

Pleasant Ridge Piranhas Swim Team



Handbook 2019



COACHES

COLLEEN ROSE—HEAD COACH
ABILYN CARDELLI—ASSISTANT COACH
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Connect with the team at: prswim@cityofpleasantrydge.org
www.pleasantrydgepiranhas.com

Pleasant Ridge Community Pool

248-541-2902 ext. 0

Our Team

The Philosophy of the Pleasant Ridge Piranhas is that personal development and having fun are the most important things. We believe that by establishing a healthy environment that encourages the children to do their best, recognizes their contributions, and is fun for the entire family, we will have met our goals. After all, swimming is one of the healthiest and most richly rewarding organized sports. The spirit of competition builds confidence, develops self-esteem, teaches teamwork, and gives our youth an opportunity to feel good about themselves. We ask that you stress to your children that good sportsmanship is more important than winning – hopefully they will go hand in hand, as good sports are always winners! We strive to stress the team aspect of swimming.

Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy above, our expectations are simple:

1. Do your best - It's a lot more important than being the best.
2. Keep your commitments - We're planning on you attending practices and being available for all swim meets unless you tell us otherwise. Please let us know as far in advance as possible if you will miss a meet or practice.
3. Exhibit good sportsmanship at all times toward coaches, officials, parents, opponents and teammates - This goes for both swimmers AND parents.
4. Volunteer involvement - We cannot run our team without every family pitching in to help.
5. Coaches - Coaches are the coaches and parents are there to support their kids and not to coach them. If there are any issues to please set up time to talk with Coach Colleen and your swimmer's age group coach.
6. Have fun!

Volunteering

Every family is required to volunteer during the swim season!!!

We've all taken our children to soccer or other sports and stood by as two or three parents ran the team. Swimming isn't like that. You can't run a swim program without parental help. In fact, it takes about 40 parents to time, officiate, and score a typical swim meet, and that doesn't include pool set up and take down. No volunteers, no meets. It's that simple. We also need parents to help with the other fun activities that make our team special like pancake breakfasts, bagel days, fundraisers and posters. Please see the volunteer tab on the team website, and sign up to help. **Each family should fulfill at least two volunteer spots throughout the season.**

Registration & Fees

The one week trial for new swimmers begins on May 7th and ends on May 11th. Registration needs to be complete by Friday, May 18th. Payment is due that date unless arrangements have been made with the PR Recreation Director. This will allow us to order shirts. Swimmers must be registered and paid by **May 23rd** to continue swimming. Registration is online at https://www.activityreg.com/ClientPage_t2.wcs?clientid=PLEASANT&siteid=1 When signing up, please talk to the PR Recreation Director about how the payments will be handled, if you will need to set up a payment plan.

Swim Team Practices

Swimmers swim in the age group they are as of May 30th. Swim team practices are held every weekday during the swim season. Swimmers should come to practice regularly, bring their equipment and be prepared to do their best. See practice schedule on top of page 4.

Communication

Team Website

Our new team website is www.pleasantridgepiranhas.com. We think you will find this a much-improved portal to all of our team information. Please bookmark it and check it often for meet & event information, practice schedules, and volunteer sign-ups.

PR Weekly Updates

Please make sure to read this weekly, as it will contain important information about upcoming dates and meets. PR emails will come from Pleasant Ridge Swim Team mail@notify.onecallnow.com. To ensure that you receive all emails and they do not end up in spam, please add this to your email Address Book.

Phone Messages

We have an automated phone system, One Call Now, (which also sends out our emails) that will be used when needed. When a phone message is sent out, the caller ID will show the One Call Now number, 1-877-698-3261. Please program this number into your telephones. If you miss a message you can call this number and retrieve the most recent message for our team. This is how we will notify you of early morning practice cancellations.

Team Suits

The suit is same as in previous years. All swimmers must wear this suit for meets. If your swimmer is on Pre-Team, they are not required to purchase the suit, but it is always recommended. **This is not a practice suit.** It is a meet-only suit.

There will be several styles offered for both boys and girls, but all will be the same color with the PR logo on it. Suits will be available to try on and purchase at the Welcome Dinner on May 23rd, or you may go to the Varsity Shop in Birmingham and try on suits for the correct sizing.

We will have online ordering through Varsity Shop starting May 17th through May 30th.

Equipment List

The Varsity Shop will have equipment at the Welcome Dinner on May 23rd. That evening only there will be a discount on equipment. Here is a list of the equipment that is required for each age group:

Please remember to label everything!!!

