BAYSIDE NEW PARENT MEETING

AUGUST 2026

Bayside Core Values

These are the values Bayside Aquatics strives to instill in each athlete:

Passion: Happy swimmers are fast swimmers. Bayside swimmers will find gratitude in life and sport. They celebrate all successes. Bayside Aquatics is one team, one family.

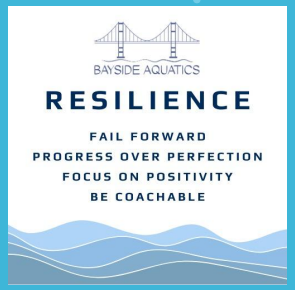
Resilience: Bayside swimmers fail forward. They value progress over perfection. They focus on positivity. Bayside swimmers are coachable.

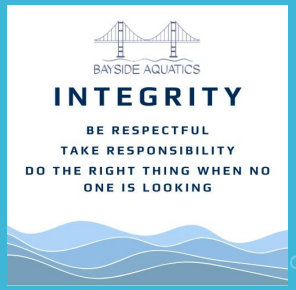
Integrity: Bayside swimmers act with integrity. They do the right thing when no one is looking and don't make excuses. Bayside swimmers are respectful to teammates, coaches, officials, and other competitors, and take responsibility for their actions.

Dedication: Bayside swimmers are committed to the sport. They take every chance to learn, grow, change, and challenge themselves throughout the season. They take advantage of every opportunity to improve.

Excellence: Bayside swimmers are goal focused and process driven. They challenge themselves in practice and competition. Bayside swimmers set high expectations for themselves. Bayside swimmers are leaders.











COACHES

Senior 1: **Coach Karen**, Coach Kyle, Coach Gabi
Senior 2: **Coach Jeremy,** Coach Craig
Juniors: **Coach Emily**
Performance 1: **Coach Karen**, Coach Kyle, Coach Luke
Performance 2: **Coach Gabi,** Coach John A
Age Group 1: **Coach Jeremy**, Coach Craig
Age Group 2: **Coach Craig**, Coach Luke, Coach Jeremy
Novice 1: **Coach John A**, **Coach Karla**, Coach Luke
Novice 2: **Coach John M,** Coach Willa, Coach Jeremy
Discovery 1: **Coach Ryan,** Coach Willa
Discovery 2: **Coach Willa**

Best way to communicate is with SportsYou!

SportsYou

SPORTSYOU

We use the app SportsYou to help with communication between families.
Download SportsYou on your phone. Click Join and add the codes for the group your swimmer is in.
Please make sure to join both the Bayside page AND your swimmer's group page.
If you are not on the app, you are missing information!

Codes:

BAYSIDE 2026-2027 - 7QJ6-X2CV
SENIOR 1 - 9697-466E
SENIOR 2 - XRDX-EKFV
JUNIORS - 9V79-S3JH
PERFORMANCE 1 - ZYD7-CQGV
PERFORMANCE 2 - 28T5-6UEU
AGE GROUP 1 - CTV7-7MGL
AGE GROUP 2 - TDQ2-JP3S
NOVICE 1 - SLZ6-6YPK
NOVICE 2 - JB3U-R3WJ
DISCOVERY 1 - SXUY-HEYH
DISCOVERY 2 - W3KG-7SPF

2026-2027			MON	TUES	WED	THURS	FRI	SAT	SUN
★ Senior 1	High School	Coach Karen Coach Kyle	7:15-8:45pm Bowie State	7:00-8:45pm Bowie State	7:15-8:45pm Bowie State	7:00-8:45pm Bowie State	OFF	9:00-10:30am Bowie State	7:00-8:30am SportFit
Senior 2	High School	Coach Jeremy Coach Craig	7:15-8:45pm SportFit	OFF	7:30-8:45pm SportFit	7:15-8:45pm SportFit	7:00-8:30pm Bowie State	OFF	OFF
Juniors	Grade 8+	Coach Emily	4:45-6:00pm Bowie State	OFF	4:45-6:00pm Bowie State	OFF	6:15-7:30pm Bowie State	OFF	OFF
★ Performance 1	Grade 7-8	Coach Karen Coach Kyle Coach Luke	5:45-7:15pm Bowie State	5:30-7:00pm Bowie State	5:45-7:15pm Bowie State	OFF	7:15-8:30pm SportFit	3:00-4:30pm SportFit	OFF
★ Performance 2	Grade 5-6	Coach Gabi Coach John A	6:00-7:15pm Bowie State	**5:30-7:00pm PGCC**	OFF	5:45-7:00pm Bowie State	OFF	OFF	4:00-5:30pm SportFit
Age Group 1	Grade 7-8	Coach Jeremy Coach Craig	6:00-7:15pm SportFit	OFF	4:45-6:15pm SportFit	OFF	5:30-7:00pm Bowie State	4:30-6:00pm SportFit	OFF
Age Group 2	Grade 6-7	Coach Craig Coach Luke	4:45-6:00pm SportFit	OFF	OFF	5:45-7:00pm Bowie State	6:00-7:15pm SportFit	OFF	5:30-6:45pm SportFit
Novice 1	Grade 4-5	Coach John A Coach Karla Coach Luke	6:00-7:00pm PGCC	OFF	OFF	4:45-5:45pm Bowie State	5:00-6:00pm SportFit	OFF	3:00-4:00pm SportFit
Novice 2	Grade 4-5	Coach John M Coach Willa	4:45-5:45pm Bowie State	5:00-6:00pm SportFit	4:45-5:45pm Bowie State	OFF	OFF	OFF	OFF
Discovery 1	Grade 2-3	Coach Ryan	OFF	4:45-5:30pm Bowie State	OFF	5:00-6:00pm SportFit	4:45-5:30pm Bowie State	OFF	OFF
Discovery 2	Grade K-2	Coach Willa	OFF	5:30-6:15pm Bowie State	OFF	OFF	5:30-6:15pm Bowie State	OFF	OFF
Morning Practice		Coach Mary		5:30-6:45am SportFit		5:30-6:45am SportFit			

