



Five Parks Piranhas

New Parent Handbook

2024

SWIM MEET INFORMATION

Regular Season Swim Meets

- The Piranhas will swim in five to six regular meets during the summer season. All of these meets are held on Saturday mornings, and usually run from 7 a.m. to around 1 p.m. Swimmer check-in starts at 6 a.m.
- Swimmers can sign-up for up to three individual events per meet.
 - Event sign-up must be done by 5 p.m. the Wednesday before a meet.
 - Event sign-up is done through our TeamUnify website:
https://www.teamunify.com/Home.jsp?_tabid_=0&team=cofpp
 - This link can also be found on our website: www.fiveparkspiranhas.org under the tab **SWIM MEET SIGN UP**.
 - Generally, the sign-up will be available on Monday morning and will include all eligible races by age group.
 - It is the parent's and swimmer's responsibility to make sure they sign-up for their races by the deadline each week. Failure to do so, may exclude a swimmer from being able to participate at that meet. You will NOT be notified if you have not signed up!
 - Swimmers are not guaranteed the events they sign-up for; **the head coach will make the final decisions on event entries for each meet, including placing swimmers on one or two relay teams at each meet.**
- **IF YOU PLAN TO BE GONE FOR A MEET, PLEASE INFORM THE COACH IN WRITING OR BY E-MAIL BY THE WEDNESDAY BEFORE THE MEET, SO EVENTS CAN BE PLANNED ACCORDINGLY!!!**
- **VOLUNTEERING:** When the Piranhas are hosting a meet, it is expected that parents will sign up to work in one of the following areas: Meet Set-up, Heating Area, Concessions, Timing, Officiating, Results, Parking, Facilities Monitoring, or Clean-up. Volunteer sign-up will be through an online sign-up platform (i.e. Sign-Up Genius or something similar) – these sign ups will be sent out via email weekly. **OUR HOME MEETS CANNOT TAKE PLACE WITHOUT HELP FROM OUR AWESOME PARENTS!**

Relay Races

- Relays help make swimming a team sport. They provide an opportunity for all swimmers to participate and have fun. If you are assigned a relay, you are expected to swim.
- Coaches will assign the relays and reserve the right to determine relays for reasons other than time, such as attitude, attendance, and sportsmanship. The coaches generally assign relays based on the following criteria:
 - For qualification meets, such as league and state, relays will be determined by placing the four swimmers with the fastest times on the "A" relay, the 5th-8th fastest times on the "B" relay, and so forth. The times used to determine relays will be the swimmer's best time or their best relay split time.
 - For regular meets, relays will usually be determined by making the fastest possible relays while also attempting to place all swimmers on a relay. For instance, sometimes the fastest freestyle

swimmer will need to swim butterfly on the “B” relay, rather than swimming freestyle on the “A” relay.

- The coaches recognize that relay placement is important for many swimmers. Remember that complicated situations do develop and while there may be a few ways to solve the dilemma, only one solution must be chosen. Please respect the coach’s judgment.

C/D and Last Chance Meets (Optional)

- The C/D and Last Chance meets are developmental meets designed to help swimmers improve their times and potentially qualify for the League and State meets..
- Developmental meets offer only individual events (no relays). These meets give swimmers a chance to improve their times while earning ribbons for their accomplishments. Because our coaches are spread thin for developmental meets (because there are often two or more meets scheduled on the same day),, **it is important for swimmers (and their parents) to know what events they are entered in, and where and when the meet is being held.**
- An “A” time qualifies a swimmer to swim at the League Meet. A “State” time qualifies a swimmer to swim at the State Meet.
- Swimmers should compare their recorded times to the **FSA Qualifying Times** on our website, www.fiveparkspiranhas.org to see their standing.

AAC Pentathlon Meet (Optional)

- The AAC Pentathlon Meet is held mid-summer at Applewood Athletic Club. Each swimmer swims the same five (5) events: one event of each stroke and an individual medley event:
 - 8 & under: 25 of each stroke and a 100 IM
 - 9 - 12: 50 of each stroke and a 100 IM
 - 13 & older: 100 of each stroke and a 200 IM
- The times from all five events are added together to determine the overall time and place. Swimmers must have at a least “B” time in four (4) of the (5) events to enter the meet.

Family BBQ & Relay Meet (Optional)

- We have a midsummer family BBQ and relay meet for swimmers and their family members. This is an optional event but we hope to have as many swimmers/families attend as possible as it is a great team bonding opportunity. This will take place at the Five Parks Pool on Wednesday, June 26th in the late afternoon/evening. More details will follow but be prepared for some fun relays including family relays, coaches’ relays, etc.

FSA League Meet

- A swimmer must have an “A” time in an individual event to participate in an individual event at the FSA League meet.
- Even if a swimmer does not qualify in an individual event, there is an opportunity for them to participate in one or more relays. The coaching staff will build relays and include as many of our swimmers as they can.

