

University Swimming Association

Swim Team 2023

Seasonal Pool Phone Number: 848-267-5487
Swim Team Email: usaiswimteam@gmail.com

This packet includes: the team schedule and general information regarding the swim team program. We hope this will be a useful reference for both old and new swim team participants and their families, as we embark upon what we are sure will be another great season for the team! Should you have further questions, please feel free to contact Head Coach Kaitlyn Catalano.

Mandatory Parent Meeting The meeting will take place on Monday June 12th at 6:00 pm at the pool. At this time, parents will hear from the coaching staff, hand in waiver forms and fees, and sign up for their team jobs. Parental involvement is essential to a successful swim team. Ultimate Swim Shop will be at the pool at 5:30 pm, just prior to the start of the meeting, with the new team suit for the swimmers to try on and order.

Waiver Form: Parents of all swim team members must complete and sign a waiver form prior to the participation of their children on the swim team. The signature of one parent will be sufficient. The waiver form contains information about our attendance and discipline policies, which are also listed below. Please be sure to review them with your swimmer(s).

Emergency Contact Form: Parents must complete one emergency contact form for each swimmer.

Attendance Policy: Coaches must be notified via email at usaiswimteam@gmail.com of absences lasting one or two days. Coaches must be notified via email one week in advance of extended absences or absences from swim meets. Extended absences are defined as absences of more than two days. Any unexcused absences may lead to disciplinary action. If absences last more than two weeks, the coaches will review the swimmers' eligibility on the team. Per league rules, swimmers must participate in at least 4 dual meets to be eligible to participate in any championship meets.

Discipline Policy: If swimmers become disruptive, fail to follow directions, or behave in a manner not conducive to a team environment, coaches may discipline the swimmer(s). All incidents involve written documentation. The 1st incident involves written notification to the parent/guardian, the 2nd incident involves a consequence that will be communicated to the parent/guardian, and a 3rd incident involves a consequence, suspension, or expulsion that will be communicated to the parent/guardian. If an incident is so serious that it needs immediate action, the coach, in consultation with the manager, has the authority to take immediate action.

Swim Team Fee: It is the goal of the swim team to maintain its own operating budget and to that end, the fee structure for 2023 is: **\$165 per child.**

***Please note that this does not cover the full cost of the swim team, we also need all families to help with fundraising and work at swim meets.

Practice Schedule: An assessment for all new swimmers will take place on Sunday June 11, 9 – 10 AM. A child must be able to swim at least 1 full lap (25 yards) to participate in the swim team. Because many schools are still in session, the first practices will be in the evening. The first practice will be Monday June 12th (overlapping the parents meeting) from 5:30 – 7:00 PM. Evening practices will also be held from 5:30 – 7:00 PM Tuesday, June 13 to Monday, June 26. The last Evening Practice will be Monday, June 26.

Beginning Tuesday June 27 through the end of the season, weekday practices will adhere to the following schedule:

Monday 11:00 am – 1:00 pm (or 11:00 am-12 pm noon according to placement)
Tues. – Fri. 9:00 am – 11:00 am (or 9:00 am – 10:00 am according to placement) Some swimmers may also be referred to lessons.

Parents are responsible for their children directly after their practice is finished, and must pick them up at 10 am if they are in the one hour practice group (please meet them at the gate to avoid disrupting the practice session still going on), or at 11 am if they are in the two hour practice group. Children under 12 years old may not be at the pool without adult supervision.

Web Site: Additional information and copies of swim team forms will be available on the Swim Team section of the USAI home page (usaipool.org). Information about our swim league, NJSDC, is available at <http://www.njsdc.swimtopia.com>.

