



Curtis Park Swim Team

Handbook

2026

Curtis Park Seahawks Website

www.curtisparkswim.org

Meet Management System

<https://cpst.swimtopia.com>

Rappahannock Swim League Website

<https://rsl.swimtopia.com/>

Contact the CPST Board:

info@curtisarkswim.org

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WELCOME TO THE CURTIS PARK SEAHAWKS SWIM TEAM!

Curtis Park Seahawks Summer Swim team participates in the Rappahannock Swim League (RSL) which is made up of 25 summer swim teams from the City of Fredericksburg and the counties of Stafford, Spotsylvania, King George, Caroline, and Orange, Virginia. We are glad to have you as part of our team and we look forward to a wonderful season!

The purpose of this handbook is to provide a basic reference for our swimmers and parents and to answer some of the more frequently asked questions.

A Board of Directors, who are volunteers, manages the Curtis Park SEAHAWK Swim Team. This Board represents the team within the County of Stafford, the RSL, hires coaches, and sets team policies. If you have any questions pertaining to these matters, please contact one of the Board members listed below.

2026 Board of Directors

President: Lia Silva

Vice President: Kim Kingman

Treasurer: Sara Matczak

Secretary: Valerie Hombach

Parent Volunteer Coordinator: Jessica Stewart

Sponsors: Danielle Plath

Inventory: Natasha Gearheart

Awards & Recognition: Augusta Lerch

RSL Representative: Shana Aberle

The 2026 Summer Schedule of Events

March 23 - **Registration for returning swim families** opens online

April 6 - **Registration for new swim families** opens online

June 1 - **Practice** begins in the evening at Curtis Park Pool

TBD - **Parent's Informational Meeting** at the pavilion on the hill by the pool

TBD - **Mock Meet** at Curtis Park, please all children and parents participate!

TBD - **Float Night**

TBD - **Team Photo**, Please wear your team T-shirt!

TBD - **Finals** at Curtis Park Pool or JRSSC

TBD - **Team Awards Banquet** at the pavilion on the hill by the pool.

Meet Schedule

Date	Opponent	Location	Home/Away
Jun 10, 2026	(Exhibition) Spotsylvania Dragons	5700 Smith Station Road, Fredericksburg, VA 22407	 Away
Jun 17, 2026	Fawn Lake Fliers	58 Jesse Curtis Ln, Fredericksburg, VA 22406	 Home
Jun 24, 2026	Massad Marlins	212 Butler Rd, Falmouth, VA 22405	 Away
Jul 1, 2026	Fox Point Fintastics	6123 Blackstone Blvd, Fredericksburg, VA 22407	 Away
Jul 8, 2026	Woodland Wahoos	58 Jesse Curtis Ln, Fredericksburg, VA 22406	 Home
Jul 13, 2026	Spotswood Sea Serpents	58 Jesse Curtis Ln, Fredericksburg, VA 22406	 Home
July 24, 25, or 26 TBD	Battlefield Finals	1600 Mine Rd, Stafford, VA 22554	@ JRSSC

2026 Coaching Staff

Head Coach: Andy Fiore

Assistant Head Coach: Savannah Corey

Senior Coaches: TBD

Junior Coaches: TBD

Coaches in Training: TBD

Registration

Registration for the Curtis Park Swim Team is online at our website, cpst.swimtopia.com.

Returning swimmer families will have priority registration starting **March 23**. You will receive an email with a link for priority registration.

New Swimmer Registration will begin **April 6**

Registration Fees:

\$220 First Swimmer

\$150 Each Additional Swimmer

\$20 Non-refundable RSL Fee Per Swimmer

All registration fees need to be paid at the time of registration. There are no added service fees.

You have the option of adding a swim cap for \$10 or an additional T-shirt for \$20 for a family member at registration!

Try-outs / Safety Assessment

Safety Assessments for new swimmers will be held at Curtis Park during the first week of practice during practice hours from 9:00 am – 12:00 pm. Each new swimmer must be able to swim one length of the pool unassisted, using any stroke. Coaches will notify swimmers following the safety assessment as to whether or not they have made the team. The safety assessment may be attempted twice per practice during the first week of practice. Once the swimmer has completed the assessment they will be asked to join their age group to begin practice. Please complete the assessment/tryout during your age group practice time slot. Coaches will be placed along the swim lane to encourage swimmers and assist if needed.

Practice

All practices will be held at the Mark Lenzi Pool in Curtis Park.

