

Parent Orientation Meeting – Tuesday, May 16, 2023

2023 Mt Carmel Hammerheads

A Tradition 15 Years in the Making



Team Overview

- PART OF THE [ROCKET CITY SWIM LEAGUE \(RCSL\)](#)
- 18 TOTAL TEAMS DIVIDED INTO 3 LEAGUES (A, B, C)
- MCST IS IN THE “B” LEAGUE (Leagues are determined by scores during City Meet of the prior season)
- PURPOSES OF THE MCST
 - 1) TO PROMOTE A HEALTHY LIFESTYLE FOR THE COMMUNITY’S CHILDREN
 - 2) TO PROMOTE COMMUNITY
 - 3) TO INTRODUCE TEAM MEMBERS TO COMPETITIVE SWIMMING
 - 4) TO PROVIDE A SHORT TERM COMPETITIVE SWIMMING VENUE
 - 5) *TO HAVE FUN!!!*
- COACHES
- HEAD COACH: Hayley Moore COACH@MTCARMELHAMMERHEADS.COM

Team Governance

- THE MT. CARMEL SWIM TEAM (MCST) IS A NON-PROFIT ORGANIZATION GOVERNED BY THE [BYLAWS](#) PROVIDED ON THE WEBSITE.
- BY JOINING THE TEAM YOU AGREE TO ABIDE BY THESE BY-LAWS.
- DECISION-MAKING, PLANNING, COORDINATION, AND GENERAL OPERATION OF THE TEAM IS HANDLED BY A BOARD OF VOLUNTEERS ON BEHALF OF THE TEAM.
- THE BOARD MEMBERS ARE ELECTED BY THE SWIM TEAM MEMBERS ANNUALLY AT THE CONCLUSION OF THE SWIM SEASON (TYPICALLY AT THE END-OF-YEAR PARTY).
- THE NEWLY ELECTED BOARD MEMBERS WILL SERVE THE FOLLOWING YEAR, WHILE THE CURRENT YEAR BOARD MEMBERS WILL COMPLETE REQUIRED ADMINISTRATIVE ACTIVITIES THROUGHOUT THE END OF THE YEAR. *(BY-LAWS AVAILABLE ON WEBSITE: [ABOUT>GOVERNANCE](#))* • 2023 BOARD MEMBERS:
 - PRESIDENT: DAVID SNIDER PRESIDENT@MTCARMELHAMMERHEADS.COM
 - VP: Candace Phillips VICEPRESIDENT@MTCARMELHAMMERHEADS.COM
 - SECRETARY: Gillian Scott SECRETARY@MTCARMELHAMMERHEADS.COM
 - TREASURER: JENNIFER BREWER TREASURER@MTCARMELHAMMERHEADS.COM

- HOA REP 1/ REP TO MCHOA: Ashley Ward HOAREP1@MTCARMELHAMMERHEADS.COM
- HOA REP 2/REP TO RCSL: Becky Ginty HOAREP2@MTCARMELHAMMERHEADS.COM
- NON HOA REP: Amanda Rochowiak NONHOAREP@MTCARMELHAMMERHEADS.COM

Practice Groups & Coaching

- **4 PRACTICE GROUPS WILL BE BASED ON AGE GROUPS THIS SEASON:**
 - 1) 5-6 YEARS
 - 2) 7-8 YEARS
 - 3) 9-10 YEARS
 - 4) 11 & UP
- **ALL GROUP PRACTICE TIMES ARE SHOWN ON THE TEAM [CALENDAR](#)**
- **SWIMMERS ENCOURAGED TO ATTEND AS MANY PRACTICES AS POSSIBLE, BUT THERE IS NO MINIMUM PRACTICE ATTENDANCE REQUIREMENT**
- **PLEASE ALLOW OUR COACHES TO DO THEIR JOBS – WHILE SWIMMERS ARE AT PRACTICE, PARENTS PLEASE REFRAIN FROM GIVING THEM INSTRUCTION DURING THEIR PRACTICE**
- **A WAY YOU CAN HELP YOUR CHILD IS TO OBSERVE THE INSTRUCTION THEY**

GET DURING PRACTICE, TALK TO YOUR SWIMMERS ABOUT IT, AND REINFORCE IT WHEN THEY ARE AWAY FROM PRACTICE

- **GOALS INCLUDE: IMPROVING TECHNIQUE TO SWIM FASTER AND MORE EFFICIENTLY, LEARNING TO BE PROFFICIENT AT THE 4 STROKES (TAKES TIME), LEARNING STARTS AND TURNS, IMPROVING AEROBIC CAPACITY TO SWIM FASTER/FURTHER, LEARNING HOW TO RACE**

