

A background image of a swimming pool with blue water and red and white lane lines. The text is overlaid on the center of the image.

# Welcome *to the* Stillwater Starz

2025 Season





GOAL:



40 min.



# WHEN DOES THE FUN START?

## Pre-Season Practices:

May 27 (T)	6U Only	6:30-7:30 PM
May 28 (W)	7/8 Only	6:30-7:30 PM
May 29 (Th)	9/10 Only	6:30-7:30 PM
May 30 (F)	11/12+ Only	6:30-7:30 PM
June 2 & 3 (M&T)	6U, 7/8	6:15-7:00 PM
	9/10+	7:00-8:00 PM

Wear suit, and bring cap,  
goggles, and towel





# PRE-SEASON PRACTICES

- Purpose: coach evaluation (come to one, some, or all for which your swimmer is eligible)
- Practice groups based primarily on age, but experience and swim fitness may be considered
- Groups remain fluid throughout the season
- Your/your swimmers' personal goals are important to us
- You'll have the opportunity to set short and long-term goals
- Reach out to Head Coach Mary anytime via email ([headcoachmary@gmail.com](mailto:headcoachmary@gmail.com)) or speak with her after practice
- Goal: Keep lines of communication open



## REGULAR SEASON BEGINS:

Regular season begins, for ALL swimmers, on Wednesday, June 4.

### MORNING GROUPS (M-F)

7:30-8:20 11+

8:20-9:10 9/10

9:10-9:50 7/8

9:50-10:20 6U (and swimmers needing assistance)

### EVENING GROUPS (M & W)

6:15-7:00 6U, 7/8

7:00-8:00 9/10, 11/12, 13/14+

### OVER THE COURSE OF THE SEASON, OUR TEAM WILL:

- host an intrasquad time trial and four home dual meets.
- travel to four away dual meets and two invitationals.
- send swimmers to two exciting post-season championship meets.

We encourage ALL swimmers—no matter how new to the sport—to participate in meets. Heats are seeded with swimmers of similar skill and pace. It's a great way to measure growth!

# MEET THE COACHES:

- Mary Anne Szweda, Head Coach
- Hannah Paik, Asst. Head Coach
- Gabriel Wu, Asst. Head Coach
- Megan Furuichi, Junior Coach\*
- Maddie Harp, Junior Coach
- Kegan Johnston, Junior Coach
- Shyam Sahani, Junior Coach
- Sachin Sivakumar, Junior Coach
- Simran Singh, Junior Coach
- Rachel Yim, Junior Coach
- Ted Yuan, Junior Coach
- Ethan Hu, Junior Coach (V)
- Kaushal Pratury, Junior Coach (V)
- Philip Song, Junior Coach (V)



A photograph of a swimming pool with several lanes. Swimmers are visible in the background, creating splashes. The water is a vibrant blue. Lane lines with colorful floats (blue, green, orange, and red) are visible across the pool. The text "A Word from Head Coach Mary..." is overlaid in white, sans-serif font in the center of the image.

A Word from Head Coach Mary...



# LET'S SPLIT!

Swimmers are joining our coaches outside for icebreakers and games.

Parents, you'll be sticking with us for a season run-down and Q&A!





# WORK OBLIGATION and SIGN-UP, PROXIES

- How many meets will I have to work? What if my child doesn't compete?
- Families must work four (4) regular season jobs
  - Each family may work up to 2 jobs at the same meet (1 person per job). Young children/inexperienced swimmers? Wouldn't recommend it.
  - Championship Meets (Classic OR City): every swimmer's family works a job
  - Invitationals (2): *age restricted*
- What are proxy workers?
  - How do I hire one?
  - Does the team keep a list?
- When is job signup?
  - Opens tonight at 8:00 p.m.
  - First come, first served.



