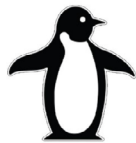




THE PLATEAU CLUB



SWIM TEAM

2026

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THE
PLATEAU CLUB

SWIM TEAM OVERVIEW

Team Philosophy

The Plateau Club Swim Team is dedicated to offering a well-rounded swimming experience that balances community, sportsmanship, and enjoyment with high-quality coaching, individual skill development, and competitive team opportunities. Our coaching staff will work closely with athletes to enhance their skills, refine racing techniques, and build self-confidence.

Communication & Contact Information

Please refrain from interrupting the coaches during practice, as their time is limited, and they aim to provide as much focused instruction to the athletes as possible. Coaches transition quickly from one group's session to the next, which limits their availability for in-practice discussions. If you have questions about your swimmer's development, meet strategies, or anything related to their performance in the water, please email the Head Coach. **Additionally, if your swimmer will be late or absent from a scheduled meet, please notify us via email ASAP!**

Coach Email: headcoachchloe@gmail.com

Program Manager Email: christopherw@plateauclub.com

The coaches and parent coordinator communicate frequently with families through weekly email bulletins. **Please be sure to provide an active email account on your registration.**

Coaching Staff

Head Coach: Chloe Flynn

Important Dates

Registration Opens: April 1

Swim Suit Fitting: Drop In

Apparel Deadline: April 17

Parent Meeting: May 13 (5PM)

Final Apparel Deadline: May 15

New Swimmer Assessments: May 12 & 14
(3-5PM)

First Day of Practice: May 18

Registration Due: May 8

Time Trials: June 13

First Swim Meet: June 16

INFO & REGISTRATION

New Swimmer Information

For brand new swimmers and returning Little Swimmers interested in joining the team, a skills assessment appointment must be scheduled at the recreation center. Assessments take about 10 minutes and will be held on May 12th and 14th from 3-5pm.

Following the assessment, all new swimmers will be notified of their results and team eligibility. If a swimmer does not meet the criteria for Little Swimmers or the swim team, we will recommend swim lessons. To qualify for the competitive team, swimmers must be able to complete 25 yards of both freestyle and backstroke legally.

Little Swimmers

The Little Swimmer program is designed for children ages 5-8 who aren't yet ready for a full summer of competitive swimming. To participate, swimmers should be eager and able to comfortably swim 25 yards of freestyle and 25 yards of backstroke with effort.

Little Swimmers will attend the first four weeks of practice and take part in the swim team time trials on June 13th, with practices concluding on June 11th. At the end of the session, each swimmer will be evaluated to determine if they are ready to move up to the competitive team.

This program provides a positive and encouraging introduction to swim team life, and Little Swimmers are welcome to join in all team activities and social events.

Registration Information

Registration must be submitted by 7:00 PM on Friday, May 8th to avoid a late fee. After this deadline, a \$50 per family late fee will be applied in addition to the regular swim team cost. The final day to register is Friday, May 15.

All swimmers must be registered and have completed all Midlakes League forms (see reference at the bottom of the pages). Swim team members must also be Plateau Club members. For those who are not Full or Recreation members, a Swim Team Affiliate membership is available for the swim season. This membership provides access to all practices and meets.

The Swim Team Only Membership Application must be completed along with the league registration. For more information or to access the Swim Team Only membership application, please contact Recreation Manager Christopher Williams at christopherw@plateauclub.com.

PARENT GUIDELINES

Parent Involvement

In the Midlakes Swim League, swim meets are made possible thanks to the generous support of our parent volunteers. Since meets are entirely run by volunteers, family participation is a requirement. If we do not receive enough volunteers, we may be forced to cancel the meet.

To run a successful home meet, we need a minimum of 25 volunteers, and 15 volunteers are required for each away meet. **Each family is expected to provide at least 4 volunteer commitments throughout the season.** If your family does not meet the minimum volunteer requirement, a **\$100 fee** will be charged for each missed commitment.

Parent Volunteer Opportunities

All volunteer sign-ups are managed through the gomotion team website. Sign-ups will open two weeks before each meet and remain open until all volunteer positions are filled. If you're unable to attend your assigned volunteer shift, please contact the parent coordinator as soon as possible.