Team Suits:

This year's suit is made by Dolfin, it is called Galactic in Red. Team members are also welcome to wear last year's suit, and/or to wear any combination of red and black at meets. Ultimate Swim Shop will set up at our pool on Monday June 12th from 5:30pm-7:00pm, during the parents meeting and the first practice. When you bring your children at this time, you can buy the suits. The girls' suits are \$44 and the boys' jammers are \$36. They will also bring some goggles and caps. If you will not be able to attend the sale, and you want to order a team suit, you will need to order one from Ultimate Swim Shop. Ultimate Swim Shop is located at 1631 Stelton Road in Piscataway (732-549-1001). They have limited hours so please call prior to going there. If you know your swimmer's size, you can order the University team suit over the phone with a credit card. If not, bringing them in to be sized is recommended. University team caps will be available for purchase by the first meet.

Arrival for Meets Regular Saturday dual meets start at 9:15 am and regular weekday dual meets are scheduled for 6:15 pm. Swimmers should arrive 45 minutes before the scheduled meet start time for away meets in order to receive instructions from coaches and warm-up. It is extremely important that swimmers arrive on time with the proper equipment to race.

Swim Team Parent Jobs: Parental help is essential to the swim team. All parents will be required to participate through performing one or more team jobs on multiple occasions throughout the season. It is anticipated that each family will have to work **at least** 3-4 shifts per child on the team over the course of the season. Sign-ups for all parent jobs will take place at the parents meeting and will be available on Google Sheets (link to be shared via email after the meeting).

Meet Official: Must be certified as a swim official, either through YMCA, USA Swimming, or NJSDC. Clinics will be held in early June for anyone interested in becoming an official.

Here are the dates and where the clinics will be held:

Tuesday, June 13 @Cranford Comm. Center

Saturday, June 17 @Piscataway Comm. Center

Monday, June 19 @East Brunswick Youth Council

Tuesday June 20 @Metuchen Municipal Pool

For more information check out <https://njsdc.swimtopia.com/>

Scoring Table: Parents work at the scoring table to record official times and keep score at the meets.

Timer: During both home and away meets there is a need for timers. Parents will need to sign up for shifts to time at the Parent's Meeting, and will be responsible for finding a replacement if they can't make it.

Refreshment Stand: Parents will sign up to work at home swim meets. **If you cannot make your shift, you will be responsible for finding a replacement or swapping with another family.** Only persons 18 years of age or older can work the refreshment stand – no children will be allowed behind the stand at any time. Not only does the refreshment stand provide snacks and drinks for the swimmers and their families, but it is also a successful way to raise funds for the swim team.

In addition to running the refreshment stand, all swim team families are asked to sign up to bring items such as bagels, donuts, baked goods, ice, etc. twice during the swim season. Sign up sheets will be available at the parent meeting, will also be posted on the bulletin board, and will be available on Google Sheets (link to be shared via email after the meeting).

Swim Team Pictures: A photographer will be at one of our weekday swim practices early in the season to take individual and swim team photographs. The date has not yet been set. Details will be emailed to swim team families and posted on the bulletin board.

Swim Team Picnic: The swim team picnic to celebrate the season will take place on Sunday, July 30th at noon, behind the diving boards. All swim team participants and their families are encouraged to attend. Please bring a main course and a salad or dessert. A sign-up sheet will be posted on the bulletin board the week before the picnic.

**University Swimming Association
Swim Meet Schedule 2023**

Swimmers should arrive by 5:30 pm for Wednesday dual meets and 8:30 am for Saturday dual meets.

Regular dual meets: (away meets are in boldface)

Saturday, June 24 - Home vs. Willows

Wednesday, June 28 - Home vs. Bridgewater (JCC)

Wednesday July 5 - University @ Frogs Hollow

Saturday, July 8 - Home vs. North Brunswick (Rapids)

Wednesday, July 12 - University @ Willows

Saturday, July 15 - Home vs. Frog Hollow

Wednesday, July 19 - University @ Metuchen

Sunday, July 23- Roycefield Sprint Meet

Monday, July 24 -University @ Bridgewater JCC

Friday, July 28 - Championships 13+ @ TBA

Saturday, July 29 - Championships 12&U @ TBA

Tuesday, August 1 - Conferences 12&U @ TBA

Wednesday, August 2- Conferences 13+ & Finals @ TBA

Directions to away meets are available on the league home page,

<https://njfdc.swimtopia.com>, (At the bottom of this page, click on “Directions”).

