



2023-2024 Parent & Swimmer Handbook

Important Contact Information

Head Coach: Jerica Robinson

Lodi Community Pool/Pool Office:

(608) 592-1076

pricena@lodischoolswi.org

Lodi Blue Wave CREW Website:

www.gomotionapp.com/bluewavecrew

CREW Director:

Diana Karls

karlsdi@lodischoolswi.org

Administrative Assistant:

Megan Karls

karlsme@lodischoolswi.org

Aquatics Manager:

Natalie Price

pricena@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!!!

PRACTICE SCHEDULE:

Practice will run from November 27th through February 8th at the Lodi Indoor Pool (LIP).

Please note the practice schedule is by grade and subject to change:

Blue Group – Monday/Wednesday (A, B, C)

- A – 3:45-4:30pm
- B/C – 3:45-5:00pm

White Group – Tuesday/Thursday (A, B, C)

- A – 3:45-4:30pm
- B/C – 3:45-5:00pm

No Practice over Winter Break (12/25-1/1)

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.

Parents are responsible for getting their child(ren) to the pool after school for practice.

Primary school students will use the walking line to walk down to the high school. Please contact your student's teacher to let them know students should be in the walking line on those dates.

Elementary school parents: please fill this form out the form attached and submit to Kobussen if your child(ren) will be taking the shuttle to the middle school and then walking over to the pool.

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.

A: [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.

B: [Intermediate]: Swimmers are competent in freestyle and are able to demonstrate beginning skills of the other two competitive swim strokes – breaststroke and butterfly. They may not yet be familiar with starts or turns.

C: [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.

PRACTICE LAYOUT:

Upon arriving, swimmers will put all non-swimming attire in the hall in an orderly neat manner. Swimmers will be allowed to change for practice in the pool locker rooms upon arrival from school/the bus. Following changing for practice, swimmers should bring all their items out of the locker room and either place on bleachers or put with their other items in the hall. Then they 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.

Upon completion of practice, we are asking families to plan accordingly. Due to the continued locker room behaviors for the numerous years, we are not allowing everyone into the locker rooms after practice. If swimmers have other obligations after practice, please contact the pool to make them aware. Thank you for your cooperation in this matter!

*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 us 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: Cell phone use in the locker room/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 for those with long hair (1 latex swim cap will be provided to each swimmer at first practice). Please also have your swimmer bring a water bottle to practice to help them stay hydrated during workouts.

REGISTRATION AND SUIT FITTING:

Monday, October 9th @ Lodi HS Commons [gymnasium entrance]

Registration will be open from 5:30-7:00 PM

Suit Fittings: 5:30-7:00 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 pool area for swim skill evaluation prior to completing registration paperwork

5:30-7:00 PM

Bring swimsuit and goggles

To avoid waiting for a swim skill evaluation sign up for a time slot prior to October 9th by calling 608-592-1076, emailing Natalie [pricena@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:

Resident Swimmer (Lodi & Heights) Blue Wave CREW Winter 2023-2024 Season Enrollment Costs:

- 1st Swimmer-\$265 (this fee includes a family 6 month pool membership)
- Each additional swimmer from the same family-\$100

Non-Resident Swimmer Blue Wave CREW Winter 2023-2024 Season Enrollment Costs:

- 1st Swimmer-\$275 (this fee includes a family 6 month pool membership)
- Each additional swimmer from the same family-\$100

Registration and Fees due by November 7

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

SWIMSUITS, ACCESSORIES, AND APPAREL:

Suits/Swim Accessories:

Team suits will be available for purchase through Simply Swimming. **Team suits are optional.** Suit fittings will be available during registration night on **Monday, October 9th**. 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.

Simply Swimming

6649 University Avenue; Middleton, WI 53562

608-836- 6649; www.simplyswimming.net

Apparel: Apparel will be available through Creative Marketing, Tracy Sachtjen. An online ordering options is available for a limited time.

Swim caps: Each swimmer registered will receive a latex 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. Be sure to write your name on your cap!

COMMUNICATION:

Absence/Attendance: Please email Natalie (pricena@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 Natalie [pricena@lodischoolswi.org] with questions.

E-Mail: Coaches will be in contact with Natalie, who will send families information 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.... Your timeliness is greatly appreciated to keep things organized. Due to everyone's busy schedule and strict deadlines, **late responses/sign-ups for meets will not be guaranteed.**

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:

- NEVER enter water until lifeguard is present and you are told by coaches
- 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 parent 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 busy 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 cannot 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 optional but highly recommended for all swimmers!

Schedule is still being worked on, details will be added as meets become available/booked.

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.

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]

COVID Protocols/Sickness

- If you are showing any signs of symptoms, don't come to practice.

We are so excited to have you as part of 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 & Staff