

## Note to New Parents

**WELCOME** to the Somerset Hills Swim Team! We know the first few weeks here can be very confusing for new parents, so here are a few things you will need to know. Please remember we are here to help, so don't be afraid to ask.

### The Swim Team Parents Organization (STPO)

The STPO supports the team and coaching staff by helping to run meets, raise funds, organize social events (Ice Cream Social, Pancake Breakfasts, Team Celebrations not to mention Pizza parties!) and other administrative support. Watch for STPO meetings on the website.

### Communications

You will get information:

- From your swimmer(s)
- On the website [www.shyswimteam.org](http://www.shyswimteam.org),
- On the Bulletin Boards outside the Aquatics Office, and on the pool deck
- By phoning (908) 630-3531 for a summary of that week's events
- By attending STPO meetings. These will be arranged as and when necessary and posted on the Bulletin Boards and on the website. Everyone is welcome.

## Swim Meets

**Dual Meets** are competitions between two YMCAs, and are held from November to February. Scoring is on the basis of the team's performance and coaches therefore decide which events each swimmer will compete in. Attendance at Dual Meets is mandatory.

If your swimmer cannot attend the meet, he/she should complete a "Sorry Coach, I'm going to miss the meet" sheet. These sheets are available on the pool deck.

Swimmers in these groups swim in age-appropriate events – age being decided as of December 1<sup>st</sup>. Events are 8 & under, 9-10, 11-12, 13-14, and 15-18. You will be told which team your swimmer is on shortly.

**Invitational Meets** are hosted by a YMCA team or USS team and they can last run from ½ a day to 3 days. Invitational meets from October through March, and will have swimmers from many teams participating. Swimmers usually need qualifying times for these meets. Qualifying times are posted on the website a week in advance. Entry fees for these meets are per event usually between \$2.50 & \$4.00. Funds from your [Meet Entry Fund](#) will be used to cover the expenses

**Meet Entry Fund** - Each family will be assigned an account number within the Meet Entry Fund. You will be requested to deposit funds to cover invitational meets through the year. Appropriate amounts are deducted from your MEF each time your swimmer(s) participate(s) in an Invitational Meet.

### Practice Group    MEF Deposit

Gold	\$50
Age Group 1 & 2	\$100
Juniors & Seniors	\$125

**HELPING US** - We usually run three meets in a season (other than dual meets). Without help from parents, it would be impossible to run them. There are many experienced parents who will help you to learn the ropes, so don't feel overwhelmed by the list of volunteer positions. We need your help with a minimum of three YMCA Dual Meets and Invitational/USS Meets hosted by the Team. Sign-up sheets will be posted on the Bulletin Board. If you don't sign up, you may find yourself assigned a job.

**HELPING YOU** - We have a buddy system that aims to link you up with a parent who has already been through the swim year, and who can help you to find your way around the various meets and events. The best way to find out is to volunteer!

**TRAINING** - If you want to help out as a swimming official, we will be running Officials Training courses.

**GETTING THE GEAR** - Still looking for swim gear, goggles, pool buoys, fins – the list goes on and on?

At the beginning of the season, Metro Swim Shop visits us with a display of swim goods. Metro will supply our "Speedo" requirements.

You will also be able to buy swim goods online at [Wolfhead](#) Athletic – watch the bulletin board for details. Wolfhead will be supplying sweats, Soffe shorts, long mesh pants, long & short-sleeve T-shirts, jackets and other goods, all with our Swim Team logo!

**HAVE FUN!** - We're always on the look-out for fundraising ideas and social events. Bring your ideas to STPO m