# WORK OBLIGATION and SIGN-UP, PROXIES

- Job sign-up CLOSES **Sunday, June 1** (preferred jobs, dates, and times are taken *quickly*). **There's no benefit to waiting.**
- On June 2, the volunteer coordinator will assign remaining jobs at random until all jobs are filled and all parent worker obligations satisfied.
- If you don't select your jobs before the deadline, you'll be charged a late sign-up fee of \$25 for each job the volunteer coordinator must assign to you.
- This is time-consuming *and* it eliminates any choice you might have had in the jobs and meets that you will work. We'd MUCH prefer that you pick your own!





## WORK OBLIGATION and SIGN-UP, PROXIES

Find more job descriptions at [stillwaterstarz.org](http://stillwaterstarz.org) under the *Resources* tab and in our Family Handbook!

**Announcer\*:** Welcomes both teams, introduces coaches and the national anthem, introduces each race, announces score updates throughout the meet, and makes other announcements as necessary.

**Head Timer\*:** Distributes and collects stopwatches used by all timers. At home meets, the Head Timer conducts the Timers Meeting, assigns timers to lanes, ensures that all receive breaks as necessary, and supervises all timers. Previous timing experience required.

**Timer:** A timer stands behind his or her assigned lane and records swimmers' times in that lane throughout the meet. There are three timers per lane at every dual meet. A timer uses a stopwatch to record times, checks that swimmers are in the correct events and lanes, and provides a record of times to the runners for computer scoring. Timers must attend a poolside meeting 15 minutes before the start of the meet.

**Computers\*:** This position requires quick and accurate entry of meet results, printing of heat sheets, processing of officials' disqualifications, and more. Pre-season training to familiarize yourself with the software and procedure will be required.

**Meet Runner:** Collects timer sheets and DQ cards after each event. Promptly delivers cards to the computer/scoring table. Runners must attend a poolside meeting 15 minutes before the start of the meet.

**Official\*:** Monitors swimmers' strokes, determines false starts, and determines proper turns & touches. Officials must attend a training clinic prior to the swim season, and officials may only trade shifts with other NSC/USA Swimming trained officials. Email [ekjones1@gmail.com](mailto:ekjones1@gmail.com) if interested in becoming an official.

**Concessions & Hospitality:** Take, prepare, and/or serve food and drink orders. These workers will also assist in setting up/shutting down the concessions area before and after the meet. These workers also provide water to timers, runners, computer workers, coaching staff, announcer, and officials during the meet.

**Griller\*:** Responsible for safely operating a gas grill and cooking burgers, hot dogs, and other grilled items to fill concessions orders. Grilled food will include beef and pork products.

# WORK OBLIGATION and SIGN-UP, PROXIES

- Fun Fridays: nine treat pick-ups/deliveries = one regular season job
- Try-a-Tri Practice Triathlon Assistance = one regular season job
- Championship Week Party Assistance = one regular season job
- End-of-Season Celebration Assistance = one regular reason job



# PARENT WORKER SCENARIO #1

Susie's two daughters will swim at Time Trials,  
all 8 dual meets, and the Ashbury Invite.

One child swims at Classic and the other at City.

Susie will complete 6 jobs across these 12 meets.

## PARENT WORKER SCENARIO #2

John's son is only swimming at Time Trials and 2 dual meets.

John will sign up for 4 jobs.


(Note that the dual meet requirement doesn't change even though John's son intends to swim just three meets. We'd love to see John's son swim more!)



# HOW AND WHERE TO SIGN UP FOR JOBS: *WEBSITE*

Jun  
07  
2024

**Fun Fridays (multiple sessions)**  
07 June 2024 Event Category: **SOCIAL**




Welcome to Fun Fridays!  
On Friday morning practices, we like to add a little extra FUN. During morning practices, coaches often find a little time for games, and swimmers enjoy a sweet treat (donuts, popsicl

Email Event

Job Signup

Jun  
08  
2024

**Time Trials @ Stillwater**  
08 June 2024 Event Category: **SWIM MEET**



All swimmers are encouraged to participate in this intrasquad meet (our team only). Time Trials are an excellent opportunity for new families to gain familiarity with meet operation and procedures and for returnin


