

**PARENT
ORIENTATION
MEETING**

FAIRFIELD FINS 2022

INTRODUCTIONS

- **Fins Parent Reps & Contact Info:**

- Jeremy Baggish – 919-619-2688
- Katie Rowe – 919-619-8252
- David Krebs – 919-321-5248

- **Fins Treasurer - Chris Brown**

- Special thanks to Chris for the continuity of being team treasurer year after year.
- He balances the team books and dedicates countless hours to ensuring the Fins season runs smoothly

HEAD COACH JULIA PHU

- This will be Julia's second year as Head Coach
- Julia is a lifelong Fairfield Fins swimmer and is now finishing up her sophomore year of college!
- Julia will coach the 13 & Up age group



6 & UNDER'S ASSISTANT COACH RYAN HARVEY

Also coaching 6 & Under's will be:

- Junior Assistant Coach Meredith Smith
- Junior Assistant Coach Delta Lee





7-8'S ASSISTANT HEAD COACH ELENA BROSNAN

Also coaching 7-8's will be:

- Junior Assistant Coach Ellison White
- Volunteer Coach Nathan Ginsburg

9-10'S

ASSISTANT COACH GRACE DRIVER

ALSO COACHING 9-10'S:

- JUNIOR ASSISTANT COACH EVAN
ASTRIKE-DAVIS
- VOLUNTEER COACH MARC
GREENBURG
- VOLUNTEER COACH JOHN DRURY



11-12'S ASSISTANT COACH MEGHAN PHU

ALSO COACHING 11-12'S:

- **JUNIOR ASSISTANT COACH ANNA PRESTON**
- **VOLUNTEER COACH OSCAR BAGGISH AND JOHN DRURY**





NEW SWIMMER TRYOUTS

MAY 16, 6PM

NEW SWIMMERS

- Tryouts are May 16 at 6pm (will add May 17 if needed)
- New swimmers must try out for the team
 - Swimmers must be able to swim safely across the pool (25 yards)
 - If a swimmer is close, but needs more practice, they may be eligible for the Flippers developmental team
 - If a swimmer is not able to demonstrate safe swimming, they will be referred to swim lessons

Eligibility for Flippers Development Team swimmers:

- Submerge face in the water
- Float on front and back without floatation device
- Jump into the water
- Take a breath – while floating on top of the water and making forward progress
- Make forward progress at least 2 body lengths to return to the wall

FLIPPERS - DEVELOPMENTAL TEAM

- Flippers developmental team will consist of a 30-minute practice, 3 times/week during regular practice hours
- The flippers season will start May 18th and conclude June 10. It will not continue beyond the second swim meet.
- The goal of Flippers is to focus on building strength and stamina while learning the skills necessary to join the swim team. Flippers will be able to tryout every Monday to assess their readiness to graduate to the Fins team and compete in swim meets.
 - Firm practice times will be assigned after tryouts and once we see how many Flippers we have this season.

Barbi Harvey, our neighborhood's long-time swim teacher has agreed to support the Flippers Development Team.
We're happy to have her support!



SWIM PRACTICE

IMPORTANT DATES & TIMES & DETAILS

SWIM PRACTICE DATES & TIMES

- **First day of swim practice is May 18th**
 - 6 & under's, 7-8's, and 9-10's will practice from 6-7pm
 - 11-12's and 13 & up will practice from 5-6pm
- **Morning practice will be added June 13th from 8:30-10:30am**
 - 6 & under's, 7-8's, and 9-10's will practice from 9:30-10:30am
 - 11-12's and 13 & up will practice from 8:30-9:30am

SWIM PRACTICE DETAILS

- Swimmers <12 must be accompanied by a parent or supervisor >16 years old if they are at the pool before or after practice times.
- Behavior expectations:
 - Have fun
 - Be good listeners and respectful of all coaches
 - Be supportive of teammates
- Bumps and scrapes happen! We will bandage and call you to let you know if your swimmer gets any injuries at practice.

