

Pocantico Hills

Swim and Dive Team 2018

Information and Registration Packet



Welcome to the Pocantico Swim & Dive Team!

Welcome to the 2017 Swim and Dive Team Season! We are looking forward to a fun, safe, and educational summer for everyone involved in the swim and dive programs at Pocantico.

Revised 06/14/2018

Meet Our Staff

Jeff McClung, Pool Director
Alexis Chocianowski, Assistant Pool Director
Alyssa Conrad, Head Swim Coach conradalyssa1@gmail.com
Matthew Dineen, Head Dive Coach
Nicole DiGiacomo, Assistant Swim Coach
Megan Donoghue, Assistant Swim Coach
Jessica Cowles, Assistant Dive Coach
Parent Rep: Chrissy Conrad jmc609@aol.com

Pool Telephone: (914)-631-2440 ex. 119

Email: swimteam@pocanticohills.org

Whether your child has participated on the team before, or if this is their first year, we want to let you know about the guidelines for taking part in our program.

Eligibility

- Any district resident between the ages of 5-18 is eligible for the program.
- **Swimmers who are 10 and under, will need to pass the required deep-water swim test to earn a BLUE bracelet. All other swimmers will need to pass the GREEN bracelet test in order to be on the swim team. All those wishing to participate on the dive team must past the GREEN bracelet test. These swim tests will be administered by the Pocantico Aquatics staff.
- Your child does not have to attend summer camp to participate, but you must be a resident of the school district.
- All eligible swimmers and divers must be on the roster by **Monday, June 18th**.
- Please return the **registration form** (found at the end of the packet) to the POOL office.
- There is a suggested donation of \$40.00 per swimmer to support team celebrations. Suggested donation can be made in **cash or check made payable to Rivertown Aquatics**.

Expectations

- Swimmers and Divers are expected to attend practices **5 days a week**, unless otherwise noted. Swimmers will not be able to compete unless they attend 13 of the first 15 practices, and 80% of practices thereafter. If there is an issue with attendance, please let the appropriate Head Coach (swimming or diving) know and we will try to accommodate the situation.
- If your child cannot attend a practice, please contact the coaches by emailing swimteam@pocanticohills.org
- If your child will not be able to attend a meet, please let your coach know **at least 3 days in advance**.
- If your child goes to the Pocantico Hills Day Camp, and is **not** going to swim team practice after camp, a parent **must write a note** to let the camp know that their child is able to take the bus or will be picked up at the end of the day.

- **All children under 13 years old must be accompanied by an adult or designated caretaker in and around the pool and recreational areas, except during swim practice.** This means that, once your child has finished practicing, a parent/guardian/babysitter must be ready to meet the child. This policy was enacted to ensure the safety of your children in and around the pool.
- Goggles and swim caps must be worn at every practice.
- Coaches will plan the entry roster for each meet.

Practice Guidelines

Practices play a significant role in improving the team's conditioning and technique over the course of the season. The coaches should be alerted if a swimmer has to miss practice for an extended period, due to illness, injury, or other personal situation.

Diving pre-season practice will begin on June 18th at 3pm.

Swimming pre-season practices will begin this year at the Pocantico Pool on Monday, June 18th at 3pm.

All swimmers should come prepared to practice with: goggles, a towel, swim cap, sneakers, and drinking water. Swimmers who require inhalers should have them available at practices and make the coaches aware of their condition. Practices will be held during light rain or drizzle.

Swim Practice Schedule for the summer:

Monday – Friday:

3:00pm – 4:00 pm 6 & under, 8 & under, 14 & under

4:00 pm - 5:00 pm 12 & under, 18 & under

We want to make practices FUN while improving their technique in the water!

Dive Practice Schedule: Diving practice will be held every day during the same block period of swim team (3:00 – 5:00 pm). As in the past, all children interested in the dive team will practice when they have finished their allotted swim time. Swimmers MAY NOT go to dive team instead of swim team if they are members of both.

All swim/dive team participants under the age of 13 years old will meet the coaches by the gym doors at 3:00 pm to be brought to the pool. While at the pool, swimmers and divers will remain at the practice in order to ensure their safety. They will not be allowed to wander the recreational area by themselves.

Meet Guidelines

The season consists of “A” and “B” meets. The meets start the first week of July and run through the first weekend of August. As the schedule clearly shows, the team requires a major commitment of time through Championships. **Please make note of the dates for meets and plan accordingly.** The team needs to have all of its swimmers available to compete.

“A” Meets

- These are the official meets. All “A” meets are officiated by paid officials who judge the starts, turns, finishes, and strokes of the swimmers. Points and ribbons are awarded, and scores are totaled; for the competing teams to determine the winner. Swimmers will be selected for “A” meets based on their performance and participation in practices. Three swimmers in each stroke in each age group will swim in an “A” meet. The coaches work very hard to be fair by timing the swimmers as much as possible in practice to determine who will compete. **EVERYONE should attend all the “A” meets.**
- For away “A” meets, a bus will be provided by the school on weekdays. Swimmers not riding the bus, or getting picked up on the way home, must provide a note to the coaches ahead of time.

