

Crestwood Swim & Dive Team 2025



League Mission Statement

The Southwest St. Louis County Municipal Swim & Dive League has been established to provide swimming and diving opportunities for school age participants in an environment that emphasizes fun, good sportsmanship, safety and athletic endeavor, and participation over winning. Its goal is to provide participants with the opportunity to learn basic swimming and diving skills, socialize with others involved in the program, improve health and fitness, and develop a lifetime appreciation for these two sports.

Team Philosophy

Crestwood Swim and Dive Team is a recreational yet competitive summer swim team. Although we are a recreational team, our coaches strive to help each athlete reach their potential. All participants will be competing to the best of their ability, while having a fun summer swim/dive experience. Active participation of ALL FAMILIES is of utmost importance. We cannot hold meets without parent volunteers. Each family is required to assist with two meets. In addition, each family must volunteer during the meets in which their child participates. Volunteers are required to work the ENTIRE meet regardless of how many events their swimmer participates. Unfortunately, we cannot allow parent volunteers to leave when their swimmer's events are over.

Crestwood Swim & Dive Team Coaching Staff

Swim Team Head Coach
Assistant Swim Coaches

Rachel Graczak
Kari Hrach
Aubrey Bashwiner
Connor Hoover

Dive Team Head Coach
Assistant Dive Coaches

RJ Oesterlei
Sam Yemm
Mathew Birch

Crestwood Swim & Dive Parent Committee

Swim Parent Committee

- **Parent Rep: Ellen Birch**
- **Asst Parent Rep/Social Chair: Liz Gaydos**
- **Volunteer Coordinator: Angela Kovarik & Katie Medeiros**
- **Awards Chair: Jason & Mary Jane Broge**

Computer Rep

- **Computer Rep Lead: Jolene Blackwood**
- **Computer Rep Asst:**

Dive Parent Committee

- **Dive Parent Rep: Ellen Birch**

Parent Volunteer Positions

Crestwood Swim & Dive Team Committee

Parent Rep	Preseason	During Season	End of Season
	Attend Muni League meetings	Attend Muni League meetings for finals	Ensure all awards are designated and ordered
	Assist with coach interviews as able	Coordinate physical set-up of meets	Coordinate purchase of decorations/supplies for banquet
		Bring supplies for table work to meets	
		Communicate key info/reminders to families	
		Be access point for parents regarding team activities	
Asst Parent Rep/ Social Chair	Preseason	During Season	End of Season
	Assist with coach interviews as able	Bring supplies for meet (bullhorn, coolers, starter)	Coordinate with coaches to select Rich Judd winner
		Coordinate pancake breakfasts	Manage headcount and food ordering for banquet
		Be access point for parents regarding team activities	
		Set up Team Photos	
Mechandice Rep	Preseason	During Season	End of Season
	Coordinate selection of suits, shirts, caps	Distribute Merchandise from On-Line Shop	Submit expenses to the City Program Supervisor
	Assist with coach interviews as able	Manage volunteer needs at Snack & Food Sale Area	
Volunteer Coordinator	Preseason	During Season	End of Season
	Communicate family responsibilities	Coordinate volunteers sign-ups for all meets	Organize raffle for volunteers (family membership prize)
	Assist with coach interviews as able	Organize volunteers at the meet	
		Bring timers, clipboards, nametags, etc to meets	
Awards Chair	Preseason	During Season	End of Season
	Assist with coach interviews as able	Print/distribute ribbons	Order plaques (5,10 years & Rich Judd) and team medals
		Manage Family folders	
		Display Case	
Computer Rep	Preseason	During Season	End of Season
	Attend preseason Muni meeting	Communicate with other teams to enter meet entries	Report 5, 10 & 15 year award winners
	Assist with coach interviews as able	Print all paperwork for meets (heat sheets, bullpen, entries, etc)	
Dive Parent Rep	Preseason	During Season	End of Season
	Attend Muni League meetings	Coordinate meet set-up at home	Coordinate with coaches to select Rich Judd winner
	Assist with coach interviews as able	Bring papers, ribbons and tool box for table workers	
		Bring scoring sheets and flashers	

Swim Test

All NEW participants under 8 years of age MUST be able to swim the full 25 yard length of the pool unassisted and without stopping. It doesn't have to be perfect form, but they cannot stop.

