

2019 Friendly Frogs Swim Team

PARENTS & SWIMMERS INFORMATION

Welcome to the 2019 Friendly Frogs Swim Team! The following information will help you and your swimmer learn more about the program and how you can be involved.

The swim team season begins in mid-May and runs through mid-July. The team is open to all Friendly Park Pool swimmers through the summer following high school graduation. Practices are held Monday through Friday, with time trials on Saturday mornings. Five dual meets and a three-day City Championship Meet are scheduled by the local organizing body of the summer swim program, the Community Swim Association. A team banquet is held at the pool after the season is complete.

Community Swim Association

The Community Swim Association (CSA) is a non-profit organization comprised of 23 local swim clubs and more than 2,000 swimmers from ages 4 to 19 in the Greensboro area. CSA encourages and promotes competitive summer swimming as part of the programs offered by its member community pools.

CSA conducts weekly dual meets over a five-week period beginning in June and ending in July. Teams compete based on their performance at the previous year's City Meet - in other words, Friendly swims against the pools that had scores closest to ours at last year's Championship. At the end of the dual meet season, a City Swimming Championship is held over a three-day period at the Greensboro Aquatic Center. Throughout the swimming season, you can access current announcements, meet results and times at the CSA site www.greensborocsa.org

Team Fees & Membership Forms

Swimmers must register and pay fees annually. The cost is \$80 for the first swimmer in each family and \$60 for each additional swimmer. Tadpoles are also required to pay swim team fees. These monies help cover team dues and entry fees in the Community Swim Association (CSA) as well as other team expenses. One CSA Release form *per* swimmer must be completed prior to a swimmer's participation in team practice or a meet. Forms and payment are collected on a rolling basis, you can give them to me or a coach at practice or drop off at the lifeguard stand.

Parent volunteers

Swim team season is short but it takes lots of volunteers to make the program a success and help the meets run smoothly. Home meets require more than 50 workers and away meets require about half that number. We will utilize online sign ups this season for meet volunteers. Please volunteer as often as you can. If you have questions as to the type of volunteer roles that are needed, please contact Neal Mitchell (dnmitchjr@gmail.com)

We especially need parents to become certified stroke and turn judges by attending one of the following training sessions:

- Training sessions will be held on Monday 5/13/19, Wednesday 5/15/19 and Monday 5/20/19. Stroke and Turn Judge sessions are held from 6 – 7:15 pm and the Ref/Starter session starts at 7:15 pm. Training sessions are held at Sherwood Swim and Racquet Club.

Communication

The contacts for team information are:

Shane Abernathy (b.shane.abernathy@gmail.com) – parent representative

Neal Mitchell (dnmitchjr@gmail.com) - parent representative

Erin Harris (tw55@bellsouth.net) - Head Swim Coach

Email is the primary means of conveying team information. Please make sure Neal Mitchell has your current email address. Also, check the Swim Team bulletin board at the pool frequently for announcements and sign ups; and the websites for information: www.friendlypark.com & www.greensborocsa.org

There will be a 'meet sheet' posted on the bulletin board for swimmers to indicate which meets they will be ABSENT for. It is essential that parents update this sheet so the coaches will not schedule them to swim on that date, thereby denying another swimmer the opportunity to swim. Also, on the same 'meet sheet', parents please indicate if your young swimmer will not stay for relays, so the coaches won't schedule them to swim in a relay - check the box 'NR' (No Relay).

Practice

Swimmers are encouraged to attend as many practices as possible. Practice is held Monday through Friday, rain or shine, unless there is lightning or thunder at the pool. Please arrive on time. You can follow the pool's twitter handle [@thefriendlyfrogs](https://twitter.com/thefriendlyfrogs) for real time updates concerning weather, etc. For afternoon practices prior to the official pool opening, come prepared to do land exercises - with towel, tennis shoes - for the first portion of practice. Please note all age groups except 6 and unders have two daily practice sessions once school is out.

May 13 - June 10:

Tadpoles, Ages 6 & under 4:30 - 5:00 pm

Experienced Ages 8 & under 4:30 - 5:30 pm

Ages 9-10,11-12,13-14,15-18, 5:15 - 6:30 pm

June 11 - July 5:

Tadpoles, Ages 6 & under, Ages 8 & under 8:00 - 9:00 am

Ages 9-10, 11-12, 9:00-10:00 am 13-14, 15-19, 10:00-11:00 am

also

Experienced Ages 8 & under 4:30 - 5:00 pm

Ages 9-10,11-12,13-14,15-19, 5:00 - 6:00 pm

Time Trials

Time Trials will be held on Saturday mornings promptly at 8:30 am on June 1, June 8, June 15, and June 22. Time trials are critically important for the coaches, so they can plan relays and event entries, so swimmers should come as often as possible. A team picture will be taken at one of the time trials or practices, we will announce when scheduled.

Suits & Caps

We will use the same team suit as last year. You can order online at:

go to <https://beta.agonswim.com/>

hit LOG IN in top right hand corner

enter your email and create password

enter your personal shipping address

After address is entered, you get your address verified.

IF it is not verified, you will need to double check and enter one that will be verifiable.

Next screen will ask whether you are member of registered team, indicate yes

then you will be placed on a screen with every team from your State;

Scroll down and find your team and highlight circle, next to name

IF you live in one State and your team is in another, you will need to go to top and change to the team physical state.

When done selecting team, go to very bottom of page and register with team

Next you will be on welcome screen

To find your team gear and order, select "agoncustom" box to the right of your name.

We order a large quantity of caps that are available for sale throughout the season at the lifeguard stand or from a designated parent at swim meets.

Swim Meets

Five dual meets are held during the season. All meets begin at 5:30 pm and swimmers should arrive at 4:30 pm to get organized and prepare for warm ups. Swimmers learn which events they will enter at morning swim practice on the day of the meet or at the meet itself on an information board that lists swimmers' names and events.

Dual Meet Schedule:

Tuesday June 4th home vs. Bur Mil

Tuesday June 11th home vs. Green Valley

Tuesday June 18th at Sherwood

Tuesday June 25th at Hamilton Lakes

Thursday June 27th at Lake Jeanette

City Meet will be held July 6-8, 2019 (note this is Sat, Sun, Mon) at the Greensboro Aquatic Center. Much more on this later!

Tadpole Stroke School

The tadpole program is for beginning swimmers who may need more help in practice. It is not swimming lessons. (Swimming lessons are offered at the pool mornings after schools are out.) In order to participate as a Tadpole, a swimmer must know the basic fundamentals of swimming and be able to swim independently for one lap. The coaches/parents/swimmer will decide when a swimmer is ready to participate in meets and graduate to the regular swim team age group practice session. The general criteria used to determine when a child is ready to move up are the ability to 'legally' swim freestyle 25 yards and backstroke 25 yards for multiple laps.

Banquet

The annual Awards Banquet will be held on Sunday, August 11 in the evening. All families will be asked to bring a dish to share. After dinner each of the age groups are honored and awards are distributed. There is also a slideshow with pictures from the season.

Swim for Cancer

Swim for Cancer is the Community Swim Association's annual fundraiser for the American Cancer Society. Swim for Cancer is the largest swim event for cancer in the United States and in its 34 years has raised millions of dollars for cancer research and education. Friendly Park Pool is consistently one of the top fundraising pools in Greensboro. We have had a variety of successful team wide events in the past, and are excited to help this wonderful cause again this year. Ashleah Lester is coordinating our efforts again this year (huge thanks!), please contact Ashleah at ashclester@me.com with questions or to help.