



## 2020 Plaza Oaks Piranhas Swim Team

### Practice Schedule (all practices are M-F)

#### Morning Practices June 1<sup>st</sup> - July 3<sup>rd</sup>

Half Lappers **	8:00 - 8:30
6 & Unders	8:30 - 9:00
7 & 8 yr olds	9:00 - 9:30
9 & 10	9:30 - 10:00
11 & up	10:00-10:45

\*Practice times may change slightly based on sign up numbers

### Meet Schedule

TBD – based on government guidelines

### Important Dates

- May 20<sup>th</sup> - Swim Team Registration (**Swim Team Registration online only \*Same Suits Again**)  
All swimmers **must** be registered prior to participating in practice and meets.
- June 1<sup>st</sup> - Practice begins
- June 3<sup>rd</sup> - A Gleam will return to pool to fit/sell team swimsuits, caps, goggles, etc.
- June 12<sup>th</sup> - Time Trials During Practice
- June 24<sup>th</sup> - Time Trials During Practice
- July 2<sup>nd</sup> - Potential Intrasquad

### Swim League Philosophy

This summer league swim team is open to swimmers 4-18 years of age. The goal of the Memorial Spring Branch Swim Conference league is to provide fun and fair competition for all involved. This is not a U.S.A. swim league.

### Swim League Eligibility

Anyone holding a USA card after March 8<sup>th</sup>, 2020 is ineligible to compete in the Memorial-Spring Branch Swimming conference. This means you are **NOT** eligible to swim if you **trained or competed** with a USA swim team or a USA sponsored conditioning program after March 8<sup>th</sup>. Stroke clinics are okay. \*\*We will have to forfeit any meet where an ineligible swimmer participates!

## Swim League Rule of Half Lappers

A "Six and under" must be able to swim the length of the pool unassisted in less than one minute. Half Lappers swim assisted in the pool by a helper but must be able to swim without any floating devices. Half lappers must be age 4 as of May 1<sup>st</sup>. Half lappers will be limited to swimming home meets prior to the start of the meet.

## Piranhas Registration

- The swim team is open to any Plaza Oaks Club member's child ages 4-18 years (as of May 1<sup>st</sup>, 2020). Each member must have paid their annual dues, swim team dues and turned in the swim league Release and Consent / Eligibility and Sportsmanship form for each swimmer and signed up to volunteer at meets.
- Fill out online registration and eligibility forms completely. Payment must be remitted before your swimmer will be allowed to practice. Checks made payable to Plaza Oaks Pool.

## Time Trials

Time trials will be held during the regular practice times.

## Swim Lessons

Private swim lessons will be offered by some of the coaches. Please contact the coaches for further information.

## Volunteers

Swim Team is completely run by volunteers, except for the coaches. Therefore, to have a successful year, we need parents to volunteer. Since we aren't sure if we will be able to have any meets, this means we will need timers for Time Trials and possibly volunteers to help us keep kids spaced on deck.

If we are able to have meets, small scale or regular, we will ask for volunteers for those.

If you have to miss a volunteer job you signed up for, it will be your responsibility to find a replacement. There are many ways to help, including: Ready bench, place judge, stroke/turn judge, scorekeeper, timer.

## 6 & Under Team Policy

Your swimmer must be able to swim a length of the pool UNASSISTED, in a minute or less, in order to qualify for this group. If your swimmer is unable to complete a lap unassisted, they will be considered a Half Lapper. Please understand this is due primarily to safety concerns. Also, please know that your child can be moved up with improvement. **Coaches will assess your swimmer's ability the first week of practice if you are unsure of their ability.** If you know they cannot swim a lap unassisted, please go ahead and start them in Half Lappers.

## Meet Information

**Start times:** All meets begin at 6:00 PM. Swimmers need to be at the pool at 4:45 p.m. for home meets and 5:00 for away meets. Make sure your swimmer checks in with the ready bench parent for his/her age group upon arrival; you do not have to stay with your swimmer during warm-ups.

**Can't make a meet?** You must indicate you will not be present by signing out on the team website by 12:00 noon, 3 days prior to the meet. You may indicate at any time your attendance for the entire season.

**\*It is unacceptable to no-show at a meet.** The coaches have to prepare fair and competitive heat sheets for each meet. If you must miss due to an emergency, please call **Stephanie's cell phone at 713-560-2008.**

**Warm -ups:** 6 & Unders and half-lappers do not warm up before a meet. Half Lappers only swim prior to the home meets, starting at 5:45pm.

**What to bring?** Swimmers should bring a towel (name on it somewhere, please), healthy snacks, water and entertainment for long waits (cards, books, games, etc.). Please keep your area clean and throw away your trash.

Parents should bring their own lawn chairs and must sit in designated areas. The deck is reserved for meet officials.

**Swimmer's Responsibility:** It is the child's responsibility to be ready to swim at race time. Swimmers must remain with their age group until all events are completed. If your child comes to talk to you during the meet, please direct them back to the ready bench area as the meets run smoothest when we aren't trying to track down a missing swimmer. It is also the child's responsibility to clean up his/her trash before leaving the swim meet

**Heat Sheets** will be available at the meets for \$1.

## Meet Format

- Individual IM (11 & up)
- 6 & under Free Relays
- 7&8 thru 15-18 Medley Relays
- 7&8 Free Relays
- 6& under thru 15-18 Individual Freestyle events
- All Individual Stroke events (2 heats of each stroke for 7&8's, 9&10's & 11&12's)
- 9&10 thru 15-18 Freestyle relays

## Rain Outs

Please watch your email or text messages for updates when the weather is looking bad. Here are the general guidelines we will follow:

**Practice** will not be called because of rain. For ages 10 and younger, if thunder is heard at the pool within 15 minutes of practice starting, it will be cancelled. For 11 and up, thunder heard up to 15 minutes after practice begins will necessitate the canceling of practice.

**Meets** will not be called until after 7:00 p.m. Even if it is thundering and raining at 5:30 on the day of the meet, go to the meet. Houston weather has a way of working itself out. Tuesdays are scheduled as makeup dates.

All communication about meets, practices, and any changes in the schedule will be done via email as well as the team website [www.plazaOakspiranhas.swimtopia.com](http://www.plazaOakspiranhas.swimtopia.com) and FaceBook at Plaza Oaks Piranhas Swim Team [www.facebook.com/groups/PlazaOaksPiranhasSwimTeam](http://www.facebook.com/groups/PlazaOaksPiranhasSwimTeam). Please request to be added. If you have any questions or email changes, please contact the team representative.

## Coaches

Head Coach - Stephanie Mosley      713-560-2008

## Swim Team Coordinator

Team Rep - Jennifer Hyland      832-563-7740

## Swimsuits

A Gleam Swimwear      832-437-0362