2026 Brookdale Buccaneers
Parent Handbook

Website:
BucsSwimTeam.com

Facebook:
facebook.com/BrookdaleBucsSwimTeam

Instagram:

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Mission Statement

The mission of the Brookdale Buccaneers swim team is to provide its young members with an opportunity to participate in the Naperville Swim Conference summer team program and to do so in a manner that:

- Commits to a structured, fun-oriented program
- Provides opportunities for swimmers to develop to their fullest potential
- Encourages team spirit, open communication and sportsmanship
- Develops self-esteem through the accomplishment of individual goals
- Allows for a safe, healthy and memorable swim club experience
- Fosters a life-long love for the sport of swimming

Bucs Swim Team Parent Board

For more information or questions, please email the Bucs Swim Team at parentboard@bucsswimteam.com.

Katie Tucker, President (630) 730-5373
Katherine.Tucker@nm.org

Ryan Riccitelli, Vice President (630) 940-7888
ryan12riccitelli21@gmail.com

Rachael Paul-Heinz, Secretary (309) 219-4138
RachaelMPaul@gmail.com

Beth Martinson, Treasurer (630) 957-7902
abmartinson@yahoo.com

Justin Tarnoff, NSC Rep (630) 392-6384
justin.tarnoff@gmail.com

Carrie Cole, NSC Rep (312) 593-1669
CarrieCole@gmail.com

Rebecca Lintow, New Family Liaison (815) 483-1092
Lintow@comcast.net

The Brookdale Bucs Parent Board is a sub-committee of the Brookdale Racquet Club. Please visit www.brookdaleracquetclub.com for more information.

Bucs Coaching Staff

The Brookdale Bucs Parent Board is thrilled to welcome Alex Gidlow as our 2026 Brookdale Bucs Head Coach. Alex brings extensive experience as both a swimmer and coach, with a strong connection to the local swimming community. He swam competitively with Oakhurst North Torpedoes, Maverick Swim Club, Metea Valley High School and the University of Wisconsin-Whitewater. His accomplishments include being a three-time IHSA State Qualifier, earning All-State honors, and becoming a WIAC Conference Champion. He also remains a team record holder at UW-Whitewater.

Alex holds a Bachelor's degree in Education from UW-Whitewater and is currently in his eighth year at Metea Valley High School as an Aquatics Assistant, Substitute Teacher and Assistant Coach for the Boys Swim Team. He has also served as Assistant Coach for the Girls Swim Team, Head Coach for the Boys Water Polo Team and has coached with Maverick Swim Club for eight years. Additionally, Alex has spent 14 summers with the Oakhurst North coaching staff, including the last 10 as Head Coach.

Alex is passionate about building connections and helping swimmers grow, both in and out of the water, and is excited to be part of the Brookdale Bucs community.

Visit the Coaches page on our website at bucsswimteam.com to view our 2026 coaching staff!

Eligibility

Safety & Proof of Proficiency

Swim team is not intended to replace swimming lessons. It's about improving your swimming abilities in a fun, but competitive environment. To ensure the safety of all swimmers during swim practices and meets, new Bucs swimmers must meet the following minimum requirements:

- 6-and-under swimmers are required to swim freestyle and backstroke across the diving well or shallow end (12.5 yards) without touching the bottom of the pool by time trials.

- 7-and-over swimmers required to swim 25 yards of freestyle and backstroke without stopping, touching the bottom of the pool, or grabbing the lane line by time trials.

New swimmers in the 2026 season must submit paperwork/certificate from a Learn to Swim program asserting that your swimmer meets the minimum requirements or has completed the levels stated below. Please email your proof of proficiency certificate/paperwork to parentboard@bucsswimteam.com by May 26, 2026.

If your swimmer doesn't have a proof of proficiency
During the first week of practices (May 26-29), age-group coaches will work with any swimmer close to eligibility or with special needs. If there are any safety concerns, the Head Coach will discuss that with the parent/guardian.

Should the Head Coach determine that a swimmer cannot meet the minimum safety requirements, they will be removed from the roster for the season and refunded their full registration fee.

Learn to Swim School / Organization	6 years and under minimum requirements	7+ years minimum requirements
Brookdale Racquet Club Swim Lessons	Level 3	Level 3
LifeTime Fitness Swim Lessons	Level 301	Level 301
Bear Paddle	Fundamentals of Swimming	Swim for Life
DuPage Swim Center	Blue Level 2	Green Level
Goldfish Swim School	Glider	Pro
Labs	Race Ready	Race Ready 2
YMCA	Level 5: Stroke Development	Level 6: Stroke Mechanics
Non-Competitive (Cardinal) or	Member	Member

Competitive Swim Team (Mav, FOX, Bullets, etc.)		

Other Eligibility Requirements

The swimmer age-group cutoff date of May 31, 2026, will be strongly enforced. All swimmers are required to compete during meets in their actual age groups.

