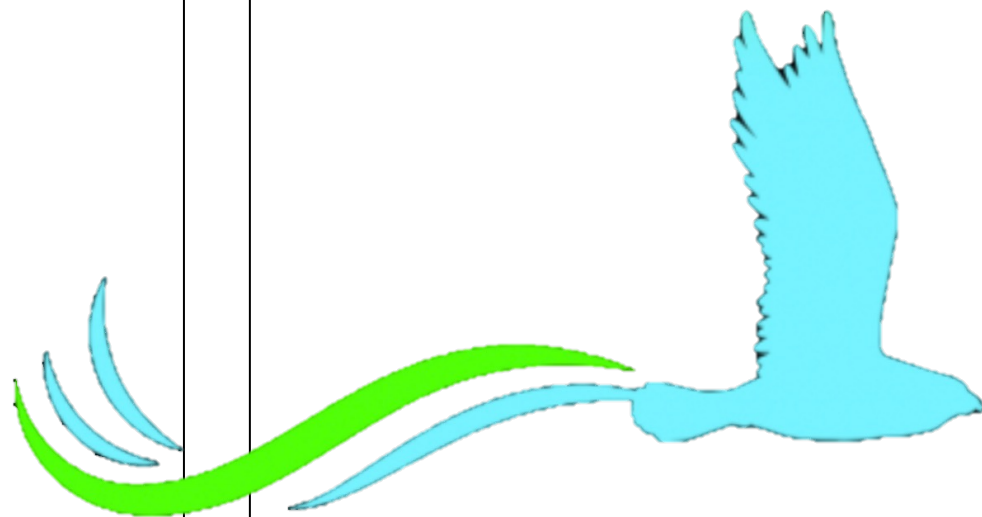


# Oyster Point Ospreys



Handbook 2023

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# Oyster Point Ospreys



## Welcome

We're excited to have you as part of our team, and we look forward to a great season. This handbook is designed to give you all the information you need to have a successful and enjoyable experience on the team.



## Mission

Our mission is to provide a competitive swimming program for children that promotes love for the sport and advances aquatic skills, teamwork, and the principles of good sportsmanship.



## OP 2023

Welcome to the inaugural year of the  
*Oyster Point Ospreys!*

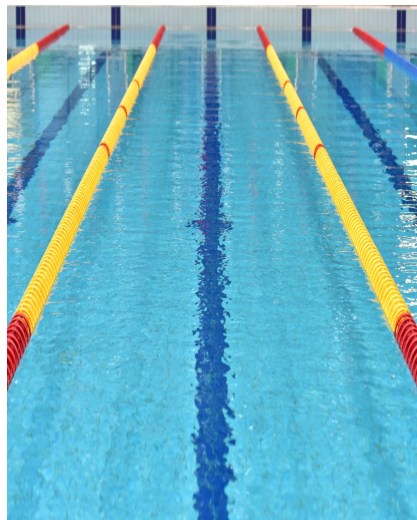
# Our *goals*

	Short term	Middle term	Long term
Swimmers	Build community and swimming skills	Have representation from all age groups	Provide mentorship for swimmers of all ages, cultivating teamwork and spirit
Team	Complete a provisional swim season	Join the East Cooper Swim League or similar	Compete on par with other like-size neighborhoods
Capital	Raise capital funds for initial equipment	Raise funds for starting blocks, timing equipment, establish 501c(3)	Maintain operational and capital costs year over year

Most importantly- *HAVE FUN!!!*



# Practices



Monday - Thursday			
May 19 - June 6	May 15 - June 6		
<u>6 &amp; under*</u>  (Group A) 5:00- 5:30 PM  (Group B) 5:30 - 6:00 PM	<u>7-8</u>  5:00- 5:45 PM	<u>9-12</u>  6:00 - 7:00 PM	<u>13 &amp; up</u>  5:45 - 7:00 PM
	*6 & Under will be broken into two groups for effective training with a May 19 <sup>th</sup> tryout (See Junior Osprey on p 4 )		
Monday- Friday			
June 7– June 30			
<u>6 &amp; under*</u>  (Group A) 7:30 - 8:00 AM  (Group B) 8:00 - 8:30 AM	<u>7-8</u>  7:30 - 8:15 AM	<u>9-12</u>  8:30 - 9:30 AM	<u>13 &amp; up</u>  8:15 - 9:30 AM