The Mark Lenzi Pool at Curtis Park opens to the public each year on Memorial Day Weekend. This season Curtis Park Swim Team will begin practice the first week that Stafford County is out of school, beginning June 1.

Morning Practice (Monday-Friday)

9:00 - 10:00 AM: *Ages 13 - 14 and ages 15 - 18*

10:00 - 11:00 AM: *Ages 9 - 10 and Ages 11 - 12*

11:00 AM- 12:00 PM: *Ages 7 - 8*

11:00 - 11:30 AM: *Ages 6 and under*

Evening Practices/Stroke Clinic (Tuesday & Thursday)

6:00 - 6:30 PM: *Ages 6 and under*

6:00 - 7:00 PM: *Ages 7 - 10*

7:00 - 8:00 PM: *Ages 11 and over*

Your child is not required to be at all practices, but the more time you spend in the pool, the better your child will swim!

Parents are **not allowed** on the pool deck during practices. If you need to talk to the coaches or CPST Board, you can catch us before or after practice.

If your child is not feeling well, please keep them home!

Swimsuits & Team Gear

The official team swimsuit changes every two years. Purchasing a team suit is NOT required, but is encouraged to build team unity. You can purchase your swimsuit online at <http://www.swimoutlet.com/curtisparkseahawks>.

In addition to swimsuits, Curtis Park Swim Team offers team swim caps, with the Seahawks logo, for sale during registration, practices, or at-home meets.

Each swimmer will receive a free team t-shirt with their registration. Additional t-shirts may be available for purchase. Other team gear is available at the swimoutlet site.

Parent Participation

This sport requires parents to be participants, not just spectators!

In order for our meets to run smoothly, we need at least one parent from each family to work a minimum of four meets (untrained positions, or 3 meets in a trained position) during the regular season and to help with the finals, if their swimmer is selected to swim in finals.

It takes around 60 Curtis Park parents to run a Home Meet and 40 for an Away Meet.

There are many volunteer positions that can be learned "on the job" and "The Mock Meet/Time Trials" gives us the opportunity to train new parents for many of these duties. Some duties require a few hours of formal training provided by the RSL. (Dates and locations for training will be posted on Facebook, Home page and Events).

There are 2 Volunteer sessions at each meet

One session worked = one volunteer requirement. If you work two sessions in one meet you will fulfill two volunteer requirements!

The first session starts at the beginning of the meet and ends after the Butterfly events. Then the second session begins after the Butterfly events and goes to the end of the meet. The actual time that this change takes place varies, there will be an announcement that this change is taking place. Please note that the timing for some positions does vary slightly, for example, set-up or take down require arriving early or staying late. If you have questions about positions that may overlap or conflict, please reach out to the Volunteer Coordinator.

Check in with the Volunteer Coordinator as soon as possible when you arrive at the

meet! You will get a name tag with your position printed on it.

There is also a meeting before the meet for most volunteer positions. Listen for an announcement for the meeting you need to attend.

Parent Meet Volunteer Positions

Trained Positions

The RSL (Rappahannock Swim League) determines how and when training occurs. Please check with their training page on their [website](#) for the most current information on training for a trained position.

Referee - The referee is an experienced official that authenticates disqualifications and determines if a heat is ready to begin for home meets. The Home Team provides the Referee. In-person training is required for Referees.

Starter - The starter announces and signals the start of each race for home meets. The Home Team provides the starter.

Stroke & Turn - The Stroke and Turn Judge observes the swimmers during each heat/event to ensure their strokes and turns are legal according to USA swimming rules. Volunteers from both teams work each meet.

(Head Scorekeeper, Clerk of Course, and Head Timer training will be Combined into one session – will be certified for all 3 positions)

Clerk of Course - The Clerk of Course assembles and organizes all the swimmers into their correct lane/heat and distributes deck cards to each swimmer for home and away meets.

Head Scorekeeper - The Scorekeeper reviews the 3 times entered by the timers for each swimmer to determine the median time. Scorekeepers from each team are needed for home and away meets.

Head Timer - The Head Timer instructs all timers and distributes stopwatches. They are responsible for starting two extra stopwatches for each race to be traded to lane timers in the event they didn't get an accurate start. They also substitute for timers who need to use the restroom or help secure a replacement if a timer needs to leave.

Data Entry (Computer Operator) - For Data Entry, the Computer Operator enters the

swimmers official times into the computer and produces scoring reports for the RSL. Data Entry Volunteers are needed from both teams at home and away meets. At least ONE computer operator per team MUST be Head Scorekeeper Trained.