Colorado Summer Club State Meet

- Approximately 50 teams participate in this three-day meet. Teams from around the Front Range are represented.
- A swimmer must have a “State” time to qualify for an individual event. This is faster than an “A” time. A swimmer, who gets a “State” time at any meet, including the League Meet, will qualify to swim in the State Meet.
- **It is an honor and an accomplishment to qualify for this meet.**
- **Just like the FSA League Meet, even if a swimmer does not qualify in an individual event, there is an opportunity for them to participate in one or more relay events at the State Meet. The coaching staff will build relays and include as many of our swimmers as they can.**

WHAT TO EXPECT AT A SWIM MEET

Come Prepared

- It's Colorado, plan for all seasons, even in the summer!
- What to bring:
 - Swimsuit
 - Team t-shirt
 - Swim caps
 - Goggles (have an extra pair on hand!)
 - Several towels
 - Sunscreen
 - Warm clothes (hoodies, pj pants, sweatpants, etc)
 - Blankets and/or sleeping bags
 - Water (staying hydrated is important!)
 - Snacks

Swimmer Check-In

- All swimmers must check-in at the check-in table. Swimmers will receive a card listing the events they will swim in the meet.
- Swimmers must check in no later than 6:45 a.m. otherwise they may be scratched from their events.

Pre-meet Warm-up

- Warm-up is at 6 a.m. for home meets and 6:30 a.m. for away meets. Attending warm-ups for both home and away meets is encouraged for swimmers ages 9 and up and optional for swimmers ages 8 and under.

Exhibition Events

- Although swimmers can only swim in three individual events for points at a swim meet, the coaching staff **may** allow a swimmer to swim an event as an exhibition for the experience or to better an individual time.
- An exhibition event does not receive points towards the team's score or a ribbon, but the time the swimmer receives in the event will be an official time to qualify for "League" or "State" times.
- Exhibition swimmers will be determined by the coaching staff for each meet, and will be notified by the coaches if they have been selected to swim.

Relays

- There are two types of relays: free and medley.
 - Free Relay: All four swimmers swim freestyle.
 - Medley Relay: Each swimmer swims a different stroke: back, breast, butterfly, freestyle, in that order.

- Ages 8 and under - each swimmer swims 25 meters
- Ages 9 and up - each swimmer swims 50 meters
- Each swimmer can be put on up to two relays per meet.
- Relay placement is solely at the discretion of the coaching staff.

Racing Protocol

- Swim meets are “pre-heated” which means swimmers will be directed, in the heating area, to their lane.
- Swimmers should monitor the **Event Board** hanging by the heating area that posts the **First Call** and **Last Call** for each event.
 - It is the **swimmer’s responsibility** to make sure that they watch the **Event Board** so they’ll know when their event is ready to be called.
 - When their event is posted as **First Call**, swimmers should proceed to the heating area and check-in with the heating volunteer.
 - The heating volunteer will direct the swimmer to their assigned lane.
- After their race, swimmers are encouraged to check in with the coaching staff to discuss their race.

Heating Area

- This area is used to organize and line up swimmers for each race.
- Swimmers should report to the heating area when their event is noted as “First Call” on the Event Board.
- Swimmers should remain in the heating area until they are in their designated lane for their event/race.
- Heating area volunteers will call out a swimmer’s name and seat each swimmer according to the lane in which they will swim.
- If a swimmer does not respond when their name is called, they will be scratched from the race.
- Every effort will be made to ensure all swimmers get to swim their events, however, the swimmers are responsible for arriving at the heating area on time and following the directions of the volunteers.
- If a swimmer arrives late to the heating area, it’s possible they may not get to swim their event.
- No horseplay is allowed in the heating area.

Races

- When the swimmers get to the starting block just prior to their event, the lane timer will double-check that the swimmers are in the correct lanes.

Disqualification (DQ)

- It is not uncommon, especially for new swimmers, to be disqualified (DQ’d) after completing an event.
- If this happens, an official will write the reason for the DQ on the timer’s sheet and talk to your child after the event to explain the reason for the DQ.
 - Please remember that the officials do not like to DQ swimmers, but it is their responsibility and they are trained to do so. They will break the news to the swimmer as gently as possible.
 - If your swimmer is DQ’d, please give them support and encouragement.

- Swimmers get DQ'd for things such as diving off the block before the start of the race, executing the wrong stroke or kick for the event, or making an improper touch on the wall.
- When a swimmer is DQ'd, their event time cannot be used to score points for the team and no ribbon is awarded.
- If a swimmer is DQ'd in a relay, the whole relay team is DQ'd.

Results

- Lane timers record swimmer event times on timing sheets.
- Timing sheets are collected and delivered to the scoring area.
- Results are compiled on the computer and posted continuously during the meet.
- Meet Mobile, an iPhone and Android App, is also available to purchase for download to your smartphone.
 - Track our team and your swimmer(s) results even faster as they are posted to Meet Mobile.
- Ribbons are given to the coach at the end of the meet and distributed via the swimmer's file box during next week's practice.

