



Bear Branch Swim Team 101

Welcome to Bear Branch Swim Team

What is swim team all about?

It's about families coming together, having fun and building community.

If your child excels at swimming, that's wonderful! But the **heart** of our team is building lifelong relationships ... for the swimmers AND the parents.

44 years of memories

Member of the Northwest Aquatic League (NWAL)



Swim Practice - Swimmers

Practice Times

Your swimmer's practice time is determined by their age

Age groups are Monday - Friday:

6 & unders: 4:15 – 4:45

7 – 8s: 4:45 – 5:30

9 – 10s: 5:30 – 6:15

11 & overs: 6:15 – 7:15

New 11-12s transitioning to 50 yd events: 5:30-6:15 (until May 3)

Required Gear

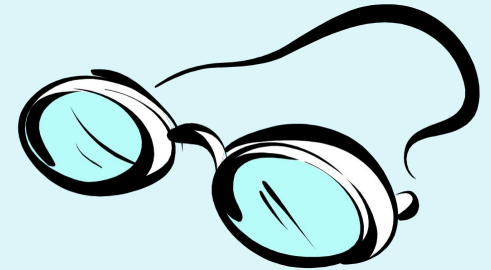
- ☐ Swimsuit (Recommend NOT your team suit)
- ☐ Swim cap (optional but recommended)
- ☐ Towel / Swim Cover
- ☐ Goggles



Swim Practice - Parents

**PARENTS MUST STAY OUTSIDE THE GATE
DURING ALL PRACTICES!**

This is an NWAL policy.
There is a lifeguard on duty at practice.



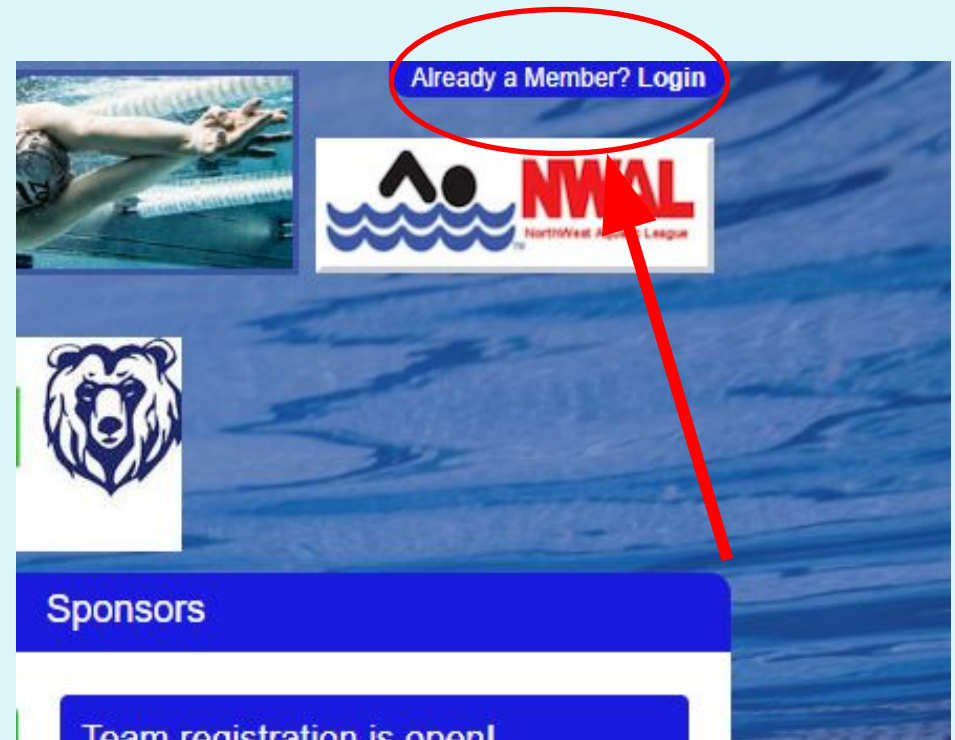
Please DO NOT try to speak with coaches during practice time. Their full attention needs to be on the swimmers in the pool. If you need to speak with a coach, please talk to the Coach Liaison to arrange a time convenient for all parties.

2024 Coach Liaison - Meghan Robertson
coachliaison@bearbranchswimteam.com

**You must be present at the end of practice to pick up your
8 & under swimmers. We will not release them otherwise.
Swimmers 9 and over are allowed to exit the pool on their own.**

What Parents Need to do Each Week

- Meets are listed on the team website:
www.bearbranchswimteam.com
- You must log in and declare for each meet **NO LATER THAN TUESDAY AT NOON** of that week before the meet.
- Sign up for service hours or check to see what you are signed up for.



