PINECREST PIRANHAS



PARENT HANDBOOK AND POLICY GUIDE

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WELCOME

Joining the Pinecrest Piranhas Swim and Dive Teams offers an exciting opportunity for your child to make the most of their summer. At Pinecrest, we are dedicated to fostering self-esteem, community spirit, friendship, and of course, fun, for both swimmers and parents alike.

From the Tuesday following Memorial Day until the end of July, our swimmers dive into practices, where they not only hone their swimming skills but also cultivate qualities like good sportsmanship and teamwork. As Piranhas, they discover a deeper appreciation for the sport, receive positive reinforcement for their efforts, and build lasting bonds with their teammates.

Competing in the prestigious Northern Virginia Swim League (NVSL), Pinecrest has been an integral part of this esteemed organization since 1979. With 17 divisions and 102 teams, the NVSL provides a platform for swimmers and divers to develop their love for the sports, advance their aquatic abilities, and embrace the values of sportsmanship. Within this league, our Saturday morning "A Meets" offer thrilling opportunities for our Piranhas to showcase their skills and camaraderie.

Additionally, we take part in the Northwest Fairfax Developmental League, engaging in Monday night "B meets" alongside nearby teams Hiddenbrook, Herndon, Fox Mill Estates, and Fox Mill Woods. This league further enhances our swimmers' experiences, allowing them to compete in a supportive and encouraging environment.

Beyond the thrill of competition and skill development, summer with the Pinecrest Swim Team is about forging cherished memories and strengthening bonds within our community. Whether it's cheering on teammates at meets, enjoying poolside camaraderie, or participating in team-building activities, the Pinecrest experience offers a holistic approach to summer fun, fostering a sense of belonging and friendship that lasts a lifetime. Join us this summer for an unforgettable journey filled with swimming, laughter, and community spirit.

ELIGIBILITY

Pinecrest Swim Team is a developmental swim team. All swimmers 18 years of age (as of June 1 of the current season) or younger who are members of Pinecrest Swim & Tennis Club may join the team. For membership requirements, please see the Swim and Dive addendum to the Pinecrest By-Laws.

Our goal is to meet each team member at their individual ability level and provide them with an opportunity to improve skills and achieve success. The Piranhas operate as ONE team, both in and out of the water! However, skill level determines the meets in which swimmers and divers are eligible to participate.

All new swimmers will be evaluated prior to registration.

Swim Team Requirements

The Piranhas Swim Team is not a swim lesson program. To join the Piranhas Swim Team, the following ability requirements must be met:

- Swimmers aged 8 and under must be able to comfortably swim a length of the pool unassisted. Compliance with this requirement may be subject to a test conducted by the Head Coach or the Assistance Coach.
- Swimmers aged 9 and up should be able to swim two pool lengths and have the endurance to participate in a 45-minute practice session.
- The ability to tread water for at least one (1) minute.

Dive Team Requirements

The Piranhas Dive Team is a developmental team open to divers of all experience levels. To join the Piranhas Dive Team, the following requirements must be met and observed by a Dive Team Representative:

- A willingness to jump off the diving board unassisted.
- The ability to swim the length of the diving well unassisted.
- The ability to tread water for at least one (1) minute.

Pee-Wee Piranhas Program

The Pee-Wee Piranhas program is designed for children aged 4 to 8. Registration is limited to 20. To participate in the Pee-Wee Piranhas program, children should meet the following requirements:

- The ability to float on their stomachs with their face in the water.
- The ability to swim half a pool length unassisted.
- Be able to leave parent willingly, be comfortable in the water, follow directions and function well in a group

If a Pee-Wee Piranhas program participant demonstrates the ability to meet the swim team requirements during the season, they may be moved to the 8&u practice.

Polar Piranhas

The Polar Piranhas program is a weekly winter swim program designed to keep our swimmers in the water during the off season. Polar Piranhas is only open to current members of the swim team or Pee-Wees, ages 5-12. Registration will be limited and may vary based on the number of lanes and coaches we are able to secure for the season.

REGISTRATION

Registration for the Pinecrest Swim Team is conveniently conducted online through our team website. Typically, registration opens at the start of May. New families will need to register an email address (one per family), providing access to fill out registration and medical forms securely. Our registration platform offers added flexibility, allowing families to volunteer for meets, track their children's times, and declare their intent to swim or dive in meets.

Accessing the registration website is easy through our main pinecrest20171.com website. Simply click on the "Swim and Dive Team" section, or visit the PC Swim and Dive Team Website directly by going to https://www.gomotionapp.com/team/recnvp/page/home or clicking here. All important news and communications will be available on this platform. Registration Fees can be paid by credit card directly on the site. Payment can also be made by check mailed to the provided address or handing it to one of the Team Representatives at the first practice. Payment must be received before your child can begin practicing with the team. It's essential for all members to verify and update their medical information on the site during registration and as needed throughout the season.

Additionally, the NVSL mandates a printed and signed waiver for each swimmer. Without this waiver, swimmers or divers will not be permitted to participate in any Piranhas practice or event. The waiver can be printed during registration or accessed anytime on the documents section of the team website or the links provided below.

The swim and dive team registration fee covers a range of essentials, including NVSL dues, insurance, pep rallies, team t-shirts, swim caps, water bottles for new swimmers/divers, ribbons, recognition items, and contributes to coaches' salaries and team equipment.

All swimmers new to Pinecrest Swim Team will be evaluated prior to registration.

For any refunds requested, a 50% fee will be deducted per swimmer. Absolutely NO refunds will be given after 5 pm on the day of the Time Trials.

Helpful Links

- Pinecrest Swim and Tennis Club Website
- Pinecrest Piranhas Team Site
- Team Site User Guide
- Registration Quick Guide and FAQ
- Waivers
    - NVSL Liability
    - Medical Liability
    - Media Release
    - Refund Policy

CALENDAR

The calendars below are not set in stone and are to give you a general overview of the summer season timing. From mid-June through the end of July is a 5 week whirlwind of activity. Please note, all activities are subject to change.

