

Our Lady of Nazareth Tetras Swim Team 2025

Welcome to the **OLN Tetras Swim Team!** We are looking forward to an exciting season!

Pool Phone: 774-6794

Team Email: olntetras@gmail.com

Head Coach: Quinn Haley

Assistant Coaches: Mickie O'Herron, Sam Robertson, John Krell, Elizabeth Kent

****For safety reasons, in order to be on the swim team, swimmers must be able to jump into the deep end unassisted and swim the full length of the pool. Coaches will evaluate swimmers during the first 2 weeks of practice and determine if they are ready to participate on the team.****

Swim Team Committee

Awards	Ryan Michalski	815-4059	smugmarried@gmail.com
Coach Hiring Committee	Caterina Murdock-Thorum (Chair) Tim Carlin Elizabeth Kent Glenn Kent	467-0544 394-5716 513-969-2449 513-703-8161	cmthorum@cs.com tkgcarlin@gmail.com eubbing@gmail.com glennpaulkent@gmail.com
Coach/Parent Liaison	Tim Carlin	394-5716	tkgcarlin@gmail.com
Computer	Ryan Michalski	815-4059	smugmarried@gmail.com
Newsletter	Cristina Finch	342-0421	kevinandcristina@hotmail.com
Professional Photos /T-shirts/Swim Caps	Ryan Michalski	815-4059	smugmarried@gmail.com
Photographer	Lydia Anthony	904-219-6521	rcalmj@gmail.com
Pool Comm. Liaison	Caterina Murdock-Thorum	467-0544	cmthorum@cs.com
Marketing	Need a Volunteer		
Newcomers	Elizabeth Kent	513-969-2449	eubbing@gmail.com
Registration	Kavita Carvalho	915-2925	Kavita_mascarenhas@hotmail.com
RVAA Reps	Caterina Murdock-Thorum Ryan Michalski	467-0544 815-4059	cmthorum@cs.com smugmarried@gmail.com
Events Coordinator	Need a Volunteer		
Splash Parties	Sonia Pereira	819-1432	soniaannp@gmail.com
Swimsuits	Christina van der Linden	529-2988	bcvanderlinden@msn.com
Treasurer/Committee -Coach Liaison	Glenn Kent	513-703-8161	glennpaulkent@gmail.com
Fundraising Coordinator	Need a Volunteer		
Volunteers	Mary Henold	394-5718	henold@roanoke.edu

Practices

For Swimmers:

Generally, A group is for younger/less experienced swimmers; B group is for older/more experienced swimmers; adults are post-high school or 18+. **Beginning Saturday, May 24,** practice times will be:

<u>Saturday Morning:</u>	Adult & B group:	8:00-9:00 am
	A group:	8:45-9:45 am
<u>Sunday, Thursday Evening:</u>	Adult & A group:	7:15-8:15 pm
	B group:	7:45-9:00 pm
<u>Tuesday Buddy Practice,</u>	Ribbons/Recognitions:	7:15-7:30 pm
<u>Ribbons & Recognitions schedule:</u>	Buddy practice:	7:30-8:00 pm
	B group games:	8:00-9:00 pm
<u>Wednesday Evening Swim</u>	A group swim:	7:15-8:15 pm
<u>Tune-Ups/Strength Sessions:</u>	Adult & B group strength:	7:15-8:00 pm
	Adult & B group swim:	8:15-9:00 pm
<u>Wednesday, Friday Morning:</u>	All groups:	8:30-9:45 am

No practices on Mondays due to evening meets, Sunday, June 15 due to Father's Day or Saturday, June 14 due to Swim Team Photos. Last practice will be Wednesday, July 16.

Practices will begin with dryland in the grass while lane lines are being prepared. ALL swimmers, younger and older, are asked to attend joint Tuesday evening buddy practices at 7:15 pm starting June 3 until the end of the season. This includes people without a buddy. Having a buddy may include cheering for your buddy at meets, creating a poster to cheer your buddy on at meetings, giving small gifts or cards, and/or a small gift for City/County.

Please note: Coaches will determine which practice is best suited to a particular swimmer. Practice times **will not** be determined strictly by age. Everyone is asked to abide by the coaches' decisions. The coaches will keep swimmers who are capable in the water for 60-75 minutes even during A group practice.