For a swimmer who would like to attend practices with an older age group, the parent must submit a formal request to the Bucs Swim Parent Board for consideration. The swimmer must demonstrate to the Head Coach that they have the swimming ability to practice with an older age group. If the request is approved by the Head Coach and Bucs Parent Board, the swimmer will be expected to practice in the approved age group.

The Head Coach may make recommendations for a swimmer to practice with an older age group. Recommendations will be decided by the Bucs Parent Board along with the swimmer's parent/guardian.

2026 Registration Fees

$215 per swimmer	BRC Member
$300 per swimmer	Non-BRC Member residing within the Naperville Park District boundaries
$380 per swimmer	Non-BRC Member residing outside the Naperville Park District boundaries

- PLUS -

$60 per family	Activity Fee

Registrations submitted after April 26, 2026, will incur an additional fee of $40 per swimmer. Brookdale Bucs' team registration closes on June 6, 2026.

The registration and activity fees cover coaches' wages, equipment, insurance, awards, ribbons, team parties, Naperville Swim Conference dues and allocated costs, as well as invitational and championship meet fees.

Registration & Activity Fee Payment Deadline

Full payment of the registration and activity fees is due by midnight on April 26, 2026. A $40 late fee will be applied to any payments received after this date. Families with outstanding registration, activity fees, job fees, or returned check charges will not be permitted to participate in practices, meets or team events. If your family is facing a unique financial situation, please reach out to the Bucs Parent Board to discuss a payment plan that will allow your family to continue participating.

Refund Policies

- A full refund of the registration fee (minus the activity fee and any applicable processing fees) will be given for a swimmer if a written request to withdraw from the swim team is received before Time Trials.
- A 50% refund of the fee (minus team T-shirt fee, the activity fee and any applicable processing fees) will be given for a swimmer if a written request is received before the first dual meet.
- No refunds will be given when withdrawing from the swim team after the first scheduled dual meet.

Payments

All Brookdale Bucs families are required to have a valid credit card on file on our team website. A Visa, Mastercard or Discover card must be provided at the time of registration. Please ensure that the card is not expired. Your registration will not be approved by the team without a valid credit card on file.

Credit cards will automatically be charged for fees including, but not limited to:

- Swimmer registration fees, activity fees, stroke clinic fees, Secret T-shirt orders, tie-dye shirt orders, Bucs plaque/hang tag orders, parking sponsor fees, and end-of-season celebration fee
- A $80 fee per unfilled dual meet job will be charged to your credit card (see "Dual Meet Job Requirements" on Page 13)
- A no-show fee for parent job, per occurrence (see "No-Show Policy for Parent Jobs" on Page 14)

All credit card transactions will include a transaction fee of 2.95% + $0.30, which will appear as a "Recoupment Fee" on your credit card statement."

Check payments (only when available)

- When check payment is an available option, check payment must be received by the Brookdale Buccaneers Swim Team by the stated deadline.
- Please make checks payable to “Brookdale Buccaneers Swim Team” and drop them off with our Bucs Treasurer, Beth Martinson, at 1617 Whitley Road, Naperville.
- A $40 fee applies for a returned check.
- Be sure to include the swimmer's name(s) in the check memo.

Payment Methods

	CREDIT CARD	CHECK	CASH	ZELLE	ONSITE
Registration and activity fees	✔	✔	✔	✔	
Stroke Clinic	✔				
Music Bingo Team Fundraiser	✔				✔
Awards/hangtags, parking sponsors, and any other team fees	✔				
Parent Job No-Show Fee	✔				

- Credit card payments are processed and posted immediately upon receipt.
- Registration payments made by cash, check or Zelle will be processed and posted by May 3, 2026.
- **For Zelle payments, please use the following address: parentboard@bucsswimteam.com**

Team Uniform

In the 2026 season, the following will be mandatory at all swim meets:

- Bucs team suit (TYR Hexa in black/blue)
- Bucs team cap or a blue or yellow cap that matches the Bucs team colors may also be worn with no other team logos. (Only if your swimmer wears a swim cap.)

A swimmer will not be allowed to compete in a meet without the required team suit and appropriate cap (if worn).

Each swimmer will receive one latex Bucs swim cap. Additional cap orders can be placed through the Brookdale Bucs online store for personalized or plain, latex or silicone caps.

Suit Fitting & Online Store

The Brookdale Bucs will hold a suit fitting on Wednesday, April 8, 2026 from 6:00-7:30pm at River Glen Church, 1140 Raymond Road, Naperville. Suits in adult and kid sizes will be available to try on.

The Brookdale Bucs online store will be open from February 14 - April 19 for ordering team suits, swim caps and other personalized Brookdale Bucs swim gear. All orders will be delivered and distributed prior to Time Trials. Orders placed after April 19 may incur additional shipping fees and may not arrive in time for Time Trials.

