Hilliard Marlins

Swim & Dive Team
Parent Handbook 2026

For current, up-to-date information check out the Hilliard Marlins Swim & Dive Team website:

www.hilliardmarlins.org

Virtual Parent Informational Meeting – **May 20 @ 7 pm**
New Member Swim Assessment – **May 11 5-7 pm at The Well**

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This handbook is designed to be a tool in assisting parents with policies and procedures for the Hilliard Marlins Swim and Dive Team. There may be some things that have been missed and it would be nearly impossible to address every question that parents may have. Please understand that there are many other tools out there for you to use in gathering information. Use other parents (veteran swim/dive parents are a great asset to have) and refer to the by-laws on the team's website
If you need help, please ask questions – all swim/dive parents were new swim/dive parents once!

MISSION STATEMENT

The mission of the Hilliard Marlins organization is to provide a summer swimming and diving program that accommodates all levels of ability. Our goal is to promote physical fitness and sense of pride through teamwork, team spirit and sportsmanship; values that athletes will take on into other areas of life, school, work and family.

MANDATORY PARENT VOLUNTEER POLICY

Marlins Swim and Dive team has a mandatory parent participation policy because it takes many volunteers to run swim and dive meets. Our aim is to spread the responsibility for volunteering among all participating families. To do this, **every family must volunteer in order for your swimmer/diver to participate in the meets**.
Meets will be held during evenings with the exception of developmental meets (Saturday morning) and the second intrasquad meet (during regular practice time) and parents who are able to attend meets during practice times will be asked to volunteer.
Volunteer positions include:

1. Timing for all 8 lanes (2 timers each lane for 16 timers total)
2. Heat winner ribbons
3. Place ribbons for after the meet
4. Stroke and Turn judges
5. Bullpen workers
6. Meet Starter
7. Computer
8. Announcer for Swim and Dive (1 each for 2 total)
9. Dive Scoring
10. Dive Ribbons

To sign up to volunteer at a meet, please visit the website. If there are no available positions but you would still like to volunteer, we always need helpful hands for set up and tear down. Speak to a coach on meet day to see if we need help.

NO PARENTS ON DECK POLICY:

We understand that this may seem difficult as the city pool requires parents to be in the facility during practice for children under the age of 10 (8/under and 9/10 is second practice session of the day). However, this is being addressed as a safety concern for our swimmers while at practice. We encourage families of our swimmers to help get their swimmers prepared to enter the water for practice. We also encourage parents to view practices. We just ask that you sit in the concessions or grassy area away from the pool deck. This rule is in place to prevent distractions for the coach(es) as well as our swimmers. The only individuals that should be on deck during a practice is our Head Coach, Age Group Coaches, and Assistant Coaches. Another helpful reason for this policy is that our practices are a time for your kids to be focused on their coach and follow their instruction. Please leave the coaching to our paid staff without distraction. We appreciate your understanding regarding this new rule.

REFUNDS:

Please note that there will be no refunds provided after the first week of practice on 6/1/26.

PRACTICE

Practices are held at the Hilliard Family Aquatic Center (HFAC), Monday-Friday. The first day of regular season practice is Monday, June 1, 2026.

The safety of your swimmer/diver is our number one concern. All children 10 years of age and younger must be accompanied to the pool by a responsible person (12 years of age or older) who can provide supervision during practices.

For children who participate on both the swim and dive teams, practice times and meets might overlap. Just let your

coach(es) know that your child is on both teams and schedules will be worked out accordingly.

Practice Expectations: While we understand athletes may have other sport/family obligations during the season, the expectation is that all Marlins swim/dive athletes attend practice a minimum of 2 times a week. Swim and dive are both individual as well as team sports and the development of the team and sportsmanlike atmosphere relies on athlete attendance during practice for a multitude of reasons including the coaches getting to know your athlete and for team events such as relays to be practiced together.

