

Lake Mohawk Pool Swim Hawks Team Information

Coaches:

- Head Coach- Alexis Faria
- Assistant Coaches- Brittany Zymet, Tim Holovacs, and Laura Westervelt

Parent Board: Catherine Englehardt, Kiera and Thor Wespestad, Joe and Danielle Biehler, Mark and Joanne Watkins

- The parent board is available during practices to answer questions regarding the team. Questions can also be emailed to admin@lakemohawkpoolswimteam.com

Calendar:

- All swim meets and team events can be found on the calendar page of the team website.
- Important Dates:
 - First Day of Practice is Monday, June 23rd
 - Weekly Wednesday night meets start Wednesday, July 2nd
 - B Invitational is Saturday, July 26th- gives swimmers who are not able to make "A" championships an opportunity to compete, try new strokes and get best times. Swimmers are able to try for A times at this invitational.
 - Last Day of Mighty Mite practice is Friday, August 1st
 - Last Day of practice is Friday, August 8th
 - A Championships is Saturday, August 9th- Swimmers will need qualifying times in order to participate.

Practice Groups:

- Blue Hawk: Monday - Friday, 9-10:15am
- White Hawk: Monday - Friday, 9-10am
- Red Hawk: Monday - Friday, 10-10:45am
- Mighty Mites: Monday- Friday, 10:15-10:45am

Coaches will email out assigned practice groups. Practice groups are subject to change based on continued evaluation by the coaches.

PLEASE NOTE- As required by the Lake Mohawk Country Club and Pool Management, all swim team families need to exit the pool area by 10:50 AM (even if you are a pool member), this includes removal of belongings and resetting the chairs and umbrellas. The pool will be closed until 11 AM, at which time if you are a member you can sign-in and enter for the day. To facilitate this, Mighty-Mite and Red Hawks practice will end at 10:45 AM to give the coaches, swimmers, and families the time necessary to exit. Failure to comply with this policy may result in suspension from the team during the 2025 season.

Team Store:

- We are hosting a swimsuit fitting on Tuesday, June 10th 6-8pm in the Mohawk Room at the Lake Mohawk Country Club. If you are unable to make the team swimsuit fitting you may purchase your swimsuit online via [California Beach Hut's Website!](#) All swim suits purchased online will be distributed prior to the start of the swim team by a member of the parent board. Additionally, you may purchase your swimsuit in person at their store in Denville.
- Personalized caps are available for purchase on our [team store](#). Personalized caps come in packs of 2 and both caps will be personalized with the same name. **The deadline to purchase personalized caps is May 23rd.** Non-personalized team caps will be available for purchase during practices and do not need to be purchased ahead of time. Non-personalized caps will be \$10 each (cash only).
- Our [Team merchandise store](#) is open! The deadline to purchase merchandise is June 8th. Merchandise will be shipped directly to the purchaser.

Communication:

- We will use Swimtopia for all our team communication.
- If you have not done so already please be sure to create a Swimtopia account for at least one family member. Additionally, you should download the Swimtopia App to your mobile device to ensure you receive all team communication
- On Swimtopia you will RSVP to swim meet and events, sign up for volunteer positions, and track your swimmers' times throughout the season.
- Canceled practices due to weather will be communicated through email and Swimtopia.

Swim Meets:

- **Swim Meet Availability:**
 - For each meet you are required to indicate whether or not your swimmer will be attending the swim meet. In order to indicate your availability please visit the Team Calendar on Swimtopia. Once you are on the Team Calendar select the green "Meet Entry" button for the specific meet. Next select the "Edit" button. On this page you can select whether or not your swimmer is attending. You can also leave a note for the coach if necessary. A couple of points to note:
 - If you have multiple swimmers you will need to select the availability for each swimmer individually.
 - If you leave your swimmer as "(undeclared)" the coaches will assume that you are not attending the meet.
 - **You must declare your availability by Monday at 12pm the week of the swim meet.**
- **Parent Volunteers:**
 - Hawks Parent Volunteers play an integral role in the success of our summer season! Swimming is different from many other youth sports in that it requires volunteers to run a

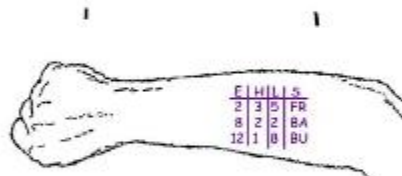
successful meet. Summer swim meets are only possible when every volunteer position is filled. It is therefore imperative that every family volunteers to help at the meets and behind the scenes.

