



2019 SWIM TEAM  
HANDBOOK



## 2019 COACHES, COORDINATORS and Committee Heads

### Coaching Staff:

Nik Kikuta: Head Coach

[nkikuta@att.net](mailto:nkikuta@att.net)

Megan Campagna

Steph Gallis

Tyler Gallis

Brittany Hudson

Grace Leonis

### Swim Team Coordinators:

Eric Burk

[swimteam@pinehurstcabanaclub.com](mailto:swimteam@pinehurstcabanaclub.com)

Kristen Gallis

Kelly Kusa

### Committee Heads:

Announcers:

Andy Evans & Caroline Schultheis

Auction:

Tabatha Stansberry, Stephanie Matyskiewicz  
& Jennifer Provanzano

Awards, Ribbons & Trophy:

Lisa Vieler & Claire Burk

Bingo:

Erin Crase

CHAMPS:

*OPEN*

Computers:

Josh Anderson & Brent Eberle

Dance Night:

Kelly Campagna

Grill Masters:

Greg Kusa, Kyle Coulter & Mark Hudson

Head Timer:

John Flemmer

Logo Clothing and Swim Suits:

Kathryn Krasnozhon

Meet Directors:

Nancy Hetrick & Laura Meusel

Pancake Breakfast:

Nico Flores

Photographer:

Caroline Schultheis

Poker Night:

Kristen Gallis

Record Board:

*OPEN*

Relay Coordinator:

Jennifer Provenzano

Snack Bar:

Lori Jenkins, Maritza Amezcuita & Laura Breiten

Spirit Coordinator:

Kristen Gallis & Kelly Kusa

Stroke & Turn Judge:

Ed & Ruth Gwin

Swim-a-thon:

Wendy & Mark Hudson

Team Historian:

Kelly Kusa

Treasurer:

Wendy Hudson

Volunteer Coordinator:

Jennifer Spencer

## 2019 Team Practice Schedule\*

Monday through Friday unless otherwise noted or through e-mail updates.

| <u>Age</u>     | <u>4/15-6/6</u> | <u>Age</u>     | <u>6/7-7/12</u> |
|----------------|-----------------|----------------|-----------------|
| 6 and under    | 4:00-4:30PM     | 6 and under    | 7:15-7:45       |
| 7-8 year olds  | 4:30-5:15 PM    | 7-8 year olds  | 7:15-8:00       |
| 9-12 year olds | 5:15-6:15 PM    | 9-12 year olds | 8:00-9:00       |
| 13-18 Mon/Fri  | 6:15-7:15 PM    | 13-18 Mon/Fri  | 9:00-10:00      |
| 13-18 T/W/Th   | 5:45-7:15 PM*   | 13-18 T/W/Th   | 8:30-10:00*     |

\*1st 30 mins Dryland

## 2019 Piranha League Schedule & Team Activities

| <u>Date</u> | <u>Event</u> | <u>Time</u> | <u>Location</u>        |
|-------------|--------------|-------------|------------------------|
| 5/25        | Time Trials  | 7:00 AM     | Pinehurst              |
| 6/1         | Shadowbrook  | 7:00 AM     | Pinehurst              |
| 6/8         | Almaden      | 7:00 AM     | Almaden                |
| 6/15        | Santa Teresa | 7:00 AM     | Santa Teresa           |
| 6/22*       | Creekside    | 7:00 AM     | Pinehurst              |
| 6/29        | Crossgates   | 7:00 AM     | Crossgates             |
| 7/13        | CHAMPS       | 7:00AM      | San Mateo City College |

\*Senior Meet: Last home meet for graduating Seniors

|      |                             |                       |            |
|------|-----------------------------|-----------------------|------------|
| 5/1  | Parent Meeting              | 7:00 – 8:00 PM        | Pool       |
| 5/11 | Piranha Dance               | 6:30—9:00 PM          | Pool       |
| 5/16 | Team Pictures               | 4:00PM                | Pool       |
| 5/16 | Pizza Social                | Following pictures    | Pool       |
| 5/19 | Bingo Night                 | 5:30PM                | Pool       |
| 5/25 | Free Swim                   | Following time trials | Pool       |
| 5/27 | Swim-a-thon                 | 8 AM—12:00PM          | Pool       |
| 5/27 | Pancake Breakfast & Auction | 8 AM—12:00PM          | Pool       |
| 5/31 | Friday Night Rally          | TBD                   | Pool       |
| 6/7  | Morning practice            | 7:15—10:00 AM         | Pool       |
| 6/15 | Poker Night                 | 6:30 PM*              | Pool       |
| 7/11 | CHAMPS Pasta Feed           | 6:00 PM               | Pool       |
| 7/14 | Awards Party                | TBD                   | Pool       |
| TBD  | Beach Trip                  | 10 AM—4 PM            | Santa Cruz |
| TBD  | Campout                     | TBD                   | Pool       |
| TBD  | Free Swim                   | TBD                   | Pool       |

