

Welcome to the  
Fountain Green Dolphin  
Swim Team



Summer 2019

<http://www.fgswimteam.com>

Dear Parents:

Welcome to the Fountain Green Swim Team! You will find that your whole family will enjoy the camaraderie of the team, from practice and meets to the social events. Our goal is to include everyone to make it truly a family affair and to have FUN!

The FGST Dolphins have a long tradition of success in the Harford Swim League. Each year, we have a chance to be at the top of the league standings and the competitive nature of the meets will hopefully lead to positive life skills for all our children. More importantly, we hope that the effort made this summer will allow your children to improve their swimming abilities while increasing their enjoyment of the water. Our parents have the reputation as being the best in terms of volunteer support for the team and we look forward to your involvement. We can't run the program without your help.

Our emphasis will be on team spirit, self-improvement, and good sportsmanship. At our first few team practices, we will discuss some programs that are planned to help develop these things at all age levels without the kids even thinking about it. Using mentors, games, and cheers, we hope to achieve our team goals and support each swimmer's individual goals, whatever they may be.

We have a great coaching staff that will support your kids, regardless of their ability. They have many years of experience and several swam in the league when they were younger or are on the team now, so they know how to motivate and direct the swimmers to help them do their best. We hope you will support them and the rest of the team to make it a positive time for all.

If you have any questions, please feel free to contact me or any of the other swim team council members, the coaches (outside of practice times), or other parents. There are many that have lots of experience and would be happy to help you out.

We all look forward to another great year.

Randy Slotnick, Director FGST

# Team Communication

Throughout the season, you will receive a lot of information. With such a large team, we want to make sure that everyone receives accurate and timely information. Below are the methods of communication that we will be utilizing.

1. Team Website: <http://www.fgswimteam.com>

\*\*\*This will be the main method of communication for our team. Please check this site daily for updates and information regarding practice and meet schedules, meet entries and results, social events, volunteer assignments, and any other important announcements throughout the season.

2. Mailbox Folders: Each family has a hanging file folder in the plastic bins. These will be brought out each morning and evening during practice times. Any paper distributions/communications and meet ribbons will be placed in these folders. Please check them daily.

3. Talking to coaches: Please DO NOT INTERRUPT practices to speak with the coaches. There is time before or after your child's practice session if you need to address a coach briefly.

4. Key Contacts: Swim Team Director: Randy Slotnick  
[Director@FgSwimTeam.com](mailto:Director@FgSwimTeam.com)  
Head Coaches: Jamie Hruz and Emily Jordan  
[Coach@FgSwimTeam.com](mailto:Coach@FgSwimTeam.com)  
Apparel Coordinator: Kim Slotnick & Kim Bednarski  
[Apparel@FgSwimTeam.com](mailto:Apparel@FgSwimTeam.com)  
Concessions Coordinator: Rebecca Snyder & Mary Jo Orzech  
[Concessions@FgSwimTeam.com](mailto:Concessions@FgSwimTeam.com)  
Admin Coordinator: Jenn Walsh  
[Admin@FgSwimTeam.com](mailto:Admin@FgSwimTeam.com)  
Volunteer Coordinator: Kim Sweat  
[Volunteers@FgSwimTeam.com](mailto:Volunteers@FgSwimTeam.com)

# Harford Swim League (HSL)

The Harford Swim League (HSL) is composed of 13 swim teams from Harford County. These 13 teams are broken into two divisions.

## Division I

Bel Air  
Fountain Green  
Fallston  
Rock Spring  
Aqua Culture  
Aberdeen  
Arena Club

## Division II

Emmorton  
Belcamp  
Joppatowne  
Maryland Golf  
Valleybrook

We will have dual swim meets against all the teams within our division as well as meets with teams in other divisions. One additional meet will be held to include all the teams within the HSL.

### **The HSL Swim Championship Meet (all HSL swimmers)**

The HSL summer season will end with the HSL Swim Championship Meet. It is a two day meet held the weekend after our last meet. The top 18-24 swimmers in each age group for each event will compete on Day Two. Everyone else will swim on Day One. It is possible for a swimmer to swim on both days, depending on how he/she is placed within the HSL in his/her individual events.

