



## SHSC Dolphin's Swim Team Information Packet

The Somerset Hills Swim Club (SHSC) swim team program is committed to developing each swimmer to his or her greatest potential through positive experiences at team practices, swim meets, and team social events. Swimmers practice and work together in an atmosphere that builds self-confidence, promotes positive team spirit, teaches and improves stroke performance and builds endurance.

### Requirements

Before entering the swim team program swimmers are to pass the deep end test (2 lengths of the pool). Through the season, swim team members will compete in the following four strokes:

- Freestyle
- Backstroke
- Butterfly
- Breaststroke

It is NOT a requirement to perform all four strokes to join the team.

The age of the swimmer as of June 30th will determine his/her age for participation. Swimmers ages 5-18 are eligible.

### Equipment

All swim team members are required to have the following:

- Team suit (worn at all meets and social events)
- Practice suit (full piece for girls, jammer style for boys)
- Swim cap (silicone or latex) highly recommended
- 2 pairs of goggles
- Water at every practice

### Practice Schedules

Practice will be broken up into two separate practice groups:

- Group 1: 10 and unders
- Group 2: All else

Practice will begin on Tuesday May 31st - Until school is out, practices will be held during the evening Monday through Friday as follows:

- 5:00 – 6:30 PM Group 1 (dryland at 6:30 PM)
- 5:30 – 7:00 PM Group 2 (dryland at 5:30 PM)

Beginning, June 23, practice schedule will change as follows:

- 10-11:30 PM Group 1 (dryland at 11:00 AM)
- 10:30-12 PM Group 2 (dryland at 10:30 AM)

Practices will consist of pool time, dryland, and a lot of fun! Dryland is exercise that is performed out of the pool for the purpose of improving swim speed; you are dry, and you are on land, as opposed to in the pool.

## DQs

DQ is a term you will hear often that stands for disqualified. During all meets, Swim Officials will be present poolside ensuring that all races are swum legally. If a swimmer fails to swim a stroke legally, they will be DQed and their time is not considered.

Please ensure your children understand that being DQed is all part of the learning process. Breaststroke and Butterfly result in the highest number of DQs and we will do our best to provide our team with the skills they need to swim legal strokes, but our first few meets are typically high in DQs. This is normal, okay, and nothing to shed tears over. Please speak to the coach or one of the SHSC Officials if you have any questions about your child's strokes.

## Meets

There are different types of meets that we will participate in– Dual Meets, Invitational Meets, Championships, and NJ Swim and Dive Conferences.

### Dual Meets

Dual Meets are meets where we compete against one other team within our League; they last around 2.5 - 3 hours (including warm up). The NJ Swim and Dive Organization, in which we are members, is comprised of four different leagues. SHSC is currently placed in the A League (red).

Dual Meets are held every Wednesday evening (5:45 PM warm-up) and Saturday morning (8:45 AM warm-up) either home or away. We will have 8 meets, 4 home and 4 away.

Swimmers will typically swim 2 individual events at each meet and may be part of a relay team for a max total of 3 events. The order of events are listed below. The coach will select which two events each swimmer will compete in and build the relay teams.

The meets are structured so that every child has an opportunity to swim each stroke:

- Boys swim **odd** numbered events on Wednesdays, **even** on Saturdays.
- Girls swim **odd** numbered events on Saturdays, **even** on Wednesdays.

1	10/u	100 IM
2	10/u	100 FREE
3	11-1 2	100 IM
4	11-1 2	100 FREE
5	13-1 4	100 IM
6	13-1 4	50 FREE
7	15-1 8	200 IM
8	15-1 8	50 FREE
9	8 /U	25 FLY
1 0	8 /U	25 BREAST
1 1	9 -10	50 FLY
1 2	9-10	50 BREAST
1 3	11-1 2	50 FLY
1 4	11-1 2	50 BREAST
1 5	13-1 4	100 FLY
1 6	13-1 4	100 BREAST
1 7	15-1 8	100 FLY
1 8	15-1 8	100 BREAST
1 9	8/U	25 FREE
2 0	8/U	25 BACK
2 1	9-10	50 FREE

2 2	9-10	50 BACK
2 3	11-1 2	50 FREE
2 4	11-1 2	50 BACK
2 5	13-1 4	100 FREE
2 6	13-1 4	100 BACK
2 7	15-1 8	100 FREE
2 8	15-1 8	100 BACK
2 9	8/U	100 MEDLEY RELAY
3 0	8/U	100 FREE RELAY
3 1	9-12	200 MEDLEY RELAY
3 2	9-12	200 FREE RELAY
3 3	13-1 8	200 MEDLEY RELAY
3 4	13-1 8	200 FREE RELAY

### Invitational Meets - TBD

Invitational meets are meets where multiple swim teams from the A, B, C, and D League participate; they can last up to six hours. It sounds like a lot of time, but it's a good experience for the swimmers to swim at these sizable meets (and the time flies by). Swimmers can select which events they would like to swim and you pay per race. The kids bring cards and games to pass the time while parents tailgate (alcohol free) and wait for their races. It's a fun day!

