

Sumter Aquatics Center Swimming Team
2026 Parent Info Packet



Welcome to our 2nd Sumter season and the 17th season of the Florence Summer Swim League. We are glad to be able to get back in the pool and on the deck this summer. We are looking forward to what this summer will bring and watch our swimmers grow as the season unfolds!

We are excited to have these teams participating in this season: Mcleod Health & Fitness Center (Florence), Hartsville YMCA, Country Club of South Carolina (Florence), Florence Country Club, and Sumter Aquatics Center. We plan to have 3 regular swim meets this season ending with a Championship Meet on July 11th.

As we look forward to a fantastic second FSSL season, we thank you for your support.

Go SAC Stingrays!

Table of Contents

Swimmer Eligibility Requirements	3
Summer Practice Schedule	4
Team Event Dates & Swim Meet Schedule	5
Weather & Cancellation Policy	6
Swimmer Equipment & Team Store	7-8
Hydration & Food Safety Tips (CDC)	9-10
Swim Practice Information	11
Swim Meet Information	12-16
How To Read Heat Sheets	15-16
Support Your Swimmer & Become A League Sponsor	17
Shared Picture Drive/Folder	18
Continue Swimming: High School Information	19
Coaches & Contact Information	20
Social Media	20

Eligibility Requirements:

- Ages: 5 – 18 years old
- Participants must be able to swim one full length of the pool without assistance and without stopping to rest on lane lines or walls.

Swimmers will be taught all 4 strokes and learn proper technique for age-appropriate competition. Swimmers will not be taught how to dive as we are a shallow water pool, and all other pools that we compete at during the season are also shallow water pools.

All practices will be held at the AC. Your swimmer will be evaluated and split into a group level after their first swim practice. The groups levels are: bronze, silver, & gold.

- Bronze: can swim one lap unassisted and without stopping on stomach (doggy paddle or freestyle)
- Silver: can swim two laps unassisted and without stopping- freestyle and backstroke
- Gold: can swim three or more laps unassisted and without stopping- freestyle and backstroke

Swim coaches will let you know what level your swimmer will practice with. Coaches will also split you into either the A Group or B Group Practice Times (see page 4 for practice schedule). If only one of those works for you please let a coach know ASAP! If your swimmer carpools with other swimmers please let a coach know ASAP so that your swimmers get placed in the same A or B Practice Group. If not, swimmers will be placed into A or B randomly so that all practice groups have an even number & to avoid too many swimmers being in the pool at once.

Summer Swim Practice Schedule

May 26th – July 11th

Group	Monday	Tuesday	Thursday
Gold A	9:00 –10:00	8:00 – 9:00	8:00 – 9:00
Gold B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00
*Gold C (Only If Needed)	11:00 – 12:00	10:00 – 11:00	10:00 – 11:00
Silver A	9:00 –10:00	8:00 – 9:00	8:00 – 9:00
Silver B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00
*Silver C (Only If Needed)	11:00 – 12:00	10:00 – 11:00	10:00 – 11:00
Bronze A	9:00 – 10:00	8:00 – 9:00	8:00 – 9:00
Bronze B	10:00 – 11:00	9:00 – 10:00	9:00 – 10:00

*Because of our increase in numbers, swimmers may not stay for multiple level practices per day. Swimmers may also not change what level practices they show up to due to an increase in numbers. For example, if a swimmer is assigned to practice with Silver A they may not show up to Silver B or Silver C.