To sign in, click on “Login.”

Declare Swimmer and Job Signups

SAT
MAY
11

2024 BB @ Walden

Walden Wavez
Start: 8:30 AM
Warm-up: 7:45 AM

MEET ENTRY
OPEN

JOB SIGNUP
OPEN

Click on this button for Job Signups.

Click here to mark that your swimmer will attend or not attend the meet.

[← Back to Swim Meets](#)

2024 BB @ Walden - May 11, 2024

Your family swim meet status

Harrison Quindt

⊘ Not qualified for any events.

Keegan Quindt

⊘ Not qualified for any events.

Neil Quindt

⊘ Not qualified for any events.

Edit

[Return to Swim Meets](#)

Click Edit

Declare Swimmer and Job Signups

2024 BB @ Walden - May 11, 2024

If your swimmer needs to compete in a particular stroke to qualify for Invitationals, please enter that in the notes field. Coaches will take this under consideration when assigning entries.

Harrison Quindt

Need to let the coach know something?

Notes for coach:

where ever you need him for the best of the team

Keegan Quindt

Need to let the coach know something?

Notes for coach:

out of town

Neil Quindt

Click here to mark your swimmer's attendance at the meet. Enter any stroke requests or other notes in the Notes field.

Stroke Requests

- When you log in to the team website to declare your swimmer for a meet, you can send a note to the coaches.
- Requests to swim a specific stroke can be made in the “Notes to coaches” section. Example: "My swimmer would like to swim breaststroke this weekend. She is trying to make a Trinity time."
- Coaches will try to accommodate requests but ultimately must make decisions that are best for the team. If there is a conflict, then your stroke request could be postponed for another time.



Swim Meets



- ❖ The season has 7 meets beginning with Time Trials on May 4th and ending with Divisionals on June 15th
- ❖ BBST families should plan to attend ALL of these meets.
- ❖ Swimmers may also qualify for 3 invitational meets:
 - Summer Champs - June 9th
 - Trinity & Ponderosa - June 22-23
- ❖ Invitational meets require minimum qualifying times for each stroke and separate registration fees to participate.

Preparing for a Meet

- Swim meets last from 7 am until about 2 or 3 pm. Plan to be there most of the day.
- Bring your swim gear (swimsuit, goggles, cap, and towel).
- Don't forget your swimmer(s)! Bring them early for warmups.
- Sunscreen



Preparing Your Family for a Meet



- Bring folding chairs and/or a blanket.
- Pop-up tent – You will need shade. Some pools offer more shade than others, and the sun is pretty intense in June.
- Bring a cooler with snacks and drinks or money for concessions.
- Games – There will be breaks between swimmers' events, so they need something to fill the time while keeping cool and hydrated.

Time Trials – For the Swimmers

- Time Trials is a meet to record official entry times for each swimmer in every event - these will be used for future meets.
- Swimmers will swim in all events for which their age group is qualified (other meets are limited to 3 individual events max).
- NO relays will be conducted.
- BBST swimmers only swim against other BBST swimmers.
- New swimmers get to experience a meet.



Time Trials – For the Team



- Dress rehearsal for volunteers - all area supervisors and workers
 - Age Group Parents
 - Ready Bench
 - Timers and Scribes
 - Computer Room
 - Concessions
 - Officials/Starters/Referees
- Test Equipment
 - Sound System
 - Starter System
- Only 1 shift - you work the entire meet

Dual Meets: What & When?

- 5 dual meets total
- Swim against ONE other team in our division
- Will swim at either our pool or opponent's pool
- Always on Saturday morning
- Swimmers must be checked in before warmups or they will be scratched from the meet



Dual Meets: Home vs Away

HOME MEETS

- Swim at Bear Branch pool
- BBST sets up outside the pool area
- Check in by 6:45a
- Warm-ups from 7:00a - 7:30a
- Team merchandise is available
- Concessions available and workers are needed
- Must have workers: Set up/Take down, Timers, Scribes, Runners, Ready Bench, Concessions, Computers, Ribbons, Age Group Parents, and Officials

AWAY MEETS

- Swim at opponent's pool
- BBST sets up outside the pool area
- Check in by 6:45a
- Warm-ups from 7:30a to 8:00a
- No team merchandise
- Concessions depend on the home team
- Workers needed: Timers, Scribes, Computer Room, Ribbons, Ready Bench, Age Group Parents, and Officials

Meets: When You Arrive

- ★ Come to the check-in table:
 - Check in your swimmers and get their event numbers
 - Check in parents for service hours
- ★ Get swimmers in the water ON TIME for warm-ups
- ★ Set up your personal gear/tent/chairs, etc.