★ Starts Tuesday, September 1 EVERYONE ELSE Starts Tuesday, September 8

September 1-3 Modified Schedule

5:00–6:30pm Performance 1 and Performance 2
6:30–8:00pm Senior 1

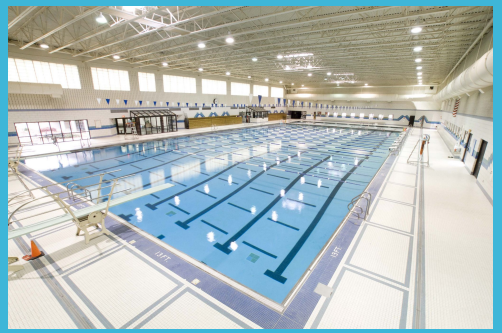
Locations

Facilities

- **Bowie State University** - Leonidas S. James Physical Education Complex
  14000 Jericho Park Rd, Bowie, MD 20715)
- **SportFit Bowie**
  100 White Marsh Park Dr, Bowie, MD 20715)
- **Prince George's Community College** - Robert I. Bickford Natatorium
  10207 Campus Way S, Largo, MD 20774







Location Specific Information

Bowie State

- DO NOT PARK IN RESERVED SPOTS
- NO PARENTS ALLOWED ON DECK

SportFit

- VERY limited space on deck
- Parents are encouraged not to sit on deck
- Can sit outside
- DO NOT SIT ON THE BENCHES ON THE LOCKER ROOM SIDE – you will be asked to move!
- Tell check in you are with the swim team
- Be mindful of where you place belongings so the deck is accessible

PGCC

- Parents can observe from the lobby.
- Swimmers enter pool through the locker rooms

DO NOT LEAVE ITEMS IN LOCKER ROOM.
LIMIT LOCKER ROOM USE. COME AND LEAVE IN SWIM SUIT
NO PARENTS IN LOCKER ROOM!!
NO PARENTS ON DECK/ APPROACHING SWIMMERS DURING PRACTICE

USA SWIMMING REGISTRATION

- Yearly (September 2026–December 2027)
- Every swimmer must be a member of USA Swimming in order to participate in practices and meets.
- Insurance/Liability

- Families are responsible for signing up using the code provided in email – **WILL SEND SEPTEMBER 1**
- Make sure you are paying for a SWIMMER'S ACCOUNT!

SAFE SPORT

https://www.usaswimming.org/safe-sport

2026 Safe Sport Club Recognition Training

All parents should sign up for a Safe Sport training. Register below.

SAFE SPORT CLUB RECOGNITION TRAINING FOR PARENTS

Wed., Aug. 26 at 8:00 p.m. EST | REGISTER
Wed., Sept. 16 at 8:00 p.m. EST | REGISTER
Wed., Oct. 14 at 8:00 p.m. EST | REGISTER
Wed., Nov. 18 at 8:00 p.m. EST | REGISTER
Wed., Dec. 9 at 8:00 p.m. EST | REGISTER

U.S. CENTER FOR SAFESPORT™



PARENTS ROLE

The parents' role in age group swimming is to **provide a stable, loving, and supportive environment for your child.**

Parents should encourage their swimmers and constantly **give positive support**.

Bayside's coaching staff attends continuing education courses and employs all the latest training and coaching techniques available to help and benefit our swimmers. Parents should **trust the coaches** to do their job and should not offer swimmers coaching tips.

Parents should always **offer encouragement and never lecture your child about a poor race**.

Parents should understand that officials are human and they make mistakes. Remain non-committal if your swimmer feels wronged by a judge or official. Teach respect for officials; swimmers learn from our example.

Parents should **emphasize fun, enjoyment, and individual improvement over winning and losing.** Parents should learn about, focus on, and **respect the process** of competitive swimming. Recognize skill improvement and small victories.

Parents are expected to volunteer and get involved with the team.

Remember to **provide balance in your swimmer's life** with family, school, friends, and other activities.

ADM
AMERICAN DEVELOPMENT MODEL

Competence - Sport specific skills, improved health & fitness, healthy training habits

Character - Respect for the sport, ethical and moral responsible behavior, integrity and empathy

Confidence - Self- belief, resilience, mental toughness, positive self- worth

Connection - Positive bonds and social relationships in and out of the sport

PRINCIPLES & CORE VALUES OF THE ADM

ATHLETES

Keep the athlete at the center. Are they having fun?

EXCELLENCE

Educate coaches, parents, and athletes to see the big picture. Excellence takes time.

