

# 2023 Windy Point Swim Team Information Quick Sheet

## Registration

- **How to Register:** via [Swimtopia](#)
- **How to Pay Registration Fees (\$100 per swimmer):**
  - Open House at Windy Point Pool, Sunday, May 7
  - Mail payment to Kristen Woodard, 187 Rustling Oak Ridge, Yorktown VA 23692.

## Team Equipment:

- **Team Caps:** Available at Windy Point throughout the season.
- **Team Suits:** solid navy blue swimsuit by Speedo, Tyr, Arena, or Nike (prior year team suits ok)
- **Spirit Wear:** coming soon

## After School Practice Schedule: Monday – Friday, May 30 through June 13

Age Group	Practice Time
6 & under and 7-8	4:30-5:00pm
9-10 and 11-12	5:00-5:30pm
13 and up	5:30-6:30pm

## Morning Practice Schedule (June 14 through July 21)

Monday – Thursday	
Age Group	Practice Time
Early Bird*	7:30-8:00am (*Please only use this practice if you <u>absolutely</u> cannot attend your age-group practice.)
6 & under	7:30-8:00am
7-8 and 9-10	8:00-9:00am
11 and up	9:00-10:00am
Friday	
Swimmer's Choice: 8:30 or 9:30	

- Parents are welcome to observe practices in the grassy picnic table area and the wooden deck.
- Please be flexible with us as we may need to adjust the practice schedule based on the registered swimmers' ages and abilities.
- Swimmers who qualify GPSA City Meet will practice July 24-28 in preparation for City Meet, July 29

**Inexperienced Swimmers:** Due to safety concerns, swim team registration is limited to those swimmers that can swim a full 25 meters unassisted at the discretion of the WP coaching staff and swim team manager. Coaches will communicate with any families by June 9<sup>th</sup> if Windy Point Swim Team is not a good fit this season (registration fees will be refunded). We encourage new swimmers who are not quite ready for swim team to register for swim lessons at Windy Point Pool.



## 2023 Windy Point Swim Team Meet Calendar (draft 4/9/2023)

May 8	in person registration at Windy Point Pool
May 30	after school practices begin (Monday through Friday until June 12 <sup>th</sup> )
June 7 & 8	Official Training, 6-8pm
June 13	Swim team pictures and Piranha Kick-off Night (details to follow)
June 10 & 11	GPSA Swim Clinic at Coventry (details to follow)
June 15	morning practices (Monday through Friday until the end of the season)
June 19	Time Trials Meet at Windy Point
June 22	Marlbank at Windy Point (Red Division Meet)
June 29	Windy Point at Running Man (Red Division Meet)
July 3	Windy Point at Hidenwood (Red Division Meet)
July 10	Colony at Windy Point (Red Division Meet)
July 12	Rain Date
July 15	8 & Under Meet at Coventry
July 17	Coventry at Windy Point (Friendly/B Meet)
July 19	Rain Date
July 20	Willow Oaks at Windy Point (Friendly/B Meet)
July 29	GPSA Championship Meet at Coventry

**Meets:** Our swim meets are run exclusively by parent volunteers. As a Piranha parent, you will be required to fulfill duties that are vital to the operation of meets.

Our season consists of both “A” meets which are used for standings in our league and friendly “B” meets. We have home meets and away meets (directions can be found on GPSA’s website). Our season culminates in a final championship meet (GPSA City Meet) for swimmers with qualifying times.

### Show-Times for Meets:

Home Meets: 8 & under swimmers: 4:20pm, 9 & up swimmers: 4:35pm

Away meets: 5:00pm all swimmers



## 2022 Windy Point Swim Team Handbook

The goal of the Windy Point Piranha Swim Team is to provide swimmers with opportunities to:

- set personal goals,
- strengthen swimming endurance and technique,
- build confidence,
- and experience success and fun in a positive summer swim team program.

### Swim Team Membership

Swim team membership is open to all Windy Pool Members who are 18 years old or younger. Age groups are determined by the age of the swimmer on June 1, 2023 per GPSA rules. At the time of registration, upon coaches' and swim team manager's discretion, swimmers must be able to swim 25 meters, unassisted.

