



# WELCOME TO WAVES!

## 2019 Summer Swim League

### Welcome to the Team!!!

Dear Waves Summer Swim Team Parents and Swimmers,  
We are so glad that you have decided to join us for our 2019 Summer Season! We all want to have the best and most successful season as possible. It takes participation from both swimmers and parents to make this happen. Swimmers coming to practice every day is definitely an important part, so thank you parents for getting them there each day. Parents, you are also a very integral part of us having plenty of volunteers for swim meets to run smoothly. We thank you in advance for your participation this summer. It is a quick and busy summer season, as always, but we are looking forward to another great summer with all of you!

### About Waves

Founded in 2014, Waves Swim Club is a non-profit year-round competitive swim club which participates as part of the Ozark LSC. The Waves Summer League is a recreational summer program for area swimmers ages 6 to 19. The Summer League participates in non-sanctioned area recreational meets and ends with an option for swimmers to compete at a USA-sanctioned long-course meet (additional fees apply).

### MISSION STATEMENT

The Waves program is grounded in two principles: character development and swimming improvement. We want to foster an atmosphere of commitment and consistency focused on the long run; where swimming becomes a lifetime sport. We love for kids to win races and make time qualifications for larger meets; however, an emphasis is put on personal best times, technical development, and personal improvement.

### CHARACTER

Character defines everything we do. A team-oriented, trustworthy, respectful swimmer with a positive attitude, good grades, and a supportive family is what we strive for.

### ATHLETE TRAINING PHILOSOPHY

The Waves encourage commitment (high levels of practice attendance) and consistency (full effort in all that is done). Training is competitive, aerobic-based and designed to produce a complete athlete in and out of the water. Emphasis is on developing all four strokes utilizing correct form/technique for fast swimming and injury prevention. We strive to develop a well-rounded age-group swimmer with a great aerobic base. Specialization of events occurs as an athlete becomes older and more competitive.

### TEAM RULES

1. Show up. Body, brain and heart.
2. Honor your teammates and coach. It is a privilege to swim.
3. Do things right.
4. We follow USA swimming guidelines including (but not limited to):
  - Athlete/Parent/Coach Code of Conduct
  - USA Swimming Best Practice Guidelines
  - USA Swimming Electronic Communication
  - USA Swimming Team Travel
  - USA Swimming Anti-Bullying Policy
  - USA Swimming Media Release

USA guidelines are available to review at: <https://www.teamunify.com/Home.jsp?team=czoslsc>

## COACHES

Experienced and well-trained coaches tend to produce quality athletes. Coaches are USA swimming certified or are in process of gaining their certification. Head Coach Kristi Sheridan is an ASCA member (American Swim Coaches Association) and has a level 2 certification from the ASCA in addition to USA swimming certification. Coach Kristi started swimming competitively for the Manitoba Marlins in Canada and then swam Division 1 for the University of Missouri-Columbia in college primarily in the 100/200 backstroke and 200/400 IM events. She was Team Captain her senior year. She continued as an assistant coach for three years while in graduate school and coached the Tigers under Brian Hoffer. She has coached with the Waves since their start in 2014.

## COACHING STAFF

Kristi Sheridan- Head Coach  
Joe Fiorino- Assistant Coach  
Heather Kamps- Assistant Coach  
John Niesen- Assistant Coach

## ADMINISTRATION AND CLUB DEVELOPMENT

Quanna Hafer- Administration, Substitute Coach  
Stan Dennison, Substitute Coach  
Beth Bramwell, Club Secretary

*Current and former West Plains Zizzer High School Swimmers may perform student coaching activities under direct supervision of USA coaching staff.*

## Eligibility Requirements

- Waves requires that all swimmers be USA Swimming members for insurance purposes. Two levels of membership are available. A \$20 Flex Membership is available for the summer swim season which allows swimmers to compete in non-sanctioned summer meets as well as up to two USA swim meets (below championship level). A \$66 year-round membership is available which allows swimmers to compete in all meets the Waves attend, including USA Championship level meets.
- Swimmers must be at least 6 years old by June 8, 2019. Swimmers must have basic swimming skills including being able to swim the length of the competition pool (25 meters; the length of the Civic Center pool) without assistance and without touching the bottom or sides of the pool. Skills may be assessed during open registration times. Coaches may suggest swim lessons for swimmers that are not ready for the competitive team.