Meet Duration

- There are 110 events each meet (with relays).
- Regular meets go until approximately 1 p.m.
 - Although we encourage swimmers to stay until the end of the meet to cheer on teammates, swimmers may leave when they have completed their individual and relay events.
- Developmental meets can run slightly longer.
- The FSA League meet runs from Friday-Sunday:
 - Friday Night
 - Saturday Morning
 - Sunday Morning
- The State meet runs from Friday-Sunday and is generally split up by age groups:
 - Friday: Events 1-6
 - Saturday: Ages 12 and under
 - Sunday: Ages 13 and over

Away Meets

- There are three away meets during the regular season.
- We do not offer team transportation. You are responsible for getting your swimmer to and from an away meet.
- Addresses of the other pool locations can be found on our website, www.fiveparkspiranhas.org under **Pools in Our League**.
- Make sure you give yourself time to arrive, park, and walk to the pool area.
- Swimmers are expected to be on time for check-in and warm-ups.
- When the meet is at another pool, you will be informed of the check-in, warm-up and meet start times.

VOLUNTEERING

- **Parent volunteers are critical to the success of our program!**
- In order to have a well-run swim team and well-organized swim meets, it takes many people contributing in many ways.
- To keep the cost of participating on the team manageable, we utilize parent volunteers instead of paid employees to fill volunteer roles.
- **Each family is required to volunteer at least 10 hours during the summer swim season.**
 - 7 of those 10 hours must be “on-deck” hours. (see below for descriptions of volunteer positions at home and away meets).

Parent Participation Fee (PPF) Agreement Form and Deposit

- During the registration process, a Parent Participation Fee Agreement form must be signed/acknowledged by each family to ensure you are aware of our volunteer policy.
- Each family must submit a \$400 check prior to the first practice of the season.
- When your family has satisfied your 10 volunteer hours, your uncashed check will be shredded or returned to you.
- If you have not satisfied your 10 volunteer hours by the end of the season banquet (the last volunteer opportunity), your \$400 check will be cashed.
- **Volunteer Sign-up:** Prior to each meet and social event, volunteer opportunities will be sent via an electronic sign up (i.e. Sign-Up Genius or something similar)
 - Swim meets are not the only way to earn volunteer hours. There are social events with opportunities to bring food and drink in exchange for volunteer hours. Families can earn up to 3 of their 10 volunteer hours in this manner.
- **Volunteer Tracking:** If you sign up to volunteer, you must check-in with the volunteer coordinator or a parent board member both at the start and the conclusion of your volunteer shift in order to get credit. This is how your volunteer hours will be recorded.

Volunteering at Home Meets

Jobs that need to be filled for home meets include:

- **Timers:** 12-18 people are needed for two to three shifts. Each lane must have two to three timers. Stopwatches are provided.
- **Starter:** One person is needed to announce and start all races and must be certified by the league.
- **Officials:** Four to six people are needed per meet to be officials. Officials must be trained and certified by the league.
- **Swimmer Check-in:** Two people are needed to arrive early and check-in all our swimmers.
- **Heating Area:** Four people are needed in the heating area.
 - Two people check-in swimmers upon arrival in the heating area.
 - Two people help organize swimmers by heat and lane assignments and move swimmers up through the heating rows to the blocks.

- Heating area volunteers also keep track of the event board and change the First Call/Last Call event number.
- **Runners:** One to two people are needed to deliver completed timer sheets to the results area after each event
- **Results:** Three people are needed to help enter results into the computer.
 - One person is needed to highlight the correct race times recorded on the timer sheets and place them in order before giving them to data entry.
 - One person is needed to help with data entry and printing results.
 - One person is needed to prepare and sort ribbons, and post results.
- **Hospitality:** Two people are needed to take refreshments to volunteers throughout the meet.
- **Concessions:** Three to four people are needed to help sell concessions.
- **Parking Attendants:** One to two people are needed in the morning prior to the meet to help direct traffic and show people where to park.
- **Facility Monitors:** Two people are needed to monitor the bathrooms and pool area during the meet.
 - Checking bathrooms (stocking toilet paper, paper towels, emptying trash, etc)
 - Emptying trash cans around the pool deck.
 - Keeping spectators out of roped off areas.
- **Meet Set-up:** Five to six people are needed for setting up the pool deck area the night before home meets.
 - Coaches tents
 - Heating tents
 - Placing lane lines
 - Setting up chairs and tables
 - Putting up signs and barriers
- **Meet Take-down:** Five to six people are needed at the end of each home meet to clean up the pool deck.
 - Take down all tents
 - Remove lane lines
 - Return chairs and tables to appropriate areas
 - Take down signs and barriers
 - Empty trash cans

Volunteering at Away Meets

Jobs that need to be filled for away meets include:

- **Timers:** Number varies depending on how many the other team requests.
- **Officials:** Number varies depending on how many the other team requests. Officials must be trained and certified by the league.
- **Swimmer Check-in:** Two people are needed to arrive early and check-in all our swimmers.

Volunteering at the FSA League and State Meets

- Parents of swimmers who swim in either the league and state swim meets are **REQUIRED** to volunteer during those meets, **even if you've met your 10-hour volunteer requirement.**
- **FSA League Meet**
 - Each team is assigned an area of responsibility (i.e. heating, hospitality, etc.)
 - We will also be assigned one or two lanes for timing.
 - Other volunteer opportunities include:
 - Transporting, setting up, and tearing down team tents.
 - Bringing snacks for coaches and swimmers.