

## Aurora Shores Swim Team General Information

### **What is the ASHA Swim Team?**

We are a summer swim team that competes against other area city and neighborhood rec swim teams during the months of June and July. Practice is every morning M-F and swim meets are generally Tuesday and/or Thursday evenings at the Tradewinds Pool unless the meet is away. We have about 80-100 kids on the team and ages have ranged over the years from age 4 -18. Swimming is great exercise, and the swim team builds strong swimmers and friendships. We promote fun and good sportsmanship in a safe and competitive environment.

### **Requirements to Join:**

- Must be an Aurora Shores Homeowner and dues must be paid
- Family must volunteer for at least one event/activity/job per swimmer, but are encouraged to sign up for two when possible
- **Swim Team form and Swim Team fee are due by MAY 31**. Any/all \$ must be paid by check made payable to Aurora Shores Swim Team or Venmo @swimteamsharks. NO CASH.
- Agree that in the event your child quits, there will be no refund of registration fee or purchased spirit wear. Consider the fee as a donation to the swim team.

### **Head Coach 2022:**

Jared Mulcahy 330-888-2093

### **Swim Team Committee 2022:**

Staci Osborn 616-717-2551

Stacey Keller 216-401-3071

### **Communication:**

- Email: swimteamaurorashores@gmail.com Email is our best form of communication so please put an email address that is checked often on your form.
- Facebook (closed Group) search for Aurora Shores Swim Team. We will use this for last minute information as well as email. We love when you post pictures of our swimmers at meets and practice!

### **What does my child need?**

- Swimsuit - girls 1 pc, boys "jammers". We are using the same suits as last year, Dolfin Chloroban Color Block DBX Back Swimsuit (girls), or Jammer (boys) in Blue/black/white for meets. These may be purchased at Kohl's, Dick's, Amazon, etc. They should fit snug!
- Towel (good to have 2 at swim meets - one to dry off with and one to sit on)
- Goggles (optional but a good idea)
- Water bottle - keep hydrated
- Spirit wear (optional purchase)- info to be sent out to order
- Snacks/Food - a **HEALTHY** snack for swim meets.

**Practice Schedule:** Monday-Friday at Tradewinds Pool, starting **June 6**

**8 to 8:25 a.m. OR 8:30 to 8:55 a.m.**

**Minnows**

**8 to 8:45 a.m.**

**Ages 7 thru 10**

**9 to 10:00 a.m.**

**Ages 11 and up**

**\*Minnows** - Swimmers age 8 and under who cannot swim two lengths of the pool. Please come at 8 am the first week of practice. Your coach will let you know which time slot to attend for the rest of the season at the end of the first week. There may be a third session time allotted beginning at 9am if numbers require for the safety of our Minnows.

**Deep Water Test:** The test consists of swimming one length of the pool any stroke for minnows and two lengths for all other swimmers. This test may be taken anytime during the season by a coach with a lifeguard. Joining the team may be done *at any point in the season*.

**Minnow Policy:** To ensure the safety of our Minnow swimmers, the following requirements must be met:

- Minnows must be four (4) years old as of June 1st
- Minnows must be comfortable putting their face in the water and comfortable entering the pool alone, not being set in the pool by parent or coach
- Minnows must be able to front crawl or doggie paddle half a pool length. This can be started in the shallow or deep end.

Please remember we are a swim team, not swim lessons. We reserve the right to remove a minnow swimmer if the team and coaches feel they are not ready to begin swim stroke instruction. Swim lessons will teach your child to be confident in the water. Our goal is to instruct proper stroke techniques used in swim meets.

**Stroke Clinics:** *Optional* - A great way to improve your strokes. See separate handout for details.

**Time Trials:** June 16th and 17th. All ages start at 8am. Time trials are for the coaches and swimmers to have a starting time for each stroke for the season. It will be used by the coaches to determine lineups for the first few meets and by the swimmers to see their improvement over the course of the season.