LIFE SKILLS

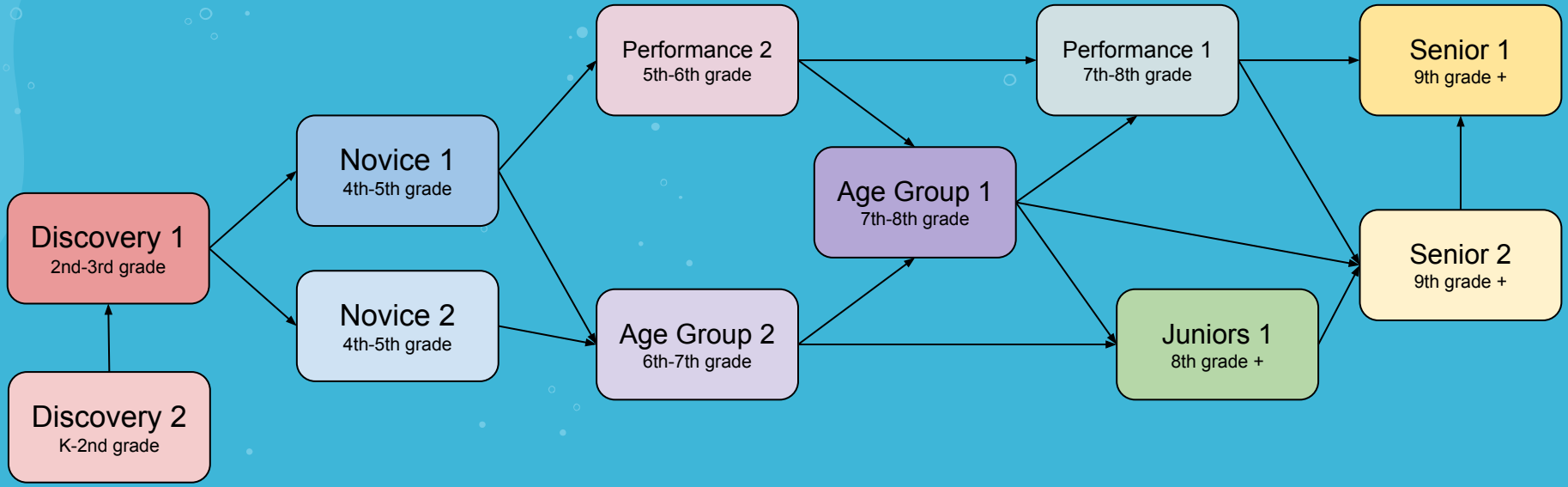
There is more to coaching than just reading a time or giving a set. Teaching them life skills that they will take into their everyday lives.

"SPORT SAMPLING"

Encourage them to participate in other sports and become well-rounded athletes. Kids are less active now with schools taking away PE class and recess.

QUALITY COACHING/TRAINED COACHES

Educating coaches on age and developmentally appropriate skills. Help promote great technique and prevent injuries. Being engaged in the workout and learning new/ different ways to communicate to athletes and parents.


Discovery 1
2nd-3rd grade
Discovery 2
K-2nd grade
Novice 1
4th-5th grade
Novice 2
4th-5th grade
Performance 2
5th-6th grade
Age Group 2
6th-7th grade
Age Group 1
7th-8th grade
Performance 1
7th-8th grade
Juniors 1
8th grade +
Senior 1
9th grade +
Senior 2
9th grade +

Progression Policy

Bayside Aquatics' mission and values drive group placement decisions. Swimmers are placed into the training group that is **developmentally appropriate.** The coaching staff makes all group placement decisions. While there are specific metrics involved in progressing, issues such as maturity, commitment levels, mental readiness for the increased workload, timing within the season, and space also influence the decision. **Racing times are not a primary factor for group placement,** although they may be an indirect factor. Swimmers are placed in groups that best serve their developmental needs. If parents have questions concerning group placement, they are encouraged to speak with their swimmer's primary coach.

General Considerations for Transitioning Groups:

Transitions can occur at the start of the swim year or after the winter or spring break.

In order to be considered for transitioning groups, the swimmer :

- Consistently makes choices that demonstrate the willingness to make the commitment level expected of swimmers at the next level.
- Meets attendance expectations for the current group; demonstrates the ability to make attendance requirements for the next level.
- Commits and qualifies for meets at the next level.
- Consistently trains above the level of the current practice group.
- Demonstrates ability to train successfully on base intervals at the next practice level.
- Has mastered stroke and skill expectations of the current practice group.
- Demonstrates mastery of all four strokes (in the appropriate distance) in a meet setting.
- Exhibits level of maturity and responsibility appropriate for the higher group.
- Fits age and experience parameters of the next training level.
- Has demonstrated the desire and potential to compete successfully at the general competition level of the next group.

Practice Expectations

Parents are allowed to observe practice from the balcony at Bowie State and on the benches at SportFit. USA Swimming does not allow parents to be on the pool deck during practice. If you have any questions/concerns for the coaching staff, please talk to them before or after the practice, not during; feel free to email them at any time.

- Be on time.
- Swimmers should attend only their own practice, unless he/she has received permission from a coach.
- Come to practice dressed for the weather.
- Restroom use should be restricted to emergencies and before and after practice.
- You represent our team and USA swimming at all times. Conduct yourself accordingly.
- Swimmers are responsible for keeping track of their cap, goggles, water bottle, and equipment at practice. Coaches are not responsible for lost equipment.
- If for any reason you have questions or difficulties, be sure to consult your coach first.
- Always do your best to follow directions and swim correctly (or as instructed).
- Always respect your teammates.
- During practice, swimmers are expected to circle swim to avoid collisions with other swimmers.
- Between sets, swimmers are expected to demonstrate they are ready to listen to the coaches' instructions by keeping one hand on the wall and their head above water.

Attendance

Consistency is the key to success. The coaches highly encourage swimmers to make it to all of their assigned practices in order to derive the full benefits of the program. The team does encourage multisport athletes, so if you need to miss a practice to attend another sport or activity, the coaching staff supports you.

General Guidelines:

Discovery - at least 2x/week

Novice/ Age Group/ Juniors/ Performance 2 - at least 3x/week

Performance 1 - 3-4x/week

Senior - as many as possible

Practice Cancellations

Information regarding any cancellation will be sent via email, text and social media as early as possible. At times, there are weather related issues such as lightning, or unforeseen pool/facility issues that may require practice to be canceled on short notice. Every effort will be made to contact parents for early pickup. Please remain available by cell phone while your swimmer is at practice.

