

OSC Dolphins 2019

Dear Parents, Swimmers, and Divers,

Welcome back! We have important news to share with you and many updates to last year's information. We are actively looking for new swimmers and divers so if you know any OSC member who is interested, please pass on a copy of this information.

Once again, OSC will compete in the Lower Bucks Swim League (LBSL). We would like to share some of the LBSL rules with all of you at an informal parent social at OSC on Tuesday June 12th at 6:00 pm. Join our new coach, Lauren Ellerson and parents for drinks and samples from our hit snack bar, The Splash Cafe, while learning how to use the stop watch and finding out how you can volunteer at meets to help make this a great season for the kids!

The LBSL consists of 18 teams in 3 divisions. The meets will run on Tuesday and Thursday nights. The LBSL is strict about starting warm-ups and meets on time and the OSC coaches will enforce this policy. The first League meet is on June 27th. A more detailed swim and dive meet schedule will be published on the new OSC team website which goes live on June 1st. We are now partnering with Team Unify to organize our meets, volunteers, and emails.

The goal of OSC is that all swimmers will continue to swim at each meet, and our team goals "to promote sportsmanship, team spirit, improve skills, and have fun" will not change.

Coaching Staff for 2019

We are thrilled to welcome back our head coach, Lauren Ellerson to OSC. Lauren is a former captain of the Penn State Women's Swimming team and point scorer at the Big 10 Championships. Lauren is an assistant coach at the Springfield Aquatics Club and a 5th grade teacher at Erdenheim.

Alyce Mancini will be returning to OSC as our head assistant. Alyce is no stranger to OSC as a former coach and swimming alum. Alyce is a lead USA coach at Springfield Aquatics Club.

Jake Cawley will be returning to the coaching staff this year. He is a graduating senior from Springfield Township High School, where he swam for four years and was a State Finalist. We look forward to seeing him work with our younger swimmers.

Our Junior Coaches will be Maggie Spoerl, Elle Braun, Molly Braun, and Andrew Pave.

The Diving Team will be guided this year by Michael Burke a graduate of Upper Dublin High School. Michael was a State Finalist in the PIAA diving competition this past season and was a key contributor to the Upper Dublin swimming and team.

Team Suit:

This year, the team suit will continue to be the TYR Phoenix in blue/white. Same one as last year! The price for the girl's suit is \$49.99. The boys brief is \$27.00 and will be available for order. The jammer is \$32.48.

Representatives from Personal Best will be at OSC on Thursday June 13th and Friday, June 14th from 4:30 PM to 6:30 PM. If you are planning on buying a team suit, please try and make one of these afternoon sessions. They are knowledgeable people and can help first time swimmers get the right fit! They also bring a selection of practice suits, goggles, and caps. We encourage all swimmers to purchase the team suit, but it is not a requirement.

Meets, Registration, Parent Meetings:

Our first league dual meet is June 27th so we need to have everyone consistently at practice for the first weeks to be ready for our early start. We will have an informal **Parent Social on Thursday, June 13th starting at 6PM at the Pavilion.** All parents are required to attend, as OSC has new coaches and some new procedures this season. You will have an opportunity to meet the OSC Coaches and Swim Team Committee members and ask any questions you may have. You will also have the chance to sample items from our now famous snack bar, The Splash Cafe, and practice using stopwatches! **Deadline for swim team registration is June 14th, 2019. New this year – OSC is using Team Unify.**

The OSC Team fee for 2018 is \$110 per child with a family maximum team fee of \$275. The team fee is used to relieve the Swim Club of the costs needed to support the team, the team awards ceremony, and gift, and to purchase equipment and other items throughout the season. In addition, there is an insurance fee of \$6 per

swimmer, and \$6 per diver, as required by LBSL. This is in addition to the team fee and must be paid at the time of registration (all payments will go through our Team Unify website). Families will be able to pay both team registration and waiver fees online with Team Unify, and you will be able to access a waiver form to print and hand in, also by **June 14th, 2019**. Forms will not be provided at the pool this year, but if you do not have access to a printer anywhere, please let us know. Individual insurance waivers are required for each child. **As mandated by the LBSL, swimmers and divers who have not paid their fees by June 14th, 2019 will not be eligible for the first swim meet.**

To raise additional funds, we also ask that all families support the Team Fundraiser Bake Table throughout the year. If you have specific questions or concerns regarding the team fees, please contact a member of the Swim Team Committee.

