101 session to be held for new families after tryouts are complete/before sign ups open – opp to learn more.
- Unfortunately families not meeting min required points will lose team tenure the following year – they may re-enter lottery if desired.

Safety/Allergies/Weather Protocols



- Safety is Our Top Priority - it is the #1 factor in determining team size and growth.
- Ratio of Coaches to Swimmers in each lane is closely guarded.
- Weather Rules: Literally. If bad weather is close we will cancel practice/meets.
 - 30 min 'Out of the Water' rule for lightening/thunder seen or heard.
- Allergies – We have it all on the team – ant bite allergies, bee sting allergies, and severe nut allergies.
 - Please send your child with appropriate treatment supplies (epi-pens, etc).
 - Regarding Nut Allergies, we ask families to help us be a Peanut and Tree Nut free team. Please refrain from bringing food containing nuts to the swim meets/practices. Age Group tents are small and contact may be unavoidable.

Swim Team Fees



- 2018 Season Fees: 1st swimmer \$165, 2nd swimmer \$155, 3rd and more \$145.
 - Covers participation in all “In Season” coached practices and Meets as well as 1 team swim cap and 1 team T-Shirt.
 - Fees must be paid in full at the time of registration via WePay (credit card).
 - If swimmer maximized practice attendance/meets – cost is \$4.32/Session/1 swimmer.
- What will cost you extra 😊
 - A Team Swimsuit - The team suit will be available for purchase in April at the swim center. Previous year's suits as well as solid black suits will be acceptable.
 - Quick Start Fees – Optional Pre Season practices (4 Sessions) - \$50/swimmer.
 - Swimmers are responsible for purchasing goggles, fins, boards required for practice. Active team sales are popular.
 - Swim Team Merchandise – T-Shirts, Hats, Yard Signs, etc are available for purchase.

Key Dates

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2018 Circle C Seals Important Date Calendar - DRAFT

Date	Time	Activity / Notes
Sunday, January 14, 2018	2:30-3:30	Circle C Community Seals Prospective Membership Meeting #1
Saturday, February 17, 2018	1:30-2:30	Circle C Community Seals Prospective Membership Meeting #2
Feb 15-March 15, 2018	n/a	Returning Seal Family Registration Opens / Closes to declare Intent
Mar 10-18, 2018	n/a	AISD Spring Break Week (including Weekends)
Sunday, March 25, 2018	2:00-2:15	New Seal Selection Lottery Draw - Facebook Live
Sunday, April 08, 2018	2:00-3:00	Sibling Try-outs
Sunday, April 08, 2018	3:00-6:00	New Seal Try-outs (and Registration at the Pool)
April 9-11, 2018	n/a	New Seal Registration for Season and Quick Starts
Saturday, April 14, 2018	TBD	Parent Meeting
April 16 (Mon) - 26 (Thur)	4:00-6:00	Quick Starts - Four 30 mins sessions - 2 Lanes
Tuesday, May 1st	3:45-7:30p	First week of practice begins (Mon-Thur)
Saturday, May 12, 2018	2:00-5:00p	Timing meet
Saturday, May 19, 2018	6:00a-1:00p	Potential date for first meet? Won't know until April.....
Wednesday, May 30, 2018	n/a	Last Day of AISD School
Jun 5th - June 28th	3:45-7:30p	Switch to Summer Schedule (Tue-Friday)
Saturday, June 30, 2018	TBD	Swim Championships - 'Champs' at Texas A&M in College Station
Sunday, July 01, 2018	2:00-5:00	July 1st – End of season party

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Team Growth Challenges & Opportunities to Explore



- Safety
 - Maintaining a safe Coach/Swimmer Ratio is paramount. If we can grow the team, we must grow the Coaching Staff as well. Do-able, just a challenge to overcome if we can address the larger hurdles.
- Pool Accessibility
 - We have 1 Circle C Swim Center pool dedicated to Lap Swimming with 1 other Pool (Avana) containing 2 swim lanes.
 - During the Summer Season the pool is shared with Circle C Select Swim Team, Circle C Residents Lane Swimming, Bowie Swim Team, and Masters Swim Team, Swim Lessons, Resident Rec Swimming, and Life Guard Training.
 - Practice times are already compact at 35-55 minutes.
- League Swim Meet Size Restrictions
 - With max events already capped at 3/swimmer, the ability to complete Swim Meets in a reasonable timeframe (6 hrs) is already nearing capacity.
- Opportunities to Explore for Additional Long Term Growth
 - Use of Avana Lanes. • Maximizing Productivity of Existing Lane Space • Use of Non-neighborhood pools

Adding New Families – The Lottery Process (1 of 2)



