

FMS Swim Team 2026





2025

Falmouth

SOUTHERN MAINE MIDDLE SCHOOL
SWIM FESTIVAL CHAMPIONS

Swim team practice and meet schedule.

[Swim team practice and meet schedule](#)

2026 Coaches

Falmouth Swimming and Diving

[Click Here To Register](#)



Coach Heidelmark

davin.heidelmark@falmouthschools.org

Assistant Coach Lima


brooke.lima@falmouthschools.org


**Lia Stultz: HS
volunteer
coordinator.**



Email Communication Groups

To keep everyone informed throughout the season, I will create two separate email lists:

 **Student Email List** – Used for team updates, practice reminders, and important announcements directly for swimmers.

 **Parent Email List** – Used for meet schedules, team updates, and any parent-specific information.

For the **parent email list**, I will pull email addresses from **PowerSchool**.

If you prefer to receive communication at a **different email address**, just send me an email from your preferred address, and I will update the list accordingly.







 **Clear communication helps ensure a smooth and successful season—thank you for staying connected!**

Middle School philosophy for swim team



Middle School Swim Team Philosophy

Our goal is to foster a positive and supportive environment where swimmers can grow, improve, and develop a love for the sport. We focus on:

-  **Team Experience:** Learning what it means to be part of a swim team—supporting teammates, working hard, and building confidence.
-  **Skill Development:** Improving stroke technique, starts, turns, and race strategies for all four strokes.
-  **Progress & Endurance:** Building strength, stamina, and consistency in the water through structured workouts.
-  **Meet Readiness:** Understanding how swim meets are run, including events, timing, and race-day preparation.
-  **Sportsmanship & Growth:** Encouraging personal improvement, goal setting, and a competitive but respectful attitude.
-  **Fun & Team Spirit:** Creating a positive environment where swimmers enjoy the sport, make friends, and celebrate their progress!



High School Volunteers: Supporting Our Team!



◆ High School Volunteer Coordinator

- Oversees and organizes HS volunteers for practices and meets.

◆ How Volunteers Help at Practices

- **5-10 high school swimmers** assist during each practice.
- Provide **stroke technique feedback** and individualized corrections.
- Help **demonstrate drills** and reinforce key skills.
- Assist in **running structured workouts** designed by the coaches.
- Encourage younger swimmers and help create a positive team environment.

◆ How Volunteers Help at Meets

- Guide swimmers to events and ensure smooth transitions.
- Provide **race tips and encouragement** before events.
- Help with **timing, organization, and support during races**.

💡 **Our high school volunteers bring experience, leadership, and motivation to our team—helping swimmers improve while fostering a strong connection between middle and high school swimming!**





