



Welcome to the Orcas!





Parent Info Night

Overview



- ✓ Introductions
- ✓ Expectations
- ✓ Schedule
- ✓ Registration
- ✓ Website
- ✓ Contacts
- ✓ Connect with us!
- ✓ New Parent Orientation

Meet the Coaches



**Head Coach
Nicole Keane**



**Assistant Coach
April Barnes**



**Assistant Coach
Brycen Dunn**

Meet the Board



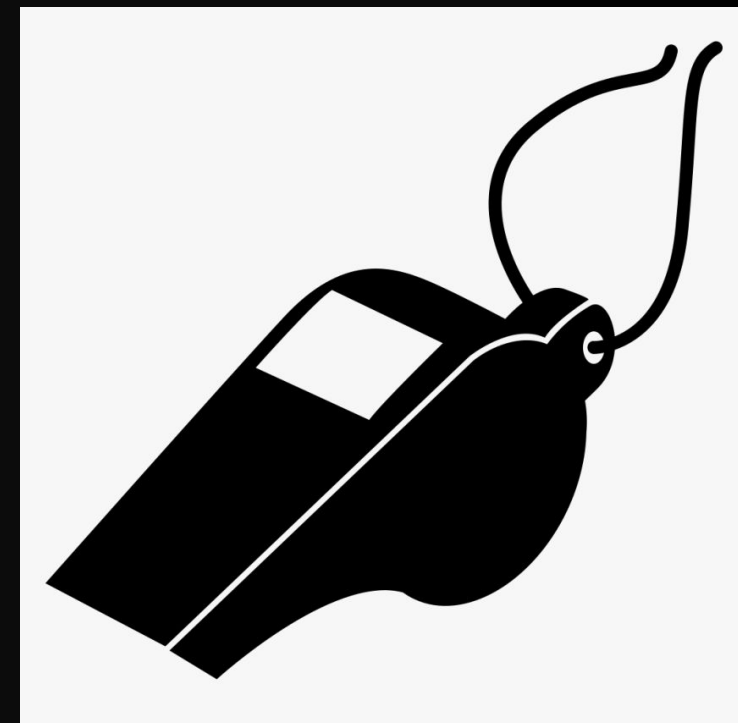
- James Wood: President
- Jackie Glover: Treasurer
- Korilyn McBride: Secretary
- Sarah Pierce: Registrar & Parent Liaison
- Amber Miland: Sponsorship Coordinator
- Jennifer Martin: Fundraising Coordinator
- Brianna Corkin: Member at Large



Coaches Expectations



- Coaches will provide a weekly practice schedule and overview of the season
- Coaches will plan practice time to cover both endurance and technique
- Coaches will teach swimmers the proper strokes and techniques appropriate to their level
- Coaches will help swimmers set goals, celebrate their successes, and support them at swim meets
- Coaches may suggest certain races for invitationals and duals.
- Help our kids grow!





Practice Expectations

- Show Up on Time
- Wear Sunscreen
- Bring Water
- No Swim Caps if over 100 Degrees
- Swimmers Should Be Respectful and Plan to Work Hard
- Swimmer Behaviors/Consequences
- Let Coaches Coach - Talk with the Board Member on Deck
- Check the filing box on Deck for handouts/awards





Practice Expectations cont.

- M/Tu/W/Th Schedule
 - All swimmers swim 4 days (Times to follow)
 - Different Strokes/Information on different days
 - Mon/Tues: Back/Free + Endurance
 - Wednesday/Thurs: Breast/Fly, repetition
 - Tuesdays before meets: Meet prep/Diving
- What to do if you miss a practice?

Swimmers will see the most improvement if they regularly attend practice. There are no penalties for missed practices.
- No need to notify if unable to attend.
- End of Season Awards are often for Hard Work/Practice Attendance.
- Swimmers who attend more practices are more likely to be chosen for Relay events during meets.
- More time in the water=More Improvement!!!





Swim Meet Expectations

- Plan to Sit Together/Stay Together/Look for Orca Banner and Canopies
- Bring Canopies and Chairs
- Show Team Spirit
- Arrive before Warm Ups: Times will be sent out in advance
- Attend Coaches Meetings in the mornings
- Swimmers Check in with Coach before and after each of their events.
- Respect Officials, Coaches and Timers above all else





Swim Meet Expectations cont.

- Disqualifications happen, when they do please check in with the coach and plan to work on that stroke during the next practices:
- Timers: As a team we are required to have a number of parent volunteers for "timing" in the lanes. We will send out a schedule of the timing shifts
- Make Friends - Support System for Parents of Multiple Kids
- Relays: Happen at the end of the day, very fun!
- Meet Mobile, is it worth \$\$???
- Attend 2 invitationals (Weekend meets) to qualify for NVAL Championships "Champs" at the end of the season
- Follow the coaches recommendations regarding what events to swim in a meet





Volunteer Expectations

Timing. Timing. Timing.