**Picture day:** TBD...Individual pictures at 8:30 am; Group Photo at 9:00 – date will be announced. EVERYONE needs to come in UNIFORM whether you are ordering pictures or not. If you choose not to purchase a suit, PLEASE wear a similar color to the team.

**Parade:** July 4th - Bring 2 bags of candy per child to pass out. Drop-off TBD/Pickup at Marina.

**Swim Party:** Scheduled for July 22nd at 8:30 am with awards, followed by games and treats for all swimmers and coaches to celebrate the end of the season. Parents are encouraged to attend the awards portion and celebrate our swimmers.

**Attendance:** Unless excused from practice due to vacations, sports camp, illness, etc. swimmers are expected to attend all practices. If your child has a fever or otherwise does not feel well, please keep them at home. Practices will not be canceled. In the event of inclement weather, we will hold dry-land (inside) team building exercises.

**All meet sign ups will be online using a Google Form and will be due the day before each meet at noon to give our coaching staff time to make the lineups.** It is important everyone is courteous to the coaching staff in regards to this. Practice attendance and times will also determine line-ups. Canceled meets will be announced on our Facebook page and emailed as soon as they are determined.

**Meet Information:** Home meets are at Tradewinds Pool

- Swimmers should be at home meets by 5:15 and away meets by 5:45
- Volunteers should be there between 6:00-6:15
- Swim meets start at 6:30 and can last a couple of hours
- There is no admission fee
- Bring your own chair

All swimmers must provide their own transportation to and from meets and other special events. Carpools can be arranged for you if necessary. During the meets, swimmers must remain in the "Shark Tank" area and are not permitted to leave before the swim meet is over without permission from a coach. Spectators should remain out of the "Shark Tank" at all times for the safety of all participants and efficient operation of the meet. At all away meets, all swimmers will abide by and respect all rules and regulations set forth by that club or organization.

**Volunteer Sign-ups:** In order to ensure the smooth running of the Aurora Shores Swim Team, certain responsibilities are expected of **EACH FAMILY**. Each family will be required to volunteer for at LEAST one event/activity/job during the season per swimmer but are encouraged to sign up for two events per swimmer when possible. A SignUp Genius will be sent out to everyone the first week of practice so you can plan ahead for how you will be assisting the team this season. Areas you can help with but are not limited to are...

- 2 Committee Members - organize and oversee the overall running of the Aurora Shores swim team, including scheduling, communications, managing paperwork and financials, purchasing all supplies, and coordinating volunteers, the 4th of July parade, and the banquet
- 1 Concession Stand Lead - setting up and overseeing the concession stand for all home meets
- 1 Time Lead - assisting timers at time trials and home meets and organizing data to post times at Tradewinds and at the banquet
- 12 Time Trial Timers (6 per day for 2 days) - time with a stopwatch and record each swimmer's time

- 18 Home Meet Timers (3 per home meet) - time with a stopwatch and record each swimmer's time
- 12 Concession Workers (2 per home meet) - run concession stand
- 6 Grill Masters (1 per home meet)- grill the hamburgers and hotdogs
- 12 Ribbons (2 per home meet) - pass out ribbons to each swimmer at each home meet.
- 6 Runners (1 per home meet) - take results from Line Judge to Score Keeper.
- 12 Line Judges (1 per home and away meet)
- 12 Score Keepers (1 per home and away meet)
- 6 Announcers (1 per home meet) - using a megaphone announce each home meet.
- 3 Banquet Volunteers
- 10 4th of July Helpers - decorating and driving vehicles

**Thank you and GO SHARKS!**

## Aurora Shores Swim Team Event Calendar 2022

**NOTICE:** Swimmers **MUST** complete the Google Form for attendance to all meets by the day before the meet at noon. If a swimmer is not registered for a meet, they will not be placed in the lineup! [Google Form Link](#)

**TIMES:** All meets begin at 6:30pm

- Home meets: Swimmers should arrive no later than 5:15pm
- Away meets: Swimmers should arrive no later than 5:45pm

