



2024 Montclair Marlins Swim Team Registration Packet

We would like to welcome all new and returning swimmers for the 2024 season! Our goal is to provide a positive experience for ALL who participate. All levels of swimmers are welcome; previous swim team experience is not required. **All swimmers must have a family membership at Montclair Swim Club prior to joining the swim team.** Information about club memberships can be found at www.montclaireswimclub.com.

Fees:

The swim team fees for the 2024 season are as follows:

Red Group: \$95
Black Group: \$95
Rookies: \$50

Multi-athlete Discounts (*Rookies excluded):
2 swimmers-\$40 discount
3 swimmers-\$90 discount
4 swimmers-\$185 discount
5 swimmers-\$280 discount

The first week of practice may act as a trial period for children of members who do not have their minds completely made up. Fees will be refunded for any child choosing not to continue swimming at the end of the first week.

Online Registration:

To register for swim team, please go to www.montclairemarlins.com. Click on the Team Registration button. Log in with your current account or create a new account and follow the steps. Please note that payment for swim team fees **MUST** be submitted through this online registration, Additionally, the Release, Indemnification, and Hold Harmless must be agreed to during online registration. To request a physical copy, please email montclaireswimclub@yahoo.com.

Practice Times

Practice will begin on **Tuesday, May 28**. Practice will be held Monday through Friday each week. Practice times are listed below but may be subject to some changes after the team has been formed. Any changes will be posted on the bulletin board and communicated on our website and through email.

Black Group	9:15-10:45 am	M-F
Red Group	10:45-11:45 am	M-F
Rookies	10:45-11:45 am	M, W, F

Black Group – This group is for anyone 9 and up with any competitive experience, 11 and up with no competitive experience, and 7–8-year-olds with over 1 full year of competitive experience. Coaching staff will provide a variety of training methods, including kicking, stroke technique work, and aerobic conditioning. Another focus will be learning to race and having fun while racing. Coaches will also teach how to approach the various races in a swim meet.

Red Group – This group is for 10 and under with no competitive experience. Coaches will focus mainly on teaching foundational skills of competitive swimming. Coaches will teach the basics of all four competitive strokes, starts/dives, turns, and the rules of competitive swimming.

Rookies – This group is for 8 and under with limited swimming ability. Coaches will focus on teaching the foundational skills of competitive swimming, including the four strokes and how to perform a racing dive. Swimmers must be able to swim across the pool and back with no assistance.

Group placement is always at the coach's discretion. If you are not sure if your swimmer is ready for Rookies or what level your swimmer should be in, one of the coaches can evaluate him/her at practice.

Note: For those swimmers who do not meet the above criteria, Montclair Swim Club offers private lessons. Please contact swimlessons@montclaireswimclub.com or go to www.montclaireswimclub.com to learn more information or to sign up.

MEETS

The tentative meet schedule is posted on the Marlins and Montclair Swim Club websites. Once you are registered, you will receive log-in information for our Team Unify website if you are new. Please follow the instructions to set up a password to be able to log-in to your account. You must declare whether you will be attending or not attending each meet through our Team Unify website. You will receive an email when each meet is open for declaration and the deadline for declaration. If you do not plan on attending a meet, you must declare NO on the TU website. **If you do not declare yes or no by the deadline, you will be automatically declared NO.**

PARENT & ATHLETE HANDBOOK

The Marlins Parent & Athlete Handbook is an excellent resource for new swim families and a refresher for returning families. It includes important meet information including how to sign up for meets, what to bring, and what to expect and much more information about what to expect from being part of the team. The handbook is available on the Marlins Team Unify website and during online registration, you must acknowledge that you have access to it. If you need a hard copy, please email montclaireswimclub@yahoo.com.

VOLUNTEERS

To ensure our host meets run smoothly, ALL families are needed to volunteer to work one shift each meet their swimmer/swimmers attend. Job sign-ups will be posted on the Team Unify website. However, if all positions are not filled before the deadline, to ensure we have enough volunteers to run each meet, we will assign any open positions. The best way to ensure you receive your preferred position is to sign up ASAP on the website. More detail about volunteers is available in the Handbook.

CONCESSIONS

Our home meets will utilize the Montclair Pool Swim Club staff to sell concessions. Each family is asked to supply 1 case of bottled water before our first home meet to be provided to volunteers and coaches. Please label 'Swim Team' and bring to the pool prior to our first home meet. The water can be dropped off anytime at the pool office during regular hours or during practice.

TEAM SUITS

Team suits will be available for purchase through B&B.

SWISA CONFERENCE

Our club is a member of the Southwestern Illinois Swimming Association (SWISA). We will compete in four dual meets and other SWISA events throughout the summer. SWISA events may include the Novice Meet, Relay Meet, JV Championship meet and the SWISA Championship meet. Your child will need to participate in two meets in order to be eligible for the SWISA Championship meet. Please note: We are the host for the Novice Meet and two dual meets this year.

2024 MONTCLAIRE SWIM TEAM BOARD

Pease feel free to contact anyone on the board if you have any questions or concerns.

President	Marc Popelar	mpopelar@gmail.com
Vice President	Bob Rettle	metsswim@gmail.com
Treasurer/Webmaster	Trish Grant	grantnna@yahoo.com
Secretary/Event Coordinator	Kristine Calvin	Yck0100@gmail.com
SWISA Representative	Bob Rettle	aprilgrinter@sbcglobal.net
Volunteer Coordinator	Brooke Osborn	brookelowery@yahoo.com