Please note: **All swimmers will practice within their age group**. We will not have any swimmers that "swim up". Each age group will have different lanes of swim levels that can accommodate each swimmer. This is done for the safety and numbers of each age group.

SWIM TEAM PRACTICE SCHEDULE:

Ages	Time	Location	Location
Ages 13-18	9:00-10:45 a.m.	Main Pool - M, W, F	Comp Pool - T, H
Ages 11-12	9:00-10:30 a.m.	Main Pool - T, H	Comp Pool - M, W, F
Ages 9-10	10:30-11:30 a.m.	Main Pool - M, W, F	Comp Pool - T, H
Ages 8 & under	10:45-11:30 a.m.	Main Pool - T, H	Comp Pool - M, W, F

DIVE TEAM PRACTICE SCHEDULE:

Ages	Time	Location
Ages 10 & Under	9:15-10:30 AM	Diving Well
Ages 11 & Older	8:00-9:15 AM	Diving Well

2026 SSCL League Meet Schedule (Swim/Dive)

June 1	Practice Starts (Hilliard/S&R/Bexley)
June 9	Intrasquad Meet
Saturday, June 13 - AM	Developmental Meet @ Swim and Racquet (12 & U)

WED JUNE 17 - PM	Hilliard @ Grandview swim w/ Hilliard and Grandview Dive Swim and Racquet @ Bexley
WED JUNE 24 - PM	S+R @ Hilliard swim w/ Hilliard and S+R Dive Bexley @ Grandview
Saturday, June 27 - AM	Developmental Meet @ Bexley (12 & U)
Saturday, June 27 - AM	Dive Invitational Meet @ Hilliard
WED JULY 1 - PM	Grandview @ Swim and Racquet swim w/ S+R and Grandview Dive Bexley @ Hilliard
Tuesday, July 7	*Swim Champs @ Worthington, start TBD but prob. 12: Younger first.*
Wednesday, July 8	*Dive Champs @ Swim & Racquet 9am start*

MEET SCHEDULE

Please login to your account through our team's website **https://www.gomotionapp.com/team/recssclhm/page/home** to register or decline attendance for all meets and events.

Dual Meet/Evening Intrasquad Times (subject to change):

Dive: Warmups: 3:30 pm
Meet start: 4 pm
Swim: Warm Ups: 4:45-5:45 pm by team and age group
Meet Start: 6 pm

Developmental Meet Times-swim only (subject to change)
Swim: Warm Ups: 8 am
Meet Start: 9 am

Morning Intrasquad Meet Time
Swim and Dive-Warm Ups first part of practice
Meet Start-determined by coach to be communicated before meet day

PARTICIPATION IN MEETS

All swimmers and divers MUST commit to participate in each meet by the assigned deadline for each event on the website. Commit your child to participate in a meet through the Marlins' website by declaring that they will or will not participate. Committing your child for a meet on the website is the ONLY way their coach will know whether to enter them in the meet. Please pay close attention to this process.

Committing to a meet is easy! From the Marlins' website, click on the tab for upcoming events then go to the date of the meet, click on your child's name and follow the instructions for declaring yes or no (they will or will not participate).

The team's website automatically generates an email, reminding you that the deadline to commit is approaching. This email is the only reminder you will get. It is the responsibility of the parent (or household designee) to commit their swimmer and/or diver online. If you know your child will NOT be attending a meet, please specify that your child will NOT be attending.

Please pay close attention to emails that you receive from the website. When you receive an email, it is good practice to log on to the website to check to see what events, practice changes, news or other information is available. All communications are done through the website https://www.gomotionapp.com/team/recssclhm/page/home. **Remember, committing your athlete for a meet on the website is the ONLY way their coach will know whether or not to enter them in the meet.**

TYPICAL SWIM & DIVE MEET

1. Come to practice – **strongly encouraged** on meet days (for athletes 12 years & younger) and highly encouraged for athletes 13 years and older.

2. **SWIM** - know which events your swimmer is participating in prior to the meet! These will have been emailed to you ahead of time or your child's coach will notify them at practice. **DIVE** - know what dives your diver is to perform.

