

Boys & Girls Club of Ridgefield

Summer Swim Team



BOYS & GIRLS CLUB
OF RIDGEFIELD

Swim Team Packet

Coaching Staff 2023

Aquatics Director: Dan Liddi
Email: dliddi@bgcridgefield.org
Phone: 203-438-8821 ext. 12

Swim Coaches:
Owen Foley
Briony Sekelsky
Ethan Walls

If you have any comments, questions and/or concerns, please email, call, or speak to the aquatics staff. Our aquatics staff are always available to talk before and after practice. We encourage parents to be involved in the development of their swimmers. Please feel free to ask any and all questions. We all look forward to a great summer of fun!

Boys & Girls Club Professional Staff

If at any point you have a comment or suggestion for the Boys & Girls Club staff, please feel free to contact the Boys & Girls Club Program & Community Outreach Manager/Aquatics Director Dan Liddi.

Dan Liddi
Email: dliddi@bgcridgefield.org
Club Phone: 203-438-8821, ext. 12
Camp Cell Phone: 203-501-6051

If you need to contact your child during a swim meet, please contact our camp cell phone at 203-501-6051. If we are unable to answer at the time, please leave a message and we will have your child return the call as soon as possible.

Practice Schedule 2023

Practice will begin on Monday June 26th. Please have your child at the pool 5 -10 minutes prior to the start of practice so that they can change and be ready to get in the pool when their practice time begins. This will help ensure that the kids maximize their time in the pool.

Please make sure your child signs in and out with our coaching staff (under the blue tent) at the gate upon arriving for swim practice and swim meets.

Age Group Practices

10 and Under Age Group- Practice Time: 8:00am-8:45am

11 and Older Age Group- Practice Time: 8:45am-9:30am

*If there is a conflict with the practice time and your swimmer needs to swim at a different time, please notify Dan so arrangements can be made.

Swim Meet Schedule

Swimmers will be swimming in a combination of four individual events and relays per meet. 10 and under swimmers compete in 25 yard (one length of the pool) races, while 11 and over swimmers compete in 50 yard (two lengths) races of the pool.

Meets will last roughly 3 hours, with all meets being held at the same time as practice. In order to have a smooth-running meet, we need plenty of parent volunteers. Volunteer jobs include lane timers and ribbon writers. If you are available to volunteer at one of the meets, please indicate this on the meet schedule you are returning to the coaches. We thank you in advance for volunteering to help!

Swim Team Gear

Items Needed for Swim Team: Swim Suit, Goggles (there are many quality brands, but Speedo and TYR are especially well known), Towel

Suggested Items for Swim Team: Swim Cap (Specifically for girls with longer hair, coaches are always happy to help put them on), Team Swim Suit

****Please label everything with your child's name; our lost and found table grows very quickly in the summer!**

Thank you in advance for all your help and cooperation in making this season a great one!!

MEET SCHEDULE- YOUR COPY

Date	Opponent	Warm Ups	Location
Wednesday 6/28	TYR Suit Sale	8:00AM	BGCR
Friday 7/7	Westmoreland	8:00AM	BGCR
Thursday 7/13	PVRA	8:00AM	BGCR
Thursday 7/20	West Mountain	8:00AM	BGCR
Tuesday 7/25	Mimosa	8:00AM	BGCR
Thursday 7/27	Statelines Invitational Meet	TBA	TBA
Thursday 8/3	Blue & White Meet	8:00AM	BGCR

SCRATCH SHEET - RETURN TO COACHES BY FRI. JUNE 30th

SWIMMER'S NAME(S)

Date	Opponent	Warm Ups	Location
Wednesday 6/28	TYR Suit Sale	8:00AM	BGCR
Friday 7/7	Westmoreland	8:00AM	BGCR
Thursday 7/13	PVRA	8:00AM	BGCR
Thursday 7/20	West Mountain	8:00AM	BGCR
Tuesday 7/25	Mimosa	8:00AM	BGCR
Thursday 7/27	Statelines Invitational Meet	TBA	TBA
Thursday 8/3	Blue & White Meet	8:00AM	BGCR

WAIVER/RELEASE OF LIABILITY

**PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE
OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

**I _____, the enrolled participant and/or the
parent/guardian of the participant agree and understand that swimming is a
HAZARDOUS activity. I recognize that there are risks inherent in the sport
of swimming, including but not limited to, paralyzing injuries and death.**

**The participant hereby agrees to participate in the State Line League
Invitational Meet and hereby agrees to indemnify and hold harmless State
Line League, its coaches, officers, directors, agents and employees against any
liability resulting from any injury that may occur to the participant while
participating in the State Line League Invitational Meet. The participant also
agrees to indemnify State Line League for any damages incurred arising from
any claims, demand, action or cause of action by the participant.**

**The participant authorizes any representative of State Line League to have
the participant treated in any medical emergency during their participation in
State Line League Invitational Meet. Further, the participant and/or
parent/guardian agree to pay all costs associated with medical care and
transportation for the participant.**

**I have noted on the back of this form any medical/health problems of which
the staff should be aware.**

**I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND
SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND
SIGNIFICANCE.**

**Signed: _____ Date: _____
(Participant or Parent/Guardian)**

**Signed: _____ Date: _____
(Participant or Parent/Guardian)**