

## Warrington Swim Team Parent Information Sheet

### Coaching Staff:

- Zach Wilson (Head Coach), Amber Andrewlevich (Assist Coach), Jeana Janotti (Assist Coach), Jim Tate (Assist Coach), Tyler Pursell (Developmental Coach)

### Parent Board:

- Dawn McFadden (President), Jen Fiander (Vice-President), Karen Cassidy (Treasurer), Michelle DiGregorio (Secretary), Lillian Finlaw (League Rep), Keith Mecutchen (Volunteer Coordinator), Amanda Mecutchen (Ways and Means), Kathy Tate (Special Events Coordinator), Kelly Schollin (Sponsorship), Meg Kurek (Fundraising)

### Overview/Outline of Season

- 6 Dual meets are on Tuesdays and Thursdays (WST is in the white division of LBSL) - Full Meet Schedule is on the website Google calendar
- 1st Meet-Tuesday, June 26<sup>th</sup> - NO MEET week of July 4th.
- Invitationals - additional meets swimmers can attend in addition to the dual meets; expect to work at these meets
- Cold Water Classic: 18 & U - Friday, June 29th & 10 & U - Saturday, June 30th
- Somerton Odd Age: Saturday, July 14th AM
- Richboro Aqua Pentathlon: (coaches invite swimmers) - Saturday, July 7th & Sunday, July 8th
- Division Champs: Saturday, July 28th
- 8 & Under Champs: Sunday, July 29th
- League Finals: Tuesday July 31st (PM)
- End of Season Picnic: Wednesday, August 1st (PM) Rain date: Thursday, August 2<sup>nd</sup>

### Volunteering:

- We need roughly 40 from our team to run meets
- Keith Mecutchen is the volunteer coordinator
- You are required to do a **Minimum** of 2 Dual Meets. If you have more than 1 child expect to do more.
- Ready Bench Parent is for the entire season; this position requires clearances submitted to WST. We will notify you separately, if you have been assigned as a ready bench parent.
- Sign Up Genius – will be used to sign up for volunteer positions this year again.
- If you are interested in being a Stroke and Turn Judge you **must** attend a training session – dates to be announced. Stay tuned.
- If you are interested in at the Scoring Table we recommend attending a training session – date to be announced. Stay tuned.
- Swimming is a more fun when the parents are involved. The meet goes faster when you're involved and you get to know other great swim families!

### Sponsorship:

- If you or someone you know may be interested in sponsoring our team, please contact Kelly Schollin at [kellyatate@gmail.com](mailto:kellyatate@gmail.com). The sponsorship form is on our website.

### Fundraising:

- Cold Water Classic – invitational we host each year. It is our main fundraiser - we expect 100% participation from our swimmers and parent volunteers.
- We will have other fundraisers throughout the season.

### Communication:

- It is a short season with quick turnarounds so please read all communications. Please check your email and the team website regularly for updates. Special events and other items will be added to the team website and Google Calendar throughout the season.

- The website contains a lot of information about the team. Check out the New Parent/Swimmer and FAQ links on the webpage.
- Communication is key for meet line-ups so please let coaches know if you will not be attending meets or if you are away on vacation of more than 3 days.
- Team suits are available now! Team Spirit Wear is coming! Stay tuned.

#### **PRESEASON Practices:**

- Practices will take place Monday-Friday beginning Tuesday, May 29th 4:30-6 p.m. Please try to arrive 4:15pm so ready to start at 4:30.
- T/W/Th 11 and up (45 min dryland/45 min swim)
- M/W/F 10 and under (45 min dryland/45 min swim)
- DRYLAND - have Sneakers & Socks and Shorts are required; will not be allowed to participate in dryland without sneakers for safety reasons. Dryland will consist of running and exercises to help increase endurance and strength of the swimmers and will include race/relay/game type exercises for the swimmers.
- Wednesday full team technique work – coaches working out plan to have big kids help younger swimmers
- If assigned days don't work in your schedule talk to Coach Zach.
- NO PRACTICE 6/15/2018 (Graduation)
- Bring water to stay hydrated
- Swimming will focus mainly on improving stroke technique and improving the basic skills of the swimmers. **It is imperative for the swimmers make it to as many preseason workouts as possible.**