## Junior Ospreys

*We are dedicated to making swimming fun and safe for all ages. For Ospreys who are not yet ready to join the team, we're offering group training sessions!*

**Swimmers 6 years old and under will be evaluated on**

**Friday, 5/19, 4:30-5:30 PM**

To compete with the Ospreys, children must be able to complete one full lap of the pool without assistance. This can look like anything: doggy paddle, pushing off the bottom, etc. However they get there, they must be able to do it themselves. Coach will evaluate each child in a 2-3 minute swim.

If your child isn't ready to compete yet, they can join Coach Jaci for a semi-private lesson to prepare for the next swim season. These lessons will take place either:

**Mon & Weds or Tues & Thurs (June 6-June 30)**  
**From 9:45 AM- 10:00AM**

Cost: \$75 - if you paid for the full season already, you will be refunded (minus CC fees).



# Practice *policies*

The coaching staff encourages parents to watch their swimmers practice occasionally. However, parents do not need to watch each practice. Here are some important guidelines to keep in mind when observing a practice:

First, young swimmers want their parents' approval. If a swimmer is aware of a parent watching practice, it is natural for some of their attention to be directed toward the parent. However, for the swimmers to learn as much as possible and remain safe, it is imperative that the coaches maintain the swimmers' attention during practice. We ask that parents never communicate with their children during practice or compete with the coach for his/her attention.

Second, we insist that parents **do not interrupt the coaches on deck** while they are coaching. If you need to communicate with a coach, please do so by contacting them by phone, email, or in person **before or after practice**.

Swimmers should come to practices prepared with suits, goggles, and if needed, a swim cap. Our coach will notify swimmers if they will need appropriate attire for dry land exercise. Swimmers should bring drinking water and sunscreen for a healthy and safe practice.

**Inclement weather:** Practices will be cancelled or delayed at the discretion of the Head Coach. Information will be spread via our social media pages, email and/or written sign at the pool. Swimmers must remain out of the water for 30 minutes after the last clap of thunder or spotted lightening. Practices will not be rescheduled.

# Practice *policies*

- Please encourage your child to walk or bike to practices and meets or drop off/pick up at practice and meet times. One of the agreements we reached with the HOA was that parking would remain available. For meets, we will need to reserve as many spaces as possible for visiting guests so that there will not be cars on the street (see HOA rules).
- We need everyone's help keeping the pool deck area clean and tidy. Please put chairs back where you found them, remove all trash and swim items at the end of practice, and respect the swim equipment. Make sure the restrooms are clean; this includes throwing away trash, wiping down sinks and counters, and flushing toilets. If you notice spills or messes on the floor, please let a coach or staff member know so that we can clean it up promptly.
- We understand that different kids and families have to work around various commitments. For that reason, our coaches make accommodations for kids who cannot attend practice daily. The most important thing is to communicate with the coaching staff. Make a point to explain any recurring conflicts to the coaches at the start of the season via email, and they will help to create a practice plan that works for you. The coaches understand that you might not be able to make all the practices and meets.
- Athletes do not need to wear the team suit to practice; however, girls swimsuits need to be a one-piece, boys can wear jammers, speedos or board shorts (but may find board shorts have too much drag). Long hair should be tied back or in a cap.

# Meets



**Wednesday,  
June 7**

Mock Meet  
@ OP  
5:00-9:30 PM

**Thursday,  
June 15**

James Island  
Stingrays  
@ OP  
5:00 - 9:30PM

**Thursday,  
June 22**

Away meet @  
Daniel Island  
*1801 Pierce Street,  
Daniel Island, SC 29492*

**Monday,  
June 26**

Brickyard  
Barracudas  
@ OP  
5:00 - 9:30 PM

# Anatomy of a *Swim Meet*

## Swimmers are divided into gender-specific age groups as follows:

- Girls: age 8 and under
- Boys: age 8 and under  
*(25 m/1 lap for individual events and relays)*
- Girls: age 9-10
- Boys: age 9-10  
*(50 m/2 laps for individual events and relays for ages 9+)*
- Girls: age 11-12
- Boys: age 11-12
- Girls: age 13-14
- Boys: age 13-14
- Girls: age 15-18
- Boys: age 15-18

