

**SUBURBAN LEAGUE  
SEEDING MEETING  
July 22, 2019**

**JoAnn Faucett, Vice President: [faucettjm@aol.com](mailto:faucettjm@aol.com)  
Connie Miller, Vice President: [connie\\_70@verizon.net](mailto:connie_70@verizon.net)  
Bill Faucett: [slwebmaster@suburban-league.org](mailto:slwebmaster@suburban-league.org)  
Kathy Furman, Secretary: [furmankh@aol.com](mailto:furmankh@aol.com)  
Meleik Goodwill, Treasurer: [meleik.hebert@aol.com](mailto:meleik.hebert@aol.com)  
League: [www.suburban-league.org](http://www.suburban-league.org)**

**PARKING:** Because of the rotary construction at 146/146A AND the road construction on the Shenendehowa campus...

-Parents must allow extra time for athlete drop off so warmups are not missed.

-Drivers are requested to follow all parking instructions given by Security.

**Championship Schedule**

- Diving – Wednesday, July 31 – RAINDATE - Thursday, August 1
  - Warm-ups: 12 and Unders – 2:30-3:15 pm
  - Warm-ups: 13 and Overs – 3:15-4:00 pm
  - Meet start: 4:15 pm
- Swimming – Friday, August 2
  - Warm-ups: 1:00-2:30 pm
  - Positive Check in by 2:00 pm
  - Meet start: 2:45 pm
- Swimming – Saturday, August 3
  - Warm-ups: 6:45-8:45 am
  - Meet start: 9:00 am

**Venue Addresses:**

- Schenectady JCC, 2565 Balltown Road, Niskayuna, NY 12309, 518-377-8803, ask for OUTDOOR POOL
- Shenendehowa Aquatic Center: Gowana Middle School, 970 Route 146, Clifton Park, NY 12065, 518-881-0600 x54582

Meeting called to order by JoAnn Faucett at 6:07 pm.

Teams present: AJCC, BSPA, GHSC, Glenville Y, Jammin' Jellyfish, KNOS, RGBC, SJCC, USAM



- No restrictions
- Handicapped parking available
- Between the school and pool is an area for tents
- Awards table will be on the upper deck by the bleachers
- Awards: Places 1-8 receive medals. Places 9-16 receive ribbons
- Hospitality will have lunch for coaches
- Coaches Relay: if there are not enough coaches, please use senior swimmers
- Adirondack Swimming has radios, which will be used. No need to bring your headsets

#### Entries

- Athletes swim the age they are on Wednesday, July 31, the first day of the meet
- Entries were emailed to Bill before meeting.
- **Warmup Schedule** is posted online and was distributed at Seeding Meeting
- **Psyche Sheets** will be posted by Bill
- **Scratch Sheets** for Saturday should be submitted to Connie, [connie\\_70@verizon.net](mailto:connie_70@verizon.net) by noon, Thursday, August 1
- Check with families to confirm attendance
- Bill's emails are [webmaster@adirondackswimming.org](mailto:webmaster@adirondackswimming.org) or [slwebmaster@suburban-league.org](mailto:slwebmaster@suburban-league.org)
- Entry additions, deletions, changes should be submitted to Bill by Friday 7/26, 8pm

#### Diving

- 12 and Unders required dive is the back dive
- 13 and Overs required dive is the inward dive
- Required dive is the first dive performed
- Divers must perform three different dives in three different categories; not the same dive in a different position
- Diving coaches must arrive at the meet with **TWO IDENTICAL DIVING SHEETS** filled out. Use **PENCIL** for first, sheet, copy the second on a copier to ensure accuracy
- The first dive must be the required dive
- Meet schedule is listed on first page of Minutes and on Warm Up Schedule online
- Be at warm-ups 20 minutes ahead. Your team will begin and end warm-ups at the scheduled time. We will not hold up another team's warm-ups or delay the meet because someone is late
- **TWO IDENTICAL DIVING SHEETS** needed for each diver
  - Use online diving sheets
  - Make out first sheet IN PENCIL and then use a copier to ensure accuracy
  - Required dive first and then two different dives
- No exhibition diving
- Ribbon Writers are needed to work throughout the meet
- Encourage swimmers to attend diving meet
- A parent is needed to add scores to determine ranking

#### Swimming

- Officials will DQ athletes performing illegal execution of strokes, especially breaststroke
- There will be Positive Check-in on Friday night
- Do not check in swimmers who are not present. Positive check in at front door will end at 2:00. Meet will start at 2:45
- Athletes must positively check themselves in. Parents/coaches cannot positively check in their athletes
- JoAnn will deck enter an athlete in the first heat if there is room
- Swimmers must arrive 20 minutes before scheduled warm up time. Your team will begin and end warm-ups at the scheduled time. Another team's warm up will not be delayed because someone is late
- KNOS will run the timing system and the computer system
- No bullpen for 8 and Unders. A coach needs to line the kids up
- Athletes of 25 yard races will dive off bulkhead and swim into the pads
- Parents are expected to work the entire shift
- Prepare athletes for the possibility of more DQs than a dual meet
- Meet Marshalls will allow the coaches on deck with the 8 and Unders. Parents will not be allowed on deck
- Coaches need to inform starters if there are athletes who are hearing impaired – give name, events, heats, lanes. Hand signals may be used by starter
- Deep End, Jolyn Birkenstock, Fine Design (vendors) will be located in the cafeteria
- Each team needs to bring its own garbage bags for clean up
- Anticipate the meet will end around 3 pm
- Pick up ribbons, medals, and trophies for your team before you leave

#### Officials

- Uniform is navy bottoms, white top, white sneakers, white socks. No flip-flops
- All officials must arrive 45 minutes before the start of the meet for Officials meeting
- JoAnn would like to know who would be officiating
- Email JoAnn the names of officials at the meet. She will not set schedule until day of meet
- Officials must have officiated at least one meet this season

#### Visitor Etiquette

- We are guests of the school district
- Follow traffic and parking instructions from security
- No defacing or vandalizing school property in any way
- Each team must inform attending families of the above stated policies
- Cleanup – teams need to cleanup and bring garbage bags

No Wrap Up Meeting

Meeting adjourned by JoAnn Faucett at 6:50 pm

Respectfully submitted,  
Kathy Furman  
Secretary