



## SUMMER SWIM AND DIVE TEAM INFORMATION PACKET 2024

Registration forms available at

<https://www.ptccalabama.com/amenities/swim-fitness>

### SWIM TEAM STAFF:

Head Coach/Aquatics Director: John Besse

Additional Coaches: Franck Southon and Phil Sohn

Student Coaches

Dive Team Coach: Conley McCormick

Registration/Administration: Michelle Allen

Communications/Questions: Rachel Hughes (contact through GroupMe or email at [ptccswimming@gmail.com](mailto:ptccswimming@gmail.com))

Parent Volunteer Coordinator: TBD

Awards and Fun Friday Sign-up Coordinator: TBD

Pine Tree Office Manager: Mary Kathryn Smith

**Pine Tree Country Club offers swim lessons and summer swim/dive teams.**

**Swim Lessons:**

Swim lessons are designed to teach water safety and beginning stroke skills. They are taught individually or in a group setting by Coach John Besse and his staff. You can book swim lessons through Coach John at [coachjohnswim@gmail.com](mailto:coachjohnswim@gmail.com).

**Swim Team:**

The swim team is ***not a learn-to-swim*** program. Each swimmer must be able to swim 25 yards without help from a coach, parent, or flotation device. No particular stroke skills are required. If your child is not able to complete that requirement, contact Coach John for swim lessons!

All first-time swim team members/children seven and under are required to try-out or have prior approval from Coach John. There will be a try-out time announced in the GroupMe App.

**Dive Team:**

The dive team does not require any prior diving skills, except for the ability to swim.

**Registration Dates:**

April 15, 2024-June 3, 2024

**How to Register:**

Go to <https://www.ptccalabama.com/amenities/swim-fitness> and print the registration form packet. Complete all forms and return in-person to the front desk. Office hours are Tuesday-Saturday, 9:00 a.m.-5:00 p.m. Payment can be made by cash, card, check or charged to a Pine Tree member account.

ALL FORMS MUST BE TURNED INTO THE PINETREE OFFICE TO SWIM  
ON THE TEAM. No exceptions.

**Registration Checklist:**

- ✓ Registration Form
- ✓ Waiver of Liability
- ✓ Swimmingly Registration & Payment
- ✓ Team Payment

## Swim Team Practices:

Practices are organized by age; no specific amount of practices are required.

Practices before Memorial Day:

TBD

Regular season beginning June 2, 2024:

## PINETREE SWIM/DIVE TEAM MASTER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	7:15-8:00 AM 6 and under	7:15-8:00 AM ALL 8 and under	8:30-10:00 a.m. DIVE ALL AGES	7:15-8:30 AM ALL 11 and up	7:15-8:00 AM ALL ages
	8:00-9:00 AM 7 and 8	8:00-8:45 AM ALL 9 and up	NO SCHEDULE	8:30-9:30 AM 9 and 10	7:30-8:15 DIVE ALL AGES
	9:00-10:30 a.m. DIVE ALL AGES	DIVING OFF ALL TUESDAYS	NO SCHEDULE	NO SCHEDULE	8:00-9:15 AM Friday Funday for ALL
FLIPPER NIGHT!!					
5:45-6:30 PM ALL 8 and under	5:30-6:30 PM 9 and 10	SWIM MEET	6:00-7:00 PM ALL 8 and under DIVE MEET	6:00-7:30 p.m. DIVE ALL AGES	NO PRACTICE
6:00-7:30 p.m. DIVE ALL AGES	6:30-7:30 PM ALL 11 and up	SWIM MEET	7:00-8:00 PM ALL 9 and up DIVE MEET	6:00-6:45 PM 6 and under	NO PRACTICE
6:30-7:30 PM ALL 9 and up	NO SCHEDULE	SWIM MEET	DIVE MEET	6:45-7:45 PM 7 and 8	NO PRACTICE

Color Key:

RED-Swim Team

YELLOW-Dive Team

GREEN-Both Swim and Dive Teams

## **Swim Team Equipment:**

Each swimmer must have the following gear for swim practice, and **must be labeled clearly with swimmer's name:**

### **1. Swimsuit:**

For girls—one-piece racing-type swimsuit

For boys—racing-type swimsuit (jammer) or regular trunks

Racing-type swimsuits can be purchased at sporting goods stores and online at Amazon and Swim Outlet.

**Pine Tree does offer an official team swimsuit, but it is not mandatory. It must be purchased on your own, from Homewood Sporting Goods by asking their staff for the “Pine Tree swimsuit.” It is the same purple Nike swimsuit that we had summer 2023.**

### **2. Goggles:**

Purchase good quality brand goggles, such as Speedo or TYR. These are found at sporting goods stores, online, Walmart and Target (the goggles section is often located near the back of the store—near the sporting goods equipment, NOT in the summer aisle).