3. If a problem arises and your child cannot attend a meet, please make every attempt to contact Head Coach Emily at edetwiler44@gmail.com *immediately*. Remember, swimmers are often put into relays and fast communication is vital in order to not hinder the other relay swimmers from participating. Written or email notice given 24-hours prior to the meet is the preferred method of contact.

4. Packing list for the meet:
    - Marlins team swimsuit (pack a backup as well) OR appropriate meet suit
    - Two (or more) towels
    - Cap and goggles for swimmers
    - Something to sit on (blanket, chair etc.).
    - Change of clothes, deck sandals/flip flops
    - Sweatshirts/hoodies (the mornings can be cool)
    - Healthy snacks and drinks
    - Water bottle
    - Cards, books, games for between events
    - Indelible (sharpie) marker
    - Sunscreen

5. Check in with coaches so they know your swimmer is present.
    - **SWIM** - Before checking in, parents should get event, heat and lane information. This information can be found on the event or heat sheets (sent digitally to parents prior to meet). Put information on your swimmer's hand.
    - **DIVE** - Check in with your coach. Sign your dive sheets.

6. Stay in designated team area. Parents, you are responsible for your child's behavior at meets. Please check that they stay in the team area so they can be located for their events. Children participating in the meet should not be swimming in pools other than the pool designated for the meet at pools in our league.

7. **SWIM** - For home meets, swimmers will gather in the grassy area behind the blocks for 11 and up events while 10 and under swimmers will gather in the bullpen behind the blocks (lazy river area). Coaches and parent

volunteers will help swimmers arrange by events before proceeding to the blocks for their event. Hosts at league pools will communicate to coaches where their bullpen is located.

8. **SWIM** - Pay close attention to all announcements. The announcer will announce the events on the blocks (those ready to start swimming) as well as the events in the bullpen (where swimmers are gathering prior to their event). Things may go quickly, especially if events are combined.
    - Even though there may be an event currently swimming (freestyle) the bullpen will be calling for the next events (backstroke). Speaker systems vary by pool so please listen attentively.

