

## New Information:

1 - Remember to sign your child in to or out of the dual meet to be held this Saturday. If you do nothing, your child will not be allowed to swim the meet. The sign-in/out deadline is Wednesday at 9PM. If you attempted to sign a boy in or out early this morning and had an issue, please try again now as the problem was resolved at 7:10AM. Refer to the message sent over the weekend for details.

2 - Time trials results have been emailed. If you didn't get them, contact me and I'll resend.

3 - A ring was found after girls time trials on Thursday. If you or your swimmer lost a ring describe it to me and I'll get it back to you.

4 - The apparel order deadline has passed. Our order is complete. When the apparel is available there will be email communication about pick-up dates/times.

5 - The volunteer lists for our invitational (to be held on November 15) is available now on the volunteering page of the website. A separate email will immediately follow this one with details.

6 - The boys volunteer list for Saturday's dual meet is posted. Please check the list on the volunteering page of the website and accept your position or provide a replacement as per the volunteering instructions previously sent. The girls list will be posted later this week (expect Thursday). Once that list goes up, please accept your position or provide a replacement as well. The boys' lists will usually go up early in the week while the girls list will usually go up late in the week because of the way each rep prefers to handle volunteer assignment. Remember that swimmer check-in/out is independent of volunteer assignment.

## Reminders:

7 - Online registration for the CB Holiday Classic is available. See previous emails, the bulletin board, and the website for details about the meet and how to sign-up. The sign-up deadline is this Friday, November 6.

8 - The deadline for signing up for the SWAC and Norristown invitationals has passed. Information about the meets for those registered remains available via a link on our site and on the bulletin board. Any outstanding payments for these meets should be placed in the red invitationals folder ASAP. Norristown does require timers.

A list of assigned SWAC timers will be sent to those attending the meet. The SWAC invitational volunteer list will be available soon. A dedicated message will be sent on that topic.

9 - Please be aware that when a deadline for online sign-ups is communicated, the sign-up function will not be available after the deadline - it automatically is removed from the site at the moment of the deadline. I had several people mention to me that they could not access the meet sign-in/out and/or invitational registration after the deadlines had passed - that is by design - you will never be able to access these functions after the deadline (or before the sign-in window begins). Also note that we had more flexibility than usual to sign people in to time trials after the deadline. We will not have that flexibility for dual meets as the coaches need to start writing their line-ups immediately after the deadline. Please, refer to the message about how to sign-in/out for dual meets, read it carefully and save it for reference. Write the sign-in deadlines on your calendar and meet them. Do not email me and ask me to sign you in after the deadline.

10 - A message to our high school swimmers went out last month. If you have a high school swimmer and didn't receive that message please let me know.

11 - The handbook is now updated on the website.

12 - The volunteer preference list is also updated for this year on the website. This list should be used in conjunction with your team directory (emailed previously by Roberta Lichter) to identify a replacement in the event that you cannot fulfill an assigned volunteer job.

13 - The date for the November poster making night is Friday, November 6th in the CB South cafeteria. The event will not interfere with practice. Refer to separate email sent last week for details.

14 - The family folder boxes will always be at CB South. If you need access to the family folder boxes and they are not in the hallway under the bulletin board, they are in the equipment room located to the left immediately after entering the pool deck behind the starting blocks. On SWAC practice nights at CB South, if you'd like to help out by bringing the boxes into the hallway, that's great but be sure you place them back in the equipment room by the end of practice. If you cannot put the boxes back do NOT take them out.

15 - Please be sure to check your family folder and the bulletin board each time you attend practice. Also visit our website ([www.cbswim.org](http://www.cbswim.org)) frequently for the latest

information. Contact Jen Steinberg if there is a problem with your family folder in the box (don't have one, name misspelled, etc.). I will be updating the boxes tonight.

16 - Our team suit is available at Training Zone. Wearing team suits for SWAC meets is encouraged but not required.

17 – As noted in the welcome email, some left over prior year SWAC items are available for sale. After sales at the meeting, a few items are still available. As there are so few items, I will arrange sales via email. The items available are listed at the bottom of this message. Email me to arrange a purchase. Also email me if you need to purchase a SWAC cap. (Prices are listed at the end of this message.)

**\*FYI\*:**

Dual (or Tri) Meets (cross-over, regular season, team championships) – team competitions. Swimmers are expected to sign-in or sign-out for these meets using the online system. If you don't sign-in, it's assumed that you are not swimming the meet – you will NOT be in the line-up. It is assumed that a parent volunteer will be available for each of these meets unless it has been communicated to the volunteer coordinator that a volunteer is not available for the specific date. To avoid being put on the volunteer schedule when you're not available, let the appropriate coordinator (boys or girls) know **before** the volunteer schedule is posted. Once the schedule is posted, you are responsible for finding your own replacement – it is not adequate to simply contact the volunteer coordinator and say you cannot be there.

During dual meets and invitationals, swimmers must stay on deck in the area specified by the deck parents and/or coaches. If a swimmer needs to leave the deck area briefly (e.g. to use the restroom) s/he must ask the assigned deck parent. It is not the job of the deck parents or coaches to search for a swimmer when it's time to line-up for races.

Swimmers are required to stay on deck until the end of the meet unless they have made prior arrangements with the coach (prior means before the meet – swimmers should not be distracting coaches and/or ready-bench parents during the meet to ask if they can leave early).

The coaches require swimmers to arrive at dual/tri meet before warm-ups begin. Plan in arrive 15 minutes before the scheduled warm-up time. This practice gives the coaches the opportunity to ensure that all swimmers are present before they start warm-ups and helps the meets run smoothly.

Meet spectators, please be sure to clean up your area of the stands after meets. We are responsible to make sure trash and other items are not left in the stands after meets.

Items for sale:

Any unsold items will be available at the snack bar of our home meets. Alternatively, email Jen to arrange a purchase.

SWAC Bag - \$8

Zip-up Hoodie – youth large; adult sizes: L, XL (royal) -\$20 (4 left)

SWAC caps are also available. See info above.