

Plantations Piranhas: Parent's Quick Reference Guide

1. Coaches and Team Representatives:
 - a. Coaches: John Ajamian (Head Coach), Zack Callis (Asst. Head Coach), Julia Tomlinson (Jr. Asst.), Kaylor Stroot (Jr. Asst.)
 - b. Reps:
 - i. A-Team: Mike Gregory (mikerun31@verizon.net), Rosie Tomlinson
 - ii. B-Team: Monica Celada, Nikki Rossignol (pltbreps@gmail.com)
 - c. Please do not talk to the coaches during practice! Please do not talk to your swimmer during practice! Find time before or after practice, find a team rep or send an email.
2. Volunteer:
 - a. We are a small team and we need everyone to pitch in to run the meets. It takes 35-40 volunteers to host a meet. Most of the positions allow you the opportunity to watch your swimmers and support the team at the same time. Time trials on June 9th is a good time to volunteer for a position you may be interested in to see what it is all about. Go to www.pltswim.com to review the volunteer options and sign up when you sign your swimmers up for their meets.
 - b. **Meet officials. We really need support in this area. Sign up at www.mcsl.org (Click on Official Certification) and go to class!!!**
 - c. Volunteering is fun, you get to meet other parents, it supports your swimmers, and it makes the meets go infinitely faster!
 - d. We need 1 additional automation person! Our two automation coordinators will miss the same week this year. Consider volunteering or ask a rep for more info!
 - e. A-Team Rep in training. Need someone in this role this season.
 - f. Drink donations: to keep costs down, we ask each family to bring 2 cases of soda (Coke, Diet Coke or Sprite) or 1 case of 20 oz Gatorade to the pool before the first meet.
3. Time Trials – Sunday, June 9th:
 - a. Time Trials provide the base times for your swimmers so that the coaches can determine the line-up for the first A-meet. Make every effort to attend Time Trials.
 - b. If you cannot make time trials there will be a make-up after practice on Tuesday, June 11th. Please plan to stay to help with timing if you have a swimmer that needs to make up time trials. With no time trial time, they can swim the first B-meet the following week to get their base times.
 - c. Go on-line at www.pltswim.com and sign your swimmer up for time trial events. This is the one meet where they can swim all of the strokes if they want to. If you do not know what event your child is capable of swimming see one of the coaches after practice.
4. A-Meets (Saturday's – First A-Meet is June 15th):
 - a. Swimmers can only swim 3 of the 4 individual stroke events, and 5 total events with relays and individual medley events.
 - b. The coaches determine who swims in A meets based upon their times. Your swimmer may swim in no A-meets, 1 event or up to 5 events. Line-ups are posted on Friday.

- c. Your swimmer may not swim in their best events if the coaches determine they would help the team in another event. If you have questions see the Team Reps.
 - d. Go on-line **NOW** at www.pltswim.com and indicate whether your swimmer is available or not-available for each A-meet. This helps the coaches when setting meet line-ups.
5. B-Meets (Tuesday or Wednesday's – First B-Meet is Tuesday, June 18th):
 - a. This meet is the opportunity for swimmers who do not swim A-meets to get meet experience and possibly make it into an A meet.
 - b. A-meet participants can swim B-meets in any event they did not finish in the top 5 at the previous A-meet, with the exception of freestyle. In freestyle if they finished in the top 6 in the A-meet they are not eligible for the following B-meet. Also, regular A-meet swimmers who miss an A-meet cannot swim in their A-meet events in the following B-meet. If you are confused about what events your child is eligible to swim in the B meet, consult Coach John or a B-Team Rep.
 - c. Go to www.pltswim.com and sign your kids up for B-meets. Like the Time Trials you can select the events they will swim for each B-meet. You can do this in advance and adjust it each week, or do it Saturday after the A-meet.
6. Disqualifications (DQs)
 - a. Your swimmer, especially if they are new, will DQ in an event. DO NOT PANIC, it happens to everyone. Breaststroke and Butterfly are particularly difficult and DQs as they learn the strokes are common.
 - b. If you go to the time postings during a meet and see DQ next to your swimmer's name DO NOT run up to the Coaches or Stroke and Turn Officials and ask why during the meet. See the Team Rep and we will try and figure it out, but know the coaches receive a DQ sheet at the end of the meet and will address it with your swimmer at practice.
 - c. Stroke and Turn officials DO NOT take it easy on younger swimmers. The goal is to have them learn the strokes correctly and letting them pass when younger would develop bad stroke habits which would only catch up to them later. Also, be aware that one judge may view things differently than another.
7. Special Events:
 - a. Both A and B levels have Relay Carnivals during the year, which most every swimmer will be able to participate in. These are fun team building events and we will make more announcements about these during the season.
 - b. Divisionals --- The A level has a Divisional Championship Meet at the end of the season. Only the top two swimmers in each event will qualify for Divisionals. More will follow on this as the season progresses.
 - c. Line ups for these meets are due about a week in advance. Mark your availability now
8. Communications:
 - a. Once season starts you will receive three basic e-mails a week:
 - i. Coaches e-mail: Usually Saturday or Sunday with a recap of the Saturday meet, top performances, swimmer of the week, and plan for the week ahead.

- ii. B Team Rep E-mail: Usually Saturday or Sunday with details for the upcoming weeks B meet and events for the week.
 - iii. A Team Rep E-mail: Usually Wednesday, with details for the upcoming weekends A meet.
 - b. The Team Reps try to utilize the same e-mail format so you know where to look each week for the information you need.
 - c. We try not to overwhelm you with other e-mails unless there is an important notification we need to share.
- 9. Inclement Weather: In the event a practice or meet is cancelled due to weather Coach John or a Team Rep will send out an e-mail. Do not assume a practice or meet is cancelled. Also, note that weather is unpredictable and you may arrive at a practice or meet and then find out it is cancelled. We will do our best to notify you as soon as we know.
- 10. HAVE FUN!!!! The most important thing is that your swimmers are safe and have fun with their friends! If they improve their performance over the season and the team wins some A-meets that is a bonus! Also, we have some fun social events planned. Join us if you can for the Pasta Pig Out, lunch and movie outing and of course, our annual Beaver Dam trip and the banquet! Details on the website.