

# Lodi Blue Wave CREW Swim Team

## 2019–2020 Season

### Parent & Swimmer Handbook

#### Important Contact Information

**Head Coach:**

Crystal Schaaf  
schaacr@lodischoolswi.org

**Assistant Coaches:**

Iris Barrow, Jenn Breunig, Sara Schroeder

**Youth Coaches:**

Anna Crary

**Lodi Community Pool/Pool Office:**

(608) 592.1076

Lodi Blue Wave CREW Website:

<http://www.lodi.k12.wi.us/community/lodibluewavecrew.cfm>

**CREW Director:**

Diana Karls  
karlsdi@lodischoolswi.org

**Administrative Assistant:**

Heidi Endres  
endrehe@lodischoolswi.org

***\*Swim Team Registration Form and Pool Pass form attached\****

## **SWIM TEAM PHILOSOPHY**

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

- Improve their physical health and wellbeing while learning sportsmanship and teamwork
- Learn, practice, and build to perfecting:
  - The four competitive swim strokes (freestyle, backstroke, breaststroke, butterfly)
  - Relays, starts, turns, and finishes
  - How to read and complete written work-outs
  - Competitive strategies for racing
  - Goal setting for the season and competitions
- Participate in inter-squad scrimmages and dual meets (optional)
- Have fun making new friendships, being part of a team, and 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 that participate on these teams to contact for more information.\*

## **PRACTICE SCHEDULE**

Practice will run from November 11 through February 6 at the Lodi High School Pool. *Please note the practice schedule is by grade and subject to change:*

*Grades K-5: Tuesdays and Thursdays 3:30-5:00 PM*

*Grades 6-12: Mondays and Wednesdays 3:30-5:00 PM*

**PLEASE contact Kobussen to set up shuttle/bus schedules at 608.592.0551**

**[No bus shuttle from the Primary School]**

**No Practice** November 27th and 28th [Thanksgiving Break/No School]

**No Practice** December 23rd-January 1st [Winter Break/No School]

**No Practice** Monday, January 20th [MLK Day/No School]

**\*There will be no practice when school is closed or released early because of bad weather. Please check school and local news websites for updates. Also, if you feel weather conditions are too risky for driving, please make that call and let us know your swimmer(s) won't be at practice.\***

Open/Lap swim times available with family pool pass

[Please see pool schedule for details]

### **Other Dates/Events:**

*Winter/Holiday Party:*

Grades 6-12: Wednesday, December 18th & Grades K-5: Thursday, December 19th

*End of Season Party:*

Grades 6-12: Wednesday, February 5th/Grades K-5: Thursday, February 6th

## **PRACTICE LEVELS**

Swimmers will be divided into levels based on their swimming abilities 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/family and swimmer will be notified of the changes.

Level 1 [Beginner]: Swimmers are able to swim at least two lengths of freestyle and may not yet be familiar with other competitive swim strokes, starts, and turns.

Level 2 [Intermediate]: Swimmers are able to swim at least two-four lengths of freestyle and are able to demonstrate beginning skills of the other three competitive swim strokes [backstroke, breaststroke, butterfly]. They may not yet be familiar with starts or turns.

Level 3 [Advanced]: Swimmers are able to swim more than four lengths of freestyle and at least one length each of the other three competitive swim strokes [backstroke, breaststroke, butterfly]. They are also able to demonstrate starts and turns.

\*Please note: We will be dividing swimmers by their swim skill levels within the grade groups but have reconfigured practice days/times to accommodate growing numbers of participants.

## **PRACTICE LAYOUT**

Swimmers should change for practice in the pool locker rooms upon arrival from school/the bus. Following changing for practice, swimmers will sit on the pool deck bleachers where attendance will be taken and other announcements will be made. Following completion of these administrative tasks, swimmers will be dismissed to their groups/lanes. Only coaches will give swimmers permission to enter the water. Practices will include swimming as well as dry-land strength and conditioning exercises on deck.

