



Little Liners
SWIM TEAM
Parent Meeting
2023

COACHES

COACH HERDLEIN: HEAD SWIM COACH

Contact info: herdlein.tracy@pburgsd.net

ASSISTANT COACHES:

15 assistant high school coaches- all varsity swimmers

- **Any info will distributed through swimtopia email.**

Pool Address: **Phillipsburg Elementary School**

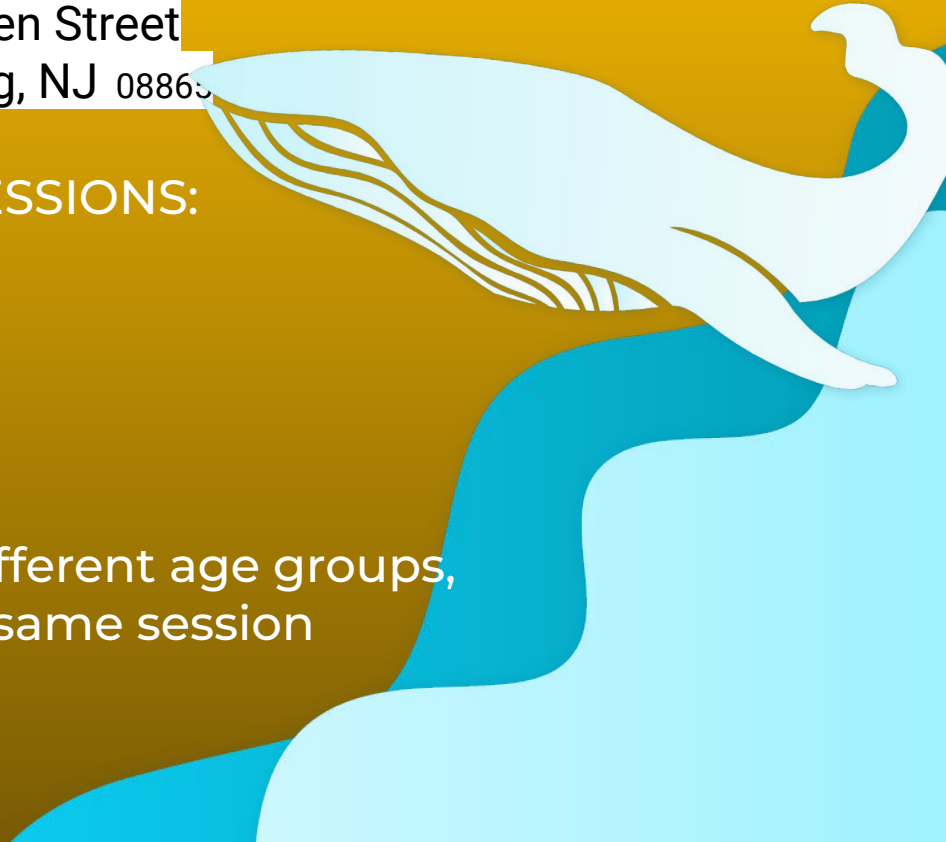
525 Warren Street
Phillipsburg, NJ 08865

MON.
TUES.
THURS.

DAYS/ SESSIONS:

1ST SESSION 4:30-5:15
2ND SESSION 5:15-6:00

- If you have 2 children in different age groups, you can bring both to the same session



March

2023

1

2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 1 st Practice 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	7 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	8	9 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	10	11
12	13 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	14 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	15	16 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	17	18
19	20 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	21 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	22	23 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	24	25
26	27 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	28 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	29	30 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	31	

April

2023

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Sunday☐	Monday☐	Tuesday☐	Wednesday☐	Thursday☐	Friday☐	Saturday☐
						1☐
2☐	3☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	4☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	5☐	6☐ Off☐	7☐	8☐
9☐	10☐ Off☐	11☐ Off☐	12☐	13☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	14☐	15☐
16☐	17☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	18☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	19☐	20☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	21☐	22☐
23☐	24☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	25☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	26☐	27☐ 10-&-under-4:30-pm- --5:15pm☐ 11-&-older-5:15-pm-- 6:00-pm☐	28☐	29☐
30☐						

May

2023

1

2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 st 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	2 nd 10 & under 4:30 pm - 5:15 pm 11 & older 5:15 pm - 6:00 pm	3 rd	4 th Last Day Inter-Squad Meet 4:30-6:00 pm Picnic	5 th	6 th
7 th	8 th	9 th	10 th	11 th	12 th	13 th
14 th	15 th	16 th	17 th	18 th	19 th	20 th

May 4th Last Practice/Picnic

Intersquad Meet:

- **Start at 4:45 with whole team there.**
- **End the meet 1 - 1½ hours.**
- **Picnic to follow- hopefully weather permitting- outside.**
- **Everyone brings a dish to pass.**
- **Nice way to end the season!**



SCHEDULE:

- 1. STRETCH- 10 PUSH UP 20 SIT UPS (5 MINUTES)**
- 2. 1ST DAY - DIVIDE SWIMMERS INTO GROUPS/LANES/ TIME & TECHNIQUE ASSESS**
- 3. LANES**
 - 1 & 6 BEGINNERS**
 - 2 & 5 KNOW BASIC STROKES & CAN SWIM 50 +**
 - 3 & 4 COMPETENT SWIMMERS**
- 4. THIS MAY CHANGE AS THE SEASON PROGRESSES**

INFORMATION:

- 1. COACHES WILL RUN STRETCH & DRYLAND- START EXACTLY ON TIME**
- 2. TRY TO HAVE 1 -2 COACH(ES) PER LANE=**
- 3. SWIMMERS SHOULD BE PREPARED TO GET INTO THE WATER WHEN THEY ARRIVE-
MINIMIZE LOCKER ROOM TRAFFIC**
- 4. COACHES WILL HAVE A PRACTICE FOR LANE BUT THEY WILL FOCUS ON THE NEEDS
OF THE SWIMMERS**
- 5. THERE WILL BE A LIFEGUARD ON DUTY**
- 6. PLEASE LET ME KNOW IF THERE ARE ANY CONFLICTS WITH CHILDREN OR SPECIAL
NEEDS-EMAIL IS THE EASIEST**
- 7. PARENTS WILL ONLY BE ALLOWED TO SIT AT THE BACK OF THE POOL IN
THE BLEACHERS- NO ONE IS ALLOWED ON SIDE BLEACHERS**

**Swimmers will need:
Swim goggle**



girls= 1 piece bathing suit



boys= jammers/ no board suits



- **We will not be getting team suits this year**
- **We will be giving each swimmer a cap.**

