

FIVE SEASONS

FAMILY SPORTS CLUB

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

GATOR GUIDE



**Summer 2022
Parent Guide
May 31 - July 16**

Dear Swim/Dive Team Parents:

Welcome to another year of Five Seasons swim and dive teams. This is our 21st season and we 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 promote confidence and sportsmanship. Throughout the season, 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 team 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.**
- 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.

The coaches have planned a program that fits our swimmers' every need. We look forward to an enjoyable, energetic, and rewarding season working with all our families here at Five Seasons! Go Gators!

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

REGISTRATION INFORMATION

Registration is now open.

SWIM PRACTICE INFORMATION

PRACTICE TIMES

May 31 - June 2

Tuesday-Thursday

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

9+: 7:15-8pm

NO Friday practices (first week only)

NO Memorial Day practices

June 6 - 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. An online store will be available soon along with a deadline for all orders.

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. 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

2022 SWIM MEET SCHEDULE

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

June 16 Home Meet vs. River Forest Tennis Club
June 20 @ Salt Creek Club
June 23 @ Village Field Club
June 27 Home Meet vs. LaGrange Field Club
June 30 Bye Week
July 11 Home Meet vs. Oak Brook Bath & Tennis
July 16 Conference Meet

ADDRESSES TO ALL INTERSUBURBAN CONFERENCE TEAM LOCATIONS

LaGrange Field Club, 47th 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 2022

DIVE PRACTICE INFORMATION

May 31 – June 2

Tuesday-Thursday

All Ages: 6:45-7:45pm

June 6 – End of the 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.

2022 DIVE MEET SCHEDULE (Tentative):

ALL MEETS: Warm-up at 5:15pm / Competition begins at 6pm

June 15	Home Meet
June 22	@ LaGrange Field Club
June 29	Home Meet
July 6	@ LaGrange Field Club
July 17	@ Conference Meet @ LaGrange Field Club

Five Seasons - Parent Code of Conduct 2022 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 16 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 2022 summer season parent code of conduct and will abide by all rules stated therein.

Signature: _____ Date: _____