Practice Schedules

Evening Practice Schedule (May 26-27)

6 & Under:	6:15 – 6:45pm
7-8:	6:15 – 7:00pm
9-10:	6:45 – 7:30pm
11-12:	7:15 – 8:00pm
13 & Over:	8:00 – 9:00pm

Morning Practice Schedule (Beginning May 29)

6 & Under:	10:15 – 11:00am
7-8:	10:15 – 11:00am
9-10:	9:30 – 10:15am
11-12:	8:30 - 9:30am
13 & Over:	7:00 - 8:30am

Practice Guidelines

- **Only coaches and swimmers currently practicing are permitted on the pool deck during practice sessions.**
- Swimmers waiting before/after their age group practice must remain off the pool deck, and wait in the pavilion or picnic areas.

- Swimmers under the age of 10 years old must have an adult, older sibling, or sitter present during practice. The accompanying individual must remain in the pavilion or picnic areas while waiting.
- Swimmers are expected to behave appropriately before, during and after all practices. (Please also see the “Swimmer Code of Conduct” section.)
- Remind your swimmers to use the bathroom at home to avoid bathroom breaks mid-practice.
- FUN FRIDAYS - Every Friday is Fun Friday, featuring games, activities and special snacks!

Bucs Stroke Clinics

Bucs Stroke Clinics offer swimmers the opportunity to fine-tune their stroke techniques or start/turn skills. Please note that Stroke Clinics are not a substitute for swim lessons, which are available through the Brookdale Pool.

Stroke Clinic 1	**Bucs Stroke Clinic 2**
June 1-4 (rain date: June 5)	June 22-25 (rain date: June 26)
11:00 - 11:40am: 8 years and under	11:00 - 11:40am: 8 years and under
11:40am - 12:20pm: 9+ years old	11:40am - 12:20pm: 9+ years old

Online registration for stroke clinics opens two weeks prior to the start of stroke clinic on the bucsswimteam.com website. When registering your swimmer, choose one of two stroke clinic options for your swimmer to focus on: stroke or starts/turns. You cannot sign up for both. Registration must be completed by the Sunday prior to the clinic start date. Your credit card will be automatically charged for the stroke clinic fee.

Swim Meet Sign-Up

Parents/swimmers must declare their intent to attend every swim meet. The sign-up deadline closes seven (7) days prior to each meet. After this deadline, changes cannot be made to add a swimmer to the meet line-up.

Participation must be indicated through the Bucs Swim Team website:

1. Log in to www.bucsswimteam.com
2. On the homepage, click the “Events” button
3. For each swim meet, choose “Yes, please sign up my child for this event” or “No thanks, we will not attend this event”

If a swimmer is not registered by the deadline, they will not be entered into the meet. Because meet entries must be submitted in advance, coaches are unable to add swimmers after the deadline, and late requests will not be accommodated.

Meet Attendance and Scratch Policy

Swim meets are scored team events and meet entries and line-ups require advance planning. When swimmers are scratched at the last minute, coaches must quickly reorganize line-ups and relays, which impacts teammates and meet operations.

Families are expected to treat meet declarations as a firm commitment.

If, within seven (7) days of a swim meet, your swimmer is unable to attend due to illness, injury or an unforeseen circumstance, you must complete the Bucs Scratch Request Form (available on the Bucs website homepage) as soon as possible.

Please note:

- The Scratch Request Form is intended for illness, injury or unforeseen circumstances, NOT schedule changes or optional attendance.
- Repeated late scratches may result in limited meet entries or removal from relay events at the discretion of the coaching staff and the Bucs Parent Board.
- Excessive last-minute scratches place an unfair burden on coaches and teammates.

We appreciate your cooperation in supporting your swimmer's commitment to the team.

Positive Check-In (Meet Day Requirement)

All swimmers must complete the positive check-in process at each meet:

- Saturdays: No later than 7:45am
- Tuesdays/Thursdays: No later than 4:45pm

Swimmers check in by highlighting their name on the sign-in sheet attached to the meet clipboards.

- Clipboards for home meet check-in will be available on the pool's east fence.
- Clipboards for away meet check-in will be available near our Bucs team area and oftentimes managed by Bucs Coaches.

If you anticipate being late, contact another Bucs family to check in or notify a coach on your behalf before the check-in deadline.

Failure to check in on time will result in the swimmer being scratched from the meet and they cannot be added back into events. Late check-ins create significant disruption as coaches scramble to reorganize individual events and relays, impacting teammates, volunteers and potentially delaying the meet.

The Brookdale Bucs Swim Team reserves the right to remove swimmers who repeatedly fail to check in or who repeatedly scratch meets from future meet line-ups.

Time Trials

Time Trials will be held for all swimmers on Saturday, June 6 at 8:30am. Swimmers need to be checked in and ready for warm-ups by 7:45am. The purpose of this meet is to set baseline times for all swimmers in every event, except the individual medley and relays.

Time Trials is an exhibition and does not count towards City eligibility times or pool records. It does count as a baseline for our swim team time drop incentive program. Time trials is an excellent opportunity for swimmers and parents to get a feel for an official meet.

