

# Pocantico Hills

## Swim and Dive Team 2021

### Information and Registration Packet



### **Welcome to the Pocantico Swim & Dive Team!**

Welcome to the 2021 Swim and Dive Team Season! We are looking forward to a fun, safe, and educational summer for everyone involved in the swim and dive programs at Pocantico.

## Meet Our Staff

Jeff McClung, Pool Director  
Alexis Chocianowski, Assistant Pool Director  
Keri Gregersen, Head Swim Coach, [k17wilson@hotmail.com](mailto:k17wilson@hotmail.com)  
Kate Flynn, Assistant Swim Coach  
Sabrina Conrad, Assistant Swim Coach  
Hanlin Wang, Assistant Swim Coach  
Jessica Cowles, Head Dive Coach  
Parent Rep:

Pool Telephone: (914)-631-2440 ex. 119

Email:

\*\*\*Note, due to COVID regulations this summer of swim team will look different. Please read the information carefully whether your child is new to the team or if this is their first year. We are so excited to be able to be back in the water with them and we appreciate everyone's understand in regards to any changes or differences you may see. We are going to have a fun, safe, and educational summer. Go POCO.

See you at the pool,  
The Coaches

### Eligibility

- Any district resident between the ages of 5-18 is eligible for the program.
- \*\*Swimmers who are 10 and under, will need to pass the required deep-water swim test to earn a BLUE bracelet. All other swimmers will need to pass the GREEN bracelet test in order to be on the swim team. All those wishing to participate on the dive team must past the GREEN bracelet test. These swim tests will be administered by the Pocantico Aquatics staff.
- Your child does not have to attend summer camp to participate, but you must be a resident of the school district.
- All eligible swimmers and divers must be on the roster by **Sunday, June 13<sup>th</sup>**.
- Please return the **registration form** (found at the end of the packet) to the POOL office or complete the google registration form.
- To assist in support for an end of year team celebration and swimmer gifts we are asking for a donation to be made to Rivertown Aquatics/POCO Swim Team. **We suggest a \$40.00 per swimmer to help provide for the end of the season celebration.**

### Expectations

- Our hope is to be able to offer practices 5 days a week to every swimmer on the team. Once we have the final roster and know how many swimmers are interested we will communicate the schedule based on COVID regulations.
- Swimmers and Divers are encouraged to attend practices to provide the most growth and best result for our team.

- If your child cannot attend a practice, please contact the coaches by emailing [swimteam@pocanticohills.org](mailto:swimteam@pocanticohills.org). If your child will not be able to attend a meet, please let your coach know.
- NOTE: This year, due to COVID regulations, the swimmers will not be coming straight from camp and therefore you do not need to let the camp know if your swimmer will not be attending practice.
- **All children under 13 years old must be accompanied by an adult or designated caretaker in and around the pool and recreational areas, except during swim practice.**
  - This means that your swimmer will not be able to come to the pool by themselves between camp and practice. In addition, once your child has finished practicing, a parent/guardian/babysitter must be ready to meet the child. This policy was enacted to ensure the safety of your children in and around the pool.
- Goggles and swim caps must be worn at every practice.
- Coaches will plan the entry roster for each meet.

### **Practice Guidelines**

Practices play a significant role in improving the team's conditioning and technique over the course of the season. The coaches should be alerted if a swimmer has to miss practice for an extended period, due to illness, injury, or other personal situation. We will be communicating the practice roster once we know how many swimmers are interested and have received the most up to date information from the county and state.

- **Diving pre-season practice will begin on June 21th at 4pm.**
- **Swimming pre-season practices will begin this year at the Pocantico Pool on Monday, June 21st at 4pm.**

**All swimmers should come prepared to practice with: goggles, a towel, swim cap, sneakers, and drinking water.** Swimmers who require inhalers should have them available at practices and make the coaches aware of their condition. Practices will be held during light rain or drizzle.

*Swim Practice Schedule for the summer:*

**Monday – Friday:**

**4:00pm – 5:00 pm** 10 & under

**5:00 pm - 6:00 pm** 11 & older

We want to make practices FUN while improving their technique in the water!

*Dive Practice Schedule:* Diving practice will be held every day during the same block period of swim team (4:00 – 6:00 pm).