Officials: Incredibly rewarding and necessary for our team!

Board Members: We couldn't run the team without board members, and could always use more help!

Coaches/Board Members/Officials - Safe Sport

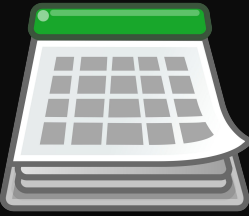
- Athlete Protection Training
- Background Checks
- Concussion Training - Coaches/Officials

Please Remember

- Board, Officials, Timers are all Volunteers



Swim Testing Night Schedule

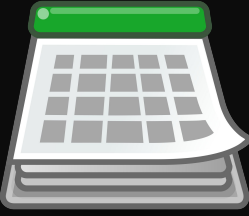


Arrive at your time, by age, you will receive an email from coaches with your swimmer's level & Practice Time
Practice times are determined by swimming level, not by age!

Age	Time
4-8	5:30 PM
9-10	6:00 PM
11-12	6:45 PM
13-18	7:15 PM



Practice Schedule & Times



Season - May 15 - July 30

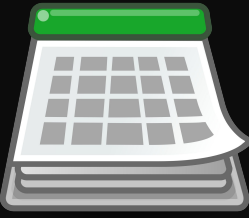
May Schedule

Level	Time
1	5:30-6:00 PM
2	6:00-6:45 PM
3	6:45-7:30 PM
4	7:15-8:30 PM

June/July Schedule

Level	Time
1	5:00-5:30 PM
2	5:30-6:15 PM
3	6:15-7:15 PM
4	7:00-8:30 PM

Practice Location(s)



Practices are back at Nelson!!!

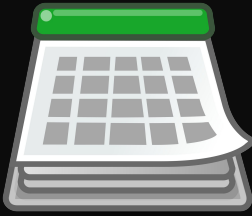
2290 6th St, Oroville, CA 95965



Holiday's / No Practice Days

- May 29th - **Memorial Day**
- July 3rd & 4th - **4th of July**
- July 27th - **Travel to NVALs**
- **All Dual Days**

Invitational/Dual Meet Schedule



Important Dates, subject to change! All events are on our calendar on our website

Invitationals

June 24-25

Durham Dolphins

July
8-9

Orland Otters

July
14-16

Plumas Rapids (Quincy)*

July
28-30

NVAL's (Redding)**

Dual Meets (Weds)

June 7

Dual (own team) at Nelson

June 14

Durham Dual

June 21

Dual at Nelson

July 12

Orland Dual

July 19

Corning Dual

*Quincy meet is overnight and camping, plan to camp with the team!

**Redding is Overnight, our team usually stays at the Oxford Suites in a block of rooms!

Team Fundraisers



Fireworks Booth

- Fireworks booth shifts. Signups open June 1
- Goal: Raise \$9,000 for our team
- We need volunteers! June 28-July 4th
- Invite everyone you know to buy from us!

Swim-A-Thon

- June 26th 5:00-8:00
- Goal: Raise \$4,000 for our team
- Prizes for swimmers, 200 lap club!

Extra T-Shirts/Guardian Shirts

- Last Order - May 15th - See Jackie with Cash or Check
- \$20/shirt or tank

SwimOutlet, purchase Swimsuits or team gear

Extra Caps: \$12



Where to Register?

There are three important registrations!

Individual Season Full Membership:

<https://omr.usaswimming.org/omr/welcome/C46467384C9F4B>

Outreach Membership for low income families:

<https://omr.usaswimming.org/omr/welcome/3920D67822F747>

Swimmers **CAN NOT ENTER THE WATER** until this is complete

Invitational Registrations: <https://ome.swimconnection.com/meets>

Registering for Dual Meets: <https://orovilleorcasswimtopia.com/>





Orca Website

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

Handbook

- Expectations
- New Parents
- Terms

Team Store - Sign In

Meets and Events

- Subscribe to Calendar
- Signups for Duals
- Sign up to Time Invitationals and Duals

Sponsors



What if I have questions?

Board Member on Deck-May Change

- Monday - Jackie Glover, Treasurer
- Tuesday - Brianna Corkin
- Wednesday - James Wood, President
- Thursday - Sarah Pierce, Registrar

Email: Orcaswimn@hotmail.com

Remind: @Orcaswim23

- Specific questions for Coaches?
- Who do you talk to with concerns, complaints, problems... etc.
- What if you have an issue with a coach?
- What if you have an issue with a board member?



Connect with us!



Remind App

Enter this number

81010 (?)

Text this message

@orcawim23 (?)



Email us!