COMMUNICATION

1. Bayside Aquatics encourages open communication.
2. Weekly Emails – SUNDAY
   ** Please read. Will contain all important information about the week/ changes in schedules/ meets to RSVP for.
3. Monthly Newsletters
4. SPORTSYOU
5. Team Website www.swimbayside.com
6. Parent Meetings
7. Commit – Meet Entries/ Billing

- If you have any questions, email us anytime! If you are unsure of who to email, contact Karen Bisnett Karen@swimbayside.com
- Coaches can be available before or after a swim practice **if planned ahead.** If you would like to schedule a meeting with a particular coach, please arrange a meeting ahead of time. This will help the coaches make time for you and your questions. During practices, our first priorities are the swimmers in the water.
- Like our Facebook and Instagram pages!

The Swim Season & Expectations

September – Pre-Meet Season

- Get back into the swing of things
- Set baseline for season

October/ November

- Try new events, not looking for best times, focus more on swimming races correctly and trying new events

December – Mid-Season Meet

- Start to see best times, season starting to come together
- Qualifying for championship meets

January/February

- Start to focus on primary events, perfecting our races
- Qualifying for championship meets

February/March – Championship Season

- This is where we want to go fast!

Meet Entries

- Participation in Meets is not mandatory but is HIGHLY encouraged.

- Parents are responsible for entering swimmers in meets.
- Each training group will be training for specific meets and events.
- HOW TO SIGN UP FOR MEETS

- REVIEW YOUR EMAILS!!!
- Commit will be updated as new meets become available.

FAMILIARIZE YOURSELF WITH MEET ANNOUNCEMENTS

****It is very difficult to keep track of email requests. Please use the Notes section of Commit!

Meet Announcement

RAC First Splash 2026 • Sep 18th, 2026 - Sep 20th, 2026
UMBC Aquatic Complex (SCY)
Timezone: America/New York

Open
Registration closes 09/05/2026

No meet information

2026 RAC First Splash Meet Announce...

Retriever Aquatic Club

RAC First Splash

Hosted by
Retriever Aquatic Club

September 18-20, 2026

Held at UMBC Aquatic Complex, University of Maryland Baltimore County
1000 Hilltop Circle Baltimore, MD 21250

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.
Sanction

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct (www.mdswim.org) will govern this meet.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Marie Bowman Marie.Bowman9@gmail.com	Landon Davies landon.davies@gmail.com
Meet Referee	USA Swimming Registered Operational Risk Director
Wade Adkins xjwa@aol.com	Sarah Adams coachsarahRAC@gmail.com
Officials Contact	Administrative Official
Wade Adkins Officials Sign Up Link	Landon Davies landon.davies@gmail.com

Session 2			
Saturday, September 19			
Warm-up: 7:00am Session Start: 8:00am			
Event #	Events	Event #	Event
7	Boys 11-13 200 Breast	19	Girls 10 Yr Old 50 Fly
8	Girls 9 Yr Old 50 Back	20	Boys 11 Yr Old 100 Fly
9	Girls 10 Yr Old 50 Back	21	Boys 12 Yr Old 100 Fly
10	Boys 11 Yr Old 50 Back	22	Boys 13 Yr Old 100 Fly
11	Boys 12 Yr Old 50 Back	23	Girls 9 Yr Old 100 Free
12	Boys 13 Yr Old 50 Back	24	Girls 10 Yr Old 100 Free
13	Girls 9 Yr Old 100 Breast	25	Boys 13 Yr Old 100 Free
14	Girls 10 Yr Old 100 Breast	26	Girls 9 Yr Old 100 IM
15	Boys 11 Yr Old 50 Breast	27	Girls 10 Yr Old 100 IM
16	Boys 12 Yr Old 50 Breast	28	Boys 11 Yr Old 100 IM
17	Boys 13 Yr Old 50 Breast	29	Boys 12 Yr Old 100 IM
18	Girls 9 Yr Old 50 Fly		

Session 3			
Saturday, September 19			
Warm-up: 12:00pm Session Start: 1:00pm			
Event #	Events	Event #	Event
30	Girls 11-13 200 Breast	42	Boys 10 Yr Old 50 Fly
31	Boys 9 Yr Old 50 Back	43	Girls 11 Yr Old 100 Fly
32	Boys 10 Yr Old 50 Back	44	Girls 12 Yr Old 100 Fly
33	Girls 11 Yr Old 50 Back	45	Girls 13 Yr Old 100 Fly
34	Girls 12 Yr Old 50 Back	46	Boys 9 Yr Old 100 Free
35	Girls 13 Yr Old 50 Back	47	Boys 10 Yr Old 100 Free
36	Boys 9 Yr Old 100 Breast	48	Girls 13 Yr Old 100 Free
37	Boys 10 Yr Old 100 Breast	49	Boys 9 Yr Old 100 IM
38	Girls 11 Yr Old 50 Breast	50	Boys 10 Yr Old 100 IM
39	Girls 12 Yr Old 50 Breast	51	Girls 11 Yr Old 100 IM
40	Girls 13 Yr Old 50 Breast	52	Girls 12 Yr Old 100 IM
41	Boys 9 Yr Old 50 Fly		

CHAMPIONSHIP SWIM MEETS

LSC Championships:

EVERY swimmer has an end of season championship meet!

The championship season starts in late February and continues through late March. Swimmers are expected to attend only ONE championship meet- it should be the highest level meet they have qualified for.

Senior State Champs:
15&O
Qualifying Times

14&U State Championships:
14&U
Qualifying Times

Junior Championships: 9&O
Qualifying Times

B Championships: 9&O
Swimmers did not qualify for Jr Champs

8 & Under Championship: 8 & under
No qualifying times

Our team goal each season is to qualify as many swimmers and relays as possible to swim in these Championship meets. Swimmers who qualify or are selected for a qualifying relay are expected to attend the meet and participate fully.

COMPETITION PYRAMID



purpose to qualify for international teams and to decide on our national champions

end of the season national level championship meet/ can make National Team roster from this meet

end of the season 18-Under national level championship meet

provide an end of season opportunity for the gap between Sectionals and Summer Juniors

qualifying competition/ final tune up for meets on the pyramid.

