

# **University Swimming Association**

## **Swim Team 2025**

Seasonal Pool Phone Number: 732-463-0949  
Swim Team Email: [usaiswimteam@gmail.com](mailto: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 9<sup>th</sup> 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](mailto: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 1<sup>st</sup> incident involves written notification to the parent/guardian, the 2<sup>nd</sup> incident involves a consequence that will be communicated to the parent/guardian, and a 3<sup>rd</sup> 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 2025 is:

**With Membership: \$165 per child.**

**Now offering: NON-MEMBER SWIM TEAM only at \$390 per Child**

**Now offering: First time swim team kids 12 and under will be free for the first year**

\*\*\*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 8th, 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 9th (overlapping the parents meeting) from 5:30 – 7:00 PM. Evening practices will also be held from 5:30 – 7:00 PM Tuesday, June 10 to Thursday, June 26. The last Evening Practice will be Thursday, June 26

Beginning Monday, June 30th through the end of the season, weekday practices will adhere to the following schedule:

Monday 11:00 am – 1:00 pm Tues. – Fri. 9:00 am – 11:00 am

**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](http://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's called "Bionic 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 9th from 5:00pm-7:00pm, during the parent meeting and the first practice. Swimmers should consider arriving early to practice to try on and buy the team suit. The girls' suits are \$56 and the boys' jammers are \$43. Goggles as well as both latex and silicone team caps will also be available for purchase. 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. Their website is [ultimateshipshop.com](http://ultimateshipshop.com) and you can call them at (732-549-1001). Ultimate Swim Shop is currently in the process of moving locations so they are no longer in Piscataway. If you know your swimmer's size, you can order the University team suit over the phone or on their website with a credit card.

**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:**

Date	Time	Location
Sunday, June 8th	8:30 AM	Bridgewater JCC
Sunday, June 8th	7:00 PM	Zoom ( <b>for returning 2024 officials ONLY</b> )
Monday, June 9th	6:30 PM	Metuchen Municipal Pool
Saturday June 14th	9:00 AM	Cranford Community 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 27th 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 2025**

**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)

Wednesday, June 18th- Round Top @ University

Saturday, June 21st - Springwood @ University

- \*Because Springwood cannot host their meet at Woodbridge Community Center on Saturdays, meet will be held at University, but it's a Springwood Home meet;  
Springwood will provide timers and officials as if it's their Home Meet

**Wednesday, June 25th - University @ RVCC**

Saturday, June 28th - Metuchen Golf & Country Club @ University

Wednesday July 2nd - Gateway @ University

Saturday July 5th- NO MEET

Wednesday, July 9th - NO MEET

**Saturday, July 12th - University @ Lakeridge**

**Wednesday, July 16th - University @ Glen Ridge**

**Saturday, July 19th - University @ Edison**

Friday, July 25th - Championships 13+ @ Round Top

Saturday, July 26th - Championships 12&U @ Round Top

Tuesday, July 29th - Conferences 12&U @ Brookside

Wednesday, July 30th- Conferences 13+ & Finals @ Brookside

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 C League Championships (for all swimmers):**

7/25 Friday, Ages 13+ & 7/26 Saturday, Ages 12 & U(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
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	Qualifying Time*		
				Event	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	1:20.0
43	44	2	15-18	100 BACK	1:10.00	1:17.0

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