



SWIM TEAM INFORMATION

Competitive swimmer fee for 2014 is \$125 per swimmer.

Taxi swimmer fee for 2014 is \$75 per swimmer.

COACHING STAFF

Coaches Mike Kerr, Wendi Lui and Adi Giesey are excited to be returning as coaches this summer. Please feel free to contact them at:

piranhasgrcp@gmail.com.

TEAM REQUIREMENTS

Our goal for the season is for everyone to have some healthy and safe fun. In order to do this, we require that all swimmers (competitive and taxi) complete a swimming assessment. This assessment consists of one length free style completed in under one minute. **The date for this assessment will be Saturday, May 31st at 10:00 a.m.**

No swimmer will be allowed to participate in practice or meets if this assessment has not been completed.

TEAM EQUIPMENT

Consistent with last year, each swimmer should have a suit (either solid black or our customized team suit), goggles, personalized swim cap (required for practice for those with shoulder-length hair and required for everyone at meets), fins, and a smile!

ORIENTATION MEETING

Our orientation meeting will be held on Tuesday, May 20, at 7:00 p.m. at the Train Station. Come meet the coaches and the rest of the team. In addition, Metro Swim Shop will be on hand for equipment orders. Please bring your checkbook for equipment purchasing and swim team registration fees.

SCHEDULE

Please see our complete schedule and meet locations on the following pages. In addition, mark your calendar for our end of year party on Wednesday, July 30th from 5:45-7:45.



SCHEDULE AND LOCATIONS

JUNE PRACTICE SCHEDULE

Day/Date	Time	Date	Time
Saturday, May 31	10:00-11:00 a.m.	Wednesday, June 11	5:30-6:30 p.m.
Sunday, June 1	6-7 p.m.	Saturday, June 14	10:00-11:00 a.m.
Wednesday, June 4	5:30-6:30 p.m.	Sunday, June 15	6-7 p.m.
Saturday, June 7	10:00-11:00 a.m.	Wednesday, June 18	5:30-6:30 p.m.
Sunday, June 8	6-7 p.m.	Saturday, June 21	Swim-for-a-Cure 8:00-10:00 a.m.

PLEASE NOTE: THE ABOVE SCHEDULE IS FOR COMPETITION SWIMMERS ONLY. TAXI SWIMMERS WILL BEGIN PRACTICE ON TUESDAY, JUNE 23.

LATE JUNE/JULY PRACTICE SCHEDULE

Beginning Tuesday, June 23, practices are held Tuesday-Friday 7:30-8:30 a.m. and 8:30-9:30 a.m. There is no practice on July 4.

Swim Team Party: Wednesday, July 30, 5:45-7:45 p.m.

MEET SCHEDULE

Date	Location	Opponent	Arrival Time	Warm Up Time	Start Time
June 26	Diamond Springs*	Mini Meet 10&U	4:00 p.m.	4:00 p.m.	4:30 p.m.
July 1	GR Country Club	GRCC	4:15 p.m.	4:30 p.m.	5:00 p.m.
July 8	GRCP	Bradford	4:15 p.m.	4:30 p.m.	5:00 p.m.
July 15	GRCP	Diamond Springs	4:15 p.m.	4:30 p.m.	5:00 p.m.
July 17	Montclair Beach Club	MBC	4:15 p.m.	4:30 p.m.	5:00 p.m.
July 28	GR Country Club	Championship	4:15 p.m.	4:30 p.m.	5:00 p.m.

*Diamond Springs Mini Meet is for 10 and under. More information to come.

POOL LOCATIONS

- Bradford Bath and Tennis Club (BBTC)
 21 Woodstone Drive
 Cedar Grove, NJ 07009
 973.746.3108
www.bradfordbathandtennisclub.com
 (No audible cell phone usage; texting okay. No food allowed from outside and no food allowed outside snack area. Only water is allowed outside snack area.)
- Diamond Springs Beach Club (DSBC)
 35 Evergreen Avenue
 Nutley, NJ 07110
 973.661.3020
www.diamondspring.net
- Glen Ridge Country Club (GRCC)
 555 Ridgewood Avenue
 Glen Ridge, NJ 07028
 973.744.7800
www.glenridgecc.com
 (No denim allowed)
- Montclair Beach Club (MBC)
 725 Grove Street
 Montclair, NJ 07043
 973.746.6228
www.themontclairbeachclub.com

ADDITIONAL INFORMATION

- No jewelry or accessories, including hair ties, are allowed around wrists or neck.
- Results are based on officials' timing, not parents' timing.
- In a dual meet, the final heat runs first.
- A typical meet hosts 45 events.
- Timers time the opposing team for half the meet, then are relieved as new timers come aboard.
- Home meet lanes are 2, 4, 6
- Away meet lanes are 1, 3, 5
- Inclement weather stoppage could be called at anytime and will be communicated via email or phone.
- Agathe Martin and Dennis Murray are the officials. They run the meets by High School rules, except where our swim league, Suburban Essex Swim League, states otherwise.

CONTACT INFORMATION

Wendi Lui: 917.805.4412

Mike Kerr: 973.477.0423