Typically, the first week is a placement week to determine the right fit based on the Swim Coaches assessment. Swimmers will be assigned swim team practice time based on age and legal stroke acumen. Swim academy or lessons will be suggested for some students.

Swim Academy

Swim Academy is a feeder program for kids who need a little help with endurance and strokes. This is not a substitute for Swim Lessons! Participants registered in Swim Team who are unable to complete the requirements according to the Swim Coaches will be recommended into Swim Academy or Swim Lessons. Swim Academy will participate in HOME swim meets typically in a “zero” Kickboard race event but may be invited to swim other events at coach discretion.

Practices will be at 9am. Volunteer requirements apply. Your deposit check(s) will be cashed if the requirements are not met. Swim Academy swimmers should have a team swimsuit. Swim cap is optional.

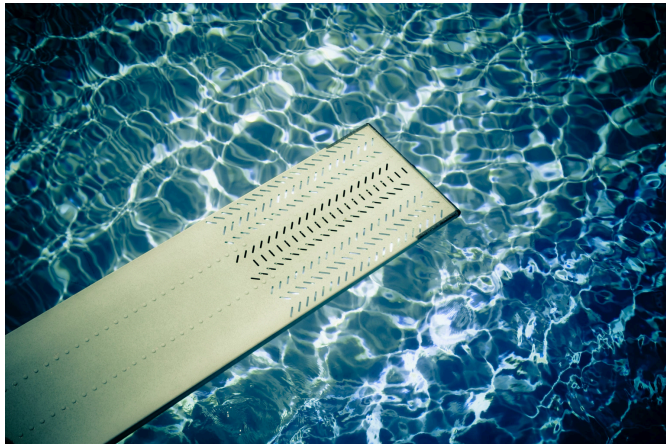
You are still a part of Swim & Dive Team

Swim Practice Schedule

- Morning practices start Tuesday, May 27
- Monday – Friday
- 7am
Ages 11 and over who are legal in all four strokes
- 8am
Ages 10 and under who are legal in all four strokes
Ages 11 and over who are not legal in all four strokes
- 9am
Ages 10 and under who are not legal in all four strokes
(Including swimmers assigned to Swim Academy).
- After Swim Meet Practice Schedule
- 7:30-8:15am
Ages 11 and over who are legal in all four strokes
- 8:15-9am
Ages 10 and under who are legal in all four strokes
Ages 11 and over who are not legal in all four strokes
- 9-9:45am
Ages 10 and under who are not legal in all four strokes
(Including swimmers assigned to Swim Academy).

Dive Practice Schedule

- **Morning practices**
 - **Starts Tuesday, May 27**
 - **Monday-Friday**
 - **8am or 9am depending on availability**
- **Parent Judge Dive Clinic**
 - **We encourage parent to attend**
 - **Sunday, June 1st @ Clayton**



Swim & Dive Team Meet Schedule

Swimmers & Divers **MUST** compete in a minimum of 2 meets to participate in prelims and finals.