Competition – Times & Meets

- **Time Trials – Thursday, May 25, During Practice Times**
- **Initial times for every swimmer in each event; “dry-run” for dual meets**
- **Meets (races) vs Times**
- **Goal is continuous improvement in times throughout season**
- **Another important goal is to learn to swim the more challenging strokes legally –“grace” for 8U in dual meets but not City Meet**
- **Every swimmer that signs up for a meet will be given an opportunity to swim as many times as possible (individual events and relays) 5-6 Year old swimmers will swim a 25 free, not relays.**
- **“Dual meets” (MCST vs another team in league)**

- Meets are still being finalized – Every Wednesday in June (2 away, 3 home)
- 3 swimmers per individual scoring event per team per age group
- 1 scoring relay team per relay event per team per age group
- Exhibition swims (freestyle) at every meet; non-scoring relay teams
- Must have 2 “splashes” (dual meets) to be eligible for City Meet
- League-wide “City Meet” normally occurs at end of season, July 7-9
- Sign-up for Meets (Swimmer Declaration & Volunteer Jobs) on [website](#)
- Please sign-up as early as possible to avoid chaos at the meets – let Coach Hayley know if plans change and sign-up is already closed

Weather Impacts

- **It's summer in the Southeast... you know what that means...**
- **We will abide by the general safety rule that if lightning is detected within 10 miles and/or thunder is audible, practices and meets will be suspended – resumed 30 minutes after last sound of thunder**
 - **Judgement call on whether or not to cancel practice or postpone/reschedule meets when there is excessive lightning over a long period – we will err on the side of caution**
 - **Dual meets will be rescheduled with the mutual agreement of both teams board members and coaches**
 - **We will notify team members of practice and meet cancellations / changes via SwimTopia mobile app “push” notifications / e-mails – *see next slide***



Team Website & Mobile App

- Website: www.mtcarmelhammerheads.com
- Team info, calendar, news, meet & job sign-ups, & more...
- Make sure to login first!



Mobile App:



- Login with same credentials as website
- “View” only + “Push” Notifications
- Available on Apple App Store & Google Play – just search for “SwimTopia”
- Must enable notifications for the app on your phone & login via the app to receive “push” notifications

Volunteering

- The importance of volunteering cannot be stressed enough – it is what makes the team tick! Without volunteers, this team cannot exist!
- Parents are required to sign up for 2 (total) volunteer positions (must be at a dual meet) over the course of the season. In addition to the dual meets, we will need volunteers for Time Trials and Shark-A-Thon.
- Please do your best to honor your commitments. If your plans change, *please* update your status on the website as soon as you can. If the sign

up has already closed, please notify a coach or volunteer coordinator as applicable.

- We are always in need of new officials! Even if you are a first-time swim parent, we encourage those who are interested to consider this valuable and rewarding job. Please contact [David Snider](#) or another MCST official for more information if you are interested. You can also check out [RCSL's website officiating page](#) to get an idea about what's involved.

Sponsorship & Donations

- MCST has been extremely fortunate to have many corporate sponsors and individual donors over the years – has helped keep the team funded and provide much needed additions
- If you know of a local or corporate business who would like to sponsor the team, please contact David Snider.

- Shark-A-Thon is our annual and biggest team FUNdraiser – we ask that each swimmer raise at least \$25
- Donations are tax deductible
- General private individual donations are accepted at anytime
- Available via PayPal through the website, or by check – refer to [Sponsorship>General Donations](#) on website

Administrative Notes

- Please check your spam folder if you have not been receiving e-mails from “Brandi Gindhart (via SwimTopia)”
- Helpful notes on website: [How to Read a Heat Sheet](#), [Marking Your Swimmer for Meets](#)
- Pool is rented from MCHOA – MCST is very thankful for this partnership! *Please follow ALL posted pool rules, as well as our team rules and RCSL rules.*
- MCHOA members may request a lane for lap swimming and use adult pool; We request MCHOA swim team families don’t use adult pool during practice
- Swim Team fees cover swim team activities only – not pool membership

- **Parking:** When parking lots are full, park on the pool side of Mt. Carmel road, but *NEVER* in the grass
- **Wear swimsuits that have been in chlorinated water only**
- **Please don't drop swimmers off at the pool without an adult parent or guardian being responsible for them**
- **We must have swimmer birth certificates on file in order for them to compete in swim meets –please send to secretary@mtcarmelhammerheads.com if you haven't already**

To Learn More...

- **For more information on how RCSL dual meets work, scoring, rules, City Meet, etc. – please check out the RCSL Rules of Competition (ROC): [RCSL Rules of Competition](#)**
- **Strokes are judged using the USA Swimming official rulebook: [USA Swimming Rulebook](#) (The stroke rules are in Article 101 toward the front)**

- **If you REALLY like this stuff and think it's interesting... please consider becoming an official for meets – if not this year then perhaps next year – we are constantly in need of officials with younger swimmers as we have officials with kids that “age out” each year.**