



Brookside Swim Team

- Brookside Swim Team is a member of the New Jersey Swimming & Diving Conference. The Conference consists of 28 teams divided into leagues, based on team strength and the previous season record. Brookside usually competes in the AA league (the most competitive league).
- The team is open to all members' ages 5 to 18 who are able to swim at least one length of the pool with an identifiable freestyle (head in water with knowledge of rotary breathing). Swimmers compete in one of five age groups: 8 & under, 9-10, 13-14, 15-18.
- The team competes in 8 dual meets, League Championships, and Conference Championships. There is also a special meets where some team members participate. These extra meets will be posted at the pool.
- The Dual Meets are held on Wednesday evenings and Saturday mornings beginning the last week in June and ending in July.
- Team members are expected to maintain good attendance at practice and meets.
- Everyone on the team is guaranteed to swim in two individual events per meet. While every effort will be made to put each swimmer in at least one official heat, this is not always possible, as we have to put our best swimmers in the first heat in order to score as many points as possible.
- Parents are required to be active by participating on one of the many jobs it takes to run the meets, such as timers, officials, food sellers, scorers, ribbon writers, 50/50 sellers, or announcer. Parents will be assigned jobs at the meets throughout the season.