Time Trial Meet Schedule

Thursday, May 29 @ Crestwood 7 to 9pm

Dual Meet Schedule

Tuesday, June 10 @ Crestwood vs Kirkwood

3:00pm Dive

6:00pm Swim

Wednesday, June 18 @ Crestwood vs Webster

3:00pm Dive

6:00pm Swim

Thursday, June 26 @ Sunset Hills

3:00pm Dive

6:00pm Swim

Wednesday, July 2 @ Crestwood vs Ballwin

3:00pm Dive

6:00pm Swim

Monday, July 7 @ Chesterfield

3:00pm Dive

6:00pm Swim

Prelim & Finals Schedule

Dive

Friday, July 11 @ Clayton

8:00am 11 & Older

Saturday, July 12 @ Clayton

8:00am 10 & Under

(Rain Date July 13 @ Clayton)

Swim

Prelims

Monday, July 14 @ Kirkwood

7:00am 11 & Older

Tuesday, July 15 @ Kirkwood

7:00am 10 & Under

(Rain Date July 16 @ Kirkwood)

Finals

Thursday, July 17 @ Ellisville

6:00pm All Ages

(Rain Date July 18 @ Ellisville)

Day After Meet Practice Schedule

7:30am 11 and Up

8:15am 10 and Under

9:00am 10 and Under not legal

Swim & Dive Pool Addresses

Ballwin: North Pointe Aquatic Center

335 Holloway Rd., Ballwin, MO 63011

Chesterfield: Chesterfield Family Aquatic Center

16365 Lydia Hill Dr., Chesterfield, MO 63017

Clayton: Center of Clayton

50 Gay Ave., Clayton, MO 63105

Ellisville: Ellisville Edge

225 Kiefer Creek Rd, Ellisville, MO 63021

Kirkwood: Kirkwood Aquatic Center

111 S. Geyer Rd, Kirkwood, MO 63122

Manchester: Manchester Aquatic Center

359 Old Meramec Station Rd., Manchester, MO 63021

Shrewsbury: Shrewsbury Aquatic Center

7407 Sutherland Ave., Shrewsbury, MO 63119

Sunset Hills: Sunset Hills Aquatic Facility

12512 W Watson Rd., St. Louis, MO 63127

Webster Groves: Webster Groves Swimming Pool

33 E Glendale Rd., Webster Groves, MO 63119

Suit & Apparel

Swim Suit

- New Suit for the 2025 Season
- B&B Aquatics: 1163 Colonnade Center, Des Peres, MO 63131
- B&B has a supply of sizes but may need to supplement on occasion.

Swim & Dive Team Apparel

- Will be sold via S&S Screen Graphics On-line Shop
- Link will be sent out in April
- Will be open until Friday, May 23
- Will include
 - Swim Caps
 - T-shirts
 - Tanks
 - Sweats
 - Hats



Crestwood Polar Bear Communications

Website: https://www.teamunify.com/Home.jsp?_tabid_=0&team=recslcmo

- **Managed by Crestwood & Parent Reps, and updated regularly**

Includes Online Account Registration

- **MUST be paid and have Volunteer Checks turned in**
- **Account approval based on verification of registration**
- **Volunteer sign-ups due 2 days in advance of the meet**

Facebook

- **Crestwood Swim and Dive Team**
- **Updates/changes to practices or meets**
- **Posts done by Parent Reps/Coaches**

GroupMe

- **See last page of packet**

Newsletter via GroupMe

- **Will be sent out weekly on Fridays**

Volunteer Shifts

Three shifts & Prelims and Finals per family for all swim and dive families.

If your swimmer participates in prelims and/or finals, you are required to volunteer at these specific meets.

For every volunteer shift worked, your name will be added to the End of the Year drawing to win a Crestwood Aquatic Center Family Season Pass.

Checks

- **(3) \$100 Volunteer Checks at time of registration.**
- **Checks made out to “City of Crestwood”**
- **Checks will be returned or destroyed after a shift is completed/end of season**
- **Checks will be cashed for any shifts that are not attended or volunteer requirements unfulfilled.**

Volunteer Meet Positions

Diving Meet Worker Descriptions

Announcer - Announces diving order before each event, the dives and the degree of difficulty (DD) for each diver as well as the on-deck diver, the judges awards (scores) after each dive; Announces "Incomplete Dive" for all dives ruled to be incomplete by the Diving Referee and the results of each event upon its completion.