Communications

If you are not already receiving OLN Tetras emails, please email olntetras@gmail.com with a request to be added to the team distribution list. Practice will not be held in the event of inclement weather. In addition to sending group emails to the team, coaches will use the Remind app to notify the team through text in case of a necessary reminder, last minute cancellation, etc. To sign-up for text message alerts, send a text to 81010 with the message @olntetras

Meets

There are six regular season swim meets generally held on Monday evenings. Swimmers are expected to be at the meets by 5:00 p.m. and ready to warm-up. Workers are expected to be at the meets by 5:15 pm. Meets start at 6:00 pm. If possible, please schedule vacation around swim meets. The team relies on all swimmers to fully participate.

Date	Location	Events
6/2	<u>Stonegate</u> 856 Stonegate Dr. Salem, VA 24153 <i>(also w/Hunting Hills)</i>	25 Back, 25 Free (7-8) 25 Back, 25 Free (6 & Under) 50 Back, 50 Free (9 & Up) 200M Free Relay (9-12)
6/9	<u>Elks Lodge</u> 1147 Persinger Rd., SW Roanoke, VA 24015 <i>(also w/Castle Rock)</i>	25 Fly, 50 Free (7-8) 25 Back, 25 Free (6 & Under) 50 Fly, 100 Free (9 & Up) 200M Free Relay (13 & Up)
6/16	<u>Roanoke Country Club</u> 3360 Country Club Dr. NW, Roanoke, VA 24017	25 Breast, 25 Fly (7-8) 25 Free, 25 Fly (6 & Under) 50 Breast, 100 IM (9 & Up) 100M Free Relay (8 & Under)
6/23	<u>Ashley Plantation</u> 919 Greenfield St. Troutville, VA 24083 <i>(also w/Olympic Park)</i>	25 Breast, 50 Free (7-8) 25 Back, 25 Fly (6 & Under) 50 Breast, 100 Free (9 & Up) 200M Medley Relay (13 & Up)
6/30	<u>Read Mountain</u> 59 Downing St. Cloverdale, VA 24019	25 Free, 25 Breast (7-8) 25 Free, 25 Breast (6 & Under) 50 Free, 100 IM (9 & Up) Open Events 200M Medley Relay (9-12)
7/7	<u>Forest Hills</u> 3360 Kenwick Trail Roanoke, VA 24018 <i>(also w/Hidden Valley)</i>	25 Back, 25 Fly (7-8) 25 Back, 25 Breast (6 & Under) 50 Back, 50 Fly (9 & Up) Open Events 100M Medley Relay (8 & Under)

City/County Meet

Friday and Saturday **July 18-19, 2025** at **Christiansburg Aquatic Center** located at 95 N Franklin St, Christiansburg, VA 24073. For families who have not yet enjoyed the City/County experience, this is an event your children will not want to miss. Please schedule your vacation around these dates if at all possible. City/County is a swim meet/2-day party/endurance test. In many ways, it is the season's culmination. Be there!

10 & Under in the AM / 11 & Older in the PM

Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays

Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays

Team themes for City/County: Friday - members submit suggestions, coaches pick their top three favorites, team votes on their favorite of the three; Saturday - Wear Tetra gear!!

Requirements and Fees

*****For safety reasons, in order to be on the swim team, swimmers must be able to jump into the deep end unassisted and swim the full length of the pool. Coaches will evaluate swimmers during the first 2 weeks of practice and determine if they are ready to participate on the team.*****

****All three of the following fees are required in order to participate on the swim team****

1) Swim Team Dues: \$72.00 per child (payable online via [OLN Tetra's Swim Team Dues - Our Lady of Nazareth Catholic Church](#) or by check to "OLN Swim Team"; this fee includes team and City/County registration, trophies, coaches' salaries and gifts) and is **due by Sunday, June 1**; families with more than 3 children swimming will be charged only \$25 for each additional swimmer. **Adult Swimmers:** \$57.00 (this covers team and City/County registration)

Please note: Swim Team dues will increase by \$5 per person if paid after Sunday, June 1. Swimmers may not practice with the team after June 1 until dues are paid.