Untrained Positions

Set Up/Take Down - We need several people to help set up the home meets and then put everything away. Set up involves arriving early to the home meet, setting up tables, speakers, ropes, benches, etc. Take Down requires the volunteer to stay until the end of the meet to help put everything back in the shed. This is only for Home Meets.

Timer - We need many timers at both home and away meets. There are three timers for each lane (a mix of volunteers from both teams). You will each have a stopwatch and one clipboard per lane to record the three times for each swimmer. You will be required to attend a timer meeting at the beginning of each meet.

Clerk of Course Assistant - As Clerk of Course Assistant, you will help the Clerk of Course organize swimmers into the correct lanes for each heat and direct the swimmers to the correct pool lanes. This helps the meet move along quickly and efficiently. Clerk of Course Assistants are needed at both home and away meets.

Concessions - At home meets our team provides simple concessions. As a concessions volunteer you will help set up the concessions table, set up food, and put drinks in coolers. You will sell the food and drinks and work with the treasurer who brings the cash box. We only accept cash. We sell pizza, chick-fil-a sandwiches, prepackaged snacks, and candy as well as gatorade, sodas, and water bottles. We only have concessions volunteers at home meets.

Announcer - As announcer at home meets you will sit at a table with a microphone and speakers. You will help get the meet started, play music, announce which events should report to the Clerk of Course, and make any other requested announcements. This is only needed for home meets.

Ribbons - Ribbons Volunteers are only needed for the second shift of the meet and will be required to stay until all of the ribbons are assigned. They organize and assign the winner ribbons for each event. The ribbons are then given to each team to distribute the next day. Ribbons Volunteers are needed at both home and away meets.

Runners - Runner Volunteers pick up completed heat sheets from the timers and take them to the scorers. Runners are only needed at home meets.

Heat Winner Ribbons - Heat Winner Ribbons Volunteers are given a stack of Heat Winner Ribbons to distribute during their shift. They watch the ending of each heat and give the fastest swimmer a ribbon as they exit the pool. Heat Winner Ribbon Volunteers are only needed at home meets.

Water to Volunteers - The "Water to Volunteers" volunteer will take cold water bottles from the coolers at concessions and pass them out to parents who are currently volunteering that shift. Let the Concession volunteers know that you are the water volunteer! The summer meets can be very hot and cold water is much appreciated. Using a bag, stroller, smaller cooler on wheels, or a wagon to take the water bottles around is helpful! Water Volunteers are only needed at home meets.

MOCK MEET / TIME TRIALS

The Mock Meet / Time Trials is a "practice meet" with only our team. It is an opportunity for swimmers & parents to get a feel for how a meet will run. It takes place during practice, 6 - 8 pm, prior to the first dual meet of the season.

Parents will receive a brief overview of their volunteer positions. Be prepared for it to run like a normal meet, however, the kids will ONLY swim a 25 meter freestyle.

All parents and swimmers should attend! Set-up for the Mock Meet begins at 5:45 pm and the Mock Meet begins at 6 pm.

SWIM MEETS / WHAT TO EXPECT

The Dual Meets (meets where we swim against another team) are usually held on Wednesday nights; there are occasional exceptions where a meet will be on a different day in order to work around holidays or in consideration of being prepared for Finals. We have 6 dual-meets each season. 3 at Curtis Park (home meets) and 3 at our competitor's pool (away meets).

The meet begins at 6 pm but a 20-minute warm-up for each team will precede each meet, with the host team swimming first. You'll need to arrive around 4:45 pm for Home meets and 5 pm for Away meets. Plan on extra time to find a parking spot, get set up at the pool, and check-in for your parent volunteer assignment. If you miss the warm-up time, your child will not be able to warm-up before their events.

After both teams have warmed up, the meet is started by the singing of the National Anthem. When the announcer calls your child's event number over the loudspeaker, he/she should immediately report to the "Clerk of Course."

All swimmers who plan to participate in a swim meet will need to sign up for the meet by the Thursday before the meet. The swimmers will need to sign up for each meet they plan on attending. This will give the coaches time to assign the events to all swimmers participating. The coaches choose the events for the swimmers based on ability as well as the desire to give all swimmers opportunities to compete and improve.

You will sign up your swimmer on our website, cpst.swimtopia.com or in the SwimTopia App.

