

Penn Brook Dolphins Swimming and Diving

Dear Penn Brook Swim and Dive Team Parents,

The 2023 season is fast approaching! Everyone is excited to start this new season. The coaching staff is prepared to help your child not only succeed in the water but to have a blast doing it!

The 2023 swim team coaching staff has some familiar and some new faces:

Head Swim Team Coach: Gretchen Cole

Assistant Head Swim Team Coach: Emilie Sawicki

Assistant Swim Team Coaches: Claire Christie, Anna Wurtz and Anastasia Angarone

The 2023 dive team coaching staff is:

Head Dive Team Coach: Kathy Diringer

Assistant Dive Team Coach: Harris Roberts

Practices will begin on **Monday, June 5th** weather permitting and run through **Friday, July 22nd**. The parent meeting for both teams is scheduled for **Sunday, June 4th** at 1pm at Penn Brook. Coaches will introduce themselves, go over the summer schedule, and answer any questions you may have.

Our first swim meet of the season will be **Tuesday, June 27th**.

Our first dive meet of the season will be **Wednesday, June 28th**.

Please view the Penn Brook website at www.pennbrookclub.com for all calendar details of the summer swim and dive team season for practices, meets and any team functions. You can also follow @pennbrookswimdive on Instagram for updates throughout the season!

This year, PASDA swimming will be split into 2 swimming divisions. The swim team will be in Division I with five other teams: Community Park, Lawrenceville, Country Pool, HV Tennis and Ben Franklin. We will have a total of five dual swim meets. Home meets will occur at Penn Brook and the team will travel to the other pools for away meets. The Mini Meet will take place at Ben Franklin and Champs will be at Community Park. The Mini Meet is a 10 & under only meet that gives younger swimmers a chance to try new events. Championships will take place at the end of the season for all swimmers who wish to participate. The dive team will have 2 home and 2 away dual meets and Championships at Community Park. There will also be a diving invitational that will take place on a Saturday morning.

As always, we need your help as parent volunteers to help run both swim and dive meets. The parent volunteers ensure the meets run as smoothly as possible! These responsibilities need to be shared among all team parents and are a requirement of all

families participating in meets. Kim Lee will head the coordinating volunteer effort. The sign up process will be set up on-line through “Sign-Up Genius”.

June 14 during practice (3:30-5:30) will be the **swim suit fitting** and more details will follow.

Our goals for this summer will be for all swimmers and divers to learn proper techniques and make improvements. The coaching staff will bring their best to each practice and meet to keep swimming and diving fun while also striving for success in the pool and off the boards. We will work towards personal best times and improving scores while creating a team atmosphere.

Please check your email often for updates and any weather-related changes to the schedule. We know the 2023 season will be another great season! Go Dolphins!

Sincerely,

The Penn Brook Swim and Dive Team Coaches!

SWIM PRACTICE SCHEDULE

June 5, 7, 8, 12, 14, 15

- Junior High and High School Swimmers 3:30-4:30
- Younger swimmers: 4:30-5:30

June 10 and June 17

- Younger swimmers: 9-10
- Junior High and High School Swimmers 10-11

June 20-July 23 Mon-Fri

- 11&older 9:30-10:30
- 10&under: 10:30-11:30
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DIVE PRACTICE SCHEDULE

June 5, 7, 8, 12, 14, 15

- Younger divers: 3:30 (or 3:45) -4:30
- Junior High and High School Swimmers 4:30-5:30

June 20-July 23 Mon-Fri

- Younger divers: 10:30-11:30
- Older divers: 9:30-10:30

MEET SCHEDULE for SWIM TEAM

Tuesday	June 27th	Meet vs Lawrenceville Swim Assoc @ LSA
Thursday	June 29th	Meet vs Community Park @ CP
Thursday	July 6th	Meet vs Country Pool @ CO
Saturday	July 8th	Mini Meet @ Ben Franklin (10 & under only)
Tuesday	July 11th	Meet vs Hopewell Valley Tennis @ Penn Brook
Thursday	July 13th	Meet vs Ben Franklin @ Penn Brook
Monday	July 24th	Championships @ Community Park (11 & over)
Tuesday	July 25th	Championships @ Community Park (10 & under)

MEET SCHEDULE for DIVE TEAM

Monday	June 26th	Dive parent training at LSA 6:30-8 pm
Wednesday	June 28th	Fun Meet @ Penn Brook
Wednesday	July 5th	Meet vs LSA (@ Penn Brook)
Monday	July 10th	Meet vs Ben Franklin (@ BF)
Wednesday	July 12th	Meet vs Community Park (@ CP)
Saturday	July 15th	Ben Franklin Invitational Dive Meet
Wednesday	July 19th	Meet vs Nassau (@ Penn Brook)
Wednesday	July 26th	Dive Champs (@ Community Park)
Thursday	July 27th	Dive Champs (@ Community Park)

