



Welcome Back to the Stanwich Pool!

Dear families and friends,

Welcome back for yet another fabulous summer at the Stanwich pool. In order to better serve you, we have created this comprehensive pool information packet where you can find any and all information related to the pool and our aquatics programs. We are very excited to offer a variety of new events and activities for both adults and children. Please review the information below to find the program or activities that may interest you and your family!

As a staff, our number one priority is the safety of our membership. In order to help us better serve you, we would greatly appreciate it if you could please take a moment to review our rules and regulations with your children.

Thank you for your time and support, and we look forward to seeing you all very soon!

Stanwich Pool Staff



Opening Pool Schedule

Memorial Day Weekend

Saturday, May 27th - Monday, May 29th

10am - 8pm

The pool will be **CLOSED Tuesday, May 30th - Friday, June 2nd*

Early Season Hours

Saturday, June 3rd

10am - 7pm

Sunday, June 4th - Friday, June 16th

Monday: 11 – 4pm

Tuesday - Thursday 11 – 7pm

Friday: 11 – 8pm

Saturday & Sunday: 10 – 8pm

Regular Pool Hours Begin June 17th

Monday: 10am – 4pm

Snack Bar Grill: 11am – 4pm

Tuesday – Sunday: 10am – 8pm

Snack Bar Grill: 11am – 7:30pm

**Please note that the pool will stay open until 6pm on Monday's during the camp season. 6/19 – 8/4*

General Pool Rules

- Reading devices such as iPads and Kindles are permitted at the pool for reading purposes only.
- Music devices such as iPods are permitted at the pool with the use of headphones.
- Cell phones may **only** be used for reading purposes and silent communication (email and text) by members and their guests ages 18 and over at the pool. Any other cell phone use on club grounds is strictly prohibited and will result in a loss of privileges. Please, for the convenience of all our members, be sure that your phone is set to silent.

**If you need to make a local call, please feel free to use the phone outside the pool office*

- Other electronic devices such as laptops and electronic games are not permitted.
- Cut-offs, jeans, and cargo shorts or pants are not permitted in the pool area.
- Bathing attire is not permitted in club areas other than the pool.

Please remind all babysitters and guests of these rules.

For more information on general rules, please refer to page 147 in the updated membership book.

Swimming Pool Rules

- Parents must accompany children in the pool until they are able to swim one length of the pool (25 meters) unassisted with relative ease.

The lifeguard on duty has the right to assess any swimmer they feel may not meet these criteria

- All personal floatation devices must be approved by the pool manager.
- All children who are not fully toilet trained must wear a swim diaper while swimming in either pool
 - Hanging on the basketball hoop and/or lane lines is not permitted
 - No rough play in or around the pool
 - Running is not permitted on the pool deck
- Food and beverages are only to be consumed in the designated table areas
 - *This includes small snacks such as cereal, goldfish, candy etc.**
- Pool staff does not guard the baby pool and playground areas and children must be accompanied by an adult at all times when in these areas
 - Lap lanes are reserved for lap swimming only

Diving Well Rules

- All swimming pool rules apply to the diving area as well
- Floatation devices are not permitted in the diving well unless under the instruction of the diving coach and his staff
 - Only one bounce while on the diving board
 - Running is strictly prohibited on the diving board
- While waiting to use the board, divers must wait at the bottom of the ladder
 - All divers must jump/dive straight out and away from the diving board
- After diving off the board, all divers must **immediately** exit the diving well area using the ladder
 - The lifeguards reserve the right to prohibit any dive they feel to be unsafe
 - Swimmers may not enter the diving well through the water
- Absolutely no swimming allowed in the diving well unless the lifeguard on duty has closed both boards



Dear Swim and Dive Team Parents,

We are very excited for yet another successful season in the FCSL! As many of you know, the Stanwich Stompers Swim and Dive Team is a developmental team whose focus is on creating a fun environment where children can build strong leadership skills, exhibit great sportsmanship, and develop a passion for the sport. We encourage athletes of all ages and abilities as it truly takes a team effort to be successful in this league. If you are interested in having your child compete for the Stompers, please send us an email at StanwichStompers@gmail.com.

While our staff works diligently to prepare each swimmer and diver to compete to the best of their ability, this team cannot run without the support of its parents. As a developmental league, volunteers run all of our competitions. If you have a child on the swim team, we ask that someone from your family please help support the team by volunteering to time or score for at least three of our six meets. In order to better organize our volunteers, we have created a SignUp Genius website, where parents can sign up to work specific meets and/or jobs.

