

Willows Wave
Swim Team
Parent Handbook
2021



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About the Willows Wave and New Jersey Swimming and Diving Conference

The Willows Wave is organized by volunteer parents to ensure everything runs smoothly and the coaches can do just that – coach!

The New Jersey Swimming and Diving Conference, NJSDC, is the body that determines all team's placement within the various leagues. It is their rules that guide our dual meets, League and Conference championships.

Currently, in our conference, there are four swim leagues (A-D) and one diving league, consisting of approximately 50 teams. League appointment is different every year depending on the team's performance the year prior. This ensures that teams are competing against teams similar to their level. We have been in the B league for several years now and have been very successful.

We expect to swim dual meets, one team versus another, for a majority of the season every Wednesday and Saturday. Qualifying swimmers will then attend league championships at the end of July. Then all the teams send qualifying swimmers to Conferences, usually during the last days of July or early August. There are qualifying times for championships and conferences. A qualifying time is the slowest a swimmer has to swim a certain event. For example, a qualifying time for 50 freestyle is 50 seconds. A swimmer has to swim 50 seconds or faster to qualify for that race.

More information about our conference can be found at www.NJSDC.org

It takes a LOT of work and help from all the parents to make the season enjoyable for our kids!!!

Meet the Head Coach

Head Coach: Kelly Carella



Hello Willows Swim Team! My name is Kelly Carella and I am looking forward to coming back to the Willows Swim Team as one of your coaches this year! My husband, Mike, and I live in East Windsor with our two kids, Brayden (9) and McKenzie (7). Although the 2019 season was the first swim season for Brayden and McKenzie, I am no stranger to South Brunswick, the team, or coaching! As a child I grew up LIVING at the Willows Swim Club! Starting at the age of 8, I was a member of the team every summer until I graduated from Rutgers Prep (where I also swam) in 2000. After graduation I became an Assistant Coach, and later Head Coach, of the Willows Swim Team while I attended

Fairleigh Dickinson University. There I studied Elementary Education and Psychology. While at FDU I also swam all 4 years and was the Assistant Coach during my Graduate year.

From 2005 - 2011 I was a Kindergarten teacher at Brunswick Acres School--a job I LOVED!! Helping young children learn and grow academically, emotionally, and socially was a passion of mine. Once I had a couple years of teaching experience under my belt, I signed on to become an Assistant Coach of the Notre Dame HS Swim Team from 2008 - 2011. I am excited to help your children reach their goals, form a love of swimming, bond with their teammates, create new friendships and, of course, HAVE FUN! I can't wait to get to know all of you, so please reach out whenever you need to! Together, I am confident we are going to have an awesome Summer Swim Season! Go Willows!

Meet the Assistant Coaches

Assistant Coach: Will Hoffman



Hi guys my name is Will Hoffman, and as many of you may know, I was a former swimmer here on the Willows Wave for around 8-9 years! I currently go to school at Ohio University where I double major in Political Science and Sociology. I used to swim for the South Brunswick High School swim team as well as PTAC. I'm super excited to help everyone achieve their swimming goals this summer and to have a great season! Can't wait to see everyone back in action!

Assistant Coach: Libby Snyder



Hi I'm Libby. I've been a competitive swimmer since I was 5 years old, and currently I am a member of the Rutgers women's rowing team. I'm ready for a great summer swim season. In addition to swimming for the Willows Swim team, I have competed in high school and club swim. I enjoy helping younger swimmers not only reach their goals in swimming but learning good sportsmanship and having a good time while being part of a team. Swimming has always been a big part of my life and I look forward to sharing my enthusiasm for the sport with the team this summer.

Overview of Important Dates 2021

5/29 Sat	SUMMER is here! Willows opening weekend begins!
6/1 Tues	Parents meeting, first swim practice, meet and greet with coaches
6/4 Fri	Swimsuit due to ensure delivery by first meet
6/9	Apparel orders due
6/10 Thurs	Officials Clinic
6/12 Sat	Officials Clinic
6/16 Weds	Officials Clinic
6/17 Wed	No Practice - Coaches Training with NJSDC
6/22 Tues	No Practice - Last day of school SB
6/23 Wed	Morning practices start (school's out practices)
6/23 Wed	First dual meet!!!
6/24 Thurs	Afternoon practices start (school's out practices)
7/24 Sat	Last scheduled dual meet. Senior recognition meet!
7/28 Wed	Make up for dual meets
7/29 Thur	Team Pep Rally (10 points)
7/30-7/31 Fri/Sat	League Championships (tentative)
8/3-8/4 Tue-Wed	Conferences (tentative)
8/5 Thur	Swim Team End of Season Party (Rain date Aug 6) (10 points)
8/6 Fri	Officials Outing (Rain date Aug 7)

