



2019 Hunters Ridge Seahorses Information

COACHES

Hannah Zeltman is a graduate from Ohio Dominican University and will be teaching in the fall. She swam on the Seahorses Swim Team for 13 years and then was a four year letter winner at Gahanna. She is so excited for the upcoming season and can't wait to meet all the swimmers!

Peter Reventlow is a senior at Ashland University studying Exercise Science. He is a part of the swim team at Ashland and swam for the Gahanna Sea Lions for eight years. He is very excited to begin coaching the Seahorses this summer.

Ryan Buchner has been the Varsity Swim Coach at DeSales High School for over 5 years. He is looking forward to begin coaching outdoors, and will use his many years of coaching expertise to help develop swimmers at every level.

Tiffany Palguta is a graduate from Otterbein University and will be teaching in the fall. She swam on the Seahorses Swim Team for 13 years and coached for Capital City Swim Team for the past two years. She is excited to meet all the swimmers this summer and to start the season with all of you!

Swim Team Requirements

Your child will be expected to:

- Kick on their front and back for $\frac{1}{2}$ the length of the pool using a kickboard
 - Swim with their face in the water for $\frac{1}{2}$ the length of the pool
 - Be comfortable with swimming underwater

Practice Schedule

	Monday	Tuesday	Wednesday	Thursday
JV MORNING	11:00-12:00	11:00-12:00	10:00-11:15 (joint practice w/ Varsity)	None
JV NIGHT	7:15-8:00pm	7:15-8:00pm	See meet schedule	7:15-8:00pm
VARSITY MORNING	9:45-10:55	9:45-10:55	10:00-11:15 (joint practice w/ JV)	None
VARSITY NIGHT	6:30-7:15pm	6:30-7:15pm	See meet schedule	6:30-7:15pm

**WE WILL BE HOLDING A PRACTICE/TRY IT OUT DAY ON
MAY 30TH FROM 6:30-7:30PM.**

REGULARLY SCHEDULED PRACTICE WILL BEGIN JUNE 3RD.

Ages 10 and under will practice at the JV time

Ages 11 and older will practice at the Varsity time

(Team breakfast will be provided after practice on Wednesdays) A sign up to bring items for breakfast will be available on Sign Up Genius. **THIS DOES NOT COUNT TOWARD THE THREE SHIFTS THAT ARE REQUIRED**

SWIM SUITS AND CAPS

We do have a team suit that is highly encouraged to purchase. It can be found at www.swimoutlet.com

Girls: Sporti Solid Piped Thin Strap Swimsuit Color: Black/Royal

Boys: Sporti Piped Splice Swim Jammer Swimsuit Color: Black/Royal

Caps: Swim caps can be purchased throughout the season. Swimmers are not required to wear a cap but it is highly encouraged.

MEET SCHEDULE

Wednesday, June 5 Intrasquad Meet @ Hunter's Ridge @ 9:00am

(ALL DUAL MEETS: Warm ups @ 5:00, Meet starts @ 5:30)

Wednesday, June 12 Hunters Ridge @ Eastmoor

Wednesday, June 19 Hunters Ridge @ New Albany

Wednesday, June 26 Foxboro & Lifetime Easton @ Hunters Ridge

Wednesday, July 3 BYE

Wednesday, July 10 Eastmoor @ Hunters Ridge

Prelims and Champs

(Prelims: JV Warmups at 12:00, Meet Starts at 12:30. Varsity Warmups at 4:30, Meet starts at 5:00)

(Champs: Warmups at 4:30, Meet Starts at 5:00.)

Wednesday, July 17 All League Preliminaries @ Gahanna Swim Pool

Thursday, July 18 All League Finals @ Gahanna Swim Pool

SPECIAL DATES

End of season party!