DISCIPLINE POLICY

- Swimmers and parents are expected to exhibit good sportsmanlike conduct at all times. If not, you will be asked to leave practice or a meet and may be asked to leave the swim team.
- All swimmers and parents are expected to treat the coaches, officials, other parents, and fellow swimmers with respect at all times. This includes but is not limited to:
 - Following the coaches' directions
 - Refraining from using inappropriate language, screaming, and engaging in negative attention-seeking behavior
 - Refraining from inappropriate touching or gestures

DISCIPLINE POLICY

- Continued:
 - Respecting other swimmers, coaches, parents, opponents, and officials
 - Providing other swimmers with encouragement
 - Refraining from unsportsmanlike conduct as defined by the Durham summer swim league.
- The Fairfield Fins are committed to providing a safe environment for everyone. Swimmers who choose to behave in an inappropriate manner will be disciplined in the following manner:

DISCIPLINE POLICY

- Step one
 - Verbal warning
- Step two
 - Out of the pool for a time-out in a designated area and/or land exercises
- Step three
 - Removed from practice, discussion with coach, parent is notified of behavior
- Step four
 - Removed from practice, meeting with coach, swimmer and parent to discuss future options for the swimmer. These options may include missing practices or meets or being removed from the team.

***If a situation occurs where a swimmer is endangering themselves or other swimmers, the swimmer may be escalated to Step four



SWIMTOPIA

THE NEW PLATFORM THAT DOES IT
ALL

SWIMTOPIA

- This is where you will find and complete the steps for:
 - Meet sign-ups
 - Parent Volunteer sign-ups
 - Order swim-suits & goggles
 - Register for champs
 - Receive rain cancellation notices
 - Find info on correct stroke form and DQ
- **Tour of Swimtopia – Jeremy will Share screen and point out areas listed above**

PARENT VOLUNTEERS

- We can't do the swim meets without lots of volunteers!
- We expect all parents to sign up for at least 2 volunteer shifts
- None of the jobs are especially difficult and simple training is given before the meet starts for most positions.

PARENT VOLUNTEERS

- Some positions do require that you attend a regulated training session approved by Durham Summer Swim League unless you are a USA Swimming certified official.
- This year training sessions are via Zoom on May 8, May 16, May 24 and May 31. Please ask a parent rep for the Zoom link if you are interested and didn't get our email reminder about this.
- The 3 positions requiring training are:
 - **Meet Director** – the organizer and coordinator of all meet activities
 - **Starter** - announces each event, announces "swimmers take your mark" and gives an electronic sound to start the race. The starter will judge false starts.
 - **Stroke and Turn Judges** - work in pairs on each side of the pool with one member of each pair being from each team. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. They write up disqualifications, DQ's, which are reported to the statistician.

VOLUNTEER POSITIONS – PREVIOUS EXPERIENCE HELPFUL

- **Head Timer** - trains the timers ahead of the meet and provides a back-up timer for each race.
- **Clerk Of Course** – lines up swimmers on benches according to their event and heat number. Distributes the event cards to each swimmer and ensures they have their caps and goggles ready to go.
- **Statistician** – responsible for ensuring all meet data is correct and submits it to DSSL. We have an exceptional Statistician, Eric Moore. Thank You Eric! If anyone is interested in learning the ropes or shadowing Eric, please let us know.

VOLUNTEER POSITIONS – NO TRAINING REQUIRED

- **Place Judges** – watch each event finish and record first, second, third, etc
- **Lane Timers** – assigned a lane and records the swimmers time using a stopwatch
- **Runners** – responsible for collecting completed event cards from the timers and DQ forms from S&T judges and delivering them to the statistician's table
- **Data entry/ scorer / ribbons** – work with statistician during the meets to enter data from timecards and mark the official time for each swimmer, fill out ribbons.
- **Set up and breakdown** – move chairs, benches, lane lines, statistician table and tent, buckets of ice, perimeter fence around end of pool, starter equipment and sound system

OTHER ODDS AND ENDS

- If you register for Champs (on Swimtopia) there will be a separate splash fee required at that time.
- At swim meets, swimmers must wear competition swim-suits, no tie back suits for girls and no rash guards for anyone. Improper attire will result in a DQ. You can visit Swimtopia to order a suit if you need one!
- Please do not send your kids to practice if they are sick!