

Pensacola Navy Youth Swimmin’

www.pnyswimteam.org

Welcome to PNY Swimmin’! The following is just some basic information to welcome you into our program and answer some simple questions. There is a great deal MORE info at www.pnyswimteam.org . These include fees, parent commitment and responsibilities for home meets, and most important, the EVENT CALENDAR for the year.

Team Apparel: The only thing you MUST have for your first season is a TEAM CAP and a well fitting pair of goggles. A cap is not required for practices. If it is your first season, you can wear any bathing suit you want. By the start of your second season, you must have our team suit. Team caps are available from your team coach for \$5.

Practice: Practices are offered at Bldg 3828, the Aviation Schools Command Building, on Monday, Tuesday, Thursday & Friday of every week from 6pm-7pm. Summer practices and practices for more advanced swimmers follow a slightly different schedule. The number of practices per week is always up to the swimmers. Please get your child there early enough so that they are in their suits and ready to enter the water right at the start of practice. Remember that the pool is closed on all Federal Holidays and occasionally there are no Friday practices before a big meet (always noted on the Calendar). Normal pool rules apply (i.e. no running, no diving in the shallow end, etc.), and all younger children are required to be escorted to the bathrooms by an adult. What can you do during your child’s swim practice? You can join Masters or other programs and swim at the same time or leave and come back! Ask one of the guards for more info about available programs and ask the coaches for practice information.

Communication: We have four ways we communicate with our families. FIRST is our main process, the website: www.pnyswimteam.org – everything is there and more! SECOND, we post information on the bulletin board located on the door of the MWR closet on the Northeast side of the pool. THIRD, each child is provided with their own folder with their name on it located in a file container on the sign-in table. Information such as the “Trip Tik” can be found in there. And LASTLY, ask your child what’s going on! You’d be amazed at how much information we tell them! ☺

Swim Meets: Swimmers are required to attend three meets per season. Team members typically attend one meet every three weeks. The team hosts 5 PNY meets (home meets) throughout the year, www.pnyswimteam.org has a list of all meets and it also posted on the bulletin board. Meets during school months are typically divided into a morning and afternoon session on both Saturday and Sunday, with different age-groups assigned to each session. The week of the meet, you will find a “Trip Tik” in your child’s folder. This one sheet of paper should list all the events your child has been entered in, where and when the meet will take place and the designated time for warm-ups and the team meeting.

We recommend that your child bring something to lie on at the pool and a book, cards or anything that will keep him/her occupied. Electronic games/phones are not allowed but that extra set of dry clothes can come in handy!

Since most swim team funds are raised through competitions, almost every meet has a concession stand which sells food and meet programs (also called heat sheets). By purchasing the program, you are able to support the swim team hosting the event, follow all of your team’s races, and know what heat and lane your own child is swimming in. Don’t write your child’s events on their arms – let them look at the heat sheet often to see where and with whom they are competing!

If you will not be able to attend a meet, home or away, or one day of the meet, you MUST sign out your child in the note date book in the folder bin. Emailed “sign-outs” are no longer authorized. If you do not sign your child out by the “note date” listed on the calendar (about 14 day prior to the swim event), he or she **will** be entered and you will be required to pay for those events regardless of whether or not you will be attending. We have to pay for events ahead of the meet; therefore, we need to know by the note date if you will not be attending.

For meets that we host, we **require** that each family volunteers in some capacity. Please talk to your coach for more information on how you can help and check out www.pnyswimteam.org.

We look forward to working with your swimmer. Please don’t hesitate to ask questions after practice (not during – that time belongs to the swimmers!). We encourage you to make suggestions on how we can improve. Please, please, please visit our website! www.pnyswimteam.org