



RIVERGLEN

SWIMTEAM

ELECTRIC EELS

HANDBOOK

“YOUR PERSONAL BEST
ADDS UP
TO A WINNING TEAM!”

SUMMER 2024

SUBURBAN SWIM LEAGUE

RIVER GLEN
PLUM CREEK
SUMMER BREAK
WINDERMERE
GRAY EAGLE
AVALON
HAWTHORNS

ELIGIBILITY

All Children with River Glen Swim Club memberships are eligible to swim on the team provided they are under the age of 15 as of June 1, 2024. There is no minimum age, as long as your child can swim the distance in their age category and is not afraid of the water.

Age Groupings

13-14 year olds
11-12 year olds
9-10 year olds
7-8 year olds
6 and under

Fees

\$165
(includes River Glen Swim Team T-Shirt)

Team Philosophy

River Glen Swim Team was developed to teach children the fundamentals of competitive swimming in a fun but challenging environment. We stress good sportsmanship, respect for others and achieving your personal best.

Swimwear & Apparel

The swim team suit and other team apparel can be ordered on the River Glen Swim Team website (www.riverglenswimteam.com). Suits must be ordered by Thursday, May 23rd in order to arrive for the first meet.

River Glen Swim Team Staff

Stephanie Thompson	317 441-6275
Chrissy Wheat (Head Coach)	317-250-3722
Shanna Thompson (Team Mom)	317-478-0904
Doug White (IT & Website)	317 289-4483

Practice Times- Monday through Friday

8:00 – 8:50 am	ages 11&12/13&14
8:50 – 9:40 am	ages 7&8/9&10
9:40 – 10:10am	ages 6 and under

Important Dates

Call Out Meeting- Thursday, May 2nd @ 7pm
Last day to order suits - Thursday, May 23rd
First Practice – Tuesday, May 28th
Mock Meet- TBD @ 9am
First Meet – Tuesday, June 4th
Sleepover – Sunday, June 9th
Team Pictures – Friday, June 14th @ 9am
Invitational Meet – Thursday, June 27th
SWIM TEAM AWARDS PARTY – Friday, June 28th – 6:00pm

Basic Terms

Strokes - freestyle, backstroke, butterfly and breast stroke

Event - individual or relay races of freestyle, backstroke, and butterfly or breast stroke

Heat - multiple races within the same event

Event lengths - 25 meters or one pool length, 50 meters or two pool lengths, 100 meters or 4 pool lengths

Medley - race consisting of all four strokes

Age Group Events

6 and under: (2nd heat and on may be assisted)

12.5m back stroke
12.5m breast stroke
12.5m freestyle

7-8 & 9-10:

25m back stroke	25m breast stroke
25m freestyle	25m butterfly
100m medley relay	100m freestyle relay

11-12 & 13-14:

50m back stroke	50m breast stroke
50m freestyle	50m butterfly
100m individual medley (IM)	
100m medley relay	100m freestyle relay

Swim Meet Sign Ups

Each swimmer must sign up for every meet he or she will be participating. Meet sign-up will be available online using the Swimmingly website <https://swimmingly.app/>. Swimmingly sign-in information will be sent out in May.

The deadline to sign up for a meet is 12 Noon the day before the meet. Any swimmer who has not indicated their participation status for a meet will not be put in the line-up for that meet. If a swimmer who has not signed up shows up to a meet, he or she may be placed in an event only if availability exists. If there are not any openings, please encourage your child to stay and cheer for the team.

General Meet Information

HOME Meets – Swimmers are to arrive by 3:30 and warm-ups will start at 4:00.

AWAY Meets – Swimmers are to arrive at the host pool by 4:00 and warm-ups will start at 4:30.

Please remember to bring towels, goggles, swim suits, swim caps, hoodies, and snacks. Most pools have concessions for the meets.

Using a Sharpie, please write your child's last name and 3-digit ID number on their right shoulder. On their left arm, write their event, heat and lane numbers. This helps swimmers remember their events. The heats will be posted in the camp area and emailed to all parents the day of the meet. **All meets start at 5:00pm** and typically run until 8:30-9:00pm. When

arriving at meets, please report to our team's "camp". 6 & unders are free to leave when they are finished swimming their events.

If, for any reason, you are not able to attend a meet that you have previously made a commitment to, please contact the head coach as soon as possible but no later than noon the day of the meet. Not showing up at a meet affects the entire team line-up that has been prepared prior to that evening's meet.

