



Welcome

Welcome to the Woods Warrior family! The Warriors have a long history of excellence and dominance. You are now a part of the legacy and will forever remember your time on the team.

The coaching staff's main priorities for this year are to emphasize proper stroke technique and to help foster an appreciation for the sport of swimming in all members of the team.

We are all extremely excited for this season and I hope you are prepared for this fun and incredible summer journey. It will be over before you even realize it started.

Welcome to the team!

Staff

Greg Wolff
Owen Gafa
Tony Rennpage

Head Coach
Director of Park and Recreation
Recreation Assistant

Communication

All communications with the coaches must be put into writing. There are a lot of swimmers on the team and without having something in writing it is easy to forget.

Warrior Gazette: Weekly Newsletter

Each week a team newsletter, Warrior Gazette, is sent through email. This newsletter has information regarding upcoming meets, events, practices, and other information the coaches feel is necessary. [Click here](#) to sign up for the Warrior Gazette.



Email: swimteam@gpwmi.us

This is the preferred method of communication because it is an easy way for communication to be saved and in writing. It will be checked at a minimum of two times on weekdays, once in the morning and once in the afternoon.

Website: <https://www.gpwmi.us/parksrec/page/woods-warriors-swim-team>

Remind Messaging:

Sign-up to get text messages directly from the coaches by texting your age group code to **81010**.

Age Group	Code
17 & 14 U	@25gpw1714u
12 U	@25gpw12u
10 U	@25gpw10u
8 U	@25gpw8u
Parent Committee's Remind	@woodswarr

Practice

Attendance

Attendance at swim practice will be recorded for each swimmer. In order to participate in dual meets, each swimmer shall be required to attend 50% of their registered practice sessions prior to the dual meet. Swimmers participating on other swim teams or clubs are not exempt from this rule.

Swimmers should arrive to practice with enough time to put on their suits and to be on the pool deck ready to swim five minutes before practice is scheduled to begin. Swimmers are required to check in with their coach upon arrival to be marked on the attendance sheet.

During practices each of the coaches will do their best to give each swimmer the time and individual help they require. The practices will be structured to improve swimmers' strokes, turns and finishes along with increasing their speed and endurance.

2025 Grosse Pointe Woods Warriors Practice Schedule

Wednesday, May 21 at 7:00 p.m.

Parents of swimmers who are new to the team are invited to a New Parent Meeting on Wednesday, May 21 at 7:00 p.m. at the Community Center.

Try-Outs for New Team Swimmers (May 27 & 28)

	12, 14, and 17 & Under	8 and 10 & Under
Tuesday & Wednesday	None	4:30-6:00 pm

Practice Times Pre-Season (May 29 – June 13)

	12, 14, and 17 & Under	8 and 10 & Under
Monday-Friday	4:30-6:00 pm	6:00-7:00 pm
Saturday	9:00-10:30 am	11:00-12:00 pm

Time Trails, Saturday, June 14

All ages 8 a.m. – Warm-up
9 a.m. – 12:30 p.m. - Events

Regular Season (June 16 – July 17)

	12, 14, and 17 & Under	8 and 10 & Under
Monday-Friday	9:00-10:45 am	11:00 am -12:30 pm
	3:00-4:45 pm (<i>except dual meets</i>)	5:00-6:30 pm (<i>except dual meets</i>)
Saturday	See schedule for relay and mini meets	See schedule for relay and mini meets

*No morning practice on June 20

*No practice on July 4

*Practice times TBA for swimmers who qualify for Prelims and Finals, July 18-July 23.

During morning practices (Monday-Thursday) the main pool will not be available for open swim during lessons/swim practices.

Eligibility

Swimmers are eligible to swim in a Lakefront Swimming Association Dual Meet if they have attended 50% of the practices days offered from the week prior (ie: Monday-Friday).

Swimmer Availability

Swimmers will need to sign-up for the meets they are available to swim by noon the Friday prior to the swim meet. Sign-ups will be through signupgenius.com, scan QR Code below and will be sent via email and text messages.



Line Ups

Our coaches put in hours of effort every week to put forth a competitive line up that uses as many swimmers as possible.

For home meets and mini meets all swimmers who sign-up will be guaranteed to swim in at least one event.

For away dual meets, relay meet, and championship meet our entries are limited to the number of lanes/entries we have available per event. Every effort will be made to get as many swimmers into the meet that the limited entries allow.

Coaches will do their best to have line ups posted by 7 p.m. the Tuesday prior to the meet.

Dual Meets

Warm-ups begin at 4:30 p.m. for dual meets

Dual meets begin at 5:30 p.m.

This is the most exciting part of being a part of the team. Members of the team are expected to always be attentive and respectful during meets. Inappropriate behavior will not be tolerated and will result in the swimmer being removed from the meet.

Dual Meets Scoring

Points are given on the basis of 5-3-2-1 for the individual events and 8-4 for the relays. Ribbons will be awarded for all places in each event.

A swimmer is allowed one false start. Any contestant having two false starts charged against him/her shall withdraw from the race he/she is competing in as a contestant for points. He/she may not swim as an exhibition swimmer.

Dual Meets Exhibition Events

All dual meets are run without any exhibition heats. Large teams that need to enter more swimmers or to get times for swimmers are encouraged to participate in mini-meets, which are scheduled on Saturday mornings.

