



Five Seasons Sports Club
Swim & Dive Team

GATOR GUIDE



Summer 2023
Parent Guide
June 5 - July 15

Dear Swim/Dive Team Parents:

Welcome to an exciting summer of Five Seasons swim and dive teams. We are hosting our Conference Meet this summer and want to bring the BEST and BIGGEST Gator team yet! We anticipate a fun, exciting, and rewarding experience for your children. Our goal is that every swimmer and diver has a fun summer experience, solid skill development, and feels like an integral part of the team. We promote confidence and sportsmanship. Swimmers will receive specialized training emphasis on strokes and endurance. "Fun Friday" practices will combine practice, games, and treats as part of our "laugh and learn" philosophy.



Parental involvement is a HUGE component of the Inter-suburban Swim Conference. Conference rules require that each team supply parents to work at meets. Club-representatives have met during the year to organize our team and parents – especially for Conference!

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

- Parents are **required** to volunteer at least twice **per child**.
- Volunteer Opportunities 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.
- If 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 all swim meets.
- If you have questions about volunteering, please call the volunteer coordinators.

Get ready for the BEST summer yet! 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

SWIM PRACTICE INFORMATION

PRACTICE TIMES

June 5 - End of Season

Monday – Thursday

8&Unders: 9-10am

9+: 10-11am

Friday

All Ages: 10-11am

ATTENDANCE

Attendance is highly recommended. Practice and Meet attendance help swimmers improve and become more confident.



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. Please pay special attention for the DEADLINES for all orders.

WEATHER NEWS

- Practices will be cancelled due to thunder/lightning, 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, please do not send your child.
- Coach Char will notify parents of cancellations via the email provided at registration.

SWIM MEETS

SWIM MEET SIGN-UPS

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.**

- Monday Meets: Swimmers **MUST** sign up by 12pm on Friday before the meet.
- Thursday Meets: Swimmers **MUST** sign up by 12pm on Monday before the meet.
- If you need to cancel your sign-up due to a conflict, you should email Coach Char. Please include the first and last name of the Gator swimmer and his/her age group.
- Please respect the sign-up process so that 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 who are signed up to swim are expected to attend. There will be NO Positive Check-ins prior to the meet. This allows coaches to organize heats prior to the meet and start meets on time

MEET TIMES

Swimmers are expected to arrive for warm-ups and remain for the entire meet (except 6 & Unders). Please note if your swimmer does need to leave early from the meet on SignUp Genius. 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

Swimmers 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 in the bullpen or team area. 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.



SWIM MEET VOLUNTEER JOB DESCRIPTIONS

To get up the best seats at a swim meet – volunteer! Working at meets is fun and helps you meet other parents, and get involved in the sport of swimming along with your child.

- Each family is asked to volunteer for both home and away swim meets.
- Parents are **required** to volunteer at least twice **per child participating on the team.**

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 cards at the end of each event/heat and delivers them to scoring table.

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.

AWARDS TABLE

Computer-generated labels are placed on the correct place ribbons and then ribbons are filed into folders for the team.

BULLPEN

8 & Under swimmers sit in the bullpen/team area. Parents who work in the bullpen identify swimmers, line up swimmers for events, and walk them to the starting blocks for their events.

TEAM PHOTOGRAPHER

We will have a team picture taken (date to be determined – usually at 1st home meet).

ANNOUNCER

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

2023 SWIM MEET SCHEDULE

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

June 15 @ LaGrange Field Club
June 19 Home vs. Riverside Swim Club
June 22 @ River Forest Tennis Club
June 26 Home Meet vs. Village Field Club
June 29 Bye Week
July 6 @ Oak Brook Bath & Tennis
July 15 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 2023

DIVE PRACTICE INFORMATION

June 5 – 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. The Conference Chair for our conference will work closely with the coaches and parents to ensure well-run meets. We will host two of the four meets this summer. Parents will be asked to volunteer at home meets.

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.

2023 DIVE MEET SCHEDULE (Tentative):

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

June 14	Home Meet
June 21	@ LaGrange Field Club
June 28	Home Meet
July 5	@ LaGrange Field Club
July 16	@ Conference Meet @ LaGrange Field Club

Five Seasons - Parent Code of Conduct 2023 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 15 that is hosted by our team this year.
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 expect that my child treats 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 instead 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 2023 summer season parent code of conduct and will abide by all rules stated therein.

Signature: _____ Date: _____