#### **REGULAR SEASON Practices:**

- Practice groups – Time TBD based on team size and age distribution with oldest kids first and youngest last. Practices times will be provided prior to morning practices but after most of the afternoon practices so coaches have adequate time to assess the needs by age group. Practices will run between 7AM and noon.
- Morning practices will start Tuesday, June 19<sup>th</sup>; 5 days a week; M-F
- Practice groups will be determined by age with skill differentiation by lane.
- Must attend required number of practices: 3 per week in order to participate in meets (unless discussed with Coach Zach). More is better – many summer swim team participants attend practice every day. Remember that weather sometimes causes practice cancellations so it's best to plan to attend whenever practice is offered.
- Check website, text blast and email for last minute changes to practice and meet schedule for weather related changes. Please do not drop your swimmers and leave if weather could be a factor during practice or swim meet time.
- Goal is to get all participants interested in swimming because they enjoy it and to make sure that all members feel like part of the team; swimmers of similar age broken down by like ability creates optimum workouts for everyone; this will make it more fun and effective for everyone

#### **U.S. or Club Swimmers:**

- Swimmers who swim with CBST or another USA Swimming program may choose to practice with the club team. If there is a conflict between WST practices and USA Swimming practices, whether it be time or location, this must be communicated to Coach Zach.
- Must come to 1 practice a week (must be a meet day if possible)
- *SENIOR CLUB SWIMMERS* – if you cannot make WST practices, you must communicate with Coach Zach. To fulfill practice requirements, you must schedule 1 day a week to come demonstrate drills, starts, and turns during practice times for younger swimmers.

## MEETS:

- We ask swimmers to be at the meet 1.5 to 2 hours before the start of the meet, to ensure we have everyone checked in. We also ask everyone to stay until the end of the meet to cheer on your team.
- Swimmers MUST check in either online (Sign Up Genius) or in the book at practice by the stated deadline to be placed in a meet line up. Swimmers who do not check in using one of these methods or communicate to the coaches whether they will be in attendance will not be placed in meet lineups.
- Swimmers must arrive to meets on time. On time means the communicated time NOT the time of warmup or meet start.
- Coaches try to get all swimmers in as many events as possible (subject to league limitations). Line-up writing takes a huge amount of time. If you show up late, don't show up after signing in or show up without signing in, it creates problems. Swimmers who do not sign-in will NOT be put in the line-up and will not be added if they do show up. In the event of a last minute change that is unavoidable (illness for example) email Zach immediately. Coaches want to watch the meet and give feedback rather than spending time fixing line-ups due to uncommunicated changes.
- Swimmers who do not fulfill their practice requirements without communicating a valid excuse to the coaches will not be placed in a meet line up.
- Given team size and meet time restrictions it's hard to get everyone 3-4 swims per meet so it may sometimes be 2 swims but coaches will do their best to maximize swims.
- **Official vs. Unofficial Heats:** The coaches will determine official and unofficial heats at the time of writing a meet line up. While the main focus of the summer is to have fun and enjoy the sport of swimming and the comradery that comes with being a Warrington Dragon, as a team we are here to compete. So official heats will be based on swimmers with the fastest times in a particular event as well as the effort put forth in practice.
- Please focus with your swimmer on swimming his/her personal best race regardless of heat or lane. The coaches train the swimmers to swim in any heat in any lane.
- **Meet Check In and Team Area:** Arrive on time. There will be a designated area at each meet and swimmers need to stay in it or they'll miss races. Upon arrival kids will check in with coaches, deck parents or buddy group older swimmers. We want a team atmosphere so all swimmers should be together and cheering for their teammates. The team MUST sit together in the designated team area. Swimmers should not be sitting with parents – please encourage your tentative children to be with their buddy groups. If you're having any issue with this ask a coach or your buddy group senior swimmers for help. Team area at HOME and AWAY meets must be cleaned up before leaving the meet.
- Must check in with deck parent 2 full events (not heats) prior to swimming your event. Coaches and deck parents work very hard at meets to make sure swimmers make it to their events and swim their best. Parents are still responsible for their children even though there are deck parents and coaches. No one should have to go searching for your child to line-up for a race.
- If there is an issue and you have to leave, please talk to a coach. It's fun to be part of the end of a meet – final relay and close victories. Also may need to put a swimmer in if there is a last minute injury/illness during a meet. Dragon award is given at end of each meet – don't miss it!

## Sportsmanship and Support:

- The coaching staff expects that as a team all swimmers should be watching, cheering, and supporting their teammates.
- Any negative, discriminatory, or rude comments about the team, your teammates or the opposing team will not be tolerated.
- Please be sure your children know what type of behavior is expected of them at practice and meets – review with them the Code of Conduct.