In addition to organizing volunteers, the SignUp Genius also serves as an RSVP for our athletes. This aspect of the site is crucial. Coaches spend hours strategizing a competitive meet line up, and it is nearly impossible to do this successfully without knowing who will be able to compete. Last minute entries and cancellations can cause a great deal of stress and confusion for both the coaches and athletes so we ask that you please let us know your intentions as far in advance as possible.

For the past few years we have battled to maintain our position in Division III, and this year will be no different! In order to maintain our success in the division, we are asking that everyone please look at our meet schedule and try to plan any vacations or other activities accordingly. If you are having trouble finding a ride for your athlete, we have even included a section for that in our SignUp Genius!

I would also like to take a moment to introduce Catherine Holden and Heather Tarifi as our swim chairs for the 2017 season. If you have any questions about volunteering or other swim team related items, please feel free to reach out to them as well. Thank you to both Catherine and Heather for your support.

We are looking forward to yet another exciting and successful Stomper season and hope to see you all at the pool very soon!

Thanks!

Stomper Swim & Dive Staff



STANWICH STOMPERS
2014 SWIM AND DIVE TEAM MEET SCHEDULE

Thursday, June 29th Weeburn @ Stanwich
3:00 Dive - 5:00 Swim

Thursday, July 6th Burning Tree @ Stanwich
3:00 Dive – 5:00 Swim
Team Picture @ 4:00

Tuesday, July 11th Stanwich @ Greenwich Country Club
3:00 Dive – 5:00 Swim

Thursday, July 13th Stanwich @ Tokeneke
3:00 Dive – 5:00 Swim

Wednesday, July 19th Stanwich @ Woodway
3:00 Dive – 5:00 Swim

Tuesday, July 25th Greenwich Water Club @ Stanwich
3:00 Dive – 5:00 Swim

Championship Competitions

Thursday, July 27th- 12/U Diving Championships
@ The Burning Tree Country Club
Warm-up: 7:30am – Competition 8:30am

Friday, July 28th 14/U & 17/U Diving Championships
@ The Patterson Club
Warm-up: 7:30am – Competition 8:30am

Saturday, July 29th 10/U Diving Championships
@ New Canaan Field Club
Warm-up: 7:30am – Competition 8:30am

Tuesday, August 8th - Division III Swimming Championships
@ Burning Tree Country Club
Warm-up: 7:30am – Competition 9:00am

Saturday, August 12th – FCSL Swimming Championships
@ The Wilton YMCA
Warm-up: 7:30am – Competition 9:00am



STANWICH STOMPERS PRACTICE SCHEDULE

Swimming

Preseason

Tuesday, June 6th – Thursday, June 15th

Tuesday - Wednesday - Thursday

4:30 – 5:30pm

Regular Season

Monday, June 19th – Friday, August 4th

Monday – Friday

9:00 – 10:00am

Tuesday – Wednesday – Thursday Stroke Clinics

3:15 – 4:15pm

Diving

Preseason

Tuesday, June 6th – Thursday, June 15th

Tuesday - Wednesday - Thursday

3:30 – 4:30pm

Regular Season

Monday, June 19th – Friday, August 4th

Monday – Friday

12:00 – 1:30pm

Tuesday - Wednesday - Thursday

4:15 – 5:15pm



Swim and Dive Team Suit Fitting

The Stanwich Stompers team suit is a custom speedo women's flyback and men's jammer. Anyone interested in purchasing a team suit should stop by the pool office where we will have sample suits for your swimmer to try on. Our order will be going out on **Wednesday, June 14th** in order to receive the suits in time for our dual meet season, so please be sure to get your order in before then. If you cannot make it to the pool to try on a suit before then, please send us an email at StanwichStompers@gmail.com with your child's size.



Sizing charts can be found on www.speedousa.com

Introducing our New Head Dive Coach, Bridget Zaleski



Hello Families! My name is Bridget Zaleski and I am so excited to be the new dive coach at The Stanwich Club. I have been coaching both gymnastics and diving for six years. I certainly have a passion for diving, especially during the summer! I also have a passion for working with children. I will be graduating from the University of Delaware this December with a degree in Elementary Education and Teaching English as a Second Language. I am looking forward to getting to know the members at The Stanwich Club! I'd love to have as many divers as possible this year! If you have any questions or comments about diving, please don't hesitate to reach out to me by email (bridgetz@udel.edu) or come and find me at the pool one day!

Sincerely,
Bridget

Swim and Dive Lessons

If you're a competitive swimmer or triathlete looking to refine your strokes, have a child who is new to swimming, or want to try diving for the first time, private swim and dive lessons are a great way to take that next step. Lessons can be set up at any time, both in advance, or right on the spot. To set up a lesson, just stop by the pool office to check availability.

Head Coaches & Managers	\$50/Half Hour
Swim & Dive Coaches	\$45/Half Hour
Lifeguards	\$40/Half Hour



