



Gray Eagle Swim Team Handbook 2022

Section 1 GENERAL INFORMATION

STATEMENT OF PURPOSE

- To provide recreational, fun swimming for our children during the summer months.
- To learn proper swimming strokes and to learn how a swim meet is conducted.
- To swim in a friendly competition with neighboring teams.
- To build children's self-esteem and confidence through swimming.

TEAM PHILOSOPHY

Gray Eagle Swim Team is designed to convey an understanding and appreciation for the fundamental skills involved in swimming, while providing a competitive atmosphere. We stress sportsmanship, respect, participation, self-discipline, and most of all...FUN and FRIENDSHIP.

SUBURBAN SWIM LEAGUE MEMBER CLUBS

Avalon
River Glen

Gray Eagle
Summer Break

Plum Creek
Windermere

SWIM TEAM ELIGIBILITY

June 1st is the eligibility date established by the Suburban Swim League. Therefore, whatever age your child is on June 1st that is the age group he or she will swim with this summer. All swimmers must be under the age of 15, on or before June 1st.

The six and under group will swim 12.5 meters for all meets and the Invitational. There will be no assistance in the 1st heat in six & under. The rest of the heats will have "spotters". Swimmers should be able to swim the meet distance with minimal help. Spotters should be there more for confidence than actually holding them up. If the swimmer cannot swim in deep water, swim lessons may be a better fit.

AGE GROUPINGS

13-14-year-olds
11-12-year-olds
9-10-year-olds
7-8-year-olds
6 years old & under

GRAY EAGLE SWIM TEAM COACHING STAFF

Head Coach: Kylie Sutherlin

Cell: 317-752-8465

Email: kyliebelle@comcast.net

Assistant Coaches: Izzy Waren, Others TBD

Team Parents: TBD

QUESTIONS TO COACHES

Please limit communication with coaches **during** practices or meets. If for any reason you need to communicate with a coach, please do so through e-mail, telephone or in person after practice is over. Tying up the time of our coaches diminishes practice time for all swimmers.

FEEES

Gray Eagle Swim Club Members - **\$135.00 for each child (fee INCLUDES T-shirt, cap, the invitational, and the cost of Meet Central per swimmer)**. The fee for a 3rd child and any additional children in the family will be \$105.00 each.

Gray Eagle Swim Club Non-Members - **\$165.00 for each child (fee INCLUDES T-shirt, cap, the invitational, and the cost of Meet Central per swimmer)**. The fee for a 3rd child and any additional children in the family will be \$125.00 each.

ALL SWIM TEAM FEES ARE FINAL

****Please make your checks payable to Gray Eagle HOA****

PRACTICE SCHEDULE

Monday-Friday (unless otherwise noted)

<u>Age Group</u>	<u>Time</u>
11-12 & 13-14	8:30 – 9:30 AM
7-8 & 9-10	9:30 – 10:30 AM
5-6	10:30 – 11:00 AM

Note: *Times are subject to change if deemed necessary by the coaching staff. Swimmers are not required to be at every practice but should realize that the work and effort that is put into practices will be reflected in their meet performance.*

SWIM TEAM CALL-OUT MEETING

There will be a callout on Tuesday, May 17th at the Gray Eagle Pool at 6 PM. If you are unable to attend or you do not get your questions answered specific to your swimmer, you are welcome to message or call Coach Kylie.

Team suits will be available through Elsmore Swim Shop. They are located at 4705 E 96th street. More information about this will be provided at the call-out meeting and as we get closer to the start

The first practice will be held on Wednesday, June 1, and the season is finished after the Invitational on June 30th. The swim team party is scheduled for **FRIDAY JULY 1st**.

Section 2: SWIM MEETS

2022 SWIM MEET SCHEDULE & IMPORTANT DATES

Wednesday, JUNE 1: 1st Day of PRACTICE!!