ALL GROUPS NEED:

- Practice suit
- fins
- water bottle
- cap (all girls, boys optional)
- goggles
- kick board
- extra towel for all 9 and up swimmers for drylands

Stroke Clinics

Swimmers will have a chance throughout the season to improve their strokes. For an additional fee, they can participate in stroke technique clinics, and starts and turns clinics. These are held most days after practice, and the schedule and sign-ups will be posted on the team website.

Practices

Summer practice begins May 6th at Pleasant Ridge Pool for everyone EXCEPT returning 8 & under swimmers who were on the team last year (not pre-team). They start on Tuesday, May 7th.

Practice @ Pleasant Ridge Starting May 6th—May 22nd

Pre-Team - Monday-Friday 4:30-5:15 pm
8 and U - Monday-Friday 4:30-5:30 pm
9-10 - 4:30-6:00pm
11 and Up 5:45-7:30pm

Practice @ Royal Oak Middle School(ROMS) Starting May 28th—June 12th

Pre-Team - Monday-Friday 4:30-5:15 pm
8 and U - Monday-Friday 4:30-5:30 pm
9-10 - 4:30-5:30pm
11 and Up 5:00-6:30pm

Outside Practice begins June 17th at the Pleasant Ridge Pool—Drylands will begin on Monday June 17th.

Pre-team – 10:15-11:00am first 10-15 mins will be stretching
8 and U – 10:00-11:00am 10-15 mins will be stretching
9–10 group– 9:00-10:30am (M,W, F drylands 9:00-9:30am) and 9:30-10:30am (T, TH)
11–12 group – 8:20-10:00am(M, W, F drylands 8:20-8:50am) and 8:45-10:00am(T, TH)
13 and Up – 7:00-9:00am (Drylands will be M, W, and F)

*Swimmers should arrive for and leave from practice on time. Coaches are eager to help swimmers improve their strokes and times. They expect swimmers to listen attentively, and execute whatever practice drills are assigned. Parents should refrain from engaging in long conversations with Coaches during practice times so they can focus on their swimmers.

Drylands

During drylands we will work with all 9 and up swimmers to strengthen their body. We will use mainly body weight in our dryland exercises along with therapy bands, stability balls and low weight medicine balls. This will help the swimmers stay away from injuries and gain stronger strokes throughout the season.

All swimmers must show up in tennis shoes for drylands. Swimmers must also wear bathing suit under clothes for drylands. No time will be given to change once drylands are finished.

8 and Under/Pre-Team Placement

There will be a placement swim for all new 8 and Under swimmers and previous pre-team swimmers on Monday, May 7th at Ferndale High School from 4:30-5:30 pm. If you are unable to attend that day you must see Coach Colleen to be placed on either the 8 and under team or the pre-team. We offer a pre-team program for developing swimmers. Pre-teamers are the building blocks for the future of our swim program and we value these young swimmers and welcome them to the team.

For the Pre-team, a swimmer must know at least 2 of the 4 strokes, be able to swim the width of the pool without stopping and be comfortable in all areas of the water. It doesn't have to look pretty, but this is not a substitute for swim lessons so there must be some demonstrated ability in the water.

The Coaches will work on stroke basics and children will be moved up to 8 and unders at the coaches' discretion. (To swim as part of the 8 and under team, a swimmer must be able to swim 3 of the 4 strokes, feel comfortable in all depths of the pool and be able to swim at least 1 length of the pool.)

If your swimmer is on Pre-Team, they are not required to purchase the team suit, but it is always recommended. Pre-teamers must have coaches' approval to be entered into a meet.

Swim Meets

We swim in the Northwest Suburban Swim League (NSSL), and like other NSSL teams, we swim 6 dual and 2 final meets in the summer season. The meet schedule is included in this handbook. Further league information can be found at nsslswimleague.com

Meet Entry and No-Show Policy

Attendance will be taken at all practices. This will help coaches decide who is swimming in the meets individually and in relays. **All swimmers must attend the day of the meet to be eligible to participate in the meet. Unless other arrangements have been made with your age group coach and Coach Colleen.**

If you know in advance that your swimmer will miss a meet, please sign them up on the no-show list through the team website under the meets tab. If you don't know your swimmer will be absent until the last minute, email prswim@cityofpleasantridge.org. Coach Colleen will check before warm up at the meets.

General Swim Meet Information

Swimmers are expected to arrive at the pool and sign in. The time before the meet is important for the Coaches, officials, and Team Reps. Swimmers must be accounted for and scratches (notices in the change of swimmers swimming specific events) must be completed and exchanged with the other team. Swimmers need to listen attentively to the Coaches' reminder about what events they will be swimming and when to report to marshalling.

