

Woodlin Swim and Dive Team

The Woodlin Swim and Dive Team is a current member of the Suburban League. The league consists of 13 member teams from around the capital district. We are a developmental team with good coaching and structure. Our focus is on the individual improvement of each athlete. Teams in the Suburban League compete in 6 Dual Meets and a League Championship meet each season. All the meets are listed on the club schedule, posted in the pool lobby and on the club web site, www.woodlinclub.com. All swimmers are automatically entered in every meet unless they do not attend at least 2 practices in the week of the meet or they are signed up on the "I can't be at the meet" sheets. The sheets are taken down 2 days before each meet to do entries. Be certain that your child signs the sheets if he/she cannot attend a meet. If your child has a problem attending the 2 required practices, be sure his/her coach knows. The coaches can provide workouts for members that cannot be at regular practice. The Suburban League requires a member to compete in at least 2 dual meets to participate in league championships. We expect Woodlin Swim Team members to participate in at least 4 dual meets and attend practice regularly. .. you are part of a team.

Parents of Members are Required to assist at meets and team activities. There are jobs that require trained skills and jobs that require no training. Sign up sheets for parents positions are located in the pool lobby. Because we have a large team, every parent should only have to work an average of 2-3 times per season. Once signed up for a work position, you, the parent, are responsible to either be there on time or be certain you have provided a replacement.

Pre-Season Practice begins on the First Monday after Memorial Day and continues until school ends, 4:30-5:30 daily, Monday-Friday for Swimmers and 5:00-5:30 for Divers. The Regular Season practice begins on the first Monday after School is over and is on Monday-Friday mornings as follows;

Monday – Thursday

White Group – beginner level swimmers -	10:00-11:00
Blue Group – intermediate level swimmers -	11:00-12:00
Silver Group – advanced level swimmers -	11:00-12:00
Gold Group – our most advanced swimmers -	9:00-11:00
Divers – (possibly 2 groups)	10:00-11:00

Friday (fun day)

White Group, Blue Group, Silver Group -	10:00-11:00
Gold Group -	9:00-11:00
Divers -	10:00-11:00
Fun Time, all groups -	11:00-12:00

A Listing of All Team Members and their groups will be posted in the pool lobby.

Dates to Note

First Morning Practice, Hot Dog Roast, all team members at Noon

Psyche Party for Championships, all team members, pasta served, Noon

Suburban League Championships

After Championships pizza party, all team members and parents, about 5:00pm

Awards Night, all team members, limited tickets available for parents (fee charged for parent tickets), 6:00pm

Sleepover, all team members and chaperons only (no siblings, parents, etc.)

PLEASE REFER TO OUR SEASON SCHEDULE FOR THESE EXACT DATES.

Only Woodlin Club Members may join the Swim and Diving Team. The fee for joining the team is provided in our seasonal literature, plus the cost of a Team Suit. Pricing for team suits is determined in April each season and is based on current team pricing from our equipment vendor. Prices published include a team swim cap. Team fee includes all coaching and activities...There are No Other fees collected related to members of the Team.

A limited number of tickets are available for parents to attend the Awards Night and a parent fee is charged.

If you have any questions, please ask JoAnn or Bill.