

## **Abington Swim Club – Alligators Swim Team 2024**

### **FAQ & Swimming through the details - updated 5/2024 TH**

#### **How is the team organized?**

We are known as the Abington Alligators, we compete with six clubs of the High Point Community Swim Association. As a committee to the Abington Swim Club, we work with a Board appointed liaison for any administrative and organizational functions. Our practices are directed by our coach and coach assistants. Our parents play an instrumental role in the success of our team and the swimmers' experiences. (See family commitment question below).

#### **Who can join the swim team?**

Any child (4-18) whose guardian or parent or guardian holds a current FAMILY MEMBERSHIP and is in good standing at Abington Swim Club may join the swim team. Your swimmer must be in good health and capable of following directions. Swim team is NOT swim lessons; nor is the "Jumpers" team. (See Jumpers question below.) Your swim team member MUST be able to propel themselves independently across the full length of the pool. Your Jumpers member MUST be able to propel themselves, independently, halfway (12.5 meters) across the pool. You do not need to have swim stroke experience prior to joining. Swim team will cover all 4 individual strokes and introduce your swimmer to the team aspects of the sport.

#### **Will my child swim with children of the same age?**

Swimmers compete and practice based on their age groups. Their age is determined by their age as of June 1<sup>st</sup> that competition year:

*8 and under* can or will learn to swim 25 meter length in at least one stroke

*9/10 , 11/12, 13/14, and 15-18* can or will learn to swim 50 meter individual events, and individual 100 meter medley

#### **When are practices?**

We encourage you to participate in as many practices as possible. Practices are not supervised by Abington Swim Club lifeguards. (See Liability Waiver section on registration form) Any practice changes and additional details will be communicated via e-mail, the Remind App, and from the coaches.

*Before end of Winston-Salem Forsyth County Schools Summer dismissal:*

*(\*NO practice Monday, May 27 in observance of the Memorial Day Holiday.)*

*FIRST practice will be Monday, May 20\*\* and we will practice M-Th, until June 10 in accordance with the following schedule:*

*5:30-6:15 pm | Jumpers, 8 & Under, and 9/10*

*6:15-7:00 pm | 11/12, 13/14, 15-18*

*\*\*Tentative practice start date May 20th at 6pm for all swimmers\*\**

*Normal Summer Practice:*

*Schedule is below which is typically a morning and evening practice time offered for all age groups,*

*exclusive of Jumpers which will practice ONLY in the afternoons. (Monday-Friday\*). Morning practices are preferred so the afternoon practices are not over crowded.*

*Summer Practice times will start June 10.*

*Morning practice times:*

*Monday, Tuesday, Thursday and Friday*

*10 & Under 8:00-8:45 am*

*11-18 8:45-9:30 am*

*Afternoon practice times:*

*Monday, Wednesday, and Thursday*

*10 & Under/Jumpers 6:00-6:45 pm*

*11-18 6:45-7:30 pm*

*The morning AFTER swim meets, we will not have practice.*

*\*We will NOT have FRIDAY PM practices.*

### **What are the registration fees and what does my registration fee cover?**

**PAY AT PRACTICE.**

**\$90.00** per swimmer if paid by **MAY 20th**

**\$110.00** per swimmer if paid **AFTER MAY 20th**

**\$70.00** for Jumpers for the entire season.

### **What is included in the registration fee?**

Fees include all pool practices and activities, the coach's fee, meet fees, an end-of-season award, and a team swim cap. For timely registrations, a team T-shirt is included.

*\*A team spirit wear will also be available at an additional cost and will serve as a team fundraiser!*

### **How do I find out what's going on?**

Check the website [www.abingtonpool.com](http://www.abingtonpool.com) and click on the "Swim Team" tab .

E-mail us at [abingtonalligatorsNC@gmail.com](mailto:abingtonalligatorsNC@gmail.com).

Follow us on Facebook.

Sign up for Remind.

### **What kind of family commitment are we talking about?**

*Support your swimmer:* Come to practice and encourage your swimmer to participate and listen to the coaches and peer volunteers. Give your swimmer words of positive encouragement at the meets and cheer positively for ALL the swimmers.

*Support the team:* **It takes a lot of hard work for the season to be filled with fun and excitement. A minimum of 40 volunteers, physically, on the pool deck, are needed to run a swim meet. ALL SWIM TEAM PARENTS ARE REQUIRED TO WORK A MINIMUM OF ONE OF THE HOME MEETS AND ONE AWAY. Your cooperation is necessary for your child and all of our swimmers to have a successful swim season.**

**Additionally, donated food and drink items will be a HUGE help!**

There are several volunteer positions to choose from:

**Timer** – At each swim meet, the timers are responsible for operating the stopwatch to record a swimmer’s time on the timer sheet.

**Stroke & Turn** – At the swim meet, the Stroke and Turn Judge ensures that strokes and turns are done legally. Illegal strokes/turns are recorded on DQ slips. 3 training opportunities will be provided by the HPCSA. We will notify you of 2024 training dates as they become available. Even if you are not interested in becoming a Stroke and Turn Judge, the S&T clinic is a great opportunity to learn the technical aspects of each stroke and better understand the sport your child has chosen to be a part of. These judges play an important role and are necessary to keep the competition fair and equitable for all competitors.