June 6:	Swim practice begins
June 13-16:	First stroke clinic- Freestyle and Butterfly
June 16 and 17:	Time Trials at 8am
June 20-23:	Second stroke clinic- Breaststroke and Backstroke
June 21:	Home v. Twinsburg
June 23:	Home v. Eaton Eels
June 28:	Away v. Bainbrook 8135 Stoney Brook Drive Chagrin Falls, OH 44023
June 30:	Home v. Solon
July 4:	Parade
July 5:	Away v. Chagrin Valley Rec 400 E. Washington St. Chagrin Falls, OH 44022
July 7:	Home v. Hawthorne
July 12:	Away v. Four Seasons 200 Greenbriar Drive Aurora, OH 44202
July 16:	Chagrin Relays- more information TBA
July 19:	Away v. Chadd's Ford 7660 Bergen Court Hudson, OH 44236
July 21:	Away v. Twinsburg 10260 Ravenna Road Twinsburg, OH 44087
July 22:	End of Season Swim Party at 8:30-11am

**Aurora Shores Sharks Swim Team Registration Form  
One Form per FAMILY**

**Last NAME:** \_\_\_\_\_

<u>Swimmer's First Name</u>	<u>Age as of June 1, 2022</u>	<u>Birthday</u>	<u>Boy/Girl</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**STREET ADDRESS:** \_\_\_\_\_

**Email(s):** \_\_\_\_\_

**2 Emergency Contacts or Parent/Guardian (name AND phone #s)**

Name and Phone # \_\_\_\_\_

Name and Phone # \_\_\_\_\_

I, the parent or guardian of the above named child(ren), hereby give my approval for his/her participation in any and all of the activities of the Aurora Shores team during the current season. I assume all the risks and hazards incidental to the conduct of the activities and transportation to and from the activities. I do further hereby release, resolve, and indemnify and hold harmless the Aurora Shores Association, the organizers, and the supervisors, any or all of them. In case of injury to my child, I hereby waive all claims against the organizers, the sponsors, or any of the supervisors appointed by them. I likewise release from responsibility any person transporting my child to or from the activities.

I, and my child, also agree to abide by the following Swim Team Rules

- Listen to and obey the coaches, assistant coaches and lifeguards at all times.
- Do not use foul language.
- Keep hands and feet to self.

The team will follow the 3 strike system. Each violation of the above rules will result in 1 strike. Once a swimmer accumulates 3 strikes, they will be removed from a practice. If the behaviors continue, the swimmer may be removed from the team for the remainder of the season with no refunds.

**Swimmer Signature** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Swim team fee is \$100 PER SWIMMER, \$250 maximum per family.**

Checks made payable to: Aurora Shores Swim Team

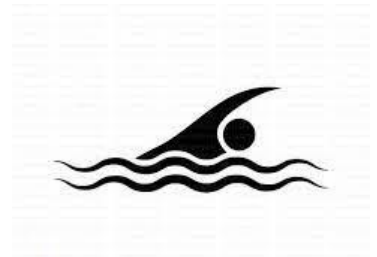
OR Venmo @swimteamsharks (NO CASH)

Form and \$ due by May 31st to Staci Osborn, 9978 Pebble Beach Cove (gray bin on porch)

## Stroke Clinics - 2022 Swim Season

### Aurora Shores Swim Team

If you are interested in attending a Stroke Clinic for the 2022 swim season, please either complete the below form or sign up using the google form posted on the Aurora Shores Swim Team Facebook page. If schedule allows, a third week may be added later in the season covering all strokes.



**Price** to attend clinics are \$30 via check made payable to Aurora Shores Swim Team or Venmo @swimteamsharks (no cash accepted). Payment is due before the stroke clinic starts on Mondays (June 13th for Week 1 and June 20th for Week 2).

**Time:** Stroke clinics will be from 10:00am - 10:45am Monday-Thursday (Fridays will only be added if rain has canceled a day)

**Week 1:** June 13-16th: Freestyle and Butterfly strokes, flip turns and starts

Indicate swimmer(s) attending:

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**Week 2:** June 20-23th: Backstroke and Breaststroke, flip turns and starts

Indicate swimmer(s) attending:

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