

**Pembroke Meadows Marlins
Swim**

2025 Parent Handbook

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Coaches & Team Rep

Head Coach:

Mike Zmuda

Assistant Coaches:

Emily Barry

Ean Casey

Mia Casey

Rad Couture

Deion Dean

Haley Herrera

Hannah Tillet

Audrey Schulz

Team Representatives:

Maryann Casey: pmmarlins@gmail.com (757-288-0449)

Go Motion / Sports Engine

Your Go Motion / Sports Engine account is your account and is the primary source of communication for our team! Make sure you go into your account and insert additional email addresses and cell phone contact numbers for the people responsible for your swimmer(s). YOU, as the account owner, must do this!

If you have blended families or parents in separate households,
PLEASE be so kind as to enter their information into your account. The team reps cannot intervene in personal matters, so please take care of your swimmers and provide all necessary guardian information.

Once you create your Go Motion / Sports Engine account, you must VERIFY YOUR PHONE NUMBERS! You may see a little yellow box or red indicator that says "Unverified" in your account. If you do not verify your phone numbers, we cannot reach you, and you will not receive team communication information/ You must do this to receive emails or PUSH / SMS messages (e.g. the pool is closed, or practice is cancelled). The importance of verifying your numbers cannot be stressed enough.

Verifying Your Account

To verify your account, follow these steps:

<https://www.pmmarlins.com/page/home> (Do NOT try and search for the team by name via an app. Use the link.)

- 1) Use the above link to go to MY ACCOUNT.
- 2) At the top of your account, on the righthand side, there is a PENCIL icon. Select there to edit.
- 3) Find what contact information is UNVERIFIED (shows up in red or yellow. It may be an email address and/or a cell phone number. Cell phone carriers MUST be identified.
- 4) Select the number to verify and you will receive a code. Enter the verification code.

What to expect at a Meet

To participate in a swim meet, you must SIGN IN OR OUT your swimmer. You can do this through your Sports Engine account. You must accept or decline by 5:00 the Tuesday prior to the meet in order for the coaches to place swimmers in their events.

Make sure to arrive early – the meets start at 8:00 am and swimmers should arrive at the pool by 7:15 AM to check in and warm up. Parking is often EXTREMELY limited, and arriving early allows time to find a parking spot with minimal stress. The coaches will provide paper slips with the events your swimmers are placed in, along with their heats and lanes.

All swimmers 10u must report to the Clerk of the Course. At the Pembroke pool, the clerk of course is set up in front of the gaga ball pit. The clerk will make sure your swimmer is in their correct event, heat, and lane prior to their swimming time. This allows the meet to run smoothly and cuts down on time trying to find missing swimmers.

There is a meet requirement for ALL of our swimmers on the team! All swimmers are required to participate in TWO meets throughout the season. 6 & under swimmers are only required to participate in one meet.

Volunteer Commitment

When a child joins a swim team, so do the parents. Swim Team is a volunteer-intensive sport that requires active participation by the parents to make our season successful. Due to the size of our team (with over 250 swimmers!) we rely on the assistance of our parents to make sure everything runs smoothly. **Each PMMST family has a 4-shift volunteer requirement for the season, in order to earn the required 4 service points!**

Many of our volunteer opportunities take no training at all and give you a front row seat to our swim meets! We highly encourage you to learn more about each volunteer opportunity and see just how easy it is to support our Marlins!

Families who complete the 4 shifts will receive “returning swimmer” registration for the 2026 swim season. This returner position means you were an active member throughout the 2025 season. This is extremely beneficial, as the team fills up fast and spots are very limited. If you have any questions, concerns, or need help, please email pmmarlins@gmail.com.

More information on the volunteer opportunities can be found on our tab underneath the “Volunteer Commitment” tab.

Special Events

Mini Marlins:

One of the best parts of the PMMST is our Mini Marlins program. Exclusively for our 6U swimmers, the program is focused on building our swimmers skills while providing a safe and fun environment. The Mini Marlins participate in a special meet during the summer with events like noodle races and rubber duck races. The goal of the meet is to build your swimmers' confidence so they can eventually participate and be competitive in real meets.

Floatopia:

Floatopia is a modified version of a practice where every swimmer is allowed to bring a float to the pool. They will participate in fun races meant to instill team spirit and team bonding.

Fourth of July Practice:

The Fourth of July practice is one of our swimmers' favorite practices of the year. Like Floatopia, the swimmers take part in fun races and games, and end the practice with an extra special treat of doughnuts and juice in order to celebrate the holiday.

Fin Pals

Team spirit is an important part of any athletic program. One way we are trying to build more team spirit within our Marlin family is the Fin Pals program. We will pair a veteran team member with a new or younger team member to be Fin Pals!

Fin Pals will cheer each other on at meets and exchange creative notes of encouragement and small treats throughout the season. If you are interested in your child participating in this program, have them complete the form below. Forms are due by June 12. Submit them to Jessi Stahlbock or Maryann Casey.