\*Attendance will be taken at each practice. **Parents MUST notify the pool office by phone or email of a swimmer absence, tardy, or early dismissal.** Please contact the head coach in advance if your swimmer will have a set practice schedule each week (e.g., leaving early every Monday for dance class or gone every Wednesday for a lesson). This will help prevent us from calling each time your swimmer is absent without prior notification.

\*Cell Phones: Phone use in the locker rooms/bathrooms is not allowed to protect the privacy/safety of everyone. If swimmers would like to keep their phones in a safe place, we will have a sign-in/sign-out in the guard office for safekeeping. We are not responsible for lost, broken, damaged phones.

\*Swimmers must have their own swimsuit and goggles for all practices and competitions. Swim caps are highly recommended. Swim snorkels are also encouraged but not mandatory at this time. Please also have your swimmer bring a water bottle to practice to help them stay hydrated during workouts.

**REGISTRATION AND SUIT FITTING**

Thursday, October 24 @ Lodi HS Commons [gymnasium entrance]

Registration will be open from 6:00-7:30 PM

Suit Fittings: 6:00-7:30 PM

**Mandatory 1st Year Swimmer Skill Evaluation**

**[skill evaluation to determine if swimmer has skills and endurance to meet swim team requirements]**

**\*Must be 6 Years or Older\***

\*1st year swimmers must enter the pool area for swim skill evaluation prior to completing registration paperwork\*

**5:00-6:45 PM**

**Bring swimsuit and goggles**

\*To avoid waiting for a swim skill evaluation sign up for a time slot prior to October 24th by calling 592.1076, emailing Heidi [endrehe@lodischoolswi.org], or stopping by the pool lobby during business hours. Sign up on registration day is also available but please note that you may need to wait for an opening.\*

\*Previous swim team members can begin/complete registration paperwork without skill evaluation.

**FEES**

All participants must have a current family pool pass or obtain/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 practice caps.]

*Family Pool Pass Costs:*

- Resident [Lodi & Mazomanie] 6-Month: \$95
- Non-Resident 6-Month: \$115

*Blue Wave CREW Winter 2019-2020 Season Enrollment Costs:*

- 1st Swimmer-\$160
- Each additional swimmer from the same family-\$100

\*

*Example:*

Family [Lodi residents] with 2 swimmers would pay:

\$95 pool pass [6-month] + \$160 first swimmer + \$100 second swimmer = \$355 total

**Registration and Fees due by October 24th**

**Make checks payable to Lodi CREW**

**Registration is Non-Refundable**

**\*Each swimmer registered receives 1 Blue Wave Swim Cap\***

**Additional caps may be available for purchase (if we have extras)**

## **SWIMSUITS, ACCESSORIES, AND APPAREL**

### **Suits/Swim Accessories:**

Team suits and silicone caps (with your name) will be available for purchase through Simply Swimming. **Team suits are optional.** Suit fittings will be available during registration night on **Thursday, October 24th** in the high school hallway near the pool lobby. Simply Swimming asks that all swimmers try on suits before going in the pool to ensure easier fittings. Simply Swimming will also have swim accessories, such as practice suits, caps, goggles, snorkels, and bags available for purchase that night. You can purchase your suits and caps through this link: <http://www.simplyswimming.net/lodi>

Simply Swimming  
6649 University Avenue  
Middleton, WI 53562  
608.836.6649  
[www.simplyswimming.net](http://www.simplyswimming.net)

**Apparel:** Apparel will be available through Creative Marketing [Tracy Sachtjen]. Apparel purchasing options will be available at a later date.

**Swim caps:** Each swimmer registered will receive a swim cap included in their fees. These will be handed out when practice starts. If your swimmer loses their cap, it will not be replaced. Caps from the previous seasons may be available for purchase. Please check with Crystal or Heidi to purchase these.