Email Event

Edit Commitment

Edit Job Signup

Jun  
11  
2024

**Stillwater @ Naperville Tennis Club (Away)**  
11 June 2024 Event Category: **SWIM MEET, Dual Meet**



Hosted by the Naperville Tennis Club Orcas.  
Swimmers should arrive between 4:30-4:45PM.  
P

Email Event

Edit Commitment

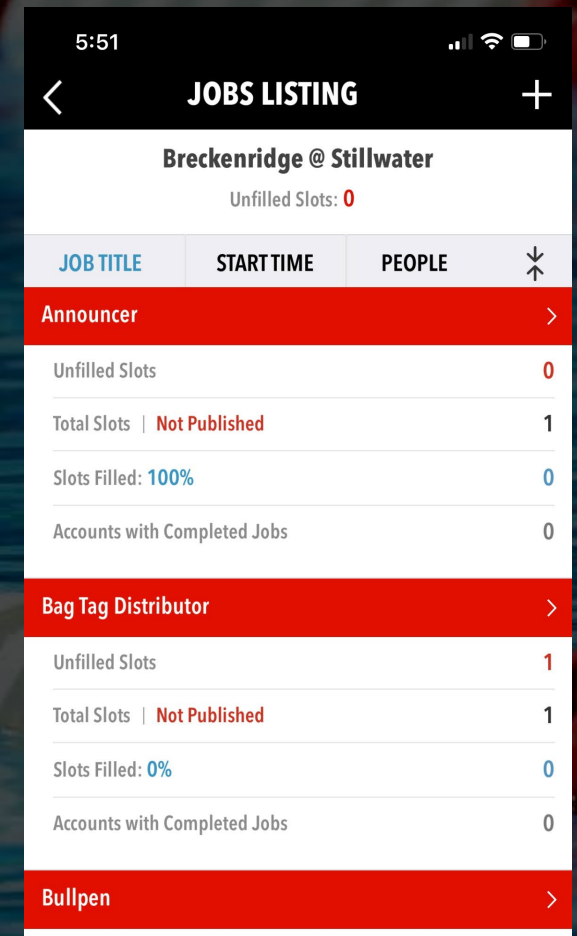
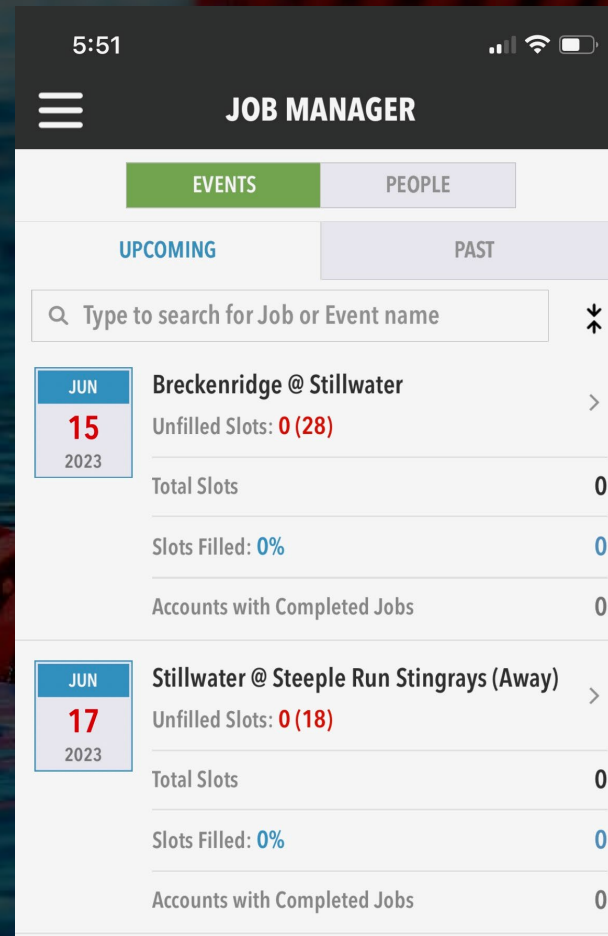
Job Signup

- Login to your account on the team website ([www.stillwaterstarz.org](http://www.stillwaterstarz.org)).
- Click “Calendar” to access team events (upcoming events can also be viewed by scrolling down on our homepage)
- For each meet, go to “job signup” on the far right.
- Check box for the job you’re choosing.
- Select “signup” on the bottom left.
- Continue this process for all jobs.