## Communication

Most team information will be posted on Facebook:

**West Plains Waves Team [Closed Facebook Group]** Please request to join the closed group and turn notifications on to receive important updates and meet results.

**Waves Swim Club [Public Page]** Like or Follow us on Facebook to see meet photos and program information. [www.facebook.com/wavesswimclub/](http://www.facebook.com/wavesswimclub/)

**Wavesswimclub.com** Forms, contact information, gear guide, sponsorship information, and links to team records are available on our website.

## 2019 Summer Practice Schedule

**West Plains Civic Center Pool** (Swimmers will exit practice through the southside glass pool doors)

**June 4<sup>th</sup> – 28<sup>th</sup>, Tuesdays – Fridays**

**Ages 10 and Under..... 5:45p.m. – 7:00p.m.**

*Activation Time (dry-land stretching and warm-up) will be from 5:45p.m. – 6:00p.m.*

**Ages 11 and Up (and all year-round USA Swimmers)..... 7:00p.m. – 9:00p.m.**

*Activation Time (dry-land stretching and warm-up) will be from 7:00p.m. – 7:15p.m.*

## MINI-WAVES

Our Mini-Waves program serves our newest, youngest, and less experienced swimmers who aren't quite ready for more structured and rigorous swim workouts and who may benefit from more hands-on instruction. Each swimmer will be evaluated on an individual basis, then grouped by age and ability, and will work in smaller groups with an instructor. Swim instruction will focus on developing their swimming

skills, specifically speed, technique, and endurance. Mini-Waves will have the opportunity to compete in swim meets only if the swimmer, coach, and parent(s) all agree that they are ready to do so.

#### IMPORTANT PRACTICE INFORMATION

- Swimmers may not enter the pool prior to the start of practice.
- Swimmers must sign in at the front desk prior to the start of practice (required by Civic Center).
- Registration fee only covers pool access during team practice times.
- Weather cancellations will be posted in the closed Facebook group, to the best of our abilities.
- Coaches will decide training groups/lanes based on ability and swimming level. Test sets, times, technique/skill level and endurance factor into the training groups. Age does not strictly determine your training lane.

### 2019 Summer League Swim Meet Schedule (\*\*subject to change\*\*)

*Swimmers may attend **any, all, or none** of the scheduled meets, although participation is highly encouraged!*

Saturday, June 8	Houston	110 N King St
Saturday, June 15	Seymour	315 E Center Ave, Seymour, MO
Thursday, June 20	Intersquad Black & Blue Dual (6pm-9pm)	West Plains Civic Center
Saturday, June 22	West Plains hosts @ Seymour	315 E Center Ave, Seymour, MO
Saturday, June 29	TBA	TBA
Tuesday, July 2	End of Season Awards Celebration	TBA

#### What to bring to meets:

- Swim suit, goggles, swim cap, Waves t-shirt, extra towels, drinks, snacks, flip-flops/sandals, money for concessions, and sunscreen
- Sharpies and 3x5 notecards to record your swimmer's events
- Activities, games, etc., as needed to keep swimmers occupied between events
- Parents, families and fans: bring lawn-chairs, a popup tent (if you own one), plenty of drinks and snacks. Meets can be long and hot!

#### What to do at meets:

- Arrive Early!
- Locate the posted heat sheets (a.k.a. meet program) for our team
- Find your swimmers events and record them on your paper
- Write swimmer's name on their left shoulder
- Swimmer's events can be written on their forearm or thigh. This helps swimmers to make sure they are in the right place at the right time. This helps them to know which events they are in so that they are ready at the starting blocks at the proper time. For instructions, watch Swim Meet "Arm Tattoos" at <https://youtu.be/y6THKowy6UM>
- Listen! Younger swimmers will be called to the pool and starting blocks prior to their event by the coaches and volunteers. Older swimmers are expected to listen and get themselves to the starting blocks before their event.

