



Norbs Swim Team

17147 Maumee Ave
Grosse Pointe, MI 48230
Phone: 313-343-5257

gpcnorbs@gmail.com

June 1, 2021

Dear Norbs Family:

Welcome back to summer swimming! Included in this packet are forms and information regarding the Norbs swim team for the 2021 season. These forms, along with the team fee, must be returned to the park office before practice begins on Monday, June 21. If you know of anybody who might be interested in joining the team, the forms can be found on the City of Grosse Pointe website.

The coaching staff this year will consist of John Hurley, Claire Graff, Audrey Smihal, and Alexandra Ostrowski.

Please review the parent guide included in this packet. It should help explain team policies and procedures. Additional information regarding the league and league rules are available at the park office.

This year, we will be needing more help than ever to coordinate and plan our after meet activities. If you're interested in being a part of this, please indicate that on the parent volunteer sheet. As volunteer sheets are returned, a committee will be put in place to organize and run the post-meet activities.

Once again, this year, our team suits and apparel will be done through Burke's Sports Haven. Orders will be placed via an online store. Please use the reference sheet to find descriptions of all apparel, as well as find the address to the online store. The online store will remain open until midnight on Monday, June 21, 2021.

Located in the team packet is the Heads Up! Concussion Information sheet. Please take a moment to review this information with your swimmer and then sign and return the waiver included with the packet. **If you returned this in previous years for all athletes, whether with swim team or swim lessons, you do not need to send it back again. However, we will be verifying every athlete has one on file.**

If you have any questions, please call the park office. We look forward to another great season!

Sincerely,

City of Grosse Pointe
Department of Parks and Recreation

Attachments:

Norbs Swim Team Registration Form
Parent Volunteer Form
Norbs Parent Guide
Team Activity and Practice Schedule

Team Apparel Information Sheet
Heads Up! Concussion Information Sheet
Concussion Waiver



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As a result of the State's June 1 order and the lifting of restrictions on outdoor capacity limits, the Lakefront Swim Association has determined the following schedule for in person dual meets, mini meets, and finals for the 2021 summer season. In accordance with this order, eligible swim team participants ages 13 and up must comply with a testing protocol as specified in the MDHHS publication entitled "Interim Guidance for Athletics" issued May 24, 2021.

Dual Meets

Wednesday, June 30 at 5:30 p.m.
Grosse Pointe Park at Grosse Pointe City
Grosse Pointe Farms at Grosse Pointe Shores
St. Clair Shores at Grosse Pointe Woods

Wednesday, July 7 at 5:30 p.m.
Grosse Pointe Park at St. Clair Shores
Grosse Pointe Shores at Grosse Pointe City
Grosse Pointe Woods at Grosse Pointe Farms

Wednesday, July 14 at 5:30 p.m.
Grosse Pointe Farms at Grosse Pointe Park
Grosse Pointe City at St. Clair Shores
Grosse Pointe Woods at Grosse Pointe Shores

Wednesday, July 21 at 5:30 p.m.
Grosse Pointe Park at Grosse Pointe Woods
Grosse Pointe City at Grosse Pointe Farms
St. Clair Shores at Grosse Pointe Shores

Mini Meets

Saturday, July 17
Grosse Pointe Farms at St. Clair Shores
Grosse Pointe Woods at Grosse Pointe City
Grosse Pointe Shores at Grosse Pointe Park

Lakefront Swim Association Championships

Preliminary Heat
Morning of Monday, July 26
Time TBD
Ages 11 & up

Preliminary Heat
Morning of Tuesday, July 27
Time TBD
Ages 10 & under

Final Champion Meet
Evening of Wednesday, July 28
Time TBD
All qualifiers



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Norbs Swim Team Registration Form

Please complete this form and return it to the park office **with a check made out to City of Grosse Pointe**. See the Team Fees box for more information.

Family Name		Home Phone Number	
Address		Parent Email Address	
Father's Name		Work Phone Number	Cell Phone Number
Mother's Name		Work Phone Number	Cell Phone Number
Emergency Contact Name		Emergency Contact Phone Number(s)	
Swimmer Name	Gender	Birthday	New To Team
	<input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Yes <input type="checkbox"/> No
Describe any special needs or relevant medical conditions that may affect your children while swimming.			
Team Fees Please include a check for the amount listed below. This fee helps cover the costs with the activities after dual meets and with the awards banquet. Make checks payable to City of Grosse Pointe. <input type="checkbox"/> \$85: One swimmer <input type="checkbox"/> \$135: Three swimmers <input type="checkbox"/> \$115: Two swimmers <input type="checkbox"/> \$145: Four swimmers		Office Use Only Date: <input type="checkbox"/> Entered into TM Initials: Check Number:	
Disclaimer By signing below, I am indicating: that the above named swimmers reside at the indicated address within the City of Grosse Pointe; that all other information provided is accurate and correct; that I understand that any changes to the above information or that any false information provided may result in disqualification from the team.			
Parent Signature			Date



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Norbs Parent Volunteer Availability

Please indicate the events you are able to help with. Return this form to a coach or to the park office. Additional forms are available in the park office.

