

# Welcome Waukon Swim Club Swimmers and Parents!



Thank you for participating in the Waukon Swim Club. We are looking forward to a great season. We'd like to share the following information with you about the program.

**\*\*Parent Information Meeting is scheduled for May 16, 2017, at the Waukon Wellness Center Senior Room at 6:30 PM.\*\***

## **Coaching Staff:**

Our co-head coaches this year are Mason Hermeier and Miranda Reinhardt. The assistant coaches are Katie and Allie Hagensick. The Nemo coaches are Leah Riese, Laurel Keenan, and Logan Van Ruler. Contact information is provided at the end of this packet.

## **Practices:**

Swim Team Practices go from May 25 – July 12

Practices will be held at the Waukon Family Aquatic Center in the Waukon Park.

We will practice every day unless there is a swim meet. Please see schedule for swim meet dates.

Practice times will be as follows:

- 7-8:30 am – Ages 13 and older
- 8:30 – 9:30 am – Ages 9-12
- 9:30 – 10:15 am – Ages 5-8

**\*\* Nemos practice only Monday, Wednesday, and Friday from May 25 – July 10**

There is the possibility that it will too cold to swim at the pool the first few weeks of practice. A dry-land practice may be held at the Wellness Center for ages 9-18 at their original practice times, or there may be a practice later in the day at the pool between 5 and 7 PM. 8 and unders and nemos will not have a practice if at the Wellness Center or later in the day. If this happens, alternate plans will be announced by the coaches through the remind system.

We also are offering stroke and technique clinics this year on June 1<sup>st</sup>, 6<sup>th</sup>, and 13<sup>th</sup>.

**\*\* If you are unable to attend your designated practice time please notify one of the coaches and we will work with you to fit your child into a different practice time.**

We ask that each member of the Waukon Swim Club be able to swim 25 yards unassisted to be able to participate in swim meets.

Please note that swim practice is group focused and includes conditioning and swim drills. If you feel your child needs additional individual attention for technique work, private or public lessons are available through the pool or by contacting one of the coaches.

#### Weather Announcements:

- We will have a text messaging system set up to notify parents if practice will be cancelled. Also, please check the Park and Rec website <http://www.cityofwaukon.com/youth-recreation> or the Park and Rec Facebook page for information. There will also be a message left at the Waukon Family Aquatic Center for cancelled practices or meets.
- The Waukon Swim Club uses a texting system called “Remind” for updates, reminders, and weather announcements. Parents can also reply to these messages with any questions they have.
- Text the message @waukons to the number 81010 to join the remind system and receive messages from the coaches.

#### Meets:

##### Transportation:

- We will be using the Allamakee Community School District buses for transportation. All children are welcome to ride the bus to and from away meets. If your child does not wish to ride the bus, parents may transport their children to and from meets, however, **parents must let the coaches know prior to the day of the meet if the children are riding with them.**
- Departure times will be posted on the dry erase board at the front of the pool 1-2 days prior to an away swim meet. Please check the dry-erase board frequently for this information, it is also included in the swim team calendar.
- A meet schedule will be available online on the Park and Rec website, online on the Waukon Swim Club website, at the pool, from one of the coaches, and attached to the end of this packet.

##### Swimmer Participation in Meets:

- Each child **MUST** sign up **ONLINE** if they will be swimming at any meet and must do so at least two “work” days prior to the meet. **If you do not sign up we will assume that you will not be coming to the meet.**
- Coaches make out individual swim assignments and relay teams the day before a meet; therefore, you must notify a coach if you cannot attend a meet that you have signed up for. Please call/text a coach to notify.
- Please, do not call the pool or leave a message at the pool, it may not be delivered.
- Swimmers should be at the pool at 3:50 PM for home meets. Warm ups will start at 4:15 PM. All home meets start promptly at 5:00PM. Meets can last anywhere from 3 to 4 hours, and there is a total of 78 events.

##### Parent Volunteer Participation in the Meets:

- We will need parent volunteers to work our home meets and at the conference meet. **All parents are expected to help with at least two (more is greatly appreciated!) home meets. Please sign up online to work the meets.** We appreciate all the time our volunteers give to make our meets run smoothly. We will not be able to begin a home swim meet until all of the volunteer positions are filled.

- Meet jobs include timing, stroke judging, ribbon writing/labeling, meet starter, clerk of course, runner, and scoring. If you have not worked a meet before, we are more than willing to review what the jobs consist of with you.

#### The Conference Meet:

- The Conference meet will be held in **Elkader/Strawberry Point**, Saturday, July 22 with a 10:00 am start time. While we wish that all kids could swim at this meet, the conference rules limit us to just ONE swimmer per event, per age group. A swimmer may swim up to 3 individual events and 2 relays. The coaching staff will determine who will swim in this meet. Please respect their decisions. Decisions will be based on, but are not limited to: the fastest meet times, practice and meet attendance. Conference swimmers will be notified after the last regular season swim meet if they are attending conference.
- **The WSC Parent Board has decided that, in order to be considered to swim at the conference swim meet, the swimmer MUST swim in at least four meets during the regular season, and attend at least 9 practices with our team.**
- Attendance will be recorded daily.
- More information will be available about conference when it gets closer.

#### Team and Individual Pictures:

- Swim pictures will be taken this year around mid-June. Please stay tuned for information on this!

#### Swim Suits:

- It is not required that the swimmer wear a black suit or a team suit, but it is encouraged to signify being part of our team. Boys are encouraged to wear jammers and for girls we strongly recommend appropriate one-pieces. For your convenience, we will be ordering suits through Splashwear Aquatics.
- To order: Go to [www.swimmerstuff.com](http://www.swimmerstuff.com).  
Towards the bottom of the page, click on Team Login.  
In the next box, type in Waukon (for team login)  
Place the order with your credit card or debit card  
Orders will be shipped in bulk at one time for free provided you submit your order by the **May 19<sup>th</sup> deadline**. After May 19<sup>th</sup>, you can still order but you will be paying the shipping, and we then cannot guarantee your team suit to be here by pictures. Any other merchandise purchased will result in a shipping fee for your order (unless over \$75).
- There will be a try-on kit at the **Parent Meeting on May 16th at 6:30 PM**. Please come to try on a suit and find an appropriate size. If you cannot attend the parent meeting, please make arrangements with Marilyn Anderson, 568-7343, to try on a suit.

#### Miscellaneous:

Things to bring to a swim meet:

- At least 2 dry Towels
- Swim suit
- Swim Cap and Goggles
- Water or Gatorade
- Flip flops
- **Sunscreen**
- Snacks or a cooler with food
- Blankets (if it is cold or to sit on)
- Warm clothes for after
- Money for snacks

**Waukon Swim Club Fundraiser:**

Each year the swim club holds a fundraiser to help us with program costs and our end-of-the-year banquet. The fundraiser information will be available at the start of the season. We appreciate your efforts in helping make this event successful.

**Team T-shirts:**

Team T-shirts, which are free, will be distributed in early June. Please make sure your child is registered with Waukon Park and Rec. so that we have the correct sizing information for their shirt.

**Swim Team Contact Information:**

- Mason Hermeier (Co-Head Coach) – 563-217-0625
- Miranda Reinhart (Co-Head Coach) – 563-568-9871
- Katie Hagensick (Assistant Coach)- 563-794-1705
- Allie Hagensick (Assistant Coach)- 563-794-1706
- Waukon Family Aquatic Center – 563-568-2514

Please visit the Waukon Park and Rec website for additional forms or information.