### Championships

The NJ Swim and Dive A League Championships will be held on July 30 & 31, 2021. All are encouraged to attend – mark your calendars! Our team will compete against the other teams in the A League and this meet is a longer meet lasting at least 6 hours. We will tailgate! Enjoy a pasta party (carb up) before the

event and have a GREAT time! The coaches will select all individual races and relays; this is a pay per race event.

### **NJ Swim and Dive Conferences - TBD**

The NJ Swim and Dive Conferences (commonly referred to as Frog Hollow, where it's hosted) are the conference championships where swimmers can swim if they have a qualifying time. Throughout the swim season, we will alert you if your swimmer is close to making (or made) a conference time. We may choose to place your swimmer in a specific race at Championships or during a dual meet to make a qualifying time (if they are close).

### **Meet Sign-Out**

If your child is unable to swim at any Dual Meet, you must sign out using this form:

<http://somersehillsswimclub.org/swimteam/swim-team-signout>

It is critical that we know prior to the meet if your child can't attend. Absences affect the line-up and potentially relay teams – we need to know, in advance to the meet, who is and isn't swimming. If we are unaware, this could cause a delay in the start of the meet (and just adds chaos on deck).

If your child is unable to swim at the last minute (this is called a "scratch" and things do happen), please call or text Stacy Newsome or Aimee Lyons directly (see contact information below). We will alert the coach on deck.

### **Volunteers**

All meets require a small army of parents to run successfully. Every family is committed to work at 3 meets. The jobs include:

- Officials (requires certification)
- Ribbon writers
- Scorers
- Averager
- Concession
- Runner
- Timers
- Parking Lot Attendee
- 50/50
- DJ (optional)

Review our website for complete descriptions of each job:  
(<http://somersehillsswimclub.org/swimteam/volunteers>)

### **Awards/Incentive Program**

The following awards are given at each DUAL Meet:

- 1<sup>st</sup> Place Ribbon: Heat 1 only and Official Relays
- 2<sup>nd</sup> Place Ribbon: Heat 1 only
- 3<sup>rd</sup> Place Ribbon: Heat 1 only

- Heat Winner (HOME MEETS ONLY and some select pools)
- Participation Ribbons: All 8 and under participating in a dual meet

The following SHSC Swim Team awards will be given:

- **Personal Best (PB) Awards or coach recognition for trying something new:** obtain your personal best time or receive coach recognition at any meet and swimmer will receive their name on a flag banner displayed at the pool.
- **Certificates:** Certificates will be awarded for several categories at the end of the season (e.g. team record, most dedicated, etc.)
- **MVP Female:** End of year award to the female scoring the most overall points for the team
- **MVP Male:** End of year award to the male scoring the most overall points for the team
- **Most Improved Female:** End of year award for the most improved female swimmer
- **Most Improved Male:** End of year award for the most improved male swimmer
- **Rookie of the Year Male:** Top performing male athlete participating in swim for their first season
- **Rookie of the Year Female:** Top performing female athlete participating in swim for their first season

## Contact information/Calendar of Events

Email: [shscswimteam@gmail.com](mailto:shscswimteam@gmail.com)

Website: <http://somerhillswimclub.org/swimteam>

### Swim Team Parents:

Jen Tamedl	732-232-5200
Victoria Larosa	908-361-7639
Robyn Goldberg	631-456-0200

## Important Dates

- Tuesday, May 31 – First Day of Practices 5-7 pm
- Thursday, June 16 – Ice Cream BINGO During Practice
- Thursday, June 23 – Starts Morning Practices 11-1pm
- Thursday, July 28- Pre-champs Pasta Party, 6:00 PM
- Thursday, August 4 – End of Season Party & Tribute to our Seniors, 6:00 PM

Please refer to our website for Dual and Invitational Meet Schedule.

Meet Schedule: <http://somerhillswimclub.org/swimteam/meet-schedule>

Practice Schedule: <http://somerhillswimclub.org/swimteam/practice-schedule>