

WELCOME TO OAKRIDGE DOLPHIN SWIM TEAM !!! 2023



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 swim “times” - not each other. 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 !! Swimmers must be able to swim one length of the pool without touching the bottom, ropes, or sides of the pool.

MORNING PRACTICES

Monday- Friday

9:00am-9:45am 10 & Up

9:45am-10:15am 9 & Under

EVENING PRACTICES

Monday - Wednesday/Thursday (Thurs through June)

8:00pm - 8:30pm 9 & under

8:30pm - 9:15pm 10 & up.

Coaches will leave and the gate will be locked promptly at 9:20pm. They also cannot drive swimmers home.

STROKE CLINICS EVERY WEDNESDAY EVENING AND FRIDAY MORNING

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

June 16 - Starts and Turns

June 23 - Breaststroke

June 30 - Butterfly

July 7 - Backstroke

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, and Westview.

TEAM COORDINATOR & STEERING COMMITTEE

Kelley Mendoza, our Coordinator, grew up in Oakridge and now lives in Oakridge Estates with her husband and 3 kids. She grew up in Oakridge and swam on the swim team. While in high school and college, Kelley was a lifeguard, the pool manager, coached the swim team and taught swim lessons at Oakridge. Her kids Charlie, Lily and Zac swim at the pool and on the swim team. She also helps with coaching the team. The swim team steering committee consists of Sarah Amick, Erin Rosa, Jen O’Shaughnessy., Laura Nikiel, Linda Welch, Erica Miozzi and Kim Ware. They help with ordering team

suits, caps and t-shirts, creating the sign-up genius', concessions at home meets, coordinating the volunteers at the swim meets, end-of-the-season party, and more!

COACHES

HOPE CAMPBELL

My name is Hope Campbell and I'm super excited to be coaching the swim team again this year! This is my second year as a coach at Oakridge and this past winter and spring I also coached some of the RYD Swim Team groups at the North Royalton YMCA. I have been swimming competitively since I was 8 and swimming for the North Royalton High School Varsity team for three years. This fall, I will be a senior at NRHS and I am also in Honor Society and band as a flute player. I'm looking forward to helping the kids improve this summer and also having lots of fun!



SADIE AMICK

Hi! My name is Sadie Amick, and I am so excited to be coaching Oakridge for another summer! In the fall I will be a Senior at North Royalton High School, and I will be swimming for the fourth year on the High School swim team. I am also involved in Link Crew (an organization at the HS to ensure that incoming freshmen feel welcome), Marching Band, and National Honor Society. I am so excited to work with everyone this summer, and help improve everyone's swimming skills.



SAM SKUZA

Hi, my name is Samantha Skuza but I go by Sam. Just a few things you should know about me; first, I obviously love to swim and have been swimming for about 6 years now. I go to North Royalton High School and will be a senior next year. Along with swimming, in my free time I like to hang out with friends, listen to music, and be outside. I'm looking forward to getting to know the team this summer!



CANCELLATION POLICY

If the temperature is 62° or below, or in the case of a thunderstorm, practice will be canceled. Use your own judgment in this matter. If a swim meet is canceled due to inclement weather, you will be notified by e-mail and/or smartphone app. Please check your messages regularly, especially if the weather is changing. Also, please pass these notices to your friends/neighbors on the team – thank you!.

******* NEW ***** ATTENDANCE & MEET CARD SYSTEM**

Say goodbye to paper! Please scan the QR code on the swim team box for attendance at practice. We will also be using a google form for swim meet attendance. The link will be the same for all meets and remain the same throughout the season. Responses can be changed/updated as well. We will turn OFF the ability to respond or make changes 3 days prior to any home or away meet. If you need to make a change after that, you will need to contact the coaches. The coaches may look at attendance when

scheduling swimmers for events. Swimmers are expected to attend 3 practices per week. Please be considerate and complete your card well in advance of all meets.

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

PARENT REQUIREMENTS

1. VOLUNTEER

Each family is required to volunteer for at least THREE JOBS during our season (most are ½ meet jobs). Sign-up early and get your choice of assignments. If you do not sign up yourself, you will be assigned 3 volunteer jobs.

2. SWIM MEET ATTENDANCE

We will be using a google form for swim meet attendance. The link will be the same for all swim meets and remain the same throughout the season. Responses can be changed/updated if needed. **We will turn OFF the ability to respond or make changes 3 days prior to any home or away meet.** If you need to make a change after that, you will need to contact the coaches. The coaches may look at attendance when scheduling swimmers for events. Swimmers are expected to attend 3 practices per week.

SWIM MEET VOLUNTEER JOBS

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 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).

TEAM SWIMSUITS

Team suits are not required, however, if you did not order one and would like to, visit SwimOutlet.com. The suit is the purple Sporti Light Wave Thin Strap or Sport Light Wave Piped Jammer.

<https://www.swimoutlet.com/search?q=Sporti+Light+Wave+Thin+Strap+One+Piece+Swimsuit>

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 "warm-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

Concessions serve as a fundraiser for the host pool. We encourage families to purchase concessions versus bringing their own snacks. Last year at our home meets, we sold pizza, popcorn, fruit, pop, water, candy, 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 spend too much time looking for "lost" swimmers.)

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 the swim meets to celebrate. Check with coaches to be certain which McDonald's and if the dining room is open.

OAKRIDGE PARKING

During practices, park AT OUR POOL—do not park on Maplegrove.

During meets, please park ON MAPLEGROVE/THORNHURST/OAKRIDGE. Visitor 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.

CHEERING

ABSOLUTELY! Many times our swimmers in the pool can see and hear us cheering. All of our swimmers on deck get pumped up too. Let's show our enthusiasm, wear our spiritwear, and have fun!

TEAM PICTURE DAY

We have traditionally held pictures day before a home swim meet. We are going to change the day and time this year. Details to follow.

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 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 swimmers 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 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

SWSL has changed ribbons/trophy distribution this year. Beat the Heat ribbons for ages 12 and Under.

Dual Meets--12 and Under will get 1-6 place ribbons. Ages 13 and Over will get ribbons for 1-6 places.

Relay Meet—1st place trophy. Championship Meet—1st and 2nd place trophies. Medals (1-6 as before), no more ribbons.

CHAMPIONSHIP MEET

All-day event to compete for Southwest Swim League (SWSL) Championship. Not all swimmers participate due to league rules- a list will be posted of those participating. Decision is based on fastest times in each event and age group. Swimmer availability will need to be confirmed 2 weeks in advance.

CHAMPIONSHIP PROGRAM ADS

Each team is required to sell a certain number of "ads" to be placed in the Championship Program. Some parents choose to promote their business, other parents choose to wish their swimmers good luck! If you would like to place an ad, email the Swim Team Coordinator for pricing.

DOLPHINS' END-OF-THE-YEAR PARTY

Sunday night, The Day after the Champ Meet, 6-8:30pm at the pool.

This is a popular family event with open swim for all kids. Awards are distributed and we'll have a raffle for many cool prizes. We provide pizza and ask each "Dolphin" family to bring your own pop and chairs and either Munchies, Side dishes, Salads, or Desserts.....details will be emailed.

THANK YOU AND GO DOLPHINS!