LSC STATE CHAMPS

MARYLAND SWIMMING
2026 MARYLAND LSC SENIOR SHORT COURSE CHAMPIONSHIPS FEBRUARY 19 - 22, 2026
2026 MARYLAND LSC 14 & UNDER SHORT COURSE CHAMPIONSHIPS MARCH 5 - 8, 2026
2026 QUALIFYING TIMES

2026 QUALIFYING TIMES - BOYS

EVENT	10 & U BOYS	11 & 12 BOYS	13 & 14 BOYS	SENIOR
50 FREE	31.49	27.79	24.69	23.19
100 FREE	1:10.69	1:01.09	53.59	50.19
200 FREE	2:35.69	2:14.89	1:57.89	1:50.49
500 FREE	6:48.39	5:53.89	5:19.99	4:59.99
1000 FREE			10:47.29	10:25.89
1650 FREE			18:29.69	17:50.69
50 BACK	37.99	32.79	29.09	27.09
100 BACK	1:20.79	1:10.39	1:01.69	57.89
200 BACK		2:32.89	2:13.49	2:08.49
50 BREAST	42.49	37.09	32.89	29.59
100 BREAST	1:33.39	1:19.59	1:10.39	1:05.99
200 BREAST		2:56.29	2:33.09	2:28.09
50 FLY	37.09	31.29	28.09	25.29
100 FLY	1:26.69	1:10.99	1:00.49	55.69
200 FLY		2:38.29	2:17.99	2:11.39
100 IM	1:21.29	1:10.69	1:01.79	57.99
200 IM	2:55.99	2:31.39	2:13.69	2:04.39
400 IM		5:27.89	4:47.09	4:27.79

NOTE: QUALIFICATION PERIOD - JANUARY 1, 2025 UNTIL THE ENTRY DEADLINE FOR THE MEET

2026 QUALIFYING TIMES - GIRLS

EVENT	10 & U GIRLS	11 & 12 GIRLS	13 & 14 GIRLS	SENIOR
50 FREE	31.59	28.19	26.29	25.99
100 FREE	1:10.89	1:01.19	56.79	56.09
200 FREE	2:36.39	2:13.89	2:03.69	2:01.69
500 FREE	6:48.39	5:53.89	5:29.99	5:26.39
1000 FREE			11:13.99	11:11.09
1650 FREE			18:39.69	18:39.59
50 BACK	37.19	32.59	30.49	29.09
100 BACK	1:20.59	1:09.89	1:04.09	1:03.89
200 BACK		2:31.69	2:17.49	2:17.39
50 BREAST	42.49	36.89	34.89	33.39
100 BREAST	1:33.39	1:19.99	1:13.89	1:13.79
200 BREAST		2:54.69	2:40.39	2:40.29
50 FLY	36.09	30.99	29.29	28.69
100 FLY	1:26.69	1:10.29	1:03.59	1:02.69
200 FLY		2:38.29	2:22.39	2:22.29
100 IM	1:20.49	1:09.89	1:04.59	1:03.09
200 IM	2:55.99	2:31.59	2:19.89	2:17.69
400 IM		5:26.99	4:57.39	4:54.29

NOTE: QUALIFICATION PERIOD - JANUARY 1, 2025 UNTIL THE ENTRY DEADLINE FOR THE MEET

JUNIOR CHAMPS

MARYLAND SWIMMING
2025 MARYLAND LSC SHORT COURSE CHAMPIONSHIPS
2025 QUALIFYING TIMES

EVENT	9 & 10 BOYS		11 & 12 BOYS		13 & 14 BOYS		15 & O BOYS	
	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	14 & U Champs Qualifying Time	Junior Champs Qualifying Time	Senior Champs Qualifying Time
	B Champs slower than	Junior Champs slower than	B Champs slower than	Junior Champs slower than	B Champs slower than	Junior Champs slower than	B Champs slower than	Junior Champs slower than
50 FREE	36.59	31.49	32.29	27.79	29.79	24.69	28.39	23.19
100 FREE	1:22.79	1:10.69	1:09.89	1:01.09	1:04.89	53.59	1:01.89	50.19
200 FREE	2:51.99	2:35.69	2:27.49	2:14.89	2:12.79	1:57.89	2:06.79	1:50.49
500 FREE	7:36.99	6:48.39	6:37.49	5:53.89	6:08.99	5:19.99	5:54.09	4:59.99
1000 FREE						10:47.29		10:25.89
1650 FREE						18:29.69		17:50.69
50 BACK	44.29	37.99	36.99	32.79	33.79	29.29	31.59	27.09
100 BACK	1:33.29	1:20.79	1:19.69	1:10.39	1:10.39	1:01.69	1:07.19	57.89
200 BACK			2:47.69	2:32.89	2:25.09	2:13.49	2:17.49	2:08.49
50 BREAST	48.59	42.49	41.49	37.09	37.39	32.89	34.09	29.59
100 BREAST	1:45.69	1:33.39	1:28.49	1:19.59	1:19.49	1:10.39	1:15.09	1:05.99
200 BREAST			3:08.19	2:56.29	2:43.99	2:33.09	2:36.19	2:28.09
50 FLY	42.49	37.09	36.19	31.29	32.79	28.29	29.79	25.29
100 FLY	1:41.09	1:26.69	1:20.99	1:10.99	1:10.09	1:00.49	1:06.69	55.89
200 FLY			2:48.79	2:38.29	2:26.89	2:17.99	2:20.49	2:11.39
100 IM	1:32.89	1:21.29	1:18.99	1:10.69	1:13.99	1:01.79	1:09.99	57.99
200 IM	3:17.19	2:55.99	2:47.99	2:31.39	2:28.49	2:13.69	2:20.89	2:04.39
400 IM			5:54.39	5:27.89	5:25.09	4:47.09	5:11.69	4:27.79

No 8 & Under swimmers may swim at the Junior Championship Meet or B Championship Meets. There are no qualifying times for the 8 & Under Championship Meet.
No swimmer may swim the same individual event at the Senior Championship, 14 & Under Championship, Junior Championship, and/or the B Championship Meets.
Swimmers may only swim the event at one Championship Meet.