Each team is also assigned a "warm up" time. The Home Team warms up first, allowing the Visiting Team more time to travel and arrive at the pool. Food intake should be limited to healthy snacks during the meet. Encourage your child to bring and drink plenty of water.

Swimmers are asked to remain in the team area during meets to cheer on each other. The older swimmers are encouraged to act as role models by leading cheers and supporting and encouraging the younger swimmers to do their best and be a part of the team. Un-sportsmanship like conduct will not be tolerated. We want the swim team to be enjoyable for everyone!

At the conclusion of the meet, swimmers should collect their personal belongings and pick up all trash.

A Word about the Weather:

Swim meets take place rain or shine. If it is raining, please report to the meet. If there is thunder and lightning, or the rain is impeding the lifeguards' ability to see the bottom of the pool, the meet will be delayed or postponed.

Finals

There are two Championship Finals Meets, A and B, and every swimmer is eligible to go to a final if they have participated in two dual meets. The two fastest swimmers in each event and age group will represent PR at A Finals. All other swimmers will go to B Finals.

The list for A and B Final swimmers will be posted on the team bulletin board once all of meets are completed. There will be a tentative list posted of who is going starting after the fourth meet. If you have questions about the list or Finals, check with Coach Colleen.

Piranha FUN

Welcome Dinner, Fundraiser, Swim Suit Try-on, Equipment, Team Wear - May 23rd

The Welcome Dinner is an opportunity for swimmers, parents and coaches to meet each other. We'll have a potluck dinner. This will also be a team fundraiser. There will be opportunities to purchase tickets to win donated items. The Varsity Shop will be available for swim suit try-on and equipment sales. Team wear will be available as well.

BLUE & YELLOW MEET—June 8th

We will host our annual intra-team Meet. This not only helps all the swimmers get familiar with the PR pool, but it gives parents a chance to learn how to time events and learn other volunteer jobs, and helps the coaches get base times for the swimmers. After the busy morning we will have a bagel breakfast.

Team Picture, T-Shirts (June 17)

All swimmers will be provided with a team t-shirt. Our team picture will be with all the swimmers in their PR team shirt. Individual photo sessions will also be available.

Pancake Breakfast (July 15) , Spaghetti Dinners (before Finals), Bagel Days (Meet Days)

Over the course of the season we'll have bagels after practice on meet days, a pancake breakfast, finals spaghetti dinners and other fun activities!

Special Olympics Swim-a-thon

Swimmers collect monetary pledges from family and friends in return for participating in a swim-a-thon during a special practice time for each group. The pledged monies are then collected by the swimmer and donated to the Special Olympics and fundraising for the team. Prizes will be given for the swimmers who collect the most pledges.

Piranha Packs

Swimmers will be placed in groups called Piranha Packs to help kids learn older and younger swimmers on the team. This is taking place of our "Buddy" Program. More to come on this.

Posters

To celebrate the swimmers who go to "A" or "B" Finals, posters are made and hung on your front door the evening before your swimmer's Final. Swimmer who are not going to attend A or B Finals will not get a poster. Please fill out the No Show list if you will not be able to attend.

End of Season Banquet

We cap off the season with a Banquet on the Sunday evening after "A" Finals. Every swimmer gets a trophy and additional special awards are given to swimmers. This is also an opportunity to thank the Coaches and the many parent volunteers who make the swim team program possible.

2019 SCHEDULE

Warmups start 2 hours prior for home meets, and 1 hour prior for away meets

<u>DATE</u>	<u>POOL</u>	<u>TIME</u>
June 8	Blue vs Yellow Meet @ PR	8:00am
June 15	8 and Under Mini meet @ WAC	See meet packet**
June 17	PR vs BVSC Home	4:00pm warm up 6:00pm start
June 22	11 and Up Mini meet @ BHAC	See meet packet**
June 24	HWAC vs PR Away	4:30pm warm up 5:30pm start
June 27	BWRA vs PR Away	3:30pm warm up 5:30pm start
June 29	9-10 Mini Meet @ FGAC	See meet packet**
July 1	PR vs WAC Home	3:00pm warmup 5:00pm start
July 8	PR vs SURF(BHSAT) Home	4:00 warm up 6:00 start
July 11	HHSC vs PR Away	TBA
July 20	B Finals @ CSC	TBA
July 27-28	A Finals @ BWRA	TBA

(A Finals Morning Session: 8 & under and 9-10, Afternoon session: 11-12, 13-14, and 15-18)

** Mini Meet Packet will be distributed as the become available **

Maps to all swim clubs are on our
team website:

www.pleasantridgepiranhas.com