Group Criteria

Bronze- swim one lap unassisted and without stopping

Silver- swim two laps unassisted and without stopping- freestyle and backstroke

Gold- swim three+ laps unassisted and without stopping- freestyle and backstroke

Swim Team Event Dates & Meet Schedule:

April 21: First day of Pre-Season Spring swim practices (not required- extra registration)

May 12: Parent Info Meeting/Meet the Coaches

May 14: Last day of Pre-Season Spring swim practices

May 26: First day of Summer Team swim practices

June 1: Team store orders due

June 4: **FSSL Packet & SAC Parent Packets must be signed & returned by this date**

June 11: **Meet 1 at Mcleod Health & Fitness Center (Florence)**

June 18: **Meet 2 at Hartsville YMCA (Hartsville)**

June 29: **Meet 3 at Home (Sumter)**

July 9: **Picture Day** (11:00 am) & Last Summer Team swim practice

For team pictures: wear SAC team shirts. If you do not have a SAC team shirt plan to wear your FSSL shirt

July 11: **Championship Meet at Country Club of South Carolina (Florence)**

July 13: **End of Season Team Party** (11:30 am)

July 14: First day of Post-Season swim practices (not required- extra registration)

July 30: Last day of Post-Season swim practice

Swim Meet Addresses:

AC (Home Pool): 1115 South Lafayette Drive, Sumter SC 29150

Mcleod Health & Fitness Center: 2437 Willwood Drive, Florence SC 29501
(Indoor Pool)

Hartsville YMCA: 111 E Carolina Ave, Hartsville SC 29550 (Indoor Pool)

Country Club of South Carolina: 3525 McDonald Boulevard, Florence SC 29506
(Outdoor Pool)

Swim Meet Themes:

- Meet 1: Funky goggles
- Meet 2: Neon
- Meet 3: 4th of July
- Championship Meet: Team Spirit (SAC colors are navy & yellow)
 - o **swimmers need to wear their SAC team shirts to this meet

WEATHER & CANCELLATION POLICY

- **Swim Practice Cancellations:** If there is a pool closure (inclement weather, pool equipment issues, etc.) we will cancel practice 45 minutes in advance via EMAIL. If you do not receive a cancellation email 45 minutes prior to practice starting that means we are not cancelling. Please always check your email before swim practice.
 - If we have to get out of the pool during swim practice (inclement weather, pool equipment issues, etc.) we will move to “dry land” activities.
- **City of Sumter Aquatics Center Inclement Weather Policy:** The City of Sumter Aquatics Center will cancel all pool activities & clear the pool in the event of lightning within a ten mile radius and/or rain hard enough that drains at bottom of pool are not visible.
 - The AC Team uses the app called Weather Bug and utilizes the Lightning Map feature to determine how far away lightning is from the pool. When using the app, be sure to change the location from Sumter SC to your current location.
- **Swim Meet Cancellations:** In the event of bad weather persisting, the coaches from all teams, as well as a host facility representative, will meet to discuss postponement options. In the event of bad weather at the Championship Meet the League Meet Director will serve as host facility representative.

Swimmer Equipment & Purchase Recommendations

Included In Your Swim Team Dues:

- Florence Summer Swim League Shirt (recommended to size up)
 - o **Shirts are ordered by the league director at the beginning of June & we typically receive them at the beginning of July
- SAC Team Shirt
- 2 SAC Team Caps

Available For Separate Purchase:

- Additional SAC Team Caps- if your swimmer rips their original caps or needs another these will be available for purchase
- SAC Team Shirts for parents and families (see page 8)
- SAC Team Stickers (for water bottles, etc.)

Equipment Required at Swim Practice (Not Included In Swim Team Dues That You Must Purchase On Your Own):

- Water bottle: this is REQUIRED at every single swim practice- no exceptions.
- Goggles: recommended to purchase mirrored/nonglare goggles (SwimOutlet.com & amazon have great options)
- Swimsuit: girls need a one piece and boys are recommended to wear jammers. Please wear solid color (black or navy) swimsuit (SwimOutlet.com has the most affordable prices & great quality. They run fantastic Labor Day & Memorial Day sales)
- Towel
- Sunscreen (not required but is recommended)

Equipment To Bring to Swim Meets (Not Included In Swim Team Dues):

- Swimsuit- solid color (swimmers need to arrive to swim meets already wearing swimsuit)
- Goggles
- SAC Team Cap (all swimmers- both boys and girls) must wear team caps at meets
- HYDRATION: Water and electrolyte drinks (coolers or lunch boxes recommended to keep drinks cold)
- Snacks (concessions are not sold at any swim meets except for ours)
- Foldable chairs- swimmers AND parents/spectators need to bring foldable chairs to sit in under tents

