

Pagosa Porpoises

Swimmer and Parent Information



Head Coach	Matt Nobles	Mnobles.co@gmail.com	970-903-7746
Assistant Coach	Lauren Kraft		970-731-2051
Assistant Coach	Ryan Graham	ryan@plpoa.com	970-731-2051

<https://www.plpoa.com/pool-and-aquatics/porpoises-swim-team/>

Team Mission

Our mission is to create a positive and fun environment where every swimmer can develop a competitive passion for swimming. Through dedication, hard work, and teamwork, we strive to build not only strong athletes, but also confident individuals. We are committed to teaching valuable life skills such as discipline, perseverance, and sportsmanship, while encouraging personal growth and celebrating the achievements of every team member.

Team Rules

1. **Have Fun**

- Swimmers and Parents
- This is an opportunity to build life experiences and lifetime friendships

2. **Be Committed and Focused**

- This is a competitive team.
- Pool Time, Hard Work, Discipline, and Swim Meet Preparation – Keys to a successful swimmer and a successful program.

3. **Achieve a High Level of Sportsmanship**

- We are a team.
- Be respectful for each swimmer, parents, other teams, facilities, and coaches
- Encourage all ages and have team spirit at practice and swim meets
- Follow safety rules

Discipline Policy

This team will be a safe and positive environment for all swimmers and parents. Team members and parents will be held to a 3-Strike discipline policy. A swimmer or parent will be given a strike for the following, but not limited to, disrespecting coaches, teammates or officials; unsafe behavior in the pool or dangerous horseplay; inappropriate language or bullying; and disrupting the flow of practice.

- **1st Strike** – A verbal warning is given to the swimmer or parent, and it is documented. Parents will be notified.
- **2nd Strike** – Swimmer (or parent) may be asked to sit out of practice for a set period or help with team items that are not involved being in the pool. An action plan will be presented, and a meeting will be required with the coaches and parents.
- **3rd Strike** – The swimmer (or parent) may be removed from the practice or future meet(s). This can lead to a long-term suspension or expulsion from the team for the remainder of the season, pending the severity of the strike.

Practices and Expectations:

February: Mondays and Wednesdays

March: Mondays, Wednesdays, Fridays

April – End of Season: Mondays-Thursdays

Practice Times:

- Advanced Swimmers: 4:00 – 5:15
- Beginner Swimmers (10&under): 5:15 – 6:00

Swimmers to be ready 5 minutes prior to practice time with adequate gear (water bottles, training suits, goggles, optional - personal short fins and kickboards). Select days may include some dry land training – any required gear will be notified. Team Captains will be appointed, and hold select responsibilities for practice and meet preparation.

Rules: No early entry into any pools (hot tub included), Follow instructions and complete the workout that has been drafted, help clean up after practice and leave the PLPOA rec center in good standing.

Meet Schedule and Expectations:

Team Meets:

April 11: Mock Meet, PLPOA Pool, 10:00 am to 12:00pm - Team BBQ afterwards

April 17-19: Durango, CO (Durango Rec Center)

May 9-10: Farmington? Waiting to confirm dates

May 29-31: Cortez, CO (Outdoor LCM Town Facility)

June 5-7: Gunnison, CO (Gunnison Rec Center)

June 27-28: Montrose (Montrose Rec Center)

Goal Meets:

July 24-26: Colorado Summer Club Championships (South Jeffco Swim League Host)

July 16: Senior State Championship (LCM)

July 24: Junior State Championship (LCM)

Swim meets are an experience as a team. We ask that all swimmers and parents remain in the designated team area at meets and cheer for all of our swimmers in the water. Communicate with coaches if you need to leave or cannot attend a meet.

Team Preferred Communication:

- We will be using the **Band App** for team communication. Please download this app to stay up to date on all team information.
- <https://www.band.us/home>

Cost and Fees:

Swimmer Registration and Gear –

- Official swimmer registration is through Jotform.
- <https://form.jotform.com/PLPOA/plpoa-porpoises-registration>
- Through this form you will also purchase a required team gear package. The package includes a team suit for meets, a gear bag, a team shirt, and shorts. Swim caps may also be purchased but are optional.



Monthly Dues -

- PLPOA Members: \$100/month (no refunds/partial months - except for Feb)
- Non-PLPOA Members: \$115/month (no refunds/partial months – except for Feb)
- Monthly dues can be paid online or through the Rec Center front desk.
 - <https://www.plpoa.com/pool-and-aquatics/porpoises-swim-team/>
- Monthly dues cover coaching, pool time, and meet entry expenses (If you sign up for events and do not compete in those events, you will be charged the meet entry expenses).



USA Swimming -

- USA Swimming Registration: (\$48 – Individual Season Athlete)
 - This is required. Please register prior to the first practice.
- <https://www.usaswimming.org/home/membership/athlete-membership>



Additional Merchandise –

- Sweatshirts, additional T-shirts, tank tops, etc. may be purchased through Swim Outlet in the team store.
- <https://www.swimoutlet.com/pages/teams>



Fundraising Events:

- **Yard Sale**
 - March 7th at the PLPOA Clubhouse. 9:00 am to 1:00 pm.
 - Details to come. **Start collecting items now!**
- **Swim – A – Thon**
 - April 3rd – 4:00 pm to 6:00 pm – During practice

Signature of Understanding

I understand that both my child and I are expected to conduct ourselves in a professional and courteous manner at all times. By signing below, I acknowledge that I have read, understand, and agree to abide by the disciplinary policy. I also acknowledge and understand the fee schedule and all applicable meet fees.

Print Name: _____

Date: _____

Signature: _____