



# 2022 Friendly Swim Team

## PARENTS & SWIMMERS INFORMATION

Welcome to the 2022 Friendly Swim Team (FST)! The following information will help you and your swimmer learn more about the program and how you can be involved.

FST is open to all Friendly Park swimmers through the summer following high school graduation. The swim team season begins in mid-May and runs through mid-July. Practices are typically 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

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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](http://www.greensborocsa.org)

### Team Fees & Forms

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All swimmers must register and pay fees. The fees help cover team expenses and entry fees to the CSA. The 2022 fees are:

- **\$85** for the first swimmer in each family
- **\$65** for each additional swimmer in each family

Please submit paper copies of each form with payment. Forms must be turned in prior to a swimmer's participation in team practice or meets. They are collected on a rolling basis - you can give them to me or a coach at practice, or drop off at the lifeguard office.

- (1) FST Registration form *per* family (paper copy)
- (1) CSA Release form *per* swimmer (paper copy)
- Check or cash for payment

## Parent Volunteers

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The summer swim season cannot happen without BOTH swimmers and parents. It is truly a family sport! The season moves fast and relies on parent volunteers to have quality practices and fun, successful meets. We will utilize online sign-ups this season for meet volunteers. Please volunteer as often as you can.

- For almost all volunteer roles, NO experience or training is necessary.
- FST especially needs volunteers for meet officials (Referee, Starter, Stroke & Turn Judges).
  - These roles require just 1-2 hours of training to be certified, but NO prior experience is necessary.
  - The CSA runs the classes.
  - Times and dates are TBD.
- Note: See the descriptions of common volunteer positions (in a separate document)

## Communication

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The contacts for team information are:

- Shane Abernathy ([b.shane.abernathy@gmail.com](mailto:b.shane.abernathy@gmail.com)) - FST Parent Representative
- Erin Harris ([twh55@bellsouth.net](mailto:twh55@bellsouth.net)) – FST Head Coach

Email is the primary means of conveying team information. If you have not been receiving FST Update emails, please contact Shane Abernathy to get added to the

email list. Also, check the Swim Team bulletin board at the pool frequently for announcements and sign ups; and the websites for information: [www.friendlypark.com](http://www.friendlypark.com) & [www.greensborocsa.org](http://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

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Swimmers are encouraged to attend as many practices as possible. Please arrive on time! Practices are held Monday through Friday, rain or shine, unless there is lightning or thunder at the pool. You can follow the pool's twitter handle (@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 have two daily practice sessions once school is out.

Please note, this year an afternoon session for 8 & unders has been added. This was added primarily so working parents who cannot make the morning sessions have a chance to get their little ones to at least one practice per day.

Here is the 2022 practice schedule:

### May 16 - June 3:

- 5:00 – 6:00 PM: 9 & ups
- 6:00 – 6:30 PM: Tadpoles, 6 & unders, 8 & unders

### June 6 - July 6:

- Morning Sessions:
  - 8:00 – 9:00 AM: Tadpoles, 6 & unders, 8 & unders
  - 9:00 – 10:00 AM: 9-10, 11-12
  - 10:00 – 11:00 AM: 13-14, 15-19
- Afternoon Sessions:
  - 5:00 – 6:00 PM: 9 & ups
  - 6:00 – 6:30 PM: Tadpoles, 6 & unders, 8 & unders

## Time Trials

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Time Trials will be held on Saturday mornings promptly at 8:30 AM on:

- May 21, May 28, June 4, June 11, June 18, and June 25

Time trials require parent volunteers for timing (it's ok to have a stop watch in one hand and a coffee in the other). 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 it's scheduled.

## Suits & Caps

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FST has new suits and caps for 2022! See ordering instructions below. Please note, FST does NOT require swimmers to purchase team suits or caps. Come as you are!

*Please contact Caroline Sappey with any questions: [carolinedierkes@gmail.com](mailto:carolinedierkes@gmail.com)*

Order link for team suits, goggles, etc:

<https://theswimteamstore.net/teamlogin/index/loginpost?username=greensboro&password=frogs>

(if prompted for user id/password use greensboro//frogs)

- Summer team suit purchases are not returnable, as they have a custom logo.
- If you need help with sizing, call our store:
  - All American Swim – 1231 NW Maynard Rd, Cary NC 27513
  - 919-439-8678 (Monday-Thursday 10 – 6, Sat 10-3)

Order link for team caps:

<https://theswimteamstore.net/teamlogin/index/loginpost?username=reensborocaps&password=frogs>

(if prompted for user id/password use greensborocaps//frogs)

- The deadline for ordering teams caps is April 21, 2022. All caps will be shipped to your team rep about 4-5 weeks after the site closes. Please place your order for caps separate from team suits and other items. You will not be charged shipping on your cap order.

## Swim Meets

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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:**

*Meets start at 5:30PM (swimmers to arrive at 4:30PM)*

- June 1 (Wednesday): Bur-Mil
- June 7 (Tuesday): @ Sherwood
- June 14 (Tuesday): @ Lake Jeanette
- June 21 (Tuesday): @ Hamilton Lakes
- June 28 (Tuesday): Henson Forest

- **City Meet Schedule:**

- July 7, 8, 9 at the Greensboro Aquatic Center (GAC)
- Much more on this later!

## Tadpole Stroke School

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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

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The annual Awards Banquet will be held on **Sunday, August 7th** in the evening (time TBD). All families will be asked to bring a particular category of food. 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

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Swim for Cancer (SFC) is the CSA's annual fundraiser for the American Cancer Society. SFC is the longest running annual fundraiser for the American Cancer Society and has raised millions of dollars for cancer research and education.

FST competes with other CSA teams to see who can raise the most money. Winners are announced at City Meet. FST is consistently one of the top fundraising pools in Greensboro. Last year, for the first time ever, FST finished 1<sup>st</sup>!

We have had a variety of successful team wide events in the past. Events have included:

- the dinner and auction night
- pie the coaches and lifeguards
- raffle baskets
- SFC swimmer laps
- and more!

Note: FST will need a SFC Chair and/or Co-Chairs to coordinate the events and collection of funds. You do not need experience, just a willingness to work with other parents to help make these kid-favorite events happen. Contact Shane to volunteer.

# Go Frogs!