## Event types at a every swim meet

- **Individual Medleys** - One swimmer swims a race which includes all four strokes, always swum in the order backstroke, butterfly, breaststroke, freestyle.
- **Medley Relays** - A “relay team” of four swimmers swims a race in which each swimmer is assigned one stroke as a leg of the relay. The order of the strokes will ALWAYS be 1) backstroke, 2) breaststroke, 3) butterfly, 4) freestyle.
- **Freestyle** - One swimmer swims a race entirely using freestyle.
- **Backstroke** - One swimmer swims a race entirely using backstroke.
- **Breaststroke** - One swimmer swims a race entirely using breaststroke.
- **Butterfly** - One swimmer swims a race entirely using butterfly stroke.
- **Free Relays** - A “relay team” of four swimmers swims a race in which all four swimmers swim freestyle.



# Anatomy of a *Swim Meet*

Freestyle  
Relays

Breaststroke

Butterfly

Medley  
Relays

Freestyle

Backstroke

Individual  
Medleys

Ages 13+ only

Meets run about 3 hours. Events will start with girls and alternate with boys.

# Meet *Policies*

Oyster Point athletes and their families are expected to abide by the following policies:

Swimmers are under the direction of the coaches at all times during the meet. Any questions regarding this should be directed to the coach.

Be on time for all sessions and team meetings. YOU MUST CHECK IN WITH THE ASSISTANT COACH IF YOU ARE LEAVING EARLY.

Team suits (black one-piece, black jammers) and Osprey caps (if a cap is worn) are to be worn by all athletes.

Swimmers are expected to swim all events entered, unless it has been discussed with the coach.

Swimmers should remain in the team area and should talk to the coach before and after each event.

Please let the wrangler know when you leave the pool area.

Good sportsmanship and courteous behavior are expected from all swimmers.

Swimmers and their families are expected to clean their sitting area at the end of each session. All trash, water bottles, and personal items must be picked up from all areas — including bathrooms and concession areas — at the end of the session. We need everyone's help in keeping the area clean.

Please reserve all parking spots for our visitors. Walk, bike or drop off at the pool.

NO CAMERAS IN THE STAGING AREA/BEHIND SWIMMERS.

No changing on the pool deck/in parking lot. Please use the restrooms.

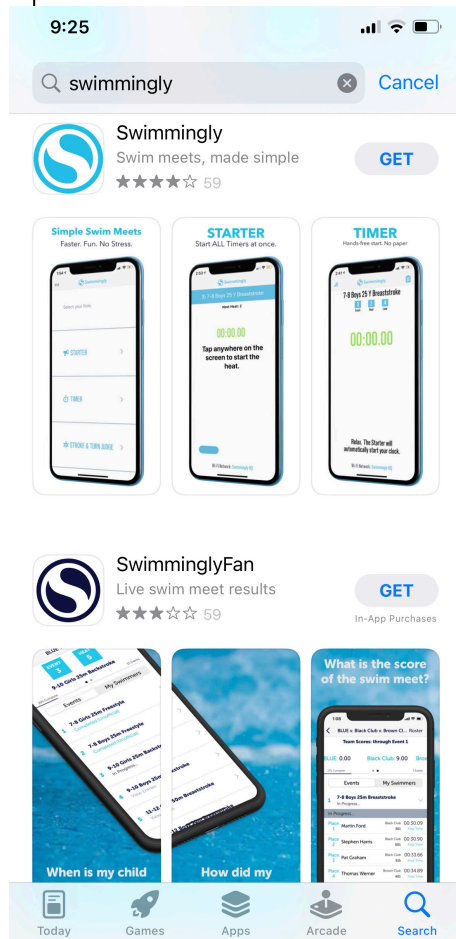


Swimmingly®



Swimmingly Fan®





# Swimmingly®

*The SwimminglyFan and Swimmingly App will be your home for swimmer results, meet declarations, time improvements, best times, and MORE! The steps below are required for ALL swimmers to swim in meets this season. Please take action ASAP!*

1. Download the Swimmingly App for timing, starting, scorekeeping and officiating.
2. Download the SwimminglyFan App- to view live results, get push notifications so you don't miss an event, see the unofficial meet score, and find out how many events are left in the meet.

