

# Welcome Waukon Swim Club Swimmers and Parents!



Thank you for participating in 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 8, 2019 at the Waukon Wellness Center Senior Room at 6:30PM.\*\***

## **Coaching Staff:**

Our head coach this year will be Allie Hagensick. The assistant coaches are Mary VanderVelden, Laurel Keenan and Morgan Van Ruler. Nemo coaches are Andrew Mellick and Amber Hickman. Contact information is provided at the end of this packet.

## **Practices:**

Swim Team Practices held from June 3 to July 8

- May hold optional practice the week of May 27 after school

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

We will practice every day unless there is a swim meet. Please see schedule for these 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 June 3 – July 1**

- Nemos will swim at the beginning of the last home meet on July 2<sup>nd</sup>.

There is the possibility that it will be 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 practice at the Wellness Center or later in the day.** If this happens, alternate plans will be announced by the coaches through the REMIND (texting) app.

We also plan to offer two stroke clinics this year. These dates will be announced at a later time.

**\*\* 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.

## **SWIM TEAM GUIDELINES FOR AGES EIGHT AND YOUNGER**

All members of the swim team must be at least **five** years of age. There are two groups of eight and younger swimmers. Those that can swim one length of the pool (25 yards) and those that are unable to swim one length of the pool. Those that can swim one length of the pool will be classified as Eight and Under. Those that cannot swim the length of the pool, but are able to meet the minimum requirements, will be classified as a Nemo. The number of Eight and Under swimmers (those that can swim the length of the pool) is unlimited.

The minimum qualification to swim as an Eight and Under is to be able to swim one length of the pool.

The minimum qualifications to be allowed to swim as a Nemo include:

- If public swim lesson have been taken, must have completed the first level
- Must be able to submerge mouth, nose and eyes
- Must be able to front float and back float
- Must be able to blow bubbles through mouth and nose

**IMPORTANT:** On May 28 and May 29, all eight and younger swim team members will “try-out” to see if they are eligible to be on the swim team and if so, what group they will swim and practice with. “Try-outs” will take place from 3:30-6:00pm on those two nights at the pool. You can come which ever night works best for you. You will be asked to complete the tasks listed above. If you are eight & under and swam at home/away meets last year, you **DO NOT** need to “try-out” this year. If a swimmer is not able to meet the minimum guidelines to be a Nemo, it is recommended that they sign up for swim lessons to improve their basic swimming skills so they will be able to compete at a later date. **\*\*EIGHT AND UNDERS DO NOT NEED TO PAY THE SWIM TEAM FEE UNTIL “TRY-OUT” NIGHT, BUT YOU MUST TURN IN A REGISTRATION FORM TO THE WELLNESS CENTER BEFORE MAY 13.**

### Weather Announcements:

- We 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 Waukon Park and Rec and Waukon Swim Club Facebook pages 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. **Note:** Several of our coaches also lifeguard so if you send them a message, they may not respond back right away as they are working. They will get back to you at their earliest convenience.
- Text the message @waukonst to the number 81010 to join the Remind app and receive text 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 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.
- A meet schedule will be available online on the Park and Rec website, online on the Waukon Swim Club website (<http:waukonswimclub.com>), at the pool or from one of the coaches.

### 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 as 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 5:00 PM. Meets can last anywhere from 3 to 4 hours with 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 **Decorah** on **Saturday, July 13** 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.

### **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-piece suits. For your convenience, we will be ordering suits through the 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 order with your credit card

Orders will be shipped in bulk at one time for free provided you submit your order by the **May 15<sup>th</sup>** deadline. After May 15<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 8<sup>th</sup> at 6:30 PM**. Please come to try on a suit and find an appropriate size. If you cannot attend the parent meeting, please stop by Kim's office (Park and Rec) at the Wellness Center 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 cooler with food
- Blankets (if it is cold or to sit on)
- Warm clothes for after the meet
- Money for snacks

Team and Individual Pictures:

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

Waukon Swim Club Fundraiser:

- Each year the swim club holds a fundraiser to help us with program costs and our end-of-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 mid 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:**

- Allie Hagensick (Head Coach) – 563-794-1706
- Mary Vander Velden (Assistant Coach) – 563-217-9608
- Laurel Keenan (Assistant Coach) – 563-568-7891
- Morgan Van Ruler (Assistant Coach) – 563-258-2413
- Andrew Mellick (Nemos Coach) – 563-794-1016
- Amber Hickman (Nemos Coach) – 563-794-0618
- Waukon Family Aquatic Center – 563-568-2514

Parent Committee:

Shari Lubahn, Lisa Curtin, Kathy Hager, Heather and Jeremy Hogan

Please visit the Waukon Park and Rec and Waukon Swim Club website or Facebook pages for additional forms or information.