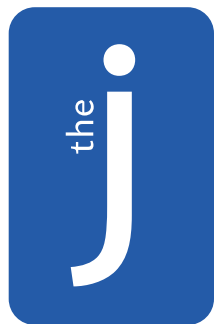


# 2025 Parent Information & Registration Packet



Welcome to the J Sharks Summer Swim Team! This packet contains the information needed for the 2025 season. Please hang on to this packet until the end of the season. Questions that cannot be answered within these pages, can be answered by the parent representative, swim team coaches, or any fulltime aquatic employees.

**IMPORTANT CONTACT INFORMATION**

Head Coach	Ray Lutker	314.757.6927	rlutker415@gmail.com
Parent Rep	Stephanie Rhea	314.442.3164	srhea@jccstl.org
Aquatics Director	Heather Cheseman	314.442.3296	hcheseman@jccstl.org
Assistant Aquatics Director (SFC)	Shelby Trolinger	314.442.3114	strolinger@jccstl.org
Assistant Aquatics Director (Fox)	Jen Humphrey	314.442.3296	jhumphrey@jccstl.org
Marilyn Fox Indoor and Outdoor Pools		314.442.3408	
Staenberg Family Complex (SFC) Outdoor Pool		314.442.3231	

**OTHER COMMUNICATION**

All team communication will be done via email.

**SWIM TEAM FEES**

*Fee includes one team T-shirt and swim cap.*

Early Bird Pricing

Member: \$275, each additional sibling \$200 • Public: \$350, each additional swimmer \$275

After May 9

Members: \$300, each additional sibling \$225 • Public: \$375, each additional sibling \$325

**TEAM SUITS**

Team suits may be purchased at B&B Aquatics (1163 Colonnade Center, 63131).

Optional: Order through Aquatics Office

- Parents may also purchase a J Sharks T-Shirt for \$10
- Additional Swim Caps are \$3



**IMPORTANT DATES**

**Registration & Information Meeting**

Monday	May 5	6pm	Parent Information Zoom (link will be emailed)
Friday	May 9		Early Bird discount expires; registration forms must be submitted to the Aquatics office to qualify
Monday	May 19		Practice begins
Monday	May 26		Registration ends; all forms due in the Aquatics office
Wednesday	May 28	5pm 6:30pm	Time Trials will be held Preseason party
Friday	July 11		Last practice
Thursday	July 24	5pm	Season wrap party & awards ceremony at the SFC Outdoor Pool
<i>No practice May 26 or July 4</i>			

## PRACTICE TIMES

Staenberg Family Complex – Outdoor Pool (except for dates in May)

Marilyn Fox Building – Indoor Pool

### Dates & Times

Monday, May 19 - Friday, May 30

5-6pm, no practice on May 26

Tuesday, June 2 - Friday, July 11

3:30-5pm, no practice on July 4

- Practices are Mon – Fri, except in week one, which will be Tues.-Fri.; no practices on swim meet dates.
- Coaches will escort swimmers to and from J Day Camp, if applicable.

**\*\*There is NO SWIM TEAM PRACTICE or CAMP PICK UP (by staff) on SWIM MEET DAYS. PARENTS ARE RESPONSIBLE FOR PICKING UP THEIR CAMPERS AT 3:30pm on SWIM MEET DAYS.**

## PRACTICE DETAILS

- A swimmer may practice at either location. However, please choose one building as your home base to receive handouts, notices and ribbons.
- Please pick up your child immediately after practice. We do not offer supervision after practice ends.
- If the pool is closed due to weather conditions please arrange pick up for your child as quickly as possible. We will move the children to a safe location as needed.
- Aquatics staff will escort and supervise all J campers from carpool to team. You may send a snack or money for the vending machines. Please indicate if your child will need pick up on the attached form.
- Team Unify - Information will be emailed to you about login/swim meet RSVPs.

## TIME TRIALS

- Time trials will be held at the J on May 28 at 5pm.
- Time trials are mandatory for **ALL** J Shark swimmers. Time trials determine where swimmers will be placed in the first meet.

## INCLEMENT WEATHER

In the case of inclement weather, the following policies are in place:

1. If during practice, team will be brought into a safe area and remain under supervision. Parents will be notified via phone call from your coach.
2. Prior to a practice, an email will be sent out and an attempt to call will also be made.
3. Prior to a meet, always plan as if the meet is being held unless you hear otherwise. An e-mail will be sent out addressing any cancellations.