- Tent (not required but appreciated)
- Portable fans/portable mist fans (not required but you will appreciate this! Swim meets are HOT!! Amazon & Walmart have cheap options)
- Any navy or yellow team spirit to wear at meets is not required but is recommended

SAC Team Store

The following items are available for purchase. We will submit one order due June 1st

- SAC Team Shirt \$20
 - o Has SAC logo and “2026 Swim Team”
- SAC Parent Team Shirt \$20
 - o Has SAC logo and “Proud Swim Parent”
- SAC Team Sticker (Price TBD)
- SAC Team Swim Caps \$3

Concessions items available for purchase during swim practice:

- Water \$2
- Gatorade \$2

Hydration & Food Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

The following hydration tips come directly from the CDC.

Hydrate Before Work/Swim Practice/Swim Meets

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

Hydrate During Work/Swim Practice/Swim Meets

- Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
 - This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

Hydrate After Work/Swim Practice/Swim Meets

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones

Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.

What to Eat Before Swim Practice & Meets?

For the safety & comfort of each swimmer please refrain from eating 1 hour prior to swim practice or swim meet warmups. Swimmers should avoid dairy 1-2 hours prior to swim practice or swim meet warmups, so please plan accordingly. At swim meets, you are welcome to bring a snack for your swimmer to eat between events.

Swim Practice Information

What do we need to bring to swim practice?

- REQUIRED: water bottle
- Required: Goggles, swim cap, swimsuit and towel
- Sunscreen is highly recommended

Where can I sit to watch my participant? Or can I drop my swimmer off and leave?

- You can sit under our covered pavilion area or in the parking lot. All participants under the age of 16 must have a parent or guardian check their child in for lessons and stay for the entire lesson (whether under our pavilion area or in parking lot). If parents interrupt or distractions occur, you may be asked to wait for your participant in the parking lot as interruptions disrupts not only your swimmer's progress, but the progress of all swimmers practicing at that time.
- ***Siblings who are watching swim practice from the deck may not climb on our swim lesson equipment located in the covered outdoor shower area near the restrooms. Parents and siblings must sit under the pavilion or somewhere on the deck.

Should my swimmer eat before swim practice?

- For the safety & comfort of each swimmer please refrain from eating 1 hour prior to swim practice or swim meet warmups. Swimmers should avoid dairy 1-2 hours prior to swim practice or swim meet warmups, so please plan accordingly. At swim meets, you are welcome to bring a snack for your swimmer to eat between events.

What time should we arrive for swim practice?

- Please arrive 5-10 minutes early, but no more than 10 minutes. This helps lower distractions and ensures that your participant is ready to go on time. Please sit with your participant under our covered pavilion area and wait for coaches to call your swimmers to the water. Do not let your swimmers wander on deck while waiting for swim practice as this causes distractions to the swimmers in the water.

Can we swim before or after swim practice?

- We welcome all patrons to enjoy our public open swim during the designated hours. **Only registered swim team participants will be allowed in the pool during practice time.**

FSSL Swim Meet Information:

Swimmers must compete in at least one regular season meet to be considered as an active swimmer, and therefore eligible to compete in the Championship Swim Meet.

How long do swim meets typically last?

- Regular swim meets (meets #1-3) typically last 3-3.5 hour (including warmups).
- The Championship Meet typically lasts 4-5 hours (including warmups).
 - *Swimmers are asked to stay until the end of the Championship Meet to cheer on the coaches relay & receive team awards and ribbons, which are given out after all events and coaches relay.
- Swim meet schedule:
 - Swimmers need to be on deck 20-30 minutes before warmups start
 - Warmups start 30 minutes before the meet starts
 - Volunteer/timers meeting starts 15 minutes before the meet starts

When we will receive swim meet information (Heat Sheets that show my swimmer's races and Final Results sheets)?