2) RVAA Registration: RVAA registration is completely on-line and must be completed **by May 27 in order to be eligible for points and ribbons in the first meet**. The link is accessible at the website (<https://www.teamunify.com/reczzrvaa>). RVAA dues are \$30 per swimmer if paid **by May 27**, and \$35 per swimmer thereafter. Late registrations are available until **June 27**. Swimmers **cannot** participate in meets if these dues are not paid. Please note that registering with the RVAA does not register you with our team (2 separate registrations are required).

**Note swimmer's status will remain "Pending Approval" until May 28 if they register on or before May 27. Swimmer's registering after May 27 will have a "Pending Approval" status for up to a week.*

3) Pool Membership: The RVAA requires that all swimmers for a particular team be **registered members at that pool**. Pool membership forms have been mailed to last year's members. New members may obtain membership applications through the church offices, parish website (www.oln-parish.com), or at the pool starting Saturday, May 24.

Optional Fees

Team Suits: Our primary team suit is the same as last year; black with purple, black and white; for females, it has thick straps. Female suits are \$47.99 and male suits are \$35.99 plus tax. Suits must be ordered **by May 17** to be available for the first meet. Embroidery is possible for an additional \$11.50; due to the extra week to do the embroidery, in order to have them before the first meeting, please order **suits with embroidery by May 10**. Suits may be purchased at the

Swim Shop at 3214 Electric Road (540-774-2066). Contact Christina van der Linden (540-529-2988) if you have questions about the swimsuits. Team suits are NOT required to participate in swim meets.

Caps: OLN silicone swim caps are \$17. You may purchase these at swim practice or meets from Ryan Michalski. You may only wear swim caps with the OLN logo or caps that are without logos (plain) during meets.

Team Gear: Every member of the team will receive a t-shirt. Please indicate on the registration form which size is needed for each swimmer. Additional t-shirts will be available to purchase for \$20 each, and you will see space on the registration form to order. Please wear your Tetra shirts to every meet and proudly everywhere else this summer!

Parental Responsibilities

All swim team parents are encouraged to complete the VIRTUS training (a training for the identification and prevention of sexual abuse) when volunteering in activities which include children and youth of our parish. Information about these sessions is available at the OLN Church office. Contact Rita Harris at the church office (774-0066) for more information.

Parents are expected to -

- Volunteer and/or bring food to support the team’s fundraisers: the July 4 party, the three splash parties, the Blue Ridge Marathon, and the Fall bake sale.
- Work at least 3 of the 6 season meets - Please sign up for your first 3 shifts at <https://www.signupgenius.com/go/8050D45A5A82CA20-48832970-ourlady#/>
- Work at least 1 shift at the City/County meet - Sign-up to be emailed closer to the event.

The Swim Team Committee has established these expectations in an attempt to more evenly share the workload among all swimming families. If you have signed up to volunteer and can’t make it, please make your best effort to find a replacement and notify the Tetras Volunteer Coordinator, Mary Henold, of the change or of your absence. If you have unique circumstances that prevent your family from fulfilling the volunteer responsibilities, please see the volunteer coordinator at the start of the season.

Volunteer descriptions are on RVAA’s website (www.swimrvaa.com) under the Volunteer tab. The RVAA schedules several clinics prior to swim season to train workers. These dates and times are published on-line in the RVAA newsletter. Though not mandatory, please consider attending a clinic of your choice. **Our team is in particular need of parents trained to be judges.** Please sign up in the Judges category ONLY if you have completed one of the Stroke and Turn Officials Clinics and passed the online test. If you’d like to be a judge, please attend a ONE of these training sessions and register here: <https://forms.gle/Unr735RjENT9MRjt9>

STROKES & TURNS JUDGES	Sunday, May 18	2-4 PM	Hunting Hills Country Club at 5220 Hunting Hills Dr, Roanoke, VA 24018
	Wednesday, June 4	6-8 PM	

All families are asked to support the team by encouraging your swimmers to come to meets and practices on time. Further, please do not talk with the coaches during practice or attempt to "coach" your children during practice. This is distracting to the coaches and other swimmers. Please let the coaches run the practices and save your valuable input for after practice time.