All meets held at Curtis Park are usually over by 10:30 pm. Meets held at other pools may last as late as 11:30pm. If your children are not swimming in the later events, they do not need to stay until the end of the meet. But, if your child has been chosen to swim in the medley or graduated relays (always at the end of the meet), please be available. It is not fair to the other children in the relays to stay and then find out that someone has left and they cannot swim in the relay after all.

WHAT TO BRING TO A SWIM MEET

- Swimsuit
- Swim Cap (bring 2 in case one gets lost or broken)
- Goggles
- \$ for Concessions
- Towels (2 per swimmer)
- Sweatpants and sweatshirt
- T-shirt and shorts

- Permanent Marker (to write events on swimmer's hand/arm)
- Sunscreen and bug spray
- Cards, games, toys, etc.
- Water, sports drinks
- Food (healthy snacks)
- Sleeping bag and/or blanket
- Lawn chairs or camp chairs
- Tent canopy

Dual Meet Order of Events

Events 1–4

100 Meter Freestyle

1. Girls – Junior (12 & Under)
2. Boys – Junior (12 & Under)
3. Girls – Senior (13 & Over)
4. Boys – Senior (13 & Over)

Events 5–14

100 Meter Freestyle Relay

5. Girls – 8 & Under
6. Boys – 8 & Under
7. Girls – 9–10
8. Boys – 9–10
9. Girls – 11–12
10. Boys – 11–12
11. Girls – 13–14
12. Boys – 13–14
13. Women – 15–18
14. Men – 15–18

Events 15–26

Freestyle

- 15. Girls – 6 & Under – 25 Meter
 - 16. Boys – 6 & Under – 25 Meter
 - 17. Girls – 7–8 – 25 Meter
 - 18. Boys – 7–8 – 25 Meter
 - 19. Girls – 9–10 – 25 Meter
 - 20. Boys – 9–10 – 25 Meter
 - 21. Girls – 11–12 – 50 Meter
 - 22. Boys – 11–12 – 50 Meter
 - 23. Girls – 13–14 – 50 Meter
 - 24. Boys – 13–14 – 50 Meter
 - 25. Women – 15–18 – 50 Meter
 - 26. Men – 15–18 – 50 Meter
-

Events 27–36

Butterfly

- 27. Girls – 8 & Under – 25 Meter
 - 28. Boys – 8 & Under – 25 Meter
 - 29. Girls – 9–10 – 25 Meter
 - 30. Boys – 9–10 – 25 Meter
 - 31. Girls – 11–12 – 50 Meter
 - 32. Boys – 11–12 – 50 Meter
 - 33. Girls – 13–14 – 50 Meter
 - 34. Boys – 13–14 – 50 Meter
 - 35. Women – 15–18 – 50 Meter
 - 36. Men – 15–18 – 50 Meter
-

Events 37–48

Backstroke

- 37. Girls – 6 & Under – 25 Meter
- 38. Boys – 6 & Under – 25 Meter
- 39. Girls – 8 & Under – 25 Meter
- 40. Boys – 8 & Under – 25 Meter

- 41. Girls – 9–10 – 25 Meter
 - 42. Boys – 9–10 – 25 Meter
 - 43. Girls – 11–12 – 50 Meter
 - 44. Boys – 11–12 – 50 Meter
 - 45. Girls – 13–14 – 50 Meter
 - 46. Boys – 13–14 – 50 Meter
 - 47. Women – 15–18 – 50 Meter
 - 48. Men – 15–18 – 50 Meter
-

Events 49–58

Breaststroke

- 49. Girls – 8 & Under – 25 Meter
 - 50. Boys – 8 & Under – 25 Meter
 - 51. Girls – 9–10 – 25 Meter
 - 52. Boys – 9–10 – 25 Meter
 - 53. Girls – 11–12 – 50 Meter
 - 54. Boys – 11–12 – 50 Meter
 - 55. Girls – 13–14 – 50 Meter
 - 56. Boys – 13–14 – 50 Meter
 - 57. Women – 15–18 – 50 Meter
 - 58. Men – 15–18 – 50 Meter
-

Events 59–62

100 Meter Individual Medley

- 59. Girls – Junior (12 & Under)
 - 60. Boys – Junior (12 & Under)
 - 61. Girls – Senior (13 & Over)
 - 62. Boys – Senior (13 & Over)
-

Events 63–66

100 Meter Medley Relay

- 63. Girls – Junior (12 & Under)
- 64. Boys – Junior (12 & Under)
- 65. Girls – Senior (13 & Over)

66. Boys – Senior (13 & Over)

Events 67–68

Graduated 125 Meter Freestyle Relay (All Age Groups)

67. Girls

68. Boys

What Event Am I Swimming?

