



# Weaverville Waves Swim Team

## 2022 Swim Season

### Team Guide



Photo by Mary K. Rist Photography

**May 2 – July 28, 2022**

P.O. Box 2216  
Weaverville, CA 96093

Weaverville Swim Team (WST) is a competitive / recreational club. We recognize that swimming is an individual sport, but we choose to compete as a team. Our goal is to promote swimming as a lifelong sport for our children. We acknowledge that some children may only swim for recreation or fitness. Swimmers who choose to compete will be encouraged to compete in meets and events when they are ready. We will encourage swimmers to set goals and for the parents and coaches to work with our children to achieve these goals. WST should provide an environment to develop our children's body, mind, and spirit and to enjoy swimming as a sport.

TEAM EMAIL: [weavervillewavesinfo@gmail.com](mailto:weavervillewavesinfo@gmail.com)

TEAM WEBSITE: [www.weavervillewaves.com](http://www.weavervillewaves.com)

## **MEMBERSHIP & CLUB DUES FOR 2022 SEASON-ALL PRACTICES/MEETS** **SUBJECT TO CHANGE WITH NOTICE:**

Open to all swimmers ages 4 –18 yrs, able to swim 25 yards

**WST Club Dues:** \$65,

All swimmers are required to join USA Swimming, you can register at [www.swim-smarter.com](http://www.swim-smarter.com)

### **USA Swimming Registration Options:**

**Outreach (\$8.00)** – Must meet eligibility criteria. Same as Individual Season; however, qualifiers are – participation in one or more: Calworks, Covered California/Medi-Cal, Snap, Homeless Coalition, Section 8 Public Housing, Medicaid, Direct Notification Letter for Free/Reduced Lunch (Application & Proof must be submitted for consideration)

**Individual Season (\$50.75)** – No limit on meets. Membership only good for 149 days.

**Flex (\$21.75)** – No more than 2 sanctioned meets per registration year. Only for meets below LSC Championships, Zone, Sectional and National Levels. \*This membership would be good for swimmers planning on attending only two sanctioned meets during the season. Reminder: you must attend two meets PRIOR to NVALS in order to qualify for NVAL Championships.

You must show proof of registration to get into the pool.

plus \$100 lap-a-thon fundraiser (lap-a-thon discount for sibling swimmers)

\*ALL Registered Swimmers are required to raise a minimum of \$100 for fundraiser. Pledge sheets can be obtained as early as May 2<sup>nd</sup>. Pledges can be flat amount or per lap. All swimmers are required to participate in fundraising even if unable to swim in official or make-up dates.

## **ALL FEES ARE NON REFUNDABLE**

### **\$50.00 Refundable Work Bond (Volunteer Help Fee) per family.**

Required at first day of practice. Each family is responsible for giving 10 hours of volunteer time. Families offered a scholarship for club membership is responsible for 15 hours of volunteer time. All parents must volunteer in some capacity for their children to participate on the team. There is a relatively large volunteer commitment for swimming that some parents find overwhelming. The board and other parents are available for support to ensure each family's success! EACH FAMILY WILL HAVE A MINIMUM 10 HR. COMMITMENT DURING SEASON. A list of approved volunteer jobs will be available on team website, at registration & will be available at the pool during practices. **Timing will not be a qualifying event for**

**hours worked.** Families with 10+ hours worked will receive work bond refund by the end of the season.

**Volunteer Positions for Work Bond will include, but are not limited to:**

- Lap-a-Thon
- Officials
- Committee Chairs
- 4<sup>th</sup> of July Float
- Fundraising Committee
- By Law Committee
- Weaverville Waves Swim Meet
- \* (several positions will be available for which you can sign up!)

**Signup.com** - We will utilize Signup.com to track volunteer hours this season. Approved work bond volunteer positions will be posted on team website via Signup.com. Volunteers may also sign up for hours via email, or sign up sheet located at registration. Sign up sheets will also be available at practices as they become available.

**Weaverville Swim Team 2022 Schedule & Information**

**PRACTICE**

Practice is held Monday – Friday (unless a meet is taking place on a Friday). There will be no practice on Monday, May 30<sup>th</sup> or Monday, July 4<sup>th</sup> due to holiday. **\*All groups are required to attend their assigned practice times to insure safety and quality workout and training.** Families with more than one swimmer may request same group placement. Please be advised that Head Coach has discretion on which group that will be for all swimmers. All group designations are at the discretion of Coaching Staff. Opportunities to advance group level will be offered throughout the season.

