

UPCOMING DATES

- Oct. 15 – Last day to sign up for the Monster Splash Meet @ WCHS
- Oct. 16-17 – No Practice 🍁
- Oct. 25 – Monster Splash Meet @ WCHS
- Oct. 27 – Deadline for apparel orders
- Oct. 31 – No Practice 🎃
- Nov. 7-9 – Concord Invite @ Elkhart Aquatic Center
- Nov. 14 – Swim-A-Lap Fundraiser
- Nov. 22 – Oak Hill Invite @ Oak Hill H.S.
- Nov. 26-28 – No Practice 🤝

PRACTICE TIMES

Bronze & Copper 5:30 – 6:15 pm
Silver & Gold 5:30 – 7:00 pm

RECOMMENDED # OF DAYS

Bronze 2-3 days a week
Copper 3-5 days a week
Silver 3-5 days a week
Gold 4-5 days a week

All levels are welcome any or all nights.

RESOURCES



Team website – gomotionapp.com/inwsac
(previously known as TeamUnify)

Team filing cabinet – found just inside the doors to the pool area. The second drawer has a folder for each swim family. You can find ribbons here after meets, among other things.



If your swimmer is attending meets, you may want to check out the [Meet Mobile: Swim](#) app.

Please register online by November 1

Register at gomotionapp.com/inwsac

New swimmers only

Complete the 2nd step of registering with USA Swimming with the team link emailed to you. Returning swimmers will have their USA Swimming memberships renewed by the club.

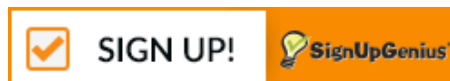
USA Swimming rules for parents and visitors

Only coaches (and board members if needed) are allowed on deck during practice. The deck is the entire tiled area around the pool.

Only our swim team athletes are allowed in the locker rooms. Public bathrooms are available in the hallway if you exit the pool area down the ramp.

Volunteers needed for the Monster Splash Meet! No experience necessary!

Click Here:



Swim-A-Lap Fundraiser

Our Swim-A-Lap Fundraiser is on November 14 from 5:30 to 7:30 pm. The bronze and copper swimmers will be swimming 100 lengths of the pool, and the silver and gold swimmers will be swimming 200 lengths, which is almost 3 miles! They will be asking friends and family for donations to support this amazing accomplishment!

Our team goal is \$10,000 and we ask that each swimmer attempts to raise a minimum of \$100 for the team.

Ready for your first swim meet?
Need a review?

HOW TO COMMIT/SIGN UP FOR A MEET

1. You will need to sign up your swimmer for the meet ahead of time. The deadline is usually 2-3 weeks before the meet.
2. Sign in to the team website at gomotionapp.com/inwsac
3. Click **Events & Competition > Team Events** in the side menu.
4. Click your desired event's **Attend/Decline** or **Edit Commitment** button.
5. Click the name of the athlete whom you want to attend.
6. Click the *Declaration* dropdown and click **Yes, please sign [Name] up for this event**
7. If applicable, enter any *Notes* you want the coach to see.
8. Check the boxes of the events you want your athlete to enter. If unsure, 25 Free and Back for 8 and under or 50 Free and Back for 9 and over are good choices.
9. When finished, click **Save Changes**.
10. Repeat for all other athletes you may have.

WHAT TO BRING TO MEETS

- Wear a solid black suit and your WAC team swim cap
- Goggles – Speedo Vanquisher goggles are highly recommended. Available in Junior and Adult sizes.
- 2-3 towels, depending on # of events
- Water and a healthy snack
- Backup pair of goggles and a backup swim cap, if possible

ARM MARKING FOR MEETS

You will need to mark your swimmer's arm with a black Sharpie before swim meets. Include the event name, event number, heat number, and lane number. You may not have the heat and lane number in advance. Write the rest and someone will help them fill it in at the meet.

Example of event slip that will be sent home:

Jones, Swimmer – Male – Age: 10 – Ind/Rel: 3/0			
↓ Event #	Heat # ↓	↓ Lane #	
#6 Mixed 50 Free	50.23	4/4	#12 Mixed 50 Back 53.79 3/5
#16 Mixed 100 Fly	NT	4/8	

Two options for arm marking:

