

Parent Meeting Agenda 2025

Saturday, September 6, 2025, Hope Lutheran Church

Returning members 9:45-10:30 am, New Member 10:45-11:45am, Swim Fit 12-12:30pm

Welcome

Coaches

Lead Senior Performance - Coach Chris Clemons

Lead Senior 1- Coach Kate Zabler

Lead Senior 2 - Coach Dacia Moore

Lead Challenge 1- Coach Tim Hill

Lead Challenge 2 - Coach Chris Sustala

Lead Exploratory Advance 1 - Coach Tim Hill

Lead Exploratory Advance 2 - Coach Chris Sustala

Lead Exploratory - Coach Kate Zabler

Lead Discovery Advance - Coach Dacia Moore

Lead Discovery Pre-Team - Coach Kate Zabler

Lead Swim Fit - Coach Kaly Rendel

Assistant Coach - Joe Sloan

Assistant Coach - Kristine Hu

Assistant Coach - Kim Simon

Assistant Coach - Abdullah Borji

Assistant Coach - Cadence Capehart

Assistant Coach - Cherie Crawford

Assistant Coach - Allison Hillegeist

Team Admin - Susan Hillegeist (sharksswimclub@yahoo.com)

Board of Directors Emails can be found on the Team website home page in the top left corner under “Coaches”

1. President – Jim McMichael – has been involved in swimming & officiating
2. Treasurer -Laura Shipman- long-term volunteer with Sharks for over 9 years
3. Member at Large - Stephanie Meyers - has been involved in swimming & officiating
4. Parent Rep – Steve Haver - 3 kids that are or have been a part of Sharks
5. Head Coach - Chris Clemons

Mission Statement & Review key philosophy and why Sharks Clemons

The Sharks Swim Club is a community-based competitive swim team that exists to provide athletes with the best possible environment and resources to allow athletes to receive the highest levels of personal development and develop the character and life skills necessary to succeed in life.

-Highlight a few other key points.

-We have a group for all abilities and commitment levels.

MISSION STATEMENT: The Sharks Swim Club is dedicated to providing the environment, resources, and encouragement for all of its swimmers to make a commitment to the highest level of personal excellence and the pursuit of humble excellence.

VISION STATEMENT: The Sharks Swim Club will provide a model for excellence for committed athletes and create the best competitive swimming program for families within the community and surrounding area to excel at all levels of competition.

OBJECTIVE: The objective of the Sharks Swim Club is to create and offer activities which foster unity and stability during our Team Members' crucial developmental years. Team functions, travel/swim meets and fundraisers link parents, swimmers, coaches and community in a spirit of acceptance and cooperation. Sharks Swim Club parents and relatives contribute time and effort to support a motivating and enjoyable atmosphere for a child's growth. Success and winning with Sharks Swim Club will be a by-product of the fun, enthusiasm, relationships, and hard work of its membership.

PURPOSES:

- a) To sponsor and develop a nationally ranked aquatic team and further the interest and education of children and parents in competitive aquatic sports.
- b) To maintain membership with USA Swimming and GULF Swimming LSC, abiding by their rules and regulations for competitive aquatic sports.
- c) To support middle school and high school aquatic sports in the surrounding area.

Theme: CARE (Caring, attitude, respect, enthusiasm/energy) and "Challenge the moment"

Policies: Kate

1. Safe Sport, code of conduct. No one-to-one communication between athletes & coaches (calls, text, emails). Swimmers 18 & over are required to complete Athlete Protection Training within 30 days of their birthday and report to Susan Hillegeist, or they will not be allowed to compete in meets or attend practice. This year there is NO grace period...no completion = no competing
2. Deck access- only parents who are certified. Meetings with coaches are best done before or after practice.
3. Respect our facility, we are guests and as such leave it better than we found it. Report any vandalism or broken items in public areas.
4. Please do not drop off your younger swimmer at the pool early. Wait with your swimmer until a coach is present. Pick up as soon after practice as possible (Safe Sport Issue).
5. Check the website for team events; both meets and functions. Exploratory - Sr Performance has auto sign-ups for all meets that they qualify for. DISC ADV is automatically entered into all SHARK HOSTED and BLOCK PARTY meets. The auto-commit does not pertain to travel meets outside of Houston. Whenever you notify a coach that your swimmer is unable to attend a meet (if after the no changes deadline), **PLEASE CC** Susan (sharksswimclub@yahoo.com) to the email you are sending the coach.
6. Coach communication, please use email as the primary method of communication with your coach. For coaching related questions, please first visit with the lead coach of your athletes group. If not resolved, please then go to either Coach Kate for those in the age group program (Disc-Challenge) or Coach Clemons for those in the senior program (Sr 2-Sr Perf)
7. Parent Reps can use Teamunify to send Text Blast to reach all swimmers and parents
8. Social media challenges

