

Piedmont Piranha Swim and Dive Team Handbook

We would like to welcome you to the Piedmont Piranha Swim and Dive Team 2022. If you are returning to the team, we are glad you are back. If you are new to the team, we can't wait to get to know you! The goal of our handbook is to include most if not all the information you need to participate on the team. Please feel free to contact us regarding any questions or concerns.

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We would like to welcome back Dive Coaches Tommy Kibler and Virginia Evans and welcome our new Head Swim Coach Jane Nurre!

Registration and Fees

The registration this year is on our Go Motion site
<https://www.gomotionapp.com/team/recrcslpra/page/home>

A new account must be made then all swimmers and divers added. You will pay by credit or debit before your registration is complete. The cost is \$100 per swimmer and \$45 per diver to be paid at time of online registration. Swimmers must be 3.5 years old. We will have swim tests for 6 and unders and new swimmers to determine practice time. **Included:** All swimmers receive a team t-shirt. New swimmers to our team will also receive a new swim cap. We are asking those that have their caps from last year to please use them. (The cost of caps has doubled to over \$12 per cap so we are ordering limited numbers.) Additional shirts and other merchandise will be available to purchase.

Team Swimsuits

Our team suits are available to order from Zone Swimwear. It is a custom suit designed just for Piedmont. It is our goal to be able to maintain this suit for many years. A team suit is not a requirement, but it is a great way to show team spirit. The order will automatically come with the custom designed suit and a black practice suit. <https://zoneswimwear.com/collections/piedmont-piranhas> Password: GoPiranhas . The black suits ship pretty quickly but the team suit takes about 3-4 weeks from order to arrival so be sure to order soon. Tips from last year: 1. The thin strapped suits run small. 2. We have a "fit kit" available for you to try on if you don't know where to start. Please email.

Communications

Our primary method of communication to swim team families is via email and text that is provided through GoMotion sign-up.

Please communicate with coaches before and after practice. Please DO NOT interrupt the coaches during practice as this takes away from swimmers' instructional time. Coaches will be happy to interact with parents outside of official practice times. The swim reps are great liaisons to connect to coaches if needed.

Swim Practice Schedule

Practice 5/23-5/25 will be 3:30-4:30 for 8 and younger and 4:30-5:30 for 9 and up.

Morning practice schedule listed below will begin 5/26 and continue until City Meet (**exception: Previous to City Meet there will be a scheduled opportunity to swim at the Huntsville Aquatic Center, TBA)

	Monday	Tuesday	Wednesday	Thursday	Friday
8-9	11& up	11&up	11&up	Fun Day 9-1045	11&up
9-10	9-10	9-10	9-10		9-10
10-11	7-8	7-8	7-8		7-8
10-10:30	6&under group 1	6&under group 1	6&under group 1		6&under group 1
10:30-11	6&under group 2	6&under group 2	6&under group 2		6&under group 2

*During the practices 5/23-26, a swim test will be given to all 6 & under swimmers to determine group 1 vs. group 2. Group 1 will consist of swimmers capable of completing a full 25 yards across the pool unassisted. Group 2 will consist of emerging swimmers with the goal of making it a full 25 yards across the pool unassisted by our last swim meet. Group 2 swimmers will not be expected to swim in a meet until they are deemed ready by the coaches.

Dive Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	6:00-7:00 Or Dive Meet	6:00-7:00	off	6:00-7:00	6:00-7:00	off

Swim Team Stroke Clinic

Each Sunday night 5:00-5:30 pm (8&younger) and 5:30-6:00 pm (9&up) we will have an optional stroke clinic for those 7 & older. Each week we will focus on a certain stroke or aspect of swimming, including starts, turns and finishes. This is a unique opportunity for our swimmers to have a more technical instruction on specific aspects of the sport from someone who excels in this discipline.

Regular Season Swim Meets

May 27	Time Trials*
June 1	Piedmont vs Whitesburg
June 8	Piedmont vs Mt. Carmel
June 15	Piedmont @ Camelot
June 22	Piedmont @ Hampton Cove
June 29	Piedmont vs Sharon Johnston

*Time trials are an opportunity for the coaches to get times for each swimmer in each event

It is of utmost importance to let us know via GoMotion no later than Sunday 5:00 pm prior to the meet if your swimmer will not be able to attend the meet that week! You will get a reminder.