Parent Job Responsibilities

Summer swim runs on parent volunteers. It takes approximately 45 parent volunteers per meet, plus 20 committee chairs, to successfully operate a meet. Fulfilling job requirements is not optional. Every Bucs family is expected to understand and meet all volunteer obligations.

ALL FAMILIES (Dual Meets)

- 5 regular dual meet jobs
  - plus -

- 1 floater job (fill-in where needed, as needed)

Additional Requirements (if your swimmer participates)

- **Invitational Meets:** One (1) job per invitational in which your swimmer participates
- **Championship Meets (Classic and/or City):** One (1) job per championship meet in which your swimmer participates

Invitational and Championship jobs do NOT count toward dual meet job requirements.

View a summary of the 2026 parent job requirements

Dual Meet Job Requirements

The Brookdale Bucs are scheduled for 10 dual meets in 2026.

Each family must complete:

- 5 regular dual meet jobs
- 1 floater job (fill-in where needed)

Job sign-ups: May 17 - 23, 2026

- Families may sign up for multiple jobs at a dual meet.
- For Bucs Time Trials, families may sign up for only one (1) job.

If your family does not sign up for the required 5 regular jobs and 1 floater job by May 23:

- A $80 fee per unfilled dual meet job will be charged to your credit card.
- Remaining open jobs will be assigned to your family to work or for you to hire a replacement.

Invitational Job Requirements

The Brookdale Bucs will participate in the following invitationals in 2026:

- 2nd Annual Mustang Mayhem Swim Invitational
- Farmstead Girls Invitational

- Saybrook Boys Invitational
- 10U Relay Invite (Cress Creek Country Club)
- High School Invitational

If your swimmer participates in an invitational, your family is required to work one job at that invitational.

Invitational jobs:

- Are in addition to dual meet job requirements
- Do not count toward dual meet obligations
- Sign-up details will be communicated during the season.
- If you do not sign up, remaining open jobs will be assigned to your family or you will need to hire a replacement.

Championship Meet Job Requirements

The Brookdale Bucs will participate in:

- Classic Championship Meet (July 18)
- City Championship Meet (July 24–25)

If your swimmer participates in a championship meet, your family is required to work one job at that meet.

Championship jobs:

- If your swimmer qualifies for both Classic and City, you may be required to work both meets. We will make every effort to schedule families for only one championship meet when possible.Are in addition to dual meet job requirements
- Do not count toward dual meet obligations
- Sign-ups will be communicated in early July once host team details are finalized.
- If you do not sign up, remaining open jobs will be assigned to your family or you will need to hire a replacement.

No-Show Policy for Parent Jobs

Each volunteer job is essential. It is unfair to swimmers, other parents and the opposing team when a scheduled job is not fulfilled.

If you are unable to work your assigned job, it is your responsibility to secure a replacement and submit the Parent Job Sub Form (available on the Bucs website homepage) in advance.

A no-show is defined as:

- Failing to report or check in on time for your scheduled job
- Leaving before your job is completed
- Failing to provide a replacement for the parent job
- Providing a replacement who does not meet the age requirement for the job

No-Show Fees

A no-show fee will automatically be charged to the credit card on file:

- First Occurrence: $80
- Second Occurrence: $160
- Third Occurrence (and beyond): $320

Families who fail to complete two (2) or more job assignments during the season:

- Will not be eligible for Early Registration the following season
- Must wait until New Family Registration opens

Teen and Substitute Workers

Families may fulfill their parent job requirement using:

- A family member who is 15 years of age or older.
  - or -
- A hired teen/substitute worker.

18+ Age Requirements: Some parent job positions require individuals to be 18 years of age or older. Age requirements will be indicated in the job description on the job sign-up. It is the family's responsibility to ensure that any substitute meets the age requirement for the assigned position. If a substitute reports for a position and does not meet the stated age requirement, the family must either work the job themselves, or secure an eligible replacement immediately. If the position is not properly filled, the job will be treated as a no-show and the applicable no-show fee will apply.

The Brookdale Bucs maintains a list of teen/substitute workers who are available to work swim meet jobs for a reasonable fee. Families are responsible for directly arranging payment and scheduling with their replacement.

If you hire a replacement or assign a qualified family member to work your job, you must complete the Parent Job Sub Form (available on the Bucs website homepage) in advance. Your job is not considered covered until the form has been submitted.

Please note:

- The family remains responsible for ensuring the job is fully completed.
- If the substitute fails to report, check in, or complete the job, the no-show policy will apply to your family.

Parent Jobs Descriptions

Announcer - Announces all general information and swim meet heats and events. Organizes singer/recording and announces the Star Spangled Banner. (Requires a brief training session.)

Bullpen - Overlooks all aspects of swimmer line-up for events and relays for swimmers 10-and-under. After job check-in, report to Clerk of Course for training and preparation.

Concessions - Sells concessions (food/drinks/snacks) in the concessions area located in the pavilion. Two shift options available. First shift starts one hour prior to meet start to help with setup. Second shift stays for clean-up.

