

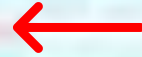


**Parent Meetings**

Short Course Season '23-24

# Coaching Staff

**Don Henshaw**  
**Senior Group**  
**13 & Up**  
**Masters**  
**18 & Up**



**Connie Henshaw**  
**Head Age Group**  
**Gold Group**  
**Elite 10 - 12**



**Heather Fort**  
**Silver Group**  
**Advanced 9-11**



**Ginger Tompkins**  
**Masters Coach**  
**18 & Up**



**Gina Bakakos**  
**Bronze Group**  
**7-13**  
**New Swimmers**



**Amanda McKinney**  
**Novice Group**  
**5 & Up**

**Grace Grogan**  
**Novice Group**  
**5 & UP**

# **Board of Directors**

**Don Henshaw**  
**SFSCI President**

**Connie Henshaw**  
**SFSCI Treasurer**

**Maria Medina**  
**SFSCI Secretary**  
**Team Events & Safe Sport**  
**Director**

**Rhonda Fiore**  
**SFSCI Member at Large**

**Jennifer Seluk**  
**SFSCI Member at Large**

## **Meet Volunteer Leads**

**Cara Sanderson**  
**Concessions**  
**Volunteers**

**Jennifer Florek**  
**Hospitality**

# Swimming Organizational Progression

**National Governing Body**  
for the  
Sport of Swimming in the United States.



**Zone**  
LSC's assigned to the zone



**LSC**  
Local Swim Committee



**Club Team**



# Swim Progression

**US Olympic Team**

**Nationals**

**US Open**

**Juniors**

**Futures**

**Sectionals**

**Zones**

**Open Water | 11 & UP**

**Pool | 11 - 14**

**Senior Champs**

**Ages 15 - 18**

**Age Group Swimming**

**Florida Age Group Championships (FLAGs)**

**Ages 8 - 14**

# Swim Meets | Home Meet Guidelines

- Hosted Home Meets – 4 per year
  - January – Short Course
  - April – Short Course
  - June – Long Course
  - September – Long Course
- GCST Hosted (Home) Meets are **REQUIRED** – *ALL GROUPS* are automatically signed up for each of these meets
- Declining a Home Meet will result in a \$50 fee to your account
- Use the “notes” to communicate to your coach when signing up for a meet, if needed.
- Notify Coach **PRIOR TO ENTRY DEADLINE** if swimmer cannot attend to not incur the \$50 fee.
- Requesting a change on an entry after the entry deadline will incur a \$20 surcharge.
- Coach will choose which events the swimmer will compete in
- Coach will communicate what time swimmer should be at the meet for warm-ups
- GCST Team Suit & Cap required for all meets – Daily shirt rotation will be communicated prior to the start of the meet.
- Parents are not allowed at the team bleachers – before, during & after meet
- One parent/guardian must volunteer for each session a swimmer swims in



# Swim Meets | Away Meet Guidelines

- Away meets are considered Travel Meets
- Away meets are **OPTIONAL**, but *HIGHLY RECOMMENDED for Senior, Gold & Silver groups*
- You must **DECLARE YOUR INTENTION** to **ATTEND** or **DECLINE**
- Use the “notes” to communicate to your coach when signing up for a meet
- Coach will choose which events the swimmer will compete in
- Coach will communicate what time swimmer should be at the meet for warm-ups
- GCST Team Suit & Cap required for all meets – Daily shirt rotation will be communicated prior to the start of the meet.
- Parents are not allowed at the team bleachers – before, during & after the meet

# Swim Meets | Championship Meet Guidelines

- All Championship qualifiers will be entered in the meet by their Coach.
- Coach will choose which events the swimmer will compete based on qualifications
- Championship Relays are the ultimate decision of the Coach on Deck at the meet.
- Swimmers that qualify for finals at a Championship Meet are expected to compete in scoring finals.
- Swimmers that “scratch” from a scoring final (other than medical reasons) will have a \$50 fine billed to their team account.
- Any missed swims by a swimmer, will have the meet penalty passed on to them and billed to their account.
- Coach will communicate what time swimmer should be at the meet for warm-ups
- GCST Team Suit & Cap required for all meets – Daily shirt rotation will be communicated prior to the start of the meet
- New Championship gear must not be worn prior to championship meet swimmer is attending with the exception of team photo
- Parents are not allowed at the team bleachers – before, during & after the meet



