



2019

SWIM HANDBOOK

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Introduction

Dear Parents and Swimmers,

Welcome to the Greenwave! You are part of the growing and competitive, yet fun, summer swim league at Springfield. We are currently in our 10th year with the Greater Charlotte Swim League.

This handbook has been designed to answer all your questions about what to expect and give you some idea of how things are run. There are many moving parts in a swim team. While we hope that this information is complete and helpful, we realize that we cannot possibly provide all the answers and welcome any questions that you may have.

We are looking forward to an exciting season and working with you and your children!

~ The Springfield Greenwave Team!

Our Website

www.SpringfieldGreenwave.com

Please check regularly for team updates, schedules and other important news!

Greenwave Code of Conduct:

As a member of the Greenwave:

1. I agree to conduct myself in a courteous and responsible manner at all times.
2. I will wear the team swim suit for all swim meets unless approved by a member of the coaching staff.
3. I will let the head coach know the Friday before the following weeks meet if I will not be able to swim in a meet.
4. I will abide by all rules, regulations and procedures announced by the coaching staff.
5. I will check with the coaches before leaving a meet because I might be needed for a relay.
6. I will display proper respect and sportsmanship toward the coaches, officials, meet administrators, and fellow competitors.
7. I will strive to be the best person and athlete that I can be.

I understand that failure to abide by the Code of Conduct may result in disciplinary action up to and including counseling by a coach, suspension and/or dismissal from the team.

Note: Parents are to also abide by certain expectations, such as volunteering for the required number of volunteer slots and not leaving children under the age of 12 unattended before or after their group's practice times.

Requirements for Swimmers:

Due to safety concerns from coaches and parents, these standards are required at a minimum to be able to evaluated for swim team readiness. Evaluations for new swimmers will be March 18th/20th, 4:00-6:00pm at the Fort Mill YMCA at the Complex. Swimmers will pay \$5 at the front desk and proceed to the hallway outside the pool deck. Sign-ups are via SignUpGenius and distributed in every possible neighborhood communication portal.

- Swimmers should have had some swim lessons and/or be very enthusiastic about swimming. Swim team is for kids who have the basics of swimming.
- Swimmers must be at least 4 years of age. **Beginning in 2018, all swimmers will be required to be 5 years of age by the November prior to the season start.**
- Swimmers should be able to kick, do freestyle arms and at least be able to float on their back.
- Swimmers under ten (10) must be able to swim one (1) full length of the pool unassisted and swimmers over ten (10) must be able to swim two (2) full lengths of the pool unassisted. Swimmers should be able to swim the length of the pool without having to hang on the wall or lane lines.
- All new swimmers will be evaluated swim team readiness. This allows the coaches see your child's swimming ability, coach-ability and the ability to understand instructions. Perspective swimmers will have to complete the swim team evaluation prior to the registration.
- If the coaches determine that your child is not ready for swim team, we encourage you to have your child take swimming lessons and to consider swim team for next year. **Safety is our number one concern!**

Key Contact Information: *Email messages are the method utilized by our web provider for correspondence related to weather alerts and last minute meet changes. Please ensure that an active email address is provided during online registration. We will add cell phone text messaging as soon as the web provider has the service available.

| | | |
|-----------------|-------------|---|
| Head Coach | Jen Molnar | JenniferMolnar@mac.com 330-606-9766 (text only please) |
| Assistant Coach | Barb Whyte | barbandherbears@comporium.net |
| Assistant Coach | Lori Glasco | lori.glasco@gmail.com |

Board of Directors:

| | | |
|------------------------------|------------------|--|
| Co-President | Melissa Spinner | mandmspinner@bellsouth.net |
| Co-President | Christi DeWaele | christidewaele@gmail.com |
| Treasurer | Anne Grigat | agrifat@me.com |
| Team Administrator | Jennifer Smith | jenniferpar@yahoo.com |
| Volunteer Coordinator | Christy Spurgeon | cmasonspurgeon@yahoo.com |
| Merchandise/Team Spirit Wear | Janet Falkner | janet.falkner@gmail.com |
| Event Coordinator | Suzanne Kuebler | skuebler@comporium.net |
| Sponsorship | Sheila Eaton | seaton5011@gmail.com |
| Concessions | Kristin Arnold | kristin727@sbcglobal.net |

Contacting the Coaches: The coaches are responsible for a large number of swimmers during practices and there is a lot to be accomplished. We ask that parents please speak to a coach **BEFORE all** practice groups start or **AFTER all** practice groups are complete, **not during practice times**. E-mail communication is preferred. Email address for the coaches is GreenwaveSpringfield@gmail.com. Coaches will do their best to respond in a timely manner.