- **Families are required to volunteer at a minimum 1 home or away meet this season. Mighty Mite Only families are not required to volunteer. Additionally, if you paid the \$50 Opt-out volunteer fee you are not required to volunteer throughout the season, with the exception of the 'B' Invitational and 'A' Championships. All families attending the 'B' Invitational or 'A' Championships should be available to volunteer if needed.**
- Jobs include:
 - Timer- no experience necessary. A quick overview is given at the timer's meeting prior to the start of every meet.
 - Marshall- no experience necessary. This person helps keep order and reminds the swimmers when they are about to swim.
 - Official- Must be certified. Please email admin@lakemohawkpoolswimteam.com if you are interested in attending a Training Clinic to become a certified official.
 - Scorer- 1 head scorer and 1 assistant. Some previous experience is required. If you are interested in training for this position please email the parent board at admin@lakemohawkpoolswimteam.com prior to signing up.
 - Duckie awards- Home meets only. No experience necessary. You will give a rubber duckie to each heat winner.
- To sign up to volunteer you will need to visit our Team Calendar page, find the meet that you wish to sign up for and click on the green Job Signup button. You will be able to select which family member you would like to sign up and which position you would like to fulfill. Please sign up for a volunteer position by the end of practice the day of the meet.
- [Swim Meet 101:](#)
 - Meet entries will be emailed out around 4pm the day of the meet. Please make sure your swimmer(s) come to the meet with their Event #, Heat #, and Lane # written on their hand/arm.
 - Swimmers will be in first, second, or possibly third heat. Only the first heat counts for points towards the score of the meet. However, all times count towards A championships qualifying times.
 - Arrive at the pool/lake at 6pm and check in with the coaches.
 - Meet sheets will be posted on our team board during the meet if you are unsure of what you are swimming.
 - All swimmers are expected to sit in the designated team area so that they can be efficiently marshaled for their events.
 - All swimmers should wait in the water until all swimmers in their heat are finished prior to exiting the pool/lake.
 - Don't be afraid to tell the swimmers you're swimming against good luck or good job.

- If your swimmer(s) decide for any reason that they do not want to swim their event(s) they **MUST** speak with a coach first.
- Be sure to check to see if your swimmer(s) is swimming in a relay and do not leave until the meet is over if your swimmer(s) are in a relay.

How to mark swimmer's arm for meets

Heat, lane and stroke information for each swimmer will be listed on the heat sheet. Use the illustration as an example for marking.



Don't forget to mark swimmers' arm (no legs please) as illustrated, with event number, heat number, lane number and stroke.

E= Event
H= Heat
L= Lane
S= Stroke

- **Swimmer's "Meet Checklist":**
 - Team Bathing Suit
 - Cap and Goggles- Swim caps **MUST** be Lake Mohawk Pool Swim Team caps or plain. You may not wear a cap from another team unless it is turned inside out.
 - Towel
 - Sweatshirt (as it might be colder towards the end of the meet)
 - Snacks, Water Bottle
- **Volunteer Check-in Procedure:**
 - Please arrive at least 30 minutes prior to start of the meet.
 - Check in with the Timing/Official Coordinator. They will provide you with instructions and materials to do your job. Once a meet is over, make sure you return any stop watches, clipboards, etc. that were given to you at check-in.
- **Meet Mobile App:** Real Time Meet Results will be posted on the Meet Mobile App during Home meets. This is a great app to track your swimmer's progress. This is an optional app, but a great one if you would like to see your child's times throughout the season. **PRO TIP:** although you can download the app for free, results are not able to be viewed without a subscription.