NEW TO SV SWIM & DIVE? START HERE.

Everything we wish someone had told us before our first varsity season.

WELCOME TO THE RAIDER FAMILY

Welcome to Seneca Valley Varsity Swim & Dive! We are excited to have your family as part of the program. A varsity season brings together athletes, coaches, families, and the booster organization for meets, team traditions, and celebrations.

This guide was created by varsity booster parents, for varsity parents. It focuses on details that are helpful to know at Seneca Valley, from home and away meets to volunteering, communication, and booster activities.

01 | GETTING STARTED

Tryouts & Team Selection

The coaching staff and Seneca Valley Athletic Department oversee tryouts, official team selection, and athletic requirements. Attending preseason activities or informational meetings does not guarantee a place on the varsity roster.

After the Official Roster Is Finalized

Families can expect information about the season, including:

- Practice schedules and team expectations
- Athletic Department requirements
- Parent and booster meetings
- Team apparel and equipment
- BAND app access for eligible roster families
- Meet schedules, transportation to away meets, and volunteer opportunities

The BAND app is the Boosters' communication and coordination platform. Official team communications from the Boosters—including announcements, reminders, volunteer sign-ups, Meet Meal information, fundraising, meetings, and booster events—are shared through the BAND app. The Booster Board reviews membership requests after the official roster is finalized; access is limited to families of athletes on that roster.

GOOD TO KNOW The start of the season moves quickly. Look to the BAND app for official Booster communications, and to coaches and the Athletic Department for their official instructions.

02 | THE VARSITY TEAM EXPERIENCE

A Team-Focused Season

Varsity swimming and diving bring athletes together to represent Seneca Valley. Individual efforts contribute to a shared team experience, and families have many opportunities to support and celebrate the athletes throughout the season.

Coaching & Meet Lineups

The coaching staff prepares meet lineups and provides athletic direction. Coaching and Athletic Department instructions remain the authority for athletic matters; official Booster communications are shared through the BAND app.

Swimming & Diving Together

Swimmers and divers are part of one varsity program. Diving takes place before swimming at varsity meets, and both groups are celebrated throughout the season.

How Swim & Dive Meets Work

Most regular-season dual meets follow a standard order. The exact schedule and timing may vary, but the typical order is:

- Diving
- 1/2 200-Yard Medley Relay
- 3/4 200-Yard Freestyle
- 5/6 200-Yard Individual Medley (IM)
- 7/8 50-Yard Freestyle
- 9/10 100-Yard Butterfly
- 11/12 100-Yard Freestyle
- 13/14 500-Yard Freestyle
- 15/16 200-Yard Freestyle Relay
- 17/18 100-Yard Backstroke
- 19/20 100-Yard Breaststroke
- 21/22 400-Yard Freestyle Relay

During the swimming portion, there is typically one girls' heat and one boys' heat for each event. The coaching staff determines event and relay assignments and may adjust the lineup from meet to meet.

03 | YOUR FIRST VARSITY MEET

Meet Lineups & Heat Sheets

Printed heat sheets are not typically handed out at Seneca Valley home meets. A meet lineup is usually posted at the top of the spectator seating area near the pool entrance doors. Meet information is not available on Meet Mobile. Posted details may change.

Diving Comes First

Diving takes place at the beginning of varsity meets, before the swimming events. Whether you are there to support a swimmer, a diver, or the whole team, both parts of the meet are worth watching.

How Long Does a Meet Last?

Plan on approximately three hours for a varsity meet, although the actual length varies depending on the meet and how events progress.

Meet Meals & Team Time

The Varsity Swim & Dive Boosters provide a Meet Meal for athletes before varsity meets. For home meets, the team eats together in the Intermediate High School cafeteria before returning to the Aquatics Center to warm up. For away meets, athletes receive a to-go Meet Meal before boarding the bus and eat together during the ride.

Athletes may bring their own dinner instead of eating the Booster-provided meal. Either way, the team eats together before the meet. Booster Meet Meal details and related volunteer opportunities are shared through the BAND app.

What to Expect on the Day of a Home Meet

Athletes typically wear team warmups or other swim and dive-themed gear to school. Immediately after school, the team meets at the Aquatics Center and helps set up the pool. Once setup is complete, athletes walk together to the Intermediate High School cafeteria for the Booster-provided Meet Meal.

After dinner, the team returns to the Aquatics Center to prepare for the meet. Athletes stay with the team between the end of the school day and the meet; they do not go home in between. Families should plan for athletes to remain at school facilities throughout the afternoon and evening.

What to Expect on the Day of an Away Meet

Athletes typically dress a little more formally for away meets, often wearing khakis and nicer shirts. The team may decide on different attire for a particular meet or season, so athletes should coordinate in advance.