Please Note: Meets usually start at 8 or 9a.m. with warm-ups beforehand and can last until around 2pm. Plan for a good part of the day to be devoted to the swim meets, especially if there is travel time involved.

#### RELAYS

Relays score big points for the team! Coaches select the relay teams for meets and make every effort to ensure each swimmer has an opportunity to participate in at least one relay at each meet. However, there is no guarantee that your swimmer will participate in a relay at each meet--this is not necessarily a reflection of your swimmer's ability. Please do not leave the meet after your individual events without checking with your Coach to make sure your swimmer is not needed for a relay. **We get double points for relays!**

## Swim Suit and Cap

The Waves Swim Club Official Colors are blue and black. At meets, each swimmer should wear a suit in team colors. Options include solid black, solid royal blue, the current season's team suit, or any prior season's team suit. Suits are available online at a variety of vendors including: Amazon, SwimOutlet, Dick's, D&JSports, and Swim2000. If you have any questions regarding suits (e.g., sizing), please ask your coach or an experienced Waves parent. The official team suite of the 2019 Summer Season is: **Speedo Modern Matrix in Speedo Blue**. Regular suits may be worn for practice. Girls should wear one-piece suits and boys should wear jammers or briefs. A team cap with logo and a Waves t-shirt will be issued to each swimmer at no additional cost. Team caps should be worn during meets.

## Goggles

A good pair of goggles is essential for performance. Look for those labeled for training or competition. Recreational styles usually don't work well or last long, and face masks are not permitted. Goggles tend to be easily misplaced, so please write your names on them. It is also always a good idea to have a backup pair, especially on meet days. Coaches picks for goggles include: **Speedo Vanquisher 2.0** and **Speedo HydrospeX**.

## Parent Volunteer Responsibilities

It takes a village to run a swim meet! It is essential that all Swim Team parents volunteer during the season. We ask that a representative from each family sign up to volunteer at each meet we host, including our intersquad meet. Volunteer jobs and their descriptions are listed below. **ALL** parents are expected to participate in some way at the meets. Home meets (or meets that we host) require us to provide most of the workers with some assistance from the visiting team. This also means we need parent volunteers at away meets. If you do not volunteer for a position, please expect us to come and find you during the meet. If everyone does their part, we will all have more time to enjoy the meets. Thank you all in advance for your participation!

**VOLUNTEER POSITIONS** (No worries...training for all volunteers will be provided!)

**Head Timer** - Responsible for starting 2 stopwatches for every event and assisting timers

**Timers** - There are 2 timers per lane with responsibility split between teams

**Runner** - Collects DQ slips and lane timer sheets from the judges and delivers them to the administration table

**Ribbons** - Responsible for getting the labels from the computer operator, placing them on the ribbons and filing awards in appropriate team files

**Hospitality** - Prepare and deliver food to be served to coaches, officials, and volunteers

**Clerk of Course** - Reviews and checks heat sheet prior to lining up swimmers and directs the swimmers to appropriate seats/starting blocks to await their event

**Stroke and Turn Judge** - Reports to referee. Insures that strokes and turns are done legally.

**Computer Operators** - Responsible for running the computers and electronic start and timer system for the swim meet

**Registration** - Posts heat sheets, greets all swimmers and coaches at the meet, provides directions to parents

**Referee** - Responsible for running the meet once the warm-up session has started. Gives instructions to other officials working the meet.

**Starter** - Reports to referee. Responsible for starting the swimmers from the blocks.

**Setup/Cleanup** - Responsible for setting up all equipment required to run the meet. This includes, but is not limited to tables, chairs, tents, and tarps. The setup team also provides setup support for the concessions and hospitality volunteers. Most help is needed the evening before the meet. Some help is needed each morning before the meet begins.

It takes participation and positivity from both swimmers and parents to make a summer swim season successful! Young swimmers learn how to be a good sport from the adults in their lives, especially parents and coaches. We thank you in advance for being good sportsmen and keeping poolside comments positive and encouraging all Summer Season!

**Go Waves!**