

# Forest Hill Swim Team 2018

## **PRACTICE SCHEDULE (M,W,Th,Sa):**

### **Returning 9-10 year olds, 11-12, 13-14 and 15-18:**

- Mondays 6:30-8pm (except 6/26 & 7/10)
- Wednesdays 6:30-8pm (except 6/21 & 7/12)
- Thursdays 10:45 am -12:00 pm
- Saturdays 9:45-11am

### **6 & under, 8 & under and First Year 9-10 year olds:**

- Mondays 6:30-7:15pm (except 6/26 & 7/10)
- Wednesdays 6:30-7:15pm (except 6/21 & 7/12)
- Thursdays 10:15 – 12:00 pm
- Saturdays 9:45-10:30am

Practices help swimmers refine strokes and build endurance. Swimmers should attend at least 2 practices per week (when their family is in town). Year round swimmers can practice with their teams and compete with Forest Hill in meets.

## **FEE**

\$30 for one child

\$55 for two children

\$80 for three children

These fees help defray the costs for practices, Meets and league costs

## **COACHES**

### **Head Coach:**

- Julian Dooley  
[drjdooley@gmail.com](mailto:drjdooley@gmail.com)  
216-215-6715

### **Assistant Coaches**

- Madison Miluk  
[madisonmiluk@gmail.com](mailto:madisonmiluk@gmail.com)
- McKenna Reiss  
[mmkayreiss@gmail.com](mailto:mmkayreiss@gmail.com)
- Gwynn Furlich  
[gfulrich1248@aol.com](mailto:gfulrich1248@aol.com)
- Meredith Boylan  
[meredithboylan99@gmail.com](mailto:meredithboylan99@gmail.com)
- Abby Grealis  
[Agrealis10@gmail.com](mailto:Agrealis10@gmail.com)

## **MEET SCHEDULE (tentative-subject to change)**

- Tuesday June 19 vs. Beachwood (home) 6:30 pm
- Tuesday June 26<sup>th</sup> vs Shaker (home) @ 6:30 pm
- Tuesday July 10<sup>th</sup> @ Purvis 6:30 pm
- Monday July 16<sup>th</sup> vs Purvis (home) @ 6:30 pm
- Wednesday July 25<sup>th</sup> Candy Relays @ Purvis, 6:30

## **MEET INFORMATION**

Meet warm-up at 30 minutes prior to the meet for away meets and 1 hour prior to the meet start time for home meets.

Meets typically last 2 hours. Swimmers should bring 2 towels, 2 pairs of goggles, suit and cap. Snacks and sunscreen are also encouraged.

## **MEET SIGN UPS**

Swimmers who want to swim in a meet must be signed up at least three days prior to the meet.

Sign-up by sending an email to Mr. Dooley, [drjdooley@gmail.com](mailto:drjdooley@gmail.com)

## **MEET EVENTS**

In four and five lane pools, each team may enter up to two individuals or relays. In six lane pools, each team may enter up to three individuals or relays. The age groups and events for each meet are:

### Individual – boys and girls

\*6 and under (freestyle and backstroke, exhibition only, 25 yards)

\*8 and under (all strokes, 25 yards)

\*9 and 10 (all strokes, 25 yards)

\*11 and 12 (all strokes, 50 yards)

\*13 and 14 (all strokes, 50 yards)

\*15 to 18 (all strokes, 50 yards)

Open age (100 individual medley and 100 free)

### Relays – boys and girls

200 freestyle

200 medley

\*Swimmer's age as of June 15th determines their age group for the entire season.

- Swimmers may participate in up to four events, but no more than 3 individual events at a meet.

- Swimmers may swim in an older age group, but not in a lower age group during a meet.
- Relays include four swimmers. Each swimmer must represent a different age group.

### **VOLUNTEERS**

**We need parents to time at meets, bring snacks to Saturday morning practices and to help with the annual pancake breakfast.**

For each HOME swim meet we need parent volunteers for:

- Timing (6 people - 5 lanes and 1 backup)
- Writing the kids' events on their hands

For each AWAY meet we need parent volunteers for:

- Carpools
- Writing the kids' events on their hands
- Timers for League Championship

Every Saturday, we like to provide snacks (bagels or donuts, milk and juice) for the swimmers. Please plan on signing up for one Saturday during the season; snacks need to be at the pool 15 minutes prior to end of practice (10:45).

The annual pancake breakfast will be after a practice. This tradition celebrates the hard work and dedication all swimmers and families

### **PRACTICE AND MEET GEAR**

We recommend that swimmers bring goggles (2 pairs), a towel, and a water bottle to every practice. We may do some "dry land exercises" (out of the pool), so please wear supportive tennis shoes to practice.

Girls should wear swim caps for both practices and meets to keep hair out of their faces and reduce drag. Boys may choose to wear caps for meets. Latex caps are cheaper, but silicone caps tend to be more comfortable to put on and tear less frequently. Coaches and "older" swimmers are happy to help with caps.

Please order or purchase team bathing suits and caps on your own. Our team colors over the past few years have been shades of blue and black. Returning swimmers may have suits and caps from past years that still fit. New swimmers are encouraged to wear blue/black suits and caps for meets, but it is not required as we respect family budgets. If a significant number of families would like to purchase a new "team suit" we will definitely explore that option.

We would also recommend that all swimmers have their own pair of training fins for practice. This option is particularly helpful for younger swimmers that are working on strength and endurance.

Here is a fin option that comes in smaller sizes for younger swimmers (they tend to run big)  
[https://www.swimoutlet.com/p/sporti-floating-swim-fins-\(color\)-23059/](https://www.swimoutlet.com/p/sporti-floating-swim-fins-(color)-23059/)