General Overview

Late April/Early May	• Registration opens for returning members
Mid May	• New swimmer and pee-wee evaluations • Registration opens for new members
Late May	• End of Polar Piranhas • Afternoon practices start Tuesday after Memorial Day • New Parents Meeting
Early June	• Time Trials: generally the 2nd Saturday • All Parents meeting • Last day to withdrawal for refund • Registration closes • 1st Morning practices • 1st Pee Wee practice • 1st B Meet: weekly on Monday's
Mid June	• Morning Practices begin • 1st Pep-Rally: weekly on Friday evenings • 1st A Meet: weekly on Saturday's • 1st Dive Meet: weekly on Tuesday's
Late June	• Team Picture Day • Divisional Relays
Early July	• Bagel Run
Mid July	• All-Star Relays • Senior Day
Late July	• Last Day of Practice • Lollipop Meet • Divisionals • Dive Divisionals • End of Season Banquest • All-Stars

Calendar View

June

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							Time Trials
Week 3		1st Pee-Wee Practice B-Meet				Pep Rally	A-Meet
Week 4		B-Meet	Dive Meet	Team Picture Day Divisional Relays		Pep Rally	A-Meet

July

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			Dive Meet		Bagel Run	Pep Rally	A-Meet
Week 2			Dive Meet	All-Star Relays		Pep Rally	A-Meet
Week 3			Dive Meet			Pep Rally	A-Meet
Week 4			Dive Meet	Last day of Practice Lollipop Meet	Progressive Dinner		Divisionals
Week 5	Dive Divisionals End of Season Banquet						All-Stars

Weekly Calendar (General)

Monday	• Swim & Dive Practice • Swim Clinic - Freestyle • B-Meet
Tuesday	• Swim & Dive Practice • Swim Clinic - Backstroke • Dive Meet • Deadline to declare for Saturday meet (yes/no)
Wednesday	• Swim & Dive Practice • Swim Clinic - Breaststroke
Thursday	• Swim & Dive Practice • Swim Clinic - Butterfly
Friday	• Swim & Dive Practice • Swim Clinic - Starts, turns & finishes • Pep-Rally
Saturday	• A-Meet • Deadline to declare for Monday meet (yes/no & choose events)
Sunday	• Deadline to declare for Tuesday dive meet (yes/no)

SWIMSUITS & EQUIPMENT

A team t-Shirt and swim cap is provided to each swimmer at Time Trials. Divers will receive their team t-shirt at the first practice after time trials. Water bottles are provided for all new swimmers and divers. All team members are encouraged, but not required, to purchase an official team suit.

For practices, swimmers and divers should wear a competition suit (e.g. Speedo, Tyr, Nike, etc.). Bikinis for girls and swim trunks for boys are discouraged. Street clothes (shorts, t-shirts, etc.) are not permitted. Goggles are required for all swimmers. Swim caps are optional, however they generally benefit the swimmer by keeping hair out of the way. If you do not wear a swim cap, you must tie back any long hair with an elastic or ponytail holder. Everyone should have a water bottle and stay hydrated.

For Swim meets, swimmers should wear either their team suit or other competition suit. Pinecrest prohibits suits featuring logos from other teams during competition. Team swim caps are optional but highly encouraged to reduce drag. NVSL regulation requires that caps worn during swim meets be either a Pinecrest swim cap (from any year), NVSL All-Star caps, or a plain cap without logos, slogans or other team names. A swimmer will be disqualified if the swim cap does not meet this standard.

For Dive meets, divers should wear either their team suit or other competition suit.

Be sure to label all caps, shirts, water bottles, goggles, towels and anything else brought to practice or a meet.

Information on Team Suits and additional spirit wear can be found on the Team Store section of the Team website: here

COACHES AND STAFF

The Piranhas coaching staff is the backbone of our swim and dive family.

Coaching Roles

Head Coach

- Develop overall team strategy and training programs.
- Determine competitors and seed entries for NVSL meets.
- Attend all practices, swim meets and spirit events.
- Provide leadership and guidance to assistant, junior and specialty coaches.
- Administer regular training and feedback sessions for assistant, junior and specialty coaches.
- Meet with coaches and deliver end of year reviews to team reps.
- Serve as the primary point of contact for team administration.
- Oversee athlete development and performance evaluation.
- Ensure compliance with all team policies and guidelines.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Assistant Coach

- Assist the head coach in planning and conducting practices.
- Attend all practices, swim meets and spirit events.
- Assist with meet preparation and strategy.
- Develop lesson plans and evaluations of Pee-Wee Piranhas with the goal of having all participants able to swim a 25 by the Lollipop meet.
- Oversee Pee-Wee coaches and volunteers, providing training and regular feedback.
- Support the head coach in all aspects of team management.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Junior Assistant Coach

- Assist with the supervision and instruction of all swimmers
- Attend all practices, swim meets and spirit events.
- Provide support and encouragement to athletes during practices and meets.
- Assist with organizing equipment and setting up for practices and events.
- Take the lead in developing, implementing and maintaining team engagement.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Associate Coach

- Focus on learning advanced coaching techniques.
- Attend all 12+under age group practices, time trials, all NVSL division meets, and all spirit events.
- Provide support and encouragement to athletes during practices and meets.
- Take the lead in developing, implementing, and maintaining sportsmanship initiatives.
- Collaborate with other coaches during practices, meets, and events.
- Assist with set up and tear down for practices and events.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Developmental Coach

- Focus on learning fundamental coaching techniques.
- Attend all 12+under age group practices, time trials, all NWFL (B) meets including specialty meets (i.e. IM Carnival, Lollipop, etc.), and all spirit events.
- Provide a supportive and encouraging environment for swimmers to learn and improve.
- Assess swimmer progress and provide feedback for skill development.
- Assist with set up and tear down for practices and events.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Pee-Wee Coach (optional position)

- Focus on learning the basics of swim coaching.
- Attend all Pee-Wee practices and Lollipop meet.
- Conduct fun and engaging activities to build water confidence and basic aquatic skills.
- Emphasize safety and proper technique in a playful and supportive environment.
- Provide positive reinforcement and encouragement to young swimmers.
- Work closely with the Assistant Coach to address any concerns and ensure a positive experience for both children and families.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

Clinic Coach (optional position)

- Lead specialized clinics focused on specific aspects of swimming or diving (e.g., stroke technique, starts and turns).
- Attend all clinics and NVSL sponsored swim meets.
- Provide expert instruction and feedback to athletes looking to improve specific skills.
- Tailor clinic activities to meet the needs and abilities of participating swimmers.
- Work with the Head Coach and Team Reps to determine clinic schedules and registration information.

- Ensure a positive and productive learning environment for all clinic participants.
- Ensure safety and well being of all swimmers.
- Serve as a positive role model for all athletes.

For hiring policies, please refer to the Swim & Dive team addendum of the Pinecrest By-Laws.

