

St. Rose Swim Team

2025-2026 Season

Coaches

Head Coach – Bob Thielemann

Team Coordinators – Evelyn DeMartino, Theresa McKeever, Gina Scarola

Contact Email: srolswim@gmail.com

Tryouts (**For New-to-the-Team Swimmers Only**)

- Date: November 15, 2025 (***New-to-the-team swimmers only!**)
- Location: Hofstra University Swim Center, 240 Hofstra University, Hempstead, NY
- Times:
4:00 pm – 5:00 pm: 8U boys / 10U girls / 12U boys / 14U boys
5:00 pm – 6:00 pm: 8U girls / 10U boys / 12U girls / 14U girls / 18U boys / 18U girls

Note: This is a competitive swim team. All swimmers will be evaluated based on their ability and, at a minimum, must be able to swim the entire length of the pool, both freestyle and backstroke, and demonstrate the stamina required to participate in 1 hour practice sessions. For the safety of all swimmers, the coach has the right to ask the child to come back next season when his/her ability has grown.

Practice Schedule

- Dates:
November: 16, 22 (timing), 23
December: 6, 7 (timing), 13, 14
January – March: TBA
- Location: Hofstra University Swim Center, 240 Hofstra University, Hempstead, NY
- Times:
4:00 pm – 5:00 pm: 8U boys / 10U girls / 12U boys / 14U boys
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Timing – Mandatory Practice Dates

November 22 (Saturday) and December 7 (Sunday)

Locker Room / Bathroom Use

The Hofstra Swim Center is a public facility with multiple pools. *No swimmers will be permitted to use the locker rooms during practice.* Please have your child use the bathroom *before* coming to practice. If your child needs to use the bathroom during practice, they must be accompanied by a parent to the stand-alone bathrooms (NOT the locker rooms).

Meets and January-March Practices

Dates for meets and January-March practices will be announced in mid-December. Practice times will remain the same as listed above for each age group. Meet details (locations, times, etc.) will be provided once the dates are announced.

Equipment Needed

- Competitive Swimsuit - jammers for boys/no 2-piece suits for girls/no swim shirts for boys
- Swim Cap - required for girls and boys with long hair
- Goggles
- Towel
- Water Bottle

One kickboard will be provided to each swimmer this year. Please label ALL items with your child's name.

Meet Response - Swimtopia

Every swimmer's attendance at a meet is important and unexpected attendees or no-shows can have a **major** impact on the team. We use Swimtopia to record meet attendance. Once the roster is finalized, information will be provided regarding how to obtain a Swimtopia. Prior to each meet, you will be responsible for logging into Swimtopia and entering your swimmer's attendance. **If you do not record your swimmer's attendance, your child will NOT be eligible to swim in that meet.**

Prior to each meet an email listing the swimmers in that meet will be sent. It is essential that you notify us ASAP via e-mail: srolswim@gmail.com or text 516-729-3885 of any **changes** in your child's availability prior to the meet. If you are running late for a meet, please text 516-729-3885. Any swimmer with a no-show for a meet may be disqualified from participating in the next meet.

Meet Rules

Our home meets will take place at the Eisenhower Aquatic Center or Hofstra University. Swimmers must sit with the team on the pool deck. Pool rules prohibit parents from staying on the pool deck. **Swimmers MUST remain until the end of the meet unless PRIOR permission is given by the head coach.** Girls and boys with long hair are required to wear swim caps. Team caps and suits are mandatory according to league rules. CYO prohibits jewelry (including permanent jewelry, hair ties, wrist bands, watches, fitness trackers, pierced earrings, etc.) being worn or risk disqualification. The meet officials have the final say in scoring/placing. Please meet your child in the hallway to the locker rooms or front lobby after each the meet.

Parents

We must have a parent on the premises at practices and meets for each swimmer aged 10 and under. Please have someone at practice who can take your child if you cannot be there.

Volunteers

We will require many parent volunteers at each meet. Before the meet, a request will come out seeking volunteers for a variety of positions, including timer, lane assistant and runner. **All volunteers must comply with dioceses regulations, which can be found at** <https://strosecyo.org/home> Please reach out if you have any specific volunteer questions.

Communication

The most efficient way to communicate with a team this large is via e-mail. Please check your e-mail regularly, **including your junk folder.**