Parent Email:

orcawim@outlook.com

These go to our board inbox
& to Sarah

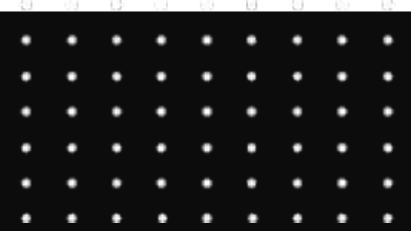


Facebook Fin-Fans Group
Check your inboxes for an
invite to the 2023 group
shortly!

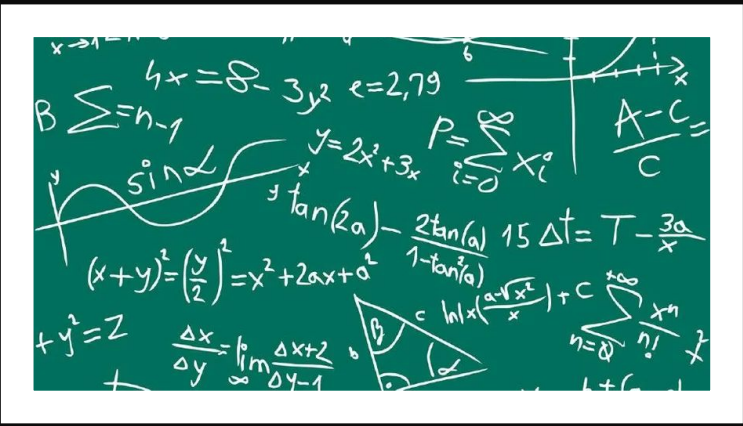
Sarah's Phone #:

530-635-2347
Text preferred.





New Parent Orientation



SWIM TEAM!

Important Terms



Freestyle	A swim stroke with any motion, above water
Backstroke	A swim stroke with swimmers primarily on their back
Breaststroke	A swim stroke with specific arm and leg motions “Frog kick”
Butterfly	A swim stroke with over-water arm motions and “Dolphin kick”
100 fly, 200 free, etc	NVAL’s (Redding)**
Relays	Events occurring at the end of an Invitational meet, usually 4 swimmers
Invitational Meet	Weekend meets with many teams that usually run ~8:00 AM-2:00 PM, Additional Costs
Dual Meet	Wednesday meets vs. 1 other team
DQ’s or Disqualification	Issued by an official during a meet that indicated the swimmer made a mistake, they receive no time award for that event.
Event/Heat/Lane	Event-What Stroke, Heat-which group, Lane-Which Lane
I.M. 100, 200 Free etc.	How many laps and what stroke: 25 yd=1 lap, 50yd=2 laps, etc.

More info on our website!



Overview of Practices

What does practice look like?

Practice Structure

Starting Blocks

M/Tu/W/Th Schedule, which strokes which days?

What to do if you miss a practice?



What to Bring to Practice



Sun-Screen!

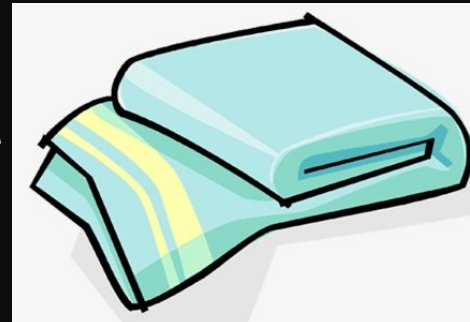


Water



Practice Swimsuit

Towel



Snacks/Inhalers

If your child has additional or medical needs, please communicate those with the board/coaches



Swim Meet - Must Know

How to Handle DQ's, What is a DQ

What is Event/Heat/Lane, how do those work

How does placing work, Heat vs. Overall

Quincy+Champs, Hotel, What is Champs?

High Point

Relays

Meet Mobile, is it worth \$\$\$???

Set up with the Orcas and stay together as a team

Attend 2 invitationals to qualify for Champs

What do they cost? Events+Splash Fees

What happens if you miss your event?





What is Timing?



We will provide a schedule of shifts, please make sure you or someone covers your shift if you can't make it. We are expected to provide a number of timers for lanes at each meet.



What to Bring to Swim Meets



**Competition
Swimsuit
Black or Team**



**Swim Cap
Team cap
preferred**

**All the same
stuff from
practice!**

**More Snacks
More Water
Sunscreen
Towels
A Sharpie!
Canopy!
Chairs!**





What Swimsuit to buy??

What and Where to buy swimsuits.

