

## Welcome to the 2020 summer swim season, Whitehurst swimmers and families!

We're looking forward to a great season. Here's some information to help you through the start of the season.

*Please help me welcome back our head coach this year: Haley Gray. Haley is a Severna Park Native and former SPY swimmer. She swam on SPY for 12 years and swam for North Cape Arthur in the summer. For the past four summers she has been the Whitehurst head coach! She loves to coach swimming and loves the sport, and working with younger swimmers! Haley graduated from Severna Park High School in 2017 and attends Roanoke College. We are thrilled to have her back again!*

*We also welcome returning assistant coach, Anna Roros. Anna has been swimming for over 10 years, at the Naval Academy, SPY, and Whitehurst. Her favorite stroke is breaststroke! This is her second summer coaching, and she won multiple Coaches and Polak Awards for her help with assisting the coaches during meets and practices in past seasons, as well as helping the younger swimmers! She has a lot of experience working with children and taught at the Falcons Nest preschool for four years, St. Martins in the Field for one, and is a familiar babysitter in the neighborhood. Anna is currently studying Geological Sciences at the University of Delaware, and will be a Junior next fall! We are excited to have her back!*

### Info and Reminders

**-Communication will be done primarily via email and website**

**(<http://whitehurstswimteam.weebly.com/>). Please check both regularly.**

**-Check the calendar on the website regularly for changes/updates. You will receive an emailed copy initially, but all adjustments will be reflected on the website version.**

- Swimmers need goggles for practice.  
Caps are recommended for girls (and boys with shaggy or long hair) in practice and meets.  
Please arrive on time (early) for warm-ups at meets. This will allow the coaches to run warm ups and organize the team in an efficient way.
- Parents-Please limit interactions with your swimmers during their practice time, unless there is an emergency or other necessity. It can create distractions and undermine the relationships coaches are trying to establish with the team.
- If you need to speak to a coach, please email them, or wait until after practice. Please also feel free to reach out to a swim team board member at any time.
- If your swimmer will be missing a meet (or part of a meet), please notify the coach via email no later than 4 days before that meet.
- If your child wakes up sick the day of a meet or cannot swim for any reason, please send word to a reliable swimmer so that the coach may be notified immediately.
- Please help your swimmer to understand that they may be put in events they don't love occasionally, and that it's part of being on a team and gaining valuable swimming experience and sportsmanship.

Weather and other cancellations:

We will always do our best to make decisions regarding the status of practices in a timely manner. Whenever possible, the website will be updated and an email sent out. It may also help to call the pool. However, it will not always be possible to make a decision with enough time to get the word out before you make the trip to the pool and we appreciate your understanding and patience. Notes will be posted at the entrance to the pool in these instances. Cancellations due to weather or other issues are at the discretion of the head coach and swim team board member.

**Swim Meet Jobs:** Due to the large amount of jobs required to run a swim meet, **all families must sign up for 5 jobs for the swim meets/events (4 of the jobs are REQUIRED to be swim meets).** *(The only way this will decrease is if more families join...so recruit your neighbor!!!)* **East Severna Park League (ESPL) Clinic:** Parents assigned to work swim meets can get meet job training (date TBD). Each job will be explained and demonstrated, so it is important to attend if you will be performing a new meet job this year. ESP League representatives will be there to answer questions. We are always looking for people to step up and learn new jobs.

**Practice Rules:** Swimmers must not be in the pool enclosure unless it is their practice time. No one is to be on the beach area during practice times. Siblings of practicing swimmers must be with a parent or responsible sitter. Keep in mind the coach is the lifeguard at swim practice – **please do not endanger the children by speaking or discussing concerns with the coach at practice time.** Also, if the coach is out of the pool enclosure, no one may be inside the enclosure (dryland practice, for example).

**Children 9 years and under** must be accompanied and closely supervised by an adult, or responsible babysitter 13 years or older, at all times inside the perimeter fence during scheduled operating hours. Therefore, kids that are under the age of 10 must be accompanied by a parent/guardian while at the pool - so parents must attend practice for kids that are on the swim team, ages 4 - 9.

**Pep Rally:** On Friday June 12<sup>th</sup>, there will be a pep rally from 6:00 – 8:00 PM for swimmers and parents. There will be fun games and dinner will be provided for the swimmers. Come and show your team spirit!

**Swim Meets:** If a swimmer will miss a meet, they are asked to inform Coach Haley by email at least *three days prior to a meet*. Parents are responsible to find meet work alternates and to arrange substitutes if they are unable to work an assigned meet.

**Grandchildren** of members of the Whitehurst Club Association are welcome and encouraged to join the Whitehurst Swim Club. Grandchildren of members of the swim team are welcome to participate in all swim team events such as pep rallies, practices, and swim meets without the Whitehurst resident present at the pool. This does not however provide access to the Whitehurst pool during non-swim team events. Therefore, during regular pool operating hours, the grandchild/children may only attend the pool when their Grandparent is accompanying them.

**--If you have any questions or concerns, please contact Ali Mikeska at [ali.mikeska@verizon.net](mailto:ali.mikeska@verizon.net).**