Practices

Greely Pool

Swim team practice and meet schedule

**** No practice on Wed - **conferences March 13**

Mondays: 7:00 - 8:00 PM

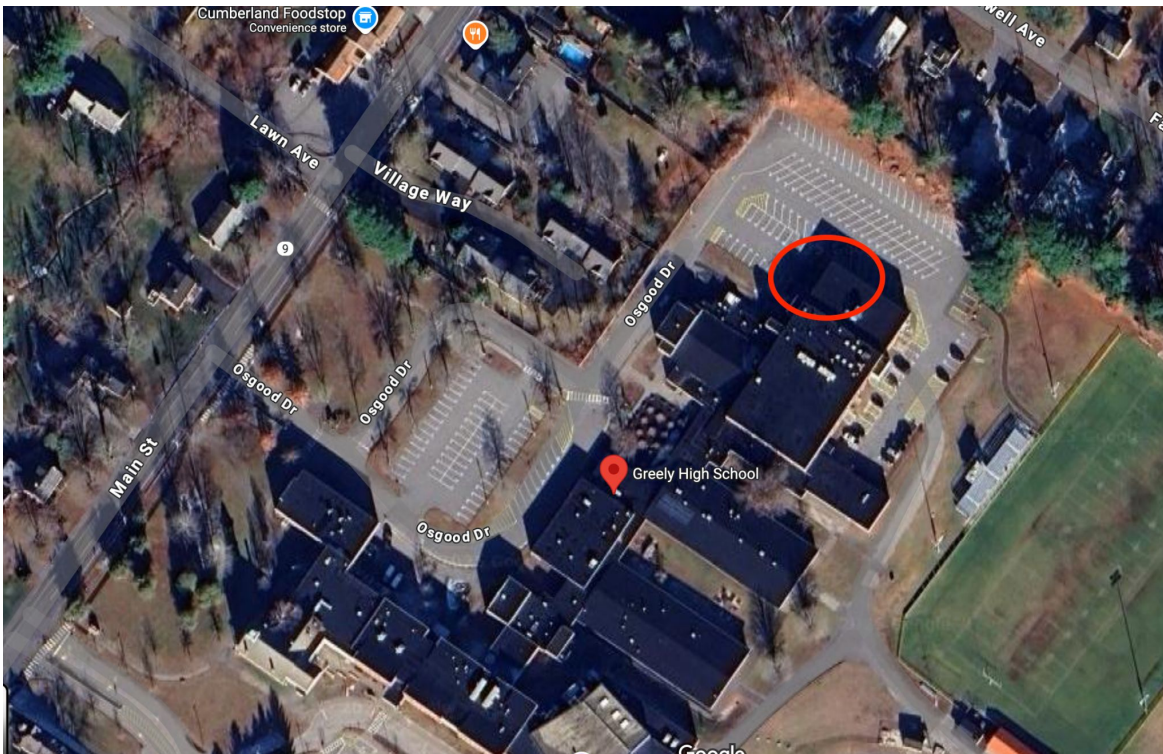
Wednesday: 3:30-4:30 PM

Thursdays: 7:30-8:30 PM

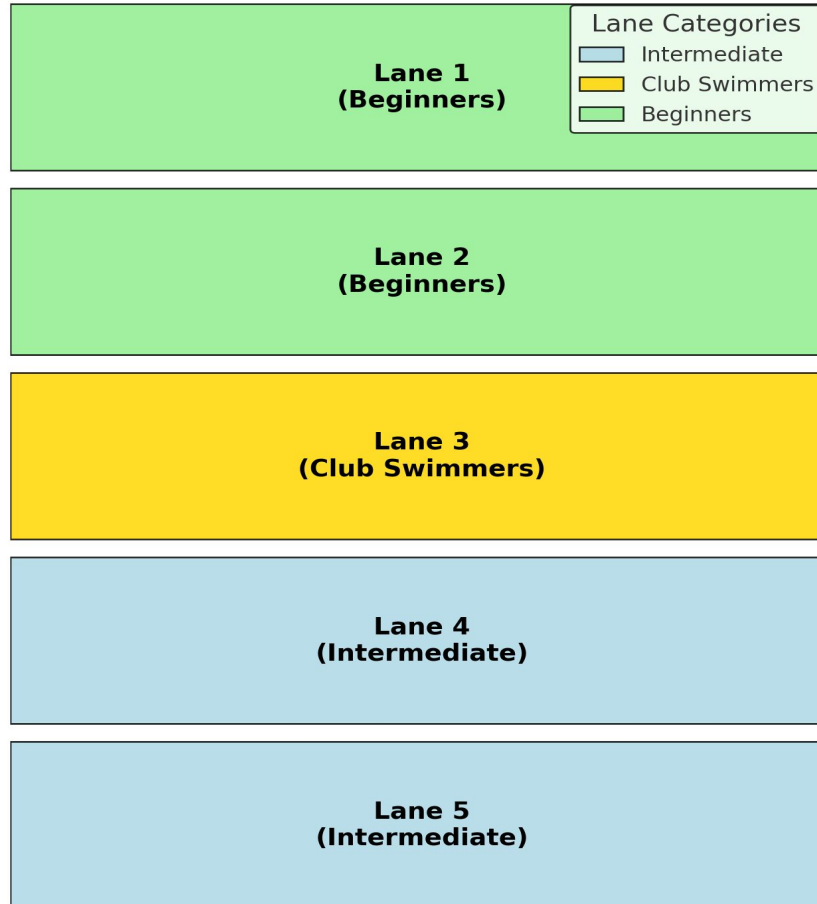
Meets on Friday: SoPo is our “home” pool. We will need timers- parent volunteers= best seat in the house! Learn “on the job”!