- On the morning of meets, Heat Sheets will be sent out via email. Heat Sheets list what races your swimmers are entered in. Heat Sheets do not include the names of relay swimmers- coaches will tell swimmers who is in what relays after warmups at meets.
 - ***It is recommended to print a copy of the heat sheet or save to your phone as there are limited physical copies available at meets. If you print your own heat sheet, I recommend highlighting your swimmer's events.
 - Swimmers can be entered into 3 individual races & 2 relay races.
- Final results from swim meets will be sent our via email the business day after the swim meet. Final results will also be posted on our website under the 'Meet Heat Sheets & Results' tab shown above. Final Results show the final race times per each individual swimmer, ranked in order of fastest to slowest swimmer, per event.
- Confused on how to read a heat sheet? Speak to a coach before the swim meet starts. At swim meets, swimmers typically write their races on their arms in sharpy to make sure they know what they are racing. When writing on the arms, coaches typically create 4 columns: E (Event), H (Heat), L (Lane) and the race name (ex: 50 yard freestyle)
 - Race names are typically abbreviated as: FR for freestyle, BK for backstroke, BR for breaststroke, and FL for butterfly
 - If you see an x by the final results time (Example: x1:45.74), that just means that the electronic timer did not register and the stopwatch time had to be used.
 - If you see a DQ, that means your swimmer was disqualified from the race and the finals time was invalid and will not show on the sheet. Usually there is a reason for the DQ explaining why right below. Coaches use DQs to help focus on technique work needed to improve before the next meet.

- **PLEASE DIRECT ALL PRE-MEET AND POST-MEET QUESTIONS DIRECTLY TO YOUR COACHES!**

Do we have swim practice the morning of swim meet days?

- No, we do not have swim practice the morning of meet days, even if you are not competing at the meet.

How many races will my swimmer compete in at swim meets?

- For the Championship Meet & at all smaller meets unless otherwise noted in the meet information, swimmers are allowed to enter up to 3 individual events & 2 relay events.
 - Coaches select meet entries for every swimmer to be submitted by team administrator. Coaches also select relays to be submitted by team administrator.
 - Parents do not select races for swimmer to compete in at swim meets.
- At regular season smaller meets, ribbons will be awarded by age group (boys & girls separately), 1st thru 6th for each event individually, and 1st-3rd place by age group for relays.
 - All individual swimmers will receive a participation ribbon for participating in the meet.
 - Swimmers who place first in their heat will receive a “heat winner” rubber duck.
- At the Championship Meet, ribbons will be awarded for 1st-10th place for each overall event, for all age groups, boys and girls individually.
 - Heat winner ribbons will also be awarded.
 - High point awards will be awarded with medals to the top three high point earners in each age group, boys and girls individually.
- **Diving will not be taught during practice or allowed at any meets as all pools in FSSL are shallow water pools.

Swim Meet Events that age groups are eligible to compete in:

- 10 & Under Boys & Girls:
 - 25 yard freestyle
 - 25 yard backstroke
 - 25 yard breaststroke
 - 25 yard butterfly
 - 50 yard freestyle
 - Relay: 100 yard freestyle (each swimmer swims 1 lap)
 - Relay: 100 yard medley (each swimmer swims 1 lap in the order of: 1st swimmer backstroke, 2nd swimmer breaststroke, 3rd swimmer butterfly, & 4th swimmer freestyle)
- 11 & Over Boys & Girls:
 - 50 yard freestyle

- 50 yard backstroke
- 50 yard breaststroke
- 50 yard butterfly
- 100 yard freestyle
- Relay: 200 yard freestyle (each swimmer swims 2 laps)
- Relay: 200 yard medley (each swimmer swims 2 laps in the order of: 1st swimmer backstroke, 2nd swimmer breaststroke, 3rd swimmer butterfly, & 4th swimmer freestyle)

SAC Team Swim Meet Reminders:

- **Swimmers must bring the following to every meet:** bathing suit (already on before arriving at meet), towel(s), goggles, SAC team cap, water/electrolyte drinks, snacks, clothes/shoes, and a foldable chair to sit in.
 - o All swimmers (boys & girls included) must wear their SAC team caps at swim meets.
 - o It is recommended to wear your SAC team shirt to meets.
 - o Swimmers must be changed into their bathing suits before arriving at the pool for warmups.
- Swim meets have themes! Please help us with team spirit & dress to those themes.
- Swimmers must confirm if they are or are not attending swim meets a minimum of 2 days prior to the meet date. After 2 days swimmers cannot be entered in the meet. Swimmers can be scratched out of meets anytime up to the day of the meet.
- When arriving at meets, swimmers must sit under the team tent with the SAC Team banner. Parents must sit under separate tents spread out on the deck. Parents may not sit under the swimmer tent.
- **Swim meet schedule:**
 - o **Swimmers need to be on deck 20-30 minutes before warmups start**
 - o **Warmups start 30 minutes before the meet starts**
 - o **Volunteer/timers meeting starts 15 minutes before the meet starts**
 - o Regular season smaller meets typically last 3-3.5 hours (including warmups)
 - o Championship meet typically lasts 4-5 hours (including warmups)
 - *Swimmers are asked to stay until the end of the Championship Meet to cheer on the coaches relay & receive team awards and ribbons, which are given out after all events and coaches relay.
- **PARENTS, WE NEED YOUR HELP** making sure your swimmers stay with their coaches & under the swimmer team tent during meets. Coaches need to keep track of all swimmers to have them lined up for clerk of course so that they do not miss their races. If swimmers are not under the team tent (the tent with banner on it) we cannot send coaches searching for your swimmer and cannot guarantee that they will not miss their races!
 - o If your swimmer comes to you after a race for a hug or water- that is fine! Just sent them back to the team tent quickly!
- It is strongly encouraged that parents leave their seats to cheer for swimmers at the end of their lanes during their races. Just don't get in the way of the officials (you'll see them in white shirts/polos).

How can I help volunteer at swim meets?

- To help all meets run smoothly, we are asking each family to volunteer a parent at least twice this season as either a Meet Mom & Meet Timer at all meets.
 - Meet Timers: You get front row seats of all races! We need 2 timers per lane (6 lanes at each pool) to push start and stop on stopwatches for races.
 - ♣ *You will be trained on how to use the stopwatches at the Volunteer Meeting that takes place 15 minutes before each meet starts
 - Meet Moms: We also need 2-3 'Meet Mom' volunteers at each meet. The Meet Moms will stay under the team tent to help coaches get swimmers to clerk of course/lined up for their races. This position is absolutely 100% necessary to run a smooth meet. Our coaches need to focus on coaching at the meets and not lining kids up at Clerk of Course. We could use your help!

Meet Heat Sheets & Final Results (& How to Read Them):

- Heat Sheets list what races your swimmers are entered in. Heat Sheets do not include the names of relay swimmers- coaches will tell swimmers who is in what relays after warmups at meets.
 - ***It is recommended to print a copy of the heat sheet or save to your phone as there are limited physical copies available at meets. If you print your own heat sheet, I recommend highlighting your swimmer's events.
 - Swimmers can be entered into 3 individual races & 2 relay races.
- Confused on how to read a heat sheet? Swimmers need to know their race Events, Heats & Lanes
 - **Events:** See event numbers & names listed in meet order below (mixed means boys & girls compete in the same heats together)
 - #1 Mixed 11-18 100 Yard IM (IM stands for Individual Medley, which is a medley of all strokes. Swimmers race the IM in the order of: 1st lap butterfly, 2nd lap backstroke, 3rd lap breaststroke, 4th lap freestyle)
 - #2 Mixed 10 & Under 100 Yard IM
 - #3 Mixed 9-18 200 Yard Freestyle Relay
 - #4 Mixed 10 & Under 100 Yard Freestyle Relay
 - #5 Mixed 11-18 50 Yard Freestyle
 - #6 Mixed 10 & Under 25 Yard Freestyle
 - #7 Mixed 9-18 200 Yard Medley Relay
 - #8 Mixed 10 & Under 100 Yard Medley Relay
 - #9 Mixed 11-18 50 Yard Backstroke
 - #10 Mixed 10 & Under 25 Yard Backstroke
 - #11 Mixed 11-18 50 Yard Butterfly
 - #12 Mixed 10 & Under 25 Yard Butterfly
 - #13 Mixed 11-18 50 Yard Breaststroke
 - #14 Mixed 10 & Under 25 Yard Breaststroke
 - #15 Mixed 11-18 100 Yard Freestyle
 - #16 Mixed 10 & Under 50 Yard Freestyle