Team Communication: **Susan**

1. Team Newsletter- schedule changes, meet information, practice information, etc can all be found in the Newsletter. The Weekly Newsletter is sent out every Tuesday afternoon (~3 pm). Please refer to the newsletter before emailing questions to coaches and Susan.
2. Coaches Corner links in the newsletter (education, last-minute schedule changes, etc.)
3. On Deck app (now called Go Motion) - download and change settings in notifications to a “persistent” banner.
4. Parent Reps are there to answer questions about the group, and schedule items - these will be updated and sent to the membership.
5. Members must verify SMS and emails in their accounts - please add SMS if you have another parent/guardian driving your child or if your child is driving themselves. Secondary emails can include swimmers so that they receive the newsletter. (team unify is currently experiencing a bug with the text verification, will notify when this has been resolved)
6. Group Meetings will be held by the Lead Coach of those groups. (Announced in Newsletter)
7. Current members, please use email as communication, not text, and not call/text the Sharks number. Please do not use the team phone number for texting and calling Susan for Sharks business. It is primarily meant for potential new members to obtain information.
8. Notify fundraising to sharksswimclub@yahoo.com once met.

Training Groups Overview [Group Overview](#) **Clemons**

Practice information/needs

1. Bring a water bottle labeled
2. Wear running shoes for Discovery Adv- Sr Per groups to practice
3. Label ALL equipment- most groups have a similar style
4. All clothing, equipment, and trash need to be picked up after practice.
5. Recovery is key after practice. Make sure they get 15 grams of protein & some carbs within 30 minutes of practice finishing. The chocolate milk drink box is great.
6. Group moves are made at the beginning of each short course and long course season, with an additional move date in December. Day-to-day training speeds, current skills, meet results and IMX/IMR scores are all taken into consideration.
7. Equipment list - Discovery Adv - Exploratory uses long fins [LINK](#) (pictures of equipment needed). We have a Swim Outlet team store that is linked on our website. Each family has a free plus membership with Swim Outlet. You should have an email from them with info for registering.

Competitions *We are first a competitive swim club but do we value fitness.*

1. Meets provide the opportunity:
 - a. for coaches to see the skills they’ve been working on in practice in a competitive environment (similar to a test or quiz in school)
 - b. know if things are clicking: Coaches focus on the process and building skills and evaluate if the swimmer is retaining knowledge and can apply in competition
 - c. to build team spirit among teammates and families
 - d. for swimmers to socialize with one another
 - e. Team building opportunities with swimmers and parents supporting each other
 - f. for parents to meet and socialize with other parents and build new friendships

2. Sharks hosted meets:
 - a. Pentathlon -9/27
 - b. Sharks Open Water 10/26
 - c. Sharks Nov Invite 11/7-9
 - d. Gulf championship meets We will be hosting the December 12 & U meet, and have a bid on the March 13 & O meet
 - e. Block Party Meets - these meets are a great time to fill out IMR/IMX and as well as compete in the national competitions
3. Meets are listed in the newsletter and on the website under CURRENT COMPETITIONS.
4. Championship Meets. These are team scored events & we'd like to have everyone qualified attend their meet.
5. Meet uniform: Black suit with the Sharks logo & Sharks cap. Caps can be purchased if you did not submit an order. Each swimmer will receive one cap with registration, with the option to upgrade to a silicone cap or a personalized silicone cap for an additional charge. If a swimmer does not have a Sharks swim cap at competitions, a coach will give them a latex cap and it will be charged to the swimmer's account.
6. Misc- Dec 25-28 everyone will be out of the water. Thanksgiving & Christmas tentative schedule will be out ASAP.