If lightning or thunder is present, the pool closes until 30 minutes after the last strike of lightning or thunder. We will try our best to notify you as soon as we can. Obviously, we cannot control the weather, so we ask for your patience and understanding.

You may also call your home pool at the numbers below for any updates.

**SFC 314.442.3231**

**Fox**

**314.442.3408**

## MEET DATES AND LOCATION (Directions to away meets will be sent via email)

***All Meets begin at 5:30pm with warm-ups beginning at 5pm***

Date	Opponent	Location
Wednesday, May 28 (5pm)	J Sharks Time Trials	The J - SFC
Monday, June 9	CCRC	CCRC
Monday, June 16	CAC	CAC
Monday, June 23	Bridgeton	The J - SFC
Monday, June 30	River Bend	The J - SFC
Monday, July 7	Seven Pines	The J - SFC
Saturday, July 12 (8am)	Conference	Pattonville High School



- Directions to meets and volunteer assignments will be sent by email on the Friday prior to each swim meet.

## SWIMMERS AND SPECTATORS

- Bring extra towels, goggles and swim caps to meets, but remember to take them home.
- Don't forget the sunscreen, sunglasses, visors and water.
- Snacks and drinks are allowed but NO GLASS containers or bottles are allowed at meets. Concession stands are usually available. Due to the timing of the meets, it's a good idea to pack something for dinner. Swimmers get hungry!
- Be prepared to bring lawn chairs, especially to away meets.
- You may be asked to volunteer if our scheduled volunteers don't show for the meet.
- Be prepared to have a great time as "swimmers take their marks."

## IMPORTANT INFORMATION: VOLUNTEER COMMITMENT

### Parent Volunteers

The J Swim Team is a parent-run organization. We rely on parents to do much of the organizing and meet work, all of which help the team run smoothly. We are asking that every family assist with volunteering and follow the guidelines set forth. Failure to adhere to the guidelines will result in loss of your volunteer deposit.

### Volunteer Guidelines

1. Each family must have one representative that will **be available to volunteer a minimum of four meets - this includes time trials.**
2. A volunteer must work from the beginning of the meet to the end of the meet. If you have young children or must leave due to other circumstances, please check with parent rep immediately.
3. If your child unexpectedly cannot make it to the meet that you are scheduled to volunteer, please notify the parent rep immediately.

### Volunteer Positions

#### Bull Pen

Bull Pen Assistants help the Bull Pen Chief line up the swimmers in preparation for the races. It helps to have a boisterous personality.

#### Lane Guide

Lane Guides take the swimmers from the bull pen to line the swimmers up behind the blocks in the correct lanes and make sure swimmers are in the correct heats. Older swimmers can normally do this for themselves, but the younger ones need help. Requires a fair bit of walking depending on the pool.

#### Runner

Runners collect heat cards from the swimmers in the 25-yard races and take them to the timers. They also collect completed cards from the timers and take them to the awards table. This job involves a fair amount of walking.

#### Timer

Timers time the swimmers and record the times on the cards. Timers also indicate on the card if the swimmer has been disqualified (DQ). There will be two (2) timers per lane. Backup timers are also required to start watches at the beginning of each race just in case a lane timer's watch does not work.

#### Card Judge

The Card Judge receives the time cards and the place picks for the heats and determines the official time for each swimmer. You usually choose the middle time. If only two values are given, you take the average of the two. The times and place picks are then used to determine the 1st, 2nd and 3rd place positions.

### Sign up at [jccstl.com/swimvolunteer](http://jccstl.com/swimvolunteer)

Please choose four dates. In the comments, you may request your preferred position and we'll do our best. Requests are not guaranteed.

Sign up online!  
[jccstl.com/swimvolunteer](http://jccstl.com/swimvolunteer)



\_\_\_\_\_ I would prefer to buy out of the volunteer assignment. Please deposit my fee of \$150/members & \$175/public.

***\*\* Please return all registration forms to either Aquatics office no later than May 30\*\****

# 2025 J SHARKS TEAM ENROLLMENT

J location to serve as your "home" pool    ☐ Staenberg Family Complex (Creve Coeur)    ☐ Marilyn Fox Building (Chesterfield)

Swimmer's Last Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender M F

Swimmer's First Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender M F

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

J Membership # \_\_\_\_\_

Parent #1 (full name) \_\_\_\_\_ Email \_\_\_\_\_

Cell # \_\_\_\_\_ Work # \_\_\_\_\_

Parent #2 (full name) \_\_\_\_\_ Email \_\_\_\_\_

Cell # \_\_\_\_\_ Work # \_\_\_\_\_

Please indicate which email is preferred for communication: Parent #1 \_\_\_\_\_ Parent #2 \_\_\_\_\_ Both \_\_\_\_\_