Timers: Home meets require 12, away meets require 8 - 12

Stroke/turn judge: Home and away, require 2 per meet

Relay judge: Home and away, require 2 per meet

Starter/referee: Home meets only, require 1 per meet

Announcer: Home meets only, require 1 per meet

Data entry: Home meets only, require 2 per meet

Ribbons: Home meets only, require 1 per meet

Heat winner distribution: Home meets only, require 2 per meet

Parent Meeting

Please join us on May 13th at 5 PM for a parents-only meeting for both new and returning members. This will be an opportunity to meet our coaching staff and parent coordinators at the Plateau Rec Center. Information will be sent out to registered swimmers following the parent meeting.

Team Page + Swimsuits

Our team runs on our team website, which you can find linked here: [GoMotion Team Page](#)

To order swimsuits for the upcoming season, visit the link here: [Penguins Swimwear](#)

MIDLAKES SAFETY REQUIREMENTS

2026 Midlakes Safety Requirements

Midlakes Swim League is committed to providing a fun, safe, and supportive environment for all youth athletes as they develop and compete. To support this, the league has established safety requirements and educational guidelines for all participants.

As part of these efforts, Midlakes utilizes resources and training materials from the U.S. Center for SafeSport to help educate participants on how to **Prevent, Recognize, and Respond** to misconduct and maintain a positive team environment.

For the 2026 season, all athletes, coaches, parent representatives, and on-deck volunteers are required to complete the **Midlakes Safety training** in order to be eligible to participate.

New This Year:

All swimmers must complete the required safety training prior to their first in-water practice. To help with this process, the first day of practice will be held indoors, where swimmers will complete the training together. Coaches will also review season expectations and spend time getting to know the team.

In addition, all parents and/or parent volunteers are required to complete the safety training. Registration will not be considered complete until a completion certificate has been submitted for each parent and/or volunteer.

Certificates can be submitted by:

- Emailing a copy to penguinssafetytraining@gmail.com
- Printing and turning it in at the Rec Center along with concussion forms

Please note:

Even if you have completed similar training for another sport or organization, you are still required to complete the Midlakes Safety training for this season.

The training takes approximately **15 minutes** to complete. Thank you for your cooperation in helping us create a safe and positive environment for all participants.

If you have any questions, please contact Shanna at penguinssafetytraining@gmail.com.

SWIM TEAM INFO

Cancellation Policy

In the event that your child is unable to participate in swim team, refunds will be given according to the following cancellation deadlines:

	Full Refund	75% Refund	50% Refund	No Refund
Deadline to Drop	May 17	May 23	May 30	May 31 & After

Swim Meet Registration

Athlete registration for all meets is required, with either a positive or negative response. This information should be entered on the team website and is crucial for creating the best team lineup for each meet. Registration will close on Sunday night for Tuesday meets and Tuesday night for Thursday meets. **If you need to cancel your registration after the deadline, please contact the Head Coach immediately at headcoachchloe@gmail.com.**

Home/Away Meet Times

On home swim meet days, swimmers must arrive no later than 4:30 PM, with warm-ups beginning at 4:45 PM and the meet starting promptly at 6:00 PM. For away swim meet days, swimmers should arrive no later than 4:45 PM, with warm-ups starting at 5:15 PM and the meet also beginning at 6:00 PM.

Swim Meet Lineups

The coaching staff is dedicated to helping all swimmers develop the necessary skills to compete successfully in every stroke. Our goal is for each swimmer to participate in every event at least once throughout the season.

Depending on the number of swimmers registered for each meet and the pool size, the coaches will create a competitive lineup that maximizes each athlete's opportunities to swim, including both individual and relay events.

We strive to avoid having swimmers compete in the same events every week to give them the chance to improve across all strokes. This may mean that swimmers are not always entered in their strongest events, but rest assured, this approach is in the best interest of both the swimmer and the team.

PRACTICE & LESSONS

Private Swim Lessons

Additional stroke refinement can be achieved through private lessons. You can schedule these lessons with a coach via the gomotion website. Please note that the lessons will be billed to your member account.

Cancellations made less than 24 hours in advance will be billed at 50% of the lesson cost. No-shows will be charged the full lesson cost.

