

Lodi Blue Wave CREW

Youth Recreational Swim Team

2016-2017 Season!

Parent & Swimmer Handbook

Important Contact Information

Lodi Blue Wave CREW website:
[www.lodi.k12.wi.us/Community/Lodi Blue Wave CREW](http://www.lodi.k12.wi.us/Community/Lodi%20Blue%20Wave%20CREW)

Lodi Blue Wave CREW is on Facebook:
<http://www.facebook.com/LodiCrew>

Lodi Community Pool: 592-1076

Head Coaches: Carla Wiessing and Crystal Schaaf,
Assistant Coaches: Jenn Breunig, Emma Neumaier, Meagan Beyer, Ethan Clary, Brandon Steiger,
Patrick Hendron and Riley Persike

Email: crewgoswim@gmail.com Pool office: 592-1076

Aquatics Manager: Marie Yates 592-1076, yatesma@lodischoolswi.org

C.R.E.W. Director: Diana Karls 592-1076, karlsdi@lodischoolswi.org

Administrative Assistant: Heidi Endres 592-1076, endrehe@lodischoolswi.org

Philosophy:

The Lodi Blue Wave CREW is a recreational community swim team where swimmers aged 6-18 will:

- Improve their physical health while learning sportsmanship and teamwork.
- Learn, practice and build to perfecting:
 - the four competitive swim strokes
 - relays, starts and turns
 - how to read and complete written workouts
 - competitive strategies for racing
 - goal setting for competitions as well as the season as a whole
- Participate in Intersquad scrimmages and Dual meets (Optional)
- Have fun swimming!

*If you and your swimmers are looking for a more competitive, USA sanctioned swim team, please feel free to contact us. We will put you in touch with other families in the area who participate on these teams and you can contact them for more information about teams, meets, etc.

Practice Schedule:

November 14, 2016 thru February 6, 2017

Monday: 3:30-5:00 pm
Wednesday: 3:30-5:00 pm
Thursday: 3:30-5:00 pm

Level 1 Swimmers practice for the **first hour, see below.
All practices are held at the Lodi High School Pool

Please contact Kobussen to set up shuttle/bus schedules at 592-0551

No practice Wednesday, November 23rd and Thanksgiving Day, Thursday, November 24th
No practice December 21st – January 2nd Holiday Break
No practice Monday, January 16, No School
No practice when school is closed or released early because of bad weather.

Open/Lap swim times available with family pool pass (see pool schedule).

Tentative:

Winter/Holiday Party: Wednesday, December 21, 2016

End of Season Party Monday, February 6, 2017

- Swim 3:30-4:30
- Snack in Pool Lobby 4:30-5:00

Communication Tools:

Absence/Attendance email CREWGOSWIM@GMAIL.COM or call pool at 592-1076

General Management questions call: Lodi Pool Office 592-1076 or email Heidi at endrehe@lodischoolswi.org

Swimmer or Parent question for coaches: To ensure fairness to all during practice times, please speak with coaches **after** practice or email questions/concerns.

Bulletin Board: General information will be posted on the swim team bulletin board in the pool lobby. This includes information about upcoming meets, events and general notices. Parents please check weekly for announcements.

Email: Coaches will keep in contact with families via email. Please provide us with the preferred email address your family uses. Parents please check at least weekly for announcements. Coaches email address: crewgoswim@gmail.com

Website/Facebook:

www.lodi.k12.wi.us, then click on CREW--Lodi Blue Wave CREW

<http://www.facebook.com/LodiCrew>

Practice Levels:

Swimmers will be divided into three levels based on their swimming ability and experience. Coaches will place swimmers into the designated levels during the first two weeks of practice. Swimmers may be moved to a different level at any time throughout the season based on their skill levels. Both the parents and the swimmer will be notified of the change.

***Level 1 swimmers will practice for 1 hour due to their endurance (the first hour of the scheduled practice time), while Level 2 and 3 swimmers will practice for 1.5 hours.

**Level 1: Beginner swimmers. Those able to swim at least two lengths of freestyle. May not yet be familiar with other competitive swim strokes, starts or turns.

Level 2: Intermediate swimmers. Those able to swim 2-4 lengths of freestyle and are able to demonstrate each of the other three competitive swim strokes (backstroke, breaststroke, butterfly). May not yet be familiar with starts or turns.

Level 3: Advanced swimmers. Those able to swim at least 4 lengths of freestyle and at least one length each of the other three competitive swim strokes (backstroke, breaststroke, butterfly). Able to demonstrate starts and turns.

Practice Set-up:

Swimmers should change for practice in the pool locker rooms. Upon arrival for practice, swimmers will take a seat on the bleachers on pool deck. Attendance* will be taken and swimmers will be dismissed to their groups. Coaches will give swimmers permission to enter the water. Practices will include swimming as well as dry-land strength and conditioning exercises on the pool deck.

*Attendance will be taken at each practice. **Parents MUST notify the pool office by phone or email of a swimmer absence.** Please let the head coaches know in advance if your swimmer will have a set practice schedule each week, and then we will not need to make a phone call

home. Swimmers must have their own suit and goggles for all practices and competitions. Swim caps are recommended. Swim Snorkels are encouraged but not mandatory at this time. Please bring a water bottle to practice.

Fees and Sign up:

Registration night/suit fitting @ HS Pool Lobby
Wednesday, October 26 from 6:00 – 8:00 pm

- Everyone Enter through the Pool Lobby Doors
- *1st time Swim team members* must enter pool area for a swim test prior to completing registration paperwork.
- Previous swim team members can begin registration. Registration is being held at the end of the Athletic Hall by the gym/concession stand

Mandatory 1st Year Swimmer Try-Outs 6:00-8:00 pm

Bring suit and goggles!

