

Greenbrier Country Club Seahawks - 2025

COACHES:

Coach Jay - 28th season with GCC Seahawks, Old Dominion Aquatic Club Assistant Coach, Princess Anne High School Head Swim Coach and Math Teacher.

Coach Robin - 9th season with GCC Seahawks, Old Dominion Aquatic Club Assistant Coach, Former Early Childhood Special Education Teacher at Greenbrier Primary School.

Coach Summer – 1st season with GCC Seahawks. Pembroke Meadows Swim Team Assistant Coach, Old Dominion Swim Instructor. Dental hygienist at Chesapeake Center for Complete Dentistry.

CONNECT:

Team Website: www.greenbrierseahawks.org

SportsEngine Motion App

Remind Alerts: Text @gccseahawk to 81010

Facebook: Greenbrier Country Club Seahawks Swim Team

REGISTRATION:

Registration: Online via www.greenbrierseahawks.org

Pay electronically via Zeffy (link on team website)

Checks made out to Greenbrier Country Club Swim Team Parent Association (mail to 1204 Rellen Ct, Chesapeake, VA 23320)

PRACTICE:

May 27 - June 13

Mon, Tues, Wed, Thurs, Fri Afternoon Practices Only

*Make sure you are on remind/Facebook/checking for email updates as things may change due to weather/club functions/etc.

3:45pm – 4:15pm Guppies

4:15pm – 5pm 10 and under

5pm – 5:55pm 11 and up

June 16 - July 25

AM PRACTICES

8am - 9am (M - F) 11 and up

9am - 9:45am (M - F) 10 and under

PM PRACTICES

3:45pm – 4:15pm (M, W, F) Guppies

4:15 – 5:00pm (M, W, F) 10 and under

5pm – 6pm (M, W, F) 11 and up

*Your swimmer(s) can attend any or all practices available to their group! (Yes, twice a day if you'd like!)

Kickboards and fins are provided by team to use during practice. If you bring your own, **MAKE SURE YOU LABEL THEM!

***Practices after 7/25 will be offered to those swimming in the All Star Meet

MEETS:

Parents MUST sign up their swimmers in SportsEngine! Please sign up your swimmers early, at least 10 days in advance!

Start Time (AM meets): Warmups: 7:15am/Start Time: 8:00am

Order of Events: Youngest to oldest, alternate boys/girls

What to Bring: Goggles (extra), swim caps (optional), towels, SUNSCREEN, water, snacks, Big Seahawk/Little Seahawk goodie bag (if participating!), tent, chairs *Check Coach Jay's List on SportsEngine! **Help setup** and get first dibs on prime seating!

Team Suit: Available for purchase / Contact Katy Lorince (Apparel Coordinator)

757-751-2840, or Samantha Barham (Agnon Representative) 757-615-0953

- *Team suits are NOT mandatory, but GREEN OR BLACK for meets if you are not planning to purchase*

Swim Caps: Team caps will be available to purchase. More info to come.

Duration: Meets usually last ~4 hrs. You don't have to stay for the entirety, but if we win (a HOME MEET), swimmers are allowed to push coaches in the POOL!

VOLUNTEERISM:

There are volunteer positions to fill at both HOME and AWAY meets! WE NEED OUR FAMILIES!

<u>Home Meets</u>	<u>Away Meets</u>
Referee: 1 (Patrick Nolan)	Timers: 9 *3 per lane/6 lanes
Starter: 1 (Roger Lorince)	Stroke & Turn: 3
Head Timer: 1	Team Scorer: 1
Announcer: 1	Zoo Keeper/Lane Leader: 3
Timing System Operator: 2	Volunteer Check In: 1
Timers: 9 *3 timers per lane/6 lanes (split with other team)	Awards/Ribbons
Stroke & Turn: 3 *MUST be Stroke and Turn certified (see clinics below)	
Team Scorer: 1	
Zoo Keeper/Lane Leader: 3 *lining swimmers up for events (Lori Dinsmore, Jessica Sallee, Katy Lorince)	
Timing System Operator: 1	
Runner: 1	
Setup/Take Down: 5 before/5 after	
Heat Winner Prize Distributor: 1	
Volunteer Check In: 1	
Awards/Ribbons: 1-2 done during practice following the meet	

SOCIAL

*More information will be provided throughout the season!

Ice Cream Social/Picture Day

Pancake Breakfast

Midnight Practice

(TBD) Pep Rally

Fridays Funday

Mondays

Big Seahawk/Little Seahawk (voluntary, Google Form to be emailed and completed by 6/15)

Seahawks @ the Movies (various)

SPONSORSHIPS:

We are so grateful to have your business sponsor our Seahawk Swimmers! This year we have completely overhauled the sponsorship offerings and now have various levels of support so businesses can choose the options that fit them best.

Sponsor Registration at www.greenbrierseahawks.org