\*All times subject to change

## **Practices**

The coaches request that your children attend practice daily if possible. Their performance at the meets will reflect the amount of effort they put into practice. Swimmers should enter and exit the pool promptly at the beginning and end of their practice times. If you arrive more than 10 minutes late, it is at the coach's discretion if your swimmer will be allowed to swim. The coaches are not a babysitting service. Young children should be attended by an adult at all times and should not be in the pool unless it is their practice time. Parents are welcome to observe their children during practice. However, parents must remain away from the pool itself and *must not* interfere with the coaching.

## **Pool Rules**

### **On Deck:**

- No Running
- All “wheels” (bikes, skateboards, scooters, etc.) must be walked in and out of the pool area. They must be parked in the bike rack at all times.
- No climbing the poles, the green planter box/wall, or the water fountain.
- No screaming or yelling (the swimmers in the water need to be able to hear their coaches).

### **Parents, during Swim Practice, Please:**

- No use of the baby pool—by siblings, adults or swim team members (there is no lifeguard on duty).
- No talking to, reprimanding or instructing your swimmer in the water (this is the coach's responsibility).
- No talking to the coaches during practice time (their attention needs to be, has to be, on the swimmers).
- Keep all non-swimming children with you, their parent, on the lawn area, playing quietly.
- If you are a parent without non-swimming children to supervise, please feel free to sit around the pool to observe the practice.

Please talk to your swimmers about these rules. Swimmers need to know that their job during practice is to listen to the coaches and work hard. They should not be looking for you, interacting with siblings on deck or otherwise getting distracted.

The number one concern at the pool during practice is the lack of supervision for the young children on the deck. Please supervise your non-swimming children at all times.

## **Meets**

Swimmers must notify the coaches by Tuesday, of any given week, if they will be gone, arrive late, or need to leave early for the upcoming Saturday swim meet. Last minute scratches affect relay assignments, computer people, timers, clerk of the course, ribbon people, runners, lane assignments, as well as fellow swimmers who must unexpectedly swim in your place. Failure to give proper notification may affect your assignment in the following week's relays. Swimmers can swim up to three individual events, plus relays, each meet. The coaches will either inform the swimmers on

Friday of which events they will swim, or they will find out at the check-in on meet day. All meets follow the same format (see chart on page 10). The length of each meet varies according to the number of pool lanes, size of the teams, etc. Swimmers MUST report to the Clerk of the Course as soon as they hear their event announced. Parents, please make sure that your swimmers get to their events on time. If they're not on the blocks when it is their turn to swim, they'll miss their event! At each meet there is a snack bar, but it's a good idea to bring a cooler with snacks and drinks. Some of the pools don't have much seating or shade, so bring lawn chairs, hats, umbrellas and/or event tents (easy ups). It's a good idea to label goggles, towels and clothes.

**NOTE:** A swimmer must participate in at least three regular season meets in order to swim at the Championship meet.

### **Discipline Procedure**

Misconduct will not be tolerated under any circumstances. If a child misbehaves, he/she will be asked to leave the pool for the rest of that practice. Team coordinators and the coaches have the authority to suspend a child from a practice or a meet and will speak directly to a parent should suspension be warranted.

### **Parent Responsibilities**

As all returning Pinehurst parents know (and new parents will find out), it takes a tremendous number of volunteers to make our swim team successful. For over 30 years, the Pinehurst Piranhas have thrived because of the generous volunteer parents we have. They (we) graciously donate our time and energy to make the team as successful as possible. To ensure we have adequate coverage for every event, each family is expected to volunteer for at least 9 shifts during the season and one shift at CHAMPS, which will be determined later in the season. It is through these activities that we get a chance to meet our fellow parents, encourage our swimmers and build a strong Piranha family.