FRIDAY JUNE 3: Intersquad/Practice Meet during swim practice 9AM - 11AM

Date	Home Team	Away Team
Thursday, June 9th	Gray Eagle	Summer Break
Tuesday, June 14th	Gray Eagle	Plum Creek
Thursday, June 16th	Gray Eagle	Avalon
Tuesday, June 21st	Windermere	Gray Eagle
Thursday, June 23rd	Gray Eagle	River Glen
Tuesday, June 28th	Summer Break	Gray Eagle
Thursday, June 30th	Invitational @ Fishers HS	Time: TBD

AWAY MEET LOCATIONS

- **Plum Creek: 12338 Medalist Pkwy, Carmel, IN 46033**
- **River Glen Country Club: 12010 Clubhouse Drive, Fishers, IN 46038**
- **Summer Break: 8376 E 141st St, Fishers, IN 46038**
- **Windermere: 9782 Mollenkopf Rd., Fishers, IN 46037**

SWIM MEET SIGN UPS

Meets will take place on Tuesday and Thursday evenings. Good manners, team spirit and sportsmanship are required.

**** Parents must sign up each swimmer for EVERY meet he/she will be participating in online via Team Snap no later than the day before the meet (see schedule above). Team Snap instructions will be sent out to the team.**

Any swimmer who has not indicated his/her participation status for a meet will not be put in the line-up for that meet. If a swimmer who has not signed up for a meet and shows up to a meet, he/she will not be guaranteed to swim.

If for any reason, you will not be able to attend a meet that you have previously made a commitment, please call Coach Kylie as soon as possible (not showing up for a meet slows the entire meet. Please let us know.)

SWIM MEET ATTENDANCE

Arrive at **Home** meets by 4:00 p.m. and **Away** meets by 4:15 p.m. for warm-ups.

1. Sign in
2. Report to Gray Eagle designated area
3. Check events
4. Use Sharpie to write the following info on swimmer's right shoulder
 - a. Last Name
 - b. Swimmer ID number
 - c. Event number, name ie: Event #6 50 Free
5. Stay with Team and Age Group. Report back to this place after each event. If we cannot find the swimmer, we will not delay the meet to look for them. They will miss their event.
6. 6 and unders swim ALL their events at the beginning of the meet starting at 5:00.
7. Meets vary in length depending on size of the teams. Generally, meets are over between 8:00PM - 9:00PM.

SWIMMING UP

A swimmer may swim up (1) age group in a single event. A swimmer may swim up more than (1) age group only if there is no other willing swimmer from that age group to swim that event. A swimmer may only swim in an individual event (1) time. For example, "Swimmer X" may only swim 7-8 Breaststroke or 9-10 Breaststroke, not both.

DISQUALIFICATION

For age groups 7 and up, swimmers in the 1st heat will be disqualified for improper strokes and starts. Disqualification affects the team score. All swimmers will continue to receive ribbons.

BASIC TERMS

Strokes – freestyle, backstroke, butterfly and breaststroke

Event – individual or relay races of freestyle, backstroke, butterfly and breaststroke

Heat – multiple races within the same event organized by age group

Medley – race consisting of all four strokes

INCLEMENT WEATHER

Inclement weather is inevitable during our swim season.

Practices: Coaches will determine practice cancellation. An email through Team Snap and a text message will be sent to the team. Practice may have a one-hour delay and there will be an abbreviated schedule if weather is expected to clear.

Meets: All swimmers are required to show up at the designated time. Any weather decision is the responsibility of the HOME/hosting team to cancel any meet. If the weather is questionable, and the teams are waiting it out, the meet will be called by 6 p.m. Swimmers are required to stay until a decision has been made. Meets are not made up.

TEAM SWIMWEAR

Team suits will be available through Runners Forum. You may purchase at the call out or go to their shop (14033 Mundy Dr, Fishers, IN 46038). Deadline to order is Monday, May 3rd. Team Suit will be black suits with the Gray Eagle logo.

LIABILITY

Pyle's Pools will staff a lifeguard at all of our practices and meets. This adds an additional layer of safety for our swimmers at all times. Know still that it is encouraged for parents of 6 & under swimmers to stay for the practices. Older children may be dropped off and picked up however they must adhere to all coaching and lifeguard staff instructions at all times. Any child not doing so will be asked to sit out of the practice/meet and parents asked to pick up their child.

Section 3: VOLUNTEER RESPONSIBILITIES

VOLUNTEER SYSTEM

Gray Eagle Swim Club parents are key to having a successful swim team!