How will I know if my swimmer is in the Top 18-24 or not? The coaches will let you know beforehand. You can get an idea by looking at the HSL website which was developed to keep track of all HSL swimmers and their times. After each meet throughout the entire HSL season, the website will be updated with swimmers' times. You can visit this website at anytime to figure out where your swimmer is placed.

Go to [www.harfordswimleague.org](http://www.harfordswimleague.org)

## Frequently Asked Questions

**Q: What should my swimmer wear to practice?**

**A:** Each swimmer should wear a competition swim suit, swim cap, and goggles.

**Q: How will I know what events my child will swim in a meet?**

**A:** The coaches determine all event entries for each swimmer. Meet entries and the warm-up schedules are usually posted on the team website prior to each swim meet. They will also be posted at the meet, usually located near our team's designated seating area.

**Q: What should my child bring to a swim meet?**

**A:** Swimmers are required to wear a FGST competitive swim suit, FGST cap and goggles. In addition, it is helpful to have 2 towels and sweatshirt/sweatpants. Not all pools are equipped with picnic tables for seating, so having your own chair is helpful. Bring a sharpie pen to write your swimmer's event, heat, and lane numbers on their hands! Don't forget the sunscreen!

**Q: How will my child know when it's his/her turn to swim his/her event?**

**A:** The meet announcer will announce the events getting ready to be swum. Those swimmers will report to the "Clerk of Course" which will be the holding area for swimmers preparing to swim an event. There are usually 2-3 events prepared and waiting after the current event. They will be organized into event, heats, and lanes, and then escorted to the starting blocks to begin the race.

**Q: What should my child be doing when he/she is not swimming?**

**A:** The swimmers will sit together as a team. We encourage the swimmers to cheer for their teammates that are swimming. They should not be running around or wandering from the area during a meet.

**Q: How should I notify the coaches if my child won't be attending a meet?**

**A:** Please scratch via on-line on the fgst web site. Only scratch if you absolutely know you'll be missing the meet. It is not possible to add a swimmer after the meet line up has been finalized.

**Q: Are food and beverages available at swim meets?**

**A:** You are welcome to bring food and beverages (no glass) to any meet. However, each meet will have a concession stand where light dinner/breakfast, snacks, sweets, and beverages will be sold. Fountain Green is famous for the nice selection and reasonable prices.

**Q: What are my (parent/guardian) responsibilities during the swim season?**

**A:** Besides making sure your child attends practice, each family is expected to volunteer for a job during 4 out of the 7-8 dual swim meets. Everyone will need to volunteer for a job during the Harford Swim League Championship Meet at the end of the season. See the Volunteer Coordinator for more details. In addition, if you have a younger or inexperienced swimmer, it is helpful if you assist your child in getting to the "clerk of course" on time. All volunteer positions will be done via Sign-Up Genius on-line.

**Q: What do I do if I need to change my volunteer responsibilities?**

**A:** You are responsible for finding a replacement. It is critical that we have all volunteer positions filled in order to run the meet effectively.

**Q: Once my child is finished swimming his/her events, can I leave the meet?**

**A:** No. Meets are a team event. When you're not swimming, you are cheering. There will be relays at the end of each meet, so your child may be swimming more than their individual events. Also, our team is responsible for helping to clean up at the end of each meet.

**Q: How do the swimmers receive their awards from each meet?**

**A:** Within a few days after the meet, swimmers will receive appropriate place ribbons in his/her file folder mailbox bin. At the end of the season, there will be a team awards picnic to recognize all swimmers for participating on the team and age group special recognition awards. Awards are included in your registration fee.

**Q: What happens if there is inclement weather on the day of a swim meet?**

**A:** Check the web site for meet updates. If a Wednesday meet needs to be cancelled due to weather, it will be rescheduled to Thursday. Saturday meets are rescheduled to Monday.