- **Heats:** Depending on how many swimmers are entered in each event, there are multiple heats. Heats are ordered from slowest to fastest. For example, let's say we are looking at Event #14 (Mixed 10 & Under 25 Yard Breaststroke) that has 3 heats. Swimmers with slower times or with NT (no times) are in the first heat. Swimmers with the fastest times are in the last heat (heat three of three). That way swimmers are racing next to swimmers that swim at the same speed. Each heat splits swimmers into lane numbers.
- **Lanes:** listed under the event heat, swimmers are split into lane numbers. Those are the lanes that they will physically swim in at the meets (all FSSL pools have 6 lanes).
- At swim meets, swimmers typically write their races on their arms in sharpy to make sure they know what they are racing. When writing on the arms, coaches typically create 4 columns: E (Event), H (Heat), L (Lane) and the race name (ex: 50 yard freestyle)
 - Race names are typically abbreviated as: FR for freestyle, BK for backstroke, BR for breaststroke, and FL for butterfly
- Final results from swim meets will be sent out via email the business day after the swim meet. Final results will also be posted on our website under the 'Meet Heat Sheets & Results' tab. Final Results show the final race times per each individual swimmer, ranked in order of fastest to slowest swimmer, per event.
 - If you see an x by the final results time (Example: x1:45.74), that just means that the electronic timer did not register and the stopwatch time had to be used.
 - If you see a DQ, that means your swimmer was disqualified from the race and the final time was invalid and will not show on the sheet. Usually there is a reason for the DQ explaining why right below. Coaches use DQs to help focus on technique work needed to improve before the next meet.
 - More information on FSSL Disqualifications Standards can be found in the FSSL 2026 Rules & Regulations Document (emailed out & available on website) under Section F. Disqualifications.
- Please direct ALL post-meet questions and comments your coaches.
- Ribbons from the regular season smaller meets will be handed out at the swim practice after the meet. Ribbons for the Championship meet will be handed out at the End of Season Team Party.

Support Your Swimmer & Become A League Sponsor!

ADS MAY BE PERSONALIZED IN SUPPORT OF YOUR TEAM, A SWIMMER, OR TO PROMOTE YOUR BUSINESS.

SENIOR (\$25) YOUR BUSINESS OR AD WILL BE LISTED ON THE SPONSOR LIST IN THE CHAMPIONSHIP MEET HEAT SHEET.

BRONZE (\$50) YOUR BUSINESS NAME OR AD WILL BE LISTED ON THE SPONSOR LIST IN THE CHAMPIONSHIP MEET HEAT SHEET. YOUR BUSINESS WILL BE NAMED IN A SOCIAL MEDIA POST AS A BRONZE LEVEL SPONSOR.

SILVER (\$100) YOU WILL RECEIVE A ½ PAGE AD IN THE CHAMPIONSHIP MEET HEAT SHEET AND YOUR BUSINESS NAME WILL BE LISTED ON THE SPONSOR LIST IN THE CHAMPIONSHIP MEET HEAT SHEET. YOUR BUSINESS WILL ALSO BE NAMED IN A SOCIAL MEDIA POST AS A SILVER LEVEL SPONSOR.

