

Conway TigerSharks Swim Team Handbook 2026/ 2027



City of Conway Sports & Fitness Center

1515 Mill Pond Rd.
Conway, SC, 29527
(843)448-7686

Mission Statement:

Tigersharks, our mission is to foster a supportive and inclusive environment where athletes of all skill levels can develop their swimming abilities, build lifelong friendships, and embrace values of teamwork, dedication, and sportsmanship. We are committed to promoting personal growth and excellence in the water, while instilling a passion for the sport that extends beyond the pool. Together, we strive to achieve our individual and collective goals, celebrate achievements, and inspire one another to swim with purpose and pride.

Stay up-to-day with our Team Facebook page:

<https://bit.ly/3SYIGN7>



Our Coaches:



Head Coach: Natalie Seminara

Natalie Seminara is returning for her second season as Head Coach of the Tiger Sharks.

She is currently in her third year at Coastal Carolina University and is originally from Columbia, Maryland.

Natalie was also the assistant coach to our TigerSharks last season. Natalie has been competitively swimming since the age of eight and has experience competing at high school, club, and summer team levels. Throughout her swimming career, she has earned numerous accolades, including six MVP awards.

Natalie began teaching swimming lessons at the age of 16 and has continued to develop her coaching experience. Prior to joining the Tiger Sharks, she served as an assistant coach and head coach for her local summer program's mini team.

Natalie brings a strong competitive swimming background, coaching experience, and a genuine passion for the sport to the Tiger Sharks program. She is committed to helping swimmers develop their skills, build confidence, and work toward achieving their individual goals. We are excited to welcome Coach Natalie back for another season and look forward to the positive impact she will continue to have on our team.

Our Coaches:



Assistant Coach: Trevor Gierstorf

🏊 MEET ASSISTANT COACH TREVOR! 🏊

We're excited to introduce Trevor, our Assistant Swim Team Coach!

Trevor brings several years of competitive swimming experience to the team. He swam throughout high school, where he competed at the Varsity and State level. His strongest events include breaststroke and backstroke, and he especially enjoys working on dives, starts, and technique.

Now attending Coastal Carolina University, Trevor is excited to bring his experience to the pool and help our swimmers improve their technique, build confidence, and become stronger competitors! 💪🏊

Tigersharks Practice Schedule 2026/2027

	Monday	Tuesday	Wednesday	Thursday	Friday
Beginner	4:30pm – 5:30pm	Off	4:30pm – 5:30pm	Off	Off
Intermediate	5:30pm – 6:30pm	4:30pm – 5:30pm	5:30pm – 6:30pm	4:30pm – 6:00pm	Off
Advanced	6:30pm – 7:30pm	5:30pm – 7:30pm	6:30pm – 7:30pm	5:30pm – 7:30pm	Off

Make sure to bring to practice:

• Bathing suit	• Towel	• Goggles (extra pair)
• Team Swim Cap	• Water Bottle	• Tennis Shoes
• T-Shirt	• Shorts	

** In the event we have inclement weather, swimmers will participate in Dry-Land practice on the pool deck and throughout the facility.

Swim Meet Schedule

Date	Location	Format
October 24th	North Myrtle Beach	Format A
November 14	Pepper Geddings Recreation Center	Format B
December 12 th	North Myrtle Beach	Format A
January 30 th	Conway	Format B
February 27th	Conway	Format A
March 20th	YMCA	Format B
April 3	Pepper Geddings Recreation Center	Championship Format

Payment Information:

Beginner - \$ 350.00

Intermediate - \$400.00

Advanced - \$450.00

All payment for swimmers is due BEFORE the first swim meet.

Please ensure that your payment is completed by the deadline to guarantee your participation in the season. Thank you!

What your payment includes:

- Coaching services up to four days a week
- Facility use of Conway Sports & Fitness Center
- Lifeguard Fees
- Head Coach & Assistant Coach Fees
- Team Swim Cap
- End of Season Awards

The Swim Meet:

Please make every effort to determine which swimmers will attend each meet. Prior to the meet, coaches will hand out entry forms. All forms will be DUE at the date listed on the form. If your swimmer cannot attend, please inform coaches/aquatics staff ASAP.

1. A swimmer's event will be called over the PA system. Swimmers should report to the staging area, ready to swim.
2. Swimmers should have their team swim cap and goggles on and be ready to swim.
3. The girl's events are odd-numbered; followed by the boy's events, which are even numbered. It is the coach's responsibility to have the swimmer's report to their events on time and each swimmer should be aware of the events they are swimming so as not to miss their swim.
4. We make every effort to enter your swimmers into the events you sign them up for. However, if coaches deem the swimmer not ready for an event, coaches may take them out of the event. Please check your entries carefully

and bring it with you to the meet in case of questions. The heat sheets are handed out before the meet.

