

2021 OAKRIDGE SWIM TEAM INFORMATION



June 16 (Wed)	Mock Meet @ Oakridge 6pm
June 22 (Tues)	Oakridge @ FOHA 6pm
June 29 (Tues)	Falls Point @ Oakridge 6pm
July 1 (Thurs)	Rain Date
July 8 (Thurs)	FOHA @ Oakridge 6pm
July 13 (Tues)	Westview @ Oakridge 6pm
July 15 (Thurs)	Rain Date
July 21 (Wed)	Relay FUN Meet @ Oakridge vs Falls Pointe 6pm
July 24 (Sat)	Championship Swim Meet @ Oakridge (TBA)
July 24 (Sat)	Swim Team Party 5-9pm

* Times in this packet are subject to change

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Coaches

Jordan Raudins

Hi! I will be a sophomore at the Ohio State University, studying Environmental Policy and Decision Making on the pre-law track. I am a competitive powerlifter and enjoy playing the ukulele and reading. I have been involved with Oakridge since I was about 10; both being on the team, coaching and teaching swim lessons. I am looking forward to helping kids refine their strokes, improve endurance, and have fun!



Nick Taylor

Hello! I am Coach Nick and this is my second year coaching at Oakridge. I have swam for Oakridge for many years before coaching and have also been involved with lifeguarding and teaching swim lessons at the pool. I will be graduating from North Royalton High School this May and will be attending Case Western Reserve University in the fall to study music education. I have been involved in my school's band for eight years and have been a section leader, principal player, and the band secretary. With that being said, I know that this summer will be an amazing experience for the swimmers, parents, and coaches!



Megan Lis

Hi my name is Megan Lis. I've been swimming since I was 2 years old. My first swim team was Oakridge and those fond memories encouraged me to continue my swimming career. I graduated from Hathaway Brown high school, where I swam on the varsity team for 4 years. I am going to college for nursing and swimming at Chatham University. This will be my first year coaching. I am really looking forward to getting to know everyone and also having lots of fun!



Junior Coaches

Sam Skuza

Hi, I'm Samantha but I usually go by Sam! I am currently in 9th grade at North Royalton High School. I've been constantly in/around pools since I was very little because my mom is a pool manager but I have been swimming competitively for about 6 years. 4 of those years were at Oakridge! Some things I like to do are skateboarding, drawing, and I also love to play soccer. I look forward to this summer and hope for a great season!

Sadie Amick

Hi! My name is Sadie Amick, and I am a junior coach for Oakridge Swim Team. I am going to be a sophomore at North Royalton High School, and I have been swimming for as long as I can remember. This past winter I swam on the North Royalton swim team, and this is my fourth summer being part of the Oakridge swim team. In addition to swimming, I am also in marching band and play golf. I am so excited to help out with the team this year!



Hope Campbell

My name is Hope Campbell and I am a freshman at North Royalton High School. I started taking swim lessons when I was about four years old and I joined my first recreational swim team, Peak Pirates, when I was eight. However, I later switched to the Oakridge team when I was eleven, so this is my fifth year on the team. I joined my first competitive swim team, Swim Strong, when I was ten, but later moved to the YMCA team RYD when I was twelve. I still swim there currently and was on the NRHS Swim Team this past school year for the first time as a freshman. Some of my other hobbies include playing the flute in the NRHS band and creative writing. I have been writing short stories since I was in fourth grade. I love to play with my dogs, travel, and spend time with friends. One goal I have for the team this year is to improve the swimmers' technique and efficiency while swimming.



Victoria Cimino

Hi! My name is Victoria Cimino and I am one of the junior coach this season! I am going to be a sophomore this coming year at North Royalton High School. I took swimming lessons at Oakridge when I was younger and I've been swimming on the same team since I was in sixth grade. I've also been a member of the Oak Ridge pool for years. I played volleyball for my high school during the fall as well as for a club season during the winter. This year, a goal for the swim team is for everyone to improve the swimming skills and of course have fun!



General Overview

Oakridge Swim Team Coordinator: Kelley Mendoza 440-376-7783

WELCOME TO OAKRIDGE DOLPHIN SWIM TEAM !!!

Swimmers must be able to swim one length of the pool without touching the bottom, ropes, or sides of the pool.

Winning is one of our goals, but not at the expense of everything else. We encourage swimmers to do their best and beat their previous “times”, not have the main emphasis to beat other teammates. We encourage all swimmers to keep track of their own “times” and events. Coaches schedule swimmers based on 1) time and 2) attendance at practices. This is a summer **FUN** league with the emphasis on **FUN** !!

SOUTHWEST SWIM LEAGUE (SWSL)

Our team is part of the Southwest Swim League competing against teams from Berea, Olmsted Falls & Medina. The six teams in the league are Oakridge, Berea Rec, Falls Pointe, Falling Oaks, Longbrooke, and Westview.