Parent Volunteers: Each family will be asked to sign up for a minimum of 5 points to work as a volunteer. There are a variety of jobs, large and small, and something for everyone to do! **REMEMBER WE ARE ALL VOLUNTEERS!** Please get involved and join in the fun!!

** If you are the parent of a 5-10 year old child, then you are required to fulfill 1 of your 5 volunteer slots in the "Team Parent Volunteer" role of the age your child is. Please see the examples of how this would occur.

Example #1: Mom has two children ages 6 and 8 swimming on the team. Mom has to fulfill a total of 5 volunteer slots for the season. Of those 5 slots, 1 will be in the Team Parent Position (5-6yr olds), 1 will be in the Team Parent Position (7-8 yr olds) and the remaining 3 will be her choice of positions.

Example #2: Dad has two children age 7 and 16 swimming on the team. This parent has to fulfill a total of 5 volunteer slots for the season. Of those 5 slots, 1 will be in the Team Parent Position (7-8 yr olds) and the remaining 4 will be of his choice.

Example #3: Mom has a 10 year old swimmer only. This parent has to fulfill a total of 5 volunteer slots for the season. Of those 5 slots, 1 will be in the Team Parent Position (9-10 yr olds) and the remaining 4 will be her choice.

In the event there is a team parent slot to fill in these age groups, the Volunteer Coordinator *may* contact the parents of any 10 and under swimmers who have not met the minimum requirement to discuss altering volunteer selections for the season. You will be contacted before any alterations are made to your selected volunteer roles.

Changing volunteer jobs is the responsibility of the parent. Failure to fulfill a volunteer role can result in the removal of your swimmer from the next meet. We recommend selecting jobs with a calendar in front of you. If there is a need to change a job that you are scheduled to fulfill, it is your responsibility to find a replacement. Of course, allowances are made in the event of an emergency or sudden illness. Please inform the volunteer coordinator of changes. As a suggestion to find another parent to "swap" volunteer jobs with is to join the private SFGW Facebook site. This is one of the easiest and fastest ways to find someone to swap with.

Practice Schedule:

Weather permitting, practice will start on May 6th for all swimmers

Practice, Practice, Practice! The more we practice, the better our team will be. The first couple weeks are the most important teaching time. If you are going to miss a practice, we ask that you write it down in the notebook that is outside the pool gate or in the pavilion area at the pool.

Missing practices is strongly discouraged. If your swimmer expects to miss more than a single practice, or attends practice with a competitive team which conflicts with the Greenwave practices, then this needs to be discussed directly with coach Jen. Coach Jen can work out a schedule compromise in certain circumstances. This should be directly communicated between the swimmer and the coach.

Parents are asked to remain in the pavilion area during practice times unless you are going to be relaxing at the Feature Pool. We just ask that you refrain from talking to your swimmer, giving instruction or distracting the coaches in any way. They are trying to use every minute of practice wisely and efficiently. Thanks for your understanding in this manner.

PRACTICE TIMES AND DATES

May 6, 2019 – June 6, 2019

Monday - Thursday

3:30pm - 4:00pm - 7/8

4:00pm - 4:45pm - 9/10

4:45pm - 5:15pm - 6 & Under

4:45pm - 5:30pm - 11/12

5:30pm - 6:30pm - 13 & up

No Practice on Memorial Day

June 10, 2019 - June 27, 2019

Monday: Swim Clinic on Swim Meet Mondays (June 10th and June 17th)

Swim Clinic will reinforce swim meet skills while giving the swimmers the opportunity to rest for the swim meet and stay out of the heat.