5. The results for each event will be posted on our Facebook page. “Conway Tigersharks”.

6. If you find a discrepancy pertaining to your swimmer’s time, please wait and speak Aquatics Staff the next day. Please instruct your parents to let you handle the situation.

7. Parents will receive an entry sheet from staff **two weeks** prior (or earlier) to the meet. They are DUE one week (FRIDAY) BEFORE the meet, **NOT** the week of. No exceptions will be made. (Meet rosters are due Monday the week of the meet).

What To Bring To The Meet:

1. Swimmers must bring a suit, goggles, team swim cap, and towel to the meet and take it home with them.

2. Please DO NOT bring . . .

a. Anything of value such as electronic games or money

b. Glass drink containers

Swim Meet Procedures for Coaches:

It is our goal that swim meets are a great family experience!

Listed below are some very important guidelines geared toward keeping things running smoothly.

1. For our meets to run smoothly each HOME MEET parents will be asked to be volunteer timers. Parents will also have the opportunity to sign up prior to the meet. See Kaitlyn for more information.

2. Coaches will communicate with parents before all meets. Either in-person or via the Remind App.

3. Always arrive at the pool 30 minutes before warm-up scheduled time begins. This is to allow swimmers to be greeted by coaches as they arrive and prepare for warm-ups. *Being late for the warm-up/swim meet is not being prepared to swim your best.

4. Coaches will claim deck space for our team. Always meet at the same area so your swimmers can go right to you. Parents, family and friends should go to the assigned space. (Unless otherwise noted).

5. Swimmers should not enter the water until their coach has arrived. It is very important for all swimmers to warm-up with their team.
6. After warm-ups, your swimmer will go back to their team's area where his/her towels are and sit there until their event is called. This is a good time to make sure he/she goes to the bathroom, if necessary, has water in their water bottle (reminder...no glass bottles are permitted on the pool deck), and gets ready for the events to start. Meets will begin immediately after warm-ups.

Policies & Procedures:

The Conway Tigersharks are intended to be a low pressure, high excitement introduction to competitive swimming. This is a learning team, but for your swimmer to have a positive experience, all swimmers 8 & under must be able to swim at least 25 yards without stopping. Swimmers 9 & Older must be able to swim at least 50 yards.

All swim meets will be held at each facility within the league. Please see attached meet schedule. Coaches should be on deck before warm-ups begin to greet swimmers and family members. The only adults on deck should be coaches and those helping to run the meet. Coaches are responsible for keeping their swimmers together, maintaining the rules, and seeing that they get to their events. Parents are strongly encouraged to "get involved" in some way other than being a spectator. Their help is greatly appreciated, and the competition will be better for it.

Please keep in mind the following rules for safety and cleanliness:

- No glass on any pool deck
- No running on any pool deck
- No horseplay
- No diving in shallow water
- Swimmers, Coaches and meet officials on deck only

The area outside Conway Sports & Fitness Center is a great place to view the meet. Please respect the following rules:

- Use trash cans for all trash
- No alcohol or smoking is permitted on City property

Athlete Eligibility:

1. The following age divisions will be followed for each event:

Ages: 8 & under, 9-10, 11-12, 13-18

2. The swimmers age for the entire season will be determined by his/her age as of June 21, 2024.

3. Swimmers must be able to swim at least their age-appropriate distance unassisted. Coaches will only enter swimmers in events in which the athlete can legally complete the distance and stroke in a reasonable amount of time.

4. Swimmers may compete for only one League Team in a given season.

5. Swimmers who choose to wear a swim cap for competition are required to wear the provided team cap or a plain cap. No outside team caps allowed!

6. Only major violations will be disqualified. These will include but are not limited to; swimming the wrong stroke, using the wrong arm stroke or kick, pulling on the lane line, not finishing event, or as seen fit by meet director.

Conduct:

1. Activities which may result in severe penalties (such as expulsion from a meet and/or facility) include, but are not limited to the following:

- Unsportsmanlike conduct
- Use of tobacco products within the facility
- Use of drugs or alcohol within the facility
- Being under the influence of drugs and/or alcohol within the facility
- The use of foul or obscene language within the facility
- Verbal or physical abuse of deck officials, volunteers and/or coaches
- Interfering with the competition
- Violation of the facility Rules and Regulations
- Damage caused to a facility

2. Disciplinary problems are defined as follows:

- Abusive language or actions (unsportsmanlike conduct) by a swimmer towards coaches, officials, teammates, opponents, spectators, or staff.
- Being disruptive during practice or meets.

- Swimmers need to remain on pool deck with their team during meets. Playing in the locker rooms or other parts of the buildings during the swim meet is unacceptable.
- 3. Any athlete who misbehaves in the facility may be suspended for as long as the Aquatics Staff feels necessary.