USA Swimming Motivation Standards: Every 4 years, USA Swimming issues a list of motivational times for each event and age group. These levels are termed B, BB, A, AA, AAA, and AAAA. The motivational times for both short and long course can be found on the USA Swimming website linked here.

IMX/IMR Standards: The IMX and IMR programs are a great way to measure your swimmer's progress through the sport. One goal of our team annually is to increase the number of swimmers achieving IMX (I.M. Extreme) and IMR (I.M. Ready) scores, which are achieved by swimming the full range of events available to their age group.

The events for each age group are as follows:

- 9 - 10 year olds: 100 FL, 100 BK, 100 BR, 200 FR, 200 IM
- 11-12 year olds: 100 FL, 100 BK, 100 BR, 200 IM, and 500 FR
- 13 and Over: 200 FL, 200 BK, 200 BR, 500 FR, and 400 IM



USA Swimming 2024-2028 Motivational Standards

8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
		10 & under Girls							10 & under Boys			
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR-R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *

Meet Policies

● Swimmers will be entered in meets according to team needs and individual preferences. All swimmers should plan to swim at least one meet per month, plus the appropriately-leveled end of season championship meet for which they qualify.

● Once you entries have been submitted for a meet, you have committed to participating at the swim meet. You are still required to pay the meet fees even if your swimmer does not swim in the meet.

● **We warm up as a team, we sit as a team, we act as a team, we succeed as a team;** be on time, prepared, and supportive of all Bayside swimmers. Please do not arrive late to warm-ups.

● Anyone qualifying to swim in the finals of events at championship meets is expected to swim in that final.

● In meets where relays have been entered, performance at the meet itself may result in changing relay participants or order. If relays are entered in a meet, please do not leave the site until your swimmer has checked with the coaches regarding possible needs for a relay.

What to bring to a swim meet:

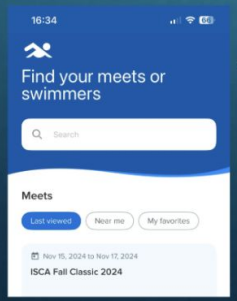
- Swimsuit
- Team cap. Bring an extra cap just in case!
- 2 pairs of goggles just in case one breaks!
- Team t-shirt/ apparel – PLEASE LABEL YOUR ITEMS!!!!!
- Warm-ups or sweats to stay warm in between events
- Sharpie to write events on hand/arm
- Water and healthy snacks
- Copy of events in a plastic bag
- Game/book/notebook to keep you occupied.
- Towels



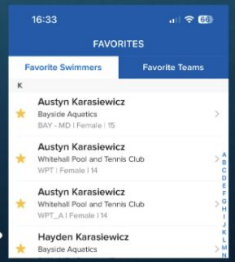
SWIM APPS & WEBSITES

MeetMobile APP $6.99 / YEAR

MeetMobile is used for tracking events and heats on the day of the meet as well as results of current and past meets.



SEARCH FOR YOUR FAVORITE SWIMMERS OR THE CURRENT MEET. TAP THE STAR NEXT TO THE NAME TO MAKE THEM A FAVORITE



YOUR TRACKED SWIMMERS WILL SHOW UP ON THE STAR TAB

swimcloud Swim Cloud WEBSITE FREE

SwimCloud.com is the go-to site for swim recruiting and NCAA results, as well as tracking and ranking club swimmers.

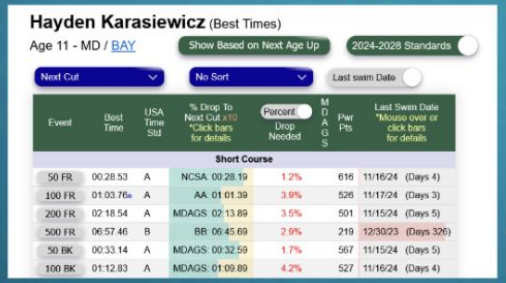
- RECRUIT RANKINGS BY HS CLASS AND STATE
- $30 ONE TIME PURCHASE FOR VARISTY ACCOUNT WHERE SWIMMERS CAN SEARCH FOR COLLEGES BY LOCATION, MAJOR, SIZE, ETC. THAT MATCH THEIR TIMES
- LOOK FOR COLLEGES WHERE YOU WOULD PLACE IN THE CONFERENCE CHAMPIONSHIPS

BAYSIDE AQUATICS

MySwimIO

MySwimIO **WEBSITE** **FREE**

MySwimIO is a website for tracking a swimmers progress as well as rankings within the club, LSC, Zone, and US.



TRACK PROGRESS TOWARDS USA SWIMMING MOTIVATIONAL TIMES AND OTHER CUTS (MDAGS CUTS = STATE CUTS)

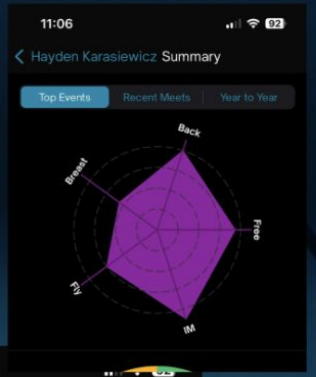
TRACK RANKINGS AGAINST SWIMERS IN MD, EZ, AND US

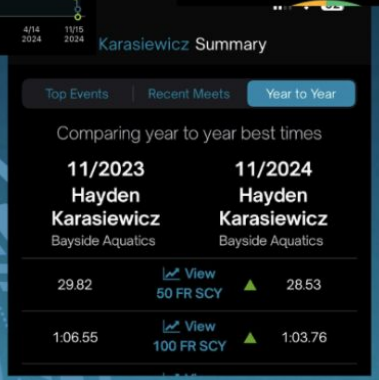


Swimmetry **APP** **$6.99 / YEAR**

Swimmetry enables swimmers to view rankings, track goals (built in and custom) and view progression with data visualizations.