- Requirements to Enter Lottery
 - Attendance at this meeting – Done!
 - Aligned to join the Circle C Seals and participate per the team requirements outlined
- How to Enter the Lottery
 - Go to Sign-up Genius at link: <http://www.signupgenius.com/go/10c0c4eaaa72daafc1-circle> and sign up by March 1st.
 - Annotate contact info and number/ages/gender of 2018 swimmers.
 - We will email link to the email address provided on the sign-in sheet.
- How/When Lottery Will be Conducted
 - Seal Leadership will share the *estimated amount of spots we will have available – existing families will declare by March 15.
 - Additional spots may open if families drop from the team after registration closes or new siblings don't pass swim test.
 - Lottery will be conducted on Sunday, March 25th at 2PM on Facebook Live
 - A Private Facebook Group has been created for Prospective Seal Families called 'Circle C Seals New Family Lottery'
 - Please send a request to join if you are interested in actively participating/watching the drawing.
 - During the Lottery we will verify the Family names publicly to be entered via video panning, drop the names in a Swim Cap, and then draw the family names in order until they are all drawn.
 - We will announce Family names and # of associated swimmers and record them in order.

Adding New Families – The Lottery Process



- After the Lottery
 - We will invite to 'try-out' on April 8th, in order, the number of families/swimmers that fill the estimated spots available +10 additional swimmers just in case we have additional drops or some swimmers don't successfully pass try-outs.
 - The first Families/swimmers filling the estimated open spots will be invited to register while at the pool or by the following Tuesday – April 10th.
 - If additional spots open between April 10th and May 1st, we will reach out to the remaining families/swimmers that completed the try-outs and invite them too to join the team and register.
- What Happens Next Year (2019) if we weren't lucky in 2018?
 - In 2019, we will again hold a set of informational meetings for the community about Seals.
 - Again, the lottery will only be open to those that attend. However, for those that attend again (2nd time), then their name will be entered into 2019's lottery at a 5% chance to win. At a 10% in Year 3, etc

100 Families Enter Lottery in 2019

- 90 1st timers
 - These folks get their name entered 1 time
- 10 2nd timers
 - These folks get their name entered 9 times
- 180 names in the swim cap
 - 90 first timers
 - 10 families with 9 entries each
- $9 \div 180 = 5\%$ chance to win



How Tryouts Work

- Tryouts – Sunday April 8th at 3PM
 - No make-up date unfortunately due to pool schedule and tight schedule.
 - Swimmers will be expected to swim the full 25M of the pool unassisted without touching the lane lines, walls or bottom of the pool.
 - Some freestyle strokes should be evident during the 25. Swimmer may also be asked to show backstroke.
 - If swimmers are unable to swim the length of the pool, the coach will recommend that they spend time in lessons to prepare for the following year. The family will be informed immediately.
 - The family will need to re-enter the following year's lottery.
- In an effort to maximize the opportunity to Circle C we are allowing children 12+, who have prior swim experience and can swim all four strokes legally, to also tryout at 3PM following younger swimmers.
 - The family will not need to enter the lottery if only the older swimmer is joining the team.
 - Families should contact the head coach to discuss the tryout.
- What to Bring:
 - All children need to wear a swimsuit and ideally goggles. A Towel.
 - If your child has long hair you may want to bring a swim cap.
 - Jammers or speedos are not required for boys trying out.
- We are planning on Team, Practice suits and other gear to be sold/ordered on tryout day at the Circle C pool.
- Families will receive registration instructions once the successful tryout is complete.

Alternatives to Seals



- Circle C Select – Year-round competitive swim team. Information about team requirements, tryout information, etc...can be found on the website or in the Circle C Swim Center Office. Team website is (<https://www.teamunify.com/Home.jsp?team=stccsst>)
- South Austin Area Barracudas – Summer swim team out of Shady Hollow, same league and season timing (May to June) as Circle C Seals. You do not need to be a Shady Hollow resident to register for the team. New family registration starts April 6. Team website is <https://saab.swimtopia.com/>
- Western Oaks Dolphins – Summer swim team out of Grenada Hills/Western Oaks, same league and season timing (May to June) as Circle C Seals. You do not need to be a Western Oaks resident to register for the team but do need a resident sponsor to be considered by the board. Team website is <https://ghwo.swimtopia.com/>
- Dick Nichols Park Summer Swim team – Recreational team run through Austin Parks and Recreation. There are a number of Austin Parks who participate in this league. It does not allow year-round swimmers to participate. Different league and timing (June 9 – July 12) than Circle C Seals. More information is available at Austin Parks Summer Swim Team
- Circle C Aquatics offers group lessons throughout the summer for various levels of swimmers.
- Austin Swim Club located off Southwest Parkway and Nitro in Bee Cave both offer competitive year round swim teams. Austin Aquatics and Sports Academy which has a children's triathlon team and multiple workshops.
- Nitro, Lifetime, Emler, Austin YMCA and a number of other swim schools have lesson and team options available.

Conclusion



- Reminder to Sign in on Attendance Sheet
- Remaining Q/A
 - Later Q/A: ccsealparent@gmail.com
- Reminder to Enter the Lottery via Sign-up Genius by March 1st
- Thank You!

CIRCLE C SEALS