Our season consists of five dual meets. We will caravan to each away meet and directions will be provided. Meets are held on Wednesday night with warm-ups at 5:15 for home meets and 5:45 for away meets with the meet starting at 6:30 pm. Meets typically last until 8:30-9:30. Our team then goes to Little Rosie's to celebrate our swimmers following each meet. Each swim meet will have a theme determined by the coaches and sent out in the email of the week. All are encouraged to participate and dress up according to the theme.

Regular Season Dive Meets

The meets will take place on Monday nights in June. The pool is closed during dive meets.

June 13	Piedmont vs Lily Flagg
June 20	Piedmont @ Jones Valley
June 27	Piedmont vs Greenwyche

City Meet

City Meet is a fun filled weekend, July 7th-10th that includes all the teams in RCSL. July 7th-8th is the City Dive meet and July 9th and 10th is the City Swim meet. The dive meet takes place at Richard Showers Center. The swim meet takes place at Huntsville Aquatic Center with four sessions over the two days. Participation in 2 dual meets is required to qualify for City Meet. We would like to increase our showing at City Meet, if your swimmer fulfills this requirement and can make it the full 25 yards across the pool unassisted we encourage you to block off this weekend and participate to show the city what a great pool Piedmont is. It gives us a unique opportunity to see friends from all over the City and see how our team stacks up against the rest. The entry for this meet is due much sooner than a regular swim meet so we will need to know by **July 1st** if your swimmer is participating or not.

Job Sign-up Requirement

We depend completely on parents and guardians to run our meets. Each family is required to sign up for a minimum of 3 jobs throughout the regular swim season. A home meet requires 34 jobs worked and an away meet requires 18. Please do not hesitate to ask questions regarding the job opportunities. The final page of this handbook includes a description of each of the positions and what is required of them. We are always eager to have new parents train in skilled positions to provide continuity for the future. More information on these jobs will be available on the sign-up itself each week.

If your child swims in City Meet, you will be required to sign up for a minimum of 1 job during the weekend for each family. When we learn our assignment area from the city we will send job opportunities to families that are swimming the meet.

Committee Leads

We are currently seeking people to take on vital roles within the team. These committees include: day after meet play days, city meet week events, ribbons, pictures, pasta potluck, banquet, concessions purchaser and concessions manager (during the meet). Please let Sara know if you are interested or available for one of these roles.

Concessions

Swim meet concessions are a major source of revenue for swim team. We will host the concession stand at our home swim meets. Hamburgers, hot dogs, chips, drinks, fruit, candy and baked goods are available for sale. Anyone interested in sponsoring the concessions for one meet, please contact us. This takes many volunteers to run successfully.

Banquet

Our end of the year banquet will be held Monday, July 11th at 5:30 pm. This is an opportunity for us to recognize each of our swimmers and divers and celebrate the season. Further information will be sent out the week before this celebration.

Job Sign-up Descriptions:

Place Judge: These judges determine the finish order for each race which they call out to the scribe. These are collected with time cards and turned into the scoring table.

Scribe: Documents what the place judge determines to be the finish order of each race.

Head Timer: Organizes the timers at the beginning of the meet and serves as back up timer to each of the lane timers.

Timers: Uses a stopwatch to time each race. Records this time on timecard corresponding to the swimmer. Best seat in the house.

Runner: Collects from event card both scribes and time cards each timer after each heat and takes them to the score table. Requires a decent amount of walking back and forth along the lanes to the score table.

Scorer: Marks the official time for each swimmer, records the order of finishes and verifies the computer results.

Computer: Someone trained to input the official results of the meet.

Bullpen: A village of people who corral kids and make sure they make it to their appropriate races. Specifically used for swimmers 10 and under.

Concessions: Cooks and sells our amazing hamburgers and hot dogs.

Referee/Starter/Stroke and Turn Judge: These are the trained officials who run the meet. It takes one referee, one starter and four stroke and turn judges to run a meet. Specific training is offered before the swim meet season starts. We are always looking for more people to train, please let us know if you are interested.