“B” Meets

- “B” meets are unofficial and are designed to allow swimmers to gain experience in competition. There are no disqualifications and ribbons are awarded to all finishers. They are especially designed for the beginner or younger swimmers 12 & Under. A swimmer that has come in 1st or 2nd in **any** “A” meet **may not** participate in a “B” meet.
- There will still be practice on dates that there is a “B” meet for those swimmers not attending the “B” meet.
- There is no formal transportation set up for these meets; parents are responsible for bringing their swimmers to and from “B” meets.

Come prepared to all meets with your team suit, cap, towel, goggles, and water. Swimmers who require inhalers should have them available at meets and make the coaches aware of their medical condition.

Meets may be canceled by heavy rain or thunderstorms. Meets may be held through a light rain or drizzle. We follow the same weather guidelines for outdoor practices.

Team Swim Suit

The team fitting will be on **Saturday, June 23rd, from 9am-1pm.** Please try to attend the fitting, as it is important to make sure your child's suit fits properly. We will be using the **Speedo** Optical Burst suit for females and the Burst jammer for boys this year. Please note that the suits are the same as last year, but if you require a different size you are welcome to attend the swim suit sale and purchase a new one in addition to goggles, caps, and other accessories.

2018 Swim and Dive Team Schedule

PRACTICE SCHEDULE **WEEKDAYS STARTING JUNE 18TH**

LOCATION	TIME
SWIMMING	Pocantico Hills Pool
	3-4pm → 6 & under, 8 & under, 14 & under 4-5pm → 12 & under, 18 & under
DIVING	Pocantico Hills Pool
	3-5 pm

Please remember to provide a note for your child in order for him/her to stay after school to attend practice. We will meet the swimmers in the cafeteria and walk them down at the end of the school year. When camp begins, we will meet them under the cafeteria.

"A" MEET SCHEDULE

DATE	LOCATION	WARMUP	START
Thursday, July 5th	Home (vs. Mt. Pleasant)	4:30pm	5:30pm
Tuesday, July 10th	Home (vs. Bedford Hills)	4:30pm	5:30pm
Saturday, July 14th	Away at MKMP	8:00am	9:00am
Tuesday, July 17th	Home (vs. Whippoorwill)	4:30pm	5:00pm
Saturday, July 21st	Away at Bedford G & T	8:00am	9:00am

“B” MEET SCHEDULE: TBA

CHAMPIONSHIP MEET

	DATE	LOCATION	WARMUP	START
SWIMMING	Saturday, July 28th	Pocantico Hills	8:30am	9:00am
DIVING	Wednesday, July 25th	Pocantico Hills	5:00pm	5:30pm

ALL-STAR MEET

	DATE	LOCATION	WARMUP	START
SWIMMING	Sunday, July 29th	Briarcliff	8:30am	9:00am
DIVING	Thursday, July 26th	Pocantico Hills	5:00pm	5:30pm

Schedule Updates and Changes will be emailed and added to the online schedule. To find the online schedule: pocanticohills.org ⑦ Community ⑦ District Pool ⑦ Pool Calendar.

Communication

Please check the Swim Team bulletin board, your email, and pocanticohills.org regularly for updates, changes in scheduling, parent updates, and extra flyers. The bulletin board is posted outside of the boys’ locker room across from the snack bar. Also e-mails will be sent out regularly to the email included on the registration sheet.

Parent Committees

The Pocantico Hills Swim and Dive Team is proud to have parent committees contributing their time and expertise to run our meets and support our team. Please sign up for one or more of the

following committees. We will need multiple parent volunteers for each area at each of the different meets:

- Snack Bar
- Ribbons
- Team Clothing
- Scoring
- Photography/Website
- Invitational
- Timers/Runners
- Team Dinner

End of the Season Party: TBA

The swim and dive season ends with a party to celebrate everyone's accomplishments. The party starts with pool games and a DJ on deck, followed by a potluck dinner where swimmers and divers will receive a trophy and a surprise gift. The coveted Hawk of the Year award will be presented followed by more dancing.

Swim/ Dive Team Registration 2018

Please return this form to the POOL office by **Monday, June 18th**.

Family Name:

Family E-Mail:

Home Address:

Home Number: _____

Cell Number(s): _____

Emergency Contact and Phone Number:

Student's Physician and Phone Number:

Allergies and Other Medical Conditions:

I hereby authorize my child to participate on the swim/dive team. In case of an accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician indicated and to follow his/her instructions. If it is impossible to contact this physician, the school may take whatever arrangements seem necessary.

Parent Signature: _____

Date: _____

2018 POCO SWIM/DIVE TEAM REGISTRATION

1. Swimmer's Name: _____

Age: _____ DOB: _____

T-Shirt Size: _____

2. Swimmer's Name: _____

Age: _____ DOB: _____

T-Shirt Size: _____

3. Swimmer's Name: _____

Age: _____ DOB: _____

T-Shirt Size: _____

4. Swimmer's Name: _____

Age: _____ DOB: _____

T-Shirt Size: _____