



New Parent Meeting
May 13, 2026

Welcome to The Botany Bolts

We're the Botany Woods Swim Team, also known as the Botany Bolts!

The Bolts are a neighborhood and volunteer-run swim team focused on building confidence and a love of swimming.

Our Mission

To provide a positive summer experience where swimmers grow as teammates and individuals.

Our Values

- Sportsmanship and respect
- Effort and personal growth
- Teamwork and encouragement
- Fun, friendship, and community

Season Overview

The Botany Woods Swim Team competes in the Swim Association Invitational League (SAIL) during the summer season. This year, our team will compete against other teams in the **Green Division**.

- Registration opens in early spring
- Practices begin mid-May
- Social events are throughout the season
- (5) Dual meets run through June
- Divisionals Week takes place in late June
- Championships & Classics on July 11-12

Up-to-date schedules can always be found on our Botany Bolts website.

Our Coaches



Wade Traynor
Head Coach



Hazel Pharr
Asst. Coach



Wise Robinson
Asst. Coach



Knox Traynor
Asst. Coach

Swim Team Board & Leadership

Kimber Bunnell

President & Communications Director

Justine Liébana

Volunteer Coordinator

Selvy Sieber

Social & Spirit Director

Brooke Teague

SAIL Rep, Coaching Director, & Guppies

Hunter Allen

Treasurer & Assistant SAIL Rep

Ariana Hardiman

Social Media Director & Photographer

The Bolts are powered by volunteers, and we're always looking for families willing to jump in and share their talents. Let any board member know if you're interested!

Practices

- Current schedule on team website
- Three age-group segments
- Morning practices begin after Memorial Day

Weekly Practice Themes

- Move it for Muffins Monday
- Technique and Trivia Tuesday
- Reward Wednesday
- Take Your Mark Thursday

What to Bring to Practice: towel, goggles, swim cap, water bottle, and a positive attitude

Swim Meet Basics

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- Meets are Thursdays ~5:30–9:00 PM
- Swimmers arrive ~4:15pm home meets & ~5pm away meets
- Meets happen rain or shine unless lightning/weather delays occur
- Swimmers sit together by age group during meets
- Tent Parents and Clerk of Course help get swimmers where they need
- Meet details + heat sheets are emailed each week

Team Traditions

- Bolt Buddies cheer each other on and can bring a small snack
- Concessions available and funds support the host team
- Pizza + late night party after home meets (after cleanup is done)
- Team spirit, cheering, and lots of fun

Swim Meet Signups

- Aka swimmer declarations or declare your swimmer
- Opens tomorrow in SwimTopia
- Sign up via the app or website
- Deadline: Saturdays prior to the meet at midnight (unless otherwise noted)
- Instructions on website

Note that relay lineups are generated based on swimmer times, with coach discretion.

Swim Meet Tips

Before the Meet

- Review weekly pre-meet email
- Mark swimmer(s) with events in sharpie
- Wear team t-shirt and swimsuit
- Bring towels, goggles, water, snacks, and chairs
 - **Label everything**

During the Meet

- Swimmers should stay in the tent with their team
- Listen for Tent Parents and Clerk of Course
- Visit coaches after their race for feedback and encouragement

Most Importantly: Be flexible, ask questions, and have fun... Summer swim is a learning experience for everyone!

Volunteering

The Bolts are 100% volunteer-powered, and every family plays a role in making the season successful.

Each family is expected to:

1. Volunteer at swim meets
2. Help with home meet cleanup
3. Support the team with additional tasks or events as needed

Many hands make light work, and help us create an incredible experience for our swimmers, families, and community.

Volunteer Signups

- Opens tomorrow morning in SwimTopia
- Sign up via the app or website
- Deadline: Saturdays prior to the meet at midnight (unless otherwise noted)
- Jobs are first come, first served
- Unfilled jobs may be assigned
- Instructions on website

Most volunteer roles:

- Easy to learn
- No experience required
- Great way to meet families

Volunteer Roles

Training Required:

- Stroke and Turn Judge
- Starter
- Referee
- Head Clerk of Course

No Training Needed:

- Timers
- Tent Parents
- Concessions
- Ribbons
- Setup/Cleanup
- Runners
- Photographer
- Refreshments

Social Events

Check the website calendar and the *Bolts Brief* for event info.

Whole Team Highlights

- Fun Fridays
- Monday Night Dinners
- Bolts & Birdies Classic
- Bowling
- Bolts Banquet

Age Group Events

- Roller Sports (10 & Under)
- Carowinds (11+)
- Topgolf (11+)
- Hollowed Earth (11+)

Communications

- **Website:** botanybolts.swimtopia.com
- **Sunday Bolts Brief:** Everything you need to know for the week.
- **Swimtopia:** Download the app. Enable notifications. Weather updates and cancellations sent via Swimtopia notifications.
- **Wednesday Pre-Meet Email:** Everything you need to know for meets.
- **Instagram:** Fun and news highlights.
- **Community Facebook Group:** Buy/sell items and connect with swim families.

Thank You

Thank you for spending part of your summer with us! And remember that all parents were new parents at some point. Please ask someone if you aren't sure what to do or have any questions. We're always happy to help!

Summary Checklist

- Visit and review the Botany Bolts website
- Download the SwimTopia app
- Declare your swimmer and signup for volunteer jobs
- RSVP to events
- Pickup team t-shirts and spirit wear today on the pool deck
 - Suits and caps coming early next week