	<b><u>GROUP</u></b>	<b><u>TIME</u></b>
*May 2 – June 17	Rip Tides: Novice Swimmers	3:00 – 4:00 PM
*Spring Pre-Season	Tidal Waves: Intermediate Swimmers	4:00 – 5:00 PM
	Tsunamis: Advanced Swimmers	4:30 – 6:00 PM
June 20 – July 28	Tidal Waves: Intermediate Swimmers	7:45 – 9:00 AM
	Tsunamis: Advanced Swimmers	8:45 – 10:30 AM
	Rip Tides: Novice Swimmers	10:15 – 11:30 AM

**PRACTICE SCHEDULE – SKILLS CLINICS :**

To Be Announced during season

First week of in water training, Coaches will work with Novice/New Swimmers from 3:00 – 4:00 pm to prepare them for official team tryout at the end of the week. Focus will be on freestyle/backstroke to help them achieve requirement of swimming 25 yard lap. Swimmer must be able to swim 25 yards (1 lap) of very basic freestyle, backstroke or combination of both to be on the team. \*If approved, new novice swimmers may pay \$50.75 to WST at registration to cover insurance until they officially make the team. If they make the team, the amount will be applied to their USA Swimming registration (Individual

Membership) requirement to be part of WST. Club membership fees will be due upon making the team. All applicable team fees are due upon making the team. All fees are non refundable.

**MEET SCHEDULE \*subject to change as necessary**

**THE WEAVERVILLE SWIM TEAM BOARD IN PARTNERSHIP WITH COACHING STAFF  
WILL MONITOR COMPETITION OPPORTUNITIES THROUGHOUT THE SEASON**

	INTRA SQUAD MEET – DATE TBD
<b>06/11/22</b>	SHARKS YMCA SWIM MEET
<b>06/24/22 – 06/26/22</b>	SOUTH SISKYOU SWIM MEET
<b>07/09/22 - 07/10/22</b>	ORLAND SWIM MEET
<b>07/22/22 - 07/24/22</b>	WEAVERVILLE WAVES INVITATIONAL
<b>07/29/22 - 07/31/22</b>	NVALS (REDDING) (IF ALLOWED BY COUNTY/STATE)

Note: Swimmers must compete in two invitational/dual meets in order to qualify to compete at the NVAL Championships.

**08/7/22 END OF SEASON AWARDS CEREMONY**

End of Year Swim Party and Awards- SUNDAY, AUGUST 7, 2022 AT 1:30 – 4:30 P.M., Lowden Park Pool

**TEAM POLICIES**

***POOL DECK***

The pool deck is reserved for the coaches and swimmers. Parents are encouraged to observe practices, but are asked to watch from the benches around the pool. The focus of the coach is on the training and safety of your child. Please do not interrupt practice to speak to the coach.

***COACH COMMUNICATION***

WST believes it is important to have an open line of communication between the swimmer, coach and parent. If you have questions or concerns, please feel free to see the coaches before or after practice, but not during, or leave written message on office counter. Our Coach Coordinator can also answer questions or address concerns. Contact numbers are listed in this guide. Please remember that if your child is having problems, even if its not swimming related, let the coaches know. Personal information can usually help the coaches do a better job. The assistant coach(es) are under the direct supervision of the Head Coach. The Head Coach reports directly to the swim team parent Board of Directors. If you have a coaching concern that is not resolved to your satisfaction by the coach, please contact the Coach Coordinator.

***EQUIPMENT***

Swim goggles are recommended for swimmers and they should have two pair. At meets, swimmers should have a WST team cap to assist the Coach in identifying their swimmers. These may be purchased from the team parent board members. It is recommended that swimmers' belongings be labeled with permanent marker.

***TRAINING IN INCLEMENT WEATHER***

Practice will only be canceled in the event of lightning. Rain alone is not grounds for cancellation. Swimmers will be kept occupied until practice is over. This time provides a great opportunity for team building exercises.

**USE OF THE FACILITIES** - WST requests that the use of the restroom, showers, and dressing rooms be kept to a minimum. The pool office and lobby are closed to swimmers during workouts. There is no access to a telephone except for emergencies.

### **RELAY TEAM PARTICIPATION**

Relay team selections will be the responsibility of the Head Coach. The team pays for all relay entries at each meet. In some cases we may need to combine age classes to field a relay team. The combined age group relay team are usually considered exhibition relay, therefore no ribbons or points are awarded by the host team, but it is a good experience. Please let coaches know if you have to leave a meet before the relays start, as your swimmer may have been entered into a relay race.

### **DISCIPLINE**

It is expected that each swimmer follow the coaches' instruction and adhere to the swimmer's code of conduct. Discipline will be at the discretion of the coach and will be generally handled as follows:

The swimmer will be warned by the coach about what he/she is doing wrong and the parent/guardian will be notified.

