

Penn Brook Dolphins Swimming and Diving

Dear Penn Brook Swim and Dive Team Parents,

The 2017 season is fast approaching! Everyone is excited to start this new season. The coaching staff is prepared to help your child not only succeed in the water but to have a blast doing it. The 2017 coaching staff is full of familiar faces.

Head Swim Coach: Carly Deeter

Assistant Head Swim Coach: William Chandler

Assistant Swim Team Coaches: Teddy Ruger and Xander Wurtz

Head Dive Team Coach: Lauren Lytle

Assistant Dive Team Coach: Meghan Carlton

Practices will begin on Wednesday, June 7th weather permitting. The parent meeting for both teams is scheduled for Sunday, June 4th at 12:00 pm in the picnic area at the Penn Brook Pool. Coaches will introduce themselves, go over the summer schedule, and answer any questions you may have. The swimsuit fitting and sale will be on Thursday, June 15th from 4:30 to 6:30. Perfect Performance in the Pennington Shopping Center will be our swimsuit supplier once again. In addition to the meet suits, you will find caps, goggles, and other swim equipment at this sale as well. We will have new suits this year. If you are not able to make it to the sale this year, please stop by the store (near Pennington Bagel) and see Liz Compton.

Our first swim meet of the season will be **Tuesday, June 27th**.

Our first dive meet of the season will be set for **Monday, June 26th**.

Please view the Penn Brook website at www.pennbrookclub.com for all calendar details of the summer swim and dive team season for practices, meets, and team functions.

This year the swim team will be in Division II with five other teams: Hamilton, Country Pool, Hopewell Valley Tennis, Nassau, and Hopewell Valley Golf. We will have a total of five swim meets. The dive team will have four meets.

The “Mini Meet” for all 10 and under swimmers ONLY will be at the West Windsor Whalers pool in the morning on Saturday, July 8th. We ask parents of the younger swimmers to decide quickly about participating in this meet. The final deadline to sign up for this meet is Thursday June 29th. Ravine Swim Club is again hosting an open dive meet for all clubs on Saturday, July 15th.

PASDA Swim Championships are scheduled for Monday, July 24th (10 and unders) & Tuesday, July 25th (older swimmers) at the Community Park Pool in Princeton. This meet is at the end of the season but we ask parents and swimmers to decide quickly about participating in this meet. Dive Championships are scheduled for Wednesday,

July 19th and Thursday, July 20th at West Windsor. We ask for early decisions on these meets for the purposes of entries and entry fees.

As always, we need your help as parent volunteers to help run both home and away meets. The parent volunteers ensure the meets run as smooth as possible! These responsibilities need to be shared among all team parents and are a requirement of all families. Kit and Bob Chandler will head the coordinating volunteer effort once again. The sign up process will be set up on-line through "Sign-Up Genius". Kit Chandler will further explain this process at the parent meeting on Sunday, June 4th.

We are in need of Stroke and Turn Judges! Last year we were short on these officials. This position entails judging the legality of the swimmers strokes, turns and finish touches. They are also responsible for disqualifying a swimmer when a rule violation is observed. This position requires you to attend or have previously attended a Stroke & Turn Clinic. Clinic info dates and time will be posted. If you are interested in this, it would be much appreciated by the coaching staff and swimmers. Please contact Coach Carly with any questions.

Last summer we made a large investment in new practice fins. These fins were used throughout the season and we are looking forward to using them again this season. We will also provide swimmers with kickboards. Therefore, training equipment is not required. Swimmers who would like to bring their own equipment may do so. For swimmers who would like to purchase their own training equipment, we recommend contacting Liz Compton of "Perfect Performance Fitness". Her email is liz@ppfdw.com. For practice, it is a good idea for your swimmer to have goggles, water bottles, practice suits and towels.

Our goals for this summer will be for all swimmers and divers to learn proper techniques and make improvements. The coaching staff will bring their best to each practice and meet to keep swimming and diving fun while at the same time striving for success in the pool and off the boards. We will work towards personal best times and improving scores while creating a team atmosphere.