Concessions (Cashier) - MUST BE 18+ YEARS IN AGE. Works as cashier in the concessions area located in the pavilion. Two shift options available. First shift starts one hour prior to meet start to help with setup. Second shift stays for clean-up.

Concessions (Grill) - MUST BE 18+ YEARS IN AGE. Manage the grill and preparation of specific food items. Must be comfortable with cooking on the grill and ensuring proper food quality and temperature. Two shift options available. First shift starts one hour prior to meet start to help with setup. Second shift stays for clean-up.

Concessions (Grill Cashier) - MUST BE 18+ YEARS IN AGE. Works as cashier in the grill area. Two shift options available. First shift starts one hour prior to meet start to help with setup. Second shift stays for clean-up.

Concessions Shopper – Pick up bulk food orders and deliver to meets. Requires ample vehicle space, use of personal credit card with a quick reimbursement via Zelle. Reports to and shops as directed by the Concessions parent chair.

Floater – Available to work where needed as needed. Must be able to work all aspects of the meet.

Heat Winners - Carefully watch event finishes to hand out heat winner cards to swimmers 12 years and under. Must be on-deck for every event during the meet.

Marshal (Pool Deck) - Stationed on each side of the pool deck to ensure only coaches, swimmers, meet officials and meet workers enter deck area. No spectators are allow to enter the pool deck area. Job begins at the start of warm-ups.

Meet Set-Up / Take-Down – Job starts 90 min. prior to meet start time. Assist with the setup of ropes, stanchions, bleachers, tents, podium, bullpen, flags, lane lines before the meet. Assist with takedown after the meet. Workers are free during the meet.

Official (Starter) - (Registered officials only and significant meet experience.) Works the light/buzzer to start events.

Official (Stroke and Turns) - (Registered officials only) Watches swimmers for stroke/turn violations.

Parking Lot Attendant / Hospitality - Starts 90 min. before meet start time. Works as a parking lot attendant until meet start time, then work remainder of meet as hospitality. As a parking lot attendant: cone off the parking lot at entrance and prohibit vehicle entry into the parking lot, with the exception of identifiable parking sponsors. For hospitality, provide water to Coaches, Timers, Scoring and Officials periodically throughout the meet.

Runner - Collect and deliver timing sheets from timers and DQ cards from officials for the Scoring Office. After job check-in, report Scoring Office.

Scoring Office - Assists in entering and/or checking times as they are entered into the computer system. Posts results in a timely manner.

Timer - Stands at an assigned lane and uses stopwatch to record swimmers' times for each heat. After job check-in, report to the Head Timer and attend timers meeting 20 min. prior to meet start time.

Become a Meet Official

The Brookdale Bucs Swim Team is always in need of more Meet Officials!

- No prior swim or officiating experience is necessary because training will be provided by the Naperville Swim Conference in May 2026.
- Being a Meet Official is a great way to fulfill your job requirement, become more involved with the team, support an excellent sport and gain a better understanding of competitive swim—all while being close to the action on-deck with the best seat in the pool!

If you're interested in learning more or you're ready to sign up for training, please email our Bucs Officials Parent Chair, Craig Louden, at louden304@yahoo.com.

Team Parties

The following team social events have been scheduled for team members:

Kick-Off Party & Meet Coaches
Tuesday, May 26
6:00pm

Bucs Late Night Party*
Tuesday, July 14
8:00 - 10:00pm

Bucs Pasta Party & Parade
Friday, July 17
5:30pm

End-of-Season Celebration
Sunday, July 26
10:30am

*Attendance at the Late Night Party is strictly limited to current swimmers. Siblings and friends who are not current Bucs swimmers are not allowed to participate in this event.

Bucs Team Apparel

Brookdale Bucs team apparel will be available for the whole family to order online in the 2026 season. We hope to order our team apparel store in mid-April so apparel can be received at the start of the season. More information on Bucs team apparel orders will be coming soon!

The following are additional apparel offerings available throughout the season:

Bucs Secret T-Shirt
As tradition goes, our Bucs coaches create a fun, themed T-shirt that will remain a surprise until the Team Pasta Party, when shirts will be revealed and distributed to those who ordered. Swimmers are encouraged to wear their secret T-shirts at the Classic and City Championship Meets, but participation is completely optional. If you choose not to order the themed T-shirt, swimmers are welcome to wear their Bucs Team T-shirt instead. Adding to the fun, our Bucs coaches will be decked out in matching costumes that coordinate with the T-shirt theme! Shirt orders are charged to your credit card on file.

Invitational Apparel

Special t-shirt orders will be available for Mustang Mayhem Swim Invitational, Farmstead Girls Invitational and Saybrook Boys Invitational. Keep on the lookout in email for information on how to purchase.

Classic and City Apparel

An apparel vendor will be onsite at Naperville Swim Conference championship meets near the team areas for the whole family to order their Classic and City logo apparel.

