

**Trumbull Pisces Swim Team**  
**Mandatory Parent Meeting at Hillcrest on 4/28/08**

Started at 5:10pm – CURRENT/RETURNING Swimmers  
Passed around sign up sheet for attendance

**Tom discussed:**

**The building (Hillcrest) rules**

- Sibling must stay in the pool area in the bleachers – not in the vestibule or hallways;
- Bathrooms/Locker room – parents must supervise swimmers and siblings and make sure that the showers and faucets and turned off.

**TIMING at meets**

- The team is all volunteers – ALL of the team members (parents) HAVE to time;
- Jill Bohn will give out the assignments;
- Previously, the team has been very loose with the \$50 fine;
- If you sign your swimmer up for a meet, you must assume you might be timing;
- If your child is ill, you can get a substitute in an Emergency. But you MUST notify Coach Mike. Coach Mike prefers a telephone call or texting to email. His contact information is on the website;
- When your swimmer is attending a meet, be sure you know what time warm ups start and have your swimmer there on time;
- If you decide to scratch a meet, send a CC to Jill Bohn and Coach Mike;

**Swim Meets – USA and CSSL meets are different**

- CSSL has 2 meets at home and 1 away and 2 Championships;
- The entries have already been completed for the meets;
- Tom will announce CSSL meets and parents are expected to time when assigned;
- Parents cannot go on deck during meets;
- Swimmers who bring their cell phones at meets interferes with the events
- If you need to speak with the Coaches, please schedule a meeting before or after practice;

June 3                      Shelton @ Trumbull  
                                    Stratford/Bpt @Trumbull

July 8/9                     CSSL Championships

## **Swim Goals**

### **Group 1**

Techniques, drills, swim not for yard swimming

### **Group 2**

For those swimmers who didn't move up, it was because you weren't ready

### **Group 2A – Pre Group 3**

Finishing touches before Group 3 so that swimmers can transition to Group 3, teach sets, swim vocabulary

### **Group 2B**

Working on IMs, flipturns, etc.

### **Group 3**

- Bigger Senior Group of 13+. More yardage and build technique;
- On Tuesdays, the new group 3 swimmers will practice at Hillcrest at the same time as the Group 2 swimmers but will have a different workout. This is at Coach Mike's discretion. The other part of Group 3 will practice at Yale on Tuesday from 7:30- 9:30pm. The Yale pool is cold and some people may not be able to handle;
- There is a big jump between groups – first few weeks are hectic. Coach Mike's philosophy is technique not yards. Don't be worried about your swimmer's swim level;
- Coach Mike will decide on the Group movement – it is not based on popularity, status or times. Trying to make a total swimmer;

## **AQUATHON**

- A date will be announced
- This is a major fund raiser based on current fees
- Usually raises about \$3,000.

## **APPAREL**

- Most equipment and suits are ordered in the fall
- Email Jill Bohn for any apparel orders or swim bags
- Currently team is wearing a black bathing suit with the Gold Pisces Cap
- The Team MAY get new bathing caps
  
- Trumbull used to give us \$6,000 as a "stipend." Can't use the pool on Saturdays unless we pay the custodians. We use UB at a cost of \$9,000/year – usually for Group 3 – generally the older swimmers.
  
- Must pay attention to emails for schedule changes
- Swim fees have tripled since Pisces started
  
- Fund raising up to the parents
- Only 7 paid ads were placed in the banquet program
- Major fund raiser – looking to raise \$50 per swimmer
  
- Christine K suggested offering food scrip
- Tom said he was open to any fundraising ideas
- Swim fees are under control now. The fees were raised last year.
- Team limit 80-95 swimmers – Good Coaching Staff.

## **Mandatory Parent Meeting for NEW SWIMMERS 4/28/08**

### **Tom**

- Introduced himself as President of PISCES;
- Passed around sign up sheet for attendance;
- He explained building (Hillcrest) rules;
- Siblings must stay in the pool area in the bleachers – not in the vestibule or hallways;
- Bathrooms/Locker room – parent's must supervise swimmers and siblings and make sure that the showers and faucets are turned off;
- Bring backpacks to bleachers to prevent theft;

### **Pool Schedule**

- Use UB's pool – Wheeler Recreation Center;
- Mostly for group 3;
- Must pick up swimmer before end of practice, if dropping off;
- Check the website for any schedule changes. Once or twice a year a practice is canceled;

### **Types of meets – CSSL and USA meets**

- USA meets are officiated and competitive, new Group 1 swimmer – no USA meets;
- New Group 2/3 speak with Coach Mike;
- USA meets have a \$5 per event fee;
- Coaches decide what event the swimmer will do;
- At meets only the swimmer is allowed on deck;
- Communicate with coaches outside of practice;
- Arrive at the meet at least 15 minutes early;
- If you are late, you must notify Coach Mike immediately;
- Girls are required to wear swim caps at practice and meets;
- At USA meets both girls and boys are required to wear caps;
- Most information can be found in the Swimmer and Parent Handbook online;

### **Connecticut Summer Swim League (CSSL)**

Less competitive and not officiated.

### **Refer to website regularly for any changes**

Every Sunday evening look for email concerning any changes and/or updates

Rules of swimming – CSSL – expect to help out

Piscis will have a MOCK meet prior to the 1<sup>st</sup> CSSL meet to practice time

Fall = short course - YARDS

Summer = Long Course – METERS

**File folders** – check for communications

### **Timing**

- Refer to procedures for returning swimmers
- CSSL has no fees except for the Championships
- Look on Website for contact information for Coach Mike – [www.trumbullpisces.org](http://www.trumbullpisces.org)
- (NO MENTION OF FINES FOR NOT TIMING for this group)
- Volunteering is VERY IMPORTANT
- If you sign your swimmer up for a meet, expect to be asked to time

### **Apparel**

- Swim Caps
- Gold with black T, Bathing suits black for girls and boys
- Bring Chairs, water, snacks and 2 towels to every swim meet

Look on the website [www.trumbullpisces.org](http://www.trumbullpisces.org)

Swimmers handbook

Coaching Staff – more technique based team no pressure

### **SWIM GROUPS**

**Group 1** work on basic techniques, drills, strokes

**Group 2A/2B** work on reading the clock, ascend and descend interval swimming – Pre

**Group 3**

**Group 3** – Senior, zone swimmers, age group swimmers 4,000-8,000 yards

### **Meets**

- USA meets and CSSL meets you can contact Coach Mike via his CELL number;
- No talking to coaches during practices;
- A meeting can be scheduled;
- Coaches are certified lifeguards, CPR, and background checks done thru USA;

If you have any questions, email or call Coach Mike or Tom – do not be intimidated, you are not bothering anyone.