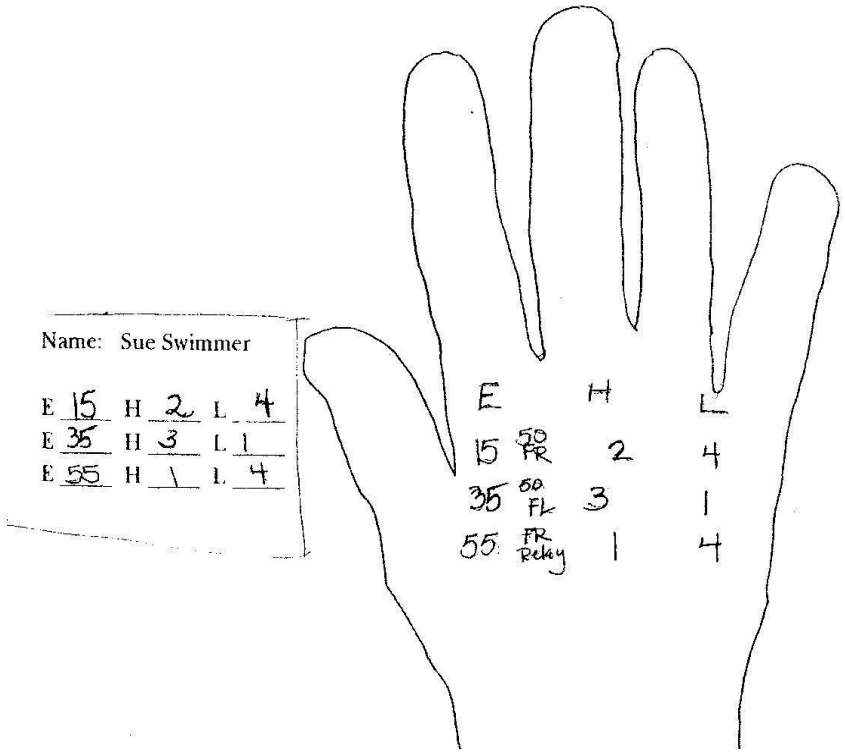
SWIM MEET PREPARATION

Before every swim meet you will learn what events your child is swimming (for example, one meet he or she might swim the backstroke and freestyle, in another, the free relay and breaststroke). This individualized information is contained in the meet's events sheet (normally sent via email prior to the meet). Changes are inevitable. **Your athlete's events could change by the time meet day comes. Heat sheets at the pool (with a coach) will have the most up-to-date events for your athlete.**

In an effort to help the meets run more smoothly, we ask that all swimmers have the events they will be swimming written down on their hands before checking in with their coaches. This makes it easy for all swimmers to check their events, heats and lanes.

An example is below. At our intrasquad, all coaches, older swimmers and veteran parents will be able to help everyone with this. If every swimmer has this information on his/her hand, we can cut down on some confusion. Please write this information (in permanent ink/sharpie) on the top of your child's hand. Include the event number, heat number, and lane number. You may also want to add an abbreviation of what stroke they are swimming and if it is a relay.

E - event
H - heat
L - lane
BA - backstroke
BR - breaststroke
FR - freestyle
FL - fly



APPAREL &

EQUIPMENT

Outfitting a new swimmer or diver can be done economically. At the beginning of the year, the team selects a team suit. Purchasing this suit is not mandatory, but recommended. The team provides a t-shirt and swim cap for each participant. As your swimmer/diver gets more experienced and committed to the sport, you can decide how much you wish to spend on his/her suits and gear.

Online apparel and suit stores will be created and emailed out to all active members. Suits can be ordered online through **Swimville**. A link to the Swimville site is available on the team website through the apparel/suit tab.

Also, team apparel is only available on the online store through the link provided in email. Links will be made available to families once the stores are set up for the season.

Basic Needs:

1. **Swimsuit**: team suits are available and strongly suggested to promote team unity. Please refer to the team website for information on how to purchase a team suit. Also, this information will be emailed out to your account.

2. **Towels**: towels and more towels!

3. Suggested additional beginning equipment:
    - **Cap**: for swimmers and encouraged for practice; the team provides a latex team cap and this is required at the meets (if your swimmer has long hair). If your child needs a silicone cap, there will be a fee to cover the cost of that type of cap.
    - **Goggles**: for swimmers, necessary given the amount of time spent in the water. Several types are available.
    - **Practice suit**: some swimmers prefer to wear an older suit to save wear on their "meet suit."
    - **Mesh bag**: allows quick drying of suit and gear.
    - **Fins**: We strongly encourage the use of fins during practice in order to help develop proper technique and buoyancy.
    - **Team wear**: sweatpants and sweatshirt keep kids warm between events at meets. Anything will work, but team wear is available.
    - **Parent Spirit Wear**: parents are encouraged to wear team wear also!

**Due to SSCL league rules, no other team or club may be represented during SSCL meets on caps or suits. Marlins caps/suits or plain colors/patterned caps/suits are the only permissible things to wear during meets*





Example of fins

COMMUNICATION

WITH COACHES: Communication with coaches is encouraged; however, please **do not engage in conversation with the coaches during practice sessions or a meet.** Please ask any questions after practice times or contact coaches by email. Please check with your child's coach before or after practice to arrange a time for discussion. Any concern should first be addressed with your child's age group coach and if unresolved may then be directed to the head coach.

Conversations about your child's progress or direct questions about your child will be held without the presence of your child (unless there is a behavior problem in which the parents and child need to be part of a discussion). Please use your best judgment about when to approach a coach and when the timing is appropriate.

