

Abington Alligators Swim Team FAQ's 2019



How is the team organized?

We are known as the Abington Alligators. We compete against six other swim clubs in the High Point Community Swim Association with as many as 700 swimmers each season. As a committee to the Abington Swim Club our team works with a Board appointed liaison for any administrative and organizational functions. Our practices are directed by our coach(s), coach liaison and coach assistants. Our parents play an instrumental role in the success of our team and the swimmers experiences. (See family commitment question below). **The goal of the Abington Alligators Swim Team is to provide a positive summer experience for the team members and their families. The team is meant to improve aquatic skills, promote good sportsmanship, a positive sense of community and of course have FUN!**

Who can join the swim team?

Any child (4-18) whose guardian or parent is a member in good standing and holds a *family membership* at Abington Swim Club. Your swimmer **must be in good health and capable of following directions.**

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 1st that competition year:

- **6 and under "jumpers"** = are not required to swim the entire length of the pool but *MUST be able to follow directions and demonstrate basic swimming knowledge.*
- **8 and under** = can or will learn to swim 25 meter length in at least one stroke.
- **Ages 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 Waver section on registration form) Any practice changes and additional details will be communicated via e-mail, remind 101 text and at times verbally from coaches, coach liaison or team representative.

Refer to team calendar for additional details **(subject to modifications and confirmation)**

What are the registration costs?

2019 registration fees are expected to be \$80 per swimmer if paid by May 29th; \$85 per swimmer if paid after May 29th but before June 1st or \$90 per swimmer if paid after June 1st. The jumper fee is \$75 for the entire season. These fees cover all practice times, meet entries and swim cap. If registration is received prior to June 1st a team t-shirt is included.

What will my child need for practice and meets?

Swim Suits

Girls: One-piece; stomach must be covered

Boys: fitted swim trunks or jammers

For team uniformity and ease of identification PLEASE consider purchasing the following suits:

Girls <https://www.swimoutlet.com/p/the-finals-reactor-splice-competition-back-14223/?color=9601>

Boys [https://www.swimoutlet.com/p/sporti-piped-splice-swim-jammer-swimsuit-youth-\(22-28\)-8117062/?color=9601](https://www.swimoutlet.com/p/sporti-piped-splice-swim-jammer-swimsuit-youth-(22-28)-8117062/?color=9601)

Although you do not have to purchase them from swim outlet, they have a proven track record with accuracy, quality and pricing from them. If you are unable to get these specific suits, please consider all black suit. Girls must have one-piece with stomach covered and boys must be fitted swim trunks or jammers

Goggles

There are many different goggles on the market. Simply put, your goggles must pass the “These goggles don’t hurt my face when I wear them for longer than 4 minutes!” Goggles are supposed to be comfortable but more on the snug side, particularly how the ocular part fits on your eye socket (this is what will ensure a proper seal). Eyelashes should not touch the inside of the goggle. The goggle straps should feel tight around the head. Most goggles come with a double strap so that you might be able to place one strap slightly higher than the other to keep them in place. Both straps should be at the level of the eye or above, never below. *I HIGHLY recommend replacing the straps with a swim bungee. It is much easier to ensure a tight fit and can easily be adjusted. A quick google search for “swim bungee strap” will yield many to choose from.*

Towel

During meets and practice, your swimmer may need more than one swim towel. Please make sure yours is easily identifiable as many get mixed with others, especially during meets.

Swim Cap

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. There are many different ways to put on a swim cap. Especially if this is your first time, please seek out a team captain, coach or veteran parent to help. <http://www.wikihow.com/Put-on-a-Swim-Cap> It should be a painless and even a fun step to prepare to swim with our team mates.

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 encouragements 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 are needed to run a swim meet. **ALL SWIM TEAM PARENTS ARE REQUIRED TO WORK A MINIMUM OF TWO MEETS** Your cooperation is necessary for your child and all of our swimmers to have a successful swim season. There is a job to fit the availability and talent of every parent on the team--before, during or after meets. A commitment from our families of the swimmers is essential to ensuring the meet runs as smoothly and as fairly as possible. When all families pitch in and help, no individual or family will be over-burdened.

There are several volunteer positions to choose from:

Stroke & Turn (WE NEED YOU) – At the swim meet, the Stroke and Turn Judge insures that strokes and turns are done legally. Illegal strokes/turns are recorded on DQ slips. **Whether you have previous experience or not; per our league, S&T judge will need to attend a training session. There will be training dates available announced.. PLEASE thoughtfully consider helping with this...** 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

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

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!

Heat Ribbon 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 event.

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

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!

Are there other team activities besides practice and meets?

Abington Swim Team Kick Off/Pasta Night
Swim For Cancer Event at Abington Pool
Team social events
Fun-Friday's with our "world famous" waffle bar ;-)
End of season / awards banquet
Others TBD

When are the swim meets?

June 11 away vs. Sharks (rain date 6/13)
June 18 away vs. Eels (rain date 6/20)
June 25 home vs. Tsunami (rain date 6/27)
July 2 home vs. Stingrays
July 9 bye – no meets scheduled this week
July 16 home v Waterdawgs (rain date 7/18)
July 23 Championship Meet at the Greensboro Aquatic Center

About the Championship Meet:

It is scheduled for Tuesday, July 25th at the Greensboro Aquatic Center. *All swimmers are encouraged to attend.* Jumpers do not participate in Championship Meet. All swimmers must compete in one regular season meet and have successfully completed a specific stroke in order to compete in that stroke during championship meet. Medals and awards are given during this event. It is a GREAT opportunity for our swimmers.

Any questions, please email us at abingtonalligators@yahoo.com