## **COMMUNICATION**

**Absence/Attendance:** Please email Coach Crystal [schaacr@lodischoolswi.org] or call the pool at 592.1076 if your swimmer will be absent, late, leaving early, etc...

**General Management:** Please call the Lodi pool office at 592.1076 or email Heidi [endrehe@lodischoolswi.org] with questions.

**Swimmer/Parent/Family Questions for Coaches:** To ensure fairness to all swimmers during practice times, please speak with Head Coach Crystal after practice or email questions/concerns to Crystal (if she is not present at that practice).

**E-Mail:** Coach Crystal will be in contact with families via email. Please provide us with the preferred email your family uses. Please check emails regularly (weekly at a minimum) for announcements, including but not limited to, information about upcoming meets. This is our primary method for scheduling meets, organizing line-ups, etc... and your timeliness is greatly appreciated to keep things organized.

## RULES, REGULATIONS, AND EXPECTATIONS

**Swimmers must be at least 6 years old AND able to swim two lengths of the pool using proficient front crawl [freestyle] to be on the CREW swim team.**

### **Swimmer Expectations:**

- Be respectful to everyone. This includes your coaches, fellow swimmers, parents, and lifeguards.
- Listen and follow directions from coaches and lifeguards.
- Be on time for practice and meets [unless approved ahead of time].
- Do not leave practice or the building early without parent approval and knowledge by the coach.
- Do not leave the pool area during practice without coach approval.
- It is **mandatory** that every swimmer engage in appropriate locker room and pool behavior and follow pool rules. Pool/Locker Room expectations include, but are not limited to:
  - No Loitering in locker room [immediately shower, change, and enter pool deck/lobby]
  - NO cell phone/electronic device use
  - NO eating in the locker room/in pool areas
  - After changing for practice, sit on pool bleachers and wait for coach instruction. DO NOT enter the pool without coach permission
  - Keep your hands and body to yourself
  - NO diving without permission from a coach
  - NEVER enter the water backwards or do flips
  - NO running on the pool deck or in locker rooms
  - NO hanging on lane lines
  - NO horseplay, hitting, goofing off, etc...
- Swim Meet Expectations:
  - Each swimmer represents the Lodi School District and community. Take pride and demonstrate respect for yourself, your team, spectators, and opponents.
  - Be polite and courteous to everyone.
  - Displaying good sportsmanship, win or lose, is a priority.
  - Events can only be changed or scratched by coaches.
  - Find a coach after each race to discuss your swim.
  - Cheer on teammates and have fun!
- If expectations are not met, swimmers will receive consequences deemed necessary by coaches. Consequences will be carried out in the following order:
  - Verbal reminder of expectations
  - Time out of water during practice
  - Discussion with parent(s)
  - Time off from the team [no refunds]
  - 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, early dismissal, or late arrival.** Please let the head coach know well in advance if your swimmer will have a set schedule each week to avoid unnecessary phone calls home when they are not at practice.
- Parents will remain outside of the pool area during all practices. This allows coaches to focus on providing efficient workouts and swimmers to focus on their workouts without parental interruption.
- Please check email at least weekly for updates regarding upcoming events, meet sign-ups, changes in schedules, etc...
- Respect coaches decisions on level placement, meet events, and consequences for behavior issues.
- Drop off and pick up your swimmers on time for practices and meets. Please plan to physically enter the pool lobby for pick-ups for safety, especially as it gets darker outside earlier at night. The parking lot is very basic 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 home swim meets/scrimmages. At least 1 adult per participating swimmer family **MUST** sign up to volunteer during a shift for home swim meets. Sign-up for volunteer shifts/jobs will be emailed with the swimmer sign-up for the meets about 2 weeks prior to the home meet. Please find a replacement volunteer if you are unable to help. We can not run home meets successfully without many volunteers. It takes a village!!!
- Swim Meet Expectations:
  - Swimmer families represent the Lodi School District and community. Take pride and demonstrate respect for yourself, your team, other spectators, and opponents.
  - Be polite and courteous to everyone.
  - Displaying good sportsmanship, win or lose, is a priority.
  - Events can only be changed or scratched by coaches.
  - Cheer on your swimmer and team and have fun!