VOLUNTEER COMMITMENT

The Pinecrest Swim & Dive program could not operate without the effort of countless volunteers. Each team family plays a critical role in helping to make our program run – from assisting with event set-up/clean-up, providing supplies, to filling one of the many roles at a swim or dive meet. In addition, there are many jobs that can be done from home, outside of practice and meet hours that can help the team.

Did you know?

- It takes approximately 3500 volunteer hours to make all of our meets and events happen over the 8-week season (including the pre-season)
- At least 40 volunteers are needed for a swim meet
- Every adult that works behind the scenes to make the summer swim season happen is a volunteer and member of our pool
- You can volunteer and still watch your child swim/dive!

As such, we ask that each family volunteer a minimum of **3 meet positions per child** over the course of the swim and dive team season. Families can sign up to volunteer for each of the events on our calendar. Depending on the total number of team members and any special events your swimmer might qualify for, such as Relay Carnival or Divisionals, you will be required to fill additional volunteer positions. In addition to the meet requirements, there are a number of season-long volunteer coordinator roles as well as one-off volunteer opportunities that are needed to make each season a great one.

Season Volunteers

NVSL Swim Representatives
pinecrestswimteam@gmail.com
The Team Reps are volunteer parents who were once new to swimming just like many of you! They represent the Pinecrest Piranhas to the NVSL and other league swim teams. The Team Reps are responsible for all the logistics of the swim team program, from the hiring of swim coaches, swimmer registrations for both summer and winter programs, working with the board to approve swim and dive functions, and much, much more....

Developmental Swim Representatives
Developmental meets often include over 200 swimmers swimming multiple events. There are a great deal of logistics that go into the creation of the developmental meet schedule as well as the event selections and running of the individual meets.

NVSL Dive Representative
pinecrestdive@gmail.com

Spirit Wear Coordinator
pinecrestswimshop@gmail.com
Our team loves Piranha spirit wear. Our spirit wear coordinators work with SwimOutlet.com to design team spirit wear and set up the store site.

Social Coordinator
pcswimsocial@gmail.com
Friday Night Pep-rallies, potlucks, Donut Days, Pancake Breakfasts and all kinds of Piranha fun activities are a signature part of the Pinecrest swim and dive team that includes the whole family.

Volunteer Coordinator
pcvolunteercoordinator@gmail.com
All meets require a significant number of volunteers as well as coordination with the other team. The Volunteer Coordinator is familiar with the set-up for each meet as well as each of the job descriptions and helps ensure that all required volunteer slots for the Pinecrest Piranhas are filled with trained and experienced volunteers at both home and away meets. In addition, at home meets, the Volunteer Coordinator serves as the hospitality coordinator for the other team to help answer questions about the pool area and to help direct volunteers from the other team with respect to meeting times/places. Coordinates and recruits NVSL trained meet officials for Pinecrest and helps maintain certifications, provide on-the-job-training opportunities and manages schedules to ensure proper meet coverage.

Concessions Coordinator
At each home meet (meet hosted by Pinecrest) we run Cafe Piranha. Not only does our concession stand provide an essential service for our swimmers and parents attending meets for several hours, but also helps support some of our swim and dive team activities throughout the summer. The concessions coordinator is responsible for all of the food and drink ordering, inventory, and product pricing. They do not have to run the table at every meet.

Deck Volunteers
Every swim meet requires a LARGE number of volunteers. As a general rule of thumb, we ask that at least one member of your family volunteers at half the meets in which your children compete. Saturday NVSL meets typically last 3 - 3 ½ hours and Monday Developmental meets typically last 3 ½ - 4 hours.
Below is a description of volunteer positions needed for meets. If there is something you are interested in learning, just let one of our team reps know – we are more than happy to help you!
NVSL requires all deck volunteers to wear white tops with dark blue bottoms (no denim) in order to distinguish them from the crowd.

Home Meet Set-up and Break-Down

This is an "all-hand-on-deck" job. Volunteers move deck furniture, set up tents, hang signage and prepare the pool area for the meet. The volunteer coordinator can help explain the pool set-up for the meet. It is possible to volunteer for Meet Set-Up and/or Break-Down in addition to other meet related jobs. No experience required however you should come on time and prepared to break a sweat.

- Saturday morning set-up begins at 6:30am. The pool should be ready for competition 30 minutes prior to the start of warm-ups. During Home meets the pool is closed to members for the duration of the meet.

- Monday night meet set-up usually starts around 4:30/4:45 pm before our team begins warm-ups.

- Break-down for both Saturday and Monday meets is done immediately following the last race. Volunteers are asked to stay and help until the pool is reset – many hands make light work! **In order**

to get volunteer credit you must stay until the job is complete and the team representative or volunteer coordinator has dismissed you.

Away Meet Set-Up and Break Down

The away meet set-up and break down is a one person/family job. They are in charge of transporting the team tents and water jugs, setting up the canopies, filling the water jugs, taking it all back down, transporting it back to Pinecrest and storing it all neatly and securely in the sheds.

Concession Tabler

We need 3-4 volunteers to help run the concession stand. Job duties include setting up the concessions, assisting swimmers choose a donut (or two), helping grill hamburgers and hotdogs, managing the cash box (be ready to count quarters and wet dollar bills!), and breaking down the set up at the end of the meet.

Concession & Meet Supplies

Each volunteer sign up will include the option to bring concession and meet supplies as a way to contribute to the team. Common items include ice, water bottles for meet officials, donuts, fruit, etc... Items can be dropped off at the beginning of the meet.

Marshalls

The Marshal is in charge of keeping walkways clear, help with directional flow of swimmers, as well as assisting with the spectator area and helping to maintain noise control before the start of a race. Marshals must be on duty starting when swimmers enter the pool for warm-ups until the last race is complete. Marshals generally get a great view for the meet! No experience is required.

Runners

Runners help deliver time-cards to the table after each race. At some meets there is also a runner assigned to help the officials with anything they may need to be delivered around the pool and/or a runner to assist the clerk of course deliver cards to the head timer. Runners remain active the whole meet and get a great view of all of the action. Generally, two runners are needed for all meets. No experience is required.

Clerk of Course

The Clerk of Course organizes the swimmers for each event, making sure swimmers are in the correct heats and lanes and dividing out swimmers into heats, if necessary. This job requires patience, quick organization, and an expert “Parent Stink Eye”. You will quickly get to learn the names of the swimmers and you may become an expert at “capping” swimmers before their races! Clerks help the meet run smoothly and without delay as well as serving as a shining example of sportsmanship and hospitality. We generally need two clerks from each team for the duration of the meet. Experience is encouraged, but not necessary.

