

Welcome to the PineBrookWood Orcas!

We are a part of the Clear Creek Swim League. Our organization promotes improvement of swimming skills for kids to achieve success according to their level of ability, from novice to advanced.

The PineBrookWood Orcas exist to build confident swimmers, inspire a love of swimming, and create lasting friendships in a fun, community-based environment. As part of our mission, we:

- Encourage swimmers to improve their aquatic skills
- Promote teamwork
- Promote good sportsmanship
- Let them **HAVE FUN!**

Our Head Coach this year is Abby Luo. Abby is the Clear Falls High School Assistant Swim Coach and has previously coached for the Orcas. She also grew up swimming with PBW for many years. Coach Abby is joined by Assistant Coaches Kim Anton and Levi Del Angel and will be supported by several pool assistants. There will be at least one Lifeguard-Certified assistant at each practice.

In order to run the organization and ensure your child has a successful season, the current Orcas Board members are:

- | | |
|--------------------------|-------------------------------|
| • President | Lauren Adams |
| • Vice President | Casie Wilcox |
| • Treasurer | Christine Yamokoski |
| • Secretary | Samara Terrill |
| • CCSL Representative 1 | Jennifer Brown |
| • CCSL Representative 2 | Emily DeShazo |
| • Clerk of Course | Andy Adams |
| • Operations | Brandon Bailey |
| • Volunteer Coordinators | Tiffany Purcell, Amy Davidson |
| • Sponsorship | Melissa Tausend |
| • President Emeritus | Richard Morales |

Registration & Tryouts

Regular registration is now open through May 3. After May 3, there will be a late fee of \$25. To practice and compete, a swimmer must be registered and paid. Be sure to tell your friends the Orcas and sign up – spots are filling up!

A tryout is generally required for new swimmers to the team (returning, high school, and USA Swimmers do not need to tryout). Tryouts will occur during the first two weeks of practice (April 29 through May 8) at the Pine Brook pool. The swimmer must be able to make it across the pool using whatever stroke, unassisted, without touching the bottom or sides of the pool.

If your child is unable to do this by the end of the first full week of practice, then the registration costs minus processing fees will be refunded on May 10. **There will be no refunds for any reason after May 10.**

Meet Registration

Swim Meet registration is done through our new Swimtopia website. You must be logged into your account. When registering, the swimmer (parent) commits to swim at the meet

You may enter a note for desired individual events. **This is a request** – the coaches have final say in what events a swimmer will swim. It is very important to indicate if your swimmer will **NOT** be at the next meet or must leave early when registering for the meet. There is a limited number of individual events per swimmer per meet. 6 & Under swimmers will swim freestyle and backstroke only and could swim in 8 & Under breast stroke and butterfly events at the coach's discretion.

Communications

- Download the [Swimtopia mobile app](#) – this will alert you on team messages and provide lots of helpful information during swim meets.
- We use several means to communicate with parents and swimmers throughout the season: Website, Swimtopia Mobile App, Weekly Emails, and Facebook.
- Please check the website frequently, especially if you have concerns about weather cancellations – we will also try to email you when these occur but may only be able to post via our website and through the Swimtopia app.
- Starting the week of May 11, we will send out a weekly e-mail to give you information on current events, issues affecting the whole team, upcoming meets including meet entry deadlines and special instructions on location or parking for away meets, volunteer assignments for that weekend, etc. Please watch for this email weekly – we try to send it out on Sundays.
- (Please, please, please) make sure you give us an email address and cell number you regularly use. We do not share the contact information with anyone. If you do not get an email on the Thursday before a meet, please contact us via the website emails
- Make sure to like and follow the PineBrookWood Orcas Swim Team page on Facebook and Instagram.

Practice Schedule

April 29 – May 22 @ Pinebrook Pool – Monday thru Friday

4:15-4:45 pm	6 and Under
4:45-5:30 pm	7 & 8
5:30-6:30 pm	9 & 10
6:30-7:30 pm	11 & Up

May 26 – June 19 @ Pinebrook Pool – Monday thru Friday

6:30-7:30 am	High School, College, Incoming Freshman
7:30-8:30 am	9 & Up
8:30-9:30 am	8 & Under

May 26 – June 19 @ Brookwood Pool – Tuesday through Thursday

7:30-8:15 am	8 & Under
8:30-9:15 am	9 & Up

June 22 – June 26 @ Pinebrook Pool (Champ Meet Series Swimmers Only)

6:30-7:30 am	High School, College, Incoming Freshman
7:30-8:30 am	10 and Under
8:30-9:30 am	11 & Up

*Practice schedule may be adjusted to accommodate the actual number of registered swimmers.

