2026-2027 Parent & Swimmer Handbook

Important Contact Information

Head Coaches: **Natalie Price & Kori Schroeder**

(608) 592-1076
pricena@lodischoolswi.org

CREW Director:
Diana Karls karlsdi@lodischoolswi.org

Administrative Assistants:
Megan Karls karlsme@lodischoolswi.org
Samantha Reese reesesa@lodischoolswi.org

Aquatics Manager:
Natalie Price pricena@lodischoolswi.org

Lodi Blue Wave CREW Website:
www.gomotionapp.com/bluewavecrew

SWIM TEAM PHILOSOPHY

Lodi Blue Wave CREW is a recreational community swim team where swimmers ages 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
- Have fun making new friendships, being part of a team, and swimming!!!

PRACTICE SCHEDULE:

Practice will run from November 30th - February 5th * at the Lodi Indoor Community Pool.

Please note that the last week of practice (February 1st - 5th) will only be for those competing at Conference.

Level 1

- Monday & Thursday 5:30-6:30pm

Level 2

- Monday and Thursday 3:45-5:15pm

Level 3

- Monday and Thursday 3:45-5:15pm
- Wednesday 3:45-5:00pm

No Practice over Winter Break (12/23-1/4)

There will be no practice when school is closed or released early because of bad or inclement 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.

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.

- All 1st year swimmers will begin at a Level 1 - unless indicated by coaches at try-outs
- Must be able to swim one length of the pool without stopping, grabbing onto the wall or pushing off the bottom of the pool.
- Must be able to swim with face in the water and imitate some sort of side breathing

Level 2: [Intermediate]: Swimmers are competent in freestyle and backstroke and are able to demonstrate beginning skills of the other two competitive swim strokes – breaststroke and butterfly. They must be able to demonstrate beginning skills of starts and turns.

- Must be able to proficiently side breathe with freestyle
- Complete a 50 freestyle in under 1:15 (75 seconds)
- Know all four strokes and have a grasp on how to swim them - does not need to be “legal” and can variate.

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.

- Swimmers know how to swim the four competitive strokes and can do so legally (e.g., two hand touches on butterfly/breaststroke, finishes on back, breaststroke pullouts, does not flutter kick in butterfly/breaststroke).
- Complete a 50 freestyle in under :45 seconds

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 them on bleachers or put them 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 anyone 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!

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

Primary school: students in Level 3 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: please contact Kobussen if your child(ren) will be taking the shuttle to the middle school and then walking over to the pool (Level 3 swimmers only will need to do this)

*Attendance will be taken at each practice. **Parents MUST notify the pool office by phone or email of a swimmer's 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 Thursday 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 required for practices and meets (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.

FEES:

Resident Swimmer Blue Wave CREW Winter 2026-2027 Season Enrollment Costs:

- 1st Swimmer-$285 (this fee includes a family 6 month pool membership)
- Each additional swimmer from the same family-$100

Non-Resident Swimmer Blue Wave CREW Winter 2026-2027 Season Enrollment Costs:

- 1st Swimmer-$295 (this fee includes a family 6 month pool membership)
- Each additional swimmer from the same family-$100

Registration and Fees due by November 16th

ALL REGISTRATION IS ONLINE THIS YEAR THROUGH BOUND

USE THE DISCOUNT CODES PROVIDED FOR ADDITIONAL SWIMMERS

Registration is Non-Refundable

Each swimmer registered receives 1 Blue Wave Swim Cap

Additional caps may be available for purchase from Simply Swimming

SWIMSUITS, ACCESSORIES, AND APPAREL:

Links Coming Soon!

Team suits will be available for purchase through Simply Swimming. **Team suits are optional.** Simply Swimming will also have swim accessories, such as practice suits, caps, goggles, snorkels, and bags available for purchase online. For a suit fitting, please call Simply Swimming and schedule an appointment.

Simply Swimming

6649 University Avenue; Middleton, WI 53562

608-836- 6649; www.simplyswimming.net

Apparel: Apparel will be available through Creative Marketing, Tracy Sachtjen. Links for that will be sent out soon!

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.

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: Natalie will send families information via email through the SEMotion app (Formerly TeamUnify or GoMotion). 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, practices, stroke clinics, etc. 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:

- Swimmers are required to swim in at least 1 meet throughout the season. In order to keep our team growing we need the number of participants at meets to grow as well.
- 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's 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 and technique 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 1-2 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 MEETS AND SCRIMMAGES:

It is REQUIRED that swimmers participate in one meet. There will be five meets available and swimmers need to choose at least one to participate in. Note that this is a change from previous years. As our program continues to grow - we need our participation in meets to grow as well.

The 2026-2027 Meet Schedule is as follows:

- Friday, December 11th - Home vs. Portage
- Friday, December 18th Away @ Cambridge
- Friday, January 8th Away @ Elkhorn
- Friday, January 15th Home vs. Edgerton
- Lodi @ Sun Prairie: TBD
- Conference: TBD

Meet Sign-Up:

Approximately 1-2 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]

Injury/Illness Protocol:

If you are showing any signs or symptoms of sickness, please email Natalie Price [pricena@lodischoolswi.org] and do not participate in practices or meets until you are feeling better. Healthy swimmers are happy swimmers!

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