

Welcome



Thursday – October 26th, 2023

Prayer



CYO Eligibility



CYO of Long Island is a parish-based organization serving the youth of Nassau and Suffolk counties

To be eligible to participate in a parish program, the following requirements must be met:

- **Live within your parish boundary.**
If a participant does not live within your parish boundary, he/she is eligible to play at your parish if the following applies:
 - (a) Parents are registered parishioners (for at least 2 years).
 - (b) Participant attends parish school (does not include Regional Catholic schools)
 - (c) Participant attends Faith Formation classes in your parish (for at least 2 years).
 - (d) Participant lives in an adjoining parish* that does not have a program.
 - (e) Participant has previously been granted a waiver and participated in your program.

- **Proper age/grade level. A participant may play up one grade level**

Overview



Swim ability requirements

- Must be able to swim 1 lap of freestyle without stopping
 - New swimmers will be tested at the first practice
- Tread Water

Drop-Out Policy

- Have until November 21st for refund (Pro-rated refund)

Season

- Starts November 11th and ends April 11th
- Champs April 11th
- Sharks end of year awards dinner April 13th at 6:00pm

Practice Schedule *(subject to change)*

Practice Schedule

Starts Saturday November 11th at Hofstra

- **Hofstra University**
 - Starts Saturday November 11th
- **Aquatic Center**
 - Starts Tuesday November 14th
 - Starts Thursday November 16th *(every other Thursday)*



Hofstra University



Nassau Aquatic Center

Please note there are a few dates with adjusted starts times so please check the full practice schedule on StWilliamSharks.com

Location	Days	Times
Aquatic Center	Tuesday	6:00-9:00 <i>TBD check website</i>
Aquatic Center	Thursday <i>(every other)</i>	7:45-9:00 <i>(available to all)</i>
Hofstra	Saturday	12:00-1:00 <i>(10 & under)</i> / 1:00-2:00 <i>(11 & up)</i>

General Rules



Division Classification - all participants are classified with maximum age limitations.

- The divisions are 8 and under, 10 and under, 12 and under, 14 and under, 18 and under (high school student only).
- If a participant exceeds the maximum age as of December 31st of the program year, they must participate in the next higher division.
- An individual may move up in a division (one age group) then back to his/her classification during a meet.

Additional Event – 8 and under Butterfly

Eligibility –

- Interscholastic and Club swimmers are eligible to swim with the CYO program
- Varsity Swimmers (public and private) may participate in program.

CYO No Tolerance Policy



CYO promotes good sportsmanship by our athletes, coaches, officials and spectators. We request your cooperation by supporting the participants and officials in a positive manner

Profanity, racial or sexist comments or other intimidating actions directed at officials, athletes, coaches or team representatives will not be tolerated and are grounds for removal from this venue.

YOU represent YOUR Parishes and Communities and should do so with dignity, honor and pride during all games, either at home or away. We thank you for your cooperation and look forward to a positive and rewarding experience for all.

Meet Schedule

- 8 Meets (4 home / 4 away)
 - Starts January 2024
 - Schedule will be posted in early December
- 1 Championship (April 11st)
 - Swimming in championship is not guaranteed as we only get 2 lanes in championship.
 - Must have participated in at least 4 meets.
 - Selection to Championships are assigned by the coaches following a specific method based primarily on times and swimmer volume within the age groups, but are ultimately left up to the coach's discretion.
- Meet schedule being finalized
- Meet schedule will be available on:
 - **Website:** www.stwilliamsharks.com

Meets (continued)



Meets Overview

- Must show up 15 minutes before warm-up
- If unable to attend, must advise as soon as possible, no later than the night before.
 - Email stwilliamsharks@stwilliamsharks.com cannot attend meet
 - Lane assignments take time to prepare and a no-show will cause a relay to be canceled.

Participation

- A swimmer may participate in three (3) events maximum per meet, no more than two (2) of which may be individual events.
- We try our best to maximize the experience for every swimmer and their family, but there may be some cases where swimmers may only receive 1 race due to many factors (lane limitations, swimmer volume, etc.)
- Races are assigned by the coaches following a specific method based primarily on times, but are ultimately left up to the coach's discretion.
- Modifications to a swimmer's assigned races are up to the discretion of the coaching staff and may be subject to occur as late as race time.
- Exhibition Races – additional races may be added to the meet. Exhibition races will take place prior to an official race for that same stroke and age group, and will not count toward the actual scoring of the meet – nor will ribbons be distributed for placing in Exhibition Races.

Meets (continued)



Uniforms

- All Team Participants MUST wear the Team Swimsuit (Solid red swimsuit is acceptable – no logo) to ALL CYO Meets (Dual Meets & Championships)
- IF a Bathing Cap is worn, it should also be the parish issued Team Bathing Cap.
- All Coaches / Timers / Scorers...MUST wear a shirt identifying their parish at all CYO Meets while on the pool deck.
- NO JEWELRY/WATCHES/HAIR BANDS IS ALLOWED TO BE WORN BY SWIMMERS

EVERY SWIMMER WILL RECEIVE A ST WILLIAM SHARKS CAP WITH THEIR NAME ON IT, GOGGLES AND A SHARKS TOWEL

Parent Assistance at Swim Meets

- (1) Swimmingly Starter
- (1) Swimmingly Data Manager
- (3-5) Timers (*varies based on # of lanes*)
- (1) Scorekeeper
- (1) Ribbon Coordinator
- (2) Runners (*home meet*) / (1) Runner (*away meet*)
- (20) Deck Volunteers
- No other parents are permitted on the deck expect the scheduled volunteers

Meets (continued)



Scoring

Points will be awarded as follows for Dual Meets:

Individual Events

First Place 5 points

Second Place 3 points

Third Place 1 points

Relay Events

First Place 6 points

Second Place 3 points

Third Place 1 points

In the event of a tie, points for all places involved shall be divided equally among the tying contestants.