Dual Meets: Timeline

- 80 events, including relays
- Each swimmer can swim up to **3 individual events plus relays**
- 6 & under swimmers only swim freestyle, backstroke, and possibly freestyle relay
- 6 & unders final event is 40
- 7 & 8 swimmers can also swim butterfly, backstroke, and possibly medley relay
- 7 & 8 swimmers' final event is 70



- 6 & under swimmers usually finish around noon (end of shift 1)
- Meet is usually over around 2 p.m.
- End times depend on many factors – weather delays, delays to find volunteers, etc.

Team Service Hours

- We need everyone!
- Meets are run completely by parents.
- Sign up on the website for a job each week.
- Be sure to sign in at each meet!

Click on an empty box, then
click on “Save Assignments.”

[← Back to Swim Meets](#)
Dolphins vs. Gators - July 7, 2011
Job Assignments

Jane Demo

Name	Start	End	Filled	Points
Clean-up - After Meet ⓘ	1:00 PM	2:00 PM	(1/4)	3.0
Scoring & Ribbons - Shift A ⓘ	Event #1	Event #32	(4/4)	2.0

[Sign-up for Jobs](#)

Dolphins vs. Gators - July 7, 2011
Job Opportunities for Jane Demo

Check to signup	Name	Start	End	Filled	Points
<input checked="" type="checkbox"/>	Clean-up - After Meet ⓘ	1:00 PM	2:00 PM	(1/4)	3.0
<input type="checkbox"/>	Clean-up - Second Shift ⓘ	2:00 AM	3:00 AM	(1/4)	2.0
FILLED	Hospitality - Shift A ⓘ	Event #1	Event #33	(2/2)	2.0
<input type="checkbox"/>	Hospitality - Shift B ⓘ	Event #33	Event #78	(1/2)	2.0
<input type="checkbox"/>	Ready Bench - Shift A ⓘ	Event #1	Event #32	(1/4)	4.0
<input type="checkbox"/>	Ready Bench - Shift B ⓘ	Event #33	Event #78	(1/4)	4.0
FILLED	Runner - Shift A ⓘ	Event #1	Event #32	(2/2)	1.0
FILLED	Runner - Shift B ⓘ	Event #33	Event #78	(2/2)	1.0
<input checked="" type="checkbox"/>	Scoring & Ribbons - Shift A ⓘ	Event #1	Event #32	(4/4)	2.0
<input type="checkbox"/>	Scoring & Ribbons - Shift B ⓘ	Event #33	Event #78	(0/4)	2.0
<input type="checkbox"/>	Setup - Before Meet ⓘ	6:30 AM	8:30 AM	(0/4)	3.0
<input type="checkbox"/>	Timer - Shift A ⓘ	Event #1	Event #32	(4/9)	3.0
<input type="checkbox"/>	Timer - Shift B ⓘ	Event #33	Event #78	(6/9)	4.0

[Save Assignments](#) [or Cancel](#)

Service Opportunities

- **Timers** – run a stopwatch at the end of a lane. You work for the swimmer!!
- **Scribes** – record all times for each heat in your lane.
- **Runners** – pick up sheets from scribes and take them to computer room.
- **Ready Bench** – organize swimmers into heats and move them to the blocks for each event.
- **Computers** – verify times recorded into the computer.



Service Opportunities

- Concessions – HOME MEETS ONLY
 - Help the team raise funds for equipment, pep rallies, equipment, etc.
 - You must wear closed-toe shoes and a hat to work (OSHA)



Many different jobs:

Food Prep – Possibly Friday night

Concessions Set-up and Take down – get your credit before and after the meet

Cashier, Sno Cones, Candy/Popcorn (3 separate jobs)

Servers – work in the kitchen and serve hot food through the window

Grill Master – work with committee head on menu to grill

Service Opportunities

- NWAL-Certified Officials, Referees, and Starters are vital to every meet
 - Officials work poolside at each meet
 - These jobs will meet your service obligations
 - Officials may receive a discount on swimmer registration the following year.
 - Most importantly, officials are fed at meets!
 - 3 NWAL Official Certifications are available with free training:
 - Stroke and Turn
 - Starter (1+ year as Stroke and Turn)
 - Referee (1+ year as Starter)

Pool Rules at Swim Meets

NO Swimming in the children's pool! It will be blocked off. There is no lifeguard on duty at the children's pool during a meet — NWAL policy.

NO Swimming in the deep end of the pool. This area will be roped off, and swimmers are NOT allowed to sit with their feet in the water or fill swim caps with water from the deep end!

The diving board and slide are closed. There is NO Lifeguard on duty at this part of the pool.