Orca Team Store Link

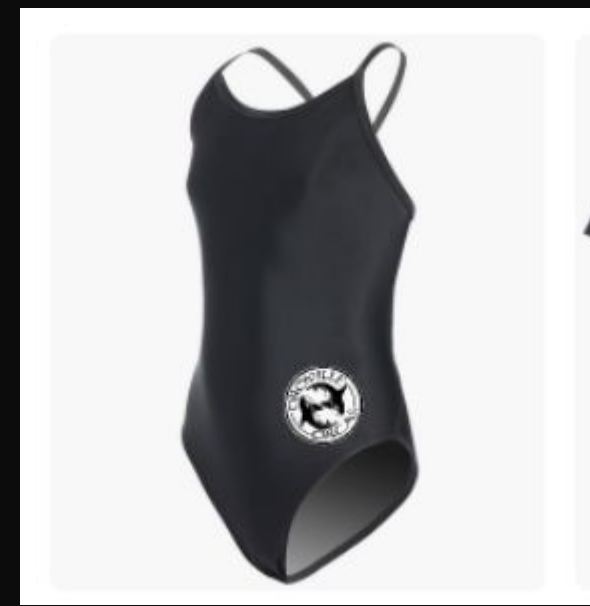
<https://www.swimoutlet.com/collections/orvilleorcas>

Swimsuits by Age

Sizing Chart by ages

How should Competition Suits Fit? Check Sizing!

Boys - Measure Waist - One size smaller



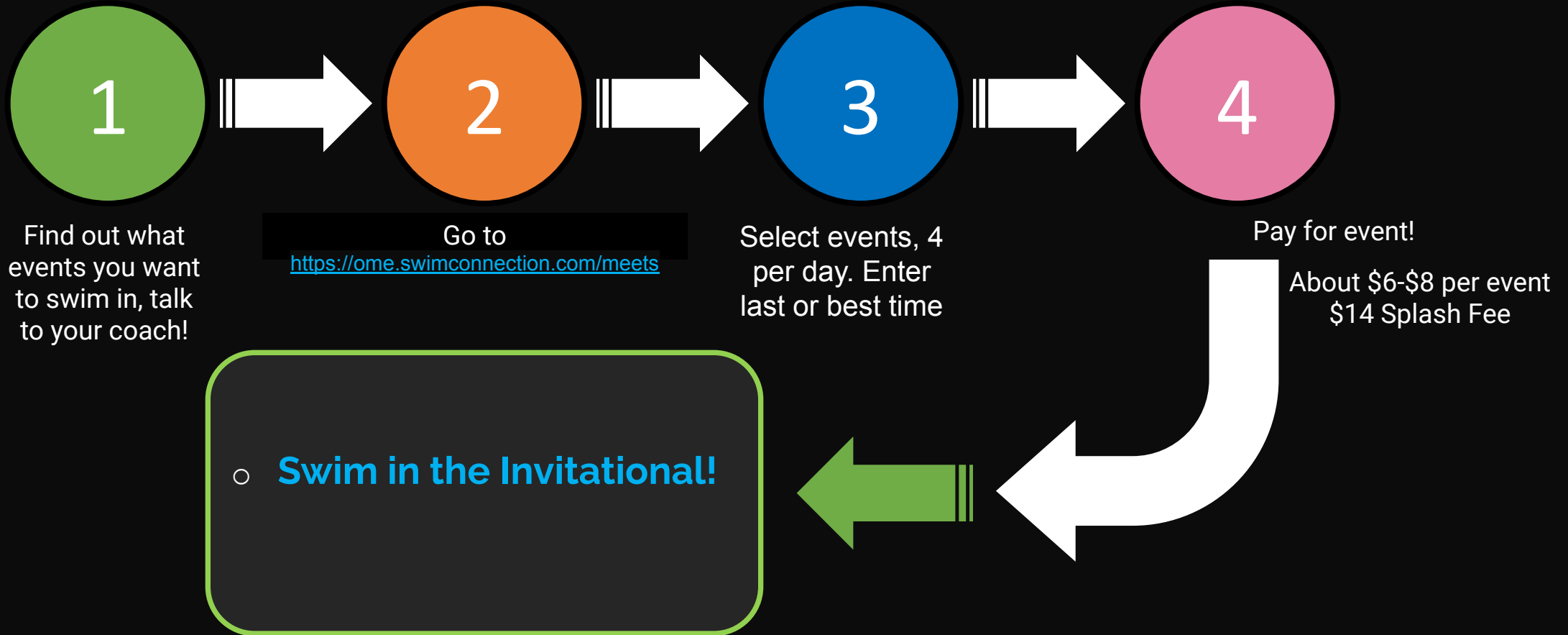
ISWIM GIRLS' COMPETITION SWIMWEAR

Size	22Y	24Y	26Y	28Y
Chest	22"	22"-24"	24"-26"	26"-28"
Hip	26"	26"-28"	28"-30"	30"-32"

Registering for Dual Meets



Registering for Invitationals





Questions?

