



Pleasant Ridge Swim Team
Parent Information
2022

Pleasant Ridge Piranhas

Pleasant Ridge Piranhas Contacts

www.pleasantridgepiranhas.com

PRSWIM@cityofpleasantrydge.org

Emails from Coach Abi will come
from Pleasant Ridge Swim Team

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Coaches

- Abi McAlpine
- Catherine Russell
- Mary Emmi
- Anna Emmi
- Kyle Pyykkonen

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NSSL

- **North Suburban Swim League**
- **12 swim teams within Oakland County**

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EQUIPMENT

- Practice Suit
- Towels
- Water Bottle
- Goggles
- Swim Cap
 - *Girls – Required*
 - *Boys – Optional*
- Fins
- Kickboard
- Team Suit
- Team Swim Cap*

**PUT SWIMMER'S
NAME ON
EVERYTHING!**

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Swim Meet 101

- 6 regular season dual meets
 - 3 home, 3 away
- Dual Meets
 - PR versus 1 Club
 - Swimmer may swim in 2 Individual events & 1 Relay (chosen by coaches)
- Meet Age Groups (age as of May 31, 2022)
 - 6-8; 9-10; 11-12; 13-14; 15-18

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Swim Meet 101

- FR = Freestyle
- BK = Backstroke
- BR = Breaststroke
- FLY = Butterfly
- IM = Individual Medley
- MED REL = Medley Relay
- FR REL = Free Relay
- 25m = 1 length
 - (8 & under)
- 50m = 2 lengths
 - (9 & above)

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Swim Meet 101

Competition vs. Exhibition

- Swimming for points

vs.

- Swimming for a personal best
- Ribbons

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Swim Meet 101

8 & Under Girls – events end with 7

- Events 7, 17, 27, 37

8 & Under Boys – events end with 8

- Events 8, 18, 28, 38

9-10 Girls – events end with 9

- Events 9, 19, 29, 39

9-10 Boys – events end with 0

- Events 10, 20, 30, 40

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Practice May 16–June 17

@Royal Oak Middle School Monday–Friday

- **Pre-Team (M,W,F):** 4:00 – 4:30pm
- **8 & Under:** 4:00 – 4:30pm
- **9/10 & 11/12:** 4:30–5:30pm
- **13 & Up (M, T, Th, F – No Wednesdays):** 5:30–7:00pm

No Practice due to pool availability

May 19

May 27

May 30

June 9

June 16

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Practice June 20 - July 22/29

@ Pleasant Ridge Monday-Friday

- **13 & Up:** 7:30-9:00am
- **11/12 & 9/10:** 9:00-10:00am
- **8 & Unders:** 10:00-10:30am
- **Pre-Team (M,W,F):** 10:00-10:30am

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Merchandise

- Team t-shirts
- Swimmers get t-shirt included with registration
- Other PR merchandise can be ordered online – the link is posted on the website and was emailed out! **Orders are due May 15 11:59pm**

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Team Picture

- Tuesday, June 21st in the AM in lieu of practice.
- Order forms will be distributed at practice prior to picture day
- Swimmers wear their PR team t-shirts

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How Do I Volunteer?

www.pleasantridgepiranhas.com

Click on “Volunteer” tab

- Timers
- Photographer(s)
- Announcer(s)
- Runners
- Ribbons
- Merchandise
- Marshalling

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Blue vs. Yellow Meet (“Time Trials”)

SATURDAY JUNE 11TH AT P.R. POOL

8:00 a.m. – 12:00 p.m.

- * A chance for swimmers and parents to get a feel for a what a swim meet is like!

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Mini – Meets

- These are fundraisers that other pools in our league host as a fun, extra meet for each age group.
- There are events swimmers don't get to swim at a dual meet.
- These are an extra cost and are optional.
More info to come.

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2022 PR Dual meets

- Thursday June 23rd – AWAY @ FHSC
- Monday June 27th – AWAY @ SURF
- Thursday June 30th – Home vs. WHSC
- Thursday July 7th – Home vs. BVSC
- Monday July 11th – AWAY @ HHSC
- Thursday July 14th – Home vs. HWAC

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IF YOUR SWIMMER IS NOT GOING TO BE ABLE TO ATTEND ANY OF THE SCHEDULED MEETS, PLEASE SIGN THE NO-SHOW LIST FOR EACH MEET UNDER THE “NO SHOW SIGN-UP” TAB ON THE WEBSITE

(use e-mail on day of meet if last minute change)

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Championship Meets

B Finals (includes all NSSL teams)

- *Saturday July 23rd Championship meet for all swimmers that do not qualify for A Finals*
- *each swimmer is limited to 2 individual events*

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Championship Meets

A Finals (includes all NSSL teams)

- *Saturday July 30th and Sunday July 31st*
- *Championship meet for top 2 times in each event for each age group (boys and girls)*
 - *each swimmer is limited to 2 individual events and 1 relay***

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Happy Ads for A & B Finals

- *Your personal message to your swimmer/team/coaches/etc. printed in the championship meet program*
- *\$5 / ad (more for larger ads)*

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IF YOUR SWIMMER IS NOT GOING TO BE ABLE TO ATTEND **EITHER** OF THE CHAMPIONSHIP MEETS, PLEASE SIGN THE NO-SHOW LIST FOR **A AND/OR B FINALS** UNDER THE “NO SHOW SIGN-UP” TAB ON THE WEBSITE ASAP

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Posters

- Every swimmer who is **participating** in either A or B Finals will get a poster made for them
- *Hung on your front door the night before the swimmer's final (teammate or parent... TBD)*

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End of Season Banquet

SUNDAY, JULY 31st after the second day of A Finals

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QUESTIONS?