



2023 Friendly Swim Team

PARENTS & SWIMMERS INFORMATION

Welcome to Friendly Swim Team (FST)! The following information will help you and your swimmer learn more about the program and how you can be involved.

FST is open to all Friendly Park swimmers through the summer following high school graduation. The swim team season begins in mid-May and runs through mid-July. Practices are typically held Monday through Friday, with time trials on Saturday mornings. Five dual meets and a three-day City Championship Meet are scheduled by the local organizing body of the summer swim program, the Community Swim Association. A team banquet is held at the pool after the season is complete.

Community Swim Association

The Community Swim Association (CSA) is a non-profit organization comprised of 23 local swim clubs and more than 2,000 swimmers from ages 4 to 19 in the Greensboro area. CSA encourages and promotes competitive summer swimming as part of the programs offered by its member community pools.

CSA conducts weekly dual meets over a five-week period beginning in June and ending in July. Teams compete based on their performance at the previous year's City Meet - in other words, Friendly swims against the pools that had scores closest to ours at last year's Championship. At the end of the dual meet season, a City Swimming Championship is held over a three-day period at the Greensboro Aquatic Center. Throughout the swimming season, you can access current announcements, meet results and times at the CSA site www.greensborocsa.org

Team Fees & Forms

All swimmers must register and pay fees. The fees help cover team expenses and entry fees to the CSA. The 2023 fees are:

- **\$85** for the first swimmer in each family
- **\$65** for each additional swimmer in each family

All forms are online this year! Below is the link to FST's registration, which also includes the link to CSA's registration form. BOTH forms must be completed. FST is just one form per family while the CSA form must be completed for each swimmer in your family (submit your first swimmer and then click the link to submit another response). Forms must be turned in prior to a swimmer's participation in team practice or meets.

You can pay by Venmo through the online form, or by cash or check. If paying by cash or check, you can give them to a team rep or a coach at practice, or drop them off at the lifeguard office.

[Click here to complete the FST & CSA Registration Forms](#)

Parent Volunteers

The summer swim season cannot happen without BOTH swimmers and parents. It is truly a family sport! The season moves fast and relies on parent volunteers to have quality practices and fun, successful meets. We will utilize online sign-ups this season for meet volunteers. Please volunteer as often as you can.

- For almost all volunteer roles, NO experience or training is necessary.
- FST especially needs volunteers for meet officials (Referee, Starter, Stroke & Turn Judges).
 - These roles require just 1-2 hours of training to be certified, but NO prior experience is necessary.
 - The CSA runs the classes.
 - Times and dates are TBD.
- Note: See the descriptions of common volunteer positions (in a separate document)

Communication

The contacts for team information are below:

- Shane Abernathy (b.shane.abernathy@gmail.com) - FST Parent Representative
- Mary Kay Auer (auerhouse@bellsouth.net) – FST Parent Representative
- Hana Brown (hana.brown@gmail.com) – FST Parent Representative
- Erin Harris (twh55@bellsouth.net) – FST Head Coach

For now, email is the primary means of conveying team information. If you have not been receiving FST Update emails, please contact a parent rep to get added to the email list. Also, check the Swim Team bulletin board at the pool frequently for announcements and sign ups; and the Friendly website for information:

<https://www.friendlypark.com/2022-friendly-swim-team-information>

There will be a 'meet sheet' posted on the bulletin board for swimmers to indicate which meets they will be ABSENT for. It is essential that parents update this sheet so the coaches will not schedule them to swim on that date, thereby denying another swimmer the opportunity to swim. Also, on the same 'meet sheet', parents please indicate if your young swimmer will not stay for relays, so the coaches won't schedule them to swim in a relay - check the box 'NR' (No Relay).

Practice

Swimmers are encouraged to attend as many practices as possible. Please arrive on time! Practices are held Monday through Friday, rain or shine, unless there is lightning or thunder at the pool. You can follow the pool's twitter handle (@thefriendlyfrogs) for real time updates concerning weather, etc.

For afternoon practices prior to the official pool opening, come prepared to do land exercises - with towel, tennis shoes - for the first portion of practice. Please note all age groups have two daily practice sessions once school is out.

There are (2) practice blocks – one before Guilford County Schools' last day of classes and one after schools are out for summer.

Here is the 2023 practice schedule:

May 15 - June 9 (Monday – Friday):

- 5:00 – 6:00 PM: 9-12*
- 6:00 – 6:30 PM: Tadpoles, 6 & unders, 8 & unders
- 6:30 – 7:30 PM: 13 & ups*

**age groups subject to change once practices start*

June 12 - July 5 (Monday – Friday):

- Morning Sessions:
 - 8:00 – 9:00 AM: Tadpoles, 6 & unders, 8 & unders
 - 9:00 – 10:00 AM: 9-10, 11-12
 - 10:00 – 11:00 AM: 13-14, 15-19
- Afternoon Sessions:
 - 5:00 – 6:00 PM: 9 & ups
 - 6:00 – 6:30 PM: Tadpoles, 6 & unders, 8 & unders

Time Trials

Time Trials will be held on Saturday mornings promptly at 8:30 AM on:

- May 20, May 27, June 3, June 10, June 17, and June 24

Time trials require parent volunteers for timing (it's ok to have a stopwatch in one hand and a coffee in the other). Time trials are critically important for the coaches, so they can plan relays and event entries, so swimmers should come as often as possible. A team picture will be taken at one of the time trials or practices - we will announce when it's scheduled.