**SWIM MEETS AND SCRIMMAGES:** Meets and Scrimmages are completely optional for all swimmers!

### Tentative Schedule [subject to change]:

- Family/Swimmer Scrimmage: Friday, November 22 [warm-ups @ 5:15PM/meet start @ 6:00PM]
- Lodi at Portage: Friday, December 6 [warm-ups @ 5:30PM/meet start @ 6:00PM]
- Lodi vs. Reedsburg: Friday, December 13 [warm-ups @ 5:15PM/meet start @ 6:00PM]
- Lodi vs. Edgerton Otters: Friday, January 3 [warm-ups @ 5:15PM/meet start @ 6:00PM]
- Lodi vs. Sun Prairie STORM: Friday, January 10 [warm-ups @ 5:15PM/meet start @ 6:00PM]
- Lodi vs. Portage: Saturday, January 18 [warm-ups @ 1:15PM/meet start @ 2:00PM]
- Lodi at Cambridge: Saturday, January 25 [warm-ups @ 12:30PM/meet start @ 1:00PM]

- Cambridge Sweetheart Invite: Saturday, February 1 [warm-ups @ AM/meet start @ AM]

### **Meet Sign-Up:**

Approximately 2-3 weeks before each meet/scrimmage, you will receive information about the upcoming meet(s) via email. Please check your email regularly as you will need to respond via email to notify the coaching staff if your swimmer(s) will be attending the meet or not. If we do not receive a response by the deadline, we will assume that your swimmer is unable to attend the meet.

The coaches collaboratively determine the lineups for each meet/scrimmage. This is a process that takes a lot of time which is why your timely email responses are vital to keep things organized. Swimmers may not always get to swim exactly the events they requested for various reasons. Only a coach will change or scratch a swimmer from the meet lineup.

Fees are charged for some of the swim meets we enter. Fees typically average \$3-\$5 per swimmer. Each family will receive an email with the total fees due prior to each swim meet. At that time, the fees will need to be paid to Lodi CREW.

### **What to Bring to Swim Meets:**

- A positive attitude!!!
- Swimsuit(s), Goggles, Cap, Towels [1 for drying off and 1 to sit on]
- Sweats/Clothes to change into after the meet
- Sleeping bag/Blanket for rest area
- Healthy snacks and water [a water bottle is highly recommended]
- Games, books, etc... to occupy time between events
- Please label everything you bring to meets [we are not responsible for lost/stolen items]

We are so excited that you have decided to join the Lodi Blue Wave CREW swim team this year. Please feel free to contact us at any time with questions and concerns. We are here to make swimming fun for all kids!!!

Thank you,  
Lodi Blue Wave CREW Coaches



# LODI BLUE WAVE CREW

## Recreational Youth Swim Team Registration Form

### Swimmer #1

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

### Swimmer #2

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

\*Please list additional swimmers and information on the back if necessary\*

### Parent/Family Information

Parent Name(s): \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail(s): \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ / \_\_\_\_\_

### Emergency Contact Information

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Medical Conditions, Allergies, Information:

\_\_\_\_\_  
\_\_\_\_\_

We have read and agree to the **Swimmer & Parent Expectations** (found in handbook) for Lodi Blue Wave CREW swim team (2018-2019 season).

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Method of Payment [for office staff only]:

- Cash [drop off only]     Check # \_\_\_\_\_ \$ \_\_\_\_\_ Payment [total amount]
- Credit Card \_\_\_\_\_ Exp. Date: \_\_\_\_\_
- Currently has active family Pool Pass [initials from pool staff member] \_\_\_\_\_