No One Team can sweep all the points for any CYO Dual Meet Event as long as both teams have representation in that event.

Championship Meet Scoring differs from the above scenario.

Team Information



Website - StWilliamSharks.com

Info such as schedules, best times, events and link to the new wave store can be found on our website. Please check it regularly for any changes or important information updates

The screenshot shows the website's navigation menu with the following items: Team, Practice Schedule, Meet Schedule, Team Swim Records, 2023 Best Times, Helping Our Community, Sharks CYO Events, Apparel, and FAQs. Below the menu is a red banner with the text "Registration Now Open" repeated. The main content area features the following text:

JOIN THE SHARKS!
2023-2024 ST. WILLIAM SHARKS SWIM REGISTRATION
Registration closes on October 31st.
Age groups may fill up so don't wait to register.

A red button labeled "CLICK TO REGISTER" is positioned below the text. At the bottom, a message states: "TEAM STORE IS NOW OPEN FOR SHARKS APPAREL AND TEAM SWIM SUIT. Check out the new Sharks swim bag! Click *Apparel* in menu bar for link - Store will close 11/14/23"

Swimmingly has two Platforms - Clubhouse and the Swimmingly App (mobile devices)

Swimmingly Clubhouse - <https://clubhouse.swimmingly.app/app/landingPage>

- Register your swimmer
- View swimmer times
- Progress

Swimmingly App (mobile devices) –



- View meet schedule and meet line up
- Meet lineups will be available the morning of the meet.
- Please note races may change due to scratches at meet time these will be accurate once a race is completed, and swimmer's numbers are corrected at the lane line.
- Once coaches review the meet times (usually within a day) they will be published to the clubhouse.

NEW SWIMMER REGISTRATION

Use QR code or St William Sharks Club Registration Code below to register



<https://clubhouse.swimmingly.app/clubs/register/bac9f0de-73b6-11ec-8600-c2b3e1fb23ce> (Direct URL for St William Sharks Club Registration Code)

New Parents without an active Swimmingly® account

Go [HERE](#) for step-by-step instructions to register & sign-up your swimmer(s) using the Club Registration Code.

<https://support.swimmingly.app/new-parent-register> (Direct link)

RETURNING SWIMMER REGISTRATION

Use the St William Sharks Club Registration Code below to register

<https://clubhouse.swimmingly.app/clubs/register/bac9f0de-73b6-11ec-8600-c2b3e1fb23ce> (Direct URL for St William Sharks Club Registration Code)

Once logged in Select SWS 2023/24 year-round season – CYO Nassau Suffolk & register for the new season.

Returning Parents with an active Swimmingly® account

Go [HERE](#) for step-by-step instructions to register & sign-up your swimmer(s) using the Club Registration Code.

<https://support.swimmingly.app/returning-parent-register> (Direct link)

All swimmers will receive a number which is how we identify them in the app and at the meets.

- Returning swimmers will have the same number as last season.
- New swimmers will receive a number at the first meet.

SOME THINGS TO NOTE:

- You will only see St William Swimmers in the App, the opposing team lanes will be empty since they do not run on this platform. Please do not base placement/ribbons on swimmingly because it only places our team and doesn't account for opposing teams placement.
- If your child places in a race they can check the Ribbon box at the coaches table at practice to get their ribbons.
- The Official has final say on race placement.
- Exhibition races do not get ribbons. You will note an exhibition race if there are two heats in an event. The first race is an exhibition race. Generally, these take place for our 8 and under and 10 and under races.



We need Volunteers for timing

- **Timers will be asked to download the swimmingly timing app on their phone**
- **Volunteer will use their phone at the meets to time.**
Lanyards and waterproof covers will be provided
- **Volunteers need to be available for all/most meets**

DEADLINE

**All Swimmers must be registered in Swimmingly by Nov 3rd,
if you are not registered you will not be in the meet lineup.**

There is no cost to parent for swimmingly registration, the club pays all fees

Ordering Swimsuits



New Wave Sports Outfitter



- **Shark Merchandise**
 - Swimsuits **(MUST BE ORDERED BY NOV 1st NO EXCEPTIONS)**
 - T-Shirts
 - Sweatshirts/Sweatpants
 - Etc..
- **Ordering**
 - In-Person today
 - At Store Location: 107 Front Street, Massapequa Park, NY 11762
 - Order Online: <https://shopnewwavesports.com/stwilliams>
 - Questions
 - 516-541-7946
 - newwavesportsoutfitter@gmail.com

Social Ministry / Team Activities



We align our community-based efforts to the needs of the Social Ministry office.

Social Coordinator

- Wendy Deluca

Upcoming

Thanksgiving Placemats (can be downloaded from the website).

Please return by Nov 16th so we can get them laminated and to social ministry so they can be delivered to the home bound parishioners.

More to come

Please check website for future activities

- Christmas Stockings
- CYO Masses
- Easter Food Drive