Relay Take-Off Judges

Relay Take-off Judges are needed during the relay portion of the Saturday meets as well as at the NVSL Divisional Relays competition. The Relay Take-off Judges are responsible for watching the incoming swimmer touch the wall while also watching the departing swimmer start their leg of the relay to make sure that no swimmer takes off too early. This is a fast-paced job that requires a careful eye and a willingness to get wet– especially for the 15-18 Boys relay teams! Experience is encouraged, but not necessary.

Timers

Every swim meet requires at least 18 times, evenly split between the home and away teams. Three timers are needed for every racing lane, plus alternates/substitutes. Timers verify the name of the swimmer in the lane before the race and then time the each race. This job requires attention, focus, and a quick reaction to catch as accurate a time as possible for each and every race – so many races come down to milliseconds and the timers are critical. Timers get the best view of race finishes of anyone on the pool deck. If you are new to timing, let the Chief Timer know so that they can be sure to brief you and help you as needed. On-the-job training is provided for timers.

Chief Timer

The Chief Timer is in charge of all timing and recording of race results for each race. It is the Chief Timer's responsibility to maintain the timer box, provide each line with the needed supplies/equipment (i.e. watches, pencils, clipboards, etc), and make sure that the timers in each lane provide an accurate record of each swimmer's race. Any issues with stopwatches or the time recorded on a timecard must be resolved with the Chief Timer prior to the conclusion of the meet. Training Available. Some experience required.

Table Workers

Table Workers perform a critical part of the swim meet by sorting timecards, verifying times, and preparing ribbons. Often the forgotten officials, table workers sit at a table often to the side of the deck and are responsible for the core administration function of the meet. They work closely with the Data Coordinators from both teams to manage all the information coming in from each event. The table workers include:

- Place recorders (1 per team) – raise discrepancies in the time cards with the Table Chief and Chief Timer, record disqualifications (DQs) when received from the Referee, determine the order of finish for each race and write it on the time cards, check for any team or NVSL records and mark the time card appropriately.

- Verifiers (1 per team) – verify each swimmers' names, times, place or disqualification status. Note any new NVSL or team record on the printed verification sheet for the Announcer.

- Award Clerks (1 per team) – select and label ribbons for each event.

- Table Chief (1 per meet) – sets up the table area, provides and manages the "table box" of supplies and helps keep the flow of the table going with the table workers throughout the meet. Responsible for reconciling any issues with the time cards and validating all information is properly recorded for the meet.

On-the-job training is provided, but some experience is preferred for NVSL Meet Table Workers. Experience is required for the Table Chief.

Meet Announcer

The announcer is responsible for announcing each event, and at NVSL meets, the swimmer as well as providing updates on event results and team scores. The announcer helps to set up the sound system prior to the meet, updates and reviews the script for the meet, makes pre-meet and post-meet announcements, and helps take down the sound system after the meet. This important role requires coordination with the Team Reps, the Meet Referee and the Table Chief as well as an understanding of how meets are run. Public speaking skills are a must. Some experience preferred, but on-the-job training available.

Meet Officials

Each meet requires a set of certified officials to run the meet and to make sure that all of the requisite rules and regulations are followed. The following is a description of each of the NVSL certified officials:

Stroke & Turn Judges (4/meet)

Are you interested in a quiet, front row spot to watch swim meets? Are you someone who cares about the rules? Do you want to better understand the requirements for each stroke and the mechanics of starts and turns? To be a stroke and turn judge you must know the rules for each of the strokes and apply them fairly and consistently. All it takes is a two-hour NVSL sponsored clinic to become a certified Stroke & Turn Judge followed by on-the-job training. Training Certification & On-the-job training required.

Starter (1/meet)

The Starter is responsible for announcing each event and signal the start of each race. The Starter works with the Referee to make sure that the swimmers are properly set and that there is a fair start to each race. The Starter is also responsible for setting up the starter and testing it prior to each meet. Prior experience as a Stroke & Turn Judge required. Certification & On-the job training as a Starter required..

Referee (1/meet)

The Referee's principal function is to ensure that the meet is properly conducted, the rules are properly enforced, and, to the maximum extent possible, that the swimmers have uniformly fair competitive conditions. The Referee has full authority over all officials as well as the timing and progression of the meet. In addition, the Referee is responsible for deciding and settling any questions that arise during the meet. Prior experience as a Stroke & Turn Judge and Starter required. Certification & On-the job training as a Referee required. Must wear a white shirt and blue shorts/skirt.

If you would like to volunteer as an official (stroke & turn, starter, or referee), please contact either the team reps or the volunteer coordinator. NVSL hosts a number of training sessions at the beginning of each season dedicated to different roles. More information can be found through mynvsl.com or by reaching out to the team reps or volunteer coordinator.

Pinecrest Swim Team is a “team” sport and includes parents as well as swimmers and divers. Your support and involvement with the team is critical for the operation of the team. We need 100% participation from all parents to make the team run well, distribute the workload fairly, and last, but certainly not least, have fun!

Event Volunteers & Other

End of Year Banquet Coordinator

End of Year Awards Coordinator

Trophies and other awards are presented at the end of season banquet. The Awards Coordinator works with our Team Reps and Coaches to coordinate all such awards. The Awards Coordinator also manages the collection of donations from families and the purchasing of coach gifts at the end of the season.

Senior Recognition Coordinator

Plans and purchases gifts for our graduating Dolphin seniors. Coordinates senior recognition gifts and plans Senior Day (usually last Saturday home meet) with Team Reps and announcer.

Picture Day Coordinator

The Picture Day Coordinator(s) organize our annual swim and dive picture day. The Picture Day Coordinator(s) work with the team reps to circulate information about picture day and assist in the “cat herding” day of.

Team Photographer

The team photographer takes action shots of swimmers during meets and team events and shares a collection of photos with the team. At the end of the season, the team photographer puts together a photo slide show for the banquet.

Team Website Manager

The Swim Team website on GoMotion/TeamUnify houses information for families about the swim team including calendars, meet information, links to the Spirit Wear store, coach information, FAQs, etc. The Swim Team Website Manager is responsible for posting this information and keeping the website up to date.

PRACTICES

Practices are held Monday through Friday starting the Tuesday after Memorial Day and generally end the Friday before the End of Season banquet. All swimmers will practice with their respective age groups regardless of skill level. Practice times are as follows:

SWIM PRACTICE SCHEDULE

After School			Morning	
13 & over	4:00 – 4:45 pm		9-10	8:00 – 8:45 am
9-12	4:45– 5:30 pm		11-12	8:45 – 9:30 am
			8&Under/PEE WEES	9:30-10:15 am
8 & Under	5:30 – 6:00 pm		13 & over	10:15 – 11:00 am

Practices are designed to improve strength, speed and technique. Drills are designed to help swimmers learn the individual strokes and improve their technique. Swimmers should pay attention during practice and practice proper technique in order to make the most improvement during the season. Specific stroke clinics are offered during the season and sign-ups are done via sign up genius. Information will also be provided each season for private lesson offerings.

