

EST Fall Parent's Meeting 2025-2026 Season

1. Welcome!
2. EST Mission and Vision
3. EST Education/Communication
 - Parent Handbooks, revisions being completed for new training groups.
 - **Team Website:** www.eagleswimteam.com. Also check Maryland Swimming: www.mdswim.org
 - Blast Email list. Sent thru team website: TeamUnify. Team GroupMe (Phone App)
 - Emails from your child's daily coach
 - Quarterly Parent Meetings- usually in Zoom or by recorded coaches message
 - Inclement weather- decisions made by 1:00pm (website, email, GroupMe, SMS)
 - Be sure to sign up for SMS text alerts
 - EST Office Phone: 443-544-7161
4. EST Policies:
 - Parent Code of Conduct
 - EST facility use is restricted to aquatic center unless activity is supervised by a coach.
 - Athlete & sibling supervision in building pre and post practice.
 - Meets: Athlete Surcharge.
 - McD Security Patrol (4pm til 4am)
 - Parking: No parking on loop in front of RL Center, this includes the handicap spaces (unless properly tagged) and just outside the cones. **You must be in designated parking spaces.**
5. Important dates and other items of note:
 - **EST Intersquad Cookout! Sat 9/20**
 - USA Swimming Registration. (New to USA Swimming)
 - Online Billing questions: contact Christine Ward, christine@eagleswimteam.com
 - Team Service Hours per family: 8hr Minis, 18hr Bronze thru Platinum, 24hr Senior thru NTG
 - **Swim and Tri:** TEAM suit, equipment and apparel sizing and orders: Tues, Sept 15th & Wed, Sept 16th from 5:30-7:30pm
 - EST meets we host: Oct 4-5- EST Senior Invite, (TBD)- FSC/EST Distance Dual, Jan 9-11- EST Mid-Winter Invite, Feb 14-15 EST/NAAC Dual Meet, April 12-13- EST Spring Into LC, May 29-31- EST Sizzler meet
6. **DISCUSSED in Break Out Zoom Meeting by Division: Practice & Meet Policies**
 - Important roles of Parent, Coach and Athlete.
 - Communication with the coaches at appropriate times.
 - Practices- drop off 15min before and pick-up 15min after practice ends.
 - No parents are allowed on deck during practices and meets (USA Swimming rule).
 - Meet info and opt-out thru website. Note deadlines!
 - Your child's coach makes all event selections.
 - Refer to the team website for the meet schedule, your child's entries, and a link to the meet notice which contains directions, warm-up times, and other important meet information.
 - In order to help the athletes have a successful meet, please have them on the pool deck 10-15min before the warm-ups begin.

<https://mcdonogh.zoom.us/j/93693539328>

EAGLE SWIM TEAM

Our **Vision** is to be a nationally recognized leader in all levels of competitive swimming.

Our **Values:** Character, Commitment and Teamwork

Our **Motto:** "Striving for Excellence in Swimming and in Life."

Our **Goal:** Gold Medal Club by 2028