

Trenton Country Club



2021 Swim Team

Bullfrog and Tadpole Information Packet

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**Trenton Country Club
2021 Swimming Information Packet**

Welcome! The coaches are thrilled to kick off the 2021 Trenton Country Club season with you! The purpose of this packet is to give you general information on the upcoming swimming season. If you have any questions throughout the season, don't hesitate to ask a coach! They are always available and happy to help answer your questions.

Information included in this year's packet is largely focused on team practices since the format of league meets has not been determined due to Covid-19. Since this information is not yet available to us, please keep your eyes and ears open throughout the season for additional information.

Packet Contents:

1. Swim Team Introduction and Information
2. Swim Team Preseason
3. Swim Team Practice Times (Bullfrogs and Tadpoles)
4. Dual Meet Information
5. Parent Participation and Description of Swim Meet Responsibilities

About the Team

We love swimming! For the upcoming season, we have a few goals we would like to accomplish. For starters, we want everyone to have fun! We hope, within that, we will be able to develop some great stroke technique, and progress as swimmers. There are so many ways we can learn from one another and work together, and we hope to accomplish that and much more this upcoming season.

Every swimmer is different. Good thing there are three of us coaching! Depending on level, swimmers will learn how to master all four strokes – freestyle, backstroke, breaststroke, and butterfly. Beyond that, for swimmers who are already advanced, we will work on endurance, streamlines, starts, turns, race mentality, and beyond. We hope to create a competitive and committed team, and have a wonderful time!

News and Information

1. Fees – In order to not collect money throughout the season for team gifts, awards, the team party and end of year banquets, etc., each family will be responsible for paying a small fee. This summer the fee for both Bullfrogs and Tadpoles is \$120 per swimmer which includes the end of year banquet and team gift.
2. Meet Attendance – This summer, meets will either be held in person, or virtually. A virtual swim meet means our swimmers will compete in races at TCC, while another team swims the same races at their own pool. The coaches will compare times and score the meet. Results will be available a day or two after the meet. As coaches, our goal is to have as many swimmers participate in meets as possible. However, we realize that the summer is a busy time, and it may not be possible to attend all meets. Once the schedule is available, please let us know if you will be UNABLE to make a meet by filling out the shared Google Doc which will be sent soon. The shared doc allows us to have all the information in one place. Making line-ups and ensuring that team members are able to swim in the proper events and relays requires a great deal of preparation and planning. Therefore, it will be assumed that swimmers will be attending any meets that are not indicated on the Google Doc.
3. Helping at Meets – Each family's participation in meets and team activities is crucial for a smooth and successful swim season. The more parents that volunteer to work meets, the easier the jobs will be and the more enjoyable they will be for our swimmers. We are asking that one family member from each swim team family sign up to work **at every meet this summer**. Descriptions of meet jobs can be found in this packet. Volunteer sign ups will be sent out the week of each meet. You can also see Dana Madden the day before or day of a meet.
4. Emergencies – As coaches, we go to great lengths to make sure that meet line-ups are put together carefully and that everyone has a chance to swim. For this reason, we ask that everyone try to attend meets that you have committed to. However, we understand that emergencies and unforeseen circumstances come about. If you are unable to attend a meet on short notice, please

e-mail Coach Stef at stefanielharrison@gmail.com prior to 2:00pm on meet days, or call Coach Stef at 215-260-0296. Your cooperation is greatly appreciated.

5. Inclement Weather – In case of cancellation of practice or a meet, an e-mail will be sent as soon as the decision has been reached. If you have questions or have not heard anything, please call the Club to check the status.
6. Mailboxes – We will continue with last year's file folder system. Each family will have a folder to dispense ribbons. We will try to get the ribbons distributed the morning after the meet, but occasionally it may take an extra day. Please try to check the box often, as sometimes some of the folders get very full. The box will always be on the bench near the steps into the big pool during practice.
7. PASDA Website – This is a very informative tool with a wealth of information. Take a look at www.pasda.org.
8. Clothing – This year we will be selling TCC swim team gear. Please reach out to Coach Stef or Dana Madden for more information.

LET'S HAVE A GREAT SUMMER.

GO BULLFROGS!!!