Parent Volunteers: Position Descriptions

The Wave cannot run meets and have our swimmers race without you, the parents, volunteering. Our young swimmers count on us to run a legal, qualifying meet that is competitive and fun. Without the volunteers it wouldn't be possible. In order to obtain the refund of your work bond, each family must work a minimum of 100 points which is equal to working 3 meet jobs (30 points each) and one party job (10 points each). Job signups will be posted on the team website. If you cannot work a job that you signed up for you must find a replacement and confirm the switch with Andrea Mitchell and Amanda LaMantia prior to the date of the meet. Described below are several positions that we need to successfully run meets.

Timer: As a timer you will be responsible for timing a swimmer during an event. Training provided the day of the meet. (7 per meet)

Official: We are always in need of officials!!! As an official you will determine if a swimmer is performing a stroke by the standards set forth by USA Swimming. Officials are responsible for the integrity of the sport, to better the sport, and to ensure everyone has a fair chance at racing. This position does require the most training but is easy and fun! And, it will help you better understand swimming fundamentals and what your child is being taught. Please see the attached class schedule. Meets **cannot** be run without officials and can be cancelled! (5 per home meet, 2-3 per away meet)

Set Up and Take Down: Set up and take down starting blocks, lane lines, flags and tables (3 per home meet)

Runner: Responsible for collecting timing cards and submitting them to the averager. (1 per home meet)

Averager: Averages the swimmers times and provides times to the scorer. (1 per home meet)

Scorer: Records and tallies the scores for each event for the team. (1 per home and away meet)

Ribbon Writer: Write out ribbons for swimmers. (1 per home and away meet)

Announcer: Announce the meet. (1 per home meet)

Raffle Runner: Collect money for 50/50 raffles. (1 per home meet)

Water Person: Hand out water to meet workers (1 per home meet)

Food/Snack: Helps to sell food items during the meet. (3-4 per home meet)

Bake Sale Coordinator: delegates roles for food and snacks for home meets such as: picking up bagels, set up/clean up, etc. (2 per home meets)

Essentially, to run a home meet requires about 25 volunteers, and an away meet about 11 volunteers. The season, 5 home and 3 away meets, has 158 positions!

For championships and conferences: **all** qualifying swimmers' families will have a timing assignment as delegated by the Host team who is running the meets.

Team Suits and Caps

Once again, we've teamed up with Swim Outlet to provide our team suits! Due to COVID 19, no Try-ons days will be scheduled this summer. Please read Swim Outlet's sizing guide before purchasing.

Please visit our team website to order: www.swimoutlet.com/willows

The suits will be black with purple block "WILLOWS".

We have also added swim gear to the site including recommended goggles, caps, and bags. Please note that these are only a sample of what Swim Outlet has to offer, so feel free to browse their entire site for more selections and items.

Cap orders are due by 5/29!!!

Can order during team registration or on team site. Any questions, contact Maggie Mnych mnychclan@verizon.net.



Suit orders are due by 6/4!!!



Officials Clinics Dates

All returning and new Officials are REQUIRED to attend and pass the online test.

Class will be ZOOM, test online - sign up [NJSDC Officials Clinic 2021 \(google.com\)](#)

Two-hour class followed by an online test.

Clinic dates:

Thursday, June 10th 7pm

Saturday, June 12th 9 am

Wednesday, June 16th 7pm

If you have any questions about becoming an Official, please feel free to reach out to Kim Sorothen. She is our Head Official, with years of experience. Her email is dolfin419@aol.com

Willows Practice Schedule

Preseason (before school gets out)

Monday – Friday (starts Monday, June 1st - Monday, June 21st - no practice on 6/17 or 6/22)

5:30 PM – 6:00 PM	8 and Under
6:00 PM – 7:00 PM	9-12
6:30 PM – 7:45 PM	13 and Over*

School's Out Practices

Mon, Tues, Thurs, and Fri (starts Wednesday, June 23rd)

9:30 AM – 11:00 AM	13 and Over*
10:30 AM – 11:30 AM	12 and under

Wednesday Mornings (day of a meet)

Starts and Turns

9:30 AM – 10:15 AM	13 and Older*
10:15 AM – 11:30 AM	12 and Under

Tuesday and Thursday evening (starts June 26)

6:00 PM – 7:30 PM	9 and Older
6:00 PM – 7:00 PM	8 and Under

These practices are designed to give swimmers who are attending camps or cannot make morning practice a chance to practice.