Hospitality - Only for the Home meets; The hospitality worker serves water and/or lemonade to all meet workers during the meet and are responsible for picking up trash throughout the meet.

Diving Judge - Watch each dive and award a score between 0-10. Watch for form infractions and deduct accordingly.

Dive Referee - Watch each dive and award a score between 0-10. Declare any dive to be an "Incomplete Dive" if it over/under rotates by $\frac{1}{2}$ somersault or over/under twists by more than 90 degrees. Declare any dive to be an "Incomplete Dive" if the diver commits more than one balk. Declare a "balk" any time a diver makes an obvious attempt to start a dive but then stops. After the dive has been completed, instruct the announcer to deduct 2 points from each Diving Judges award as the awards are announced.

Score Recorder - Record on the diving sheet each of the Diving Judges awards. If five diving judges are used, cross out the highest and the lowest scores. Pass the diving sheet to the Score Calculator.

Degree of Difficulty Calculator - Add the three judges awards and enter the total on the diving sheet. Accumulate the diving sheets and pass them to the Announcer as the beginning of each round of dives. At the end of the round, put them in order from first place to last place and pass them to the ribbon writer.

Results/Ribbon Writer - Double check the points and place in order. Write each divers name, team affiliation and total score on the results sheet. Compute the team scores for each event and post to the team score sheet. Scoring should be 1st place - 5 points, 2nd place - 3 points, 3rd place - 1 point. No team may "sweep" an event. If one team places first through third in an event, the points for the third place should be awarded to the other team if they had a diver competing in the event. Otherwise, neither team should be awarded the point for third place. Complete the labels and place on the ribbon corresponding to that diver's place of finish.

Volunteer Meet Positions

Swim Meet Volunteer Roles

Announcer

Announce Events, Heats and provide periodic team scores.

BBQ

Help cook, wrap and run burgers, brats and hot dogs to Snack table

Bullpen

Manage the Crestwood Bullpen and get kids to events on time.

Clean Up

Assist in breaking down and cleaning up from the meet.

Computer Table - Data Entry Checker

Validate times were entered correctly into computer

Computer Table - Timesheet Checker

Receive timesheets, circle middle time, organize for data entry

DQ Recorder

Record swimmers disqualification as given from the meet officials

Hospitality

Serve coaches, officials and timers water/lemonade throughout the meet.

Lane Director

Manage Crestwood lane and keep kids in proper Event/Heat order.

Runner

Collect time sheets from timers and turn in to time sheet judges.

Set-up

Assist pool staff in setting up for swim meets

Bake Sale / Snack Table

Sell snacks, BBQ, water and Gatorade provided by Crestwood families. Sell Heat Sheets.

Timer

Actual timing of the races. Stopwatch provided.

Important Dates



Parent Meeting
Tuesday, May 13th
6:30pm Pavilion #3 @ Whitecliff Park

Volunteer Checks
DEADLINE
May 27th

Time Trial Meet
Thursday, May 29th
7-9pm

Meet Commitment Day!
Tuesday, June 3rd
It is easier to be removed aka scratched than added to a Meet

Pancake Day
June 6th

Pancake Day
June 20th

Picture Day
June 17th (Tentative)
June 18th (Raindate)

7:30-8am 11 & Over
8-8:30am Team Picture
8:30-9am Ages 10 & Under
(Fun Day for Practice)

End of Season Party
Saturday, July 26th
7 -8pm Awards & Dinner
8:15 – 10:00pm Pool Party
@ Crestwood Aquatic Center

Swim Meet Terminology

Dual Meet– This is the normal meet that is held each week of the summer season. It is a meet involving Crestwood and one other team.

Conference Meet– At the end of the season, all teams swim in the Conference Meet. The meet consists of “preliminaries”. The top 16 (plus two alternates) will return to swim “finals”. The top 8 will swim the “finals” heat, and the 9th – 16th place will swim in the “consolation” heat.

