



Norbs Swim Team
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Norbs Parent Guide

Team Eligibility Requirements

In order to be eligible for the Norbs swim team, each participant must:

- be a full-time City resident by the first dual meet;
- be between 6 and 17 years old on June 1;
- be able to demonstrate a swimming ability equivalent to the American Red Cross Learn-To-Swim requirements for Level 4 (for 8 & under) or for Level 5 (for 10 & under). This includes being able to swim one length of the pool (25 meters) without assistance or stopping.

Any swimmer who does not meet the swimming requirements by the practice before Time Trials will be referred to swimming lessons. At any point before the week of the third dual meet, if the swimmer is able to meet the swimming requirements, they may swim with the team for the remainder of the season.

These requirements are for the safety of all swimmers as well as to allow for more consistent and productive practices. All swimmers are encouraged to register for swimming lessons to receive more one-on-one instruction.

Swimmers will not be cut or removed from the team based on times or performance reasons that are not stated above.

Additional eligibility rules may apply. League rules are available upon request.

Parent/Coach Communication

If you have questions or concerns about anything Norbs-related, please feel free to speak to a coach. The best times are right before practice and right after practice. At any other time, we prefer that you send an email to gpcnorbs@gmail.com.

Please notify us, in writing, if your child is unable to attend a meet. It is important that we know as soon as possible, so that we can accurately create the meet lineups. It is difficult to change a lineup once it has been posted.

Newsletters will be emailed out on a weekly basis throughout the season.

Practices

Children should be at the pool, ready to swim, ten minutes before the beginning of practice. This helps us take attendance and to start and end practice on time.

Please avoid the area behind the lanes during practice unless absolutely necessary. This is to reduce distractions to the swimmers and coaches. If you need to speak with us, try to do it before or after practice.

Practices will be cancelled at least fifteen minutes before the beginning of practice if there is inclement weather.

Team Suits and Uniforms

Team suits, t-shirts, and sweats are available for purchase. They are not required to participate. Uniform information will be communicated to you as it becomes available.

Meet Lineups

For dual meets, we will post a lineup on the Monday before the meet. We use previous times, attendance, and swimmer availability to produce the lineup.

To be placed in a dual meet, a swimmer must attend a minimum of 50% of the practices offered in the Monday to Saturday period before the meet.

If your child is on the lineup and is unable to attend the meet, please notify us, in writing, as soon as possible.

Meets

On the day of each dual meet, all swimmers must check in at the Neff Park Pavilion at 4:00 pm. Once they check in, they can then leave to go to the meet if it is away. Warm-up for dual meets begins at 4:45 pm.

Swimmers need to remain on the pool deck for the entire meet, unless you have notified us ahead of time, in writing, that your child must leave early. Also, during meets, please remain in the spectators' area. It can be confusing to marshal children when they are distracted or difficult to find.

For the Relay Meet and Championship Meet only, swimmers with the fastest times swim. A lineup will be posted a few days before the meet. Please see the Norbs newsletter for that week for check-in times and other important information.

Mini-meets are open to all swimmers 12 and under. There is no lineup or check-in for these meets, as children may swim as many or as few events as they wish.

Team Activities

We host a number of team activities, usually after home meets. They are a fun way to get to know the other parents and kids on the team. These events are included in the team activity fee for all swimmers and their parents.

Volunteers

In order for our team to function, we need your help! Our main need is for timers and recorders at meets. Also, for our team activities, we need people to bring and serve food, as well as to clean up. To help with timing, recording, or serving food, please indicate on the Volunteer Availability form which dates you are able to work. If you wish to bring food, a sign-up sheet will be posted on the Norbs bulletin board with a list of food items that need to be brought.