

**FIVE SEASONS**

FAMILY SPORTS CLUB

**Five Seasons Sports Club  
Swim & Dive Team**

**GATOR GUIDE**



**Summer 2021  
Parent Guide  
June 1 - July 17**

Dear Swim/Dive Team Parents:

Welcome to another year of Five Seasons swim and dive teams. This is our 20th season and the coaches anticipate a fun, exciting, and rewarding experience for your children. It is our goal that every swimmer and diver on the team experiences a fun summer environment, solid skill



development and feels like an integral part of our team. We aim to promote confidence and sportsmanship. Throughout the season, our swimmers will receive specialized training emphasis on strokes and endurance work. Our "Fun Friday" practices will combine practice, games, and treats as part of our "laugh and learn" philosophy.

The philosophy of the Inter-suburban Swim Conference is one of parental involvement. The conference rules require that each team supply parents to work at meets. To that end, our club-representative has met during the year to organize our teams and parents.

Each family is asked to volunteer for both home and away swim meets.

- Parents are **required** to volunteer at least twice **per child**.
- Job assignment options are listed in this guide and are easily learned on the spot.
- Working at meets is fun and helps you meet more parents and be involved in the sport of swimming along with your child.
- Once you volunteer for a certain date, **you are responsible for finding a substitute if you have a conflict.**
- At each meet, all volunteers need to check-in at the scoring table ½ hour before home swim meets and at the team hour ½ hour prior to the meet at away meets.
- If you have questions about volunteering, please call the volunteer coordinators, whose contact information will be distributed as the season begins.

The coaches have planned a program that fits our swimmers' every need. If you have any questions, comments, concerns, or suggestions, please feel free to talk with us. We look forward to an enjoyable, energetic and rewarding season working with all our families here at 5 Seasons! Go Gators!

Char Mahar  
Head Swim Coach  
(847) 331-7014  
[charmahar@gmail.com](mailto:charmahar@gmail.com)

## REGISTRATION INFORMATION

Registration is now open.

## SWIM PRACTICE INFORMATION

### PRACTICE TIMES

#### Starting June 1 - June 10

Monday-Thursday

8&Unders: 6:30-7:15pm

9+: 7:15-8pm

**NO** Friday practices (first two weeks only)

**NO** Memorial Day practice

#### Starting Week of June 14 - End of Season

Monday – Thursday

8&Unders: 9-10am

9+: 10-11am

#### Friday

All Ages: 10-11am



### ATTENDANCE

Attendance is highly recommended. We are aware this is a summer swim program and children have many special summer activities. If your swimmer(s) have conflicts, Coach Char should be notified as early as possible. The more practices a swimmer attends, the easier it is for the coaching staff to place them competitively in meets.

### EQUIPMENT

Each swimmer needs to bring the following to every practice:

- Swim cap (girls and boys with longer hair)
- Goggles
- Team Suit
- A towel

Our official team suit vendor is Urban Tri Gear, located at 842 E. Ogden Avenue in Westmont. The number for Urban Tri Gear is (630) 230-9386.

### WEATHER NEWS

Practices will be cancelled due to poor weather, persistent thunder, extremely cold temperatures, lightning, and heavy rain. If you feel it is in your child's best interest not to attend practice because of weather or health reasons do not send your child; as always, you as the parent should make those decisions. Check your emails as well as your text messages as Coach Char will notify parents of cancellations via both.

## SWIM MEETS

### SWIM MEET SIGN-UPS

Swimmers **MUST** sign up by 12pm on Monday if they plan to participate in a Thursday meet or 12pm on Friday for a Monday meet. We use Sign-Up Genius (the website will be sent to all team members). Simply create an account and you will be able to sign your swimmer up for meets as the season goes. **If a swimmer's name is not added via Sign-up Genius, the swimmer will NOT be entered in the meet.** Should you need to cancel your sign-up due to a conflict, you should email/text Coach Char. Please include the first and last name of the Gator swimmer and his/her age group. There is a lot that goes into making the line ups for swim meets. We ask that you respect the sign-up process so that our meets run smoothly. Thank you in advance.

### WHAT TO BRING TO MEETS

Swimsuit, goggles, swim cap, towels, blanket or sleeping bag to sit on, team t-shirt and sweats, nutritious snacks, books or small games, playing cards, etc. It can get cold. Please bring appropriate clothes to stay warm.

### POSITIVE CHECK-IN

All swimmers are expected to check-in (highlight their names) prior to warm-ups. This allows coaches to organize heats accordingly and makes meets run smooth and efficiently.

### MEET TIMES

Swimmers are expected to arrive for warm-ups and remain for the entire meet (except 6 & Unders). Meets last approximately 2½ to 3 hours. If you plan to take your child home before the meet is over, **please speak to a coach before you leave** to ensure your swimmer is not scheduled to be in a relay.

### WHAT TO EXPECT AT MEETS

Each swimmer can swim a maximum of 2 individual events and 2 relays, although not all swimmers will swim 4 events at each meet. Heat Sheets showing swimmers' heat and lane



assignments are posted on the wall in the bullpen (the holding area for swimmers) for your child's events. Parents, please write your child's event with marker on their hands to help them to remember their events.

Once your swimmer has warmed up, he/she is expected to **REMAIN** in the team area/bullpen so they can be found when it is time for their events. Coaches and bullpen parents will make sure your swimmer is lined up and ready for their events.

