



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)

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.

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.

The try-out date is Sunday, May 19, 2024 at 5:00 p.m.

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:

Wednesday, May 15

6:00 p.m.-6:30 p.m., 6 and under

6:30 p.m.-7:15 p.m., 7-8

7:15 p.m.-8:15 p.m., 9 and up

Friday, May 17

5:00 p.m.-5:30 p.m., 6 and under

5:30 p.m.-6:15 p.m., 7-8

6:15 p.m.-7:15 p.m., 9 and up

Sunday, May 19

**5:00 p.m., age 7 and under/new swimmer try-outs

6:00 p.m.-6:30p.m., 6 and under

6:30 p.m.-7:15 p.m., 7-8

7:15 p.m.-8:15 p.m., 9 and up

Wednesday, May 22

6:00 p.m.-6:30 p.m., 6 and under

6:30 p.m.-7:15 p.m., 7-8

7:15 p.m.-8:15 p.m., 9 and up

Friday, May 24

5:00 p.m.-5:30 p.m., 6 and under

5:30 p.m.-6:15 p.m., 7-8

6:15 p.m.-7:15 p.m., 9 and up

Tuesday, May 28

5:00 p.m.-5:30 p.m., 6 and under

5:30 p.m.-6:15 p.m., 7-8

6:15 p.m.-7:15 p.m., 9 and up

Friday, May 31

7:15 a.m.-8:00 a.m., All ages

8:00 a.m.-9:00 a.m., Kick-off Party! Popsicles, free swim, fun!

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	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	6:00-6:45 PM 6 and under	NO PRACTICE
6:30-7:30 PM ALL 9 and up	NO SCHEDULE	SWIM MEET		6:45-7:45 PM 7 and 8	NO PRACTICE

Color Key:

RED-Swim Team

YELLOW-Dive Team (Dive meets are on different days this year-see dive information in packet)

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:**

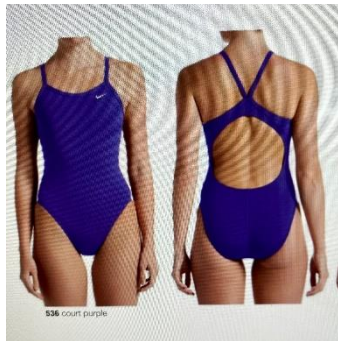
1. Swimsuit:

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 Over the Mountain Sporting Goods in Crestline by asking their staff for the “Pine Tree swimsuit.” For girls, it is the same purple Nike swimsuit that we had summer 2023. For boys, it is the same Nike purple and black jammer, or they may choose a plain black jammer to coordinate.



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 six 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.

Warm-ups for away meets are usually at 4:30 p.m.

Swim Meet Dates and Locations:

June 6 (THURSDAY) @ Homewood Parks and Rec

June 11 @ PTCC vs. Shades Cliff Swim Team, Birmingham Swim Team

June 18 @ Vestavia Swim Association

June 25 @ PTCC vs. Mountain Brook Club

July 9 @ Brook Highland Raquet Club

July 16 @ PTCC vs. Swim Birmingham YMCA

Additional Meets:

June 8, Alabama State Games at the Birmingham CrossPlex*

Guppy Meet (Date TBD, hosted by Vestavia Swim Association)*

July 23, 8:30 a.m., Last Chance Meet, Hosted by Homewood Parks and Rec
at Homewood Central Pool*

July 27-28, Senior County (must qualify), 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 1st-8th (some away teams may only award places 1st-6th) 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.

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.

See full schedule on page 5 for dive team practice times.

Jefferson County Dive Council Summer 2024 information:

		JCDC 2024		updated 4/16/24
Master Meet Schedule				
			Warm-up	Start Time
Week of June 9 - 15, 2024		No dual meets this week.		
	Saturday, 8 June, 2024	Alabama State Games	8:00 - 9:15 AM	9:30
Week 1	Wednesday, 12 June, 2024	SCDT @ LJCC	5:00	6:00
	Wednesday, 12 June, 2024	PTCC @ MCD	5:00	6:00
	Thursday, 13 June, 2024	CCB @ VSA	5:00	6:00
Week 2	Monday, 17 June, 2024	LJCC @ PTCC	5:30	6:30
	Thursday, 20 June, 2024	SCDT @ CCB	4:30	5:30
	Thursday, 20 June, 2024	MCD @ VSA	5:00	6:00
Week 3	Monday, 24 June, 2024	VSA @ PTCC	4:00	5:00
	Thursday, 27 June, 2024	LJCC @ CCB	4:30	5:30
	Thursday, 27 June, 2024	MCD @ SCDT	5:00	6:00
		<i>4th Annual Barry Hartlev Memorial Meet</i>		
Week of June 30 - July 6, 2024		No scheduled meets this week. Happy Independence Day!		
Week 4	Monday, 8 July, 2024	CCB @ PTCC	4:00	5:00
	Monday, 8 July, 2024	MCD @ LJCC	5:00	6:00
	Thursday, 11 July, 2024	VSA @ SCDT	5:00	6:00
	Friday, 12 July, 2024	Optional practice for Invite at Hoover Rec		
	Saturday, 13 July, 2024	Magic City Invitational	8:00 - 9:15 AM	9:30
Week 5	Wednesday, 17 July, 2024	VSA @ LJCC	5:00	6:00
	Thursday, 18 July, 2024	MCD @ CCB	4:30	5:30
	Thursday, 18 July, 2024	PTCC @ SCDT	5:00	6:00
Final Week	Tuesday, 23 July, 2024	Optional practice for county at Hoover Rec		
	Wednesday, 24 July, 2024	County Championship	7:00 - 8:45 AM	9:00
Invitational and Championship Meets				
	<i>May 24-27</i>	<i>RWB Nationals</i>	<i>Midland, TX</i>	
	Saturday, 8 June, 2024	* Alabama State Games	<i>Birmingham Crossplex</i>	
	<i>Jul 11-16</i>	<i>AAU Nationals</i>	<i>Fort Lauderdale, FL</i>	
	<i>Jul 29-Aug 7</i>	<i>USA Diving Junior Nationals</i>	<i>Morgantown, WV</i>	
	Saturday, 13 July, 2024	* Magic City Invitational	Hoover Rec Center	
	Wednesday, 24 July, 2024	* County Championship	Hoover Rec Center	
	Sunday, 11 August, 2024	* Awards Party	Wald Park Pool	
Teams				
CCB - Country Club of Birmingham				
LJCC - Levite Jewish Community Center				
MCD - Magic City Diving (Hoover Rec Center)				
PTCC - Pine Tree Country Club				
SCDT - Shades Cliff Dive Team				
VSA - Vestavia Swim and Dive Team (Wald Park)				

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.