### Registration

Windy Point members who wish for their children to participate in swim team should complete one registration form for their family. All swimmers must have a completed registration and fee turned in to the Swim Team Manager or her designee before participating in any swim team practice or event. Registration fee is \$100 per swimmer for the 2023 season. Refund policy: No refunds will be considered or issued after June 9<sup>th</sup>.

### Additional Expenses

- Swimsuit:
  - Female: solid navy blue swimsuit by Speedo, Tyr, Arena, or Nike (prior year team suits ok)
  - Male: solid navy blue jammer or brief by Speedo, Tyr, Arena, or Nike (prior year team suits ok)
- Piranha Swim Cap (can be purchased at Windy Point)
- Team t-shirt (optional)
- Concessions donations (details to follow)
- Team photos: June 13<sup>th</sup> (optional)

### Communication

We use the Swimtopia app to stay connected throughout the season. All swimmers will be registered in Swimtopia per GPSA operating procedures. Swimtopia will also be used to run swim meets.

### Greater Peninsula Swimming Association

Windy Point Swim Team is a member of the Greater Peninsula Swimming Association, Red Division. More information about GPSA, including directions to pools, code of conduct, rules and city meet qualifying times, can be found at [www.gpsaswimming.org](http://www.gpsaswimming.org). One note: No photos are to be taken behind the blocks during swim meets.

### Practices

The purpose of practice is to build endurance, improve stroke technique, and learn competitive strategies.

## Swimmer Guidelines

- Be on time and enter the water at the start of practice.
- Participate in practices as directed by the coaching staff.
- Exhibit good behavior and cooperation to gain maximum benefit of the allotted time.
- Attend practice the day of a meet in order to be eligible to swim in that meet, unless otherwise excused.
- Show up for any meets and events in which they are entered. (If a swimmer is assigned to swim in a meet and does not show up, he/she may not be allowed to swim in the next meet.)
- Demonstrate sportsmanship and team spirit at all meets and practices.

## Parent Guidelines

- Complete registration before your swimmer enters the water.
- Have your swimmer arrive at practice and meets on time.
- Declare your child's availability for meets on Swimtopia
- Coaches need maximum interface with swimmers during these times. Please contact the swim team manager or swim coaches via Swimtopia or email if you have any questions about your swimmer's progress. Any coaching concerns should be brought to the swim team manager or GPSA Representative.
- Volunteer for your required **four** meet positions. Don't be afraid to try a new volunteer opportunity.
- Learn as much as you can about competitive swimming so you can better realize and support the coaches' responsibilities and decisions.
- Support the Swim Team Committee and team. Volunteer!! We need your help.
- Stay for the entire meet to support the team and help with take down.

## Meets

League meets are set up by [GPSA](#). Each pool is responsible for providing safety guidelines to conduct meets in a safe manner. Your flexibility and understanding is greatly appreciated as we work to ensure a fun and safe season.

## 2023 Coaching Staff

Head Coach: Kelli Bannon

Assistant Coaches: Anfaal Alomar, Ella Epes

## Swim Team Committee (We need your help!)

Team Manager: Kristen Woodard

Treasurer: Catie Ashe

Volunteer Coordinator: vacant

Concessions Coordinator: vacant

Spirit Wear Coordinator: Renee James

Awards Coordinator: vacant

Meet Coordinator: vacant

Banquet Coordinator: vacant

Sponsorship Coordinator: vacant

**GPSA Rep:** Kristi Chamberlain

## Descriptions of Meet Volunteer Positions/Duties

**Referee\*** (one per home meet): Conducts and manages the meet. Makes the final determination in regards to eligibility and finish of swimmers, interpretations of rules, and conduct of the meet.

**Starter\*** (one per home meet): Prepares and starts each event and works closely with the referee to ensure a fair and smooth-running meet.

**Stroke & Turn Judge\*** (minimum of two per team per meet): Responsible for ensuring that the swimmers are swimming the respective strokes correctly as specified in the USA Swimming Rules. Also responsible for ensuring that turns and finishes are completed in conformance with the rules. Makes written report of disqualification of swimmers who do not comply with rules and explains the violation(s) to the referee.