Swimmers are encouraged to attend all practices. You do not need to notify the coach or team rep if you will miss practice, but if you are absent for a prolonged time due to vacation, camp, or illness, please email the team reps and ensure to update your meet availability accordingly.

Parents are allowed on the deck during practice times to socialize and observe. Please do not interrupt any coaches during practices as the coaches' full attention must be dedicated to the swimmers. If you need to communicate with a coach, email them and they will get in touch with you as soon as they can. Coaches are available to answer questions after the final practice each day. No one else (e.g. sibling) is allowed in the pool during morning practices due to insurance purposes. This includes the gated baby pool.

Remember - we are not childcare. Please don't leave children under 12 at the pool unsupervised before or after their scheduled practice time.

SWIM MEETS

The team competes in a practice Time Trials on a Saturday morning at the beginning of the season, five NVSL dual "A" Meets on Saturday mornings; four developmental "B" Meets on Monday evenings, as well as several specialty meets. Swimmers compete by gender in the following age groups; 8 & under, 9-10, 11-12, 13-14, 15-18. A swimmer's age is determined by the age they are as of June 1 of that swim season.

Please note any and ALL known absences by declaring yes or no on the website for any given swim meet. If plans change during the season please update your availability on the website and email the coaches about the change as soon as possible. Even if you believe that your child is not fast enough to qualify for an NVSL Meet or special meet, factors such as absences and/or illnesses may dictate who is available to swim. The coaches will only enter a swimmer if they know they are marked as available. If a swimmer becomes ill or is otherwise unavailable for a Saturday meet after the meet sheet is posted, please email the team reps at pinecrestswimteam@gmail.com ASAP so that a replacement can be arranged.

WHAT TO BRING TO THE MEETS - *PLEASE LABEL EVERYTHING WITH SWIMMER'S NAME!!*

- A tote bag or backpack
- Swimsuit – *easier to wear it*
- Swim cap
- 2 pairs of goggles
- 2 towels – *one to sit on and one to dry off*
- Cards and other "disposable" quiet amusement
- Ponytail holder/elastic – *for those with long hair*
- Team t-shirt
- Shorts
- Flip flops or sandals
- Camp chair
- Water or Gatorade
- Sunscreen & Bug spray

WHAT **NOT** TO BRING TO THE MEETS

- Electronics; cell phones, ipads, etc. Pinecrest is not responsible for lost items or theft.
- Toys with small or multiple parts; board games, beads, rubber band looms, etc.
- Anything glass

SPORTSMANSHIP

Swim meets are fun and exciting. One goal of the swim team is to instill good sportsmanship in all our swimmers and parents. The following are guidelines for both swimmers and parents.

For All Swimmers, Parents, Spectators, Coaches, Volunteers, etc.....

- Abide by the established rules of the NVSL.
- Respect all officials at all times and address them in a courteous manner.
- Avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, (including through social media), verbal or physical assault toward any athlete, coach, Team Representative, official, NVSL leadership representative, or spectator.
- Follow applicable management, pool, and facility rules, respecting others' property at all times.
- Display respect, courtesy, and good manners toward athletes, coaches, Team Representatives, and spectators.
- Demonstrate humility in victory and courtesy in defeat.

Swimmers

- Swimmers should stay in the water in their lane until all swimmers in their heat are finished.
- Shake hands with competitors.
- Say "thank you" to all volunteers.
- Cheer for teammates and encourage all swimmers from either team to do their best.
- Throw your trash away.
- Keep team and spectator areas clean at both Pinecrest and other host pools.
- Respect the rules of all host pools.
- Stay quiet at the start of each heat.
- Swimmers should be present for the duration of A Meets.
- Show your team spirit by cheering loudly for your teammates.
- Enjoy yourself and have fun!

Parents/Spectators

- Turn off all cell phones during the meet.
- Remember all officials are volunteers and are doing their best.
- Maintain an appropriate distance from the competition area by remaining in established viewing areas and shall not encroach the pool deck or interfere with any officials.
- Not engage in loud, intimidating, disrespectful, or negative behavior toward officials, athletes, other spectators, support personnel, or pool staff (including lifeguards).
- Enjoy yourself and have fun!

TIME TRIALS

This very important "mock" meet is held on a Saturday in mid-June prior to the first NVSL meet. This meet is used to establish time for seeding purposes as well as establishing a baseline to mark improvements over the season. Swimmers are allowed to swim all four strokes if they have shown the ability to swim legally in practice. Coaches will determine which swimmers are eligible to swim each stroke. It also serves as a practice for our officials and volunteers to be ready for the first meet of the season.

Swimmers who cannot attend Time Trials will NOT have a time for seeding purposes until they swim in another meet. Coaches may choose to use times from the prior summer season for selecting swimmers for the first NVSL meet only, but this is NOT guaranteed. ALL selections and seeding for the NVSL meets are at our coaches' discretion.

NVSL "A" MEETS

Five official NVSL scored dual meets, otherwise known as "A" meets are held on Saturday mornings. Each of the six teams in a division swims against each of the other five teams. These meets are scored and the results determine the division champion. The scores will also be used in determining the team's NVSL division for the following year.

All team members are encouraged to attend Saturday home meets to show their team spirit and cheer on their fellow Piranhas. After a Saturday meet, the team often goes to a restaurant for lunch or stays at the pool to eat lunch together.

SIGN UPS

For each week's Saturday meet, you **MUST** declare your availability on the website by the prior Tuesday at Noon. Regardless of your swimmers ability, if they are available for a Saturday meet, you should mark them as such. DO NOT assume that your swimmer will not swim in a Saturday meet. Vacation plans, camps, other sports, injury or illnesses are examples of why a swimmer may be placed in a Saturday meet.

EVENTS

A Meets have 50 events (38 individual and 12 relays) with just ONE heat per event per age group. Events are divided by age group and gender.

