

## Parent Meeting Agenda 2023

Saturday, August 26, 2023, at Leavesley Park Jones Hangar 901 Buckingham Dr, Friendswood, TX 77546

**Returning members 9-9:45 a.m. New members 10:15-11:15 a.m.** (both)

Introduction	Start our 7th year as Sharks Swim Club
Coach Directed	Head Coach Gordy Westerberg (SR PERF, Lead SR2)
Coaches	Head Age Group Coach & swim school director - Kate Zabler Lead Challenge + EXP ADV1 - Coach Tim Hill Lead SR1, EXP ADV1, Masters, Coach Rhys Bender Lead Discovery groups, SR. drylands, Dev Meet Director - Coach Dacia Moore Lead EXP ADV2 - Coach Chris Sustala Lead Swim Fit programs - Coach Stefanie Reyes Assistant Coach Troy Pinkowski seasonal groups, lessons, dryland Assistant Coach - David Garcia various groups Assistant Coach Cherie Crawford seasonal groups, lessons Assistant Coach Alyssa Osborne (various groups) Team Admin. Susan Hillegeist (sharksswimclub@yahoo.com)

**Board of Directors Emails can be found on Team website home page top left corner under “Coaches”**

1. President – Jim McMichael – been involved in swimming & officiating
2. Secretary -Ann Esbeck current swimmers in the program
3. Treasurer -Laura Shipman- long term volunteer with Sharks for over 9 years
4. Director – Ed Jonas-local business owner, master, former club/HS coach Indiana
5. Head Coach - Gordy Westerberg

### **Mission Statement & Review key philosophy and why Sharks**

The Sharks Swim Club is a community based competitive swim team that exists to provide athletes with the best possible environment and resources to allow athletes to receive the highest levels of personal development and develop the character and life skills necessary to succeed in life. Highlight a few other key points (Gordy) - We have a group for all abilities and commitment.

**MISSION STATEMENT:** The Sharks Swim Club is dedicated to providing the environment, resources, and encouragement for all of its swimmers to make a commitment to the highest level of personal potential and the pursuit of humble excellence.

**VISION STATEMENT:** The Sharks Swim Club will provide a model for excellence for committed athletes and create the best competitive swimming program for families within the community and surrounding area to excel at all levels of competition.

**OBJECTIVE:** The objective of the Sharks Swim Club is to create and offer activities which foster unity and stability during our Team Members’ crucial developmental years. Team functions, travel/swim meets and fundraisers link parents, swimmers, coaches and community in a spirit of acceptance and cooperation. Sharks Swim Club parents and relatives contribute time and effort to support a motivating and enjoyable atmosphere

for a child's growth. Success and winning with Sharks Swim Club will be a by-product of the fun, enthusiasm, relationships, and hard work of its membership.

**PURPOSES:**

- a) To sponsor and develop a nationally ranked aquatic team and further the interest and education of children and parents in competitive aquatic sports.
- b) To maintain membership with USA Swimming and GULF Swimming LSC, abiding by their rules and regulations for competitive aquatic sports.
- c) To support middle school and high school aquatic sports in the surrounding area.

**Theme:** CARE (Caring, attitude, respect, enthusiasm/energy) and "Challenge the moment"

**Policies: Kate/Gordy**

1. Safe Sport, code of conduct. No one-to-one communications between athletes & coaches (calls, text, emails). Swimmers 18 & over are required to complete Athlete Protection Training within 30 days of their birthday and report to Susan Hillegeist, or they will not be allowed to compete in meets or attend practice. This year there is NO grace period...no completion = no competing
2. Deck access- only parents that are certified. Meetings with coaches are best done before or after practice.
3. Respect our facility, we are guests and as such leave it better than we found it. Report any vandalism or broken items in public areas.
4. Please do not drop off your younger swimmer at the pool early. Wait with your swimmer until a coach is present. Pick up as soon after practice as possible (Safe Sport Issue).
5. Check the website for team events; both meets and functions. Exploratory - Sr Performance has auto sign ups for all meets that they qualify for. DISC ADV & SR1 are automatically entered into all SHARK HOSTED meets. The auto commit does not pertain to travel meets outside of Houston. Whenever you notify a coach that your swimmer is unable to attend a meet, **PLEASE CC** Susan ([sharksswimclub@yahoo.com](mailto:sharksswimclub@yahoo.com)) to the email you are sending the coach.
6. Coach communication, please use email as the primary method of communication with your coach. Sr/Sr Perf swimmers must be a part of the "Remind" group for information sent by Coaches. Please, parents, do not join this format so the swimmers learn to take responsibility for their swimming. Please do not use "Group Me" as a Sharks communication as there is no way for Coaches to track communication.
7. Parent Reps can use Teamunify to send Text Blast to reach all swimmers and parents
8. Social media challenges