We encourage all eligible swimmers, (those who can swim at least one length) and divers to join the team. ***ALL NEW swimmers will be tested at the pool on Monday, June 3rd and Tuesday, June 4th from 4:30-5:00.*** Swimmers must be able to complete one unassisted lap of the pool at this time. Swimmers who cannot complete one lap unassisted will not be placed on the team.

Coaches will use these sessions to determine practice groups. If your swimmer is new to the team, please plan to be at one of these sessions. Please refer to the swim team calendar for all practice times and the meet schedule. New divers should see the diving coaches during the first week of practice for detailed diving information.

IMPORTANT NOTE TO PARENTS ABOUT PRACTICE:

Parents are not permitted on deck during practice times at OSC. You are welcome to sit up on the hill in the grassy area to watch. If it is necessary to speak with the coaches, this should be done after practice. In addition, parents should not be engaged in coaching their children while practices or meets are in progress. Finally, since the swim club is not open to the general membership during practice times, siblings of swimmers **are not permitted** to be unsupervised within the club grounds or to use the baby pool or playground equipment while practice is in session. This is club policy.

IMPORTANT NOTE TO PARENTS ABOUT MEET PARTICIPATION

The coaches spend considerable time preparing meet lineups and expect the team members at each meet. If your child cannot attend a meet, please declare yes or no on the Team Unify website. This will enable the coaches to plan accordingly. If

you know your child will not be available for a meet due to a planned vacation or conflict, you can mark your child unavailable in Team Unify several days prior- for all last minute illnesses or unavoidable occurrences, please be sure to contact the coach lauren.ellerson@gmail.com

OTHER ITEMS OF IMPORTANCE

Make sure you are receiving our emails!!!! Once you register through Team Unify, all emails will come from the website. Please include your email address(es) on your signup. In case of inclement weather, this is the easiest fastest way to reach all OSC families in the event of a cancellation.

WE NEED PARENT OFFICIALS!!!!

As always, we will need a great deal of parent help at all of our meets. Parents are encouraged to volunteer as timers and for Finish, Stroke & Turn, and Diving judging. We cannot run meets without volunteers. Please see the team schedule for available instructional clinics. In addition, Oreland officials will help you train at the meets. **The LBSL requires Stroke & Turn judges to attend their clinics. If interested in learning (or continuing) to judge stroke and turn, please contact Mike Braun.**

OSC will be offering a Stroke & Turn Clinic (TBA)We encourage any interested parents to attend.

Volunteer Opt-Out:

Parent volunteers are crucial to a smoothly run season. Families who are not willing or able to fill their volunteer slots can switch with another family, as long as the job is covered. If you do not wish to volunteer at any meets, you can pay a \$40 fee and be kept off the volunteer list. It takes many volunteers to run a swim meet, but with a large team, you will very likely only have to time or work the snack bar one time during the season. Please consider volunteering. It is a great way to meet people and learn more about swimming!

Team picture day will be July 9th, starting at 9:00am. More info and forms will follow at a practice early in the season. Team and individual pictures will be taken. Forms and checks must be completed and presented on picture day.

Finally, a special thanks to all those who volunteered their time and energy last season and in the off-season to help make the OSC Dolphins a success. We couldn't have done it without you and your efforts are GREATLY APPRECIATED. If you are interested in becoming more involved with the team,

please speak to one of our volunteer committee members about joining the OSC Team committee.

Sincerely,

The 2019 Oreland Swim/Dive Team Committee

Steve Duncheskie, Mike Braun, JoAnn Cawley, Kerry Lake, Liza Marino,
Michelle Mathews, and Stephen Steinbrook (LBSL rep)