# HOW AND WHERE TO SIGN UP FOR JOBS:

## *SPORTSENGINE APP (formerly ONDECK)*

- Open the SportsEngine app
- Tap the menu (three lines) on the top left
- Tap “Job Sign Up”
- Select the event
- Select your preferred job
- Tap *Sign up*
- Continue this process for all jobs







Hello, Lea Fortkamp ▾

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## Welcome!

The Stillwater Starz is a developmental summer swim team and a member of the Naperville Swim Conference (NSC). A volunteer-driven 501(c)(3) nonprofit, our mission is to develop confident, capable young swimmers and foster a love of competitive swimming in a safe, supportive, and fun environment. Our swimmers range from 4-18 years of age, and most are residents of the Stillwater subdivision and other nearby communities in southwest Naperville.

For our youngest swimmers, their time on the Starz is often their first experience with competitive swimming. It's also where many of our returning swimmers, some of whom now swim year-round in club and school programs, got their start.

Join us this summer, and find out what fun you can have when we *shoot for the Starz* together!



[2025 SEASON CALENDAR](#) (click for pdf)

[2025 SEASON INFORMATION](#) (click for pdf)

### Starz Practice Schedule

#### Monday-Friday (Morning Option)

7:30-8:20 11/12, 13/14+

8:20-9:10 9/10

9:10-9:50 7/8

9:50-10:20 6U

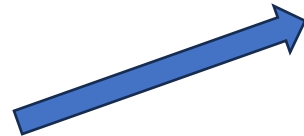
10:20-10:50 Team Development (Private Instruction)

#### Monday & Wednesday (Evening Option)

6:15-7:00 6U, 7/8

7:00-8:00 9/10, 11/12, 13/14+

[CLICK HERE FOR SEASON CALENDAR AT-A-GLANCE \(printable pdf\)](#)



### SUBSCRIBE TO OUR ELECTRONIC CALENDAR

It is now possible to subscribe to both practice times and meets/events!

**Please note that due to a bug in the Team Unify system, you must subscribe to practice times and meet/events SEPARATELY.**

**The instructions below outline how to subscribe to practice times first, and then to meets/events next.**



[Instructions for ANDROID phones](#)

[Instructions for iOS phones](#)

# WHERE CAN I FIND THE SCHEDULE?

- Linked on **HOME** page
- Linked on **CALENDAR** page
- Emailed
- Subscribe to electronic calendar

(instructions on calendar tab)