**4:00pm – 5:00 pm** 11 & older  
**5:00 pm - 6:00 pm** 10 & under

### **Meet Guidelines**

The season we will only be competing in A meets with other teams who have expressed an interest in participating in in person meets. There will not be a championship meet this season. Once we know more we will communicate the schedule to the families. Our goal is to ensure all swimmers are given the opportunity to participate in meets this summer, so please keep that in mind when viewing the meet lineups.

- **For away “A” meets and WEEKDAY MEET ONLY**, a bus will be provided by the school. **The BUS will only be provided for transportation to the events.** Swimmers not riding the bus, or getting picked up on the way home, must provide a note to the coaches ahead of time.

Come prepared to all meets with your team suit, cap, towel, goggles, and water. Swimmers who require inhalers should have them available at meets and make the coaches aware of their medical condition.

Meets may be canceled by heavy rain or thunderstorms. Meets may be held through a light rain or drizzle. We follow the same weather guidelines for outdoor practices.

### **Team Swim Suit**

The team fitting will be on **Sunday , TO BE DETERMINDE**. Please try to attend the fitting, as it is important to make sure your child's suit fits properly. We will be using the **Speedo Shattered Palm Blue Female Superpro back** for females and the jammer for boys this year. Please note that the suits from last year are not available. We welcome all to attend the swim suit sale and purchase the new one in addition to goggles, caps, and other accessories.

# 2021 Swim and Dive Team Schedule

## PRACTICE SCHEDULE \*\*WEEKDAYS STARTING JUNE 21<sup>st</sup>\*\*

|                 | LOCATION                    | TIME  |
|-----------------|-----------------------------|---|
| <b>SWIMMING</b> | <b>Pocantico Hills Pool</b> | <b>4-5pm →10 &amp; Under<br/>4-5pm →11-18</b> |
| <b>DIVING</b>   | <b>Pocantico Hills Pool</b> | <b>4-5pm →11-18<br/>4-5pm →10 &amp; under</b> |

Please remember to provide a note for your child in order for him/her to stay after school to attend practice. We will meet the swimmers in the cafeteria and walk them down at the end of the school year. When camp begins, we will meet them under the cafeteria.

## “A” MEET SCHEDULE

| DATE | LOCATION                    | WARMUP | START |
|------|-----------------------------|--------|-------|
|      | <b>TO BE<br/>DETERMINED</b> |        |       |

**Schedule Updates and Changes** will be emailed and added to the online schedule. To find the online schedule: pocanticohills.org ⑦ Community ⑦ District Pool ⑦ Pool Calendar.

### Communication

Please check the Swim Team bulletin board, your email, and pocanticohills.org regularly for updates, changes in scheduling, parent updates, and extra flyers. The bulletin board is posted outside of the boys’ locker room across from the snack bar. Also e-mails will be sent out regularly to the email included on the registration sheet.

### Parent Volunteers

The Pocantico Hills Swim and Dive Team will need multiple parent volunteers for each of the groups for the different home meets.

- Snack Bar
- Scoring
- Timers/Runners
- Ribbons
- Team Dinner

# Swim/ Dive Team Registration 2021

Please return this form to the POOL office by: **Sunday, June 13th**

Alternately you may complete this Google Form: <https://forms.gle/72Skg6LaMaaSmB5g7>

Family Name: \_\_\_\_\_

Family E-Mail: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Number: \_\_\_\_\_

Cell Number(s): \_\_\_\_\_

Emergency Contact and Phone Number:

\_\_\_\_\_

Student's Physician and Phone Number:

\_\_\_\_\_

Allergies and Other Medical Conditions:

\_\_\_\_\_

*I hereby authorize my child to participate on the swim/dive team. In case of an accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician indicated and to follow his/her instructions. If it is impossible to contact this physician, the school may take whatever arrangements seem necessary.*

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# **2021 POCO SWIM/DIVE TEAM REGISTRATION**

1. Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Swim: \_\_\_\_\_ Dive: \_\_\_\_\_ Both: \_\_\_\_\_

2. Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Swim: \_\_\_\_\_ Dive: \_\_\_\_\_ Both: \_\_\_\_\_

3. Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Swim: \_\_\_\_\_ Dive: \_\_\_\_\_ Both: \_\_\_\_\_

4. Swimmer's Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Swim: \_\_\_\_\_ Dive: \_\_\_\_\_ Both: \_\_\_\_\_

Please indicate which days your child would be available for practice if you could not offer 5 days to all swimmers. Please check ALL that apply

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_