End-of-Season Celebration

The Bucs end-of-season celebration is scheduled for Sunday, July 26, 2026 at 10:30am at Naperville Central High School. This special event is all about recognizing the hard work, dedication and spirit of our swimmers. We'll be honoring every Bucs swimmer, presenting “Most Improved” awards to one boy and one girl in each age group, and celebrating recipients of our three special team awards and broken team records. We’ll also bid a fond farewell to our graduating Bucs seniors. And don’t miss the premiere of our always-anticipated Bucs Team Slideshow. Come cheer, celebrate and close out the season together as a team!

Year-End Meeting

The Bucs Swim Team Parent Board also holds a year-end meeting immediately following the end-of-season celebration on July 26, 2026. This meeting is optional and offered as an opportunity for parents to address Coaches and Swim Team Parent Board members with any questions or concerns they may have about the season and make suggestions for the next year.

Time Drop Incentives

As an incentive for swimmers to improve their times, awards/prizes are given to our swimmers. Typically, award types are grouped for 12 and under, and 13+ swimmers. If a swimmer improves their time in more than one stroke, they will receive more than one award. More information on our awards and prizes will be communicated via email prior to the start of the season.

Inclement Weather

Practices will be canceled in the event of lightning or heavy rain. Practices will not be canceled due to light rain or cold temperatures. However, if the temperature is 65 degrees or below, the Head Coach will determine during practice whether it will be held in the water or on land. Practice updates will be communicated via email, the Brookdale Bucs Facebook page, and text message. Ultimately, it is the parent's decision whether to send their child to practice if the weather is questionable.

Mobile Apps

GoMotion

The GoMotion app is available for download in the Apple App Store or Google Play. This app is a convenient way of accessing the Brookdale Bucs website on your phone for swim meet sign-up, job sign-up, and viewing time standards and your swimmer's best times! *Your username and password for the GoMotion mobile phone app is the same username and password used on the Brookdale Bucs team website.*

MeetMobile

The MeetMobile app is available for download in the Apple App Store or Google Play. This app is convenient for use during swim meets to view swimmer's list of event entries (with heat and lane assignments), and to view results for swimmers, events and team.

Naperville Swim Conference

The Brookdale Bucs Swim Team is proud to be a member of the Naperville Swim Conference (NSC), a summer recreational swim league that includes 20 teams and approximately 3,000 swimmers. All teams are based in the Naperville area and are affiliated with local neighborhood pools or park district programs.

Swimmers in the league range from 5 to 18 years of age. As part of a swim season, teams swim at dual meets at the area pools during the summer season which culminates with a set of two championship meets--Classic and City.

Membership in the NSC is a requirement of each team competing in the conference and each team must provide two representatives to help guide the conference in administrative, policy and operational needs. Member representatives elect an executive board and meet monthly, year-round, with the exception of August.

For more information, please visit the Naperville Swim Conference website at napervilleswim.org.

Swim Pool Depth Regulations

The Naperville Swim Conference follows the Illinois High School Association (IHSA) rules, which state the following water depth requirements when using starting blocks:

- In pools with a depth of less than 4 feet at the starting end of the pool, all swimmers must start in the water. All measurements of water depth are taken from the water surface to the pool bottom at the starting end of the pool.
- In pools that have a depth of 4 feet or more at the starting end of the pool, swimmers can use blocks that are no more than 30 inches higher than the surface of the pool's water. Measurements are to be taken from the water surface to the surface of the front edge of the block/platform at the starting end of the pool. Portable starting blocks are not permitted.

Swim Team Email Communication

Help us help you! It's critical that you (and others in your family) receive Brookdale Bucs team communications by email and text message. Should you have any issues receiving emails from the team, please work through the steps outlined below.

Complete an "email verification" process

1. Log in to the Brookdale Bucs website.
2. In the left-hand navigation menu, click **My Account > Account Info**.
3. Review the email addresses setup on your account.
    a. You can provide up to four (4) email addresses on your account.
    b. Make sure that email addresses on your account are marked as **"Verified."** If you see that your email address is marked as **"Unverified,"** click the yellow **"Unverified"** button and select **"Yes"** to send the verification email.
    c. Check your inbox for the verification email and click the link in the email message. The next time you log into the Bucs website, your email address will then appear as "Verified."

In your email account

- Mark our team emails as a "safe sender" by adding this email address to your address book in your email account: **notifications+recnscbb@gomotionapp.com**
- Check your Spam folder to see if Bucs emails are being routed to spam. If you'd like to search your email account for any of our Bucs team emails, search for emails sent from this email address: **notifications+recnscbb@gomotionapp.com**
- Should you find any of our team emails in your spam folder, please click here for information on how to prevent our team emails from being marked as spam.

If you encounter any issues with not receiving email and/or text messages from Brookdale Bucs, please email parentboard@bucsswimteam.com and let us know.

