

Whitmore Lake Public Schools
Community Recreation
WLCR Waves Swim Team Membership Handbook

Mission Statement

The purpose of WLCR swim team is to provide Whitmore Lake area residents with an opportunity to participate in recreational aquatic competition.

The team's objectives are to use aquatic sports as a vehicle to develop both physically, mentally, and emotionally healthy athletes; to create an environment based on teamwork, sportsmanship, and self confidence; provide structured training and discipline to develop swimmers technique and ability.

Membership Prerequisites

Fall Season: Ages 5-18 as of September 1.

Winter Season: Ages 5-18 as of January 1.

Swimmers 8 and under must be able to demonstrate that they can swim one continuous length of the pool using any one of the four competitive strokes (freestyle, backstroke, breaststroke, butterfly) without stopping and without assistance, beginning with a dive at the deep end. All other swimmers must be able to swim at least 50 continuous yards of any competitive stroke without assistance.

This is to ensure that all swimmers are able to meet the basic requirements to swim in meets.

Registration

All swimmers must register for any season in which they wish to participate.

Each season will have a two-week trial period for all new swimmers. A refund will be issued, minus a \$30 administrative fee, for any **new** WLCR swimmer who withdraws during this trial period.

No swimmer will be permitted to practice until all registration forms have been received and fees have been paid.

Coaching

Head Coach is responsible for establishing goals of the season and creating an environment to reach those goals. The Head Coach is also responsible for meet line-ups and practice workouts. Coaches are expected to attend all meets and their scheduled practices. Any changes in practice or meet schedules will be communicated by the Head Coach.

Contact: Parents may ask questions of coaches between practices, by telephone or e-mail.

Interim Head Coach contact

Autumn Brown

abrow195@emich.edu

Assistant Coach

Mariah Lerolland-Wagner

scorcher6ann@gmail.com

Communications

All WLCR information will be communicated through e-mail addresses provided on the season's registration forms and via our website, www.wlps.net/community-recreation. In the event your contact information changes, please contact WLCR at 734-449-4461 x 3057 or kelli.strong@wlps.net

Practice and meet dates will be communicated using the Google calendar located on the swim team website: <http://www.wlps.net/waves-swim-team/>

Parent and Swimmer Commitment

All swimmers are expected to give fellow swimmers and coaches respect. They are also expected to give their coach undivided attention. We expect appropriate behavior on the pool deck, locker rooms and at swim meets. During practices and meets, parents stay in the bleachers, swimmers stay on the deck. Arrive on time to practice and pick up swimmers from practice on time. Parents must help swimmers maintain a healthy diet and an adequate sleep schedule. Parents must help reinforce respect for teammates, teammates' property in the pool and locker room, and respect for the opponents.

Disciplinary Procedure

If a swimmer acts disrespectfully or behaves in an unsportsmanlike manner, the following procedure will take place:

- A warning is issued
- Swimmer will sit out of the pool for a period of time until ready to rejoin the group determined by the coach
- Swimmer will be excused from practice. Parent must speak with the coaches before returning to the pool
- Last resort, under the recommendation of the coach, the community recreation director may suspend the swimmer from the team

Parent Commitment

We require families to volunteer at least 2 times during each season.

From fundraising to helping at swim meets, there are many opportunities to put your talents to work. At away meets we are required to provide age group marshals. And this season we will be hosting at least two meets. To host meets we need 25-30 volunteers, so there will be plenty of opportunities to meet your volunteer quota. Volunteer lists will be sent via email. Please provide us with an accurate email to ensure you receive that volunteer signup.

Age group marshals supervise an individual age group by monitoring swimmers on the pool deck and assuring they are ready for their events. When an age group has finished all their events, those marshals have their swimmers clean up their deck area and can then leave the meet or stay to watch the remaining events. If a family has not fulfilled their commitments by the end of the season, a penalty of **\$40** will be assessed and must be paid before registration will be accepted for future seasons.

Inclement Weather Policy

WLCR operates under the WLPS inclement weather policy. If the Whitmore Lake Public School district is CLOSED, then WLCR programs and practices will be cancelled. All other cancellations due to inclement weather are made the day of by 4:00 p.m. at the Head Coach and WLCR Director's discretion.

Meets

When you register as part of the WLCR swim team, you are automatically signed up to swim all five swim meets. Participating in dual or tri meets is an important part of swim team, and swimmers should attempt to make it to as many meets as possible.

You must notify the head coach at least two days before the meet if you will not be participating in the meet. Inability to do this will jeopardize your membership into the team.

Practice Requirement

Swimmers are required to have attended at least 1 practice the week prior to the meet.

What to bring?

- 3 towels (two to use during the meet, and one to dry off with afterwards)
- Swimsuit, cap, goggles
 - Recommend 2 pairs of goggles in case one breaks during the meet
- HEALTHY snacks- no candy
- Water or sport drink- no pop
- Some clothing to keep you warm while on the deck between events. Shoes/flip flops for on the deck
- Activities to keep swimmers busy while they wait for their event

We recommend you leave electronics at home.

