

# Welcome to the Greenbrook Gators New and Returning Parents Q&A

WE WILL BEGIN AT APPROXIMATELY 6:30PM



# Today's Agenda:

- ▶ Who we are
- ▶ What to expect during practices
- ▶ What to expect during a swim meet
- ▶ Swimmer equipment/essentials
- ▶ Volunteer Requirements: Special Events vs. Meets
- ▶ Swimtopia App/Account
- ▶ Special Events
- ▶ Questions and Answers



# Who we are:

## Greenbrook Swim Team: The Gators

### Gators

We are a local, non-profit 501C3 swim team designed to cater to the needs of the community by providing swim training with an emphasis on technique and having fun. We are not a club, but many of our swimmers go on to compete at higher levels.



### SCSC

Our team belongs to the South Coast Swim Conference which is currently made up of 6 teams:

1. Greenbrook Gators
2. Green Valley Dolphins
3. Pacific Sands Penguins
4. Lake Forest II Dolphins
5. Newport Hills Killer Whales
6. Harbor View Dolphins

### Important People

President: Scott Jones

[president@greenbrookgators.org](mailto:president@greenbrookgators.org)

Head Coach: Kyle Naumman

[coachstaff@greenbrookgators.org](mailto:coachstaff@greenbrookgators.org)

Meet Managers: Chrissy Bridges & Tudy Balta

[Meetmanager@greenbrookgators.org](mailto:Meetmanager@greenbrookgators.org)

Additional Board members and Parents!

## What to expect during practice?

- Practice last between 25-60 minutes, depending on age
- Swimmers will have structured lessons each day focusing on different strokes and techniques
- Some days will focus on dives and turns, races, relays and meet day training
- All swimmers get evaluated to see if they have made progress on our level system
- Swimmers should come with suit, goggles and a towel to every practice

# What to expect during a swim meet?

- Swimmers need to check-in at tables to verify attendance and get their last name written on arm/hand (used for timing purposes)
- Warm-ups start at approximately 7:30am for the 6 & under groups and go until 8:30. Each group is about 10 minutes
- Each swimmer can swim up to 4 races: 3 individual + relay, or 2 individual + 2 relays. Swimmers will not always have 4 races each week. Based on ability and scheduling
- Meet officially starts at 9am and lasts until approximately 2pm
- Swimmers races will be posted the morning of the meet and also on the Swimtopia app typically the night before
- All races are “official”
- There are 82 events, and each event has heats. Ex: Event 13, heat 2 would be 6 & under girls, second race, 25 freestyle
- First half goes until event 36 which ends between 1030-11, then 2<sup>nd</sup> half
- Younger swimmers (8 & under) will be lined up by volunteers and helped to their races on time. Older swimmers are required to get their on their own





# What to expect during a swim meet?

## Continued...

- What to bring: chairs, blankets, EZ Up/pop-up tent, sunscreen, snacks and drinks, and something to do in between races.
- Swim meets can be long, so prep as going to the beach for the day
- We have a snack bar serving breakfast, lunch, snacks and drinks throughout the whole meet. All proceeds go towards the team and kids
- Mornings can be cold, so bring warm clothes for the mornings and bust out the tank tops for the afternoon
- We sell merchandise until noon at all home meets. We do accept CC and working on Venmo.
- We have an announcer playing music and calling out event numbers (Get ready for 90's day!)
- Be ready to have fun and bring the camera to catch your swimmers first ever race!

# Swimmer equipment/essentials:

- Practice – suit, goggles, towel
- Meets – All black suit, goggles, cap, towel
- Team Suit – In order to save you money, our suit is all black.  
Jammers/speedos for boys, 1 piece race suit for girls
- NO TRUNKS – these are actually harder to swim in and will slow your swimmer down
- Extra goggles – swimmers leave goggles on the deck all the time, buy extras and put their name on them.
- Team Shirt – Meets are a great day to wear their team t-shirt
- Additional options (not required) – any and all Gator gear, parkas (great for mornings and evening and last a long time)

# Volunteer Requirements:

Each family is required to do 5 jobs

5

## ▶ Meet Day Jobs

- ▶ These are the majority of our jobs and are completed on the day of the meet
- ▶ We will train you for any job you are signed up to do
- ▶ Volunteers are required to check-in between 730-830, even 2<sup>nd</sup> half workers
- ▶ First half jobs – 8:45 to event 36
- ▶ Second half jobs – Event 37 to end(2ish)