Additional volunteer opportunities will be sent out via email and Sign Up Genius, Please keep an eye out for those

Name(s)	Primary Phone Number
Timing/Recording For each meet, we need a large number of volunteers to time individual lanes. A timers' meeting will be announced about 15 minutes before the start of the meet. This year we will be needing 10 timers per meet	
<input type="checkbox"/>	Name and Phone # of Volunteer(s)
<input type="checkbox"/> Dual Meet at HOME vs GPP Wednesday, June 30, 5:30PM	
<input type="checkbox"/> Dual Meet at HOME vs GPS Wednesday, July 7, 5:30PM	
<input type="checkbox"/> Dual Meet AWAY at SCS Wednesday, July 14, 5:30PM	
<input type="checkbox"/> Mini Meet at HOME vs GPW Saturday, July 17, 9:00AM	
<input type="checkbox"/> Dual Meet AWAY at GPF Wednesday, July 21, 5:30PM	
<input type="checkbox"/> Prelims for 11 & Up at GPW Monday, July 26, TBD	
<input type="checkbox"/> Prelims for 10 & Under at GPW Tuesday, July 27, TBD	
<input type="checkbox"/> Finals Meet at GPW Wednesday, July 28, TBD	
Meet Announcer In addition to reading names and events, the meet announcer helps control the flow of the meet. The announcer needs to be at the meet about 15 minutes before it begins.	
<input type="checkbox"/> Dual Meet at Home vs GPP Wednesday, June 30, 5:30PM	<input type="checkbox"/> Dual Meet at HOME vs GPS Wednesday, July 7, 5:30PM
Post-Meet Activity Planning Committee This committee will be in charge of planning and implementing post-meet activities for the entire time.	
<input type="checkbox"/> Yes! Sign me Up	<input type="checkbox"/> I would be willing to chair/co-chair this committee



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Norbs Team Schedule 2021

Check the Weekly Norbs Newsletter in your email for additional information and schedule changes.

Date	Time	Event	Location
Monday, June 21	Please See Practice Schedule	Practice begins	Neff Park Pool
Wednesday, June 30	5:30 pm	Grosse Pointe Park Dual Meet	Home
Wednesday, July 7	5:30 pm	Grosse Pointe Shores Dual Meet	Home
Wednesday, July 14	5:30 pm	St Clair Shores Dual Meet	Away at SCS
Saturday, July 17	9:00 am	Mini Meet vs Grosse Pointe Woods	HOME
Wednesday, July 21	5:30 pm	Grosse Pointe Farms Dual Meet	Away at GPF
Monday, July 26	TBD	11 & Up Prelims	Away at GPW
Tuesday, July 27	TBD	10 & Under Prelims	Away at GPW
Wednesday, July 28	TBD	Finals Meet	Away at GPW
Thursday, July 29	TBD	Awards Banquet	TBD

Swimmers code of conduct

The swimmers' code of conduct is designed to enhance the team experience for all participants. Each swimmer and a parent/guardian should read over the code of conduct together.

1. Swimmers are expected to be on time for each practice. Training time should be considered vital. It is expected that each swimmer works hard for daily improvement and tries to do their best at all practices and meets.
2. Cooperation is expected with your coaches and teammates at all times.
3. Team success is put before individual accomplishment. Be supportive of your teammates at practice and at meets.
4. Appropriate behavior is essential at all practices, meets, and whenever you represent the team.
5. Team members promote and maintain all the elements of good sportsmanship and fair play.
6. The coaches are responsible for practice schedules, lane assignments, and meet line-ups. These decisions must be respected by parents and swimmers.
7. The decisions of meet officials are final and not to be disputed.
8. Verbal or physical confrontation will not be tolerated in any instance.
9. Any behavior that can be construed as intimidating, humiliating, harassing, threatening or embarrassing to teammates, officials, or opponents is unacceptable.

The coaching staff expects 100-percent compliance with the code of conduct. Failure to adhere to the policies may result in loss of swim meet assignments.



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Norbs Practice Schedule

	Summer Schedule Monday, June 21 – Tuesday, July 27
	Monday – Friday
8 & Under	8:00 – 9:00 am
9 & 10	9:00 – 10:00 am
11 & 12	10:00 – 11:00 am
13 & 14	7:00 – 8:00 pm
15 & Up	8:00 – 9:00 pm

Swimmers should come ready to swim as locker rooms will be unavailable

Practice Schedule Changes

Wednesday, June 30 No 13 & Up practice due to meet
 Wednesday, July 7 No 13 & Up practice due to meet
 Wednesday, July 14 No 13 & Up practice due to meet
 Wednesday, July 21 No 13 & Up practice due to meet

Prelims and Finals Practice Schedule TBD

If your child is unable to attend their scheduled practice time, please contact the coaches about the availability for their attendance at alternate time.



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NORBS SPIRITWEAR ORDER INFORMATION

Orders are to be submitted through our online Team Store. The address is:

<https://cgpnst2020.itemorder.com/>

All orders need to be received by Monday, June 21, 2021. Apparel will hopefully be available by the second meet (July 7, 2021.) Late orders will need to contact Burke's directly.