Immediately after school, athletes meet at the Aquatics Center, pick up their to-go Meet Meal, and board the school bus. School bus transportation is provided to and from away meets.

Parents attending an away meet may take their child home directly from the meet if the required school transportation form has been submitted in advance. Otherwise, families should plan to pick up their athlete at the Aquatics Center when the team bus returns, unless the athlete drove to school.

Helpful Meet-Day Reminders

- Check the posted home-meet lineup near the entrance to spectator seating.
- Follow facility guidelines and keep athlete, coach, and official areas clear.
- Plan to support both diving and swimming as parts of the same varsity meet.
- For Booster-organized meet activities and reminders, refer to the BAND app.

04 | PARENT VOLUNTEERING AT VARSITY MEETS

Parent volunteers help make Seneca Valley home meets possible. There are many ways to contribute, and most roles do not require previous experience. A veteran parent who has done the job can explain it, unless otherwise noted. Volunteer opportunities and sign-ups are shared through the BAND app. Needs may vary by meet.

All Volunteer Positions

Timers

Timers use stopwatches to capture swimmers' finishing times as a back-up system. They record times and help keep the timing process organized. At the Seneca Valley Aquatics Center there are eight lanes; each team supplies timers for four lanes. The away team covers odd-numbered lanes (1, 3, 5, 7) and the home team covers even-numbered lanes (2, 4, 6, 8).

Head Timer

The head timer operates two backup stopwatches and can provide a time when a timer's watch was not started on time or another stopwatch issue occurs.

Runners

Runners collect and deliver timing sheets, results, and other meet paperwork to the appropriate people.

Computer Operators

Computer operators manage meet scoring and results, entering or verifying information and working with the scoring software. Training is required before volunteering for this position.

Scoreboard Attendant

The scoreboard attendant monitors the timing console and supports the display of meet information.

Concessions

Concessions volunteers help with food and drinks sold in the lobby, including preparing, organizing, and serving items.

Meet Meal Helpers

Meet Meal Helpers help coordinate and prepare the Booster-provided meals, organize and distribute food, and support the team's pre-meet meal routine for both home and away meets.

Photographer

The photographer captures swimmers, divers, and meet-day moments for varsity booster and team recognition, following applicable photo-sharing guidelines.

Meet Announcer

The announcer shares event information, introductions, and other announcements to help everyone follow the meet.

Pool Setup & Post-Meet Cleanup — Home Meets Only

Before the meet, athletes and coaches typically set up the pool and prepare the competition area. After home meets, timers, runners, computer operators, and the scoreboard attendant typically work together to put away timing equipment, return chairs, and restore the pool deck while athletes warm down and change.

Do I Need Experience to Volunteer?

There is no formal training unless otherwise noted. A veteran parent who has previously worked the position will explain the job and help you get started. Computer operators are an exception and must be trained before volunteering. Let booster volunteers know if you are new.

05 | THE BAND APP: STAYING CONNECTED

The Seneca Valley Varsity Swim & Dive Boosters use the BAND app for official Booster team communications and coordination throughout the season.

What You Will Find in the BAND App

- Official Booster announcements and reminders
- Volunteer opportunities and sign-ups
- Meet Meal information
- Fundraising information
- Important dates and booster events
- Parent meeting information
- Other varsity Booster updates

How to Join the BAND App

Download the BAND app and use the official varsity booster invitation or request-to-join link when it is shared. The Booster Board reviews and approves membership requests after the official varsity roster has been finalized. Access is limited to families of athletes on the official varsity team roster; requests from others will not be approved.

Once approved, enable notifications. The BAND app is the place for official Booster communications; it does not replace official instructions from coaches or the Athletic Department.

06 | BOOSTER BASICS

The Seneca Valley Varsity Swim & Dive Boosters support swimmers and divers and help create a positive, memorable varsity season.

What Do the Boosters Do?

To name just a few of the many ways the Boosters support the athletes and program:

- Organize fundraising opportunities
- Coordinate parent volunteers for home meets and activities
- Provide Meet Meals before home and away meets
- Support team events and special experiences
- Celebrate seniors and athlete accomplishments
- Plan the end-of-season varsity banquet
- Coordinate recognition, official Booster communications, and other Booster-sponsored activities

Booster Meetings

Booster meetings are opportunities to hear updates, ask questions, and learn about upcoming activities. Meeting announcements are shared through the BAND app.

Fundraising & Getting Involved

Fundraising supports a variety of booster-sponsored experiences and activities. Opportunities, dates, and expectations are communicated by the Booster Board through the BAND app.