PUT YOUR NAME/TEAM ON EVERYTHING YOU TAKE TO A MEET

Format

Dual/ Tri Meet

Order of events:

Warm Up Session

Medley Relay

Freestyle Event

Specialty Event

Freestyle Relay

Age groups swim in order beginning with 8 & under, 9-10, 11-12, 13-14 and 15-18 alternating girls and boys.

Meets usually take 2 hours but have to end by 8:30 p.m. at the latest.

Once a swimmer has swum all their events and have spoken to their coach, they are free to leave.

-There are as many heats as needed to give all the swimmers a chance to swim

-Fastest times win, regardless of what heat.

- In some instances when time allotted may be a factor, the teams' coaches may mutually agree to eliminate an event.

Line ups

In meets, a swimmer may swim up to 3 events. New or younger swimmers may start with one or two events.

The head coach decides on who swims what event and will post the events and swimmers in a "line-up" during meet warm-ups. Swimmers (and parents) should check the line-up when they arrive for warm-ups before the meet. The line ups may change during the meet if the coach has to replace swimmers in a relay (due to for example illness or no-show.)

Marshaling

For meets to run smoothly swimmers need to be ready when their age and event are called. And the marshals assist with this. There is a marshal for each gender and age group through 12 years old. Swimmers 13 and up are expected to marshal themselves for each event.

When swimmers arrive for their warm-up they need to check in with their marshals.

Swimmers sit with their team, with their age group, so the marshal can line them up for the events efficiently.

Swimmers are not to sit with their parents during the meet. If they need to leave the pool deck for some reasons (go to the restroom), they need to inform their marshal and then need to return immediately to the marshal area.

Marshals cannot leave the marshal area to come find swimmers who have left the pool deck.

About 10 minutes before the age group swims, the marshal will line up the swimmers for that event and take them to the marshaling area where they will be arranged into their heat and lane orders. The marshal will give each swimmer (or relay team) a card, which the swimmer gives to the timer at the starting block.

Rules

SMSL meets shall be conducted under USA Swimming rules except where amended by these By-Laws. The Michigan Swimming, Inc. rules shall prevail relative to false start and all starting procedures (excluding fly-over starts), including warm ups (an 8 & under who has false started may swim his/her heat as an exhibition though officially disqualified, DQ'd).

Championship Meet

Any swimmer that participated in at least one dual meet for the season may participate in the championship meet for their age group. These meets not only include the three standard events from dual meets, medley relay, free style, and free relay, but also all the specialty events (breaststroke, backstroke, butterfly, freestyle distance and mid distance, and individual medley). Each swimmer usually swims in three to four events. Ribbons will be given out to place 20 for all individual events with the top 16 scoring points.

Any swimmer who does not show up at their appropriate marshaling area, will be scratched. WLCR will pass the scratch fine on to the missing swimmer's family.

Ribbons

Most swim clubs provide ribbons after the dual meets to its swimmers who placed in the meet. A swimmer who does not win a place ribbons will get a "participant" ribbon. If hosting team does not provide participant ribbons, WLCR will.

Team Apparel

Team suits will be available for purchase during our suit sizing day near the beginning of the season. After our suit sizing day, suits will not be available to try on. Once suits have been ordered, orders may still be placed but a shipping fee will be added.

Girls: Around \$32

Boys: Around \$29

WLCR swim caps available for purchase at the office.

Swim Celebrations:

The week prior to swim championships a Spirit Night will be held, to get the team members excited about the upcoming meet. All swimmers whether they are swimming in championships or not will be expected to attend the Spirit Night and participate in making a poster for another swimmer. More information will be given as the season progresses.

At the end of the season, WLCR will hold an End of Season Banquet to honor all of our team members. This is a great time for the swimmers and their families to get together to celebrate all the accomplishments of the seasons.

Swim Club Boosters

WLCR Swim Club Boosters will consist of parent volunteers. If more than one parent volunteers for a position, an anonymous vote will take place and a person will be elected by parents of swim team. Each family receives one vote.

Fundraising Chair

Duties: Coordinating fundraising activities. S/he must receive approval from the Community Recreation

Director before fundraising may occur. Funds raised will be used to fund banquets, spirit wear, ribbons, any specialized equipment needed for swim team not provided by WLCR.

Volunteer Coordinator:

Duties: Securing volunteers for meets, fundraisers, banquets, and all swim team activities. They are responsible for providing volunteer lists to the coach and Community Recreation Director. In the event a volunteer is missing, they are responsible for finding a replacement.

Team Apparel Coordinator

Duties: Managing selection, ordering, and distribution of team spirit wear. Must receive approval on styles from Community Recreation Director and Coach before ordering.

Treasurer

Duties: Tracking, collecting, and reporting funds from fundraising activities. Turning all revenue in to the Community Recreation Director. Getting approval from Community Recreation Director prior to any and all purchases.

For this season, the Community Recreation Director and Aquatic Programming Supervisor will act as interim President and Vice President of the Swim Club Booster.