## **MEET WORKER JOB DESCRIPTIONS**

- **TIMERS**

Two timers are assigned to each lane. Stopwatches and clipboards are distributed at the parent check-in. There will be a timing meeting prior to the start of the meet held by an official who will go over the specific role of the timer. The timers' job is to start the watch at the beginning of the race and stop the watch when the swimmer in the water touches the wall with any part of their body. The person with the clipboard records the name of the swimmer and the time from each stopwatch.

- **RUNNER**

Collects timer and finish cards at the end of each heat and delivers them to scoring table.

- **FINISH JUDGE**

The finish judges position themselves on the side of the pool next to the starting blocks and in line with the end of the pool. The finish judges then observe the swimmers' touches at the end of the pool and record the order of finish on the cards provided.

- **SCORE TABLE**

The score table runs the meet computer. The time of each swimmer is entered into the computer and places and ribbons are generated from this information. Two volunteers work together to enter the data and ensure it is properly stored.

- **RIBBON WRITER**

Each ribbon writer will stick computer-generated labels on the correct place ribbons and files ribbons into folders for the team.

- **BULLPEN**

Swimmers sit in the bullpen area by age group. Parents who work in the bullpen identify swimmers, line up swimmers for events, and walk them to the starting blocks for events. With the help of other parent volunteers, you will supervise the area keeping it orderly and safe.

- **TEAM PHOTOGRAPHER**

We will have a team picture taken (date to be determined)

- **ANNOUNCER**

Announces the event number/heat and swimmers in each race using a microphone

## **2021 SWIM MEET SCHEDULE**

**ALL MEETS: Warm-up at 4:45pm / Competition begins at 6pm**

**June 17 @ Village Field Club**  
**June 24 Bye Week**  
**June 28 Bye Week**  
**July 1 @ Salt Creek Club**  
**July 8 Home Meet vs. River Forest Tennis Club**  
**July 15 @LaGrange Field Club**

### **ADDRESSES TO ALL INTERSUBURBAN CONFERENCE TEAM LOCATIONS**

**LaGrange Field Club**, 47<sup>th</sup> and Leitch, LaGrange, (708) 352-9709

**Oak Brook Bath & Tennis Club**, 800 Oak Brook Road, Oak Brook, (630) 368-6440

**Riverside Swim Club**, 100 Bloomingbank Road, Riverside, (708) 447-6134

**River Forest Tennis Club**, 615 Lathrop Ave, River Forest, (708) 771-7780

**Salt Creek Club**, 830 N. Madison, Hinsdale, (630) 323-7890

**Village Field Club**, 1651 Forest Road, LaGrange Park, (708) 352-4318

## **FIVE SEASONS DIVE TEAM 2021**

### **DIVE PRACTICE INFORMATION**

#### **PRACTICE TIMES**

##### **Starting June 1 - June 10**

Monday-Thursday

All Ages: 5:30-6:30pm

**NO** Friday practices (first two weeks only)

**NO** Memorial Day practice

##### **Starting Week of June 14 - End of Season**

Monday – Friday

All Ages: 10-11am

The Inter-suburban Swim and Dive Conference runs on parental involvement. The conference rules require that each team supply parents to work at meets. Matt Glimco is the Conference Chair for our conference and will work closely with the coaches and parents to ensure well-run meets. We will host two of the four meets this summer along with the conference meet. Parents will be asked to volunteer at home meets. We will have a sign up for the meets at our parent meeting. If you have a conflict, please notify us, and find a substitute.

Coach info: Zoe Lagessie

Cell & Email: (630) 750-7260 zoe.lagessie@icloud.com

#### **EQUIPMENT**

It is recommended that each diver bring the following to every practice:

- A Shammy
- Water bottle
- Suit
- Towel

Our official team suit vendor is Urban Tri Gear, located at 842 E. Ogden Avenue in Westmont. The number for Urban Tri Gear is (630) 230-9386.

#### **2021 DIVE MEET SCHEDULE:**

(All dual meets and open meets are 5:15pm warm-up with a 6pm start)

June 23	Wed	Open Meet @ Five Seasons
June 30	Wed	Open Meet @ LFC
July 7	Wed	Open Meet @ LFC
July 14	Wed	Open Meet @ Five Seasons

## Five Seasons - Parent Code of Conduct 2021 Summer Season

The essential elements of character – building ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. The highest potential of sports is achieved when competition reflects the “six pillars of character.”

I therefore agree:

1. All parents will volunteer to work or contribute in some manner at the Conference Meet on July 17 that is hosted by our team this year. Postponed this season.
2. I will remember that children participate to have fun and that swimming is for youth and not adults.
3. I will teach my child that doing ones’ best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
4. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
5. I (and my guests) will be positive role model(s) for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all swimmers, coaches, officials, and spectators at every meet, practice or other swimming event.
6. I will demand that my child treat other swimmers, coaches, officials, and spectators with respect regardless of race, creed, color, sex, orientation, or ability.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will respect the officials and their authority during meets and will never question, discuss or confront coaches on the pool deck, and will take time to speak with coaches at the agreed upon time and place.
9. I will resolve conflicts with other parents, coaching staff and board members in an open and amicable manner. I will communicate openly with all parties involved.
10. I agree that I and/or a family representative will volunteer at one or more meets. I agree that if I have more than one swimmer, I will volunteer twice **per child**.
11. I agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
  - Verbal warning by official and/or head coach
  - Written warning
  - Parental/Swimmer season suspension

I acknowledge that I have read and understand the 2021 summer season parent code of conduct and will abide by all rules stated therein.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_