It is the responsibility of each parent/guardian to review with their child the Tetras Behavior Expectations and Policy provided on the last page. Each person's behavior reflects on our team, our church, and our faith.

The coaches are responsible for swimmers ONLY during their practice time. If a parent is participating in swim practice, please ask another parent to watch your child. The coaches are NOT responsible for children between the end of practice and the opening of the pool. Coaches have the authority to use "time-out" or dismiss a child from practice if his/her behavior is disrupting other swimmers. The Swim Team Committee will support the coaches if this becomes necessary in order to run practice effectively. **Tim Carlin will serve as liaison between parents and coaches. Please discuss any coaching concerns with him.**

Fundraising

Blue Ridge Marathon: Springtime (April 12, 2025; 2026 date TBD); By having 25+ Tetras volunteer to support the operation of the BRM, the team receives \$1,000.

Swim Team Scholarship Fund (Optional): Sometimes children would like to join our team, but due to financial hardship, are unable to afford the fees. Donations may be made at any point but preferably at the time of registration. Thank you in advance for your donation!

Splash Parties: Saturdays, June 14, July 12 and August 16, from 7:00 to 9:00 p.m. \$5.00 per swimmer. This is an "after hours" pool party sponsored by the swim team and open not only to the pool membership, but also friends who may not be pool members. Swimmers under 12 years must be accompanied by an adult chaperone. Tetra families donate snacks to enjoy at the party. Lots of fun!

Independence Day Picnic: Friday, July 4; a fundraiser open to all pool members; details to follow; lots of volunteers are needed!

Bake Sale: Please plan to bring baked goods and volunteer to work a shift at the sale after the four OLN masses one weekend in November 2025 - exact dates and details to be shared post-season. For more information, contact Anne Lawson.

Team Sponsorships are available with advertising opportunities for businesses! Contact Glenn Kent for more information.

Important Dates: Mark these on your calendar now!

Team fundraisers are shown in bold.

Blue Ridge Marathon Support:	April 12, 2025
Pool Clean-Up Days:	Sat. May 10 and 17 - <i>Please come lend a hand!</i>
Family Kick-off Social/Parent Meeting:	Sun., May 18, 6:30-7:30pm, OLN Fellowship Hall
Deadline for Team Registration and Dues:	Sunday, June 1 (to avoid late fee)
Deadline for RVAA registration:	Tuesday, May 27 (to avoid late fee) Late registration until June 27
Splash Parties:	Saturdays June 14, July 12, and August 16
Polar Plunge w/Hot Chocolate:	Saturday, May 24
Cake Party:	Sunday, June 1 @ 8-8-15 pm
Mock Meet & Parent Meeting:	Saturday, May 31 during A group practice
Regular Meets:	Monday, June 2, 9, 16, 23, 30, July 7
Ribbon Nights/Buddy Practices:	Tuesday, June 3, 10, 17, 24, July 1, 8
Swim Team Photos:	Saturday, June 14 at 8:15 am (NO PRACTICES)
Team Breakfast:	Saturday, June 14 @ 8am
Pizza Party:	Tuesday, June 24 @ 8-8:15 pm
Independence Day Picnic:	Friday, July 4
Drag Week:	Tuesday, July 8 - Sunday, July 13
City/County Pep Rally, Parent Meeting, & Ice Cream Sundae Party:	Tuesday, July 15 @ 7pm
Car Decorating Party:	Thursday, July 17 @ 7pm
City/County Meet:	Friday-Saturday, July 18, 19
Awards Banquet/Potluck Dinner/Pool Party	Sun. July 20 @ 5:30 pm, OLN Fellowship Hall with a party at the pool to follow until 9pm.
Bake Sale:	Saturday/Sunday, November 2025
Advent Party:	Late December 2025, TBD

