

Maplewood Swim & Dive Team
New Parent Handbook
Tips for the Summer Swim & Dive Season 2025



Head Coach:

Swim:

Mark Kannengieszer

Dive:

TBD

Assistant Coaches:

Emma Torok

Anya Catoni

Charley Vargas

Matt Smith

Junior Coaches:

Grace Pickford

(+Rotation of team coaches)

Swim Lessons:

Grace Pickford

Joey Dugan

Alyssa Vargas

Catoni?

Team Reps:

Elizabeth (Liz) Cundari

Tom Welke

TABLE OF CONTENTS

- RSVP for Meets
- Volunteering for Meets
- The Parent Job
- Dual Meets vs. Invitationals
- A and B Champs
- Lineups Explained
- What Are They Writing on Their Arms?
- What Is an IM?
- How Do Relays Work?
- What if My Child DQs?
- When Is My Child Ready to Participate in a Dive Meet?
- End of Season Awards Celebration
- Suit and Hair Care

RSVP ASAP for Meets

The summer season moves fast, and it's important that coaches know who can attend each meet. This allows them to create the best lineup for the team and individual swimmers/divers. Coaches need time to prepare, so please RSVP as soon as possible via the **TeamSnap** app for each meet, even if your swimmer/diver cannot attend.

Volunteering for Meets

Maplewood Swim and Dive is run by volunteers. To hold a successful meet, we need all hands on deck! It takes approximately 30 volunteers for a home dual meet and around 20 for an away dual meet.

Volunteer Requirements:

- **Minimum 3 meets:** All parents are required to volunteer at a minimum of 3 meets during the dual meet season.
- **Assigned Roles for Champs:** If your swimmer or diver participates in A or B Champs, you'll be assigned to a volunteer role.

You can sign up for your preferred volunteer role via **Sign Up Genius**. If you do not sign up early, meet managers will assign volunteers to any unfilled slots. If assigned volunteers don't show up, their swimmer will not be permitted to swim.

Meet Volunteer Positions – No Experience or Special Training Required:

- **Timers:** If you can start and stop a stopwatch, you're ready to be a timer! Timers track the swimmers' times and report them to the scorer's table.
 - **Ready Bench Parent:** This is an excellent position for getting to know the younger swimmers. You'll assist with event lineups and help swimmers get to the blocks.
 - **Runner:** A runner circulates the pool deck, collecting and delivering various judge slips to the scorer's table.
 - **Snack Stand Volunteer:** You'll assist with setting up and selling snacks during the meet.
-

Meet Volunteer Positions – Experience Helpful, No Special Training Required:

- **Diving Table Volunteer:** Help record and calculate scores at the diving table.
 - **Finish Judge:** Record the order of finish for each heat.
 - **Scorer's Table:** Volunteers assist in sorting through timing slips and ensuring meet results are processed quickly.
 - **Announcer:** Announce events, swimmers, and scores. This position works closely with the starter.
-

Meet Volunteer Positions Requiring Special Training and/or Certification:

- **Diving Judge:** Volunteers for this role receive training to assess and score dives.
 - **Stroke and Turn Judge:** These judges monitor swimmer technique and ensure that all strokes and turns are legal.
 - **Starter:** The starter runs the meet, ensuring swimmers start at the same time and that all other officials are ready.
-

The Parent Job (Your Role)

As a parent, your main role is to be your swimmer's or diver's #1 fan! Cheer them on, celebrate their successes, and encourage them through challenges. The coaches are here to provide guidance and feedback, so your job is to focus on supporting and making memories with your child.

Tip: If you have questions or concerns, reach out to the coaches after practice, via email, or during non-practice times. During practice, their attention is focused on the swimmers.

Dual Meets vs. Invitationals

- **Dual Meets:** These are meets between two teams. They typically take place on Tuesdays, Thursdays, or Saturdays. Swimmers and divers compete head-to-head with another team, and the event will start with diving.

- **Invitational Meets:** The only Invitationals this season are the **Swim Blast** and **MegaDistance**, where swimmers from all teams in the league can compete. The Swim Blast meet serves as a good opportunity to establish baseline times for the season.
-

A and B Champs

- **A Champs (League Champs):** The top 18 swimmers and divers in each event, plus 2 alternates, qualify for A Champs. If you don't qualify for A Champs but meet the required qualifications, you'll compete in B Champs.
 - **B Champs:** All swimmers who do not qualify for A Champs can participate in B Champs, typically the last Wednesday in July.
-

Lineups Explained

The coaches post the meet lineups with the check-in sheet. Lineups will indicate the event number, heat, lane, and stroke. For example, if Luca Bevivino is listed in Event #11, Heat 2, Lane 3, it means she will swim the 25 Free in the second heat, in lane 3.

What Are They Writing on Their Arms?

Swimmers write their event, heat, lane, and stroke on their arms with sharpie markers to help them keep track of their races. For younger swimmers (10 & under), Ready Bench Parents will help line them up for each event.

What Is an IM?

IM (Individual Medley) is a race where swimmers complete all four strokes in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.

How Do Relays Work?

- **Freestyle Relay:** Swimmers race the freestyle in a relay format. This event typically happens in the first part of the season.
 - **Medley Relay:** In the second half of the season, teams compete in the medley relay, where each swimmer performs a different stroke (Backstroke, Breaststroke, Butterfly, Freestyle) in alphabetical order.
-

What If My Child DQs?

A DQ (Disqualification) can happen if a swimmer makes a technical mistake during their race. Common DQs occur for improper turns, incorrect stroke technique, or false starts. If your swimmer gets disqualified, don't worry! Coaches will review the reasons for the DQ and provide feedback for improvement.

When Is My Child Ready to Participate in a Dive Meet?

- **11 and Under:** Must complete 3 dives.
- **12-14:** Must complete 4 dives.
- **15 and Over:** Must complete 5 dives.

Diving meets require specific dives for each age group. The coach will notify you when your child is ready to participate.

What to Bring to a Meet

- 2 Towels per swimmer
- Water (lots of water)
- Extra pair of goggles
- Sharpie Markers (for writing on your swimmer's arm)
- Chairs & Sunscreen

- Healthy snacks (fruits, veggies, crackers)
 - Emergency inhalers (if needed)
 - CASH for snack bar
-

End of Season Awards Celebration

The end of season celebration is usually held the last Saturday in July, coinciding with A Champs. This event celebrates all the hard work and achievements of our swimmers and divers. It's a fun opportunity for families to come together.

Suit and Hair Care

- **Suits:** To extend the life of your racing suit, rinse it in cold water after each practice or race. Avoid washing it with detergent or putting it in the dryer.
 - **Hair Care:** After each swim practice, encourage your child to use clarifying shampoo and follow up with a deep conditioner. Coconut oil treatments are also a great way to keep hair healthy.
-

Have Fun!

The most important thing is to have fun and enjoy the experience. Don't hesitate to ask fellow parents questions, and feel free to reach out to your Parent Liaisons with anything you need. Let's make this a fantastic season for the Maplewood Hurricanes!
