



**Clarendon Hills**  
**Sea Lions**  
**Parent Handbook**

**Summer 2024**



## Welcome

Welcome to the Clarendon Hills Sea Lions swim team. We cannot wait for this fun and competitive season to begin! We have two coaches this season and they are: Connor Gannon (Head Coach) and Claire Gannon (Assistant Coach) The team is also supervised by Jennifer Lawler (Aquatics Program Supervisor), Dave Littwin (Aquatics Recreation Supervisor and Katie Gock (Assistant Director) . The Clarendon Hills Park District competes against other park district teams within our conference. Swim practices and home meets are held at the Clarendon Hills Lions Park Pool. Away meets are held at other park district pools. Planning for the swim season is a joint effort between Clarendon Hills Park District, other teams within this conference, the Coaches, and parental volunteers. We want to make our swim team the best experience possible for our swimmers and families. Our goal is to have a team that Clarendon Hills Sea Lions kids want to join every year, be proud of, and walk away with lasting memories while having great parent engagement and support.

## Communication

### Email List

All communications will be sent out via email. The email has been taken from your family account from the Park District Website. If you would like a secondary email added, please let Jennifer know so that it can be added to our master email list.



## **Practices**

### **Schedule**

Practice Times are as follows:

#### **Week of 6/3-6/7/24:**

8 & Under: 3:45-4:30 pm

9-10: 4:30-5:15 pm

11 & Up: 5:15-6:00 pm

#### **Beginning 6/10/25**

8 & Under: 10:00-11:00 am

9-10: 9:00-10:00 am

11 & Up: 8:00-9:00 am

**These times are also listed on the current brochure on the park district website.\*\***

### **Attendance**

Each practice we focus on a different essential skill for success in the pool -- the more practices you attend, the more you will get out of the program. The coaches understand swimmers participate in other activities outside of swimming, and practices are not mandatory, but we encourage swimmers to attend as many as they can in their group each week.

### **Dual Meets**

#### **Sign Up**

Swim meet sign ups will be sent home to parents through google form sign up. The sign-ups will go out in advance of the meet. There will be a deadline that the meet sign-up will close. Once the meet is closed, we will not be able to admit any other swimmers. Swim meets will need to be created and once the meet is created it is difficult to add swimmers. If it is an away meet there is also a deadline that we have to meet when sending our lineups to them.

## **Attendance**

We encourage swimmers to swim in as many meets as possible. In order to swim at the conference meet at the end of the season, swimmers need to swim in 3 dual meets. This is a conference rule and we have to follow it. There will be no exceptions.

## **Volunteering**

A meet takes dozens of volunteers, so it's required that each family does their share. We will need parents to volunteer to be a timer at the home as well as away meets. We will also need parents to help out by making sure their swimmers are in the team area during meets. Sign up will be included when the meet sign ups go out. We will need more volunteers at a home meet than at an away meet, but all visiting teams are required to provide timers if the host team requests them.

## **What to Bring/Where Should Swimmers Sit**

- Suit
- Goggles
- Team cap
- Towels
- Sharpie-to write events on their hand if they would like
- Food & drink
- Sweatshirt & sweatpants
- We will need swimmers to remain with the team and not sit with their parents. This helps us find swimmers for events, as well as coaches having a time to communicate with swimmers before and after their events.

## **Positive Check-In**

All swimmers must check-in with the coaches at the meet. This way we know that swimmers are present and that we do not have any scratches. If we do not see you, you may risk being scratched from the meet.

## **Warm-Ups**

Warmups are an essential part of the swim meet. It gives swimmers an opportunity to get their muscles ready, to get a feel for the water and prepare for their races. This is especially important at away meets. Warmup times as well as meet start times will be shared in the meet sign up.

## **Events Posted**

The entries will also be posted in the team area. Coaches will determine entries and changes will not be made. We need swimmers to swim what they are put in. Bring a sharpie and write down the events on the back of the swimmer's hand.

## **Pre-Race**

Listen for the event number called. Be prompt, confirm your heat and lane, and wait for your event before going behind the blocks..

## **Ribbons**

Ribbons are awarded for all participants, unless the swimmer is disqualified. Ribbons are typically available about a week after the meet.

## **Conference Meet**

### **About**

Once a swimmer has qualified for conference, the coaches will create a master list. Swimmers who qualify will be invited to swim prior to the meet. Swimmers will have to sign up just like they have for dual meets. The meet will be a big meet and it is the end of the season swim meet. The more swimmers to attend the more fun the meet will be.

### **Dual Meet Schedule-**(Coaches will decide who attends which conference meet)

- Thursday, June 13- AWAY meet at Lisle (B Meet)
- Tuesday, June 18-Home meet vs. Wheaton (A Meet)
- Saturday, June 22-Home meet vs. Hinsdale (B Meet)
- Thursday, June 27-Home meet vs. Lemont (B Meet)
- Thursday, July 11-AWAY meet at Lemont (A Meet)
- Tuesday, July 16-AWAY meet at Downers Grove (A Meet)

### **Conference Meets-**

- Saturday, July 13-B Conference at Downers Grove
- Saturday, July 20-A Conference at Hinsdale

## **Team Gear**

All swimmers will receive a team t-shirt and cap.

## **Code of Conduct**

Read and discuss the code of conduct with your swimmer. Make sure this is returned to the coaches ASAP.

I have read and understand the information shared in this parent handbook. Please return to the coaches.ASAP!

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Swimmers Name

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Parent Signature Date