Outside Private/ Supplemental Lessons

As members of Bayside Aquatics, it is expected that the **coaches are the primary instructors** of your swimming, as they are specifically trained in appropriate and professional swim training techniques for youth swimmers. There are ample and appropriate amounts of practice time provided for our swimmers, and rest and recovery is an important aspect of training for youth swimmers. **More is not always better,** especially for younger swimmers who are not physically or mentally ready for extra days of training. **Please do NOT arrange for additional instruction or lessons outside of our team structure without consulting your child's coach.** If there is a specific need, please discuss this with the coaches, who will evaluate the request and discuss whether it would be appropriate for an outside instructor to work with your swimmer. In most instances, some individualized feedback at practice can be provided that can then be applied at scheduled practices. **Outside instruction often contradicts what is being taught to our swimmers.** Our expectation is that swimmers and parents trust and accept the framework within which their children are being coached.

Swimmer Equipment

- **Discovery and Novice:** Long Fins, Kickboard, Pull Buoy, Equipment Bag, Water Bottle, + **JUNIOR SNORKEL**
- **All other groups:** Short Fins, Kickboard, Pull Buoy, Snorkel, Paddles, Equipment Bag, Water Bottle

LABEL ALL EQUIPMENT!!! - TRY ON EQUIPMENT AT HOME BEFORE FIRST PRACTICE!!

Bring all equipment in a backpack or mesh bag to every practice. This includes a water bottle, TWO pairs of goggles, suit, towel, and equipment required of your group.

Bayside Aquatics is sponsored by Arena so we recommend Arena products when possible. Families are welcome to purchase any brand that works best for them. You can purchase items from our team store (Pools, Porches, & Patios), SwimOutlet, or Amazon.
https://www.swimbayside.com/equipment

Pools, Patio, & Porches: You can also visit this store in person in Frederick.
https://pppswimshop.com/teams/teams-club/bayside-aquatics/
Password: BAY2025

Swimoutlet:
https://www.swimoutlet.com/collections/baysideaquatics

We also have a team store with Crab & Anchor where you can purchase any spirit-wear items.
https://chesapeakedistribution.com/collections/bayside-aquatics

Swimmers must have team suit or a plain navy or black suit at meets.

TEAM SUITS

Purchase at Pools, Patios, Porches

Swimmers should have a different racing suit from practice suit.







TEAM SUITS

12&U Optional Racing Suit: Arena ST Next

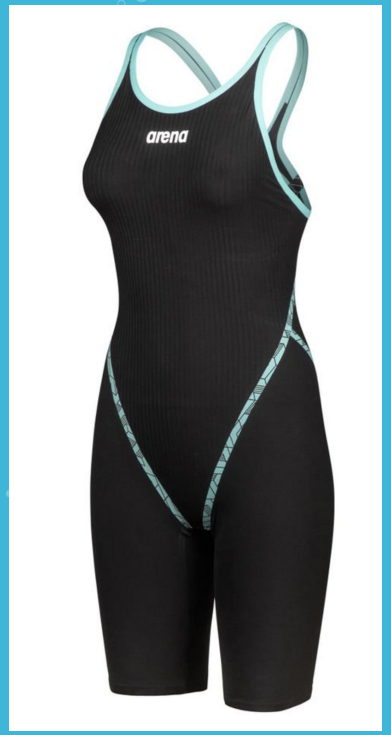


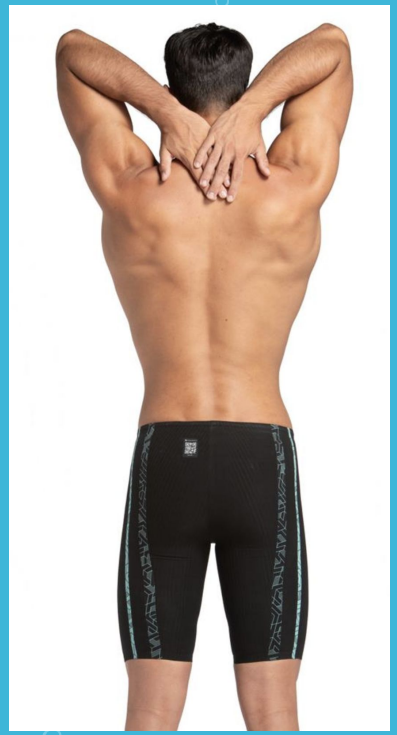


Swimmers should NEVER wear practice suits at a meet!!

Racing suits should be tight fitting.

TEAM SUITS





13&overs in Performance or Seniors can opt to wear a tech suit.

Swim Strong Dryland



Comprehensive, periodized (phase-by-phase) dryland programming for each age group.

- Nutrition, Training, Motivation & Sport Psychology Educational Content
- Regular live Educational Webinars
- Race Preparation routines to prepare your athletes for Championship Season
- Prehab Routines to build resilient swim athletes
- Mobility work to improve quality movement
- Exclusive Coaches Educational Content
- Leadership Training to grow character & team culture
- Exclusive SSDL Community benefits

BAYSIDE TEAM DAY

Sunday, September 13 @ 2:00pm
Crofton Park Pavilion

Meet the coaches, ask questions, pick up your swag bag, and purchase additional Bayside swag!!!

Team Photo
Games

Introducing:

BAYSIDE BUDDY DAYS!

