

# SUMMER SWIM SEASON



# Introductions - Board

- ▶ Erik Frandsen: **President**
- ▶ Greg Howell: **Immediate Past President**
- ▶ Jessi Gaal: **Vice-President, Parent Delegate**
- ▶ Nicole Wilson: **Treasurer**
- ▶ Wendy Sivertsen: **Communications / Registration**
- ▶ Laura Strom: **Volunteer Coordinator**
- ▶ Harper Sivertsen: **Jr Board Member / Lead Jr Coach**

# Coaches

- ▶ **Head Coach: Jill Milla**
- ▶ **Assistant Coaches: Emma Poole, Jenni Gacioch and Cole Frandsen**
- ▶ **Lead Junior Coach: Harper Sivertsen**
- ▶ **Junior Coaches: TBD - Ages 14-18**
- ▶ **Interested in being an junior coach?**
  - ▶ Submit to [canterberryswimteam@gmail.com](mailto:canterberryswimteam@gmail.com):
    - A summary answering, “Why I think I would be an awesome swim coach!”

# Croc's - Who are We

- ▶ The Crocs are a volunteer-run, non-profit organization.
- ▶ Our mission is to foster a supportive swim community where children learn the four primary swim strokes, while building a culture of sportsmanship, teamwork, and respect.
- ▶ We aim to provide opportunities to develop lasting memories and relationships in an inclusive and welcoming environment.

# Who can be on the team?

- ▶ Any individual ages 4-18 that live in the Canterbury community
- ▶ Age groups are: 6U, 8U, 9-10, 11-12, 13-14, 15-18
  - ▶ Swimmers are seeded based on their age as of June 1, 2024.
  - ▶ Girls and boys compete separately, without direct competition against each other.
- ▶ To qualify for an award in a swim meet, swimmers must swim the full 25 meters unassisted.
  - ▶ If your swimmer is still learning individual strokes, they can still participate! Through daily practices, the coaching team will work with your swimmer on learning the strokes and swimming them legally in a meet.
- ▶ If your swimmer has never swam on a team before, the Crocs are a great way to get started!

# What is the commitment? (Practices)

- ▶ **Canterberry Crocs have practice options 5 days a week:**
  - ▶ **Practice Times:**
    - ▶ **Mondays, Wednesdays, and Thursdays:**
      - ▶ Ages 11 & Under: 8:00pm - 8:45pm
      - ▶ Ages 12 and Up: 8:45pm - 9:30pm
    - ▶ **Tuesdays:**
      - ▶ Ages 11 & Under: 6:30am - 7:30am
      - ▶ Ages 12 and Up: 7:30am - 8:30am
    - ▶ **Friday:**
      - ▶ Entire Team: 7:30am - 8:30am
  - ▶ Practices are held at the Canterbury Pool.
  - ▶ **First practice is Tuesday, May 28.**
- ▶ **Coaching staff asks swimmers attend a minimum of 3 practices a week.**
- ▶ **New in 2024 - There will be two "Turn & Dive Clinics" for an additional fee of \$5/swimmer per session.**
  - ▶ **Friday, May 31st and June 21st from 6:30-8pm at MACS Pool**

# What is the commitment? (Meets)

- ▶ **The Canterbury Crocs Swim Team is part of the Mountain High Swim League.**
  - ▶ There are 23 teams in the South Metro/Castle Rock Area
  - ▶ The teams are broken into 4 divisions A-D. Canterbury Crocs are currently in Division C.
  - ▶ Division C currently includes the following teams:
    - Canterbury Crocs,
    - Hills West Waves,
    - Holly Park Sharks,
    - Foxridge Foxes,
    - Dam West Dolphins, and
    - Castle Pines Village Stingrays
- ▶ **Meets are on Saturday mornings.**
  - ▶ Dual Meet dates: 6/1, 6/8, 6/15, 6/22, 6/29
  - ▶ Championships: 7/8-7/9 (Prelims), 7/13 (Finals)
  - ▶ All-Stars: 7/20
  - ▶ Meets typically last from 7am (warm-ups) to 1pm (last relay).