Team "Camp" Area

All swimmers are required to stay in the team camp between events. This allows the Clerk of Course to find swimmers when it is their turn to line up for their event. If your child is not in the "camp" area, they may miss their event. If a swimmer cannot be found when it is time to line up, a swimmer that is available will bump them. **Swimmers are not allowed to swim in the pool during the meet.** Good behavior is expected at all times. No rough housing will be allowed in the team camp area to ensure swimmer safety.

Swim Meet Schedule

June 04	Away vs. Summer Break
June 06	Away vs. Hawthorns & Plum Creek (<i>At Hawthorns</i>)
June 11	Home vs. Avalon
June 13	Home vs. Windermere
June 18	Olympic Trials – No Meet
June 20	Olympic Trials – No Meet
June 25	Away vs. Grey Eagle
June 27	Invitational League Meet Fishers High School Natatorium

Invitational Meet: Thursday, June 27th at Fishers High School Natatorium. This is an all-day event. The 6 & under participants can leave when they are finished swimming if you like – or stay to watch the rest of the invitational. We will need parent volunteers for this meet. The invitational is a fun experience for the swimmers and ends with a coach's relay event and spirit contest. Additional information will be sent out in June.

Awards Ceremony:

River Glen team awards ceremony and celebration will be at the River Glen pool. River Glen will provide the meat and drinks and we ask families bring a side dish to share. Additional information and exact date will be sent out in June.

Team Photos

Our team pictures will be on Friday, June 7th at 9:00am. Bring those smiles and wear your team suit!

Weather Cancellations

Inclement weather plays a large role in both our practices and meets.

Practices: Coaches will determine practice cancellations. We will communicate via text messaging and email for cancelled practices so please make sure we have a correct cell phone number and email address for you.

Meets: All swimmers need to show up at the designated time. The home team will make the decision on weather related cancellations. There will be a 1-hour window in order for coaches to watch the weather and make the necessary decision. Swimmers will stay the full hour until a decision has been made.

Volunteers

Our parents are the key to having a successful swim team! It is essential that we have plenty of volunteers at our meets, both home and away. Parents are asked to work at least (2) meets. Please take a moment to look at the job descriptions listed below to get an idea of which jobs you might like to do at a meet.

To sign-up to volunteer at a swim meet, please visit the team website (www.riverglenswimteam.com).

Working at a swim meet is a great way to watch your child swim and get to know other parents. The best part of volunteering is that you make your child feel important knowing that you are involved.

Volunteer Positions

- **Starter (Home × 1)** – announces all events and signals the beginning of a race, insuring that all swimmers have a fair start.
- **Timer (Home x 3/Away × 2)** – uses a team provided iPhone to time each swimmer.
- **Ribbon Sorter (Home/Away × 2)** – Attaches labels to ribbons and files them in each mailbox prior to the end of the meet.
- **Score Keeper (Home × 1)** – keeps running team score on iPad.
- **Event Board Attendant (Home × 1)** – stands at event board and flips number chart before each event.
- **6 & under Clerk of Course (Home x 3/Away × 2)** – walks the 6 & under swimmers from the camp area to their lane prior to each event.
- **Clerk of Course (Home x 3/Away × 2)** – walks the swimmers from the camp area to their lane prior to each event.

- **Hospitality/Sub (Home x 1)** – hands out bottled water to the home and away volunteers during the meet. Also will cover bathroom breaks for timers, clerks, etc.

League Rules

All swimmers on team roster need to be members of the league pool.

Swimmers are not allowed to wear “club” swim caps. Only plain caps or caps with the summer pool logo are allowed.

All events will be limited to five heats with the exception of 6 and unders and 1 heat of IM’s.

Disqualifications will be limited to blatant errors on first heat only.

Swimmers and coaches are not allowed in the pool unless swimming their event.

Decisions solely up to hosting pool include: cancellation of meet due to weather and announcement of score or win/lose.

11-14 year olds will be allowed to dive into the pool during swim meets. We will teach diving to younger swimmers in the diving well.

SUBURBAN SWIM LEAGUE POOL ADDRESSES

Summer Break Pool: 8376 East 141st Street Fishers, 46038

Plum Creek Swim Club: 12338 Medalist Pkwy, Carmel IN 46033

Gray Eagle: 1 Tavernier Dr. Fishers, IN 46037 (12100 Brook School Rd.)

Avalon: 12826 Thames Drive, Fishers 46037

Windermere: 9811 Windermere Blvd. Fishers, IN 46037

Hawthorns Country Club: 12255 Club Point Drive Fishers, IN 46037

Fishers High School Natatorium: 131st St & Promise Rd.