Swim Team Preseason

In order to prepare the team for the summer season, we will be offering two weeks of swim team preseason from June 7-11 and June 14-18. The practices will be in the afternoon from 4:45-6:00 and are open to swimmers that were on the Bullfrog team in the past, or swimmers new to TCC that are able to swim one lap of the pool in both freestyle and backstroke without stopping. Proper breathing technique must be used in freestyle.

This year, Coach Renee will be offering a preseason clinic for swimmers that are not yet Bullfrog swimmers, but are able to swim on their own for 15 yards without assistance (approximate distance of the middle pool). These children should be able to swim with their face in the water and should be able to take direction from coaches. The cost of the clinic is \$60. Following the conclusion of the clinic, children will either join the Tadpole group or the Bullfrog team. For this preseason program, coaches will be in the water working exclusively on freestyle and backstroke. Dates and times for the clinic are June 8-10 and June 15-17 from 5:00-5:45.

Children signing up for the Bullfrogs swim team will automatically be enrolled in the preseason practices, and there is no additional cost for the preseason practices. Any children wishing to participate in Coach Renee's clinic must sign up with Debbie Knop (dknop@trentoncc.com). The \$60 clinic fee will be charged through member billing.

Swim Team Practice Times

Beginning on Monday June 21, Bullfrog swim team practices shift to the morning before the pool opens. Swim groups will be determined during the preseason. Practice times and groups are outlined below.

Please note that these groups may change based on the number of children signing up to swim.

9:00 - 10:15 (most experienced swimmers, typically ages 11 and older)

10:00 - 11:00 (previous swim team members, typically ages 8-10)

10:15 - 11:00 (youngest and newest swim team members, typically ages 6-8)

The Tadpole program is for kids that are not yet ready for Bullfrogs but can swim independently. Tadpoles practice in the middle pool with instructors in the water. Stroke development is the focus of the tadpole program. There are special tadpole meets in the middle pool before the Bullfrog meets which provide an opportunity for our youngest swimmers to practice what they've learned and experience the excitement of swimming in a race against their own teammates. Tadpoles practice daily for thirty minutes, typically between 10 and 11:00, from June 28 through July 23. Children may be placed into two groups to allow for safe distancing during covid. Coach Renee will inform swimmers of their tadpole practice time.

Dual Meet Information

As mentioned above, the 2021 schedule has not yet been released. We are waiting for PASDA to determine the format of the meets this summer. At a minimum, families can expect four virtual meets. Meets are typically scheduled on Tuesday and Thursday evenings, beginning on June 24 and continuing until July 22. The banquet is scheduled for July 28. As soon as we have a definite schedule, we will email it to all team families. All swim meets begin at 6:00 PM with warm-ups beginning at 5:00. If necessary, rain dates will be determined.

Parent Participation and Swim Meet Responsibilities

In order to run a smooth and efficient swim meet, we need many parent volunteers. Each Bullfrog family is expected to volunteer at a minimum of two meets. Sign-Up Genius emails will go out before each meet for families to sign up to volunteer. Please note that some roles will change if the meets are virtual.

Description of Swim Meet Responsibilities

Timer – Timers are needed for both home and away swim meets. Timers will be given a stopwatch and trained prior to the start of the meet. They time each swim in a given lane and record the time on the provided card for scoring purposes.

Runner – The runner collects the time cards from each lane at the end of each race and takes them to the scorekeeper's table.

Scorekeeper – The scorekeeper records the official time onto the meet sheet and keeps a running score of the points earned by each time.

Starter/Referee – The starter/referee has control over the entire swim meet. They prepare the swimmers and timers before each race as well as signaling the start of each race.

Official (stroke and turn judge) – This official watches the swimmers in each race to be sure that all strokes and turns are being performed legally. Training for officials can be gained at sessions conducted by PASDA (mentioned prior in packet).

Place Judge – Records the order of finish for each race for scoring purposes.

Awards Table – Using the results obtained from each event, this person is responsible for distributing the proper ribbons by attaching the timer slip to the correct ribbon. We also need someone to file the ribbons in the file folder box the morning following the meets.

Marshall – Gathers and organizes the swimmers (especially the younger ones) prior to the race.