- All families are **REQUIRED** to work a minimum of three (3) entire meets (including 6 and under parents) PLUS the Invitational. **Volunteers need to arrive by 4:30 p.m.**
- All families are **REQUIRED** to participate in the Volunteer Deposit Program.
- Sign up to volunteer no later than Friday, June 3, with Sign Up Genius.
- We provide volunteers for both HOME and AWAY meets

2022 GRAY EAGLE SWIM TEAM VOLUNTEER DEPOSIT

We understand that there are differing opinions concerning the need for parents to volunteer, but some actually enjoy it while others would simply prefer to watch the swim meet. We agree with both sides of thought, so we have come up with a plan that gives you a choice; a "Volunteer Deposit Program."

The Volunteer Deposit Program is just that, a DEPOSIT, where each family will have 2 options:

- (1) Volunteer to earn the entire amount back, OR
- (2) Make payment to cover the cost of employing local teenagers to work in their place.

Regardless of your choice, this deposit will be required for all swim team parents.

- The deposit is \$135 for each family required at registration.
Deposit must be a separate check, separate from the registration fee and made payable to the "Gray Eagle HOA".
- Each family has the opportunity to earn back the full deposit by volunteering **to work 3 swim meets in addition to the Invitational meet**. Volunteers must be age 15+
- Volunteer sign-up deadline is **Friday, June 3rd via "Sign Up Genius."**
- The Invitational meet is mandatory and will not count toward the three (3) required volunteer positions.
- Rainout dates will NOT be required to be rescheduled and will count as a shift worked.
- If you fail to work a meet that you have signed up for, your deposit will be cashed to help cover the cost for an employee to work that meet. **Please call the team parent if you are unable to work a meet that you have already committed to.**
- After you have worked three (3) swim meets and the Invitational, the volunteer deposit check will be destroyed on July 10 unless other arrangements have been made.
- **Those families choosing not to work a swim meet will have their checks cashed on Friday, June 3rd**, or the next business day. This money will go to pay for your replacement.

We are very excited about this program as it provides a win, win for everyone. Those who chose to volunteer pay nothing and those who would prefer not to work are no longer required to do so. This is something several other area programs have incorporated into their league(s) and all view it as a resounding success.

VOLUNTEER DESCRIPTIONS:

TIMERS (2)

- Sits with the Ribbon Writer at the end of the lane.
- Times are recorded next to the swimmer's name on the meet line-up sheet
- Verify correct swimmers are in the correct lane and heat. Verify that relay swimmer order matches, if names are listed
- Start stopwatch from the sound of horn SCOREKEEPER (1)
- There are 2 Scorekeepers, one from each team. Responsible for keeping the point totals on a simple to follow score sheet
- Must be an adult RIBBON WRITER (2)
- Responsible for writing the correct placement ribbon for the swimmers in their lane at the end of each heat. Write swimmer's name and time on ribbon
- Sits with the Timer at the end of the lane

HOSPITALITY (1-2) (Home meets ONLY)

- Organize ribbons as the meet progresses
- Deliver ribbons to Ribbon Writers as meet progresses
- Deliver drinks to any volunteer workers who are unable to leave their positions during the meet
- Fills in when needed for other positions (i.e. bathroom breaks) CLERK OF COURSE (4 – 2 at each end)
- Line up younger swimmers by the heat and lane
- Take them to their start position on time
- Must have 2 of 4 adults

HOLDING AREA ATTENDANT (1)

- Oversees swimmers holding area and gathers swimmers for Clerk of Course

Swim Team Application Fee Schedule and Registration Form

Gray Eagle Swim Club Members

You do not have to live in Gray Eagle for these rates to apply, however, you must purchase memberships to the Gray Eagle Swim Club for the primary member, plus the appropriate additional memberships for the swimmers you would like to register for swim team participation. The following swim team registration fees apply to swim team registrants whose family has joined the Gray Eagle Swim Club for the current season. All fees include T-shirt, cap, entry fees for the Invitational Meet and the cost of Meet Central for each Swimmer

(Check if Applicable) We have purchased memberships to the Gray Eagle Swim Club this year.