How did you hear about the swim team? \_\_\_\_\_

## Payment Information

☐ Credit Card    ☐ Check (please make payment to The J, and mail to:  
J Aquatics, 2 Millstone Campus Dr., St. Louis, MO 63146)

☐ Please charge my credit card on file. If not, please complete the following:

Name as it appears on card \_\_\_\_\_

Card number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

## Emergency Contact Information

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Physicians Name \_\_\_\_\_ Phone \_\_\_\_\_

1. Is this swimmer currently under doctor's care?    NO    YES (if yes, explain)

\_\_\_\_\_

2. Does this swimmer take medications regularly?    NO    YES (if yes, explain)

\_\_\_\_\_

3. Does this swimmer have physical disabilities, chronic illness, seizures, etc.?    NO    YES

4. Does this swimmer have any allergies or prone to allergic reactions?    NO    YES

TEAM ENROLLMENT - cont.

Swimmers needing an escort

Will this swimmer need to be escorted from a J Day Camp to team?      NO      YES (if yes, please complete form below)

Camp Week	Dates	Name of Camp(s) & Camper(s)	Needs to return to postcare
1	6/2 - 6/6		
2	6/9 - 6/13		
3	6/16 - 6/20		
4	6/23 - 6/27		
5	6/30 - 7/4		
6	7/7 - 7/11		

**\*\*There is NO SWIM TEAM PRACTICE or CAMP PICK UP (by staff) on SWIM MEET DAYS.  
PARENTS ARE RESPONSIBLE FOR PICKING UP THEIR CAMPERS AT 3:30pm on SWIM MEET DAYS.**

Parent or Guardian Signature

Date

Any additional information about your swimmer you would like the coaches to know:

USER WAIVER (Please Read Before Signing)

By signing this form, I agree and acknowledge the following: I am familiar with the physical activities/sport for which I am registering to participate, or participating in, and understand that the activities/sport may include physical contact, strenuous physical exercise, and could result in personal injury. Knowing these risks, I hereby agree to waive, release and discharge the JCC, it's employees and agents from all claims, injuries, damages or actions of any kind or nature arising out of my participation in the activities/sport or use of facilities which may be brought by myself and anyone who might make a claim on my behalf, not with standing the negligence of the JCC, its trustees, officers, employees, or agents.

I understand that I must abide by all policies and procedures as they apply to the use of the facility.

Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent or Legal Guardian (if participant is under 18 years of age): \_\_\_\_\_



# PARENTS' CODE OF CONDUCT

## ST. LOUIS JEWISH COMMUNITY CENTER PARENT CODE OF CONDUCT

**I will conduct myself with dignity.**

**I will strive to relieve the pressure of competition, not to increase it.**

**I will place the physical and emotional well-being of my child ahead of my own desire to win.**

**I will remember that the meet is for the child, not the adults.**

**I will control my emotions.**

**I will not undermine team morale.**

**I will be respectful of the opposing team.**

**I will respect the officials.**

**I will make only positive, encouraging comments to the swimmers on both teams.**

**I will not instruct swimmers during meets or practices.**

**I will stay off the deck area at all times, unless I am there to work the meet.**

**I will accept the results of the meets.**

**I will notify the coach/parent rep in advance of my child's absence from practice or a meet.**

**I will learn the rules of the meet.**

Swimmer's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**I have read and understand the Division Covid Guidelines.**

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

*Participants and spectators can be removed from the pool area by the administrator of the program.*

Who is wise/**Chacham?**

One who learns from all people.

Who is a hero/**Gibor?**

One who controls his emotions.

Who is given honor/**Kavod?**

One who honors others.





# SWIMMERS' CODE OF CONDUCT

## J SHARK SWIM TEAM SWIMMERS' CODE OF CONDUCT

**I will follow the J Sharks Code of Conduct before, during and after swim meets and practices.**

**I will always be respectful toward other swimmers, coaches, referees and spectators.**

**I will not use foul language, fight or make obscene gestures.**

**I will be at swim meets and practices on time with the proper equipment.**

**I will win with modesty and respect.**

**I will lose with grace and dignity.**

**I will know and observe the rules of the swim meet.**

**I will work to improve my skills.**

**I will have FUN!**

**I agree with the above and will follow the Code of Conduct. Failure to do so could result in disciplinary action.**

Swimmer's Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