Greely High School Pool



Pool Lane Assignments



💧 Stay Hydrated – Swim Strong! 💧

Why is drinking water so important?

🏊 Hydration is **CRITICAL** for peak performance in swimming.

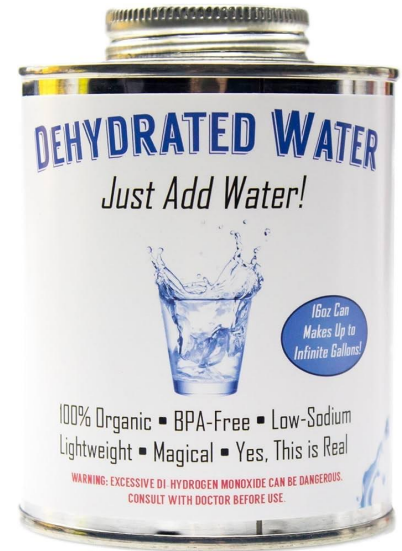
🔥 Dehydration leads to:

- Decreased energy & endurance 🏁
- Slower reaction times ⌚
- Increased risk of muscle cramps (especially leg cramps!) ⚡
- Longer recovery time & fatigue 😞

✅ How to Stay Hydrated:

- Drink water throughout the day, not just at practice.
- Bring a water bottle to school and swim sessions.
- Avoid sugary drinks—stick to **water or electrolyte drinks** when needed.
- Listen to your body—if you're thirsty, you're already dehydrated!

💪 A well-hydrated swimmer is a stronger, faster, and healthier swimmer!



Meet Schedule

Swimming - Coed Grade 6-8	vs. Lyman Moore Middle School, King Middle School, Scarborough Middle School, Lincoln Middle School	Thu Mar 12	4:00 PM	South Portland Community Center	Home	Details
Swimming - Coed Grade 6-8	vs. Westbrook Middle School	Thu Mar 19	4:00 PM	Westbrook Community Center	Away	Details
Swimming - Coed Grade 6-8	vs. Gorham Middle School, Massabesic Middle School	Fri Mar 27	4:00 PM	Westbrook Community Center	Away	Details
Swimming - Coed Grade 6-8	All Schools	Thu Apr 2 - Fri Apr 3	4:00 PM		Away	Details
Swimming - Coed Grade 6-8	All Schools	Fri Apr 3	4:00 PM		Away	Details

🏊 Equipment Needed for Swim Team 🏊

✅ Swimwear:

- **Team suits are NOT required.** Swimmers may wear any suit, as long as logos are **no larger than 2 inches** (no club team names/logos).
- **Jammers or one-piece suits** recommended for practices and meets.

✅ Swim Caps:

- **Falmouth swim caps** are provided for meets.
- No club team names or logos allowed on caps.

✅ Goggles:

- **Double-strap goggles** recommended for a secure fit.
- Something like: [Speedo Vanquishers 2.0](#)

✅ Other Essentials:

- **Towel** for drying off between events.
- **Extra swim cap** (in case one breaks).

🚫 Optional (but helpful!):

- **Dryrobe (or similar changing robe)** – Great for quick changes and staying warm! [Learn more](#)
- [Swimoutlet](#)
- [Swim Bag](#)



\$65
Organic Towel dryrobe
Royal Blue
★★★★★

Expectations

🏊 Expectations for Our Swimmers 🏊

📖 Academics First

School comes before swimming—stay on top of your work while balancing practice.

