

Welcome to the Waverunners!

Whether you are new to the team or have been part of the CWSC family for a while, here is some information about how we operate and some helpful resources.

- ❖ We are very excited to have Mandy Griffin return as our Head Coach. We will have a pre-season parent meeting on **Thursday August 28th at 6pm ; New Hope Baptist Church (116 Tanner Crab Ct)**. Please come and connect with Mandy and our CWSC Board Members.
- ❖ **Season Starts September 9th!!** Online registration will be open soon so keep an eye out for that email. Mandy will review the process at the meeting.
- ❖ Practice schedules will be discussed at the pre-season meeting and on our website soon.
- ❖ The 2025-26 CWSC Handbook has been updated with new information. The Handbook can be found under Documents on the team website.
- ❖ Dues will be \$30 for Novice Practice Squad (3hs/wk), \$40 for Age Group 1 Practice Squad (5hr/wk) and Age Group 2 Practice Squad (6.5hr/wk) and \$60 for Senior Practice Squad (10hr/wk). This will be the **11th** season of discounted dues. We are able to provide dues at a low rate due to grant funds, support by the City of Craig and fundraising activities. Dues are due on the first day of every month, if you have not paid by the sixth day of the month, we will give you a friendly reminder. We prefer that you pay with debit or credit card online via your Team Unify account, but we do accept cash or checks too. **We strongly recommend setting up an automatic payment on Team Unify.** If you are not paying online, you may hand payment to Coach Mandy or the Treasurer, Melissa. Please **do not** hand over payment to the pool staff.
- ❖ This year we will be charging a \$100 club fee for every family (to be charged in April, 2026). You can have that fee waived by volunteering for a minimum of 10 hours this season. Easy ways to accumulate hours are to help 'time' at Intrasquad meets, become an official, join the Board, or volunteer hours at one of our fundraising events.
- ❖ **We rely heavily on parent volunteers.** This year we have a volunteer parent who is a USA Swimming certified coach, six volunteer parent board members and a half dozen community members & parents who have completed USA Swimming officials training. Every time trial requires 14 parent volunteers (timers, officials, computer system). Our home meet requires 21 parent volunteers per session (timers, officials, computer system, and concession stand). We are in

dire need of parents who want to learn to be Officials. We can't do it without you!!! Anyone can be an official. We are also always looking for timers, they get the best seat in the house and get to interact with swimmers before and after their events. It is not a scary job; we will help you through it. This is a good place to earn your volunteer hours to be able to tap into your swimmers travel and swim shop fund.

- ❖ If you are interested in becoming a USA Swimming Official, please let us know and we will direct you through the process of USA Swimming membership, background check, courses and testing. It sounds more intimidating than it is – you can do it!! **Contact Coach Mandy of Board President, Stacia.**
- ❖ We have multiple fundraising activities per season.
 - Catalog sales (End of Sept-Early Oct)
 - Swim-a-thon (usually in March)
 - Marathon dinner and clean-up (May)
 - Others fundraising as opportunities arise.
- ❖ We have a team website www.teamunify.com/akcwsc. Our website allows us to highlight our team, manage events, automate billing, and communicate with families. Please check your emails on a regular basis as this is our primary means of communication. Our website also comes in app form. The app is called “OnDeck” and you can use your same sign-in that you use for the website.
- ❖ Coaches put *a lot* of effort into setting up time trials and meets. Prior to time trials and meets, please declare your intention of attending or not on Team Unify Events. This will help coaches with event entries and picking relay teams. You can declare your intention of attending or not by:
 - sign in to your Team Unify account
 - go to the events tab
 - choose the event
 - hit the attend/decline button
 - click on your swimmer's name and declare your intention.
 - Select events your swimmer wants to participate in (to be approved by the coach)
 - Let us know in the comments section if you are available to volunteer as a timer or as an official.
- ❖ There are two other apps that we highly recommend.
 - Meet Mobile. There is a charge for this app. Most meet heat sheets are available on this app. CWSC uses this for every time trial and our home meet.
 - USA Swimming Deck Pass app (free). Swimmers can set themselves up a profile and set goals on this app. They have access to all of their swim times once the times have been uploaded into the national database. They

are able to have “friends” on the app which means they can see their friend’s goals and swim times but are not able to communicate with each other through the app. Swimmers earn patches based on their personal best swims. Swimmers can ask coaches to be their friends and a coach can accept. Coaches cannot initiate asking swimmers to be friends. Once “friends” with a coach, the coach can give the swimmer patches based on practice and event accomplishments. A very fun app, especially if you are goal oriented.

- ❖ We have a swim shop stocked with gear. We sell these items at cost. Usual prices are: goggles \$20, latex caps \$10, silicon caps \$20 and suits \$30 to \$50 but prices may change based on stock availability. The team puts in an order for personalized caps every year if there is enough interest to order, as there is a minimum required. You may also purchase a personalized backpack or parka through our team store on Swim Outlet. These all make nice birthday or Christmas gifts.
- ❖ https://www.swimoutlet.com/cwscstore/?utm_source=soaffiliate&utm_medium=direct&utm_campaign=5254166 Log Cabin is carrying practice suits, please check them out and support our local businesses!
- ❖ Parents may not be on deck during practice. Parent presence on deck can be a distraction to swimmers and is against USA swimming guidelines. Feel free to check through the window at your leisure!
- ❖ If you are new to the sport of swimming, the lingo may be a learning curve, feel free to ask questions.
- ❖ There will be a **goggle bucket** on deck, but please make sure your swimmer has two pairs of goggles with them at practice.

Again, welcome to the CWSC family. It is a lot of work but a lot of fun. We are not a school sport. We are a club sport which is owned and operated by all CWSC parents, and this requires all of us volunteering and fundraising to run a quality program for our kids.