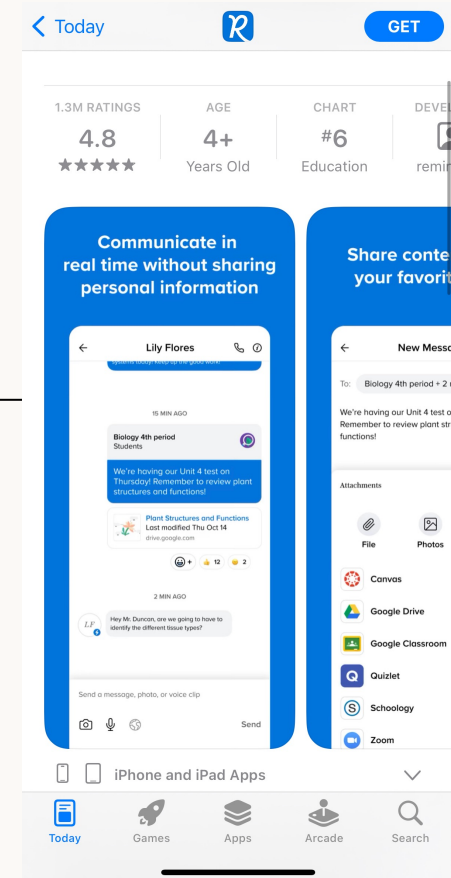
Watch a timer tutorial here!





SCAN ME

# Remind *App*



We will use this app for push notifications for cancellations, reminders, and special events

# Swimmer's *Code of Conduct*



As a swimmer in Oyster Point Ospreys, I agree to the following code of conduct:

1. To train and swim to the best of my abilities.
2. To keep a positive, can-do attitude.
3. To arrive promptly and ready-to-go for all practices, meets, and team functions.
4. To refrain from the use of profanity, both in and out of the pool.
5. To respect my coaches, teammates, and opponents, and to only give positive encouragement.
6. To treat all officials/judges with proper respect and accept their decisions without argument.
7. To accept coaching decisions without argument.
8. To exhibit humility when winning and grace when losing.
9. To remember that I represent my family, myself, my team, and my community with my actions, comments, and my effort in the pool.

## Parent's *Code of Conduct*

As an Oyster Point Osprey parent/guardian, I agree to the following code of conduct:

1. To help my swimmer(s) meet all team expectations and commitments.
2. To communicate to my swimmer(s) that doing their best is most important.
3. To accept the line-up as determined by the coach.
4. To encourage, support, and affirm my swimmer's performance in the pool.
5. To let the "coaches coach" and use affirming statements with my athlete(s), such as "I enjoyed watching you swim today!"
6. To be respectful and courteous toward ALL officials/judges, swimmers, coaches and spectators. Parents/coaches/spectators who do not display appropriate behavior on the pool deck WILL be asked and expected to leave the pool deck.
7. To address with the Team Rep any concerns that arise during the meet. The Team Rep is the voice of the team to the official.
8. To promote the emotional and physical well-being of the swimmers above any personal desire I may have for my child to win.
9. To ensure that any guests who attend meets with me adhere to the policies regarding spectator behavior.



# Our *Coach*



Coach Jaci Healy fell in love with swimming at 8 years old while swimming for the Wantagh Seagulls during the summer. She then swam for Farmingdale Aquatics, her high school team the Berner Bisons, and in college for Orange Coast College and California State University - Long Beach. Coach Healy has been coaching in the Charleston area for the past 12 years. She dedicated 10 years to the Long Point Sailfish as head coach and several years with year-round programs for LTP racing club, SCSC, and Swim Charleston. Coach Healy has a Masters degree in teaching, currently teaches at School of the Arts, and coaches the Boys & Girls Swim Team at Academic Magnet H.S. Coach Healy resides in Mount Pleasant with her husband, 2 sons, and 2 dogs.