Safety:

1. Swimmers should immediately notify their coach of an injury sustained during a practice or swim meet.

Participant Awards:

1. All registered swimmers will receive a team swim cap before the first meet, and team participant medal at the end of the season.

*Replacement caps will be \$5 per cap.

2. All swimmers who successfully complete a race during the regular season will earn a ribbon, 1st – 6th, based upon the place they finish in their heat.

*This also is subject to change at each facility. *

3. The following awards will be given to swimmers on the team at the *end* of the season party:

- | | |
|---|---|
| ▪ Perfect Meet Attendance | ▪ Most Valuable Swimmer
(Boy & Girl) |
| ▪ Most Improved Swimmer
(Boy & Girl) | ▪ Team Spirit Award
(Boy & Girl) |
| ▪ Coaches Award
(Boy & Girl) | ▪ Rookie of the season
(Boy & Girl) |
| ▪ Scholar-Athlete Award
(Boy & Girl) | ▪ Personal Best (Boy & Girl) |
| ▪ Leadership (Boy & Girl) | |

Volunteers:

The success of this program relies heavily on volunteers. During each of the meets, volunteer timers will be needed to begin. All timers will be provided with a stopwatch. Times will be rounded to two decimal places. We ask that all parents consider volunteering to be a timer, as it is the “best seat in the house”. Two volunteers from each team are required at each meet and will be listed on your entries.

Background checks are required for any parent that will be working and/or volunteering around children. Parents, please fill these out at the beginning of the season and get them back to aquatics staff.

Access to our team store:

To order team bathing suits please follow the QR Code with your smartphone.



You will be able to order your swimmers bathing suits, extra swim caps, goggles, and other team merchandise coaches have picked out.

Note:

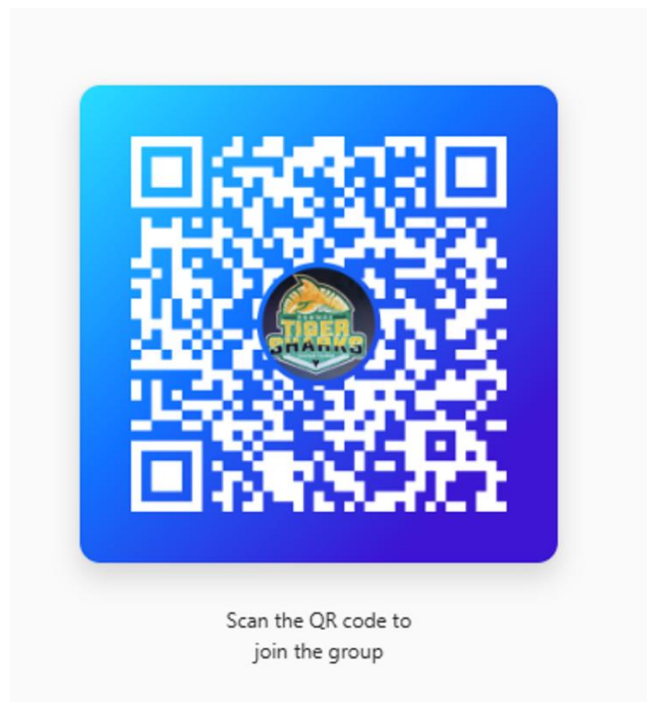
Team gear is NOT required but is encouraged to have throughout the season.

Group Me:

We are excited to enhance our communication with you through the Group Me App. This platform will allow us to share important updates, announcements, and reminders directly to your phone. ** Please make sure you enable notifications.

Here's the link: https://groupme.com/join_group/116906510/DVIAqdLk

Here's instructions:



Thank you for your support!!!

If you have any questions or concerns regarding this release form, please feel free to contact us at or kpardes@conwaysc.gov or by phone (843)488-7686.

Sincerely,
Aquatics & Coaching Staff

Media Release Form: (Bring back to Staff)

Parents & Guardians,

As part of our commitment to fostering a positive and engaging community for our swim team, we would like to share moments of our swimmers' experiences on our official Facebook page. This includes practices, meets, and team events.

Please read and complete the following release form to grant permission for your child's likeness to be used on our Facebook page.

Permission Release:

I _____, understand, am the parent/legal guardian of the swimmer named below:

Swimmer Name:

Age:

Parent/Guardian Name (printed):

Email Address:

Phone Number:

I grant permission for Conway TigerSharks to use photographs and videos of my child on it's official Facebook page. I understand these images may be shared with the public and may be used to promote the team and its activities.

- [] Yes, I grant permission

- [] No, I do not grant permission

I understand that I will NOT receive any compensation for the use of these images, and I release Conway TigerSharks from any liability related to the use of my child's likeness/

Signature of Parent/Guardian:

Date: _____