7:45am - 8:45am - 11 & Up

8:45am - 9:30am - 10 & Under

Tuesday:

7:45am - 8:45am - 13 & Up

8:45am - 9:30am - 11 & 12

8:45am - 9:15am - 6 & Under

9:30am - 10:15am - 9 & 10

10:15am - 11:00am - 7 & 8

Wednesday:

7:45am - 8:45am - 13 & Up

8:45am - 9:30am - 11 & 12

8:45am - 9:15am - 6 & Under

9:30am - 10:15am - 9 & 10

10:15am - 11:00am - 7 & 8

Thursday: *No Practice on Thursday Swim Meets Days*

The last day of regular team practice will be Wednesday June 26, 2019

"All Star" practice will start on Monday July 1, 2019.

"All Star" Practice Times: July 1 - July 11

7:45am - 8:45am - 11 & Up

8:45am - 9:30am - 10 & Under

No Practice on the 4th of July

**CAPS AND GOGGLES ARE MANDATORY FOR ALL SWIMMERS AND
MUST BE WORN AT ALL PRACTICES AND MEETS!**

Meet Information and Important Dates

Registration

Previous swimmer registration opens April 7th

New swimmer registration opens April 11th

ALL registration closes at midnight on April 13th

Register at: www.SpringfieldGreenwave.com

Your *swimmers league age* is determined by their age as of May 31st. So, if your child has a birthday after May 31st, then your child will still compete at the age they were BEFORE May 31st.

It is recommended that you have a calendar handy during registration since the system will “time out” if you wait too long to complete any steps. This will help with selecting your volunteer positions.

New Parent Meeting TBD

Suit fitting

Thursday, April 25th from 6-9pm

There will be a representative from the swim shop to help with sizing. There will be sample suits to try on and you will be able to purchase your child’s suit that evening.

Swim suit rep: Kim DeAdder, Owner
COMPETITIVE TEAM SALES
Capital Swim Supply 704-770-1571
Email: capitalswim.kim@gmail.com

Mock Meet

Saturday, June 1, 2019

All swimmers need to be at the pool by 7:00 a.m.

Warm ups for the Mock Meet will begin at 7:15 a.m. The meet will start promptly at 8:00 a.m.

The goal of the mock meet is to help both swimmers and parents understand what is involved in running a meet.

Team Picture

Tuesday, June 11th, 2019

Time - 8:45 a.m. All swimmers need to wear their Greenwave swim suit AND t-shirt for the picture. Individual and team pictures will be available for purchase. If you want to purchase photos of your child, the order form will be posted on the team website and the Facebook page. Please print a copy and fill out the form before the event. Include a check with your order.

Meets Information and Dates

- The meet schedule is posted on the Greenwave website
- We swim our normal dual meets against another team in our division.
- Shrimps (5-6 years) must be able to make it across the length of the pool with no assistance. Shrimps swim only freestyle, but may be asked to swim in other events as appropriate.
- The age groups are 5 & 6, 7 & 8’s, 9 & 10’s, 11 & 12’s, 13 & 14’s, and 15 to 18’s.
- The five individual events are Freestyle, Backstroke, Individual Medley, Breaststroke, and Butterfly.
- There is a medley and a freestyle relay. The relay age groups are 8 & Under, 9 & 10’s, 11 & 12’s, 13 & 14’s, and 15 - 18’s.

During all meets, swimmers should stay in the designated team area when not swimming their events. Swimmers who stray away from the team area can be impossible to locate for their events, which can cost the team points and the swimmer could miss their event or prevent a relay from participating. **Stay with the team!!**

Meet Dates

The season schedule is:

- | | | | |
|----|------|-----------------------|--|
| 1. | 6/1 | Mock Meet | Springfield Pool |
| 2. | 6/6 | Providence Plantation | Houston Brach Road, Charlotte, NC 28270 |
| 3. | 6/10 | Foxcroft East | Springfield Pool |
| 4. | 6/13 | Ballantyne | 14801 Ballantyne Country Club Drive, Charlotte |
| 5. | 6/17 | Weddington | Springfield Pool |
| 6. | 6/20 | Windyrush | Springfield Pool |
| 7. | 6/24 | BYE | |
| 8. | 6/28 | Olde Georgetown | 7930 Whistlestop Road Charlotte, NC 28210 |
| 9. | 7/14 | All-Star Meet | (Rock Hill Aquatic Center - Rawlinson Rd. Rock Hill) |

ALL STAR Meet is at the Upper Palmetto YMCA Rock Hill Aquatic Center on July 14th at 12pm (11am warm ups)

This meet is at the end of the season. Each team is allowed to enter their top two swimmers for each event and one relay for each age group. Remember that each swimmer can only swim a maximum of three individual events and two relays. For example, if a 9 year old boy has the top time for Free, Back, Breast, IM, and Fly, this boy can only swim in three of these individual events. That means the swimmer with the third fastest time in two of those events is now in the top two.