### **3. Swim Cap:**

Swim caps are not required for practice, but many kids wear them. Either latex or silicone is acceptable. These can also be purchased at sporting goods stores or online.

**Registration fees include one official Pine Tree swim cap. They will be distributed prior to the first meet of the season and are required to be worn at all meets.**

4. Towel

5. Swim Fins: (Example: [Amazon.com : FINIS Long Floating Fins , Blue/Lime Green, XXXS \(Jr. 8-11\) \(1.05.037.01\) : Training Swim Fins : Sports & Outdoors](#))

6. Mesh bag for gear: (Example: [Amazon.com: Sporti Mesh Bag \(Red\) : Clothing, Shoes & Jewelry](#))

## Swim Meets:

There are eight regular season swim meets. They are scheduled on Tuesday afternoons at 5:00 p.m. Warm-ups for home meets are usually at 4:00 p.m., and warm-ups for away meets are usually at 4:30 p.m.

### Swim Meet Dates (Locations TBD):

June 6 (Thursday- this is the only known exception off the Tuesday meets)

June 11

June 18

June 25

July 9

July 16

July 23

### Additional Meets:

Guppy Meet (Information TBD)\*

Invitational Meet (Information TBD)\*

Senior County (must qualify)\*: July 27-28 at the Birmingham Crossplex

\*These additional meets require entry fees

\*\*\*Meets do not happen without parent volunteers. ***If you register your child, you commit to volunteering for a minimum of two swim meets per season.*** Refer to the team GroupMe for the signup forms.\*\*\*

## Awards:

Ribbons are distributed to each child that places 1<sup>st</sup>-8<sup>th</sup> (some away teams may only award places 1<sup>st</sup>-6<sup>th</sup>) in an event at regular summer swim meets. The

ribbons are distributed on Friday Funday—the teams' favorite practice of the week! Friday Funday is a time to play with other teammates, eat popsicles, and receive awards. It follows the early Friday morning practice.

### **Swimmingly:**

Swimmingly is an online platform that organizes meets and records swimmer information. As part of the Jefferson-Shelby Swim Council, Pine Tree uses Swimmingly for all meets. After the registration process is completed, you will receive an invitation via email to join Swimmingly, pay a \$16.00 fee per swimmer, and then download the app onto your phone. If you have used Swimmingly before, your information will have been saved from prior years.

**Several days before a weekly meet, registration will open for meets.** You will receive an email to sign up your swimmer(s) for each meet. All heat sheets will be accessible from the Swimmingly app. You can print them yourself, or use your phone, but there will be no printed heat sheets available at home meets.

### **Communications:**

Most communications will be sent through the GroupMe app. Once registration is completed and phone numbers are provided, you will receive an invitation to join the GroupMe chat. We will also occasionally communicate by email via [ptccswimming@gmail.com](mailto:ptccswimming@gmail.com).



**Dive Team Information:**

While no experience is required to be on the dive team, please come prepared to practice on time and ready to learn.

Divers will only need a swimsuit and towel for practices; no goggles are allowed on the diving board.

Dive meets are held on Wednesday evenings. Dates are yet to be determined, but will be updated as soon as possible.

## Swim Team Frequently Asked Questions

1. **What is the required number of practices and meets?** There is no number of required practices. Members of the team are free to attend or not attend as desired. Swim team members are not required to swim at weekly meets, but it is highly encouraged! They are fun, and every swimmer helps the team. There is an end of the summer meet called Senior County, in which swimmers must qualify with certain times. In addition, each swimmer must swim in at least three of the weekly meets to qualify for Senior County. The updated time standards for Senior County will be shared when available.
2. **How do I sign up my swimmer for a swim meet?** Several days before a scheduled swim meet, Swimmingly will send an invitation link via email to sign up for the next meet. You can choose up to three strokes per swimmer. Relays will be chosen by coaches. A coach will help you if you need help determining which strokes to select for your swimmer.
3. **Why do I have to volunteer at a swim meet?** Meets are facilitated by parents-without your involvement, they cannot happen. We need parents to volunteer for at least two meets per season to fill all the positions required. Most of the positions do not require training. Several positions do require training, and there will be opportunity to attend a training session at the beginning of the season. We will send out training dates on GroupMe when available. If all the parent positions are not filled, the **meet may be forfeited**. This is why it is imperative for each parent to sign up for at least the minimum required meets. If you are scheduled to volunteer and are not available, please make every effort to have a substitute available.

#### **4. What is the inclement weather policy?**

If there is inclement weather in the forecast, and practice must be canceled, you will be notified via GroupMe up to the time of practice starting.

If practice has started, and there is lightning or thunder, practice will pause until 30 minutes after the last thunder/lightening event. The pool and deck will be cleared of all swimmers until the 30 minutes has expired.

If the entire practice is canceled, you will be notified via GroupMe, and all swimmers will be picked up from the clubhouse deck area.