# Info Tidbits for All Meets

- GCST is a Speedo contracted team. Swimmers should be competing in Speedo branded suits.
- “Tech Suits” or “Fast Suits” should be worn at championship meets and other higher-level meets, with coach approval ONLY.
- GCST Team caps are the only caps allowed at meets. Color will be determined by coach on deck for that meet.
- Swimmers must wear GCST apparel only at all meets. HS apparel is not allowed at club meets and vice versa.
- When volunteering, especially timing & meet marshalling, there shall be no phones or headphones allowed on deck while the meet is taking place.
- Photo/video taking is NOT allowed behind the blocks at any time, during practice times or during a meet.
- **Parents are not to interfere with swimmers from the stands or by walking to the side of the pool during practice times.**



# Volunteering Policy



- GCST Parents are required to Volunteer at **ALL HOME** meets
- At the minimum, **ONE** parent must volunteer for **EACH** session your swimmer is swimming in
- IF that session is full OR you would like to volunteer the opposite session of your swimmer, that is allowed.
- You can have a responsible 12 & over time for you, if you are signed up to time. No substitutions for any other positions are allowed. You must sign them up to time under your name on the event page.
- ***IF you do not sign up AND WORK THE FULL SESSION*** that you volunteered for, there is a \$30 Non-Volunteer fee, per session, added to your account.
- If all volunteer spots are filled, you must email Cara Sanderson to be put on a wait list.  
[Carasab@yahoo.com](mailto:Carasab@yahoo.com)
- For extenuating circumstances and not being able to fulfill your requirement, please contact Cara ***14 days PRIOR to the start of the meet.***
- For all parents that do not volunteer, they will be charged the gate fee to enter the facility for that meet. ***NOTE: IF A PARENT WORKS THE OPPOSITE SESSION AS THEIR SWIMMER, THAT PARENT'S GATE FEE WILL BE WAIVED.***



# Fundraising Policy



- This is the ONLY fundraiser we hold for the year
- Swim A thon starts February and ends in May each year
- ALL YEAR-ROUND swimmers are required to participate in Swim a Thon (SAT)
- All new first-time swimmers that join after 10/1 of that current year are exempt until the following SAT.
- Seasonal, Summer & Masters swimmers are exempt, but are welcome to participate if they would like to help the team out!
- Funds may be raised via Swim a Thon or Corporate Sponsorships
- Members that do not participate in Swim a Thon, will have a team commitment fee added to their account at the beginning of the following month that SAT has completed, which is June 1<sup>st</sup>. This fee can be paid in a one-time payment or in three payments.
- All Swim A Thon questions should be directed to Maria Medina at [mariamedina13@hotmail.com](mailto:mariamedina13@hotmail.com)
- Swim a Thon Meetings are held at the beginning of each fundraising year.
- Monies raised are utilized for the following
  - Christmas Presents
  - Championship Gifts
  - Team Functions

# Billing, Registration & Group Fees

- Make sure that you place the PARENTS phone # under the Member Page to receive text alerts. (inclement weather, cancellations or changes)
- Monthly & meet fees are automatically billed to your account and are due on the 1<sup>st</sup> of each month. There is a non-refundable \$30 late fee if paid after the 15<sup>th</sup>
- Meet entry will not be allowed if an account is past due or does not have an ACH or credit card attached to the account for payments to be processed.
- USA Swimming Registrations MUST BE COMPLETED TO 12/31 of EACH year for EACH of your swimmers, for them to continue to swim on 1/1 of the following year.
- GCST will complete a batch registration and pay ONLY for all certified coaches & officials.
- Monthly Group Fees as of October 1<sup>st</sup> 2023 will be:
  - Senior \$190
  - Gold \$150
  - Silver \$130
  - Bronze \$105
  - Novice \$70
  - Masters \$60

# Conduct & Team Exiting Policy

- Parent & swimmer conduct will be addressed when situational issues arise. If a swimmer or parent is in breach of code of conduct, it will be brought before the board for review.
- If you have a grievance, then the process is to file a grievance form with the President of the team.
- If you leave GCST and move to another team in the Lee/Collier/Charlotte Counties, you will be unable to return to GCST.
- If you leave GCST to move out of state, or for extenuating circumstances, your request to return to the team will be brought before the board for approval.
- If you are asked to leave the team due to conduct, you will be unable to return.