If the behavior does not improve for the same offense, the swimmer will be dismissed from the workout, and the parent/guardian will be notified.

If the problem is not resolved, the Coach Coordinator will be notified and there may be a possible dismissal from the team. No reimbursement will be provided.

### **GENERAL RULES**

Always follow the instruction of the coaches.

No running on the pool deck.

No towel snapping.

No diving except by specific authorization by the Coach.

No profanity.

Respect the rights of team mates.

Adhere to Swimmer's code of conduct signed upon the first day of registration to WST.

Adhere to the Parent's code of conduct signed upon the first day of registration to WST.

Adhere to USA Swimming Safe Sport Rules

### **PARENT RESPONSIBILITIES**

Parents are asked to check their email regularly to obtain current information about upcoming meets, entry deadlines, meetings, special events, and communication from the coach. If you don't have email, parents are asked to check bulletin board/message board that will be placed by swimmer deck check in area for practice. Please contact our Coach Coordinator, who is available to answer many of your questions, assist in meet entries, and directions to competitions. Parents are encouraged to volunteer throughout the season to help make our home meet and all team events successful.

Emails will be sent out to alert you of critical information. Please check email and/or bulletin board/message board frequently and be sure you have provided the team with current email address and any and all phone numbers where you can be reached in case of an emergency or change in swim team information.

## **PARENT RESPONSIBILITIES - continued**

### **SWIM MEETS**

Parents are responsible for paying any meet entry fees unless otherwise stated. Some meets may require an overnight stay. Parents are responsible for transportation, meals, and sleeping arrangements. Some meets offer camper, trailer, or motor home facilities. We usually have a team camping area and a team trailer area and this has been an additional fun and team building experience.

Parents are required to assist the team in timing of assigned lanes at meets, as well as all other duties assigned to WST, ex. hospitality, marshalling, team spirit activities, etc. Signups will be available at the time swimmers are signed up for each meet. When you volunteer to time you then have the best seats, in the shade with free food and beverages.

**Timers Sign up** - We will also utilize Signup.com to sign up timers for each meet\* (sorry, timing may not be used towards work bond hours). Timing sign up will be posted on [www.weavervillewaves.com](http://www.weavervillewaves.com) at least two days prior to first day of meet or via email. Parents may still sign up at the meets for any time slots still available. Please remember that all parents attending meets are needed and expected to fill timing seats. Our team will be disqualified if we are not able to fulfill each meets requirement of providing timers.

Stroke & Turn (S&T) officials are needed at all swim meets. Each team is required to provide a specific number of officials depending on the number of swimmers entered in the meet. If a team does not provide enough officials, the swimmers will compete for "time only". Parents interested in becoming an official should contact the Safe Sport Coordinator. It is recommended that parents consider attending Stroke and Turn Clinics to assist WST as the team grows. Clinics are available to keep current on USA swim rules. Parents will be reimbursed for the cost of a Stroke & Turn Clinic.

WST is a competitive as well as a recreational team. This means every child is encouraged to compete when they are ready. The coach will not enter your child in a competitive meet until they are ready and willing to participate. Your job as a parent is to make the commitment necessary to get your child to the competition. Carpooling is also an option; please post your requests on the bulletin board. Parents who have participated on the team in prior seasons are willing to assist new families to make you feel comfortable and enjoy the experience.

### **INVITATION SWIM MEETS**

Normally, these swim meets are usually 3 days long (Friday, Saturday and Sunday); with only a few schedule events for Friday evenings. With adjusted guidelines, many meets are one day with multiple sessions. Swimmers may choose to participate in one or more days. Competition participation is not required to be on team; however, it is encouraged. Parents are responsible for entering their swimmers online when meets open. There will be a deadline to enter! Please don't miss the deadline. If you miss the deadline for entry, your swimmer may not be able to attend this meet. If you have any questions in regards to what events your child should or should not swim please notify the coach. The coach can provide prior times for these events if they are available. A swimmer must attend 2 invitational meets in order to be eligible to compete at the NVAL Championships according to league rules.

## **FUNDRAISING**

As with any quality sports program, fundraising is a necessity. Your registration fees only cover a portion of the amount of the actual cost it takes to run the summer program. Therefore parents are required to assist with fundraising efforts. We know our community supports the swim team. We want to support them back with limited requests for fundraising. Any fundraising or sponsorship opportunities will be shared during the season. **Each family is responsible for raising \$100 per swimmer.** If you have multiple swimmers on the team, your family is responsible for raising at least: – 1<sup>st</sup> Swimmer, \$100, 2<sup>nd</sup> Swimmer, \$75.00 and 3<sup>rd</sup> Swimmer, \$50.00. If you have more than one swimmer, please speak with Board Member for additional options. This may be accomplished through the WST lap-a-thon, or other fundraising as approved by the organization. Parents are also asked to come up with new ideas and managing fundraising efforts. All swimmers are subject to \$100 fundraising requirement, even if unable to swim in Lap-a-Thon primary or make-up dates.