Your child's coach determines all meet entries. The event schedule will be posted the morning of the meet during practice. The event schedule is posted on the fence outside of the pool. Please look for your child's name and what event he/she will be swimming that night.

Your child's meet events will also be posted in the SwimTopia App once the meet entries are finalized. This may not be posted until right before the meet starts depending on when both teams finalize the entries.

What's My Time?

At the end of each race, when the swimmer exits the pool, they may ask for their time from the timer or recorder for their unofficial time. The swimmer can find out what their official time is once the results are posted for that particular event. The postings (which include their names, times, and event placing) will be on the wall next to the concessions area. After each meet, swimmers' times will be posted in the SwimTopia App. If you pay the small fee for the Mobile SwimTopia App you will also see your child's times posted as soon as they are entered.

Disqualification (DQ)

The RSL complies with USA Swimming rules with three exceptions listed below.

- The RSL follows the Virginia Highschool League's Standards for the backstroke turn.
- The RSL allows for 1 false start. A swimmer is not disqualified until they have two false starts in the same race.
- In water starts for Relays are judged on the swimmer maintaining contact with the wall with their hand.

To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience. During competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke and Turn Official will raise his/her hand, complete a disqualification (DQ) slip, and present it to the referee for approval. A swimmer is not disqualified until the referee accepts the report and certifies the disqualification. Officials will try to reach the swimmer to explain the reason he/she has been disqualified, but it is not always possible. Being disqualified is not the end of the world; it is a learning experience and not a failure. Almost all swimmers have been DQ'd at some point in time. Swimmers should discuss the DQ with their coaches after the race to help correct the mistake for next time.

Scoring

Points are awarded as follows:

8.3. For all individual events, teams may receive points for 1st through 5th places for that event.

8.3.1 A team may only be awarded a maximum of 13 points in any one individual event.

8.3.2 A team may only be awarded a maximum of 12 points in any one relay event.

8.4. Points will be awarded as follows:

8.4.1. Individual events:

8.4.1.1. First place - 6 points

8.4.1.2. Second place - 4 points

8.4.1.3. Third place - 3 points

8.4.1.4. Fourth place - 2 points

8.4.1.5. Fifth place - 1 point

8.4.1.6 All other places - no points awarded

8.4.2. Relay events:

8.4.2.1. First place - 8 points

8.4.2.2. Second place - 4 points

8.4.2.3. Third place - 2 points

8.4.2.4. All other places - no points awarded

8.5. Dual meet competitor awards.

8.5.1. Awards will be given to all competitors who finish in 1st - 6th place per individual event.

8.5.2. Awards will be given to all competitors on the 1st, 2nd and 3rd place relay teams per relay event.

Entry Limitations for Dual Meets

7.4.1. Each Team may enter the following number of Competitors per event:

7.4.1.1. Unlimited competitors in 25 and 50 Freestyle events.

7.4.1.2. For individual age group strokes (butterfly, backstroke, breaststroke) and junior and senior individual events, 6 swimmers may be entered per event.

7.4.1.3. Two relay teams per event.

7.4.1.4 Coaches are responsible for confirming the correct number of entries in each event.

7.4.1.4.1 Upon review, up to 72 hours after the conclusion of the meet, if it is determined that event entry limitations were exceeded, a protest may be filed with the league.

7.4.1.4.1.1 First offense, all swimmers entered into that event from the offending team will be marked as exhibition.

7.4.1.4.1.2 Any additional offenses, all swimmers entered into that event from the offending team shall be disqualified.

Relays

Members of the relay teams are determined by the coaches. Please check the event schedule (located on the pool gate) to see if your child has been selected for a medley

and/or freestyle relay.

Look for the relay boards, usually placed by the diving boards at Curtis Park Pool. These boards list the swimmers' names for each relay. This is also the gathering place for relay teams prior to relay events. If your child is on a relay team, they should check in with their coach to know when to start gathering to prepare for the relay events.

If your swimmer is entered into the graduated or medley relays these are the final events of the night. Please do not leave early. If you feel you cannot stay for one of these relays, please let the Head Coach know immediately. We try to give swimmers as many opportunities to build their skills as possible and many swimmers find these relays to be the most exciting races of the night. The younger swimmers learn a lot and truly enjoy swimming on the same team as some of the older swimmers!