



Sharon Johnston Swim Team Parent Meeting 5-18-10 6:00pm

Welcome to the 2010 Sharon Johnston Swim Team (SJST). I would like to introduce you to the 2010 Board Members and Committee Heads:

Kellie Krause-President; Home Meet Director

Diana Cook-Vice President; Webmaster

Kathy Ziegler-Secretary

Lynn Strunk-Treasurer

Glenn Carr-Head Coach

Jenny Barrett-Assistant Head Coach; Certified Officials

Jodi Brown-End-of-Year Party Coordinator

Jennifer Hill-Dual Meet Volunteers

Stephanie Hudson-Merchandise (Caps, Bags, Decals)

Lisa Lozier-Swim-A-Thon

Victoria Myers-Ribbons Coordinator

Farrar Pell-City Meet Volunteers/City Meet Heat Sheet Ads

Lisa Smith-T-shirts

Lana Wethington-Nagy-Computer (Team and Meet Manager Software)

- Swimmers with hair to their shoulders or longer must wear their hair in a swim cap or in a ponytail
- Female swimmers should wear a one piece swimsuit for practice and for competition
- Please bring a water bottle to every practice and meet
- Please label your swimmer's team shirt
- Please refrain from interrupting the coaches during practice and swim meets. Please address any questions during these times to a board member or committee head

- Please address any questions in writing. If your question is a specific question regarding your swimmer, we will make sure Coach Glenn/Coach Jenny receive it. If your question is a general question, we will post the question and answer on the website so that all swimmers and parents may benefit from the answer.
- We have designated "Home" and "Visitor" areas during home meets. Please make sure you sit in the area designated "Home." "Home" section is the area with the new concrete slab next to the concession stand. "Visitor" section is by the deep end. Swimmers must sit with the team. You may sit in front of the fence by the concession stand (single file). No one can sit at the pool's edge in front of this fence.
- During meets the swimmers will need to stay in the bull pen for the duration of the meet, not sit with their parents. The swimmers will need to be informed that they cannot keep running to the snack bar, they must clean up after themselves, and no, the bull pen Moms will not hold their ice cream while they swim. The bull pen person will need to be informed if your swimmer is leaving early. The younger swimmers will get their names written on their shoulder and this will be done the night of the meets in the bull pen. We use a Sharpie pen which comes off with finger nail polish or alcohol. If you absolutely do not want your swimmer's name written on their shoulder please inform us in writing so we may have a record of this request during all meets.
- Every swimmer must have one parent/guardian volunteer for at least one swim meet. Please report to the Swim Meet Director when you arrive at the pool. You will be assigned a position when you arrive at the meet. We will make every effort to assign you a position you are comfortable with.

- If you have had a swimmer on the team for 2 years or more, we need additional Stroke and Turn Judges. Please sign up to take the certification test, view the DVD, and attend the deck training on May 26th during Time Trials.
- If your swimmer swims in a competition event (any event other than exhibition freestyle) at City Meet **you will be required** to work one session at the two day City Meet Championship. There are four sessions: 1st –Sat. morning 10 and under, 2nd–Sat. afternoon 11 and up, 3rd–Sun. morning 10 and under, and 4th–Sun. afternoon 11 and up. City Meet will be held July 10th & 11th. Please schedule your weekend accordingly to meet your volunteer requirement. We will be assigned City Meet volunteer positions later in the season. Farrar Pell will be in charge of filling these positions. If we do not have enough volunteers to fill these positions then we will ask parents of exhibition swimmers to help out. Any position not filled by the team will cost us \$25.00 per position.
- If you would like to participate in the Adult Relay teams during the City Meet, please notify Coach Glenn. (Mom's Relay, Dad's Relay, and a Mixed Parent's Relay)
- After every meet your swimmer's placement ribbons or exhibition ribbon will be located in the ribbon box. Please look for the ribbon boxes in the concession stand a day or two after the meet. If your swimmer is missing a ribbon or the ribbon placement is incorrect, please notify the Board President and she will notify the Ribbon's Coordinator. Please send an email to SJSTPresident@gmail.com.
- We will be selling Heat Sheet Ads for City Meet. We ask that every family with a swimmer swimming (competition and exhibition events) at the City Meet purchase an ad. SJST will receive a percentage of the cost of the ads. This is a great fundraiser for

our team. The deadline to turn in Heat Sheet Ads for City Meet is June 24th. **No** Ads will be accepted after this deadline.

- If you would like to purchase swim caps, decals, or bags please see Stephanie Hudson. If you would like to buy additional team shirts/sweatshirts please see Lisa Smith.
- There is a Swim Team Survival Guide posted on the SJST website for all new swimmers and parents. The Survival Guide covers such things as swimming terminology, swimming strokes, swim meets essentials (what to bring, wear, do, etc.), swim meet volunteer jobs, and Q&A section. You can print the Survival Guide out and bring it with you to swim meets. You might find that it comes in handy (swim meets for new swimmers and parents can be a bit confusing and overwhelming).
- Please check the website: www.SJST.org for away meet pool addresses, practice cancellations due to inclement weather, swim team by-laws, and contact information for Coach Glenn and the board members.
- **IMPORTANT DATES:**
 - May 20th: Pictures
 - May 26th: Time Trails and Deck Training
 - June 2nd: Home Meet (YMCA)
 - June 9th: Away Meet (Chapman)
 - June 12th: Swim-A-Thon
 - June 16th: Home Meet (Redstone)
 - June 23rd: Away Meet (Valley Hill)
 - June 30th: Away Meet (Mt. Carmel)
 - July 10th & 11th: City Meet Championship
 - July 12th: End-of-Season Party