Please check your email often for updates and any weather-related changes to the schedule. We will do our best to keep up with any updates and schedule changes. We know the 2017 season will be another great season! Go Dolphins!

Sincerely,
The Penn Brook Swim and Dive Team Coaches!

IMPORTANT DATES for **SWIM TEAM**

Thursday	June 15	Suit Sale
Tuesday	June 27	Home Meet vs Hamilton
Thursday	June 29	Home Meet vs Nassau
Thursday	July 6	Home Meet vs Hopewell Valley Golf
Saturday	July 8	Mini Meet (10&unders ONLY)
Tuesday	July 11	Away Meet @ Hopewell Valley Tennis
Thursday	July 13	Away Meet @ Country Pool
Monday	July 24	Swim Champs
Tuesday	July 25	Swim Champs

IMPORTANT DATES for **DIVE TEAM**

Thursday	June 15	Suit Sale
Monday	June 26	Home Meet vs. Nassau
Wednesday	June 28	Home Meet vs. Ben Franklin
Monday	July 10	Away vs. Flemington-Raritan
Wednesday	July 12	Away vs. Hopewell Valley Golf
Saturday	July 15	Ravine Diving Invitational
Wednesday	July 19	Dive Champs
Thursday	July 20	Dive Champs

Check the PASDA website for additional information, directions to away pools, possible changes, and information on the Mini Meet as well as Championships:

www.pasda.org

We will use the registration form to keep track of which swimmers and divers will be at which meets. Please complete these registration forms and make note of the dates. It is very important to communicate your child's absence from a meet by 12:00 noon of the meet day. We want to create the most accurate meet line-up as possible to help the meets move along smoothly. Last minute changes right before the meet cause scrambling to shift swimmers around the line-up. We understand life does not go as planned but please do your best to communicate. The best way to contact us is via email Carly Deeter at cddeet93@gmail.com (Please note my email has changed from last year. I no longer have a college email address.) Messages and calls left at Penn Brook will most likely not be received in time.

Below are the descriptions for **Parent Volunteer Work Assignments**:

Timers: One timer per lane, from each team, operates a stop watch to record a swimmers race time. One timer in each lane notes the swimmers times on lane timer sheets. For efficiency, the timer is typically from the same club whose swimmers are competing in that lane.

Scorekeeper: Two parents from each team keep score during the meet. The scorekeepers record times from the time slips, determine the order of finish for each event and assign points for the top 3 finishers.

Announcer: The announcer reads the event and heat and other announcements, as needed.

Starter: Ensures that swimmers get a fair start to each race. Starts are initiated via an audible signal; in PASDA meets, this is usually by an electronic device (BEEP) or whistle. (Bob Chandler is our starter.)

Marshalls: There will usually be between 6-8 marshals at any given meet. The marshals ensure that swimmers are waiting behind their assigned lanes for upcoming races. They allow the coaches to focus on coaching the team, not running after missing swimmers.

Runners: The runner or runners pick up the timers slips in each lane after each race and deliver them to the scoring table.

Awards: The awards people prepare award ribbons throughout the meet for distribution to coaches afterwards. The HOME TEAM is responsible for preparing awards over the course of the meet and for having this task finished shortly after the conclusion of the meet.

Concessions Stands: Concession workers sell food and refreshments. (Gretchen Overhiser and Jenny Long will be running the stand again this summer but there will be assistant spots open for volunteers.)

Place Judges: Judge, by observation, the finishing order of the top 3 swimmers. Each place judge is assigned a specific finish place to watch for in the meet.

Stroke & Turn Judges. Two officials from each team judge the legality of the swimmers strokes, turns and finish touches. They are also responsible for disqualifying a swimmer when a rule violation is observed. **This position requires you to attend or previously have attended a Stroke & Turn clinic. Clinic info dates and time will be posted.**

Thank you for considering these tasks!! We look forward to coaching your child 😊