Most of these shifts can be completed by any family member or friend over the age of 16. We have many grandparents who love to help out. Keep in mind that every pool does things a little differently, so it's important (especially for pool-side jobs) that you participate in briefings announced prior to the meet to review procedures and instructions.

This year we are asking each volunteer to check in at the Volunteer Check In (home meets) or with the Volunteer Coordinator (away meets) once you've arrived with your swimmer so the coordinator can confirm you're in attendance and ready to participate. Please pay attention to pre- and during meet announcements so you know when and where you should be. The meet will go much more smoothly and significantly faster if everyone is in his/her assigned spots on time.

If for some reason you are unable to cover your chosen shift, you are responsible for finding another parent to cover your shift. You must notify the Volunteer Coordinator of the change.

\*A deposit check in the amount of \$50 will be required for registration to be complete. The check will be cashed if a family misses a shift without getting a replacement/fails to show up. In addition, they will be required to sign up for an open shift to cover the missed shift. And a new \$50.00 deposit check will be required.

The Piranha family appreciates all of your volunteer efforts to make this a successful and fun season. We use SignUp.com, an on-line coordination tool, to help us organize our volunteer activities. This site allows parents to view and track their volunteer shifts, see where help is still needed, and have reminders sent directly to them via e-mail or text.

For questions, please contact Jennifer Spencer-Volunteer Coordinator, at [jenspenifer@gmail.com](mailto:jenspenifer@gmail.com)

### **Practice/Meets**

Please don't use practice sessions as child care. Make arrangements to have your children arrive on time and depart as soon as their practice is completed. When you drop your child off at the pool, verify that there is practice that day. Sometimes time changes occur due to pool chlorine, temperature problems, or coach illness, and practice may be canceled at the last minute because of such things. Please take responsibility for your children at the meets. Arrive at the events in time for your children to check in and participate in the warm up swim. Make sure that your children behave respectfully when we are the visiting team at another team's pool. Please see that the swimmers pick up their trash and all personal belonging at the end of the meet and before they leave.

### **Communications**

Team announcements will be efficiently distributed by e-mail. In an effort to support "green" efforts, we will rely heavily on e-mail, so please check your e-mail for our messages. An e-mail list is in this handbook. Additionally, there is a Swim Club Newsletter, *SPLASH*, which comes out, electronically, approximately once a week, with all the important events of that week. Further, your family has a file, kept in a file box (there are two) at the front desk. Please check your file daily. We often put notices regarding events, activities or changes to the published calendar, in your family's file. Finally, major activities and events are published on poster board on the pool's front fence. If you have questions about anything going on with the pool, the club, the coaches or activities, please e-mail the coordinator to get answers to your questions:

[swimteam@pinehurstcabanclub.com](mailto:swimteam@pinehurstcabanclub.com).

### **Team Suits/Caps/Logo Apparel**

The Piranha team colors are green and black. Swimmers are required to wear the team suit during all meets. A group order for swimsuits and caps will be taken. Optional logo apparel, such as hats, towels, bags, t-shirts, etc., will also be available for swimmers and families.

### **Showers**

Due to the water shortage, the only shower available will be the outside shower. Please limit showers to a quick rinse off (no more than 3 min per swimmer).

### **Website**

You can keep up with changes or double check team information by finding us at:

<https://pinehurstpiranhas.swimtopia.com/>

[www.pinehurstcabanclub.com](http://www.pinehurstcabanclub.com)

Facebook: Pinehurst Piranha Swim Team

## **Swim Meets: “How To” Guide**

### ***Packing for the Meets***

- Swimsuit, team cap, goggles (it’s smart to have a back-up), sunscreen
- 2 towels per swimmer
- Something to sit on: chair, sleeping bag, blanket
- Sweat suit (it’s often really cold in the morning)
- Hat, umbrella or other shade structure
- Games
- Food and drinks—granola bars, sandwiches, power drinks

### ***Before the Meet Starts***

- Arrive at the pool at least 15 minutes before the warm-up time
- Swimmers check in—find your name and event numbers, **initial your name next to each event** in which you are listed, **circle your event**; mark your hand with the event numbers as a reminder
- Report to the coach for warm up instructions
- After warm ups, wait for your events to be called; particularly if you are in the first relay, keep your ears open: this event comes up quickly and often catches the swimmers off guard.