Fundraising - Clemons overview w/ Amanda Butcher presentation

1. Shark Hosted Meets
2. Fall Capital Campaign sponsorships \$30k (looking for 1-2 to asst. in this and they need to work with Amanda Butcher/Susan using a google doc form to ensure credits go back to families - families are required to notify Susan sharksswimclub@yahoo.com via email to have their account credited once met).
3. Spring Swim a Thon - early April
4. All these fundraising opportunities provide additional training equipment for the athletes coaching clinics for the staff, speakers for the swimmers/parents/coaches, and off-set team expenses for travel meets & special events. One thing that we really want to be able to provide is the ability to bring in outside "specialty" type speakers for the kids and parents (Nutritionists, etc.). We appreciate the support. In addition, we now have scholarship money available to those who may need some extra help.

Billing Registration - Susan

Questions? email sharksswimclub@yahoo.com

Verify your SMS and Email. Keep information updated, medical, cell numbers, credit cards.

Billing and Suspending/reactivating - use google form to notify requests to cancel.

Competitive groups [HERE](#)

USA Swimming Registration - Returning swimmers are registered as they did for decades (part of your registration and sent as a team). New swimmers to USA Swimming, the parents will register with USA Swimming for an account then add their swimmer and pay their annual registration for them. A set link will be emailed by the group with information on when to register. New team swimmers will be sent in September, and renewals will be in October. Be watching emails for updates.

Susan Volunteer positions - advance notice of time opening is posted in the newsletter or emailed. Initially 1 position per family, then unlimited per family. Once the job signup closes any open position will be assigned, this may include assigning additional positions to your existing signup. What a family

must do if they can not fulfill their obligation at a meet. Policy [HERE](#), you are responsible for locating a replacement. The penalty fee for not showing up or locating a replacement is \$50 per hour. Use the member list on team unify to contact possible parents.

Service obligation - Steve

- 1) Volunteers are essential for team success. We need your time and service vs. a buyout. Our Service Obligation policy has been updated. Each family will be allowed to complete their service hours during each swim season. If the family does not complete the required hours by the end of each season, 15 hours for short course by end of March, and 10 hours for long course by end of July, accounts will accrue a fee of \$50 per hour for remaining hours. (Disc Adv only families: 8/5 short/long) A list of opportunities found on the website under the Policy info tab, Service Policy, and Obligation opportunities. At this time we need to fill the following positions to start off our year.
- 2) Committee Opportunities - we have families that have stepped up to lead key areas. Amanda Hoover- Meet Director, Amanda Kahms- Hospitality / Concessions at meets, Amanda Butcher- Capitol Campaign, Swim a Thon- Rebecca Follmer/Katie Muchna/ Amanda Kahms. We will be working to strengthen committees to support each of these leads.
 - a) We need additional stroke & turn officials, meet AOs, and safety marshalls to support our Block Party meets
 - b) We need a committee to work on the banquet in April.
 - c) We are looking to resume team travel trips in June and will be needing chaperones to help with the planning in January.

From the Board's perspective: Jim

Our emails are on our website. If you have a question or a concern about your swimmer, please contact your coach. If you have questions regarding “How things work?” for your group, schedule, competition or policies, please contact your Parent Rep. If you need to discuss something serious please reach out to your coach and board member directly. We also love to hear about what your coach is doing well.

Officials Jim

As the team continues to grow, we will be hosting more regular, but smaller meets. To do that successfully, we need to grow our pool of certified swim officials. With the change in meet formats for all Gulf teams, we need these officials so that we can run sanctioned meets. This allows your swimmers to earn official times for USA Swimming.

There will not be huge meets with a large number of teams to draw officials from. So that we can continue to host meets for our swimmers, we need 12 additional officials.

Jim McMichael mcmicha@sbcglobal.net,

Casey Casey_Meyers@trekbikes.com

Resources

Sharks Swim Club – www.sharks-swim-club.org

Gulf Swimming – www.gulfswimming.org

USA Swimming – www.usaswimming.org

Splash Magazine-monthly – always some good stuff for swimmers, parents, and staff

**Thank you, we are looking forward to an
AWESOME season! Be Ready, Be Excited**