BAYSIDE AQUATICS



ONE TEAM. ONE BAYSIDE FAMILY.

We're excited to launch something new this season to help make our **Bayside family** even stronger!

Once a month, our **older practice groups will team up with our younger groups** for a Bayside Buddy Day! Our older swimmers will help plan fun activities, games, challenges, and team-building opportunities that give our younger swimmers a chance to get to know – and look up to – the athletes who have been in their shoes.

We want our younger swimmers to know the older kids they see on deck, and we want our older swimmers to have **opportunities to be leaders, mentors, and role models** within our program.

One of our biggest goals is to make sure that whether you're 6 years old or 18 years old, brand new to Bayside or have been here for years, you feel like you're **part of ONE team.**

We can't wait to see the friendships, connections, and memories that come from *Bayside Buddy Days!*

BUDDY GROUPS

Each group will have a designated Buddy Group and will get together **once a month during regular practice time** for their Bayside Buddy Day!

MONDAYS

Sept 14 • Oct 12 • Nov 9 • Dec 14
Jan 11 • Feb 8 • Mar 8 • Apr 12 • May 10

- Senior 1 – Performance 2
- Juniors & Performance 1 – Novice 2

FRIDAYS

Sept 25 • Oct 16 • Nov 20 • Dec 18
Jan 15 • Feb 12 • Mar 19 • Apr 16 • May 14

- Senior 2 – Discovery 2
- Age Group 1 – Discovery 1
- Age Group 2 – Novice 1

Practice Equipment Expectations

What do I need for practice:

- Suit, Goggles, Cap, Water Bottle, Towel
- Swimmers should wear the same type of goggles they plan to wear in the meets.
- **DO NOT WEAR MEET SUITS TO PRACTICE!** We want those suits to last as long as possible- save them for the meets!
- Bring the required equipment for your group in a mesh bag to all practices. We have a limited amount of extra equipment to lend out if needed.

Please remind swimmers to double check that they have all their equipment at the end of practice.
Please LABEL ALL EQUIPMENT!!! Equipment that is left behind will be placed in the team equipment bin. Swimmers can grab it the next time they are at practice. Coaches will NOT grab equipment left behind.

Group Parents

Swim practice is not always the most social time since they are underwater most of the time so we want to make sure to provide the swimmers with opportunities to socialize outside of practice.

All Group Parent roles must be filled. We see a big difference between groups that organized fun activities outside of practice and those that don't — the groups that spent more time bonding had the highest swimmer retention. Team bonding is essential for building friendships, boosting morale, and helping swimmers feel connected beyond the pool.

Group Parents play a key role in making this happen. **Coaches are not responsible for planning these activities** — that's where our amazing parent volunteers come in. You do **not** need to be an experienced Bayside parent or know anything about swimming. You simply need a few creative ideas to bring the swimmers together outside of practice — from team dinners, game nights, or ice cream outings to park meetups or seasonal celebrations.
When every group has an active Group Parent, our swimmers build lasting friendships, have more fun, and are more likely to stay engaged with the team.

Get-together Ideas:

- Halloween Parties
- Poster Making for swim meets
- Buddies with Older/ Younger Swimmers
- Bonfires
- Movies
- Haunted Trail
- Corn Maze
- Pizza Party after Practice
- Popsicles after Practice
- Playground Meet ups
- Candy Salad

Officials

Officials:

Are you interested in becoming an official?

- You do not need to know anything about swimming to become an official! You will learn what you need to know by completing coursework, studying the rule book, and shadowing officials during swim meets.
- All are welcome!
- Certification requirements include a background check, athlete protection training, coursework, and an online test.

Email karen@swimbayside.com if you are interested!

***We would like to begin hosting meets and cannot do this without your support as officials.

Officials are needed to run meets!

Due to the growth of our team, we NEED to provide more stroke and turn judges. We would like to have at least ONE OFFICIAL for each of our practice groups. PLEASE VOLUNTEER!!!

Bayside offers a $50 credit for every 2 sessions you volunteer as an official.



Bayside Aquatics Booster Club

Who are we and what do we do?

- BABC is a non-profit organization that is here to support the swimmers, families and the swim community.
- Throughout the season we will host a number of events to encourage team-building and camaraderie among swimmers and families (i.e. swim group events (organized by group parents AND full team events like the Blue-White Meet, team dinners, and end-of-season banquet).
- ALL dues & proceeds from fundraisers throughout the season will be used to support these team building initiatives and off-set costs to swimmers and families for events.

Bayside Aquatics Booster Club

How can you get involved with the Booster Club?

- Volunteer as a swim group parent (Karen)
- Volunteer to help our board on special projects (boosterclub@swimbayside.com)
- Participate in events and fundraisers

BAYSIDE AQUATICS

SPONSORSHIP PROGRAM

Support Our Swimmers. Strengthen Our Community.

BRONZE — $250

- Quarterly newsletter recognition
- Business name listed on team website
- Sponsor thank-you certificate
- "Proud Sponsor of Bayside Aquatics" digital badge

SILVER — $500

- All Bronze benefits
- Quarterly social media recognition
- Monthly newsletter recognition
- Logo on the team website
- Logo on team T-shirts
- Logo on Team Banner
- Recognition in announcements for block party meets
- Opportunity to provide promotional items for team welcome bags

GOLD — $1,000

- All Silver benefits
- Premier logo placement on team website
- Larger logo placement on team T-shirts
- Logo on the team banquet photo backdrop
- Recognition during the team banquet
- Featured social media post
- Logo included in major team emails
- Opportunity to sponsor specific meet/banquet award/team event

BECOME A BAYSIDE AQUATICS SPONSOR

swimbayside.com

Follow us on:
Facebook: www.facebook.com/baysideaquatics
Instagram: www.instagram.com/bayside_aquatics
Facebook Family Page: https://www.facebook.com/groups/779134829602260