If your swimmer/diver is unable to attend a meet due to an unexpected situation, please contact the head swim or dive coach by email. If there is not enough time for the coach to receive an email then divers can text a parent dive rep that you are unable to attend the meet. Contact number(s) will be given out at the beginning of the season. Parents of swimmers may contact Emily edetwiler44@gmail.com if there is an emergency causing your swimmer to have to miss a meet. It is important for the swim coach to be contacted as soon as possible. Relays require 4 swimmers. If your child is on a relay and cannot come to the meet, there is a possibility the 3 other swimmers may have to scratch that event and not be able to participate.

FROM TEAM: FILE FOLDERS (MAILBOXES) - Each swimmer/diver has a file located in the mailboxes that are kept in the white storage bench located on the deck of the competition pool. These folders will hold notes, ribbons, flyers and other information and should be checked at every practice. Please note there is always a delay of one or more days following a meet for when ribbons are in mailboxes.

STAY CONNECTED: The team website is https://www.gomotionapp.com/team/recssclhm/page/home . This site provides information regarding the season calendar, parent handbook, registration forms and meet results. We encourage you to check this website often throughout the season and off-season. The Marlins website is your tool to register your swimmer/diver for meets and must be used for your child to participate in meets. *Check out other avenues to stay connected with the Hilliard Marlins!* Note: Email will always be the main mode of communication the coaches and board members use to provide our families with team information, but we also provides other platforms as well, including:

Facebook- The Hilliard Marlins Swim & Dive Team has an active, private Facebook page for all active members to join. This gives a platform for parents, swimmers, coaches and board members to communicate, share, and stay up-to-date on all things Marlins! To request to join the teams Facebook page simply search *Hilliard Marlins Swim & Dive Team* in your Facebook search engine or click on this link.

EMAIL COMMUNICATIONS: Every attempt will be made to communicate all pertinent information via email, including new events, practice changes and cancellations. Pay close attention to emails that you receive from the Marlins. Please notify one of the board members if you have not received any emails from the Marlins by May 1.

TO TEAM: EMAILS - Parents may contact any board members by email with any questions. Please do this through the website (you can access email addresses there).

PARENT BOARD OF DIRECTORS

Position	Name	Contact Email
Board Chair	Kyle Supe	KWSupe@gmail.com
Board Chair	Michelle Swartzbaugh	michelleswartzbaugh@gmail.com
Treasurer	Riley Gilson	gilsonriley@gmail.com

Member at Large	Laura Holmes	laura.s.holmes@gmail.com
Member at Large	Sarah Beth Mackenzie	sarah_beth_mackenzie@hotmail.com
Member at Large	Laura Miller	laura.miller5087@gmail.com
Diving Representative	OPEN please email Coach Emily	
City Representative	Tahni Coker-Shaheen	TCoker-Shaheen@hilliardohio.gov

Interested in serving on the Hilliard Marlins Swim & Dive Team board? Please contact our team board members or coaches for more information!

COACH CONTACT INFORMATION

Position	Coach	Contact Email
Head Swim Coach	Emily Detwiler	edetwiler44@gmail.com
Head Dive Coach	Thad Apel	thamyapel@yahoo.com

POOL LOCATIONS

Please visit *https://www.gomotionapp.com/team/recssclhm/page/home* and click on 'pool locations' for current information.

Grandview: 1350 Goodale Blvd., Grandview Heights, 43212
Hilliard : 3850 Veterans Memorial Drive, Hilliard 43026
Swim & Racquet: 3500 Kenny Road, Upper Arlington, 43221
Bexley: 2100 Clifton Ave. Columbus, Oh 43209

PHOTOGRAPHS

Photo Release – Registration and participation in any Hilliard Recreation & Parks Department program or activity will serve as an agreement to allow publication of photos taken at any program/activity or facility associated with the City of Hilliard Recreation & Parks Department.

GLOSSARY OF TERMS (Listed in Alphabetical Order)

Backstroke Flags - Flags going across the pool indicating to the swimmers they are approaching the end of the pool and need to count their strokes so as not to bump their head or to prepare for a flip turn.