### ***During the Meet***

- The meets usually start about 10 to 15 minutes after the warm ups are completed
- Listen for your event to be announced. Swimmers MUST report to the “Clerk of the Course” with caps and goggles.
- Between events, relax in the shade, get something to eat or drink, and wait for your next event to be called.

### ***Before Leaving the Meet***

- Swimmers may leave only after they have completed all their events. Check first with the coach to see if you are in the free relay before you leave. You may want to stay, even if you aren’t in the relay, just to cheer on your Piranha teammates as they participate in the relays.
- Clean up your area, throw away trash, and be sure you’ve collected everything that belongs to you.
- If parents are volunteering at the meet, please turn in any equipment, forms, clipboards, pens and pencils, stopwatches, etc., before leaving.

## Order of Events at League Meets

| Event #  |      | Age Group    | Event            |
|----------|------|--------------|------------------|
| Girls    | Boys |              |                  |
| 1        | 2    | 7 & 8        | 100 Medley Relay |
| 3        | 4    | 9 & 10       | 100 Medley Relay |
| 5        | 6    | 11 & 12      | 200 Medley Relay |
| 7        | 8    | 13 & 14      | 200 Medley Relay |
| 9        | 10   | 15 – 18      | 200 Medley Relay |
| 11       | 12   | 8 and under* | 25 Butterfly     |
| 13       | 14   | 9 & 10       | 25 Butterfly     |
| 15       | 16   | 11 & 12      | 50 Butterfly     |
| 17       | 18   | 13 & 14      | 50 Butterfly     |
| 19       | 20   | 15 – 18      | 50 Butterfly     |
| 21       | 22   | 6 and under  | 25 Backstroke    |
| 23       | 24   | 7 & 8        | 25 Backstroke    |
| 25       | 26   | 9 & 10       | 25 Backstroke    |
| 27       | 28   | 11 & 12      | 50 Backstroke    |
| 29       | 30   | 13 & 14      | 50 Backstroke    |
| 31       | 32   | 15 – 18      | 50 Backstroke    |
| 33       | 34   | 8 and under* | 25 Breaststroke  |
| 35       | 36   | 9 & 10       | 25 Breaststroke  |
| 37       | 38   | 11 & 12      | 50 Breaststroke  |
| 39       | 40   | 13 & 14      | 50 Breaststroke  |
| 41       | 42   | 15 – 18      | 50 Breaststroke  |
| 43       | 44   | 6 and under  | 25 Freestyle     |
| 45       | 46   | 7 & 8        | 25 Freestyle     |
| 47       | 48   | 9 & 10       | 25 Freestyle     |
| 49       | 50   | 11 & 12      | 50 Freestyle     |
| 51       | 52   | 13 & 14      | 50 Freestyle     |
| 53       | 54   | 15 – 18      | 50 Freestyle     |
| 55 mixed |      | 6 and under  | 100 Free Relay   |
| 56       | 57   | 7 & 8        | 100 Free Relay   |
| 58       | 59   | 9 & 10       | 100 Free Relay   |
| 60       | 61   | 11 & 12      | 200 Free Relay   |
| 62       | 63   | 13 & 14      | 200 Free Relay   |
| 64       | 65   | 15 – 18      | 200 Free Relay   |

\*6 and under swimmers may enter the 8 & under group

## Meet Locations

- June 1**      **Pinehurst Cabana Club (home meet)**  
886 Lewiston Drive, San Jose, CA 95136
- June 8**      **Almaden Cabana Club**  
6975 Bret Harte Drive, San Jose, CA 95120
- June 15**     **Santa Teresa Cabana Club**  
286 Sorrento Way, San Jose, CA 95119
- June 22**     **Pinehurst Cabana Club (home meet)**  
886 Lewiston Drive, San Jose, CA 95136
- June 29**     **Crossgates Cabana Club**  
1297 Peralta Dr, San Jose, CA 95120, United States
- July 13**     **CHAMPS – San Mateo College**  
1700 West Hillsdale Blvd  
San Mateo, CA 94402

### Away Meets

All times subject to change. Always refer to the Splash emails.

### Home Meets

Check-in: 7:00am - 7:45am  
Pinehurst warmups: 7:15am - 7:45am  
Visitor warmups: 7:45am – 8:15am  
National Anthem: 8:20am  
Meet starts: 8:30am  
Estimated end time: 1:00pm