



## SUMMER SWIM AND DIVE TEAM INFORMATION PACKET 2025

Registration forms available at

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

### SWIM TEAM STAFF:

Head Coach/Aquatics Director: John Besse

Dive Team Coach: Conley McCormick

Registration/Administration: Mary Kathryn Smith and Rachel Hughes

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.

The try-out date is TBD. It will be updated soon!

**Dive Team:**

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

## **Registration Dates:**

April 15, 2025-June 2, 2025

## **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, or by email to marykathryn.smith@troon.com. Office hours are Tuesday-Saturday, 9:00 a.m.-5:00 p.m. Payment can be made by credit 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
- ✓ Swimmngly Registration & Payment
- ✓ Team Payment

There will also be a Waiver of Liability to be signed at the LJCC in order to practice at their facility.

## **Swim Team Practices:**

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

Practices before Memorial Day:

Dates and times TBD-will be updated soon!

Regular season beginning June 1, 2025:

## Pine Tree Piranhas Summer Swim and Dive Teams Practice Schedule 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	7:15-8:00 AM 6 and under (At Pine Tree)	7:15-8:00 AM 8 and under (At Pine Tree)	8:30-10:00 AM DIVE, all ages (At Pine Tree)	7:15-8:30 AM All 11 and up (At Pine Tree)	7:15-8:00 AM All ages (At Pine Tree)
	8:00-9:00 AM 7 and 8 (At Pine Tree)	8:00-8:45 AM 9 and up (At Pine Tree)		8:30-9:30 AM 9 and 10 (At Pine Tree)	7:30-8:15 AM DIVE, all ages (At Pine Tree)
				8:30-9:30 AM DIVE, all ages (At Pine Tree)	Friday Funday! 8:00-9:15 AM (At Pine Tree)
			Flipper Night!		
3:00-3:45 PM 6 and under (At the LJCC)					
3:45-4:45 PM 8 and under (At the LJCC)					
4:45-5:00 PM Dryland Exercises 5:00-6:00 9 and up (At the LJCC)	5:00-6:30 PM 9 and up (At Pine Tree)	Weekly Swim Meet! (At home at the LJCC, or away TBD)	5:15-6:15 PM 8 and under (At the LJCC)	5:00-5:45 PM 6 and under (At the LJCC)	
5:00-6:00 PM DIVE, all ages (At the LJCC)	6:00-7:15 PM DIVE, all ages (At Pine Tree)		6:00-6:15 PM Dry land exercises 6:15-7:15 PM 9 and up (At the LJCC)	5:45-6:45 PM 7 and 8 (At the LJCC)	

**Color Key:**

**-Purple-**swim practice at Pine Tree

- Dark purple-DIVE practice at Pine Tree (Weekly dive meets TBD)

**-Green-**swim practice at the LJCC

- Dark Green-DIVE practice at the LJCC (outside pool)

## **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.” Information regarding the 2025 swimsuit will be updated soon.**

### 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. Water bottle

6. 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](#))

7. 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: TBD

June 3 @

June 10 @

June 17 @

June 24 @

July 8 @

July 15 @

## Additional Meets:

Guppy Meet—Date, Time, and Location TBD\*

Last Chance Meet—Date, Time, and Location TBD\*

July 26-27, 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 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. Follow the instructions in the registration form packet to register for 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.

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

Jefferson County Dive Council Summer 2024 information:

Meet dates and other information TBD

## 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.