The WST lap-a-thon has been a successful fundraiser for the team for many years. The event needs a parent coordinator, volunteer lap counters for each lane of swimmers. Each WST swimmer is required to participate in this fundraiser to assist with coaching fees, pool rent, relay fees, parent stroke and turn clinic registration fees, yearly team registration fees and NVAL fees required each season. The Lap-A-Thon will be held June 28 and July 5, 2022. All monies are due by July 19, 2022, to qualify for VISA card awards program!

## **SWIMMER'S REPOSIBILITIES**

Swimmers are expected to be prepared to begin workouts on time. Tardiness is a nuisance and distracts other team members. It may cause a swimmer to miss important warm-up exercise or instruction.

## **AWARDS**

Awards and medals are handed out the following Monday after a swim meet. Any child may stay after a meet to collect their own high point trophy. NVAL Championship medals may be collected immediately after the meet by any child who stays for the award ceremony.

A formal awards ceremony, family swim, and potluck will be held at a later date. Additional awards will be ordered by the Awards Coordinator after conferring with the Coach so as to recognize all the swimmers' accomplishments. More information will be given at the end of swim season.

## **WEAVERVILLE SWIM TEAM BOARD MEMBERS & VOLUNTEERS**

TEAM PHONE #530-423-5788	TEAM EMAIL: weavervillewavesinfo@gmail.com	
President	Veronica Albiez	nvalveronica@gmail.com
Vice-President	Sheryl Milam	wst.smilam@gmail.com
Treasurer	Lisa McNeely	lisa.mcneely74@gmail.com
Secretary	Jillian Blackwell	kidtasticcreations@gmail.com
Coach Coordinator	Marlena Listek	wst.listek@gmail.com
Head Coach	Carol Fencil	coachcarolwst@gmail.com
Assistant Coach	Greg Maclaren	gregmaclaren@gmail.com
Meet Director	Heather MacLaren	hrmaclaren@gmail.com

Meet Entries	https://ome.swimconnection.com/meets	
Meet Officials	Noreen Doyas, Veronica Albiez, Megan & Daniel Dresselhaus, Kathryn Manas	
Event Coordinator	Jill Lynn	<a href="mailto:wst.jlynn@gmail.com">wst.jlynn@gmail.com</a>
Safe Sport Coordinator	Veronica Albiez	254-338-7055

### **Additional Information**

**Swimconnection.com** is a free service provided by Sierra Nevada Swimming. Register your athlete online to view your athlete's times and see how they compare within our team and/or with other clubs.

The WST coaches provide high quality instruction, however, due to the number of swimmers they are responsible for during morning practices; they can't always provide one on one instruction. Additional afternoon practice has been scheduled to provide additional technical instruction. If you have concerns regarding the progression of your swimmer please contact the WST coaching staff. He/she will discuss and suggest remedies that fit your swimmers specific needs. **If you still feel your swimmer may benefit from additional instruction, WDCPRD offers group and private swim lessons during the summer season. You may contact Pool Office at 623-5925.**

### **Parent Guidelines**

By Rose Snyder, Managing Director Coaching Division, USOC, Former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

#### **I. THOU SHALT NOT IMPOSE THY AMBITIONS ON THY CHILD.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

#### **II. THOU SHALT BE SUPPORTIVE NO MATTER WHAT.**

There is only one question to ask your child after a practice or a competition -- Did you have fun? If meets and practices are not fun, your child should not be forced to participate.

#### **III. THOU SHALT NOT COACH THY CHILD.**

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

#### **IV. THOU SHALT ONLY HAVE POSITIVE THINGS TO SAY AT A SWIMMING MEET.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember — yelling at is not the same as — cheering for.



**V. THOU SHALT ACKNOWLEDGE THY CHILD'S FEARS.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

**VI. THOU SHALT NOT CRITICIZE THE OFFICIALS.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

**VII. HONOR THY CHILD'S COACH.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. THOU SHALT BE LOYAL AND SUPPORTIVE OF THY TEAM.**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**IX. THY CHILD SHALT HAVE GOALS BESIDES WINNING.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim. What a tremendous outlook to carry on through life!

**X. THOU SHALT NOT EXPECT THY CHILD TO BECOME AN OLYMPIAN.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

My signature acknowledges receipt and acceptance of this policy and all procedures:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date