

Plum Creek Swim Team

2019 Summer Season Information

Season Dates: Wednesday, May 31st - Friday, June 28th

Call-Out Meeting: Sunday, April 28th at 4PM in the Plum Creek Banquet Room

Practice Days: Monday – Friday

*We are looking at possibly holding evening practice on Tuesday May 28th – Thursday May 30th more information to follow.

Practice Times: Friday, May 31st thru Wednesday, June 26th

Group 1	9-10 Age Group	8-8:45am
	7-8 Age Group	8:45-9:30am
Group 2	6 & Unders	9:30-10:00 am
Group 3	11-14 Age Group	10 – 11am

*Swimmers with advanced skill in the 7-10 Age Group may have the option to practice with Group 3. Final decisions for any 7-10 year old swimmer to move into Group 3 will be made by the Head Coach.

*Swim practices will be conducted on days we have swim meets.

2019 Plum Creek Coaching Staff:

Head Coach: Allison Weinrich

Assistant Coach:

Plum Creek Swim Team Cost:

\$115.00 per child

Meet Dates as of March 1:

1. Thursday, June 6	Plum Creek @ Windermere	
2. Tuesday, June 11	Plum Creek@ Summer Break	
3. Thursday, June 13	Plum Creek @ Gray Eagle	
4. Tuesday, June 18	Avalon @ Plum Creek	HOME
5. Thursday, June 21	River Glen @ Plum Creek	HOME
6. Tuesday, June 25	Windermere @ Plum Creek	HOME

All meets will start at 5 PM

Thursday, June 27 **Suburban League Championships** **9 AM – 4 PM**
Hamilton Southeastern High School

(This is the most important meet of the season. Please mark your calendars to attend this meet!)

Plum Creek Parent Volunteer Booster Club:

The Plum Creek Swim Team's success is credited to our past and present Team Mom's and amazing volunteer parent group. All families need to help out with our home and away meets in order avoid the same parents working every meet. Therefore, we will continue our current parent volunteer policy which requires each family to submit a \$50.00 deposit that will be returned if you meet the home/away meet volunteer obligation. The requirement is listed below:

Families will be required to work a minimum of **two (2) home or away dual meets** and, **work a minimum of one (1) session at the Suburban League Championship Meet**. If you will not be at the championship meet, **you will be required to work a third home/away dual meet**. We strongly encourage parents to sign up to work the meets early in the season in the event an unforeseeable circumstance prevents you from working a home/away meet later in the season. Please sign up to work the meets early!

If you meet these requirements, your \$50.00 deposit will be returned to you. If you do not meet the requirement, your donation will be used to bring in a charity organization to help us run our meets.

Directions to Away Meets:

Written directions to all away meets will be placed in each swim team members mail box and posted approximately three (3) days prior to the meet.

Swim Meet Warm-Up Times:

*Away meet times: 4:30-5:00pm

*Home meet times: Two sessions: Ages 11-14 3:45 – 4:05pm
 Ages 6-10 4:10-4:30pm

*All warm-up times are subject to change.

Swim Meet Age Groups:

6 & Under (12.5M Events – Back-Breast-Free Events)

7-8 (25M Events)

9-10 (25M Events)

11-12 (50M Events & 100 IM)

13-14 (50M Events & 100 IM)

*All events will be limited to Five (5) Heats with the exception of the 11-12 & 13-14 100 IM which will be limited to one (1) heat.

*The 6 & Under events are unlimited heats.

*Age group participation is based on each child's age as of June 1st, 2017.

Swim-Up Rules:

Individuals can swim up an age group in a single event. Swimmers may not swim individual events in two age groups for the same stroke. Swimmers may swim up two age groups only if there are no willing or eligible swimmers in the first age group.

Example: Your team has no 11-12 or 13-14 boys. You may swim up to either age group with a 9-10. However, if you have 11-12 Boys, they must swim up before a 9-10. If you have no willing 11-12 Boys, then you may swim a 9-10 up to a 13-14.

Relay Swim-Up Rules:

If a team lacks four (4) swimmers in a particular age group the team may use younger age groups to fill the relay team. Relay teams may swim in more than one relay.

Team Suits:

We encourage all Plum Creek Swim Team members to wear the black team suit to all home and away meets to represent your team with pride. Coaches can also easily identify Plum Creek swimmers wearing the appropriate team suit.

*Returning swim team members may use team suits from last season if you wish.

*Any returning Plum Creek swimmer that has outgrown their team suit may pass it down to other swimmers if they wish.

The Elsmore will be at the call-out meeting on Sunday, April 28 – for new and returning swimmers that need to purchase swimsuits.

Orders can also be placed at their store (they are located at 96 street).

Caps:

Plum Creek caps will be available for all swimmers that wish to use them. These caps should be used only at practices and meets. The coaches will hand out one cap per swimmer. Additional caps will cost \$5.00 each.

Plum Creek Time Trial:

The coaches will be conducting time trials on **MONDAY, June 3rd** during practice to have an idea of swimmers times and abilities for our first meet against Windermere. This time trial will also be an opportunity for coaches to give positive feedback to swimmers regarding stroke mechanics, technique, starts, turns and finishes. The time trial will consist of 25's only.

Plum Creek Team Awards Banquet:

The Plum Creek Swim Team banquet is tentatively set for **Friday, June 28th from 6:00 – 8:30pm**. The banquet will be held at the Plum Creek pool.

Additional information regarding the banquet will be handed out at a later date.

Doughnut Day & Friday Practices:

Friday is Doughnut Day for Plum Creek Swimmers. The coaches will be awarding ribbons earned from the meets held each week along with doughnuts and team games and cheers. Practice Times for Friday will be as follows:

7-10 Age Group 8:15 – 9:15am (Both the A & B Group will practice together on Friday's only)

6 & Unders 9:15 – 9:45 am

11-14 Age Group 10:00 – 11:00am

Private Swim Lessons:

Members of the coaching staff will be available to conduct one-on-one private lessons with your children. This in the water, personalized private lesson is a great way to teach your swimmer skills they need to improve on as well as teaching additional advanced swimming skills. Please talk with Coach Allison or email her at allisonweinrich@gmail.com about setting up lesson days and times if you are interested in doing private lessons.