

Southampton Club

Stingrays

Swim Team

Parent Handbook

2018



SOUTHAMPTON
RACQUET AND SWIM CLUB

**SOUTHAMPTON STINGRAY SWIM TEAM
MEDICAL INFORMATION/RELEASE FORM**

Swimmer's Name: _____

Does your child have any special medical condition that the coaches should be aware of (i.e., allergies, medications, etc.)?

YES NO

If yes, then please explain:

EMERGENCY INFORMATION/RELEASE:

Please provide the name and telephone number of a person to contact in an emergency if a parent is unavailable:

NAME: _____ PHONE NUMBER: _____

In the event of an emergency, I hereby authorize the Southampton Swim Team Coach / Club Management or a parent representative to seek medical care for my child.

Health insurance information: (optional)

Policy Number: _____

Insurance Carrier/Company: _____

PARENT or GUARDIAN SIGNATURE: _____

DATE: _____



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2018 PRICE LIST

Team Fee per child

1st Swimmer \$60

2nd Swimmer \$50

3rd + Swimmer \$40

Female Swim Suit \$60

Male Jammer Suit \$42



SWIM TEAM PICTURE

Tuesday June 5th at 6pm

Swim Team Pictures will be provided free of charge again this year in a digital format. Once the picture has been taken it will be uploaded onto the club website www.southamptonclub.com where members can then download it for free! Copies of all pictures taken during practices and meets are also available free of charge upon request.

AWARDS BANQUET



Sunday July 15th 5:00–7:00pm at Southampton

IMPORTANT INFORMATION SHEET

Swim Team Coaches: Max Pavone / Grayson Moss / Taylor Smith

Sting Ray Bulletin Board: This is our team's headquarters located out by the pool deck. Please check regularly for updated information and meet sign-up/sign-out schedules.

Cost to Participate: \$60 first swimmer, \$50 second & \$40 for third, make checks payable to Southampton Club.

Mandatory Volunteering- The GISA swim league is a parent ran intra club swim league, GISA simply can not work without everyone's help and cooperation so please sign up to help at each meet for different meet positions. Thank you for your support.

Meet and Practice Attendance- It is strongly suggested that each swimmer attend as many practices as possible. If your child is unable to attend practice regularly, please let the coach know. **If you are unable to attend a meet, please sign out on the meet sheet located on the pool bulletin board prior to that meet.** Your swimmer must swim in at least (2) meets if s/he is 7 & up or (1) if s/he is 6 & under to qualify for entry into the league meet.

Swim Team Uniforms-

Swimsuits-This is we will be ordering new swim suits for our swimmers, suit sizing will be available at the Team Sign Up Meeting Thurs May 3rd 5-7pm

Goggles-Strongly suggested at all meets and practices.

Swim Caps-Optional and available to purchase from Southampton

Coach Max Pavone:

704-860-5957

Madmaximus2001@gmail.com

Coach Grayson Moss

863-242-2901

gettingtograyson@gmail.com

Coach Taylor Smith:

taylor@southamptonclub.com

Terminology: (For those new to Swim Team)

Event-each meet is broken up into events. Each event is specified by age group, gender and stroke.

Example – Event 1: Girls 7-8 freestyle, Event 2 Boys 7-8 freestyle and so forth.

Heat- each event is divided up into heats. The slowest swimmers swim in the first heat, the fastest in the last. Most pools have 5-6 lanes, so heats will have up to 5-6 swimmers. The number of heats per event is determined by the number of swimmers.

Heat Sheets- a list of the order of events and heats. You can purchase one at each swim meet so you can follow the order of events and know when your child is swimming.

Volunteer: something that each parent is required to do at the swim meets. It takes 36 volunteers to run a swim meet.

Clerk of Course- a parent volunteer who organizes the swimmers within each event. At least one is needed from each team.

Timer- a parent volunteer who stands at the end of the lane and times swimmers as they swim. 12 timers are needed at each meet.

Heat Timer- a parent volunteer from the home team who carries a back-up stop watch in case a timer misses the start.

Runner- a parent volunteer who carries event cards from the clerk of course to the timers and finish judges and then from the timers to the computer. 2 are needed from each team.

Finish Judges- a parent volunteer who sits at the finishing end of the pool and writes down the order in which swimmers finish. Two are needed from each team.

Computer Operator- a parent volunteer who enters times from each heat as the runner brings in the event sheets.

Meet Referee- a parent volunteer from the hosting team whose job it is to oversee any contested result. Also, it is their responsibility to call a meet due to impending weather threats.

Stroke Judge- a paid worker who observes each heat and disqualifies swimmers based on stroke errors.

Drop/Adds- These are forms that coaches have to fill out if they want to drop or add a swimmer to an event.