Swim Team Checklist

- ___ register RVAA <https://www.teamunify.com/reczzrvaa> by 5/27 to be "official" at meet #1, avoid late fee
- ___ register as an OLN Pool Member with the OLN Pool
- ___ register with OLN swim team and sign the **Tetras Contract on Behavior Expectations & Bullying Policy** by 6/1 via <https://forms.gle/68aaXk3uQ3ZQXtFE7>
- ___ pay OLN team dues: [OLN Tetra's Swim Team Dues - Our Lady of Nazareth Catholic Church](#)
- ___ sign-up for three (3) volunteer shifts at meets (sign-ups for City/County will be separate)
<https://www.signupgenius.com/go/8050D45A5A82CA20-48832970-ourlady#/>
- ___ July 4 volunteer and food sign-ups to be sent separately
- ___ look for Splash Party food donation sign-ups to be available before each party =)
- ___ purchase team swim suit (optional)
- ___ mark calendar with practice schedule, meets, and special event dates
- ___ have fun!!

To learn about the Roanoke Valley Aquatic Association including rules, scholarships/awards, see the RVAA newsletter: [Roanoke Valley Aquatic Association - Newsletter \(gomotionapp.com\)](#)

OLN Tetras Behavior Expectations and Policy

I. Practices

- a. Practices are specifically designed for swimmers to work on their performance
 - i. Practice – time in the pool during practice should be directed toward improving meet performance
 - ii. Team Practice – practice time should be at the direction of the coaches, and should involve work that is consistent with the efforts of the rest of the team
 1. The coaches will be dictating what is being worked on
 2. The swimmer will do the same activity that the rest of the swimmers are engaged in, to the best of his/her ability
- b. If a swimmer is not engaged in practicing, the process for improvement below will be enforced or he/she may be asked to leave the pool until regular pool hours
 - i. Warning
 - ii. Time Out – 5 Minutes
 - iii. Sit out the rest of practice
- c. Swimmers who are not actively participating in the current practice should not be interfering with swimmers currently practicing. Anyone found disrupting the practice will be subject to:
 - i. Warning
 - ii. Dismissal from pool area

**** No swimmer is to be left at a practice without an adult chaperon - that doesn't necessarily need to be the parent, but can be another team member adult, as long as that adult, the child and the coach are aware of that responsibility.***

II. Meets

- a. Meets are a privilege
- b. We are always guests at our opposition's home
- c. We each represent our team, our pool, our church, and our faith
- d. Behavior at meets must be better than even at practice
- e. Behavioral Disturbance with other swimmers will be subject to:
 - i. Warning
 - ii. Removed from meet
 - iii. Banned from the next meet
- f. Behavioral disturbance involving adults (Coaches ARE adults) are as follows:
 - i. One warning
 - ii. Banned from meet and following meet

* Every member of the Swim Team Committee is empowered to step in and support the coaches when a child's behavior becomes disruptive during practices or during a meet.

* During the meets it is the responsibility of every team adult to help monitor and support. Every adult is empowered to speak to a child on our team whose behavior is not appropriate and to involve that specific child's parent (or one of the team committee members) if the behavior persists.

*** It is the responsibility of each parent to discuss and enforce these rules with their child. Please do NOT assume your child remembers all the rules previously discussed.**

Tetras Contract on Behavior Expectations and Bullying Policy

This contract serves to prove a swimmer's knowledge about the definition of and consequences for bullying, and to inform the swimmer (and parents if applicable) of the swim team policy regarding aggressive and inappropriate behavior towards others.

By signing this contract, the swimmer(s) and parent(s)/guardian(s) under signature below, (hereafter referred to as "swimmer,") understands that:

- Bullying can be physical, verbal, or emotional.
- Bullying consists of, but is not limited to: name-calling, violence, theft, rumors, exclusion, threats, intimidation, put-downs and pranks.
- All swim team members (swimmers, coaches, parents and committee members) should all be treated with courtesy and equality regardless of age, gender, race, religion, orientation, size, disability, intelligence, athletic ability or popularity.

Swimmer pledges to uphold the following rules:

- To abide by the swim team's policy concerning behavior, bullying and harassment.
- To report a violation of this policy to a coach or trusted adult.
- To stand up for victims of bullying.
- To encourage others to treat all with respect and courtesy.
- To help make the pool and swim team a place where everyone feels safe, welcome, and respected.

Swimmer understands that any incidents of bullying will result in penalty to be determined by the Swim Team Committee including possible removal from the team.

A signature for this policy is required as part of the online registration form.