Bull Pen - An area designed at a meet for the swimmers to wait for their events. Swimmers and parents should listen for

the announcer to call events to the bullpen and make sure the swimmer reports to the bullpen when his/her event is called. Bullpens may only be used for those swimmers who are 10 & under.

Clean-up - A responsibility of every Marlin is to throw away any trash on the ground as well as to pick up personal items and take them home. Parents are asked to encourage their child to handle this task at each meet and practice. At the end of each meet there is much equipment to take down. Adult participation will expedite this process and is always appreciated.

Deck - The area immediately around the pool. During a meet, only swimmers, coaches and officials are allowed on the deck. Parents should try to stay off the deck as much as possible.

Developmental Meet - Developmental meets are only for swimmers in age groups 8 & under, 9-10 and 11-12 years. No swimmer over age 12 can participate. Participation is also limited to swimmers who swim slower than a specific standard time set for each event. These pre-set standard times can be found on the Marlin's website.

Disqualification (DQ) - Technically incorrect strokes, kick, turn or start. A swimmer must compete in a race according to certain requirements which if those are not met, a swimmer may be disqualified. Some examples of disqualifications:

- Backstroke: toes out of water on the start, technically incorrect flip turn, turn on stomach before touching the wall at the finish
- Breaststroke: too many pulls or kicks underwater on start or turns, incorrect stroke or kick, not doing a simultaneous two-hand touch on wall
- Freestyle: false start or missing the wall on turn
- Butterfly: false start, incorrect stroke or kick, not doing a simultaneous two-hand touch on wall

False Start - When a starter announces "TAKE YOUR MARK", the swimmers on the starting blocks must bend over with their toes over the end of the block and remain motionless until they hear the starting sound. If a swimmer leaves their position before the starting sound, he/she may be disqualified. In a relay, a false start may also be when the swimmer leaves the block before the swimmer in the water touches the wall.

Finish Judge - Two place judges at the finish line to record the order of finish of each race.

Freestyle Relay – Four swimmers, each swimmer swims freestyle.

Heat - One of several races of the same event.

Individual Medley (IM) - An individual event in which one swimmer swims all four strokes in the specified order (fly, back, breast, free). Only for swimmers 11 & older.

Medley Relay (MR) - The relay event in which each of the four swimmers swim one of the four strokes in the specified order (back, breast, fly, free).

Referee - The official in charge of the meet. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. The referee shall decide all questions arising during the conduct of the meet, the final settlement of which is not otherwise covered by the rules and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. In all meets, judgment decisions of other officials may be reconsidered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally observed.

Relays - An event having four swimmers from the same age group.

Runner - An individual that collects the cards from the timers and finish judges after each heat and takes them to the scorer's table.

Scorer - With the cards turned in by the runners and finish judges, the scorer awards points to teams in each event. Scoring in the SSCL is done via computer.

Scratch - Withdraw any entry from competition after entries have been made.

Seeding - The assignment of swimmers to heats. In dual meets, one team is assigned half the lanes (1, 3, 5, 7) and the other team the other half (2, 4, 6, 8).

Seed Times - The times used to enter a swimmer in a meet. This determines a swimmer's heat and lane assignment.

Starter - The official responsible for the start of each heat and calling swimmers to the blocks.

Starting Block - Raised platform on the swim deck to add height for competitive swim starts.

Stroke and Turn Judge - The official that determines the legality of a swimmer's stroke and his/her turns.

Timer - Times every swimmer in their lane. Records the times on a card for scoring. Each lane has 2-3 timers.

Warm-up - Time the swimmers are allowed to practice before a meet.