GOLD (\$250) YOU WILL RECEIVE A FULL PAGE AD IN THE CHAMPIONSHIP MEET HEAT SHEET AND YOUR BUSINESS WILL BE LISTED ON THE SPONSOR LIST IN THE CHAMPIONSHIP MEET HEAT SHEET. YOUR BUSINESS WILL ALSO BE NAMED IN A SOCIAL MEDIA POST AS A GOLD LEVEL SPONSOR.

QUESTIONS ABOUT CREATING AN AD OR BECOMING A SPONSOR? EMAIL
FLORENCESWIMMING@GMAIL.COM

Pictures

- **Please upload pictures to the shared SAC Swim Team Pictures 2026 Season folder:**

<https://drive.google.com/drive/folders/1RZAR49ba0Rx58dx4VYxrxjJbc0hJHNmC?usp=sharing>

- Pictures can also be emailed to Grayce Howard at ghoward@sumtersc.gov
- Team Pictures will be taken on July 9th at 11:00 am at the AC. Please have your swimmer wear their SAC Team Shirt.

End of Season Parent Survey

- We ask that everyone submit the End of Season Parent Survey (submitted anonymously). This survey will be emailed out a few days before the Championship Meet. The only way we can improve as a team & league is with feedback!

Interested In Continuing Swimming? Check Out Our High School Swim Teams!

Our summer swim team was designed with the long term plan that our program would be a feeder to the local high school swim teams that need more swimmers on their teams.

Sumter High School (Open to Home Schoolers)

Practices at the Aquatics Center starting the first week of August and their season runs through the first week of October. Students grades 6th and up are welcome to join.

*If you are homeschooled, please check what schools you are zoned for. Homeschoolers can still join Sumter High's swim team!

Contact Information:

Cathy Kirkhart, Head Coach

Email: cathykirkhart@yahoo.com

*Or stay after swim practice on Thursday mornings during the summer. SHS practices Tues/Thurs June-July from 8:30-10:00 am.

Wilson Hall

Practices at the Aquatics Center starting the first week of August and their season runs through the first week of October. Students grades 6th and up are welcome to join.

Contact Information:

Jeanna Mahr, Head Coach

Email: jeannamahr@wilsonhall.org

*Or stay after swim practice on Mondays/Wednesdays during the summer. WH practices Mon/Wed June-July from 7:30-9:00 am.

SAC Coaches

Leila, Bronze Group Coach: Lifeguard & Water Safety Instructor Certified
Melanie, Silver Group Coach: Lifeguard & Water Safety Instructor Certified
Jack, Silver Group Coach: Lifeguard & Water Safety Instructor Certified
Anthony, Gold Group Coach: Lifeguard & Water Safety Instructor Certified

Can you tell me more about the Swim Coaches that lead the SAC swim team?

- Swim Coaches have been certified through the American Red Cross as Lifeguards.
- Swim Coaches have also been certified through the American Red Cross as Water Safety Instructors, which is an extremely difficult 28 hour course. Water Safety Instructors (WSI) are trained to teach individuals of different ages and abilities to swim, as well as to teach water safety concepts and progressions. They are responsible for planning, preparing, and teaching Red Cross Learn-To-Swim and Water Safety programs. Their training includes lesson planning and management strategies, best practice teaching methods, and techniques for communicating with families. They are also trained to examine injured persons and administer first aid or cardiopulmonary resuscitation if necessary. WSI are always accompanied by additional lifeguards on deck during swim lessons

Contact Information

Grayce Howard
SAC Team Administrator & FSSL Board Director of Community Relations & Marketing
City of Sumter Aquatics Director
Email: ghoward@sumtersc.gov
Office: 803-774-3998
Cell: 803-305-9656
Website: www.sumterswim.com

Social Media

Sumter Aquatics Center Social Media:

- Facebook: Search City of Sumter Aquatics Center
- Instagram: @sumterswim

Florence Summer Swim League Social Media:

- Facebook: Search Florence Summer Swim League