One swimmer:	\$45 for 30 minutes of instruction with a coach
Two swimmers (similar skills set):	\$70 for 30 minutes of instruction with a coach

Practice Schedule

After School Practices (May 18-June 18, Monday-Thursday)

Little Swimmers: 4:15-4:45 PM	11 & 12: 6:15-7:00 PM
8 & Under: 4:45-5:30 PM	13 & Over: 7:00-8:00 PM
9 & 10: 5:30-6:15 PM	

Saturday Practices (May 23, May 30, June 6)

10 & Under: 9:00-10:00 AM	11 & Over: 10:00-11:00 AM
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Morning Practices (June 22 - End of Season, Monday-Friday)

8 & Under: 8:00-8:45 AM	11&12: 9:30-10:15 AM
9 & 10: 8:45-9:30 AM	13 & Over: 10:15-11:00 AM

SCHEDULE

Team Events

Team Tie-Dye: June 20

Get ready for the championship meets by tie-dying a shirt to get spirited!

Family Relays: TBD

During our last home meet get your family together to participate in a fun relay!

End of Season Banquet: July 27 - 6:30pm

Join us to celebrate the end of the season with ice cream and awards!

Swim Meet Schedule

Week 1:

June 16 - Home B Meet vs Kingsgate Royals

June 18 - Away A Meet vs Kingsgate Royals

Week 2:

June 23 - Home B Meet vs Kingsgate Gators

June 25 - Away A Meet vs Kingsgate Gators

Week 3:

June 30 - Home B Meet vs Strattonwood

July 2 - Away A Meet at Strattonwood

Week 4:

July 7- Away B Meet at Kingsgate Monarchs

July 9 - Home A Meet vs Kingsgate Monarchs

Week 5:

*July 14 - Home meet vs Newport Yacht Club

*July 16 - Home meet vs Newport Yacht Club

One day or the other and/or both coaches to schedule the meet day(s)

Post Season Schedule

*Division Championships: July 18

*Prelims: None

*League Championships: July 26 (SUNDAY)

*Announcements of schedule changes will be made throughout the season via e-mail notifications from the Head Coach.

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 - MAY	4	5	6	7	8	9
10	11	12 New Swimmer Assessments (3-5PM)	13 Parent Meeting (5PM)	14 New Swimmer Assessments (3-5PM)	15	16 Morning Practices
17	18 Evening Practices	19 Evening Practices	20 Evening Practices	21 Evening Practices	22	23 Morning Practices
24	25 NO PRACTICES Memorial Day	26 Evening Practices	27 Evening Practices	28 Evening Practices	29	30 Morning Practices
31	1 - JUNE Evening Practices	2 Evening Practices	3 Evening Practices	4 Evening Practices	5	6 Morning Practices
7	8 Evening Practices	9 Evening Practices	10 Evening Practices	11 Evening Practices	12	13 Time Trials
14	15 Evening Practices	16 Evening Practices Home B vs Kingsgate Royals	17 Evening Practices	18 Evening Practices Away A Meet vs Kingsgate Royals	19	20 Tye-Dye
21	22 Morning Practices	23 Morning Practices Home B Meet vs Kingsgate Gators	24 Morning Practices	25 Morning Practices Away A Meet vs Kingsgate Gators	26 Morning Practices	27
28	29 Morning Practices	30 Morning Practices Home B Meet vs Strattonwood	1 - JULY Morning Practices	2 Morning Practices Away A Meet at Strattonwood	3 Morning Practices	4
5	6 Morning Practices	7 Morning Practices Away B Meet at Kingsgate Monarchs	8 Morning Practices	9 Morning Practices Home A Meet vs Kingsgate Monarchs	10 Morning Practices	11
12	13 Morning Practices	14 Morning Practices Home meet vs Newport Yacht Club	15 Morning Practices	16 Morning Practices Home meet vs Newport Yacht Club	17 Morning Practices	18 DIVISION CHAMPIONSHIPS @ KINGSGATE
19	20 Morning Practices	21 Morning Practices	22 Morning Practices	23 Morning Practices	24 Morning Practices	25
26 LEAGUE CHAMPIONSHIP	27 END OF SEASON BANQUET	28	29	30	31	