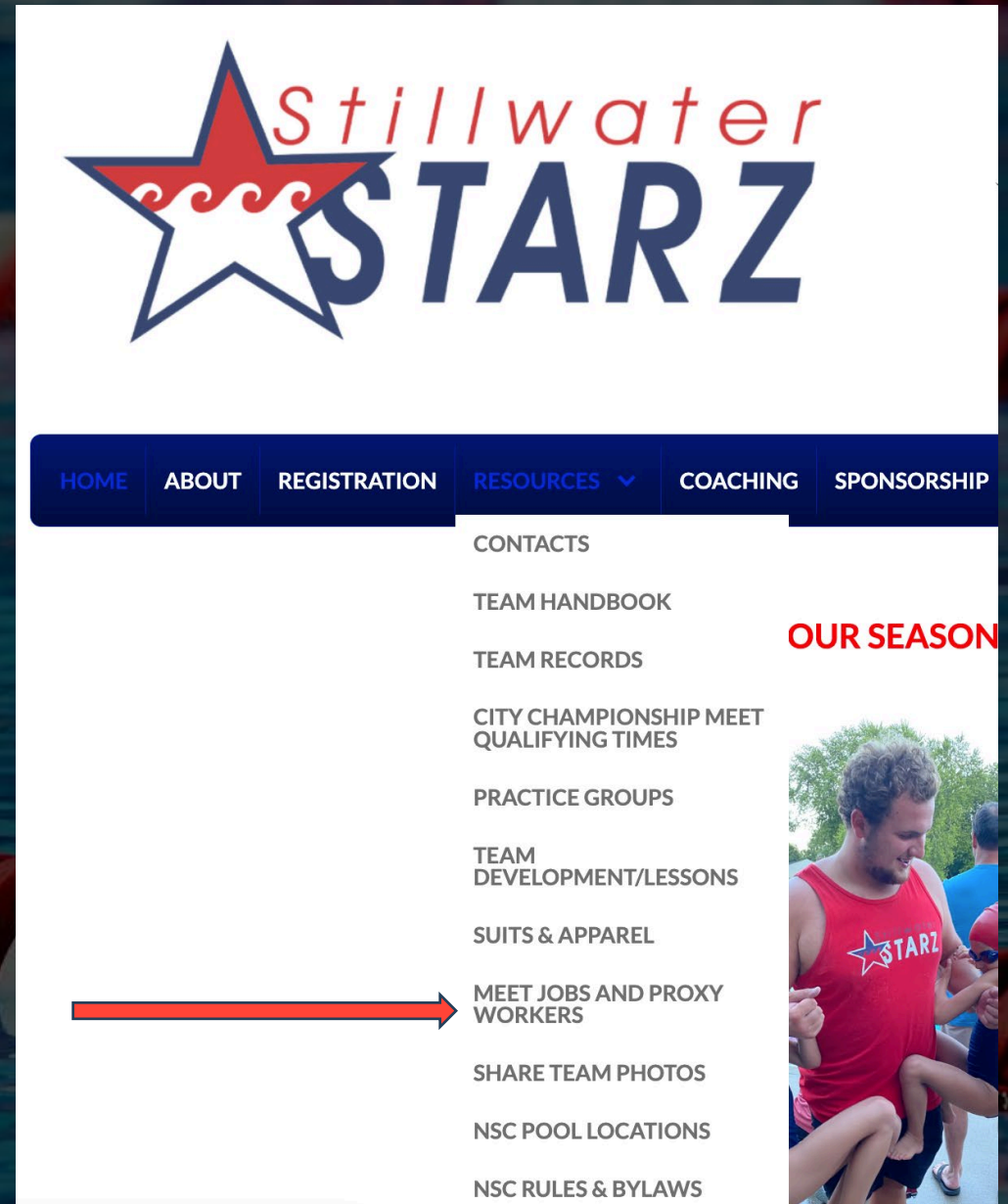
ON HOME PAGE

ON CALENDAR  
PAGE

SUBSCRIBE VIA  
CALENDAR TAB

# HOW ABOUT THAT PROXY LIST?

- stillwaterstarz.org (log in)
- “Resources” tab





# Meet 411 (Family Handbook)

- Meet sign-up/declaration: you'll receive an email ahead of time.
- Recommendation: sit down **ONCE** with your summer calendar and commit/decline **ALL**.
- For each meet listed, click **Declare** to let us know whether your swimmer(s) will participate.
- Once you've declared, you can click Commitment to check your swimmer's/swimmers' status.
- All but championship meets are open (different procedure: auto-commit)
- Must compete in 3 meets to swim a championship meet (excl. Time Trials)
- Deadline approximately one week before each event; cannot add after that time.
- If your status changes, notify the head coach at [headcoachmary@gmail.com](mailto:headcoachmary@gmail.com).
- Unless ill, please swim if declared. Failure to swim impacts other swimmers.