Age Group– For the remainder of this season, a swimmer is considered to be the age that they were as of May 31, 2024?. The coach can have a swimmer “swim up” by swimming in an older age group, but they cannot swim in a younger age group.

Deck– The area around the pool

Lap– One length of the pool.

Heat– One race of up to 10 swimmers or as many swimmers as there are lanes in the pool. Heats in each event are numbered 1, 2, 3...the last heat is the fastest. There can be only one heat of Individual Medley in each age group.

Lanes– Normally the home team swims in odd numbered lanes, and visiting team in even. Sometimes, however, if there are more swimmers from one team in a heat, they will swim the other lanes.

Event– The swimming of one stroke by one age group. Example: 7-8 Boys Freestyle

Meet Sequence– The normal sequence for a meet is IM (individual medley), Free, Free Relay, Back, Breast, Fly and Medley Relay.

Starter– The official that is in charge of running the meet and starting the races.

Turn and Stroke Judge– The official that watches the swimmers to make sure they perform the strokes, kicks, turns and touches correctly. (See DQ)

DQ (disqualification)– To be eliminated from a race for rule infraction. Examples: Doing the wrong stroke, not doing a stroke by the rules, improper kick, not finishing race, false start, etc. A common DQ is when a swimmer uses the flutter kick during the breaststroke or butterfly events. A DQ sheet is filled out, so that the coaches can use this as a teaching tool to help the swimmer improve their stroke.

- In the breast and fly strokes, the swimmer must touch the end of the pool at the finish of the race with BOTH hands...called a two-hand touch.
- In the backstroke, any part of the swimmer must touch the end of the pool at the finish of the race.

False Start– Starting the race before the beep or gun. Each swimmer is allowed one false start in each event. A second false start by the same swimmer in the same event will result in that swimmers disqualification for that event.

Swim Meet Terminology Cont.

Awards– For each heat, ribbons are awarded for 1st, 2nd and 3rd place. Participant ribbons are awarded for 4th – 10th place for all swimmers age 10 and under. Ribbons are placed in family folders within a few days after the meet. Swimmers 10 and under that are disqualified will still be given a participation ribbon.

Scoring– The fastest swimmers in an event, regardless of which heat they are in, will score points as follows: 1st place scores 5 points, 2nd place scores 3 points, and 3rd place scores 1 point. (Relay scores 7, 3, and 1 point.)

Sweeping an Event– No team may sweep all points in any one event. In the case where one team wins the top three positions of an event, the third place point will be awarded to the other team, providing they have an entrant that completes the event without being disqualified. This rule does not affect the individual awards earned...each finisher of an event, regardless of the sweep rule, will receive the individual award to which they are entitled.

Individual Events– (One length of the pool is 25 yards.)

Freestyle- 10 and under swim 25 yards, 11-14 swim 50, 15 & Over swim 100

Backstroke- Breaststroke and Butterfly 10 and under swim 25 yards, 11 & Over swim 50

IM (Individual Medley)- One pool length of each stroke in this order: Fly, Back, Breast, Free

Relay Events– 4 swimmers swim a relay race

Freestyle Relay– all swimmers swim freestyle

10 and under- each of the 4 swimmers swims one pool length.

11 and over- each swims two pool lengths.

Medley Relay Each swimmer swims a different stroke, in this order- Back, Breast, Fly, Free

10 and under- each swims one pool length

11 and over- each swims two lengths

Timing– There will be three timers assigned to each lane. All three of their times will be recorded, and the one that “counts” is the middle time. Only one of those timers can be from the team swimming in that lane. For example, if Crestwood is swimming in lane 5, we should have one Crestwood person and two people from the other team timing in lane 5. In dual meets, the home team is assigned to odd numbered lanes, and the visiting team to even lanes...this can vary, however, depending on the number of swimmers in the event.