Exhibition (non-scoring) lanes can be used at dual meets. The following list indicates the number of exhibition lanes available at each pool.

- City of Grosse Pointe 8 lanes, 1 exhibition (home)
- Grosse Pointe Farms 8 lanes, 0 exhibition
- Grosse Pointe Park 6 lanes, 1 exhibition (home)
- Grosse Pointe Shores 6 lanes, 0 exhibition
- Grosse Pointe Woods 10 lanes, 0 exhibition
- St. Clair Shores 8 lanes, 0 exhibition

Dual Meet Ribbons

Ribbons are awarded at all dual meets and mini meets. It is dependent on the hosting team whether ribbons are distributed at the meet or the next day.

Dual Meet Results

Results will be sent out by email/remind within 48 hours of the event.

Mini-Meets

In addition to dual meets, all swimmers ages 12 and under are invited to participate in mini-meets. Mini-meets are held on Saturdays (see schedule for specific dates). There are no entry limitations. These meets are great for swimmers who are not yet comfortable in a competitive racing setting or want to work on a new stroke.

Parent Conduct

Regardless of the outcome of our meets, the swimmers and parents of the Warriors will maintain positive and optimistic attitudes. Interacting with coaches and officials in a negative matter is not allowed.

Parent Involvement

The success of a well-run swim team depends on dedicated parents. Several volunteer positions are available with varying levels of responsibility. It is important for parents to get involved in our swimming program. Not only will you get better acquainted with the coaches but you and your swimmer will get much more out of the program. Below are the volunteer positions available, if you have any questions please contact the position chair.

Please sign up for the Parent Committee's Remind feed by texting **@woodswarr** to **81010**.

Marshalling

Each meet needs volunteers to help coordinate swimmers during the meet. These volunteers help ensure our swimmers are where they need to be when needed.

Timing

They are also responsible for training any new volunteers on how to time swimmers. They will also be available as a sub if a volunteer doesn't show up.

Each meet needs two timers per lane assigned to our team. Timers are essential in the meets!

Photo Committee

The photo committee is responsible for collecting the photos taken throughout the season. They are also responsible for organizing the team pictures.

Poster Party Committee

The chairperson will be responsible for coordinating the poster parties which are held in the bathhouse lobby Tuesday, June 24, 4:30—5:30 p.m.

Swimming Under the Stars

Friday, July 18 8:30 p.m. – 10 p.m.

Join your fellow swimmers for an evening of swimming under the stars.

End of the Season Banquet

Friday, July 25 6 p.m. – 9:30 p.m. at Marchiori Catering. Registration is required prior to the event. Additional fee required.

2025 Woods Warriors Swim Meets

In order for the coaches to adequately create the meet line up, please indicate if your swimmer is available to make the meet by the RSVP date.
PLEASE NOTE, SIGNING UP FOR MEETS DOES NOT GUARANTEE A SPOT IN THE MEETS.

Date	Type of Meet	Opponent	Time	Address of meet
Wednesday, June 18	Dual Meet	Home vs Grosse Pointe Shores	5:30 p.m. (warm-up 4:30)	Lake Front Park 23000 Jefferson, SCS, 48080
Saturday, June 21	Mini Meet Age groups: 12 & U 10 & U 8 & U	Away vs Grosse Pointe Farms	9 a.m. (warm-up 8 a.m.)	Pier Park 350 Lake Shore Road, GPF, 48236
Wednesday, June 25	Dual Meet	Away vs Grosse Pointe City	5:30 p.m. (warm-up 4:30)	Neff Park 17150 E Jefferson Ave, GPC, MI 48230
Saturday, June 28	*Relay Meet	@Grosse Pointe Farms	9 a.m.	Pier Park 350 Lake Shore Road, GPF, 48236
Wednesday, July 2	Dual Meet	Home vs Grosse Pointe Park	5:30 p.m. (warm-up 4:30)	Lake Front Park 23000 Jefferson, SCS, 48080
Wednesday, July 9	Dual Meet	Away @ Grosse Pointe Farms	5:30 p.m. (warm-up 4:30)	Pier Park 350 Lake Shore Road, GPF, 48236
Saturday, July 12	Mini Meet Age groups: 12 & U 10 & U 8 & U	Home vs Grosse Pointe Farms	9 a.m. (warm-up 8 a.m.)	Lake Front Park 23000 Jefferson, SCS, 48080
Wednesday, July 16	Dual Meet	Home vs Grosse Pointe Farms	5:30 p.m. (warm-up 4:30)	Lake Front Park 23000 Jefferson, SCS, 48080
Monday, July 21	*Prelims Age groups: 10 & U 8 & U	Hosted by GPW @ GPW	9:30 a.m. (warm-up TBD)	Lake Front Park 23000 Jefferson, SCS, 48080
Tuesday, July 22	*Prelims Age groups: 17 & U 14 & U 12 & U	Hosted by GPW @ GPW	9:30 a.m. (warm-up TBD)	Lake Front Park 23000 Jefferson, SCS, 48080
Wednesday, July 23	*Finals	Hosted by GPW @ GPW	5:30 p.m.	Lake Front Park 23000 Jefferson, SCS, 48080
Thursday, July 24	*Finals—Rain Date	Hosted by GPW @ GPW	9 a.m.	Lake Front Park 23000 Jefferson, SCS, 48080