# Meet 411 (Family Handbook)

- Coach will assign events for all swimmers
- Positive Check-in 4:30/7:30
- Warm-ups 4:45/7:45
- Meet Start 5:30/8:30
- Where do we sit? What should we bring?
- More details in Team Handbook (website's *Resources* tab)



# Private Instruction: Team Development

- 10:20-10:50 a.m. weekdays, after the 6U practice session
- During this half hour, coaches can accommodate private lessons for team swimmers and siblings ONLY
- For new swimmers looking to become more independent
- For refining stroke and turn technique in more seasoned swimmers
- Can be tailored to the goals of individual athletes and their families



# Private Instruction: Team Development

- \$30/half hour (jr. coaches)
- \$35/half hour (head or asst. head coaches)
- Can be split with another teammate/sibling of like ability (cost is shared; maximum two swimmers per session)
- Cash/Venmo/Zelle (dependent on coach) payable at time of lesson



# Private Instruction: Team Development

- Sign up via Google sheet at [stillwaterstarz.org](https://stillwaterstarz.org)
- Sheet release announced in advance, via email
- Sheet includes all instructor availability through July
- From May 27-June 1, families can sign up for one lesson *ONLY* per swimmer
- On June 2, families can sign up for additional lessons
- First come, first-served
- Need to cancel? Please notify coach directly and remove your name from sheet AT LEAST 24 hours in advance.
- Rain or shine (coaches will cancel in the event of dangerous weather)



## Private Instruction: Independently Scheduled

- Scheduled based on mutual agreement of coach and parent during normal pool hours
- Same rates and cancellation expectations apply
- Please contact available coaches directly (website *Resources* tab, coming soon) to inquire
- Stillwater residents who aren't team members can be accommodated



**NEW**

# Big Fish/Little Fish

## Why Big Fish/Little Fish

### Purpose:

- build team spirit
- support younger swimmers
- develop leadership skills of older swimmers

### What does a **BIG FISH** do?

- Teach Little Fish families how to read a heat sheet
- Teach Little Fish relay order and where to stand
- Remind Little Fish where to start (in or out of the water), how to turn, and how to finish (two hand touch, etc..)
- Remind Little Fish what to bring to the meet
- Help Little Fish with cap, goggles, and getting to bullpen
- Support and cheer for Little Fish
- Answer Little Fish's family's questions

### What does a **LITTLE FISH** do?

- Cheer on their BIG FISH
- Ask questions

## Who is Eligible/How to Sign Up

### IS your swimmer 8 or younger?

**HE or she is eligible to be a LITTLE FISH!**

**Is your swimmer 11 or older? Does your swimmer enjoy the company of younger kids and encouraging them to do their best?**

**He or she is eligible to be a BIG FISH!**

**An email with more details on our new Big Fish/Little Fish mentorship program will go out later this week. Please watch for it, and sign up your fishes!**



NEW

## Home Meet *Priority Parking* Raffle

- This year, as a fundraiser, the Starz will raffle off four priority parking spots.
- Raffle winners will have a spot assigned to their family's vehicle in our parking' SW corner, closest to the team area for easy unloading.
- If you win, this spot will be yours for ALL home meets PLUS time trials, and it will be blocked for your use until you arrive at the meet.
- Raffle tickets will be \$5 each or \$20 for five. The raffle will open on the first day of pre-season practice (May 27), and the drawing will take place on June 4. Winner will be notified by all-team email and SMS message.



# Suits, Caps, Odds, and Ends

- Swimmers receive a team shirt and latex cap included in their registration fee.
- Official team suits were available from Eich's in Plainfield through a team store link on our website (*Suits & Apparel* tab). Online sales have now concluded.
- Didn't purchase in time? Regardless of where you buy, meet suits must be navy (one piece for girls, jammers or briefs for boys). Try Amazon or SwimOutlet (*Tyr, Speedo, Arena, and Dolphin* are all popular brands).
- Girls practice in any one-piece (t-back recommended).
- Jammers or briefs suggested for boys at practice.
- Caps are required for girls and optional for boys. Extras are smart.
- Team/individual photos are scheduled for Tuesday morning, June 10, for ALL swimmers. Wear team tee shirts and suits. Times and details to follow with order form (also on website). We will **not** be in the water on this morning.
- Fundraisers and Feed My Starving Children Pack: *check the calendar!*
- Team Photo Sharing: album link on website under *Resources* tab.



A photograph of a swimming pool with several lanes. The lanes are separated by red and white lane lines that stretch across the frame. The water is a clear, vibrant blue. In the center of the image, the text "Q & A" is overlaid in a large, white, sans-serif font.

Q & A