

Dear returning and perspective Gateway Heights swim team families,

We are excited to kick off the Gateway Heights Gators 2023 season. Coach Glenn and Coach Morgan are returning to coach the team again this year. Together, Glenn and Morgan created a positive atmosphere where our swimmers were able to learn and improve their swim techniques while having fun. They are committed to our swimmers' growth while maintaining a fun and positive atmosphere.

Key dates and information for Swim Team:

- **Parent Meeting - Tuesday, May 30th at 6pm** (meet the coaches, learn about the program, ask questions, and submit any applications and checks if you haven't mailed them. *Remember, due to insurance reasons, we cannot allow your child(ren) to participate without a signed application form.*)
- **Time Trials - Thursday, June 1st from 5pm to 6:15pm** (your child(ren) only need to be there for 15 minutes, drop by anytime between 5 and 6:15pm - time trials are so coaches can get the starting benchmarks for our swimmers)
- **First week of Practice - Monday, June 5th to Friday, June 9th** - 5-6pm for swimmers ages 11 and up - 6-6:45pm for swimmers ages 10 and under.
- **Summer Practice - Beginning June 12th - Monday to Friday** - Swimmers ages 11 and up 9:30 to 10:45am - Swimmers ages 10 and under 10:45 to 11:30am. (Any swimmer who is 11 and up that wants to volunteer to help the Learn to Swim program is encouraged to stay and help after practices on Mondays, Tuesdays, and Thursdays until 11:15am. All swimmers are encouraged to attend as many practices as they can that fit into your schedules. **Swimmers should arrive for practice and be ready to begin at their start time.**)
- **Friday Fun Day** - Fun Day practices consist of a fun activity the coaches design and a lunch. We will be reaching out for volunteers to help with the activities and the lunches throughout the year. Emails will go out and sign-up sheets will be posted on the bulletin board weekly with details about the Fun Day practice and lunch. There will be regular practice on Fridays when a Fun Day is not scheduled.
- **Dual Meets** - 8 this year (schedule attached) - Held Tuesday & Thursday (and 1 Wednesday) evenings. - Warm-ups begin at 5:30pm (Swimmers are to arrive no later than 5:10pm) for home meets - Warm-ups begin 6:00pm (Swimmers are to arrive no later than 5:40pm) for away meets.
- **Vacation Week: July 3rd - 7th** - no practice or meets this week.
- **Volunteers** - Volunteers will be required for both home meets and away meets. For away meets we will need volunteers to be judges, timers, and a scorekeeper. For home meets we will need volunteers for concessions, scorekeeper, timers, judges, referee, starter, ribbons, and 50/50 to name a few. Information regarding volunteering will be discussed at the parent meetings. Also, if you are interested in helping with Judging, please consider attending the officials clinic which will be held on Saturday, June 3rd at 10:00am at Gateway Heights. This clinic will go over what is involved in being a judge in the ESA league.

- **Special Events:** These are optional. We strongly encourage our swimmers to participate in these events if they qualify. (preliminary dates)
 - Saturday - June 12th - Meadowink Relays
 - Saturday - June 24th - Odd Age Meet @ Haymaker
 - Saturday - July 15th - Monroeville Invitation @ Garden City
 - Tuesday - July 25th - Battle of the Borders - Location TBD
 - Saturday - July 29th - ESA Championships @ Garden City
 - Sunday - July 30th - Gateway Heights Banquet where we celebrate our children and the summer!

Attachments to this email:

- 2023 Swim Team Registration form: Checks should be made out to: Gateway Heights Swim Team. Please send applications and checks to: Ashlee Geesaman, 1240 Old Concord Rd, Monroeville, PA 15146, turn them in at the parent meeting or email them to teamcoordinator@gatewayheights.org and venmo @Ashlee-Geesaman (include name of child(ren) in notes). *Due to insurance reasons, forms must be submitted before your child(ren) can participate.*
- Dual Meet Schedule
- Special Meet Schedule

We look forward to seeing you on May 30th at 6pm.

All my Best,

Ashlee Geesaman
Swim Program Coordinator
724-679-4214 (Call or Text)
teamcoordinator@gatewayheights.org

2023 Gateway Heights Swim Team Registration

Swim Team is open to Gateway Heights Swim Club Members Only

Parent/Guardian Info

First name(s):	Last Name(s):
----------------	---------------

Address:

Phone:	Email:
--------	--------

Emergency Contact Name:	Phone:
-------------------------	--------

Swimmer Info (age as of 6-1-2023)

Name	DOB	Sex	Age	Shirt/Pants Size	Senior*

***Please indicate if your child is graduating this year by checking the senior box.**

Fee Schedule: 1 child - \$70, 2 children - \$115, 3 children - \$150, 4 or more - \$170

I hereby consent for my child(ren), named above, to participate in the activities of the Gateway Heights Swim Team. I also release the Gateway Heights Club Inc, its officers and coaches from any and all liability for any injury or damages resulting from such participation and, in my absence, authorize any reasonable and necessary medical treatment and/or hospitalization for these participants.

Parent/Guardian Signature: _____ **Date:** _____

Checks should be made out to: Gateway Heights Swim Team
Please send applications and checks to: Ashlee Geesaman, 1240 Old Concord Rd, Monroeville, PA 15146, turn them in at the parent meeting or email them to teamcoordinator@gatewayheights.org and venmo @Ashlee-Geesaman (include name of child(ren) in notes). Due to insurance reasons, forms must be submitted before your child(ren) can participate.

2023 Gateway Heights Dual Meet Schedule

Tuesday June 20 vs. Rosedale @ Home

Wednesday June 21 vs Park @ Park

Tuesday June 27 vs Garden City @ Garden City

Thursday June 29 vs Blackridge @ Blackridge

Tuesday July 11 vs White Oak @ Home

Thursday July 13 vs Edgewood @ Edgewood

Tuesday July 18 vs BYE @ BYE

Thursday July 20 vs Forest Hills @ Home

Special Events

Meadowink Relays: Saturday, June 10th, 2022

Walt Brown Invitational (Odd-Age [age as of June 1, 2023]) @

Haymaker: Saturday, June 24, 2022

Monroeville Invitational @ Garden City: Saturday, July 16, 2022

Mini-Meet @ Park: Saturday, July 23, 2022

Battle of the Borders @ TBD: Tuesday, July 25, 2022

ESA Championships: Saturday, July 29, 2022