

# Miami Hills Swim and Dive Team ~ 2022



Welcome back, Dolphins! We are excited to have a season this summer. Though it might look a little different from years past, we are going to compete and have lots of fun! Below you will find information regarding the season. If you have any questions, feel free to email Meredith Niese or Feliz Hall at [swimdiveteam.miamihills@gmail.com](mailto:swimdiveteam.miamihills@gmail.com)

## Cost

Payment can be made by cash or check payable to **Miami Hills Parent's Association**. Please provide payment at our Parent Meeting on May 12th @ 6pm or the first day of practice. You will also need to fill out and return these forms: [Participation Fee Sheet](#), [Emergency Medical Form](#), and [Lindsay's Law](#). **Finally, please review these two forms on Ohio's Concussion Protocol for youth sports**

Participants	Fee for Swim and/or Dive (one/both sports)
1st child	\$ 60 / \$ 80
Each additional child	\$ 25 / \$ 45



## Requirements

Swimmers should be able to ***swim the length of the pool unassisted*** using freestyle or backstroke without touching the bottom of the pool or the lane lines. Divers need to be able to jump off the board and swim to the ladder without assistance. If you need an evaluation or are unsure of your child's ability, please come to the club's open house on May 27th from 5-8 pm and Coach Kate can evaluate your child, weather-permitting.

## Coaches

**Swim coaches:** Head Coach: Kate Schaeffer (8 and under)  
Asst Coaches: Lindsay Schaeffer (9-10), Amanda Serger (11-12),  
Diego Fortson (13-18), and Nischal Suhas (small group/all groups)

**Dive coach:** Co-Head Coaches: Landon Kirk/Karina Ashton Asst Dive Coach: Brody Bradenburg

## Family Volunteering

- **Volunteer for meets:** A meet takes more than 80 people to run; it is critical each family sign up for at least one position. **Every family must volunteer for at least half a meet that you have a swimmer/diver participating in.** Sign up by using the online feature linked here ([dive](#) / [swim](#)) or on Wednesday, May 12th (Open House). Students can use this for service hours and volunteer for certain positions. Email us for details if you have a student interested. Remaining volunteer positions will be assigned to those not signed up. If you can't work your position, please switch with someone and email Feliz at [swimdiveteam.miamihills@gmail.com](mailto:swimdiveteam.miamihills@gmail.com) to let her know. [Click for descriptions](#).
- **Concession donations:** We are asking each family to donate a case of pop (name brand please) as well as a box of pre-packaged snacks (granola bars, cookies, goldfish, chips...) for the home meets this season.

## Team Communication:

**Dive 2022:** [https://groupme.com/join\\_group/86111752/6KRpdPXj](https://groupme.com/join_group/86111752/6KRpdPXj)

**Swim 2022:** [https://groupme.com/join\\_group/86111712/sSgHSdJw](https://groupme.com/join_group/86111712/sSgHSdJw)

If you have a specific question for your coach regarding your child's situation, please contact the coach directly. **Please only use the "team" GroupMe for questions pertaining to the whole team.**



### **Spirit wear:**

Check out this year's spirit wear. All purchases are made through the website [here](#). Delivery will be at practice.

**\*\*Spiritwear must be ordered by May 15th\*\***

### **Team suits**

We are excited to be partnering with Swimville USA again. Linked is the [team letter from Swimville](#) explaining how to order the team suit online. Also included are a [size chart comparison](#) to help you out and [your order form](#) to print and bring with you on the 12th as Swimville will be at the parent meeting on May 12th for a cash and carry option for purchasing the suit, questions, and trying on sizes.



### **Calendar Of Important Dates**

- **Parent Meeting: Wed. 5/12 6-7:30:** volunteer sign-ups, suit ordering, paperwork drop. Brief meeting/Q&A from 6:30-7 pm but otherwise, drop-in format.
- **Team pictures: 6/2 8:30 -8:45 Individuals first then group shot - order online [here](#)**
- **Practice days and times (June 1- July 13\*): more details to follow**

SWIM TEAM: Monday-Friday

8 & under: 9:15 - 10:00 (stretch 9:15-9:30)

9 -10: 8:20 - 9:15 (stretch 8:20 - 8:30)

11 & up - 8:30-10:00 am

DIVE TEAM: Monday-Friday

Beginners: 10-10:45

Intermediate and above: 10:30 - 11:30 (warmup/stretch 10:30 - 10:45)

\*week of champs will vary



- **Meet dates**

*The themes per meet are decided Friday for the next Thursday meet. The themes for the year will be: Hawaiian, Superhero, Red/White/Blue, Space (out of this world), and Green Out. The meet they will correspond to is decided by the team during practices.*

Thursday, June 9th: Home vs. Indian Hills

Thursday, June 16th: @ Turpin Hills

Monday, June 23rd: Home vs. Terrace Park

Thursday, June 30th: @ Normandy

Thursday, July 7th: Home vs. Forest Hills

- **Swim Champs @ Indian Hills:** July 12th and 13th time TBD
- **Dive Champs @ Normandy / TBD:** July 11th time TBD
- **Swim and Dive Banquet @ Miami Hills:** July 14th @ 6pm

**Helpful Links:** [Swim/Dive Team Handbook](#) and [New Swimmer/Diver Information](#)

### **Social Media**

**Instagram:** [Instagram.com/miami\\_hills\\_dolphins/](https://www.instagram.com/miami_hills_dolphins/)

**Facebook:** [facebook.com/Miami-Hills-Dolphins-102181544667638](https://www.facebook.com/Miami-Hills-Dolphins-102181544667638)