We will use the registration form to keep track of which swimmers and divers will be at which meets. Please complete these registration forms and make note of the dates. **It is very important to communicate your child's absence from a meet by 12:00 noon of the previous day.** We want to create the most accurate meet line-up as possible to help the meets move along smoothly. Last minute changes right before the meet cause scrambling to shift swimmers around the line-up. We understand life does not go as planned, but please do your best to communicate.

Below are the descriptions for **Swim Team Parent Volunteer Work Assignments:**

Timers: One timer per lane, from each team, operates a stopwatch to record a swimmer's race time. One timer in each lane notes the swimmer's time on lane timer sheets. For efficiency, the timer is typically from the same club whose swimmers are competing in that lane.

Scoring Table: Two parents from each team keep score during the meet. The scorekeepers record times from the time slips, determine the order of finish for each event and assign points for the top 3 finishers.

Announcer: Reads the event and heat and other announcements, as needed.

Starter: Ensures that swimmers get a fair start to each race. Starts are initiated via an audible signal; in PASDA meets, this is usually by an electronic device (BEEP) or whistle. (This is a specialized position and needs an experienced swimmer. Nick Wurtz will be our starter this year.)

Marshals (between 6-8 per meet): Ensure that swimmers are waiting behind their assigned lanes for upcoming races. They allow the coaches to focus on coaching the team, not running after missing swimmers.

Runners: Pick up the timers' slips in each lane after each race and deliver them to the scoring table.

Awards: Prepare award ribbons throughout the meet for distribution to coaches afterwards. The HOME TEAM is responsible for preparing awards over the course of the meet and for having this task finished shortly after the conclusion of the meet.

Place Judges: Judge, by observation, the finishing order of the top 3 swimmers. Each place judge is assigned a specific finish place to watch for in the meet.

Stroke & Turn Judges. Two officials from each team judge the legality of the swimmers' strokes, turns, and finish touches. They are also responsible for disqualifying a swimmer when a rule violation is observed. **This position requires you to attend or**

previously have attended a Stroke & Turn clinic. Clinic info dates and time will be posted.

Below are the descriptions for **Dive Team Parent Volunteer Work Assignments:**

Dive Judges: The team should be prepared to supply 3 parent judges at each home meet and 2 parent judges at each away meet.

Scoring table Roles: Each team is required to supply at least six parent workers for each event, with the meet host also providing the announcer and the necessary supplies. The specific role of each table worker is listed below:

Announcer: Welcome everyone to the meet and make any necessary announcements. Announce the order of divers (boys and girls) before each age group competes. Announce each diver, the dive being attempted, and the next diver's name ("on deck"). Pass dive sheet to Recorder. Read the judges scores aloud. After the event completes, announce group results.

Recorder: Record each judge's score on each individual's dive sheet. Cross off the high and low scores, add the middle three scores together and record it on the dive sheet. If you have enough volunteers, this job can be split between two people: a Score Recorder and Score Adder.

Calculator: Take the raw score tabulated from the recorder for that dive and multiply it by the degree of difficulty (DD). Then write the final score for that dive in the appropriate space on the dive sheet, and add the previous total to the new score.

Master Scorer: Record the judges' individual scores on the Judge Score Sheet for each dive. If there is any question on the judges' scores, the master scorer is the final referee. After each event, sort individual dive sheets by score and record diver's name, points, and place on the Meet Score Sheet. Calculate team points for each event and final meet score.

Assistant: Double-check individual dive sheets ensuring math is correct. Assist Master Scorer by attaching ribbons to dive sheets and passing out sheets to participants after group results are announced.

Awards: The awards people prepare award ribbons throughout the meet for distribution to the divers. The HOME TEAM is responsible for preparing awards over the course of the meet and for having this task finished shortly after the conclusion of the meet.

Wranglers: Two parents are needed each meet to help monitor and correct behavior of swimmers and divers who are waiting patiently for their turn to dive, actively applauding and supporting their team mates and/or running amok around the pool. Divers should

spend most of their time alongside the diving well area, watching and supporting their team mates and diving. A minimal amount of time should be spent away from the diving well area, using the facilities, eating, swimming and playing games.

Thank you for considering these tasks!! We look forward to coaching your child. ☺