Meet Schedule

Date	Vs Team	Location
May 13	*Practice Meet	Home
May 23	Clear Lake Forest	Away – Clear Lake Forest Community Pool
May 30	Pearland	Home
June 6	League City	Home
June 13	League City	Away – Hometown Heroes Pool
June 20	Friendswood	Home
June 22	Last Chance Meet	Clear Springs High School
June 26 (evening)	Reserve Meet	Texas City Natatorium
June 27	Champ Meet	Texas City Natatorium

- All home meets are at the Pine Brook pool. Swimmers must obtain qualifying times and attend 2 regular season meets to qualify for the Champ Series meets.
- **The practice meet will be at the Pine Brook Pool for 12 & Under swimmers with 2 years or less experience.** *This meet is to help prepare our newest swimmers and families for what to expect at swim meets.*

Other Dates & Items to Remember

- We have selected the TYR Alliance Splice suit in black/red and can be purchased at Amazon ([boys suit](#), [girls suit](#), [12+ boys suit](#), [12+ girls suit](#)) or SwimOutlet ([link](#)). Swimmers may also choose to swim in a black suit (one-piece for girls).
- Team Pictures: TBD
- End of Season Party is tentatively June 29 5-8PM
- Each family is required to donate either 1 - 8-pack of Gatorade (20 oz) or 1 12 pk sodas (Coke, Sprite, Dr. Pepper, Coke Zero). **Name brands only for Gatorade and soda.** Please provide during the first 2 weeks of practice or at the Practice Meet on May 13. We have plenty of water already donated.

Volunteering

Approximately 100 Orca volunteers are needed to run each home meet and at least 50 needed to run each away meet. We need every family to work **at every meet your child swims**. Sign-up is via the website. A few items to remember:

- Volunteers are responsible for finding their own substitutes. In the event a conflict arises with your scheduled volunteer time, please call volunteers scheduled for another time or a future meet and trade shifts with them. Notification of the substitutions can be given to the Volunteer Coordinator via email (pbw.orcas.volunteer@gmail.com) or at meet check-in.
- All volunteers must check-in with the Volunteer Coordinator before the start of the meet even if you are working a later shift. You can start checking in at 6:30 AM and the volunteer table will be located closely to where the kids are checking in with the coaches.
- Show up to your assigned area on time. The announcer will make reminder calls over the loudspeaker at the beginning of the meet and at shift change-over.
- Volunteer Signup for meets is also in Swimtopia. Sign up early so that you get the position you want!
- Teenagers are welcome – we will sign volunteer logs/letters!

Volunteer Job Descriptions

- Setup: Friday evenings after 8:00p (home meets).
- Closer: Help take down meet set-up. This takes ~45 min at the end of each home meet.
- Concession Sales*: Help sell hot/cold concessions
- Runner*: Goes between clerk area, starter area and stroke and turn judges with paperwork to turn in and hand off. Pass out water to volunteers.
- Scoring: Help the lead scorer. This shift ends ~20 min after the meet ends.
- Tent/Ready Area*: Organize the kids into their Event/Heat Assignment.
- Timer*: Lots of timers needed! No timers no meet!

**Times are approximate: 8-10:30 covers events 1-42 and 10:30-1:30 covers events 43-80.*

Officials

We are looking for Officials for referee, starter, stroke & turn! If you have previous experience swim team experience, even as a sideline parent we would love for you to become one of our officials. Training is required, but a great way to get involved. If interested, please contact Lauren Adams at pbw.orcas.president@gmail.com.