- No Running or Horseplay! All of the regular pool rules are still in effect!

Summer Champs Invitational

- This meet is optional, but is a great introduction to Invitationals.
- Swimmers must have minimum qualifying times in each event. Look for “SC” next to your time on final results.
- Registration for these events is separate.
- Held at Kingwood High School on Sunday, June 9. 11&O in the am, 10&U in the pm



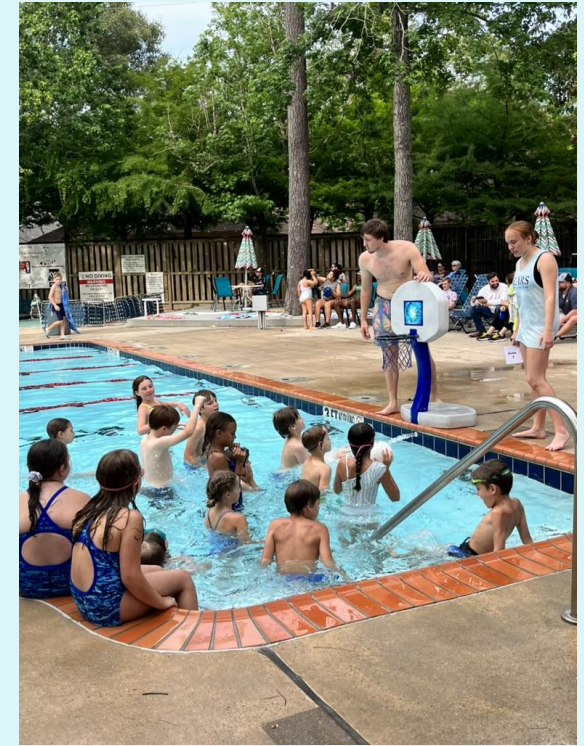
Trinity & Ponderosa Invitationals

- Post-season optional meets
- Must meet minimum qualifying times
- Look for “TI” or “PI” on meet result times
- Ponderosa times are faster than Trinity times
- Open to all teams that are part of NWAL across North Houston



Fun Events

Pep Rallies – Friday evenings before each some meets. Looking forward to some great team spirit-building this year!



End of Season Banquet – Swimmers get trophies and special awards.

- Swimmers must swim in at least 2 dual meets to receive a trophy.

BEAR CREW

The goal of the Bear Crew program is to assist in providing instruction and encouragement for swimmers on the Bear Branch swim team and to provide an opportunity for older Bear Swimmers to demonstrate leadership to the swim team and gain coaching experience for possible future employment with the team.

The following are the qualifications for the Bear Crew:

- **must** be completing or have completed the 8th grade.
- should be able to assist with rookie camp
- should have competitive swimming experience.
- should be a recognized leader among swim team swimmers.
- should be able to help supervise and assist in the activities of swimmers.
- should have the interpersonal skills needed to direct, motivate and encourage swimmers.
- should be able to take instruction and direction from All Paid Coaches and BBST Board.



Text Alerts, Email & Social Media



Subscribe to
our Calendar!

Follow BBST Online!

www.bearbranchswimteam.com

Facebook

www.facebook.com/groups/bearbranchswimteam

#BBSTBEARS2024

tag all of your social media posts

INSTAGRAM

@bearbranch_swimteam

Final Words...

- **Check social media and the website often!**
- **PLEASE** do NOT text the coach or post on social media if running late or not attending a meet! Text a friend you know is at the meet!
- It is not necessary to let anyone know if you will not attend practice from time to time.
- Declare your swimmer **NO LATER than Tuesday at noon** of each week.
- Sign up for team service.
- Don't be shy! Ask any question you may have to any of the board members. If we don't know, we will find out! Emails on next slide.
- Swim team offers our children a chance to see that practice leads to improvement. It allows them to experience personal accomplishment and team accomplishment.
- Swim team is a great example of working together as a community.
- Swim team teaches good sportsmanship.
- Thank you for choosing to be part of our community! Gooooooooo Bears!!!!!! 🐻🐻🐻

Board Members

- ❖ President – Brad Quindt president@bearbranchswimteam.com
- ❖ 1st Vice President – Ircka West 1stvp@bearbranchswimteam.com
- ❖ 2nd VP/Equipment – Mike Stock 2ndvp@bearbranchswimteam.com
- ❖ Secretary – Deann Atchley secretary@bearbranchswimteam.com
- ❖ Treasurer – Drewann Pearce treasurer@bearbranchswimteam.com
- ❖ NWAL Team Representative – Joe Kripple nwalteamrep@bearbranchswimteam.com
- ❖ Coaches' Liaison – Meghan Robertson coachliaison@bearbranchswimteam.com