*Under 13 – Attendance per coaches' invitation only

Dual Meet Schedule

****Meets may be in person or virtual - TBD**

<u>Day</u>	<u>Date</u>	<u>POOL</u>	<u>VS TEAM</u>
Wednesday	6/23	HOME	Woodbridge
Saturday	6/26	AWAY	Frog Hollow
Wednesday	6/30	BYE	NO MEET
Saturday	7/3	HOME	Edison
Wednesday	7/7	AWAY	Middlesex
Saturday	7/10	BYE	NO MEET
Wednesday	7/14	HOME	Frog Hollow
Saturday	7/17	HOME	Woodbridge
Wednesday	7/21	AWAY	Edison
Saturday	7/24*	HOME	Middlesex
Wednesday	7/28	Make Up Meet if needed	

*7/24 - Senior Recognition Meet

No Mini Minnow or Roycefield Sprint Meets this summer

Tentative: Championships at Middlesex:

Ages 13+ over = Fri 7/30,

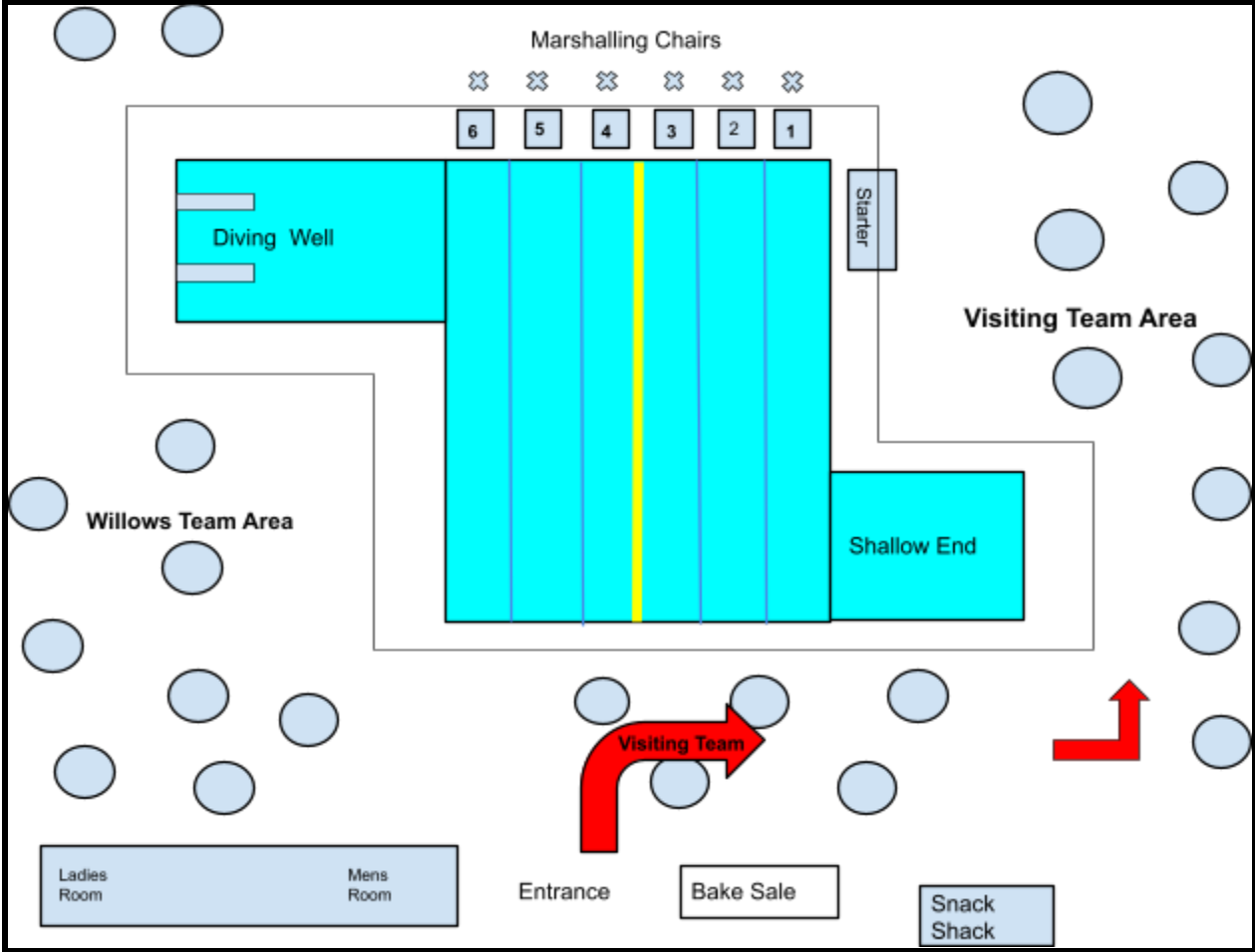
Ages 9-12 = Sat 7/31 and 8 & unders virtual TBD.