Crowdsource your questions on Facebook or Email the [OPswimteam2022@gmail.com](mailto:OPswimteam2022@gmail.com), and administration will relay your message

Contact Coach Jaci via text:  
516-835-8451



# Our *Volunteers*

Without you, our team cannot succeed! We have two sets of volunteer opportunities for families, as described below. Signups are through Signup Genius.

## Required Practice/Meet Volunteers

Each family is required to volunteer for at least 2 meets and 2 practices.

- *Practice volunteers* help swimmers with their equipment, assist coaches as needed, and straighten the pool deck after practice.
- *Meet volunteers* fill several roles, as described on pages 15-17, including:
  - Meet director
  - Head Official
  - Timers
  - Stroke and Turn Judges
  - Clerk-of-Course
  - Starter
  - Swimmer Supervisor (i.e., "Wranglers")
  - Ribbons
  - Set-up/Clean-up
  - Concessions
  - Scorekeepers

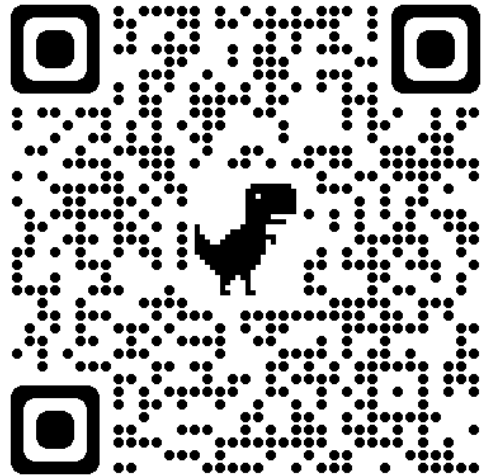
## Club-wide Volunteers

These volunteers are the backbone of our swim program. Position descriptions are available on pages 18-20. Positions include the following:

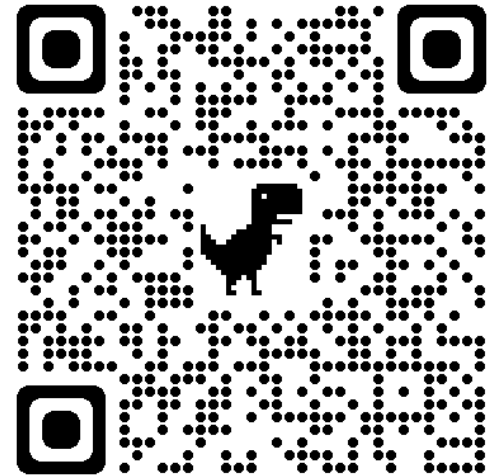
- Head official
- Head scorekeeper
- Fundraising Coordinator
- Fundraising committee
- Concessions chair
- Concessions committee
- Volunteer coordinator
- Special events chair
- Equipment manager
- Apparel/team store
- Team Liaison

# Volunteer *Sign-ups*

Club-wide  
Volunteers



Meet  
Volunteers





# Meet *Volunteers*

## Meet Director (1)

- Coordinates with the officials, including the Head Official, Starter, Head Timer, and Stroke and Turn Judges, to ensure they are trained and prepared to perform their roles effectively.
- Works with Volunteer Coordinator to recruit and manage meet volunteers to ensure that the competition is properly staffed.
- Ensures that the venue is set up and equipped with all necessary equipment and supplies.
- Oversees the competition and respond quickly and effectively to any issues or emergencies that may arise.
- Ensures results are accurately recorded, scores are calculated, and awards are distributed in a timely and appropriate manner.
- Conducts a post-meet evaluation to identify areas for improvement and to develop plans for future competitions.

## Timers 12+)

- All parents will likely be asked to time our swimmers at some point. Please download the Swimmngly App to use for timing and be familiar with the use. See the page on Swimmngly for more.
- Works closely with other officials and meet organizers to ensure that the timing system is working correctly and that all times are recorded accurately.