Frequently Asked Questions

What should I bring to meets?

Extra towels, water bottle, sunscreen, swim team swimsuit sweatshirt and pants, swim cap, goggles, healthy snack, small toys or cards to keep busy while waiting for your event

What is the Bullpen?

The bullpen is the area where divers or swimmers remain with the team until their assigned event. It is important for swimmers to stay in the bullpen during the meet so we can find them for their event.

How many events can my child swim?

Swimmers are allowed to swim up to 3 individual events and 2 relays per meet.

Can my child swim up in a swim meet?

Yes, swimmers are able to swim up (in an older age group) but are not able to swim down (in a younger age group). This may happen if coaches need need swimmers to complete a relay.

Can I take my swimmer home after their event?

We love for our swimmers to stay until the meet is over but understand that meets often run late. Swimmers must always let coaches know before heading home just in case they are needed for another event.

How do swimmers get to their events?

Bullpen workers line up swimmers for their events. Younger swimmers are taken to their assigned lane and placed in chairs behind the blocks as preparation for their race.

What is the IM?

The IM (Individual Medley) is a race consisting of 4 strokes. Swimmers will swim Butterfly, Backstroke, Breaststroke and Freestyle.

What are the different age groups for swimmers?

Events are 6-under, 7-8, 9-10, 11-12, 13-14 and 15-18 alternating between boys and girls.

What time should we arrive for a diving meet?

Diving warm ups begin at 2:30 pm for home meets and 3:00 for away meets. Divers need to be at the pool by 2:15pm for home meets.

Frequently Asked Questions

What time should we arrive for a swim meet?

Swimmers need to be in the bullpen by 5:15 as warm-ups for the swim meet begin at 5:30 pm.

What does it mean to Check - in?

The bullpen will have a table with swimmers names and events listed. Swimmers are asked to highlight their name indicating they are in attendance. This allows us to know if swimmers are absent for the evening.

How many meets do divers and swimmers need to participate in order to dive/swim in the conference meet?

Divers and swimmers need to participate in at least 2 dual meets in order to participate in the conference meet.

When will my diver or swimmer get their ribbons?

Divers are often given their ribbons from the coaches at practice usually 1-2 days after the meet. Swimmer ribbons will be placed in the family mailbox approximately 1 week after the meet.

What is the family mailbox and where is it located?

The family mailbox is a large plastic office bin containing a hanging file folder with each family's name. Ribbons will be placed in the family folder once they are labeled. Mailboxes are kept near the swim team cabinet in the lifeguard office after practice. Coaches will bring them out and place them on the tables near the concession stand during practice.

What is Pancake Friday?

The parent committee hosts this fun event of making pancakes for swimmers after practice several times during the season. Swimmers are able to come up after practice and get pancakes and juice/milk. Toppings (syrup, sprinkles and whipped topping) are available. Please let us know if your child has any food allergies so that we can accommodate your swimmer/diver. Swimmers with the 9am practice time are asked to eat before practice.

How/ What do I write on my kids arm?

On your kids arm make a table with permanent marker.

<u>Event Number (#) & Stroke</u>	<u>Heat(H)</u>	<u>Lane(L)</u>
12 - B 25 Free	2	5
20 - B 25 Back	3	8



***DO NOT write on you kids backs in permanent marker!!!!**

Frequently Asked Questions

How do I sign up for a meet?

All sign-ups for meets will be done via the CSDT TeamUnify website. Simply click on “Events” which will show all meets for the upcoming swim meets. Select Attend/Decline on the appropriate meet (or Edit Commitment if you want to change a commitment). Once in, simply Choose Yes or No for attending the meet. You will not be able to choose the individual events for your swimmer but you will be able to leave a note if you are wanting to swim a specific stroke or if you will be coming late or leaving early so coaches are able to plan accordingly. Coaches create relays based on times for each stroke by age group and gender.