# What is the commitment? (Parents)

- ▶ Our swim team is run by ALL parents on the team.
- ▶ Every family is expected to volunteer time during meets, organizing events, etc.
- ▶ To ensure that everyone participates, the team requires a 'volunteer deposit' from each family. The deposit will be RETURNED if volunteer requirements are met.
  - ▶ Minimum of **4** volunteer shifts per family.
  - ▶ Additional volunteer shifts are required for those swimming at Prelims, Championships, and/or All-Stars
  - ▶ Volunteer deposit = \$200 check per family.

## ▶ Opportunities to volunteer during meets:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Runner</li><li>• Stroke &amp; Turn</li><li>• Timing</li><li>• Scoring</li></ul> | <ul style="list-style-type: none"><li>• Clerk of Course</li><li>• Concessions</li><li>• Heating</li><li>• Meet Setup</li></ul> |
|---|--|

*\* Further information about each role is available on the Crocs Website or ask a Crocs returning family. No experience needed.*

- ▶ **Officials: Stroke & Turn, Starter, Deck Ref and Meet Ref require additional training, which is provided free by the League.**
  - ▶ If interested, please talk to Jessi Gaal or Erik Frandsen or email the Crocs at [canterberryswimteam@gmail.com](mailto:canterberryswimteam@gmail.com)



# Fees and other expenses

## ▶ 2024 Registration Fees

- ▶ \$200 1<sup>st</sup> swimmer
- ▶ \$185 2<sup>nd</sup> swimmer
- ▶ \$160 each additional swimmer

## ▶ What do the fees cover?

- ▶ Coaching staff
- ▶ Pool usage, lifeguards and insurance for all practices and all meets. (including Championships/All-Stars).
- ▶ Individual Awards throughout the season and for Championships.
- ▶ Team sponsored events including Team and Individual Pictures, season-end Banquet, Team building activities, and Donut Friday.

## ▶ What else should I expect?

- ▶ \$50(f) / \$35(m) - Team swimsuit (required)
- ▶ Other equipment at your discretion: swim caps, goggles, etc.
- ▶ Venmo or Cash for snacks at meets

# Used Gear Sale

- ▶ We'd like to invite you to participate in a Crocs used clothing sale
- ▶ Items to donate
  - ▶ Previous season(s) Crocs swimsuits and trunks in GOOD condition
  - ▶ Any shirts, hoodies, sweatpants, hats, etc. with the Crocs logo on them? (No personalized clothing)
- ▶ All proceeds will go towards the funding of team building events and the end of season party
- ▶ Contact Ruth Ferg at [babyruth0623@gmail.com](mailto:babyruth0623@gmail.com) with questions or to donate items.

# SPIRIT NIGHTS

- **MOD PIZZA** - Wednesday, May 22 - open to close. They will donate 25% of sales if you mention "Canterberry Swim Team".
- **MICI'S** - Tuesday, May 28 - open to close. They will donate 20% of sales if you mention "Canterberry Swim Team"
- **QDOBA** - Tuesday, June 4 - 4pm - 8pm. They will donate 25% of sales if you mention "Canterberry Swim Team" (by Texas Roadhouse/Home Depot)
- **Panera** - Tuesday, June 18 - 4pm - 8pm. They will donate 20% of sales if you mention "Canterberry Swim Team"

# Registration details

- ▶ **Registration is open NOW!!**
- ▶ **Deadline for registration is June 8, 2024 by 7am (before the start of the first swim meet).**
- ▶ **Registration is online ONLY at:**

**[www.canterberrycrocs.com](http://www.canterberrycrocs.com)**



# Frequently asked questions

- ▶ **My kid is very young, and I am not sure they can swim 25 meters unassisted. How do I find out?**
  - ▶ Come to our first week of practice, and we will give them a ‘tryout’ so you know for sure.
- ▶ **We are considering joining the team but aren’t sure yet. Can we ‘try before we buy’?**
  - ▶ Sure! Our first week of practice will be open to anyone that wants to try out the team. We think you will love it! The only cost is a non-refundable fee of \$13 to cover insurance.
- ▶ **It’s summer, and we have plans that may/will result in us missing a meet or two. Is that OK?**
  - ▶ No problem! That is the fun of summer swimming. We are very flexible to every family’s schedule.
- ▶ **It seems like there will be a lot of kids in the water. How safe is this?**
  - ▶ We have Assistant and Junior Coaches who are in the pool with the kids at each practice.
  - ▶ Everyone on the coaching staff is Red Cross/CPR certified.
  - ▶ We have lifeguards hired for every practice.

