



Penn Brook Dolphins Swimming and Diving

Dear Penn Brook Swim and Dive Team Parents,

The 2018 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 2018 swim team coaching staff has some familiar and some new faces:

Head Swim Team Coach: Carly Deeter

Assistant Head Swim Team Coach: William Chandler

Assistant Swim Team Coaches: Xander Wurtz, Jenna Kollevoll and Lilly Wurtz

The 2018 dive team coaching staff is all new:

Head Dive Team Coach: Kathy Diringer

Assistant Dive Team Coach: Abby Levy

Practices will begin on **Wednesday, June 6th** weather permitting and remember to tell your children that the pool is heated so it won't be too cold! The parent meeting for both teams is scheduled for **Monday, June 4th** at 6:30 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 for both swim and dive teams will be on **Tuesday, June 12th** from 4:00 to 6:00. 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. We chose new suits last year so we will stick with the same suits this year. Some of you may be able to wear the same suit as last year. If you are not able to make the sale this year, please stop by the store (near Pennington Bagel) and speak with Perfect Performance owner Liz Compton.

Our first swim meet of the season will be **Tuesday, June 26th**.

Our first dive meet of the season will be **Wednesday, June 27^h**.

Please view the Dolphins page on the Penn Brook website at

<http://www.pennbrookclub.com/penn-brook-dolphins/> for all calendar details of the summer swim and dive team season for practices, meets and any team functions.

This year the swim team will be in Division III with six other teams: Bedens Brook, Cherry Valley, Princeton YMCA, Team 85, Health Quest and Ravine. We will have a total of six swim meets. The dive team will be in Division II and will have four meets.

The “Mini Meet” for 10 & under swimmers ONLY will be at the West Windsor Whalers’ pool on the morning of **Saturday, July 7th**. 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 **Friday June 29th**. Ben Franklin Swim Club will host an open dive meet for all clubs on **Saturday, July 14th**.

PASDA Swim Championships are scheduled for **Monday, July 23rd** & **Tuesday, July 24th**. Champs will run differently this year than in the past and will be hosted at John Witherspoon Middle School. Monday, July 23rd will include all 13 & overs and all 10 & unders. Tuesday July 24th will include all 11/12s. 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 18th** and **Thursday, July 19th** at Community Park Pool in Princeton. 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 swim and dive 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 Chandler will head the coordinating volunteer effort once again. The sign up process will be set up on-line through “Sign-Up Genius”. Kit will further explain this process at the parent meeting on **Monday, 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 on the PASDA website. If you are interested in this, it would be much appreciated by the coaching staff and swimmers. Don’t be scared of the responsibility, we need judges and it isn’t as difficult as it sounds. Actually, if your child is serious about swimming it is a great way to learn about the official rules of swimming. Please contact Coach Carly with any questions.

We will need dive parents to help at all the meets! Dive parent judging and scoring training will be at 6:30 PM on June 18th at the Lawrenceville Swimming Association (LSA) pool. All new dive parents should attend so that they can learn more about the sport of diving and be prepared to help out.

A few summers ago we made a large investment in new practice fins. These fins were used throughout last 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 2018 season will be another great season! Go Dolphins!

Sincerely,
The Penn Brook Swim and Dive Team Coaches!

IMPORTANT DATES for SWIM TEAM

Tuesday	June 12th	Suit Fitting and Sale
Tuesday	June 26th	Meet Home vs Team 85
Thursday	June 28th	Meet Home vs Bedens Brook
Thursday	July 5th	Meet Home vs Ravine
Saturday	July 7th	Mini Meet (10&unders ONLY)
Tuesday	July 10th	OFF
Thursday	July 12th	Meet Away @ Cherry Valley
Tuesday	July 17th	Meet Home vs Health Quest
Thursday	July 19th	Meet Away @ Princeton YMCA
Monday	July 23rd	Swim Champs (13/overs and 10/unders)
Tuesday	July 24th	Swim Champs (11/12s)

IMPORTANT DATES for DIVE TEAM

Thursday	June 12th	Suit Fitting and Sale
Monday	June 18th	Dive Parent Training at LSA at 630 PM
Wednesday	June 27th	Home Meet vs Hopewell Valley Golf
Monday	July 2nd	Home Meet vs Community Park Pool
Monday	July 9th	Away Meet at Nassau Swim Club
Wednesday	July 11th	Away Meet at West Windsor
Saturday	July 14th	Ben Franklin Diving Invitational
Monday	July 16th	Rain Date
Wednesday	July 18th	Dive Champs
Thursday	July 19th	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 Messages and calls left at Penn Brook will most likely not be received in time.

Below are the descriptions for Swim Team **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 writer 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. (This is a specialized position and needs an experienced swimmer. Nick Wurtz will be our starter this year.)

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 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. This needs to be done by a few folks for all of our home meets. It takes a bit of learning and really isn't suited to 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.**

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

Dive Judges: The team should be prepared to supply 3 parent judges at each home meet and 2 parent judges at each away meet.

Scoring table Roles: Each team is required to supply at least two parent workers for each event, with the meet host also providing the announcer and the necessary supplies. The specific role of each table worker is listed below:

Announcer: Welcome everyone to the meet and make any necessary announcements. Announce the order of divers (boys and girls) before each age group competes. Announce each diver, the dive being attempted, and the next diver's name ("on deck"). Pass dive sheet to Recorder. Read the judges scores aloud. After event completes, announce group results.

Recorder: Record each judge's score on individual's dive sheet. Cross off the high and low scores, add the middle three scores together and record it on the dive sheet. If you have enough volunteers, this job can be split between two people: a Score Recorder and Score Adder.

Calculator: Take the raw score tabulated from the recorder for that dive and multiply it by the degree of difficulty (DD). Then write the final score for that dive in the appropriate space on the dive sheet, and add the previous total to the new score.

Master Scorer: Record the judges' individual scores on the Judge Score Sheet for each dive. If there is any question on the judges' scores, the master scorer is the final referee. After each event, sort individual dive sheets by score and record diver's name, points, and place on the Meet Score Sheet. Calculate team points for each event and final meet score.

Assistant: Double-check individual dive sheets ensuring math is correct. Assist Master Scorer by attaching ribbons to dive sheets and passing out sheets to participants after group results are announced.

Awards: The awards people prepare award ribbons throughout the meet for distribution to the divers. 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.

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