To avoid waiting for try-out: Sign up for a time slot prior to October 26 by calling 592-1076, emailing endrehe@lodischoolswi.org or stopping by the pool lobby. Sign up that day (Oct 26) is also available, but please note you may need to wait for an opening.

All participants will need to have a current family pass or purchase a 6-month family pool pass from CREW **AND** pay the Blue Wave CREW enrollment fee. (The enrollment fee does not cover the cost of swimsuits, goggles or caps.)

Family Pool Pass Cost:

Resident 6 Month - \$95

Non-Resident 6 Month - \$115

Blue Wave CREW Winter 2016-2017 Season Enrollment:

1st Swimmer - \$150

Each additional swimmer from the same family - \$100

Example: Family (Lodi residents) with two swimmers would pay:

\$95 pool pass + \$150 first swimmer + \$100 second swimmer = \$345 total

Registration and fees due by November 14

Make checks payable to Lodi CREW

Registration is Non-Refundable

Swimming suits, Accessories and Apparel:

Team suits will be available for purchase through Simply Swimming. **Team suits are optional.** Fitting will be available during registration time on **Wednesday, October 26** in the HS Hall by Gym/concessions. Simply Swimming will also have swim accessories, such as practice suits, caps, goggles, swimmers snorkels and bags available for purchase.

Simply Swimming
6649 University Avenue
Middleton, WI 53562
608-836-6649
www.simplyswimming.net

Suit Picture and Pricing: <http://www.lodi.k12.wi.us/community/lodibluewavecrew.cfm>

Apparel order forms will be available at a later date

Regulations and Expectations:

Must be at least 6 years old AND able to swim two lengths of the pool using proficient front crawl (freestyle).

Swimmer expectations

- Be respectful to all. This includes your fellow swimmers, parents, coaches and lifeguards.
- Listen and follow directions from coaches and lifeguards.
- Be on time for practice and meets (unless approved ahead of time).
- No leaving practice or building early without parent and coach approval.
- No leaving the pool area during practice without coach approval.
- Appropriate locker room behavior is **mandatory**.
- No cell phones/electric devices in the locker rooms, must be checked in at pool office prior to entering locker room.**
- No eating in locker room or pool area.
- Upon arrival for practice, swimmers will take a seat on the bleachers. No one enters the pool until their coach permits.
- Keep your hands to yourself
- Follow all pool rules, including, but not limited to:
 - No diving without permission from a coach
 - Never enter the pool backwards or do flips
 - No running on the pool deck or in the locker rooms
 - No hanging on the lane lines
 - No horseplay, hitting, goofing off etc.
- At swim meets:
 - Always remember the Lodi community you represent. Take pride and respect for yourself, your team, spectators and opponents.
 - Be polite and courteous.
 - Sportsmanship, win or lose, is your priority.
 - Events will only be changed or scratched by coaches.
 - Find a coach immediately after your race to discuss your swim.

If expectations are not met, swimmers will receive consequences deemed worthy by the coaches. Consequences will be carried out in the following order.

1. Verbal reminder of expectations
2. Time out of the water during practice
3. Discussion with parent
4. Time off from the team (no refunds)
5. Dismissal from the team (no refunds)

Parent Expectations

- Attendance will be taken at each practice. **Parents MUST notify the pool office by phone or email of a swimmer absence.** Please let the staff know in advance if your swimmer will have a set practice schedule each week, and then we will not need to make a phone call home.
- Parents will remain outside of the pool area during practices.
- Check the bulletin board, team website and your email weekly for updates.
- Respect coaches decisions on level placement, meet events, and consequences for behavior issues.
- Drop off and pick up your child **on time** for practices **by 5:15 pm** and meets.

-Young swimmers need to be **picked up inside the pool lobby**. The parking lot is very busy and often dark during these times and safety is our priority.

-Transportation is not provided for swim meets. At least one parent/guardian per participating swimmer family must accompany the swimmer(s) for the duration of the swim meet.

-Volunteer at swim meets. Sign-up for shifts/jobs will be emailed with swimmer sign-up for the meets about 2 weeks prior to the meet. At least 1 adult per participating swimmer family **must** volunteer during a shift for home swim meets. Please find a replacement volunteer if you are unable to help. We can not run home swim meets successfully without many volunteers!

-At swim meets:

* Always remember the community you represent. Take pride in yourself, your team, other spectators and your opponents.

* Be polite and courteous.

* Sportsmanship, win or lose, is your priority.

* Events will only be changed or scratched by coaches.

Scrimmages & Meets:

Scrimmages and meets are completely optional for swimmers.

Schedule: TBD

Signing up for a meet/scrimmage:

Two to three weeks before each meet or scrimmage you will receive information about the meet via email. **You will need to respond via email to notify the staff if your swimmer(s) will be attending the meet or not.** If we do not receive an email response by the deadline, we will assume that your swimmer is unable to attend the meet.

The coaches will decide the lineups for the meets/scrimmages. Swimmers may not always swim exactly the events they have requested. Only a coach will change or scratch a swimmer from the lineup.

Fees are charged for some swim meets we will enter. The fees typically average \$2-4 per swimmer. Each family will receive an email with the total fees due prior to each swim meet. At that time, the fee will need to be paid to Lodi CREW.

Please bring to swim meets:

A positive attitude!

Please label everything you bring to the meets.

Sleeping bag/blanket for rest area, Sweats, Towels, Swimsuit, Cap, Goggles.

Healthy snacks and water.

Games, books etc. to occupy time between events.

There is usually a concession stand at the meets. Please make healthy choices.

Feel free to contact us at any time with questions and concerns. We are here to make swimming fun for your kids!

Thank you,

Blue Wave CREW Coaches