07 | SENIOR NIGHT & END-OF-SEASON ACTIVITIES

Senior Recognition

Senior Night celebrates graduating athletes and their contributions to the varsity program. Senior families may receive requests for photos, recognition materials, or event information through the BAND app.

End-of-Season Banquet

The varsity banquet brings athletes, coaches, and families together to celebrate the season. The Booster Board shares information about reservations, timing, and deadlines through the BAND app.

Team Photos & Recognition

Families may be invited to submit photos or information for recognition activities and website features. Follow the instructions and deadlines provided through the BAND app.

08 | FREQUENTLY ASKED QUESTIONS

Where can I find the meet lineup?

At Seneca Valley home meets, the lineup is usually posted near the entrance doors at the top of spectator seating. The meet is not on Meet Mobile.

Does diving happen before swimming?

Yes. Diving takes place at the beginning of the meet, before swimming.

How long should I plan to be at a meet?

Approximately three hours is a useful estimate, but the length can vary.

What is a Meet Meal?

The Boosters provide a pre-meet meal. At home meets, athletes eat together in the Intermediate High School cafeteria; at away meets, they receive a to-go meal to eat on the bus. Athletes may bring their own dinner.

Do athletes go home between school and a home meet?

No. Athletes remain with the team for setup, the Meet Meal, and meet preparations.

How do athletes get to and from away meets?

School bus transportation is provided. Parents may take their athlete home from the meet if the required transportation form was submitted in advance; otherwise plan for pickup at the Aquatics Center when the bus returns, unless the athlete drove.

Where do I find volunteer sign-ups?

The BAND app is used for varsity Booster volunteer opportunities and sign-ups.

Do I need experience or formal training to volunteer?

There is no formal training unless otherwise noted. A veteran parent who has done the position will explain the responsibilities. Computer operators must be trained before volunteering.

Who helps clean up after a home meet?

Timers, runners, computer operators, and the scoreboard attendant typically help put away equipment and chairs while athletes warm down and change.

When can I join the BAND app?

The Booster Board approves requests after the official varsity roster is finalized. Only families of athletes on that roster are eligible.

Where can I find Booster dates and announcements?

Official Booster communications, dates, and reminders are in the BAND app. Coaching and Athletic Department instructions come through their official channels.

Who do I contact about fundraising or Booster events?

Use Contact Us to email the SVSD Booster Board at svswimanddive@gmail.com.

What if I miss a parent meeting?

Check the BAND app for available updates or contact the Booster Board.

How can I get more involved?

Volunteer at a home meet, help with Meet Meals, attend Booster meetings, participate in fundraising, or ask the Booster Board where help is needed.

09 | WHO SHOULD I CONTACT?

Coaching Staff

Questions about practices, athletic instruction, and official team matters.

SVSD Booster Board

Questions about Booster events, Meet Meals, volunteering, fundraising, parent meetings, and BAND app membership requests. The website's Contact Us option sends an email to the Booster Board at svswimanddive@gmail.com. Official Booster communications are shared through the BAND app.

Seneca Valley Athletic Department

Questions about school athletic policies, eligibility, and official administrative requirements.

If you are unsure where to direct a Booster-related question, a Booster Board member can help point you in the right direction.

10 | A FEW THINGS WORTH KNOWING

Morning Swim Practice

During the varsity season, morning swim practice takes place before school on Mondays and Wednesdays, and at other times communicated by the coaching staff. After practice, athletes go directly to school, so planning ahead helps the transition to the school day.

Athlete Lockers & Getting Ready for School

Athletes should keep what they need to get ready after practice, along with their school-day necessities, in their provided school locker. Useful items to leave there include:

- Shampoo and conditioner
- Soap or body wash
- Other personal care items for getting ready after practice

Athletes may leave these supplies in their school-provided lockers throughout the varsity season rather than carrying them back and forth. Many athletes eat breakfast after practice and before school, either bringing their own meal or eating in the school cafeteria.

A Few Final Reminders

- The BAND app is where families receive official Booster team communications and volunteer sign-ups.
- Diving takes place before swimming. Meets typically last around three hours.
- Home-meet athletes stay with the team after school for setup, a meal, and meet preparations.
- A veteran parent can explain most volunteer roles, unless otherwise noted; computer operators require training.
- Post-meet cleanup applies to home meets only.
- The BAND app is for approved families after the official varsity roster is finalized.
- Ask questions and enjoy the varsity season—it goes by quickly!

WELCOME TO SENECA VALLEY SWIM & DIVE!

Being part of a varsity team is about representing Seneca Valley, supporting teammates, building friendships, and making memories together. We look forward to a great 2026–2027 season!

GO RAIDERS!

This guide is intended as a general resource for varsity families. Official school policies, coaching instructions, and Seneca Valley Athletic Department requirements always take precedence.