TEAM COORDINATOR

Kelley Mendoza, our Coordinator, grew up in Oakridge and now lives in Oakridge Estates. She swam at Oakridge as a child, coached the team in high school and is now enjoying watching her 3 kids, Charlie, Lily and Zac swim at the pool and on the swim team.

COMMUNICATION

Each family has a labeled folder in our team file box available at every practice. **YOU** are responsible for getting ribbons/handouts from your folder. We use the REMIND app to communicate information quickly. You will be given a code to join. Lastly, please check email regularly for info/reminders.

CANCELLATION POLICY

If the temperature is 62° or below, or in the case of a thunderstorm, practice will be cancelled. Use your own judgment in this matter. If a swim meet is cancelled due to inclement weather, you will receive e-mail or a phone call. Please pass these notices to your friends/neighbors on the team.

Parent Requirements

1. VOLUNTEER

Each family is required to volunteer for at least **FIVE JOBS** (most are ½ meet shifts) during our season (updated for 2021 due to more home swim meets and less swim teams participating in the league). Sign-up early and get your choice of assignments. If you do not sign up, you will be assigned 5 volunteer jobs.

2. ATTENDANCE CARD SYSTEM

Each swimmer has **ONE** card in the file box with swim meet dates listed. Our coaches use these cards to prepare lineups for our meets. You **must** check “can attend” or “cannot attend” for each swim meet. These cards remain in the file box all season — **do not** take your card home.

Please be considerate and complete your card well in advance of all meets.

**Volunteer jobs
requirements**

**Must work five (5)
shifts**

HOME MEET SETUP & TAKE DOWN – you arrive early at a home meet or stay late to help setup/take down concessions, chairs, computer, sound system, etc.

TIMER – assigned a lane, begin your stopwatch at the sound of the tone and stop it when the swimmer in your lane finishes their race. Work half a meet.

RUNNERS take completed “heat” cards from timers at the end of a race and quickly walk the cards to the scoring table. Work half a meet (first half or second half).

CLERK OF COURSE– organizes the swimmers according to heat and race before they actually line up poolside. Work half a meet (first half or second half). We ask for experienced swim team parents, but those willing to learn for future races are more than welcome.

CONCESSION – help sell items in the concession area at home meets for half of the meet only.

SCORING – assists calculating scores for events.

AWARDS – You put computer labels on ribbons and file in swimmers’ file folders.

COMPUTER- Input times from each “heat” card from the scorers table. Half a meet (first half or second half).

Practice Info & Schedule

MORNING PRACTICES

Monday- Friday

8:30am - 9:30am 9 & Up Flexible if more than one swimmer on team

9:30am - 10:15am 8 & Under

EVENING PRACTICES

Monday - Wednesday

8:00pm - 8:45pm 10 & Under

8:45pm - 9:45pm 11 & Up

Swimmers leave and the gate is locked by 9:45pm **PROMPTLY**. Coaches cannot wait until rides arrive, nor can they drive swimmers home.

STROKE CLINICS EVERY WED EVENING AND FRI MORNING

Coaches work with swimmers on stroke development. There is no charge for stroke clinics.

1st Week- Starts and Turns

2nd Week- Breaststroke

3rd Week- Butterfly

4th Week- Backstroke

CHAMPIONSHIP MEET (modified for 2021 - all swimmers can participate)

All-day event to compete for Southwest Swim League (SWSL) Championship.

Not all swimmers participate - a list will be posted of those participating.

Decision is based on fastest times in each event and age group.

Swim Meet Details

WHAT TO BRING

Swimmers should bring a blanket/extra towel to sit on, goggles, cap, sweatshirt, and quiet games to play between events. Parents bring your own lawn chair for all meets. Put your name on everything you bring.

ARRIVE EARLY !

Arrive early. Swimmers must **check-in** at the line-up sheet and get their event assignments. They'll swim a few laps to "warms-up" their muscles for the races. Warm-ups usually begin at 5:15 –5:30pm. Swimmers should write event numbers on their hands with ink or markers.

CONCESSIONS & DINNER

On Picture Day at our home meet, swimmers will get dinner (pizza, chips, fruit, drink, cookie). Concessions serve as a fundraiser for the host pool. We encourage families to purchase concessions versus bringing their own snacks. At our home meets, we typically sell pizza and hot dogs, fruit, pop, water, candy, cookies, etc.

OTHER MEET INFO

At meets, you are representing our team and should be on your best behavior. Don't eat if you have an event coming soon. **LISTEN FOR YOUR EVENT NUMBER & REPORT TO THE CLERK OF COURSE ON TIME.** (We need parents to help keep track of and remind their swimmer when the event number is approaching

AFTER THE MEET

When leaving a meet, be sure your area is cleaned up. You are representing our team.

We go to McDonald's in North Royalton on Route 82 after meets (Home and Away) to celebrate. Check with coaches to be certain which McDonald's.

Other Things to Know Overview

NEW MEMBER SUPPORT

Details of a swim team can be overwhelming, so a “buddy” who is a veteran swim team parent **can** be assigned to your new family. If you would like a “buddy”, please contact Kelley Mendoza at kmendozaslp@gmail.com.

OAKRIDGE PARKING

During practices, park **AT OUR POOL**—do not park on Maplegrove. You may park on the grassy lot but do not pull all the way forward; keep the cars closer to the driveway.

During meets, please park **ON MAPLEGROVE**. Visiting swim team parks in our pool’s parking area. Maplegrove is off of Thornhurst, which is off of Sprague . . . or off of Oakridge Drive, off of State. There is a path to the pool from Maplegrove by the split rail fence.

TEAM SWIMSUITS

We generally order a new team suit every 2 years. Team suits and caps are not required.

CHEERING

ABSOLUTELY! Many times our swimmers in the pool can see and hear us cheering. Let’s show our enthusiasm, wear our spiritwear, cheer loud and have fun!

TEAM PICTURE DAY (Date TBA)

Be at the pool at 3:00pm. SHARP! A team photo, age-group photos and individual child photos will be taken by a professional photographer. Forms will be in family folders.

SCORING

General Rules for Dual Meets:

Individual Events: first place – 4 points; second - 2pts; third - 1 pt

Relay Events: first place - 6pts; second - 3pts

Individual Event Scoring

No more than 2 swimmers from 1 team can score in any given event. However, ribbons will be awarded based on times. Example: Our swimmers have the fastest three times in an event. Our swimmers will get ribbons for 1st-3rd, but will only score for 1st and 2nd.

Relay Events Scoring:

Only 1 relay from the same team can score.

If there's no opposing team in a relay event, the relay that finishes gets only 3 points.
If there are 2 relay teams competing and 1 is disqualified, the one that finishes legally gets 6 points.

Disqualifications (DQs):

Officials (dressed in all white) make all the decisions relative to DQs. Two officials at every swim meet. They adhere to the following, per the league's by-laws:

6 and under Events - No DQs. Note - a six year old swimming in an 8-U event will be held to the 8-Under rules.

8-U: DQ for Gross Violation of stroke or double false start. Gross violation of stroke is defined as giving the swimmer an unfair advantage and is called at the discretion of the officials.

9 and over: Illegal stroke (bad kicks, pull-outs, touches, etc) and double false start.

Seating of events w/the use of heats

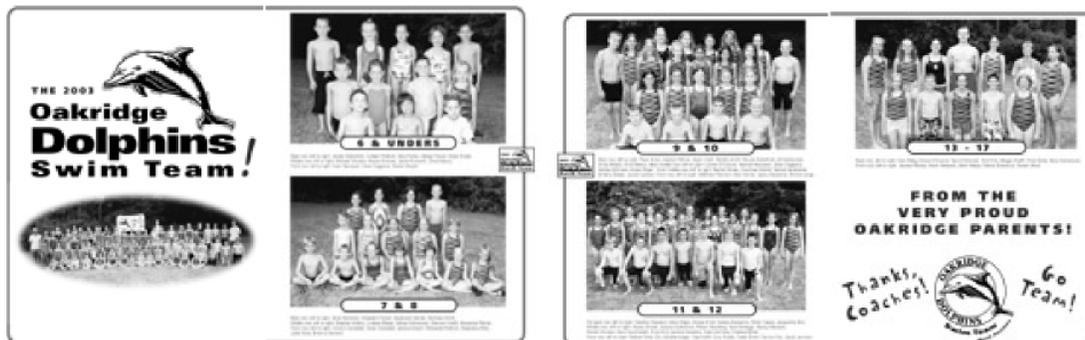
If there are more swimmers in an event than lanes, swimmers are split into groupings called "heats". Our league puts the best swimmers together in the last heat, but since many swimmers are entered without times, this often doesn't happen. In the younger age groups, swimmers that win their heat are awarded a "Beat the Heat" ribbon. This doesn't guarantee placement/scoring in the overall event. All times from all the heats are ranked together to determine the top finishers for that event.

Ribbons

Dual Meets - Ribbons for 1-6 places for individual events only. Ribbons will not be given out for relays or the fun relay meet. ~~Relay Meet - 1st place trophy. Championship Meet - 1st and 2nd place trophies. Medals (1-6 as before), no more ribbons.~~

CHAMPIONSHIP PROGRAM ADS (NOT FOR 2021)

~~Each team in the league is asked to place "ads" in the Championship Program. We use the age group pictures taken on picture day in our Oakridge ad. You are not charged anything extra for these ads - the expense was covered when you signed up. If you would like to place an add email Swim Team Coordinator for pricing.~~



DOLPHINS' END-OF-THE-YEAR PARTY - July 24th 5-9pm.

This is a popular family event with open swim for all kids. Medals and/or awards are distributed and we'll have a raffle for many cool prizes. We provide **pizza** and ask each "Dolphin" family to bring **their own drinks and chairs** and either Munchies, Side dishes, Salads, or Desserts.....details to follow.