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	Freestyle Relay	Medley Relay
8 & under boys	25 M	25 M	25 M	25M	100 M	
8 & under girls	25 M	25 M	25 M	25M	100 M	
9-10 boys	50 M	50 M	50 M	25 M		100 M
9-10 girls	50 M	50 M	50 M	25 M		100 M
11-12 boys	50 M	50 M	50 M	50 M		100 M
11-12 girls	50 M	50 M	50 M	50 M		100 M
13-14 boys	50 M	50 M	50 M	50 M		100 M
13-14 girls	50 M	50 M	50 M	50 M		100 M
15-18 boys	50 M	50 M	50 M	50 M		200 M
15-18 girls	50 M	50 M	50 M	50 M		200 M
Mixed Age Boys					200 M	
Mixed Age Girls					200 M	

** Mixed age relays are swum in the following order: 11-12 yr old; 9-10 yr old; 13-14 yr old; and 15-18 yr old.*

SEEDING

Coaches select three swimmers to compete in each individual event and four swimmers for each relay. No swimmer can swim in more than two individual events and two relays. In general, the swimmers with the three fastest seed times in each event are chosen to swim that event. Seeding for Saturday meets is driven by the need to maximize team points. Occasionally, the team may even require a swimmer to swim above his/her age group (see "Swim Ups" below).

The selected swimmers are usually announced at Thursday practices for the upcoming Saturday meet. Coaches seed the meet on Tuesday to use any improved times from any previous meets that season. Swimmer times from Time Trials are used for seeding the first NVSL "A" Meet of the season. If a developmental "B" meet has taken place prior to the first NVSL meet, those times will be considered as well. Coaches may choose to use times from the prior summer season for selecting swimmers for the first NVSL Meet only, but this is NOT guaranteed. Swimmers in year round swim programs may not submit their times for seeding purposes.

ATTENDANCE

A swimmer competing in a Saturday meet should not leave the meet even if they have completed swimming their assigned event. If you must leave early, please discuss this with the coaches before the meet. Due to illness or injury, a swimmer may be needed to swim an additional event later in the meet. All swimmers MUST be at the meet 30 minutes prior to the start of the meet. Coaches reserve the right to scratch any absent swimmer.

Generally, home NVSL meet arrival time is 7:45 AM. Warm-up begins at 8:00 AM. Meet begins at 9:00 AM and is over by 12:00 PM. Away NVSL meet arrival time will vary based on driving distance to the away pool. Swimmers will be asked to check in at Pinecrest before proceeding to the away pool. Warm-ups at away meets are typically at 8:25 AM. Any change in times, directions and additional information will be provided via email by Friday evening.

SCORING

Events are scored as follows: 1st place = 5 points; 2nd place = 3 points; 3rd place = 1 point. Relays = 5 points for the winning team only. In the event of a tie, the points are split between the swimmers.

To win a meet, a team must score a minimum of 201.5 points.

SWIM UPS

In some meets a swimmer may be asked to compete in a higher age group either to gain a competitive edge over the opposing team or to fill in a gap in the age group. Swimmers may "swim up" but never down in age group. Swim Ups are eligible for legal times and points. NVSL rules prohibit swim ups in Relay Carnival, mixed age relays, Divisionals and All-Stars.

It is Pinecrests policy to only use swim ups when there is either no other eligible swimmer in the age group to fill the spot *or* there is a competitive advantage to doing so. We will not consider swimming up a lower age group swimmer simply because they are faster than an eligible swimmer in that age group.

QUALIFICATION MEETS

DIVISIONAL RELAYS

This is a meet with only relays held at one of the NVSL division teams on a Wednesday evening in mid-July. All 17 divisions in the NVSL host a relay carnival on the same night. Each team may submit one relay (4 swimmers) per event. This is a scored meet with a winner and trophy presentation at the conclusion of the meet. Please ensure you have declared your swimmers availability as you would for any other meet.

RELAY CARNIVAL EVENTS

Age Group	Freestyle Relay	Medley Relay
8 & under boys	100 M	100 M
8 & under girls	100 M	100 M
9-10 boys	100 M	100 M
9-10 girls	100 M	100 M
11-12 boys	100 M	100 M
11-12 girls	100 M	100 M
13-14 boys	200 M	200 M
13-14 girls	200 M	200 M
15-18 boys	200 M	200 M
15-18 girls	200 M	200 M
Mixed Age Boys	200 M	--
Mixed Age Girls	200 M	--

** Mixed age relays are swum in the following order: 11-12 yr old; 9-10 yr old; 13-14 yr old; and 15-18 yr old.*

The Divisional Relay Carnival is scored: 1st place = 14, 2nd place = 10, 3rd place = 8, 4th place = 6, 5th place = 4, 6th place = 2

ALL STAR RELAYS

A week or two following the Division Relay Carnival, the top 18 relay teams in each event from all of the NVSL divisions are seeded to compete in the All-Star Relay Carnival. In the event a swimmer is unavailable, substitutions can be made so long as three of the original relay team remain. Please ensure you have declared your swimmers availability as you would for any other meet.

The All-Star Relay Carnival is scored: 1st place = 44, 2nd place = 38, 3rd place = 36, 4th place = 34, 5th place 32, 6th place = 30, 7th place = 28, 8th place = 26, 9th place = 24, 10th place = 20, 11th place = 16, 12th place = 14, 13th place = 12, 14th place = 10, 15th place = 8, 16th place = 6, 17th place = 4, 18th place = 2

DIVISIONALS

Divisionals is the only qualifying meet for All-Stars. Swimmers are encouraged to support their fellow Piranhas, however this meet is for the individual and is not scored for the team. This meet is typically the second to last Saturday in July. Each team is allowed to submit two swimmers per event. In cases where a team is not able to provide two swimmers, the division will go through a bid-in process based on fastest times as well as other criteria. Each swimmer may only compete in two events. Events include freestyle, backstroke, breaststroke, butterfly and IM. Medals are awarded to the top six finishers and ribbons for seventh to twelfth places. Each year the first stroke at Divisionals rotates. Please ensure you have declared your swimmers availability as you would for any other meet.

ALL STARS

The Saturday following Divisionals, the top 18 swimmers in each event from the entire NVSL, based solely on times swum at Divisionals, are seeded to compete in Individual All-Stars. In addition, there will be two alternates named. This seeding occurs the afternoon following Divisionals. The Team Reps will be notified that evening if any Pinecrest swimmers have qualified and will notify the individual families directly. If a swimmer qualifies for All-Stars but cannot compete, please let the Team Reps know as soon as possible. The NVSL will seed alternates based on scratch notifications received by team reps.