Practice and Meet Attendance:

IT IS CRITICAL THAT COACHES KNOW THE FRIDAY PRIOR TO A MEET IF YOUR SWIMMER IS UNABLE TO SWIM!!

- Planning a meet takes a lot of preparation. It is imperative that the coaches know who will be swimming. If your swimmer will be unable to attend a practice, please e-mail Jen Molnar (Head Coach) and let her know as soon as possible at GreenwaveSpringfield@gmail.com. We can't stress how important it is for **your child** to talk to the coach directly about practice conflicts. By age 11, your child should be learning to communicate this info directly to the coach and not rely on the parent to do all of the communicating. If you feel that **you** need to tell the coach, please follow the instructions below to relay that info to the coaches.
- If you are unable to swim in a meet, please login to the Springfield Greenwave website www.springfieldgreenwave.com the **Friday before the meet** you will not be in attendance. Under the **Swim Meets > Meet Declaration Tab** you can select that you are unable to swim in the specified date of the event.
- If your child is entered in a meet and does not show up, it affects all the paperwork for running the meet. Also, if a swimmer is in a relay, that entire relay will be scratched from their event if a swimmer is missing which eliminates three other team members from participating.
- If your child is sick the day of a meet and it is urgent that you contact the coach, please email the coach at GreenwaveSpringfield@gmail.com and text Jen Molnar 330-606-9766 with the details.

Weather:

Weather is always unpredictable and we are at the mercy of Mother Nature. The team maintains an e-mail distribution list so that we may contact our swimmers and their families should weather be a consideration for either practice or a meet. Also, the Greenwave Facebook page is another way to communicate info.

Email messages are the method of correspondence for last minute changes, so please ensure you have entered updated email address in the requested tab during registration. As soon as the website vendor adds cell phone text messaging capability, we will add that as form of communication. If you are at a meet and a rainstorm forces us to leave the pool deck, do not leave the meet location until the coaches have officially called the meet off. Look at your email for info from the coaches while waiting in your cars.

Please make sure that we have a current e-mail address and check your e-mail if the weather is uncertain. E-mails will be sent prior to the first practice of the day if there is any change in the regular schedule.

Awards and Events:

***End of Year Season Awards Party: June 28th at 9am at Orchard Park Pavilion - Details will be sent out later in the season. Please RSVP on the Springfield Greenwave website for attendance/food purposes.**

Tips and Details:

Good planning makes for happy swimmers! Some items you want to include are:

- Swim cap and goggles (it is good to have an extra for back-up) & extra towels
- Water/Sports drink (Gatorade, Powerade and Water) and healthy, NUT FREE snacks
- Team t-shirt or sweatshirt and an extra dry towel for cool nights
- Quiet games/books to keep swimmers busy between events
- Smaller sized folding chairs and blanket/rubber mat (doesn't matter if it gets wet)
- Sunscreen and bug spray

STAY HYDRATED!! HAVING ENOUGH WATER IS VERY IMPORTANT!

Swimmers that are not properly hydrated cannot swim fast and may even become ill or fatigued!

Fees and Merchandise:

Registration: Registration includes a silicone cap, t-shirt, and a small gift at the end of season party. Additional spirit wear and family spirit wear can be purchased by following the link on the Greenwave team site. **Coaches gift donations are collected during registration. This is the ONLY time you will be asked for a contribution to our AWESOME coaches!**

Team Suits: For 2019, the 2018 team suit can be used. See suit fitting info on pg. 6

Merchandise Orders: PLEASE REFER TO GREENWAVE MERCHANDISE TAB ON THE SPRINGFIELDGREENWAVE.COM WEBSITE. **Note:** All merchandise orders will be separate from the registration process.