**Clerk of Course** – Assigns lanes for competition and keeps a consistent flow for the meet itself.

**Assistant Clerk of Course** – Assists the Clerk of Course

**Runner** – this person is responsible for posting heat/lane assignments and results. Duties include collection of the timing sheets after each event and taking them over to the timing table. Once results are printed, you are required to “run” them to the awards table. Ideal person is one who does not like to sit still!

**Ribbons/Awards** – Responsible for getting the award labels from the computer person, placing them on the ribbons and filing awards in appropriate team bags.

**Team Parent(s)**- At the swim meets, this person receives a heat sheet with athlete event assignments and “checks in” their group by communicating events with our beloved sharpies and helps stage or pre-line up athletes prior to the event.

**Hospitality** – Provides water to swim meet volunteers and demonstrates an overall positive atmosphere to each team.

**Heat Ribbons** - Responsible for giving 1st place swimmers, in each heat, a heat ribbon! This is a very fun and energetic job.

**Concession Food Coordinator(s)** - These individuals share the concession responsibilities and oversee operations and money.

**Set up/Tear down for Meet** - Duties include: setting up/taking down seating around the pool, hanging signs, moving tables, setting up/taking down starter blocks and computer systems, and anything else that will be needed in order to set up/tear down for the meet. Good to have some strong and able bodied folks helping with this!

**Swim For Cancer Coordinator** –The HPCSA sponsors a swim event to support the American Cancer Association. This event will be on Sunday, June 23rd from 6-8. We will need someone to represent our

team to help distribute and collect event and money envelopes.

### **What will my child need for practice?**

- Swim Suits – Black and green suits preferred for continuity and team spirit. (Jumpers are also welcome to wear the preferred suit and adhere to the following suit guidelines.)

- **Girls: One-piece – stomach must be covered. NO BIKINIS.**

[Link to preferred YOUTH girls suit](#)

[Link to preferred WOMEN'S suit](#)

- **Boys: fitted swim trunks or jammers**

[Link to preferred YOUTH boys suit](#)

[Link to preferred MEN'S suit](#)

- **Towel**

- **Swim Cap\***

\*Please note that **swim caps** are not mandatory but strongly encouraged. During meets, caps with (team logo or name, manufacturers logo, swimmers name, American flag only or cap with no logo, trademark or name) only are allowed. One team swim cap will be provided as a part of your registration.

- **No Tech Suits** are allowed for HPSCA meets (updated 5/2024)

### **Who will be coaching/teaching/mentoring?**

It takes a village. (Feel free to jump-in and help anytime!)

We will have one main coach, a co-coach or two, and are expecting our older, responsible swimmers to assist with coaching the Jumpers team!

### **When and where are the meets?**

Meets are scheduled on Tuesdays. Rain delays and rescheduling will occur the same week Thursday.

2024 meet schedule is as follows:

May 19th Kick off meeting (2pm - 4pm)

June 4th Away v Waterdawks (rain date June 6)

June 11th Home v Sharks (rain date June 13)

June 18th Home v Tsumani (rain date June 20)

June 23rd Swim for Cancer

June 25th Home v Eels (rain date June 27)

July 2nd\* Away v Stingrays (rain date TBD)

July 9th City Meet @ the Greensboro Aquatic Center (GAC)

July 14th - Team Awards Ceremony (11am-1pm)

### **Does my child have to swim at all the meets?**

Competing in the swim meets is not technically "mandatory," but it is certainly a fun and central part of

the team's experiences. We do encourage you to attend as many meets as you can. Many times, we have seen our swimmers hesitantly approach the pool in a stroke that they might not be as confident in, only to discover award-winning opportunities.

Keep in mind that in order to participate in the Championship City Meet, there are certain seasonal eligibility requirements such as; the swimmer must have swam that stroke at least once during the regular season. It is not uncommon for the coach to ask your swimmer to compete in a stroke during the regular season (at least once) for this opportunity.

**I want my young child to be in the "jumpers" program--what is required?**

A jumper is typically under 6 years old and must be able to successfully swim (any stroke) at least one half length (12.5 meters) of the pool WITHOUT ASSISTANCE (meaning your jumper can swim without physical support, without a floatation device, and without grabbing onto the lane line or wall) in order to participate with the jumpers team.

**If my child is a jumper, are they expected to come to the meets?**

Jumpers play an important role at our meets. At home and away meets, they have their own events at the very beginning. They will jump at the starters horn and swim to a catcher. Many of their team-mates, parents and guardians will cheer to help them get accustomed to meets.

Experienced, older (teenage) team members will assist with the Jumpers program, and requirements for school VOLUNTEER hours can be earned by helping! (We will send a signup out as soon as the Jumpers Team is established for the season!)

**How do I get my child registered?** Registration forms can be found at [www.abingtonpool.com](http://www.abingtonpool.com) - click on the "swim team" tab. You can also contact us via e-mail at [abingtonalligatorsnc@gmail.com](mailto:abingtonalligatorsnc@gmail.com).