**Team Communication: Gordy & Susan**

1. Team Newsletter- schedule changes, meet information, practice information, etc can all be found in the Newsletter. Weekly Newsletter is sent out every Tuesday afternoon (~3pm). Please refer to the newsletter before emailing questions to coaches and Susan.
2. Coaches Corner links in the newsletter (education, last minute schedule changes, etc.)
3. On Deck app(now called Go Motion) - download and change settings in notifications to "persistent" banner.
4. Parent Reps are there to answer questions about the group, schedule items - these will be updated and sent to membership.

5. Members must verify SMS and emails in their accounts - please add SMS if you have another parent/guardian driving your child or if your child is driving themselves. Secondary emails can include swimmers so that they receive the newsletter.
6. Group Meetings will be held by the Lead Coach of those groups. (Announced in Newsletter)
7. Current members, please use email as communication, not text and not calling/texting the Sharks number. Please do not use the team phone number for texting and calling Susan for Sharks business. It is primarily meant for potential new members to obtain information.
8. Notify fundraising to [billing@sharks-swim-club.org](mailto:billing@sharks-swim-club.org) once met.

### **Training Groups overview** [Age Group Overview](#) **Kate**

#### Practice information/needs

1. Bring a water bottle labeled
2. Wear running shoes for Discovery Adv- Sr Per groups to practice
3. Label ALL equipment- most groups have a similar style
4. All clothing, equipment, and trash need to be picked up after practice. We will NOT keep lost and found like last year.
5. Recovery is key after practice. Make sure they get 15 grams of protein & some carbs within 30min of practice finishing. The chocolate milk drink box is great.
6. Group changes follow the school year change for most. Day to day training speeds, current skills, meet results and IMX/IMR scores are all taken into consideration.
7. Equipment list - Discovery Adv - Exploratory Adv uses long fins [LINK](#) (pictures of equipment needed). The SwimShops of the Southwest (281-485-3100, open Tue, Thu & Sat 10-2) is our team store and has all of our equipment in house. We are also a Speedo sponsored team. They support the team and staff with equipment, outfitting, and misc gear that we use as prizes.

### **Competitions** *We are first a competitive swim club but do we value fitness.*

1. Meets provide the opportunity:
  - a. for coaches to see the skills they've been working on in practice in a competitive environment (similar to a test or quiz in school)
  - b. know if things are clicking: Coaches focus on the process and building skills and evaluate if the swimmer is retaining knowledge and has the ability to apply in competition
  - c. to build team spirit among teammates and families
  - d. for swimmers to socialize with one another
  - e. Team building opportunities with swimmers and parents supporting each other
  - f. for parents to meet and socialize with other parents and build new friendships
2. Sharks hosted meets:  
September - Pentathlon 9/30, November 10-12, March 1-3 P/F meet (AG in between), April Meet at HTH (1 day LCM); Developmental SCY Meets, all 1 day, April/May/June
3. Meets are listed in the newsletter and on the website under CURRENT COMPETITIONS (**Will be updated as Sharks receives information**)
4. Championship Meets (Dates and Locations) will be decided at the September Gulf Technical Planning Meeting. There WILL definitely be some changes as to when certain meets are held in December and a change in formats for the February meets.

5. Meet uniform: Black suit with the Sharks logo & Sharks cap. (speedo endurance - available for purchase through Swim Shops of the Southwest, they will apply our team logo after purchase) A silicone cap order will be placed this fall. Each swimmer will receive one cap with registration, with the option to upgrade to a silicone cap or a personalized silicone cap for an additional charge. A google form will be included in this week's Newsletter to allow you to order your caps. If a swimmer does not have a Sharks swim cap at competitions, a coach will give them a latex cap and it will be charged to the swimmer's account.