# Meet *Volunteers*

## Stroke and Turn Judge (4+)

- This role requires training: Monday, May 22nd from 6:00-7:00 at the Dunes West pool
- Observes swimmers during their races to ensure that they are using correct strokes and turns as defined by the rules of the competition.
- Works with other officials to make decisions regarding disqualifications or rule violations.
- Communicates with other officials to ensure that the competition runs smoothly and that all rules are enforced.
- Head will assign and supervise all judges. Report their decisions to the Head Official.

## Clerk of Course (1)

- Checks the accuracy of swimmers' entries to ensure they are in the correct event and heat.
- Manages and coordinates swimmers' pre-race activities.
- Directs swimmers to the starting blocks in the correct order and at the appropriate time.
- May help with time verification, managing meet paperwork, data entry, problem solving, etc.

## Starter (1-2)

- This role requires training: Monday, May 22nd from 6:00-7:00 at the Dunes West pool
- Begins each race by giving the swimmers appropriate commands and starting signal using Swimmingley timing system.
- Works with equipment manager to set up and maintain starting equipment.
- Announces events, swimmers, and other special announcements. Responsible for the timely operation of the meet.
- Works closely with stroke and turn judges/ officials for false starts, disqualifications.
- May switch with Head Official midway through meet.

# Meet *Volunteers*

## Swimmer Supervisor, “Wrangler” (7)

- Welcoming and checking in children and their parents at the designated area/ Communicating with parents or guardians about their children's needs or concerns.
- Monitoring the children's behavior and enforcing any necessary rules or regulations.
- Providing first aid or emergency care in case of any accidents or injuries.
- Working closely with the Clerk of Course to get the swimmers to the appropriate race on time/managing flow of swimmers in and out of competition area
- Planning/organizing small activities to keep the swimmers engaged/ entertained.

## Ribbons (1)

- Aids Head Scorekeeper in maintaining accurate scores and times.
- Presents heat winner ribbons
- Organize, prepare and do award labeling and distribution.
- Works with Special Events Chair and Apparel/Team Store for distribution of awards at End-of-Season Banquet.
- Assists in maintaining pool and team records.

## Set Up/Clean Up

- Under the direction of the equipment manager and the meet director.
- All hands on deck to help with set up of lane lines, backstroke flags, concessions, equipment, scoring section, ribbons.
- Clean up and storage of all equipment, concessions, etc. Returning pool deck to original condition, cleaning restrooms, clearing trash.

# Club-wide *Volunteers*

Without you, our team cannot succeed! Each family is required to volunteer for 2 practices and 2 meets.

## Head Official

- This role requires training. Monday, May 22nd from 6:00-7:00 at the Dunes West pool
- Conducts a pre-meet briefing for all officials and coaches to review the rules and regulations of the governing body, clarify any issues, and establish expectations for conduct and sportsmanship.
- May switch off with the starter midway through meet.
- Makes final decisions on rule violations, disqualifications, and protests, and communicates these decisions to all relevant parties.
- Manages any conflicts or disputes that may arise during the competition and ensures that all participants are treated fairly and with respect.
- Responsible for the training, certification and assignment of all team officials for each swim meet.

## Head Scorekeeper

- Oversees the scoring at all home meets.
- Ensures training for all scoring personnel (1-2).
- Secures adequate scorers for each home meet (with aid from the Volunteer Coordinator).
- Orders and presents awards and ribbons throughout the season.
- Keeps pool and team records updated.
- Works with Social Committee for banquet needs.

## Fundraising Coordinator

- Investigates, plans, and recommends fundraising opportunities to the board.
- Forms a committee of volunteers to raise money to support the team. (3)
- Maintains records of all fundraising transactions and deposit all proceeds with the Treasurer in a timely fashion.

# Club-wide *Volunteers*

## Concessions Chair (1)

- Oversees the concessions stand at home meets. Works to coordinate reservation with the HOA.
- Purchases items, determines pricing, coordinates food donations.
- Works with the Volunteer Coordinator to ensure there are enough volunteers to work the concessions stand at meets (3-5).
- Prepares, sells, and cleans up concessions during meets. Manage cash box/Venmo contributions.
- Works with Special Events Chair for food-related social events.