NWFL "B" MEETS

Each season, four Developmental Meets or "B" Meets are held on Monday evenings. These provide all swimmers the opportunity to swim competitively with other NVSL teams in a loosely formed North Western Fairfax League. Unlike NVSL Meets, these meets are NOT scored. Developmental meets provide the opportunity for swimmers who may not qualify for the Saturday meets to compete for times and ribbons and it gives an opportunity for those competing in the Saturday meets to swim other strokes.

SIGN UPS & ATTENDANCE

All swim team members are eligible to swim at the Monday meets, however you MUST declare on the website. Without declaration, your swimmer can't swim even if they show up at the meet. Please declare by 6 PM on the Saturday before the Monday meet. In addition, unlike Saturday meets, you are able to select the strokes you would like to swim. Please use the events selection screen to do this, DO NOT put your stroke selections in the notes. The coaches will review the stroke selections prior to Pinecrest submitting our swim roster. If the coaches do not feel a stroke selection is in the best interest of the swimmer, it will be switched or removed. 8 and under swimmers must have permission from the head or assistant coach to sign up for breaststroke, butterfly or IM prior to stroke selection. If you have questions regarding these choices, please ask any of the coaches.

Home Monday Night meet arrival time is 4:45PM. Warm-up begins at 5:00PM. Away Monday Night meet arrival time is 5:00PM. Swimmers go directly to the host pool and check in with a coach in the team area. Warm-ups usually begin at 5:25PM. Any change in times, directions and additional information will be provided via email by Sunday evening.

EVENTS

Developmental Meets consist of 54 events in freestyle, backstroke, breaststroke, butterfly and individual medley (IM). The IM is a 100-meter event composed of 25 meters of each of the four individual strokes in the order of butterfly, backstroke, breaststroke, freestyle.

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	IM
6 & under boys	25 M	25 M	25 M		
6 & under girls	25 M	25 M	25 M		
7-8 boys	25 M	25 M	25 M	25M	
7-8 girls	25 M	25 M	25 M	25M	
9-10 boys	50 M	50 M	50 M	25 M	100 M (10 &under)
9-10 girls	50 M	50 M	50 M	25 M	100 M

					(10 &under)
11-12 boys	50 M	50 M	50 M	50 M	100 M
11-12 girls	50 M	50 M	50 M	50 M	100 M
13-14 boys	50 M	50 M	50 M	50 M	100 M
13-14 girls	50 M	50 M	50 M	50 M	100 M
15-18 boys	50 M	50 M	50 M	50 M	100 M
15-18 girls	50 M	50 M	50 M	50 M	100 M

Events are often combined in the interest of time.

RULES & ELIGIBILITY

Every Developmental League establishes their own rules. The following are the eligibility rules adopted by the NWFL.

- If you did not swim the previous Saturday, you may swim any two events officially (eligible for ribbons) and an IM.
- If you swam in one individual event the previous Saturday, you may swim two events (other than your one Saturday stroke) officially (eligible for ribbons) and an IM.
- If you swam in two individual events the previous Saturday, you may swim one event (other than your two Saturday strokes) unofficially (your time counts, but ineligible for a ribbon), and an IM.

UNDERSTANDING HEATS

The Monday meets have multiple heats per event per age group depending on how many swimmers are signed up for a given event. There are no registration limits. For an event with over 6 swimmers, they will be divided into multiple heats. Heat seedings are done from slowest to fastest; i.e. in an event with four heats, swimmers with no time on record would swim first, then the slowest swimmers would swim in the second heat and the fastest swimmers would swim in the last. Heat winner ribbons are given to the fastest swimmer in each heat. All event times will be ranked together to determine the place standings. It is possible, therefore, to win or place in a heat, but not be an overall event winner or receive a place ribbon.
In addition, some events may be consolidated together. For an event with only two swimmers, they may be moved to swim with another age group or another gender in order to fill the lanes and speed the meet along. Only those swimming in the original event would be ranked together to determine the place standings.

DISQUALIFICATIONS (DQ)

The NVSL combines learning and having fun while competing. Disqualifications shall be governed by USA Swimming Rules and are strictly enforced in all meets. Disqualifications can occur for a mistake or early entry, stroke, turn or finish. Bad sportsmanship, misbehavior and other non-swim related infractions can also result in a DQ. When a DQ is recorded, the time is no longer official and will not be recorded. Disqualified swimmers will not be eligible for a ribbon in that event.

During NVSL meets, if a false start is detected before the starting signal is sounded, the offending swimmer will be removed from the race prior to it starting by the referee. If a false start occurs but the starting signal has sounded, the race will not be stopped. Instead the false starting swimmer(s) will be notified of their false start at the conclusion of the race. The use of a recall signal is now limited to a bad start (i.e. not all swimmers were ready) or for a safety reason. If the starter sounds the recall signal, no swimmer can be removed for a false start.

The DQ should be viewed as a learning experience and not as a penalty. Coaches will review DQ's after each meet and use them as an instructional tool.

Disqualification FAQ

For more information on disqualifications, please refer to the USA Swimming Rule book and the NVSL handbook.

NVSL Handbook
USA Swimming Rule Book

RIBBONS

For NVSL dual meets, official NVSL ribbons are awarded for first through sixth place. For NWFL developmental meets, standard ribbons are awarded for first through twelfth place. Personal Best ribbons may also be awarded to recognize a swimmer's best effort. Heat winner ribbons may be given out by the host pool after each heat. All ribbons will be placed in the family folders by FRIDAY of each week.

RECORDS

Pinecrest records can be achieved at any meet other than Time Trials. Records are posted with the swimmers name on our website and on the record board hanging at the pool. These records are for Pinecrest swimmers only and may be achieved at any official meet, home or away.

Pinecrest Records

NVSL records are listed on the NVSL website and in the current NVSL handbook. League records can only be achieved at an NVSL sanctioned meet.

NVSL Records

LOLLIPOP MEET

This meet is swum sometimes with our other B Meet teams and sometimes, if we have a large number of 8 and under swimmers, we hold the meet ourselves. Every 8 & under has the opportunity to swim at this meet, including any eligible PEE WEE Piranhas. After each race, participants are given a lollipop.

DIVE MEETS

INFO COMING SOON

EVENTS & SOCIAL

RED VS. BLUE

FUN DAYS, DONUT DAYS AND PANCAKE BREAKFASTS

PEP RALLYS
We encourage ALL our swimmers, divers, pee-wees and families to come and join us the Friday night before NVSL dual meets to hype up our team and have some fun! All Pep-Rallies will have a theme announced by Wednesday before. Come dressed to the nines and earn some points for your Red/Blue team.

Pep Rallys require parent volunteers and support to make happen. These positions do not count toward the required volunteer commitments.

TEAM PICTURES
Team and individual pictures are taken by a professional photographer one morning usually in mid-July. Swimmers are asked to wear the team suit, a plain navy suit or their team shirt for the group picture. Information will be provided prior with date, time and order details.

BAGEL RUN

FIELD DAY

PROGRESSIVE DINNER

END OF SEASON BANQUET
The end of year awards banquet is held in late July after the final practice. Everyone has fun at the traditional end-of-season picnic and awards ceremonies for all swimmers and divers, followed by the team video. This is a "bring your own dinner" picnic and a dessert to share. More information will be provided later in the swim team season.

AWARDS

Paper Plates
Participation Awards
High Point Award
Most Improved
Most Spirited
Most Coachable
Coach's Awards
Snoopy Award

WEATHER POLICY

Pinecrest practices, meets and most social activities will continue rain or shine.

Meets

- Bring raincoats and waterproof shoes - we run meets in the rain!! Meets will be paused only in the event of (1) heavy rain resulting in the lifeguards not being able to see the bottom of the pool and (2) thunderstorms.
- Please click HERE to review the NVSL weather procedure. To summarize - if the meet is halted due to a thunderstorm, immediately go to your car and remain there until you receive communication from a Team Rep with further instructions. DO NOT LEAVE THE MEET until you are told otherwise!
- NVSL (A) meets will be rescheduled. NWFL (B) mets will not be rescheduled.

Practice

- We will also run practice in the rain. Like meets, practice will be paused only in the event of (1) heavy rain resulting in the lifeguards not being able to see the bottom of the pool and (2) thunderstorms.
- Should we cancel practice due to weather, we will immediately notify parents via email. If cancellation occurs during an ongoing practice, all swimmers must leave the pool deck immediately. We suggest if storms are in the forecast that you make a contingency plan with other parents. A coach or team rep will remain at the pool until all swimmers and divers have been picked up. Should the swimmer or diver not be picked up by the end of the normal practice time, a $5 charge will be applied for each minute over.

Social

- Light rain will not deter us from having a bit of fun or celebrating our Piranha spirit!
- In the event of heavy rain, thunderstorms, or otherwise unsafe conditions, notifications of postponement or cancellation will be sent via email and posted to our website.
- If a social event has been postponed longer than one hour from the original start time, it will be canceled.
- Due to the limited amount of time and fast pace of summer swim and dive, social events will not be rescheduled.

MEDICAL POLICY

1. Medical Waiver Form

All applicants who wish to join the swim and dive team(s) must complete a Medical Waiver Form as a part of their registration process. On this form, applicants will be required to declare whether they have any medical conditions that may affect their ability to participate in swimming and diving activities.

2. Parental Approval for Under 18 Members

For any disclosed medical conditions by team members who are under the age of 18, parental approval must be obtained before the swimmer/diver can join the team and participate in any activities.

3. Confidentiality

The confidentiality of swimmers/divers with medical conditions is of utmost importance. Their names and specific medical conditions shall not be disclosed during any relevant discussions between swim team representatives, coaches, board members, or any other individuals involved in the management of the team.

4. Notification to Opposing Teams

If it has been determined, either through discussion with the swimmer's/diver's parent(s) or based on a prior incident, that a medical condition could potentially impact the running of a swim or dive meet, it is the responsibility of the swim or dive team representatives to notify the opposing team representatives. However, the notification should not disclose the individual's name but should be made to ensure that the opposing team is aware of the situation so that they can be prepared in case an incident occurs. This notification is meant to provide information that can help officials or lifeguards respond effectively if necessary.

5. Return to Activity Notification

In the event of an undocumented medical event occurring during a swim or dive function, the athlete involved will be immediately removed from the activity, and their parents/guardians will be promptly notified. The athlete shall not be allowed to return to activity until they have been cleared by a licensed healthcare provider authorized to approve their return. This policy is in place to prioritize the safety and well-being of all team members.

By participating in the swim and dive team, all members, parents, and guardians acknowledge and agree to abide by this medical policy. This policy aims to ensure the safety and inclusivity of all team members, while also maintaining the privacy of individuals with medical conditions.

COMMUNICATION

Communication between coaches, swimmers and parents is an important part of a successful swim season. Information is available via websites, emails, the swim team bulletin board and family mailboxes. Email is the preferred way. With a team of 150 swimmers, it is often difficult to recall if a parent said something in passing especially with regard to absences.

Time Postings
DQ Notifications

Absences
Please declare all known absences on the website under the Events section. All meets are important to the swim team and individual swimmers. Saturday A Meets are competitive and are a team event. Swimmer placement is critical and can affect the outcome of a meet. A single swimmer can make the difference between a win and a loss. As the NVSL has very specific rules dealing with swimmer substitutions, coaches must know about all absences. If your child becomes ill on Friday or Saturday morning, please email the team reps as early as possible.

Team Website

Emails
Please ensure that you list at least one email on your registration form. Team Reps make every effort to send out weekly emails with up to the minute information. They also send out emails as soon as possible with any cancellations due to inclement weather.

Swim Team Bulletin Board
Please check the swim team bulletin board for information updates several times each week. General information and weekly volunteer assignments are posted on the bulletin board.

Mailboxes
Each family has a mailbox folder under the team bulletin board. Ribbons and flyers are filed in these folders.

NVSL Handbook
An NVSL Handbook will be provided to any member who completes officials training (stroke & turn, starter, referee, dive officials, etc.) from the Team Reps. This handbook contains rules and background information governing meets and NVSL procedures. The handbook is also available for all to view in .pdf format on www.mynvsl.com

Coaches
Coaches may make announcements between practices, such as the arrival time for swim meets. Please do not approach the coaches during swim practices. They need to focus their attention on the swimmers. Please address any questions to the team reps. either in person or via email.

MISCONDUCT

The Swim Team Coaches and Team Representatives reserve the right to recommend expulsion from the Swim Team based on misconduct. Misconduct includes but is not limited to un-sportsmanlike behavior, threats to the safety of team members, coaches, volunteers or officials, and unethical conduct.

In case of misconduct, the following steps will be taken:

- Details of the misconduct will be discussed with the Board Swim and Dive Team Representative.
- The Board Swim and Dive Team Representative will take the matter to the Board for a vote on expulsion.

The decision to expel a member from the Swim Team will be made by a majority vote of the Board members.

By participating in any of the Piranhas programs, swimmers and divers, as well as their parents or guardians, agree to adhere to the stated requirements and misconduct policy.

HELPFUL LINKS