

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 12, 2021 at the Waukon Wellness Center (Senior Room) at 7:00PM.

Coaching Staff:

Our head coach this year will be Allie Hagensick. The assistant coaches are Alexis Hogan, Meridian Snitker, and Elly Christen. Nemo coaches are Mia Strub and Ella Hermeier. Contact information is provided at the end of this packet.

Practices:

Swim Team Practices held from June 1 to July 5

- Optional practice will be held on May 27 & May 28 in the morning (No Nemos)

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:

- 7:00 – 8:30am – Ages 13 and older
- 8:30 – 9:30am – Ages 9-12
- 9:30 – 10:15am – Ages 5-8

***Nemos practice only Monday, Wednesday and Friday from June 2 – June 28

- Nemos will swim at the beginning of the last home meet on June 29th.

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 from 5:15-6:45pm. **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 HEJA (texting) app.

** 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 UNDER

All members of the swim team must be at least **five** years of age. There are two groups of eight and under 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 considered a Nemo include:

- Must be able to get in water on own and is comfortable in the water
- Must be able to get eyes, mouth, and hair wet
- Must be able to completely submerge body in the water → Do a “bob” 3 times
- Must be able to retrieve a toy from bottom of pool
- Must be able to blow bubbles through mouth and nose
- Must be able to float on front and back for 5 seconds each unassisted
- Must be able to show alternating arms while standing (Freestyle and Backstroke arms)
- Must be able to kick with board across shallow end on front unassisted
- Must be able to jump into water unassisted and return to the side

IMPORTANT: On May 22 and May 25, all eight and under individuals who are interested in swim team will “try-out” to see if they are eligible to be on swim team. If qualified, this will determine what group they will practice with. **“Try-outs” will take place from 1-5pm on May 22 and 2:00-7:30pm on May 25 at the pool.** You will come the day and time you signed up for. Your child will be asked to complete ALL tasks listed above. **ALL eight & unders MUST “try-out” regardless if you participated in swim team previously.** 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 (public or private). This will ensure that your child will be able to improve their basic swimming skills in order to participate at a later date. ****EIGHT AND UNDERS DO NOT NEED TO PAY THE SWIM TEAM FEE UNTIL THE FIRST DAY OF PRACTICE, BUT YOU MUST TURN IN A REGISTRATION FORM TO THE WELLNESS CENTER BEFORE MAY 11.**

***Please sign up for ONE 15-minute time slot for your 8 & under child to “try-out.” In addition, please read through ALL information on the Google Sheet.**

There are 2 options listed to sign-up. You only need to choose one as they both lead to the same Google Sheet.

OPTION #1: This [link](#) will lead you to the Swim Team Try-Out sheet for 8 & unders.

OPTION #2:



If you choose the QR Code, you will need to download the Google Sheets App on your smart phone in order to edit it

Weather Announcements:

We have a group 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 has switched to a different messaging app called ‘HEJA’ for updates, reminders, and weather announcements. Parents can also reply to these messages in the “Team Chat” or they can individually message the coaches 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.
- **HEJA APP -- Swim Team 2021 Code: WJ-426784.** You must download the Heja App in order to join and see the announcement/cancellations from the coaches. Make sure you TURN NOTIFICATIONS ON when joining the group otherwise you WILL NOT see when the coaches post an announcement. **At least ONE parent in the household should be signed up to receive notifications/cancellations!** If you need any help joining the group, please ask Kim by emailing waukonparkrec@gmail.com or texting/calling 563-568-7131.

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. Bus times are also listed on the practice/meet hand-out.
- A meet schedule will be available online on the Park and Rec website, online on the Waukon Swim Club website (<http://waukonswimclub.com>) 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, here is a description of what each job consists of. If you still aren't sure after reading through the descriptions, we are more than willing to answer any further questions for you.

Job Descriptions (Home Meets)

Assistant Clerk of Course:

1. Announces which events should report
2. Seats swimmers on the appropriate bench according to their heat and lane number.
3. Line the swimmers up and walk them to their lanes.
 - When lining up **eight and under relays**, the backstroke and butterfly or 1st and 3rd swimmers must be at the end with the blocks, and the breaststroke and freestyle or 2nd and 4th swimmers must be at opposite end.
 - The rest of the individual swimmers start on or by the blocks
4. Give the event cards to the swimmers, 8 and under individual event cards will be brought to the timers.

Starter:

1. Announce the event #, boys or girls, age group and stroke performed.
2. To call the timers to order (timers ready?)
3. To call swimmers to step up or in the water and place your feet (cannot curl over the edge).
4. Start the events. (swimmers take your mark-blow whistle or pushes sound)
5. Blow the air horn if there is a false start.
6. Call any close finishes. (When the touch pad system is not used)

Timer:

1. Take the event card for your specified lane from the assistant clerk of course or swimmer.
2. Time the swimmer(s) in your specified lane and write time on the event card. Record both times.
3. You need to switch lanes if you were to time your own child.
4. Ask 8 and under their name when complete to make sure you are timing the right child.
5. When using the touch pad system a plunger must be used each time a swimmer hits the wall.

Card Collector:

1. Take the cards from the timers for each event, keeping heats separate.
2. Get disqualification cards from the stroke judges and keep with appropriate heat.
3. Take the cards to the scorekeepers.

Ribbon Writers:

1. Peel labels and stick to appropriate medals or ribbons, clip together.

Box Organizer:

1. Checks for conference records and posts result sheets.
2. Put medals and ribbons in file box and prepare for awards ceremony (which will be after events 38 and 78).

Stroke Judge:

1. Watch to see that all of the swimmers are swimming the starts, strokes, and turns correctly. If part of a stroke is incorrectly, fill in the appropriate spots on the disqualification sheets.
2. Give to the card collector after each heat.

Touch/Turn Judges:

1. Watches for missed touches on turn, correct finish and turn touches, miss on touch pad (especially end of backstroke) and leaving the blocks too soon.
2. Tells the stroke judge to make the appropriate DQ to hand in with that heat.
3. Tells timer of miss on touchpad finish. Timer writes this note on card.

Placement Judges:

1. Visually places finishers by lane number. Writes on placement sheet which is picked up by the sheet collector.
2. This will be evaluated and cross checked with the electronic timing system by scorekeeper to determine correct placement.

The Conference Meet:

- The Conference meet will be held in **Calmar** on **Saturday, July 10** 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:

- Suit information is still coming. We will have it available as soon as we know more!

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
- Alexis Hogan (Assistant Coach) – 563-794-0833
- Meridian Snitker (Assistant Coach) – 563-568-8549
- Elly Christen (Assistant Coach) – 563-794-2320
- Mia Strub (Nemos Coach) – 563-568-6583
- Ella Hermeier (Nemos Coach) – 563-568-9492
- Waukon Family Aquatic Center – 563-568-2514

Parent Committee:

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

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