🕒 Be on Time & Ready

Arrive prepared and bring a **positive attitude** every day. Ready to go on the pool deck 15 mins before practice start

🎧 Respect Coaches & HS Volunteers

Listen actively, follow directions, and appreciate the guidance they provide.

💬 Speak Up If Needed

If you feel uncomfortable with a **lane, stroke, or drill**, talk to a coach or HS volunteer.

🧹 Take Care of Our Facilities

Keep locker rooms, pool decks, and all equipment clean and in good condition.

📅 Communicate Absences

Let your coach know ahead of time if you will miss a **practice or meet**.

🎉 Stay for the Entire Meet & Team Cheer

Every swimmer matters! **We finish together, supporting our team until the final cheer.**

🌟 **Commitment, respect, and teamwork make us stronger—let's make this season our best yet!**



Locker Room Etiquette & Respecting Our Facilities





Respect Starts in the Locker Room

Our team represents **Falmouth** at home and away—let's show respect for **our facilities and every pool we visit!**

Expectations in the Locker Room:

- ◆ **Keep it Clean** – Pick up your belongings, throw away trash, and respect shared spaces.
- ◆ **Respect Privacy** – No phones, cameras, or social media use in the locker room.
- ◆ **Use Good Sportsmanship** – No roughhousing, inappropriate jokes, or disruptive behavior.
- ◆ **Be Efficient** – Change quickly and be ready for practice or meets on time.
- ◆ **No Damage or Vandalism** – Any damage reflects poorly on our team and may result in consequences.

When Traveling to Other Facilities:

-  **We are guests** – Treat every locker room and facility with the same respect as our own.
-  **Be considerate** – Share space and be respectful of other teams and swimmers.
-  **Leave no mess behind** – Double-check that all towels, gear, and trash are picked up.
-  **Represent our team with pride** – How we act off the pool deck matters just as much as how we perform in the water.

✨ **Respect for our facilities = respect for our team. Let's set a great example, wherever we go!**

Communication



Super important!!!!

If swimmer not going to be at practice, let us know

If not going to be at a meet- please- day before or morning of
Weekly Form (or email)

Coach Heidelmark: 207-939-0293

davin.heidelmark@falmouthschools.org

Helpful How-To Videos

[Flip-Turns for Beginners](#)

[FreeStyle Techniques](#)

[BackStroke Techniques](#)


[Starts Techniques](#)




Explore Local Swim Clubs

Looking for additional swim opportunities outside the school season? These local clubs offer training, skill development, and year-round competition for swimmers of all levels!


Portland Porpoises (PPSC) (Gators)

- Competitive and developmental swim programs for all ages
- Location: Portland
-  [Visit Website](#)


Westbrook Seals

- Offers high-level coaching and a strong team environment
- Location: Westbrook
-  [Visit Website](#)

Seacoast Swimming

- Focus on technique, endurance, and competitive racing
- Location: Scarborough
-  [Visit Website](#)

Riptide (South Portland Rec)

- Great for younger swimmers or those looking for a **non-club** swim experience
- Location: South Portland
-  [Visit Website](#)

✨ **Encourage your swimmer to explore these clubs for extra practice, skill-building, and a fun team atmosphere!**

Questions/Answers

1. **Is there a fee to play sports for Middle School?** Yes...\$100....it's on the website.....it covers every sport for one year....<https://athletics.falmouthschools.org/registration>
2. **How do I sign up?** Sign up via a google form sent by Mrs. Sylvia. A roster will be created from this form.
3. **What time are the meets, how long do they last?** They start at 4. Usually last 1 ½ hours
4. **Does the bus go both ways?** Yes but parents can transport their swimmers home. They MUST check out with volunteers before leaving.
5. **Will we have access to the locker room at Greely Pool?** Yes
6. **Is there any overlap between swimming and other sports.** No. Students need to choose one sport or the other. They can not participate in 2 sports simultaneously.

Go Navigators!

[posted to the website](#) FMS swim
team