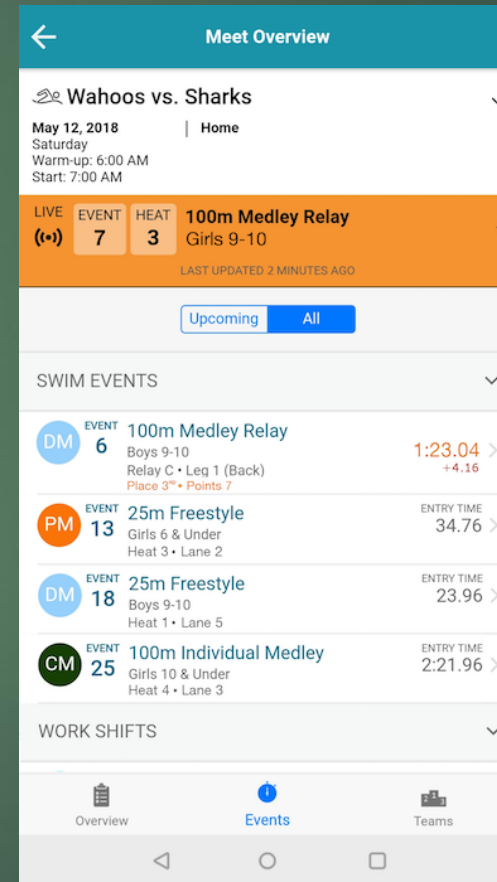
## ▶ Special Event Jobs

- ▶ These jobs are completed during our special events and can be during the week.
- ▶ Good for families that can't always work during the meets on Saturdays, or have smaller children to watch.
- ▶ There are some still available if interested in switching



# Swimtopia Account and App

- Use of the Swimtopia App is a great tool for planning and day of meet information
- Live time events so you know when your swim is coming up
- Can be used to view volunteer jobs
- **Need to declare swimmers availability for meets**



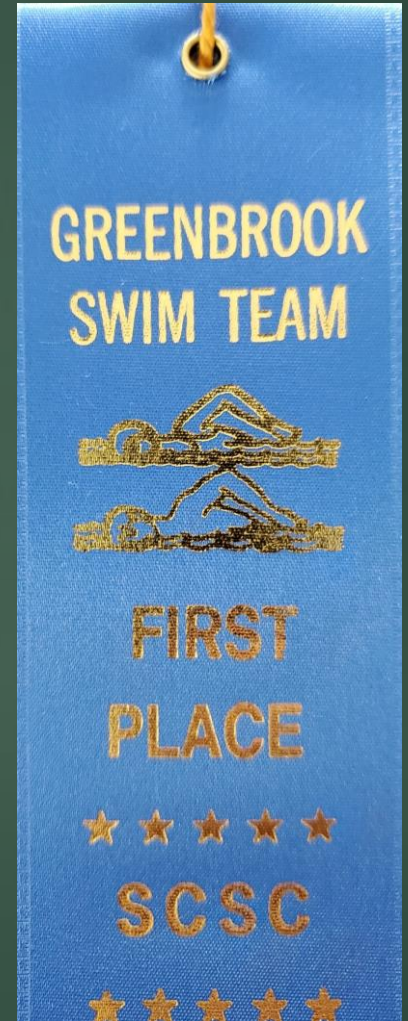
# Special Events:

- We offer a number of special events throughout the season to promote team building and social interaction outside of the pool
  - Gator Gatherin' – May 6<sup>th</sup>
  - Beach Day – May 14<sup>th</sup>
  - Picture Day – June 10<sup>th</sup>
  - Movie Day – June 29<sup>th</sup> (ages 10 and under)
  - Teen Paddle Boarding – June 30<sup>th</sup> (Ages 13+)
  - Bowling or Skate Day – TBD – All ages
  - Banquet – July 24<sup>th</sup>



# Misc.

- Family Files – Each family has a folder where important information will be distributed, ribbons and other materials
- Swimmers receive ribbons for all races.
  - 1-6 place get a colored ribbon, all other receive participation
- Rainbow Ribbons
  - All swimmers receive a Rainbow ribbon for any personal time improvement.
  - 3 ribbons can be “cashed in” for a small candy at the snack bar
- Board members will be wearing special shirts on meet days. Ask us questions! Please try not to bother the scoring table or announcer
- DQ's – Swimmers can be disqualified for doing the stroke incorrectly, or the wrong stroke. This is why proper training is very important during practice.



# Questions?