Text Message Sign-Up

We encourage all Brookdale Bucs families to sign up for text messages. It's common to run into situations where a practice or meet could be temporarily

stopped for bad weather to pass, and then restarted. The Brookdale Bucs heavily relies on text message to communicate during these types of situations.

- Log in to the Brookdale Bucs website.
- In the left-hand navigation menu, click **My Account > Account Info**.
- You can add up to two phone numbers on your account to receive text message updates.
- In the “Mobile/SMS” field, enter your mobile phone number and select its Carrier.
- Click “Save” button.
- Upon clicking “Save,” a verification text message will be sent to that mobile phone number. (Please note that some cell carriers can take a while to deliver the verification text message.)
- Check your mobile phone for a "Verify your SMS" text message from **notifications+recnscbb**
- Open the verification text message and tap the link, and you should see one of three possible messages.
    - "Success! We have validated your primary SMS." (or "secondary SMS" if that's what you were verifying) The SMS number is verified and ready to receive texts from the team.
    - "Sorry, your primary SMS has already been validated." Sometimes just opening the text will verify the number, resulting in this message. The SMS number is verified and ready to receive texts from the team.
    - "Sorry, the code XXXX did not match any codes." If your code did not match any codes, click Resend Verification on your Account Info page and enter the four-digit code from your text message in the Verification Code field and click Verify.
    - If tapping the link doesn't work, note the four-digit code number in the text message and enter the four-digit code number in the Account Info page.

If you encounter any issues with not receiving email and/or text messages from the Brookdale Bucs, please email parentboard@bucsswimteam.com and let us know.

Brookdale Bucs on Social Media

Be sure to stay connected with the Brookdale Bucs Swim team by following us on social media!

Facebook: **facebook.com/BrookdaleBucsSwimTeam**
Instagram: **instagram.com/BrookdaleBucsSwimTeam**

In the event of delays at swim meets, such as those caused by inclement weather, we'll provide live updates through our social media channels to keep you informed quickly and easily. We also love celebrating our swimmers' achievements and sharing all the exciting happenings within our team. So don't miss out—follow us and stay up to date with everything happening with the Brookdale Bucs!

Dual Meet Guidelines (Home Meets)

- **Parking:** Brookdale Pool's parking lot is closed for parking and drop-off during home meets.
    - Parking is available on the street or at Word of Life Lutheran Church located at 879 Tudor Drive (corner of Tudor and Brookdale).
    - Parking is strictly prohibited in the following areas In the parking lots across the street from the Brookdale pool. This is private parking for Brookdale on the Park apartments and your vehicle may be towed.
    - Parking is strictly prohibited in front of residents' mailboxes.
    - Only identifiable parking sponsors are allowed in the parking lot during swim meets.
- **Sitting Areas:** Brookdale Bucs sitting areas are designated in the north side of the pool parking lot and grass areas by tennis courts. The grass area to the north of the pool is reserved for visiting teams.
- The tennis courts are off-limits and locked during home swim meets.
- We understand children need to run around during a four-hour meet. But for safety purposes, we ask that children avoid climbing trees on BRC property.
- **Positive Check-In Procedures:** Clipboards for meet check-in will be available on the pool's east fence.
- Entrance for home swim meets will be the East Gate. The front entrance of the clubhouse will be closed for home swim meets.
- A Brookdale home meet packet and map will be available on the Bucs website and in email.

Dual Meet Guidelines (Away Meets)

- Prior to the meet and if available, please be sure to review the host team's maps and guidelines. Host team meet packets are available on the Bucs website and in email.
- We're guests and represent the Brookdale Buccaneers Swim Team. It's the expectation that all adults and kids conduct themselves appropriately, and in a manner consistent with good sportsmanship, showing respect for persons and property at all times.

Parent Code of Conduct

As a Bucs Swim Team parent, I understand that my role is essential to creating a positive, supportive and successful experience for all swimmers. I agree to the following:

- I will focus on effort, improvement and character development rather than winning or losing.
- I will model good sportsmanship and treat swimmers, coaches, officials, parents, volunteers and facility staff with respect and courtesy.
- I will not use abusive language, gestures, or engage in unsportsmanlike conduct. I understand such behavior may result in being asked to leave the facility.
- I will respect the integrity of officials and address questions about calls with my child's coach — not the official directly.
- I will refrain from coaching my child from the stands or pool deck during practices and meets.
- I will help create a fun, positive team environment.
- I understand and respect the authority of the coaching staff.
- I will notify the coach of any special needs prior to the first practice.
- I understand swim team practice is not a swim lesson. If additional stroke instruction is needed, I will arrange for private or group lessons outside of team practice.
- I will direct coaching concerns first to the Coach. If still unresolved, I may contact a Board member.
- Non-coaching-related concerns may be directed to a Bucs Parent Board member.
- I will ensure my swimmer arrives on time and properly prepared for practices and meets.
- I will declare meet attendance by required deadlines and submit Scratch Requests within seven (7) days of a meet if necessary.
- I will ensure my swimmer reports to the bullpen on time for events.
- I will ensure swimmers eat only in designated areas and assist with team area clean-up.