Sunday, July 21 5-8 pm

Picture Day

Wednesday, June 19 9:00am

IMPORTANT CONTACTS

Team Email: sea.horses@gahanna.gov

Parent Volunteer: Kristen Zeltman, zeltman20159@gmail.com

Hunters Ridge Pool: 614-342-4269

Parks & Recreation Office: 614-342-4250

VOLUNTEERING

Volunteering is essential for our team to operate and we ask that each family volunteer throughout the season. To help make sure that every family meets the volunteer requirement we ask for a \$50.00 deposit that will be returned at the end of the season if parent volunteer time is met. The volunteer minimum is 3 shifts per family in the 2019 swim season, NO exceptions. There will be more details and sign ups coming soon. Thank you in advance for all of your help, we couldn't do it without you!

½ shift=working half of a meet (roughly events 1-35 or 36-70)

1 shift=working one whole meet (events 1-70)

There will be plenty of opportunities to meet the volunteer requirements. Along with our 5 meets, the prelims and championship meets can also count toward your 3 shifts.

You will need 3 shifts to complete your volunteer requirement.

All volunteer opportunities will be managed through Sign Up Genius. You will receive an email invitation to sign up for shifts. Signup Genius will remind you two days in advance of the volunteer opportunity that you signed up for. If you need to change or cancel your signup, you can do it through Sign Up Genius.

Concession Stand

We have a concession stand at all home meets during the season. This is our only fundraiser for the end of the year party. Opportunities to bring items for the concessions stand will also be available on Sign Up Genius. **THIS WILL NOT COUNT TOWARD THE THREE SHIFTS THAT ARE REQUIRED.**

Swim Meet Volunteer Job Summary

Lane Timer: Starts a stop watch at an assigned lane upon hearing a horn or seeing a flash of light at the beginning of each race. Stops the watch when the swimmer touches the wall and then records the time on the time card for that swimmer.

Back-up Timer: Has a stop watch and starts the watch at the beginning of each race. This watch will be used in case a line timer misses the start or the watch malfunctions.

Score Keeper: Uses a computer, supplied by the coaches, to input the swimmers times after each event during the meet. The score keeper will also be the check-in person for the volunteers to sign in and verify that they have arrived.

Stroke and Turn Judge: This job has a prerequisite of attending a training session prior to the meet and watching a current stroke and turn judge during one meet. The stroke and turn judge ensures that swimmers are performing the strokes legally and that there are no false starts during relays. The stroke and turn judge can disqualify a swimmer from a race if necessary.

Announcer: Notifies swimmers that the event is about to begin, what the race is, the distance of the race, and the age group. Then, the announcer will signal the start of the race by using a horn or whistle.

Lane Runner: Moves about the swim meet collecting time cards from the timers to give to the scorekeeper.

Bull Pen Coordinator: This person is responsible for getting the swimmers organized for each event. The bull pen coordinator organizes swimmers by event and lane using the cards that are provided by the coaches.

Concession Stand Coordinator: This person is responsible for organizing the concessions stand for all home meets. This involves organizing the food and baked goods, setting up and tearing down the tent, and cleaning up all trash and leftovers after the meet is over.

Concession Stand Workers: These people are there to assist the concession stand coordinator with the set-up, tear down and selling of the food at our concession stand during home meets.

Hunters Ridge Swim Team Parent Board

League Representative _____

- Attends SESL board meetings (usually 3 meetings every year)
- Works with coaches and the volunteer coordinator to ensure that the team is running smoothly
- Communication between the league and coaches

Volunteer Coordinator _____

- Organizes volunteers for swim meets and Wednesday morning breakfast
- Sets up online volunteer site
- Tracks volunteer hours
- Organizes picture day

Concession Stand Coordinator_____

- Organizes concession stand for all home meets (this is our only fundraiser for the end of the year party)
- Set up concession stand tent
- Ensures food is organized and ready by the start of the meet

Spirit Wear_____

- Assist the volunteer coordinator with the selling of spirit wear
- Assist with the selling of T-shirts for champs
- Assists with selling advertisements to put in the heat sheets at prelims and champs

End of the Year Party_____

- Organizes trophies in alphabetical order the day of the party
- Organizes medals by each swimmers name
- Shops for supplies for the party
- Ensures that the salads are made
- Orders The Rita's ice and the pizza (pizza must be ordered ahead of time to be delivered for the party)
- Returns the Rita's tub and pizza bags