Tentative: Conferences Frog Hollow 8/3, 8/4

Summer 2021 Dual Meet Guidelines

Below are listed out the guidelines established by the Willows Swim Club for hosting dual meets. Please read through them thoroughly as all swimmers, coaches, officials and spectators will be expected to follow them. If you have any questions please feel free to reach out to one of the Swim Team Parents Board members.

Lane assignments	Willows will swim in lanes 4, 5 and 6 Visiting Team will swim in lanes 1, 2 and 3
Warm ups	Each team will have a 15 minute, full 6 lane warm up time
Officials & Timers	Each club will officiate and time (2 per lane) for their own 3 lanes. Willows will supply the starter.
Marshalling	Chairs will be placed behind the blocks for swimmers to line up waiting for their heat.
Team Cheer	We strongly discourage teams from assembling in a small tight knit group for a team cheer
Bathrooms	The bathrooms will be available, showers will not. If changing is absolutely required 2 small changing rooms are available but groups of swimmers should not be using the changing area at the same time. Swimmers should come dressed to swim.
Scoring	2 Tables will be set up -one for each team; One scorer and ribbon writer(s) will sit at their respective table. Online scoring will also be utilized as appropriate.
Spectators	Spectators are allowed but we ask that they stay to each team's "side" of the pool when not using the restrooms or at the snack shack/bake sale areas. Spectators are asked to stay off the concrete pool deck area. Please stay on grass areas at all times. We ask that you do not congregate at the shallow end of the pool to cheer on swimmers.
Masks*	Please follow current NJ State mandates to mask when you are walking around the club. Masks may be taken off when seated at your table *Subject to change following NJ State Mandates and Willows Pool Board directives*
Food	The Willows Bake Sale table will be open as well as our Snack Shack during the meets. Please support our swim team by patronizing our snack shack and bake sale. Enjoy your food back at your table.



Meet Events

In order for all swimmers to have an opportunity to make qualifying times in all events, Wednesday and Saturday events are different/opposite:

Wednesday Events

- | | |
|----------------------------|--------------------------------|
| 1. Boys 10/U 100 IM | 18. Girls 15/18 100 Breast |
| 2. Girls 10/U 100 Free | 19. Boys 8/U 25 Free |
| 3. Boys 11/12 100 IM | 20. Girls 8/U 25 Back |
| 4. Girls 11/12 100 Free | 21. Boys 9/10 50 Free |
| 5. Boys 13/14 100 IM | 22. Girls 9/10 50 Back |
| 6. Girls 13/14 50 Free | 23. Boys 11/12 50 Free |
| 7. Boys 15/18 200 IM | 24. Girls 11/12 50 Back |
| 8. Girls 15/18 50 Free | 25. Boys 13/14 100 Free |
| 9. Boys 8/U 25 Fly | 26. Girls 13/14 100 Back |
| 10. Girls 8/U 25 Breast | 27. Boys 15/18 100 Free |
| 11. Boys 9/10 50 Fly | 28. Girls 15/18 100 Back |
| 12. Girls 9/10 50 Breast | 29. Boys 8/U 100 Med Relay |
| 13. Boys 11/12 50 Fly | 30. Girls 8/U 100 Free Relay |
| 14. Girls 11/12 50 Breast | 31. Boys 9/12 200 Med Relay |
| 15. Boys 13/14 100 Fly | 32. Girls 9/12 200 Free Relay |
| 16. Girls 13/14 100 Breast | 33. Boys 13-18 200 Med Relay |
| 17. Boys 15/18 100 Fly | 34. Girls 13-18 200 Free Relay |