Team Apparel – Suits, Caps, T-shirts & More

FST has new suits and caps for 2023! See ordering instructions below. Please note, FST does NOT require swimmers to purchase team suits or caps. Come as you are!

Please contact Mary Kay Auer with any questions: auerhouse@bellsouth.net

Swimsuits:

Order Link: https://agonswim.com/teams/28062

Although team suits are optional, we want to give swimmers the opportunity to purchase an official Friendly Frogs swimsuit!

We are using Agon Swim again as we have in years past. These suits are high quality and will last multiple seasons. These suits often get passed down to younger Frogs as the older Frogs grow out of them!

The boys' suits have been upgraded to be fully lined! We had several families comment on being able to see through the backside of the suit after a few seasons. Being fully lined should eliminate this concern so suits can be worn in multiple seasons.

There are two new suit styles being offered, along with a new design for our older girl swimmers! Check out the attachment to see the new options!

Agon is providing us with a sizing kit for swimmers to try on a suit prior to ordering. The kit includes all the offered sizes in all the styles found on the team site. The sizing kit will be available at the Sunday spring warmup practices at Greensboro College on April 16, April 23, & May 7. Several additional dates for try-ons will be announced once we start practicing at Friendly.

Suits can be ordered using the link above. The suits will be shipped directly to your home address. The earlier you order your suit the cheaper the shipping cost for it to arrive before the first meet on May 30!

Swim Caps:

Order Link: <https://www.augustaswimsupply.com/teams.cfm>

username: FROG

password: 1234

NOTE: The ordering window for names printed on caps closes on April 23. Caps with printed names cannot be purchased after this date!!

Friendly families have two options to choose from for swim caps!

(1) Friendly Swim Team silicone swim caps can be purchased at the pool starting mid-May for \$14.

(2) Personalized caps with the swimmer's name printed on the cap can be purchased directly from Augusta swim using the link above. Personalized caps can only be purchased in sets of two. You cannot mix and match the color of the cap in the set. You order two black or two pink caps. You cannot order one pink and one black as a set. The cost for a set of two caps is \$33.

Team T-Shirts & Store:

FST Team Store: <https://tinyurl.com/FriendlyParkWeb-Store>

This year's swim team shirt can be purchased at the Friendly Park Pool merchandise site above. T-Shirts can be ordered through the site for a lower cost of \$14 through May 7th. Shirts ordered prior to May 7th will be delivered to the pool around 5/20 for distribution to our families.

The shirt will remain available on the site throughout the season, but the price will increase after May 7th.

Additional merchandise with this year's design can be found on the site. These items are shipped directly to your house and the above dates for delivery do not apply.

Swim Meets

Five dual meets are held during the season. All meets begin at 5:30 pm and swimmers should arrive at 4:30 pm to get organized and prepare for warm-ups. Swimmers learn which events they will enter at morning swim practice on the day of the meet or at the meet itself on an information board that lists swimmers' names and events.

- **Dual Meet Schedule:**

Meets start at 5:30PM (swimmers to arrive at 4:30PM)

- May 30 (Tuesday): Hamilton Lakes
- June 7 (Wednesday): Lake Jeanette
- June 13 (Tuesday): Sherwood
- June 20 (Tuesday): @ Henson Forest
- June 27 (Tuesday): @ Bur-Mil

- **City Meet Schedule:**

- July 6, 7, 8 at the Greensboro Aquatic Center (GAC)
- Much more on this later!

Tadpole Stroke School

The tadpole program is for beginning swimmers who may need more help in practice. It is not swimming lessons. (Swimming lessons are offered at the pool mornings after schools are out.) In order to participate as a Tadpole, a swimmer must know the basic fundamentals of swimming and be able to swim independently for one lap. The coaches/parents/swimmer will decide when a swimmer is ready to participate in meets and graduate to the regular swim team age group practice session. The general criteria used to determine when a child is ready to move up are the ability to 'legally' swim freestyle 25 yards and backstroke 25 yards for multiple laps.

Banquet

The annual Awards Banquet will be held on **TBD** in the evening. All families will be asked to bring a particular category of food. After dinner each of the age groups are honored and awards are distributed. There is also a slideshow with pictures from the season.

Swim for Cancer

Swim for Cancer (SFC) is the CSA's annual fundraiser for the American Cancer Society. SFC is the longest running annual fundraiser for the American Cancer Society and has raised millions of dollars for cancer research and education.

FST competes with other CSA teams to see who can raise the most money. Winners are announced at City Meet. FST is consistently one of the top fundraising pools in Greensboro – the Frogs have won this event 2 years in a row!

We have had a variety of successful team-wide events in the past. Events have included:

- the dinner and auction night
- pie the coaches and lifeguards
- raffle baskets
- SFC swimmer laps
- and more!

Note: FST will need an SFC Chair and/or Co-Chairs to coordinate the events and collection of funds. You do not need experience, just a willingness to work with other parents to help make these kid-favorite events happen. Contact Shane to volunteer.

GO FROGS!