### **Fundraising - Gordy**

1. Shark Hosted Meets
2. Fall Capital Campaign sponsorships \$30k (looking for 1-2 to asst. in this and they need to work with Susan using a google doc form to ensure credits go back to families - families are required to notify Susan via email).
3. Spring Swim a Thon - early April (need 2 parent volunteers to help with this)
4. All these fundraising opportunities provide additional training equipment for the athletes coaching clinics for the staff, speakers for the swimmers/parents/coaches, and off-set team expenses for travel meets & special events. One thing that we really want to be able to provide is the ability to bring in outside "specialty" type speakers for the kids and parents (Nutritionists, etc.). We appreciate the support. In addition, we now have scholarship money available to those who may need some extra help.

### **Billing Registration - Susan**

Questions? email [Billing@sharks-swim-club.org](mailto:Billing@sharks-swim-club.org)

Verify your SMS and Email. Keep information updated, medical, cell numbers, credit cards.

Billing and Suspending/reactivating - use google form to notify requests to cancel.

Competitive groups [HERE](#)

**USA Swimming Registration** - Returning swimmers are registered like they did for decades (part of your registration and sent as a team). New swimmers to USA Swimming, the parents will register with USA Swimming for an account then add their swimmer and pay their annual registration for them. A set link will be emailed by group with information on when to register by. New to team swimmers will be sent in September, renewals will be October. Be watching emails for updates.

**Susan** How meet volunteer sign-ups are handled and if not full how families are assigned - Jobs open for 1 per family initially (schedule posted in newsletter) then multiple per family. Once job signup closes those not signed up but participating may be assigned. What a family must do if they can not fulfill their obligation at a meet. Policy [HERE](#), you are responsible to locate a replacement. The penalty fee for not showing up or locating a replacement \$50

### **Service obligation - JIM**

- 1) Volunteers are essential for team success. We need your time and service vs. a buyout. Our Service Obligation policy has been updated. Each family will be given the opportunity to complete their service hours during each swim season. If the family does not complete the required hours by the end of each season, 15 hours for short course by end of March, and 10 hours for long course by end of July, accounts will accrue a fee of \$50 per hour for remaining hours. (Disc Adv & Sr 1 8/5 short/long) List of opportunities found on the website under the Policy info tab, Service Policy, and Obligation opportunities. At this time we need to fill the following positions to start off our year.

- 2) Committee Opportunities - desperately need 3 people for Hospitality! Officials/marshals; and 3-5 people for the Banquet (April 7 - Bay Area Community Center). June Team Trip Coordinator

### **From the Board perspective:**

Our emails are on our website. If you have a question or a concern about your swimmer, please contact your coach. If you have questions regarding “How things work?” for your group, schedule, competition or policies, please contact your Parent Rep. If you need to discuss something serious please reach out to your coach and board member directly. We also love to hear about what your coach is doing well.

### **Officials Jim**

As the team continues to grow, we will be hosting more regular, but smaller meets. To do that successfully, we need to grow our pool of certified swim officials. With the change in meet formats for all Gulf teams, we need these officials so that we can run sanctioned meets. This allows your swimmers to earn official times for USA Swimming.

There will not be huge meets with a large number of teams to draw officials from. So that we can continue to host meets for our swimmers, we need 12 additional officials.

Jim McMichael [mcmicha@sbcglobal.net](mailto:mcmicha@sbcglobal.net),  
Casey [Cyclecm@gmail.com](mailto:Cyclecm@gmail.com)

### **COVID policies & protocol help**

Board Parent Member- Ann Esbeck  
Updated COVID Policy [HERE](#)

### **Resources**

Sharks Swim Club – [www.sharks-swim-club.org](http://www.sharks-swim-club.org)

Gulf Swimming – [www.gulfswimming.org](http://www.gulfswimming.org)

USA Swimming – [www.usaswimming.org](http://www.usaswimming.org)

Splash Magazine-monthly – always some good stuff for swimmers, parents, and staff

**Let's all be patient & flexible with all that's going as we have to adapt to change.**