Saturday Events

- | | |
|---------------------------|-------------------------------|
| 1. Girls 10/U 100 IM | 18. Boys 15/18 100 Breast |
| 2. Boys 10/U 100 Free | 19. Girls 8/U 25 Free |
| 3. Girls 11/12 100 IM | 20. Boys 8/U 25 Back |
| 4. Boys 11/12 100 Free | 21. Girls 9/10 50 Free |
| 5. Girls 13/14 100 IM | 22. Boys 9/10 50 Back |
| 6. Boys 13/14 50 Free | 23. Girls 11/12 50 Free |
| 7. Girls 15/18 200 IM | 24. Boys 11/12 50 Back |
| 8. Boys 15/18 50 Free | 25. Girls 13/14 100 Free |
| 9. Girls 8/U 25 Fly | 26. Boys 13/14 100 Back |
| 10. Boys 8/U 25 Breast | 27. Girls 15/18 100 Free |
| 11. Girls 9/10 50 Fly | 28. Boys 15/18 100 Back |
| 12. Boys 9/10 50 Breast | 29. Girls 8/U 100 Med Relay |
| 13. Girls 11/12 50 Fly | 30. Boys 8/U 100 Free Relay |
| 14. Boys 11/12 50 Breast | 31. Girls 9/12 200 Med Relay |
| 15. Girls 13/14 100 Fly | 32. Boys 9/12 200 Free Relay |
| 16. Boys 13/14 100 Breast | 33. Girls 13-18 200 Med Relay |
| 17. Girls 15/18 100 Fly | 34. Boys 13-18 200 Free Relay |

Contact Information

Meet job sign up, additional information and updates can be found at our website (addresses and directions to pools, practice/schedule changes, etc.):

<https://www.willowswave.com>

The Remind App should be utilized as your primary form of communication with the coaches. Please sign up for the following Remind link:

<https://www.remind.com/join/74d44a>

Secondarily, you can utilize email if necessary. Texts and phone calls are for emergencies only.

Coach Kelly	732-259-5066	kcarella2@gmail.com
Coach Libby	732-501-8166	Libby_snyder@comcast.net
Coach Will	609-955-2997	willgh0303@gmail.com

Head Parent Volunteers

Krissy DeNicuolo	732-319-1291	kdenicuolo@gmail.com
Megan Hernandez	732-710-9948	meggie3h@yahoo.com
Amanda LaMantia	732-400-5389	amalama99@gmail.com
Andrea Mitchell	917-319-9647	admitchell152@gmail.com
Maggie Mnych	732-713-8922	mnychclan@verizon.net
Colleen Santoro	732-259-5084	colleensantoro@gmail.com
Kim Sorochen	732-754-4364	dolfin419@aol.com

Officials

Kim Sorochen

Meet Jobs

Andrea Mitchell

Apparel

Amanda LaMantia

Willows Swim Club Pool: 732-297-9777

NJSDC Conference Championships

Order of Events & Time Standards

Event#	Event#	Trials			Qualifying Time*	
					Boys	Girls
Boys	Girls	Day	Age	Event	Boys	Girls
1	2	2	13-14	50 Free	30.00	32.00
3	4	2	15-18	50 Free	27.00	31.00
5	6	1	8/U	100 Med Relay		
7	8	1	9-12	200 Med Relay		
9	10	2	13-18	200 Med Relay		
11	12	1	8/U	25 Free	20.00	20.00
13	14	1	10/U	100 Free	1:24.00	1:24.00
15	16	1	11-12	100 Free	1:14.00	1:14.00
17	18	2	13-14	100 Free	1:06.00	1:11.00
19	20	2	15-18	100 Free	1:00.00	1:10.00
21	22	1	8/U	25 Breast	28.00	28.00
23	24	1	9-10	50 Breast	48.00	48.00
25	26	1	11-12	50 Breast	44.00	44.00
27	28	2	13-14	100 Breast	1:24.00	1:30.00
29	30	2	15-18	100 Breast	1:17.00	1:27.00
31	32	1	9-10	50 Free	37.00	37.00
33	34	1	11-12	50 Free	33.00	33.00
35	36	1	8/U	25 Back	26.00	26.00
37	38	1	9-10	50 Back	46.00	46.00
39	40	1	11-12	50 Back	40.00	40.00
41	42	2	13-14	100 Back	1:15.00	1:20.00
43	44	2	15-18	100 Back	1:10.00	1:17.00

45	46	1	8/U	25 Fly	28.00	28.00
47	48	1	9-10	50 Fly	44.00	44.00
49	50	1	11-12	50 Fly	38.00	38.00
51	52	2	13-14	100 Fly	1:14.00	1:17.00
53	54	2	15-18	100 Fly	1:09.00	1:16.00
55	56	1	10/U	100 IM	1:36.00	1:36.00
57	58	1	11-12	100 IM	1:26.00	1:26.00
59	60	2	13-14	100 IM	1:15.00	1:18.00
61	62	2	15-18	200 IM	2:34.00	2:47.00
63	64	1	8/U	100 Free Relay		
65	66	1	9-12	200 Free Relay		
67	68	2	13-18	200 Free Relay		

*All times are in YARDS