**Scorekeeper\*** (one per team per meet): Uses team laptop in conjunction with opposing team's scorekeeper to assign points to swimmers/team for each event based upon order placement by Sweeps Judges and/or Referee.

**GPSA Representative:** Pool's representative to the Greater Peninsula Swimming Association (GPSA). The ONLY person designated to approach a referee in regard to a question relative to a ruling by a meet official.

**Sweeps Judge** (one per team per meet): Observes and records order of finish of competing swimmers in each event. Receives lane slips at the completion of each race and marks placement on slips and hands to Referee for review.

**Head Timer or Back Up Timer** (one per home meet): Ensures that each swimming lane has a timer to determine the time a swimmer uses in each event of the meet. Maintains TWO stopwatches as back-ups in the event of a watch malfunction or other issue in a swim lane.

**Timers / Writers** (five per meet per team): Timer uses stopwatch to determine the time a swimmer in a particular lane uses to complete an event. The timer starts the watch when they see the flash from the starting system (or the sound if another system is used) and stops the watch when any part of the swimmer touches the wall. Records the time for that swimmer on the lane slip. The timer calls for a backup (Head Timer) if their watch fails during the event.

**Runner** (two per home meet): Picks up the lane slips after the completion of each race and delivers to the Sweeps Judges for final placement. Carries slips from Referee's table to Scoring Table for use in determining scores given to each swimmer and team for that particular event.

**Block Monitor** (one per lane): Helps to organize the younger swimmers and line up the swimmers in the correct order/lane prior to each event. This leaves the coaches free to coach.

**Ribbon Writers** (one per meet) Use the meet statistics to write out ribbons for the swimmers' events.

**Meet set-up and Parking Lot Attendant** (multiple positions) Sets up the Windy Point facility for the meet, then direct meet attendees to parking spaces.

**Concessions** (multiple positions) plan, organize, and supervise concession sales for our home meets

**Clubhouse Clean-Up** (1 per home meet) sweep, mop, clean clubhouse after home meets

**Clerk of Course** (2 per meet) organize Windy Point swimmers before their events to ensure that they receive their lane slips and are behind the blocks in a timely manner

*\*Requires attendance at Officials' Clinic.*

## Frequently Asked Questions (FAQ)

**What is GPSA?** The GPSA is the Greater Peninsula Swimming Association. There are three divisions within the GPSA – red, white, and blue. We currently swim in the Red division. At the City Championship Meet, we compete against all of the swimmers in the GPSA that have qualified for the events.

**How many practices do I have to attend each week?** At least 3 practices per week. If the coaches feel that a swimmer has not been at enough practices, then they may not be eligible to swim in a meet. Please make every effort to attend every practice and let your coaches know if you will be missing any practices and why!

**What do I bring to practice?** Be dressed in your swimsuit and bring your cap, goggles, towel, and a water bottle. Please remind your swimmer to use the restroom before arriving at the pool.

**When am I supposed to arrive at a meet?** Home Meets: 8 & under swimmers: 4:20pm, 9 & up swimmers: 4:35pm; Away meets: 5:00pm all swimmers

**What are “A” meets and “Friendship” meets?** “A” meets are used to determine a place finish within the Red division of the GPSA. The fastest swimmers will swim for points so that the team can win the meet. However, there are exhibition heats at every “A” meet so that most team members have a chance to swim. “Friendship” or “B” meets give less experienced swimmers a chance to compete with others at their level and win place ribbons. All times at any meet can be used to qualify for the City Championship Meet at the end of the season.

**What do swimmers wear to a meet?** We have chosen a team swimsuit and cap that you will wear for meets. Caps can be purchased at Windy Point.

**How do I know if a practice or meet is cancelled?** Check the team Swimtopia website.

**What do we use the registration and fundraiser money for?** Each year registration fees and fundraiser money is spent on coaches’ salaries, meet ribbons, team insurance, GPSA fees, replacing team equipment, and to support the general management of the team.

**When can parents talk to the coaches?** Catch them before or after practice or message them on GroupMe with your questions or concerns.

**How is information communicated to the parents?** Via our Swimtopia app or email.

**Who do I ask if I have questions?** Contact one of our swim team committee members, our GPSA Representative, or a coach. Do not hesitate to ask questions! Other families who are veteran swim team families are also a great resource!