This year we will be offering the following options for Norbs apparel:

Short Sleeve T-Shirt: GRAY shirt, with Orange on Navy lettering

Hooded Sweatshirt: WHITE sweatshirt, with Orange on Navy lettering

Sweatpants: NAVY sweatpants, with Orange on White lettering on the leg

Long Sleeve T-Shirt: Orange shirt, with Navy on White lettering

Team Suits will once again be a Navy Suit with Orange NORBS lettering. Women's suits will be the flyback style, and men's suits will be the jammer.



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Norbs Parent Guide

Team Eligibility Requirements

In order to be eligible for the Norbs swim team, each participant must:

- be a full-time City resident by the first dual meet;
- be between 6 and 17 years old on June 1;
- be able to demonstrate a swimming ability equivalent to the American Red Cross Learn-To-Swim requirements for Level 4 (for 8 & under) or for Level 5 (for 10 & under). This includes being able to swim one length of the pool (25 meters) without assistance or stopping.

Any swimmer who does not meet the swimming requirements will be referred to swimming lessons. At any point before the week of the third dual meet, if the swimmer is able to meet the swimming requirements, they may swim with the team for the remainder of the season.

These requirements are for the safety of all swimmers as well as to allow for more consistent and productive practices. All swimmers are encouraged to register for swimming lessons to receive more one-on-one instruction.

Swimmers will not be cut or removed from the team based on times or performance reasons that are not stated above.

Additional eligibility rules may apply. League rules are available upon request.

Parent/Coach Communication

If you have questions or concerns about anything Norbs-related, please feel free to speak to a coach. The best times are right before practice and right after practice. At any other time, we prefer that you send an email to gpcnorbs@gmail.com.

Please notify us, in writing, if your child is unable to attend a meet. It is important that we know as soon as possible, so that we can accurately create the meet lineups. It is difficult to change a lineup once it has been posted. Newsletters will be emailed out on a weekly basis throughout the season.

Practices

Team members should arrive at the pool for their practice time ready to swim, as locker rooms will be unavailable. Attendance will be taken while athletes are swimming. Practices will be cancelled fifteen minutes before the beginning of practice if there is inclement weather.

Team Suits and Uniforms

Team suits, t-shirts, and sweats are available for purchase. They are not required to participate. Uniform information can be found further in this packet.

Meet Lineups

For dual meets, we will post a lineup on the Monday before the meet. We use previous times, attendance, and swimmer availability to produce the lineup.

To be placed in a dual meet, a swimmer must attend a minimum of 50% of the practices offered in the Monday to Friday period before the meet.

If your child is on the lineup and is unable to attend the meet, please notify us, in writing, as soon as possible.

Meets

On the day of each dual meet, all swimmers will check in on deck at their required check in time. Please refer to the weekly emails for details of when this will be. We ask that parents please write the event numbers on their child's hand prior to arriving at the meet.

Please refrain from interacting with your swimmer during the meet. Once marshalled for their event, the children will be in an assigned area.

For the Championship Meet only, swimmers with the fastest times swim. A lineup will be posted a few days before the meet. Please see the Norbs newsletter for that week for check-in times and other important information.

Mini-meets are open to all swimmers 12 and under. There is no lineup or check-in for these meets, as children may swim as many or as few events as they wish.

Volunteers

In order for our team to function, we need your help! This year, more than ever, our main need is for timers and recorders at meets. We will be needing 10 timers for each meet to accommodate timing in each lane.

We will also be looking for a Meet Announcer.

To help with any of the above listed duties, please indicate on the Volunteer Availability form which dates you are able to work. There will also be emails sent out, but having those forms helps us to build a base! Sign Up Genius will be used to help recruit volunteers as well. Thank you in advance for all you do!



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Norbs Concussion Waiver Form

This form only needs to be filled out once and will be kept on file in the Parks and Recreation Office until each child is 18 years of age.

I acknowledge that I have received and reviewed the Heads Up! Concussion Parent and Athlete Concussion Information Sheet.

Student-Athlete Name Printed

Student-Athlete Name Signed (If Able)

Student-Athlete Name Printed

Student-Athlete Name Signed (If Able)

Student-Athlete Name Printed

Student-Athlete Name Signed (If Able)

Student-Athlete Name Printed

Student-Athlete Name Signed (If Able)

Parent/Guardian Name Printed

Parent/Guardian Name Signed

Date _____

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”



Michigan Department of Health & Human Services

RICK SNYDER, GOVERNOR | NICK LYON, DIRECTOR

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

PLEASE USE ALTERNATE FORM
STUDENT-ATHLETE NAME PRINTED

PLEASE USE ALTERNATE FORM
STUDENT-ATHLETE NAME SIGNED

DATE

PLEASE USE ALTERNATE FORM
PARENT OR GUARDIAN NAME PRINTED

PLEASE USE ALTERNATE FORM
PARENT OR GUARDIAN NAME SIGNED

DATE



JOIN THE CONVERSATION
www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://www.cdc.gov/concussion)