

1. Hi Everyone. I'm Kim Smerekanych and I am the Swim Team Parent Rep this year. As your parent rep, I'd like to represent all of your ideas, questions and concerns to the coaches. So please don't hesitate to contact me throughout the season:
  - Email: [mamakim@comcast.net](mailto:mamakim@comcast.net)
  - Home phone: (425)746-9581
  - In person: I will try to be at the pool as much as possible. Please come up and talk to me.
2. [www.somersetrec.org](http://www.somersetrec.org) – Check that daily! That's our chief tool for communication. It has all of our swim meet lineups, results, social events, calendars, swim team handbook, forms, etc.
3. **Please do not talk to the coaches during workout times.** Their eyes need to be on the swimmers at all times. This is for the safety of the swimmers. Plus there are lots of little ears listening to everything that is being said during workout. So if you need something during workout contact me.
4. **Vacation Sign-outs:** Make sure you get your swimmer is **signed out of the swim meets by the Friday** before the meet. We are using new Vacation Sign-out sheets this year. Each swim meet has its own sheet. They will be hanging in the office. The coaches have kindly offered to take time out of their schedule on the weekend to create the lineups so they are ready first thing Monday morning. That means every Friday they will be pulling the vacation sign-out sheets down in the office. So please have your child signed up if they will not be there. These Vacation Sign-out sheets are very important to keep swim meets running smoothly. Unlike soccer games where there are only 11 or so players on the field, a swim meet involves scheduling events and relays for roughly 120 swimmers and takes a good deal of effort from the coaching staff to complete a lineup. A relay entrant who fails to show doesn't mean more playing time for their teammates. It's quite the opposite – if just one of the four swimmers on a relay isn't at the meet, the entire relay gets scratched – that's three sad swimmers because a Vacation Sign-out sheet wasn't filled in.
5. **Be Early:** We've made some changes from last year. One of them is we've given more workout time to our younger swimmers. This year our workouts will start exactly when they say they're going to start. Coaches will be waiting for them and ready to work with them immediately. Our new motto is: **"If you're early, you're on time. If you're on time, you're late. If you're late, it's unacceptable."**
6. **Division 3:** We've moved to Division 3 this year. That means we'll be swimming against new teams: Maple Hills, Kingsgate Gators, Kingsgate Royals, and Overlake Country Club. We're having our cross-divisional meet with the Seattle Tennis Club.

7. **Swim Meets:**
  - **Tuesday:** B Meets
  - **Thursday:** A Meets
  - **6:00 – 9:00 PM**
  - **Warm-ups:** @4:45 for Home Meets and @5:15 for Away Meets
  - **Check in with your coaches when you arrive**
  - Bring a Sharpie to write events on your child's arm
  - Your child should talk to their coach before and after their race
  
8. A Champs is cancelled this year, but we'll still have A finals with medals. A Champs was cancelled because the King County Aquatic Center is hosting two very big meets this year: The US Open and the Junior Nationals. To find out more about the cancellation, please check the article on the website.
  
9. **Volunteering:** Thank Barb Lall, Traci Grouws, and Julie Waddell for being in charge of our Volunteering and Social Events. They did a great job on Saturday during opening day. This year our volunteer requirements are:
  - **5 Dual Meet volunteer shifts**
  - **2 food items**
  
10. We also have a lot of fun activities planned like Team photos and going to the Renton Water park on Friday, June 26<sup>th</sup>. You may buy tickets tonight! We'll also have donut days, ice cream social and more fun events. Check the website for details about our social calendar.
  
11. **Last year we started an Eight Best Times Incentive Goal:** for the swimmers and we're going to continue that this year. A major goal of swimmers at all levels is to keep pushing yourself and to improve your times throughout the season. To help track this, we've created some best time goal sheets for all the swimmers to fill out. Prizes will be awarded to those swimmers who achieve eight or more best times throughout the season. Coach Erica will talk more about best times later.
  
12. **Coaches:** Over the winter, we had a team of 8 parents who spent many days interviewing coaches. We are very proud of the coaches we have selected. We know that your kids are going to have an excellent and fun summer with our coaches. I'd now like to hand the mic over to our new head coach, Erica Sorensen!