Tentative B League Championships (for all swimmers):

7/28 Friday, Ages 12 & U & 7/29 Saturday, Ages 13+ (details will be provided later, check NJSDC website)

Tentative NJSDC Conference Championships (must make qualifying times): August

1 - 2, Tuesday & Wednesday, at . (details will be provided later, check NJSDC website).

A. ORDER OF EVENTS – Dual Meets (Wed & Sat)

1	10/u	100 IM
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2	10/u	100 Free
3	11-12	100 IM
4	11-12	100 Free
5	13-14	100 IM
6	13-14	50 Free
7	15-18	200 IM
8	15-18	50 Free
9	8/u	25 Fly
10	8/u	25 Breast
11	9-10	50 Fly
12	9-10	50 Breast
13	11-12	50 Fly
14	11-12	50 Breast
15	13-14	100 Fly
16	13-14	100 Breast
17	15-18	100 Fly
18	15-18	100 Breast
19	8/u	25 Free
20	8/u	25 Back
21	9-10	50 Free
22	9-10	50 Back
23	11-12	50 Free
24	11-12	50 Back
25	13-14	100 Free
26	13-14	100 Back
27	15-18	100 Free

28	15-18	100 Back
29	8/u	100 Medley Relay
30	8/u	100 Free Relay
31	9-12	200 Medley Relay
32	9-12	200 Free Relay
33	13-18	200 Medley Relay
34	13-18	200 Free Relay

1. Boys swim odd numbered events on Wednesdays, even on Saturdays.
2. Girls swim odd numbered events on Saturdays, even on Wednesdays.

CONFERENCE CHAMPIONSHIPS

ORDER OF EVENTS & TIME STANDARDS

Event # Boys	Event # Girls	Trials Day	Age	Event	Qualifying Time*	
					Boys	Girls
1	2	2	13-14	50 FREE	30.00	32.00
3	4	2	15-18	50 FREE	27.00	31.00
5	6	1	8/U	100 MED RELAY		
7	8	1	9-12	200 MED RELAY		
9	10	2	13-18	200 MED RELAY		
11	12	1	8/U	25 FREE	20.00	20.00
13	14	1	10/U	100 FREE	1:24.00	1:24.00
15	16	1	11-12	100 FREE	1:14.00	1:14.00
17	18	2	13-14	100 FREE	1:06.00	1:11.00
19	20	2	15-18	100 FREE	1:00.00	1:10.00
21	22	1	8/U	25 BREAST	28.00	28.00

23	24	1	9-10	50 BREAST	48.00	48.00
25	26	1	11-12	50 BREAST	44.00	44.00
27	28	2	13-14	100 BREAST	1:24.00	1:30.00
29	30	2	15-18	100 BREAST	1:17.00	1:27.00
31	32	1	9-10	50 FREE	37.00	37.00
33	34	1	11-12	50 FREE	33.00	33.00
35	36	1	8/U	25 BACK	26.00	26.00
37	38	1	9-10	50 BACK	46.00	46.00
39	40	1	11-12	50 BACK	40.00	40.00
41	42	2	13-14	100 BACK	1:15.00	1:20.00
43	44	2	15-18	100 BACK	1:10.00	1:17.00
45	46	1	8/U	25 FLY	28.00	28.00
47	48	1	9-10	50 FLY	44.00	44.00
49	50	1	11-12	50 FLY 38.00		38.00
51	52	2	13-14	100 FLY	1:14.00	1:17.00
53	54	2	15-18	100 FLY	1:09.00	1:16.00
55	56	1	10/U	100 IM	1:36.00	1:36.00
57	58	1	11-12	100 IM	1:26.00	1:26.00
59	60	2	13-14	100 IM	1:15:00	1:18:00
61	62	2	15-18	200 IM	2:34.00	2:47.00
63	64	1	8/U	100 FREE RELAY		
65	66	1	9-12	200 FREE RELAY		
67	68	2	13-18	200 FREE RELAY		

*All times are YARDS