What is the best way to communicate with the coach?

We ask that parents refrain from asking questions to the coaches during practice. If you have a question, please talk to the coaches after practice or send them an email. Practice times are limited so we want coaches to be focused on their swimmers and divers during practice.

Where should I sit during practice?

Parents are able to sit around the pool deck during practices as long as it doesn't interfere with your swimmer/diver and the coaches. If you see your child isn't as focused with you nearby, it may be best for you to move to the higher areas of the pool facility.

Do I have to stay during practice?

Parents of younger swimmers and divers are encouraged to stay during practices in case your child needs the restroom or if they finish early. Coaches will not be available to “watch” those children as their “eye” will be on those in the pool. If you drop off and pick up your child PLEASE, PLEASE drive forward into the circle driveway before letting your child out of the car so that our swimmers and divers are safe.

WATCH your speed both up and down the hill.

There are many young children being dropped off for practice and camp during the summer and we want everyone safe. **Crestwood Police** are always patrolling in the park. We will also have a speed check on and off during the summer.

CRESTWOOD POLICE are always patrolling in the park.

We will also have a speed check on and off during the Summer!



End of the Season Party!

Saturday, July 26th

Awards & Dinner

Pavilion #3

7 - 8pm

Pool Party

Crestwood Aquatic Center

8:15 - 10:00pm

All Team Members and their immediate families are invited to celebrate another great summer season! It will include awards, food, drink, and swimming fun!



**Please
Return!**

Parents Code of Ethics Pledge League Mission Statement

The Southwest St. Louis County Municipal Swim & Dive League has been established to provide swimming and diving opportunities for school age participants in an environment that emphasizes fun, good sportsmanship, safety and athletic endeavor, and participation over winning. Its goal is to provide participants with the opportunity to learn basic swimming and diving skills, socialize with other involved in the program, improve health and fitness, and develop a lifetime appreciation for these two sports.

-
- I hereby Pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parent's Code of Ethics.
 - I will encourage good sportsmanship by demonstrating positive support for all participants, coaches and officials at every meet or practice.
 - I will place the emotional and physical well being of all participating children ahead of any personal desire to win.
 - I will insist that my child participate in a safe environment.
 - I will support coaches and officials working with my child and consider the feelings of others in order to encourage a positive and enjoyable experience for all.
 - I will follow the proper chain of command and take my questions and concerns to the parent representative (not the starter/judge) during any officiated swim or dive meet.
 - I will demand a swimming environment for my child that is free of drugs and alcohol and will refrain from their use at all events.
 - I will treat other participants, coaches, fans and officials with respect regardless of race, sex, creed or ability.
 - I will respect and support officials. I shall not indulge in language or conduct which would incite participants or spectators against the officials. Public criticism of officials or participants is unethical.
 - I will remember that the sport is for youth, not adults.
 - I will do my very best to make the swimming/diving experience fun for my child.

**I sign this code of ethics as the parent/legal guardian of _____
and by doing so, agree to adhere to the above code of ethics to the best of my and my family's ability.
With my signature, I also acknowledge that I have read and understand the Volunteer Information
form and agree to its terms.**

Signature _____

Date _____

Printed Name _____

Child's Last Name (if different) _____

CRESTWOOD SWIM & DIVE GROUPME COMMUNICATION QR CODE

2025 Crestwood Swim & Dive Team



Join on GroupMe

You're invited to join my group "2025 Crestwood Swim & Dive Team" on GroupMe. Use this link to join:
https://groupme.com/join_group/106339237/bKpWeqhz

CRESTWOOD SWIM & DIVE PARENT PACKET



Swimmers & Divers MUST compete in a minimum of 2 meets to participate in prelims and finals.

CRESTWOOD SWIM & DIVE TEAM APPEAREL STORE

Open: 5/2 – 5/19 @ Midnight



https://stlouistees.com/crestwood_parks_rec_swim_team/shop/home