SSCL ORDER OF SWIM EVENTS

EVENT NUMBER	EVENT NAME
1	Girls 8 & Under 100 Meter Medley Relay
2	Boys 8 & Under 100 Meter Medley Relay
3	Girls 9 & 10 100 Meter Medley Relay
4	Boys 9 & 10 100 Meter Medley Relay
5	Girls 11 & 12 200 Meter Medley Relay
6	Boys 11 & 12 200 Meter Medley Relay
7	Girls 13 & 14 200 Meter Medley Relay
8	Boys 13 & 14 200 Meter Medley Relay
9	Girls 15 and up 200 Meter Medley Relay
10	Boys 15 and up 200 Meter Medley Relay
13	Girls 9 & 10 100 Meter Individual Medley (IM)
14	Boys 9 & 10 100 Meter Individual Medley (IM)
15	Girls 11 & 12 100 Meter Individual Medley (IM)
16	Boys 11 & 12 100 Meter Individual Medley (IM)
17	Girls 13 & 14 100 Meter Individual Medley (IM)
18	Boys 13 & 14 100 Meter Individual Medley (IM)
19	Girls 15 and up 100 Meter Individual Medley (IM)
20	Boys 15 and up 100 Meter Individual Medley (IM)
21	Girls 8 & Under 25 Meter Freestyle
22	Boys 8 & Under 25 Meter Freestyle

23	Girls 9 & 10 50 Meter Freestyle
24	Boys 9 & 10 50 Meter Freestyle
25	Girls 11 & 12 50 Meter Freestyle
26	Boys 11 & 12 50 Meter Freestyle
27	Girls 13 & 14 50 Meter Freestyle
28	Boys 13 & 14 50 Meter Freestyle
29	Girls 15 and up 50 Meter Freestyle
30	Boys 15 and up 50 Meter Freestyle
31	Girls 8 & Under 25 Meter Backstroke
32	Boys 8 & Under 25 Meter Backstroke
33	Girls 9 & 10 25 Meter Backstroke
34	Boys 9 & 10 25 Meter Backstroke
35	Girls 11 & 12 50 Meter Backstroke
36	Boys 11 & 12 50 Meter Backstroke
37	Girls 13 & 14 50 Meter Backstroke
38	Boys 13 & 14 50 Meter Backstroke
39	Girls 15 and up 50 Meter Backstroke
40	Boys 15 and up 50 Meter Backstroke
41	Girls 8 & Under 25 Meter Butterfly
42	Boys 8 & Under 25 Meter Butterfly
43	Girls 9 & 10 25 Meter Butterfly
44	Boys 9 & 10 25 Meter Butterfly
45	Girls 11 & 12 50 Meter Butterfly
46	Boys 11 & 12 50 Meter Butterfly
47	Girls 13 & 14 50 Meter Butterfly
48	Boys 13 & 14 50 Meter Butterfly
49	Girls 15 and up 50 Meter Butterfly
50	Boys 15 and up 50 Meter Butterfly
51	Girls 8 & Under 25 Meter Breaststroke
52	Boys 8 & Under 25 Meter Breaststroke
53	Girls 9 & 10 25 Meter Breaststroke
54	Boys 9 & 10 25 Meter Breaststroke
55	Girls 11 & 12 50 Meter Breaststroke
56	Boys 11 & 12 50 Meter Breaststroke
57	Girls 13 & 14 50 Meter Breaststroke
58	Boys 13 & 14 50 Meter Breaststroke
59	Girls 15 and up 50 Meter Breaststroke
60	Boys 15 and up 50 Meter Breaststroke

61	Girls 8 & Under 100 Meter Freestyle Relay
62	Boys 8 & Under 100 Meter Freestyle Relay
63	Girls 9 & 10 200 Meter Freestyle Relay
64	Boys 9 & 10 200 Meter Freestyle Relay
65	Girls 11 & 12 200 Meter Freestyle Relay
66	Boys 11 & 12 200 Meter Freestyle Relay
67	Girls 13 & 14 200 Meter Freestyle Relay
68	Boys 13 & 14 200 Meter Freestyle Relay
69	Girls 15 and up 200 Meter Freestyle Relay
70	Boys 15 and up 200 Meter Freestyle Relay