Things to Know About Practice

- Everyone must come prepared for practice (swim suit, goggles, towels).
- Any suit may be used at practice (girls must swim in a one-piece suit and their hair in a cap or securely tied up).
- For young swimmers, wearing t-shirt in the water is discouraged due to causing drag and limited mobility.
- Only swimmers and coaches on deck (no parents) – parents will need to remain outside the gates.
- Please arrive 5 minutes prior to the start time of practice so swimmers are getting into the pool at the start time and please exit the gates once practice is over.
- **For 8 and Under swimmers, a guardian must be at the property during practice outside the gates.**
- Please have a water bottle & no food on pool deck.
- **PLEASE BE MINDFUL OF ALL POSTED SPEEDS IN THE NEIGHBORHOODS!!!**

Things to Know About Swim Meets

- Check-in at 6:30am – please arrive on time and check in! If you don't check in your swimmer will not swim!
- First thing to do: take swimmers to check-in with coaching staff.
- Parents check-in with volunteer coordinator at table outside pavilion.
- Follow all parking instructions and ensure you are not blocking driveways. At home meets, be sure you are following signs when parking along the street.
- There are 80 events: Girls are odd numbered, Boys are even (see end for order of events).
- The team warms up together as a team—listen for the call for Orcas to warm up.
- Listen for a call for a team meeting at the basketball court during other team's warm up.
- Drinks and food are available for purchase (good food and an important fundraiser)!
- Meets start at 8 AM and usually end around 1:30 pm (except for champ series meets).
- Listen for event announcements. Teach your swimmer to watch the tent check in and check in on time and then head to ready area (inside the fence) on time.
- Listen for announcements concerning volunteers. In all cases arrive early. This allows instructions to be given to you and allows for a good handover. Event 42 is the changeover for many second shift volunteers. Arrive early.
- **If your swimmer leaves early, you must check out with the clerk table.**
- Eligibility: Swimmers must be under 18 years old as of May 1st of each season.
- If you have a sick swimmer and will unexpectedly miss a meet, please notify the Orcas using the "Contact Us" button on the Swimtopia site or by contacting the coaches. This will inform the Head Coach, Volunteer Coordinator, and Clerk of Course simultaneously.
- Packing List: tent, chairs, towels, goggles, swim cap, sunscreen, bug spray, team shirt, sharpie marker, money for concessions, flip flops, games.

Sponsors

- We are looking for Orcas Sponsors, if you are interested or know a business please contact pbw.orcas.president@gmail.com or wmtausend@gmail.com
 - Orcas is a 501(c)(3) non-profit corporation and donations are tax deductible.
- The Orcas Swim Team would like to thank our corporate and family sponsors for their support!

ORDER OF EVENTS

Girls Event #	Event	Age Group	Boys Event #
1	200 yd Freestyle	Open	2
3	100 yd Individual Medley	9 & 10	4
5	100 yd Individual Medley	11 & 12	6
7	100 yd Individual Medley	13 & 14	8
9	200 yd Individual Medley	15 - 18	10
11	100 yd Freestyle Relay(no score)	6 & Under	12
13	100 yd Medley Relay	8 & Under	14
15	200 yd Medley Relay	9 & 10	16
17	200 yd Medley Relay	11 & 12	18
19	200 yd Medley Relay	13 & 14	20
21	200 yd Medley Relay	15 - 18	22
23	25 yd Freestyle (no scoring)	6 & Under	24
25	25 yd Freestyle	8 & Under	26
27	50 yd Freestyle	15 - 18	28
29	50 yd Freestyle	13 & 14	30
31	50 yd Freestyle	11 & 12	32
33	50 yd Freestyle	9 & 10	34
35	100 yd Freestyle	15 - 18	36
37	100 yd Freestyle	13 & 14	38
39	25 yd Backstroke (no scoring)	6 & Under	40
41	25 yd Backstroke	8 & Under	42
43	50 yd Backstroke	9 & 10	44
45	50 yd Backstroke	11 & 12	46
47	50 yd Backstroke	13 & 14	48
49	100 yd Backstroke	15 - 18	50
51	25 yd Breaststroke	8 & Under	52
53	50 yd Breaststroke	9 & 10	54
55	50 yd Breaststroke	11 & 12	56
57	50 yd Breaststroke	13 & 14	58
59	100 yd Breaststroke	15 - 18	60
61	25 yd Butterfly	8 & Under	62
63	50 yd Butterfly	9 & 10	64
65	50 yd Butterfly	11 & 12	66
67	50 yd Butterfly	13 & 14	68
69	100 yd Butterfly	15 - 18	70
71	100 yd Freestyle Relay	8 & Under	72
73	200 yd Freestyle Relay	9 & 10	74
75	200 yd Freestyle Relay	11 & 12	76
77	200 yd Freestyle Relay	13 & 14	78
79	200 yd Freestyle Relay	15 - 18	80