## Volunteer Coordinator(2)

- Oversees recruitment of volunteers for home and away meets and is on hand at the meets to ensure all volunteer positions are filled.
- Works with visiting teams to account for their volunteers required to fulfill timer and finish judge positions.
- Coordinates parent involvement for practices, meets, and other fundraiser events.
- Serves as parent involvement liaison for Concessions and Timing/Clerk of Course.

## Special Events Chair

- Oversees the team's special events and activities, including the Breakfast of Champions, End-of-Season Banquet and Awards, Picture Day, and other fundraising events.
- Assists the coaches with themes for meets.

# Club-wide *Volunteers*

## Equipment Manager

- Responsible for all equipment needs, ordering, storage, repair as needed during the swim season.
- Coordinates with vendors for initial items/replacements.
- Presents proposals to the Board. Final purchasing decisions will be made by Board majority vote.
- Maintain the starter equipment.
- Works with Volunteer Coordinator to assign and manage set up/tear down of all home meets.

## Apparel/Team Store

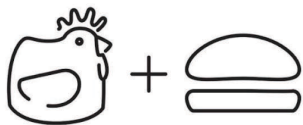
- Creates, orders, organizes and sells team apparel and items needed for practice (pull buoys, fins, kickboards etc.)
- Oversees advertising for financial backers, including but not limited to t-shirt backing, banners, website and social media advertisement, plaques, etc.
- Assists with fundraising efforts.
- Helps with End-of-Season Banquet.

## Team Liaison

- Communicating with participating teams to ensure that they have all the information and resources they need for the competition.
- Main point of contact for Osprey parents during meets.
- Main point of contact for communication with the swim league.

# BOXCAR BETTY'S

FRIED CHICKEN SANDWICHES



**BOXCAR BETTY'S**  
FRIED CHICKEN SANDWICHES



PLEASE JOIN US FOR  
OUR UPCOMING

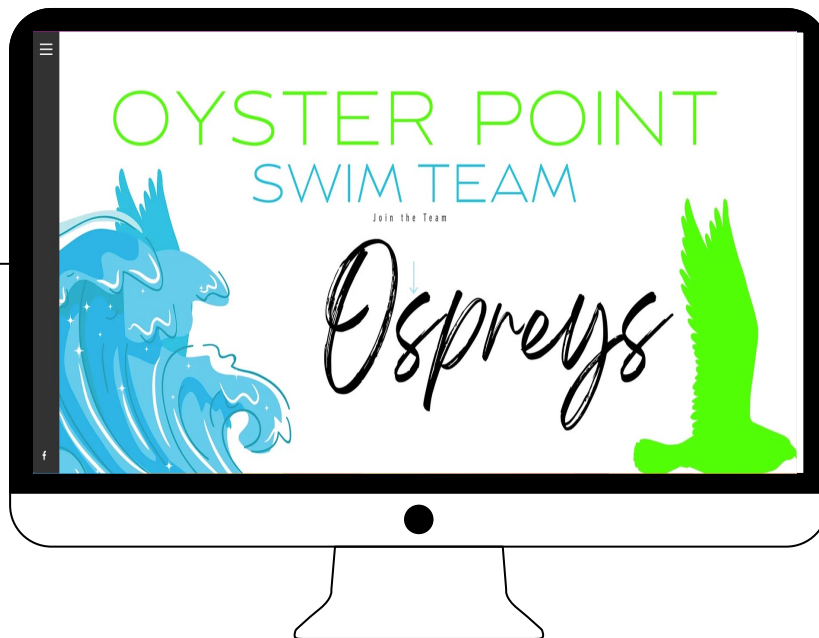
## SPIRIT NIGHT

BOXCAR BETTY'S WILL  
DONATE 15% OF ALL  
PROCEEDS BACK TO THE  
OYSTER POINT SWIM TEAM.

WEDNESDAY, MAY 10, 2023  
5PM-8PM  
1701 SHOREMEADE RD, #610  
MOUNT PLEASANT, SC

[www.boxcarbettys.com](http://www.boxcarbettys.com)





# Thank *you!*

Check out our website:  
[Opswimteam2022.wixsite.com/ospreys](https://Opswimteam2022.wixsite.com/ospreys)

Email us at:  
[Opswimteam2022@gmail.com](mailto:Opswimteam2022@gmail.com)

Find us on Social Media:

