

Pocantico Hills

Swim and Dive Team 2019

Information and Registration Packet



Welcome to the Pocantico Swim & Dive Team!

Welcome to the 2019 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.

Meet Our Staff

Jeff McClung, Pool Director
Alexis Chocianowski, Assistant Pool Director
Keri Gregersen, Head Swim Coach, k17wilson@hotmail.com
Matthew Dineen, Head Dive Coach
Desi Jaquez, Assistant Swim Coach
Hanlin Wang, Assistant Swim Coach
Jessica Cowles, Assistant Dive Coach
Parent Rep: Chrissy Conrad jmc609@aol.com

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

Email:

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 **Sunday, June 16th**.
- Please return the **registration form** (found at the end of the packet) to the POOL office.
- To assist in support for an end of year team celebration and swimmer gifts we are asking for a donation to be made to Rivertown Aquatics/POCO Swim Team. We suggest a **\$40.00 per swimmer to help provide for the end of the season celebration.**

Expectations

- Swimmers and Divers are encouraged to attend practices **5 days a week** to provide the best result for our team. 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 17th at 3pm.

Swimming pre-season practices will begin this year at the Pocantico Pool on Monday, June 17th 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 and WEEKDAY MEET ONLY**, a bus will be provided by the school. **The BUS will only be provided for transportation to the events.** 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.
- **The school does not provide Busing 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 **Sunday , June 16th, 10am-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 Shattered Palm Blue Female Superpro back** for females and the jammer for boys this year. Please note that the suits from last year are not available. We welcome all to attend the swim suit sale and purchase the new one in addition to goggles, caps, and other accessories.

2019 Swim and Dive Team Schedule

PRACTICE SCHEDULE **WEEKDAYS STARTING JUNE 17TH**

	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
Tuesday, July 2 nd	Home (vs. Whippoorwill)	4:30pm	5:30pm
Saturday, July 13 th	Home (vs. Bedford Hills)	8:00am	9:00am

Tuesday, July 16th	Home (vs. Bedford Village)	4:30pm	5:30pm
Tuesday, July 23rd	Away at Bedford G & T	4:30pm	5:30pm
Thursday, July 25th	Away at Torview	4:30pm	9:00am

“B” MEET SCHEDULE:

	DATE	LOCATION	WARMUP	START
SWIMMING	Wednesday, July 17th	Pocantico Hills	4:30am	5:30pm

CHAMPIONSHIP MEET

	DATE	LOCATION	WARMUP	START
SWIMMING	Saturday, August 3rd	Bedford G & T	8:30am	9:00am
DIVING	Wednesday, July 31st	Bedford Hills	5:00pm	5:45pm

ALL-STAR MEET

	DATE	LOCATION	WARMUP	START
SWIMMING	Sunday, August 4th	Briarcliff	8:30am	9:00am

DIVING	Thursday, August 1st	Pocantico Hills	5:00pm	5:45pm
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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 Volunteers

The Pocantico Hills Swim and Dive Team will need multiple parent volunteers for each of the groups for the different home meets.

- Snack Bar
- Ribbons
- Scoring
- Team Dinner
- Timers/Runners

Swim/ Dive Team Registration 2019

Please return this form to the POOL office by **Saturday, June 15th**.

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: _____

2019 POCO SWIM/DIVE TEAM REGISTRATION

1. Swimmer's Name: _____

Age: _____ DOB: _____

2. Swimmer's Name: _____

Age: _____ DOB: _____

3. Swimmer's Name: _____

Age: _____ DOB: _____

4. Swimmer's Name: _____

Age: _____ DOB: _____