

Dear Summer League Parents,

It was a pleasure getting to meet all of you yesterday! I am excited for the summer season as we are getting into the full swing of things as school is coming to a close. I just wanted to recap what we discussed at the meeting...

All swimmers will be entered into all dual meets unless you sign them out. You must send me an email 3 days prior to a meet to sign out. If you already know what meets your child will be missing during the course of the summer you can send me a list of all the dates.

Please use the following procedure to sign out of Summer League Dual Meet:

Send an email to (me) Kiera Carmody - kieracarmody@gmail.com

In the Subject Bar add: Sign Out or Scratch (Scratch is done if it's less than 3 days before the meet)

- In the body of the Text:
 - Name of your swimmer
 - Date and Location of the meet you cannot attend

It is your responsibility to be on time for the swim meets, which means arrive and check in with STAC coaches at least 15 minutes before the warm-up.

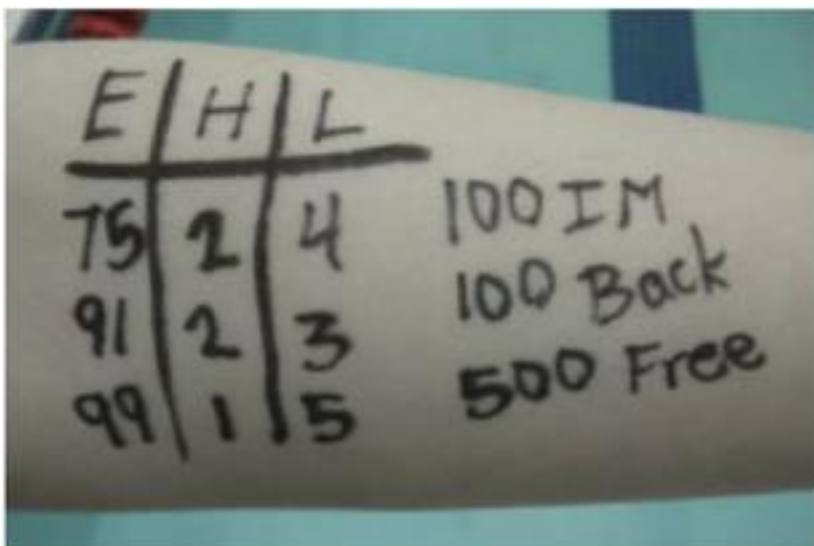
It is essential for all swimmers and families to observe the following procedure if delayed:

If you are attending the meet but have an unavoidable delay, you must text me (Coach Kiera) at [\(908\) 458-7685](tel:9084587685) no less than 20 minutes before warm-ups and let me know that you are still attending the meet, but are running late. If I don't reply, I haven't gotten your text. If possible, inform someone you know that is also attending the meet to pass that information on to me. There can be spotty reception at some pool facilities and it's best to try multiple ways of informing me of your delay. Please do not call or leave a voice mail on my phone. The pools are too noisy to hear and reading a text is more efficient.

If you haven't communicated timely in some way and are late, you may be scratched from the meet.

Being prepared

Each swimmer **MUST ARRIVE** with the swimmer's grid on their less dominant arm with the events that they're swimming. I will send out the meet lineup in advance so that each swimmer can come prepared with what they are swimming already written on their arms. Please **DO NOT** email me asking to switch your swimmer's events as I will not change my mind. Please remember to not apply sunscreen on the area where the events will be written because it will not say on. Please keep a surplus of sharpies in your swimmer's bag as they're easily lost.



Team attire

- It required that each swimmer needs to get the team suit and team cap so we can look unified at our meets
- Swimmers should represent our team at all meets with the STAC logo or our team colors (It would also be nice if parents made an effort to do the same)

For families that did not make it to the swimsuit fitting, you can buy the team suit at their store or online.

Ultimate Swim Shop is located:

1631 Stelton Road

Piscataway, NJ

Phone: [732-549-1001](tel:732-549-1001)

Visit their website:

In order to view Streamline Aquatics Club page on Ultimate's website, you will need to create an account with them. Click the link below to visit Ultimate's website, go to ACCOUNT, then REGISTER. Fill in the mandatory profile details (Swim Club-Streamline Aquatics) and create a password. Then sign in and see Streamline Aquatics Team Page.

[Ultimate Swim Shop's website](#)

Please pack your swimmer with:

Healthy snacks like fruit, veggies, and healthy dry cereal

A lot of water

Sunscreen

Extra pair of properly adjusted goggles

Extra cap

Extra towels

A lot of black sharpies

Swimmers must:

- Wear the team suit and cap to each meet
- Stay until the end of each meet in their suit because we might need to use them in a relay
- Sit near the team during the meet
- Treat everyone with equal respect as we have a no tolerance policy for bullying

End of the year MEETS

- Attend at least FOUR dual meets to be eligible to swim at Championships
- To qualify for conferences the swimmer must achieve the time standards listed in the link (https://swimtopia.s3.amazonaws.com/3312/files/conference_qual_times2.pdf?1521587981)

Reminders for parents:

- You will need to obtain four points throughout the season volunteering. If you have questions, please email suepalfy@icloud.com and Eileen.Gronwald@comcast.net
- Spectators must sit on the right side of the pool deck when you first walk into RVCC by the lifeguard's table FOR practices and home meets, and swimmers will sit on the left side
- Please email me with any questions FIRST as I am the Head coach, if I do not know the answer, I will redirect the email to someone that does

Let's go, STAC!!

Warm regards,

Coach Kiera