



MSC Summer Swim Team

Parent Information Session

May 17, 2022

Three Priorities for 2022 Swim Season

- ▶ Reconnect and Build Community
 - ▶ For both families and kids, contribute to a team
 - ▶ If everyone pitches in, we can give the kids a great experience
 - ▶ Regular communications from us, coaches & the club
- ▶ Have fun!
 - ▶ Exercise and improve
 - ▶ Build connections in and across age groups
- ▶ Keep everyone safe & healthy
 - ▶ Follow State of Washington, King County & Midlakes Requirements
 - ▶ When in doubt, sit it out
 - ▶ Look for updated COVID guidelines on the MSC website

Summer Swim Team Basics



Practices

- Goal: 5 days a week
- Spring schedule begins May 16
- Summer schedule begins June 20



Meets

- Goal: High Parent/Swimmer Participation
- Twice a week, broken out by age group
- First meet: Tuesday June 14



Fun Events

- Fun Fridays/ Meet Themes
- Awards Ceremony
- Coaches Party...
- Picture Day: June 29

Practices

- ▶ 5 days a week encouraged
- ▶ Coaching staff
 - ▶ Ethan Schwartz (Head coach)
 - ▶ Kallie Dimaris
 - ▶ Katherine Shearer
 - ▶ Lola Taraday
- ▶ Summer Activities Director
 - ▶ Leah Petrini
- ▶ High School “Manta-bassadors” mentor younger kids
 - ▶ Assigned a “pod” of swimmers under the age of 10
 - ▶ Encourages older kids to stay engaged
 - ▶ Leadership/volunteer experience; path to coaching

SPRING PRACTICE SCHEDULE

Beginning May 16, 2022

11&12, 13+: 4:00 – 4:45 Mon-Fri
9&10: 4:45 – 5:30 Mon-Fri
8&U: 5:30 – 6:00 Mon-Fri
Mini Mantas: 6:00 – 6:30 Tues & Thurs

SUMMER PRACTICE SCHEDULE

Beginning June 20, 2022

Stroke Clinic: 8:30 - 9:00 Mon-Fri
9 & 10: 9:00 – 9:45 Mon-Fri
11&12: 9:45 – 10:30 Mon-Fri
13+: 10:30 – 11:30 Mon-Fri
Mini Mantas: 10:30 – 11:00 Mon-Thurs
8&U: 11:30 – 12:00 Mon-Fri

Swim Meets

- ▶ 5 Weeks of Meets beginning June 14, followed by Champs
 - ▶ Two dual meets per week
 - ▶ B on Tuesdays & A on Thursdays (except week 5)
 - ▶ Your swimmer may swim both, or just one meet. Coaches will communicate and work with swimmers/parents on meet attendance.
 - ▶ Division 2 Teams: Klahanie, Maple Hills, Somerset, Strattonwood, Tam O'Shanter
- ▶ Swimmers automatically registered for meets: Please login to Team Unify to sign out your swimmer if they will not be there, once A/B Rosters are set
- ▶ Division champs (B-champs) on July 16 & League champs (A-champs) on July 24
- ▶ Two Mini-Manta Exhibitions at Home Meets June 23rd and July 12th

Home Meets

MSC Check-in: 4:00

MSC Warm-up: 4:15

Meet Start: 5:30



Away Meets

MSC Check-in: 4:30

MSC Warm-up: 4:45

Volunteers Needed!

Out of the Pool

- ▶ Volunteer Coordinator
- ▶ Erin McGuire (A Meets)
- ▶ 1 person (B Meets)
- ▶ Manta-bassadors
- ▶ 1 person
- ▶ Swim Team Photographer
- ▶ Mark Pearson
- ▶ Swim Team Co-Chairs
- ▶ Robin Pearson
- ▶ Robin Li

At Meets

- ▶ Officials (many needed)
- ▶ Timers (many needed)
- ▶ Announcers
- ▶ Mark Martin
- ▶ Larry Park
- ▶ Computer Operations
- ▶ Isabella Fu
- ▶ Dawn Lee
- ▶ Ribbons
- ▶ **2 people**

Fun Events

- ▶ Fun Fridays/Meet Themes
- ▶ Louann Dempsey
- ▶ Nazik Yusef
- ▶ Susan Wong
- ▶ Allie Switaj
- ▶ Awards Banquet
- ▶ Elizabeth Fitzgerald
- ▶ Coaches Party
- ▶ Patricia Taraday
- ▶ Leslie Lawrence
- ▶ Manta Bar
- ▶ Jane & Mark Oordt

No Experience Required!

- ▶ Volunteer Participation
 - ▶ Meets rely on family volunteers
 - ▶ Get connected with experienced MSC parent to learn about the job (Zoom or in person)
 - ▶ High school “Manta-bassadors” help younger kids get to races, cheer them on
- ▶ Stroke and Turn/Starter training available online
 - ▶ Official trainings on zoom this year, 5/31 and 6/7 - zoom links on Midlakes teamunity Calendar & MSC teamunity

What you can do next

- ▶ Register at www.Mercerwood.com; turn in Hold Harmless & Concussion forms before first swim practice
- ▶ Encourage your friends to register their kids!
- ▶ Complete [Midlakes Safe Sport Training](#) before first swim practice
- ▶ Order Team Suits at <https://disports.com/teams/mercerwood>
- ▶ Sign up for your volunteer hours (note: any families not signed up by first meet (June 14) will be assigned volunteer slots to fill/have filled - you can arrange to have a MSC teen/nanny/relative complete your volunteer slot)
- ▶ Become an official - [videos available on Midlakes site](#) (not as hard as it looks! mentoring available...)
- ▶ If you have questions, feel free to reach out to us
 - ▶ Robin Li (415-595-0074)
 - ▶ Robin Pearson (253-347-5789)
 - ▶ [Paul Von Destinon](#) (206-232-1622 ext. 100)