- I will ensure my swimmer is dressed appropriately for weather conditions.
- I will fulfill required volunteer commitments to help run successful meets.
- I will refrain from smoking, using tobacco products or consuming alcohol at swim meet venues (home or away).
- Above all, I will support my swimmer, the coaches and the team — and help make this a positive and enjoyable experience for everyone.

Swimmer Code of Conduct

As a member of the Brookdale Bucs Swim Team, I understand that I represent my team, my coaches and my family at all times. I agree to the following:

- I will respect and show courtesy to my teammates, coaches, officials, parents, and spectators at all times.
- I will demonstrate good sportsmanship before, during, and after all practices and meets.
- I will be respectful of my teammates' feelings and personal space.
- I understand that sexist, racist, homophobic or otherwise inappropriate behavior will not be tolerated and may result in consequences.
- I will not use foul language or engage in dishonest, offensive, violent or illegal behavior.
- If I disagree with an official's call, I will speak with my coach and will not approach the official directly.
- I will obey all USA Swimming rules and codes of conduct.
- I will arrive on time and prepared for all practices and meets.
- I will notify my coach as early as possible if I cannot attend a meet.
- I will listen to my coaches and follow their instructions.
- I will check in with my coach after completing each event at a meet.
- I will always do my best and work hard to improve.
- I will cheer for and encourage my teammates.
- I will set a positive example of behavior and work ethic, especially for younger swimmers.
- I will help create a positive team environment where everyone feels included and supported.
- I will show respect for all facilities, locker rooms, equipment and team areas.
- I will eat snacks only in designated areas.
- I will help clean up the team area at the end of each meet.
- I understand that being part of this team is a privilege. I will represent my team with pride, give my best effort and HAVE FUN!

Swim Meets 101

Before a Meet

- Parents/swimmers must declare their intent to attend every swim meet. The sign-up deadline closes seven (7) days prior to each meet. After this deadline, changes cannot be made to add a swimmer to the meet line-up. Participation must be indicated through the Bucs Swim Team website.
- Meet entries and line-ups are prepared by Bucs coaches to assign swimmers to events, heats and lanes. Meet line-ups are finalized approximately 15 minutes prior to the meet start time and available in the MeetMobile mobile app.
- Please show courtesy to coaches, scoring table volunteers and teammates and complete your swim meet positive check-in in a timely manner—no later than 7:45am on Saturdays and 4:45pm on Tuesdays/Thursdays.
- When swimmers are scratched at the last minute due to not showing up or completing positive check-in on time, coaches must quickly reorganize line-ups and relays, which impacts teammates and meet operations.

Day of Meet

- Please arrive one hour prior to the meet start time as swimmers are required to complete positive check-in at least 45 minutes before the start of the meet.

Morning Meet	**Evening Meets**
7:30am Arrival	4:30pm Arrival
7:45am Cutoff for Check-In	4:45pm Cutoff for Check-In
8:30am Meet Starts	5:30pm Meet Starts

- Upon arrival, swimmers complete their swim meet positive check-in process by highlighting their name on the sign-in sheet attached to meet

clipboards. If swimmers do not complete positive check-in on time, they will be scratched from the meet.
- Warm-ups start approximately 45 minutes prior to the start of the meet. Each age group is called for warm-ups.
- Parents workers must check-in 30-45 minutes prior the start of the meet with the Bucs Jobs Coordinator and receive their nametags.
- Officials and Timers must attend a meeting prior to the start of the meet.

During Meets

- Parents are responsible for making sure their swimmer is ready for their swim events.
- Swimmers 10 years and under are required to report to the bullpen in a timely manner so they can be lined up by their heat and lane.
- The Clerk of Course will line up the 10-and-under swimmers and take them to the starting blocks for their events.
- Swimmers 11+ years old are expected to be properly lined up in their lane prior to their heat.
- Parents are not allowed to be on-deck unless they are working a job that requires them to be on-deck. This includes the areas behind the starting blocks and the bullpen.
- There are three timers in each lane. After each event, the timers record times on paper for each swimmer. The middle time is recorded as the official time.
- A runner will pick up each lane's timesheets, as well as any DQ cards, and take them to the Scoring Table for entry into the computer by the scorers.
- Times and disqualifications are entered into the computer. Procedure issues are usually dealt with by scoring as well.
- Final results are available on the MeetMobile mobile phone app.
- Ribbons are distributed to swimmers' mailboxes within a few days following the swim meet. All heats in every 12-and-under event compete for ribbons.

Meet Scoring

The following points are given for events:

Individual Events		Relay Events	
First Place	5 pts.	First Place	8 pts.
Second Place	3 pts.	Second Place	4 pts.
Third Place	2 pts.		
Fourth Place	1 pt.		

If one team takes first and second place, then that team receives 8 pts. and the other team receives 0 pts. One team cannot take all 12 pts.