Swimmer Names (Please Print Clearly)	Age	Cost
#1 _____	_____	\$135.00
#2 _____	_____	\$135.00
#3 _____	_____	\$105.00
#4 _____	_____	\$105.00
Total Cost		\$ _____

Non-Members

You do not have to live in Gray Eagle and you do not have to be members of the Gray Eagle Swim club in order to register for swim team participation. The following swim team registration fees apply to swim team registrants who are not members of the Gray Eagle Swim club. All fees include T-shirt, cap, entry fees for the Invitational Meet and the cost of Meet Central for each swimmer:

(Check if Applicable) We have not purchased memberships to the Gray Eagle Swim Club this year.

Swimmer Names (Please Print Clearly)	Age	Cost
#1 _____	_____	\$165.00
#2 _____	_____	\$165.00
#3 _____	_____	\$125.00
#4 _____	_____	\$125.00
Total Cost		\$ _____

Signature

Date

All Checks are to be Made Payable to Gray Eagle HOA

Mail completed forms and checks to: Gray Eagle HOA, 12876 Whitebridge Dr., Fishers, IN 46037

Questions may be addressed to grayeaglepool@gmail.com

2022 GRAY EAGLE SWIM TEAM VOLUNTEER DEPOSIT
ACKNOWLEDGEMENT

I have read and acknowledged the above Volunteer Deposit Policy. I understand that if I do not sign up to work three (3) swim meets and the Invitational meet by **Friday June 3rd**, that my deposit check will be cashed on **Friday June 3rd**, or the next business day to cover the cost to employ someone to work in my place.

Please fill out this form and attach a **SEPARATE** check from your registration amount made payable to the Gray Eagle HOA.

Parents Printed Name: _____

Signature: _____ Date: _____

Check #: _____

Check One:

_____ I choose to Volunteer _____ I choose NOT to Volunteer

For office use only:

Volunteer dates: _____

Volunteer Commitment fulfilled? Yes No

Check Return Date: _____

Check Cashed Date: _____

COVID WAIVER

The World Health Organization has declared the novel Coronavirus (COVID-19) a worldwide pandemic. Due to its capacity to transmit from person-to-person through respiratory droplets, the government has set recommendations, guidelines, and some prohibitions which the Gray Eagle Swim Club adheres to comply.

In consideration of my participation in the foregoing, the undersigned acknowledge and agree to the following:

- I am aware of the existence of the risk on my physical appearance to the Gray Eagle Swim Club and my participation may cause injury or illness such as, but not limited to Influenza, MRSA, or COVID-19 that may lead to paralysis or death.
- My family will not come to the pool if we have experienced symptoms of fever, fatigue, difficulty in breathing, or dry cough or exhibiting any other symptoms relating to COVID-19 or any communicable disease within the last 14 days.
- I have not, nor any member(s) of my household, traveled by sea or by air, internationally within the past 30 days.
- I did not, nor any member of my household, visit any any area within the United States that was reported to be highly affected by COVID-19, in the last 30 days.
- I have not been, nor any member(s) of my household, diagnosed to be infected of COVID-19 virus within the last 30 days.

Following the pronouncements above I hereby declare the following:

- I am fully and personally responsible for my own safety and that of all family members listed on my Membership Form and my guests and actions while and during my participation and I recognize that I may be in any case be at risk of contracting COVID-19.
- With full knowledge of the risks involved, I hereby release, waive, discharge the Gray Eagle HOA, its volunteers, independent contractors, affiliates, representatives, successors, and assigns from any and all liabilities, claims, demands, actions, and causes of action whatsoever, directly or indirectly arising out of or related to any loss, damage, injury, or death, that may be sustained by me related to COVID-19 while participating in any activity while in, on, or around the premises or while using the facilities that may lead to unintentional exposure or harm due to COVID-19.
- I agree to indemnify, defend, and hold harmless the Gray Eagle HOA from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death from or related to COVID-19.

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent; That I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed; that I give my voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation. I am signing as the legal guardian of the swim team members I am registering. This waiver will remain effective until the end of the 2022 season.

Signature

Date