



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

The majority of our swimmers begin the team when they are able to pass the deep end test (2 lengths of the pool), however we have plenty of beginner swimmers each year that are still working up to that goal. Our coaches are very experienced working with new swimmers and will help them to feel comfortable in the water while learning the stroke basics. 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: 8U and Novice swimmers
- Group 2: ALL other swimmers

Practices will be held during the evening Monday through Thursday & Saturday morning as follows until school is out:

Practice will begin on Tuesday, May 28th until June 19th:

- 4:00 – 5:30 PM Group 1 (dryland at 5:00 PM)
- 4:30 – 6:00 PM Group 2 (dryland at 4:30 PM)
- 4:30-6:30 PM Group 2 Extended Option Mon, Tues and Thurs (dryland at 4:30 PM)

Practice will be held Saturday mornings (June 1st, June 8th & June 15th):

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

Beginning, June 21st, practice schedule will change Monday through Friday as follows:

- 10:00 – 11:30 AM Group 1 (dryland at 11:00 AM)
- 10:30 – 12:00 PM Group 2 (dryland at 10:30 AM)
- 10:30 – 12:30 PM Group 2 Extended Option Mon, Tues, Thurs (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.

Swimtopia

Our team uses Swimtopia to organize meets and communicate with our team. You create an account when you register your swimmers. You are able to access Swimtopia via their website or app. You will use the website or app to see your child's meet results, view the team calendar, etc. You may register multiple adults for each swimmer.

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.

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. We will now know our dual meet schedule until early May 2024. The Dual Meets should start around June 22nd and run until about July 27th. There will likely be a bye on July 3rd for all teams.

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	11-12	100 IM
4	11-12	100 FREE
5	13-14	100 IM
6	13-14	50 FREE
7	15-18	200 IM
8	15-18	50 FREE
9	8 /U	25 FLY
10	8 /U	25 BREAST
11	9 -10	50 FLY
12	9-10	50 BREAST
13	11-12	50 FLY
14	11-12	50 BREAST
15	13-14	100 FLY

16	13-14	100 BREAST
17	15-18	100 FLY
18	15-18	100 BREAST
19	8/U	25 FREE
20	8/U	25 BACK
21	9-10	50 FREE
22	9-10	50 BACK
23	11-12	50 FREE
24	11-12	50 BACK
25	13-14	100 FREE
26	13-14	100 BACK
27	15-18	100 FREE
28	15-18	100 BACK
29	8/U	100 MEDLEY RELAY
30	8/U	100 FREE RELAY
31	9-12	200 MEDLEY RELAY
32	9-12	200 FREE RELAY
33	13-18	200 MEDLEY RELAY
34	13-18	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 26th and 27th. 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). This meet will likely fall on July 30th or 31st in 2024.

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
- 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:

- 1st Place Ribbon: Heat 1 only and Official Relays
- 2nd Place Ribbon: Heat 1 only
- 3rd 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

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

Swim Team Parents:

Jen Tamedl	732-232-5200
Victoria Larosa	908-361-7639

Please refer to our Swimtopia site for Dual and Invitational Meet Schedule.