

Whitmore Lake Public Schools
Community Recreation
WLCR Waves Swim Team Membership Handbook

Mission Statement

The purpose of WLCR swim team is to provide Whitmore Lake area residents with an opportunity to participate in recreational aquatic competition.

The team's objectives are to use aquatic sports as a vehicle to develop both physically, mentally, and emotionally healthy athletes; to create an environment based on teamwork, sportsmanship, and self confidence; provide structured training and discipline to develop swimmers technique and ability.

Membership Prerequisites

Fall Season: Ages 5-18 as of September 1.

Winter Season: Ages 5-18 as of January 1.

Summer Season: Ages 5-17 as of June 14.

Swimmers must be able to swim at least 100 continuous yards of front crawl stroke without assistance. In addition, they must also demonstrate an introductory understanding of the backstroke, breaststroke, and butterfly strokes.

This is to ensure that all swimmers are able to meet the basic requirements to swim in meets, and that they are able to comfortably make it through the 1 hour practice time.

Registration

New swimmers will register via the Sports Engine website. Monthly dues will be auto-billed on the 1st of every month, along with any outstanding fees or fines. Returning swimmers will contact the Head Coach to reactivate their existing account.

Cancellations

Anyone wishing to cancel/suspend their membership MUST give 30 days notice in order to avoid future charges.

Coaching

Head Coach is responsible for establishing goals of the season and creating an environment to reach those goals. The Head Coach is also responsible for meet line-ups and practice workouts. Coaches are expected to attend all meets and their scheduled practices. Any changes in practice or meet schedules will be communicated by the Head Coach.

Contact: Parents may ask questions of coaches between practices, by telephone or e-mail.

Head Coach:

Ethan Drouillard

ethan.drouillard@wlps.net

Communications

All communication will be sent out via Sports Engine. Additional information can be found via our team website or by contacting Ethan WLCR at Ethan.Drouillard@wlps.net

Practice and meet dates will be communicated using the Google calendar located on the swim team website. Please note that late changes to the schedule may not always be updated on the calendar, however emails will be sent out with any/all changes or deviations from the schedule.

Parent and Swimmer Commitment

All swimmers are expected to give fellow swimmers and coaches respect. They are also expected to give their coach(es) undivided attention. We expect appropriate behavior on the pool deck, locker rooms and at swim meets.

During practices and meets, parents stay in the spectator area, swimmers stay on the deck

Arrive on time to practice and pick up swimmers from practice on time. Swimmers should be on deck, dressed, and ready to go NO LATER than 5 minutes prior to their scheduled time to enter the water for all practices. At meets, they should be on deck dressed and ready to go NO LATER than 15 minutes prior to our scheduled warm-up time.

Parents must help swimmers maintain a healthy diet and an adequate sleep schedule. At a minimum, swimmers should be taking in NO LESS than 1 calorie per yard swam each day. They should also be getting no less than 8 hours of sleep each night, ideally 10 hours the night before a meet.

Parents must help reinforce respect for teammates, teammates' property in the pool and locker room, and respect for the opponents.

Families are expected to fulfill 3 volunteer commitments per Rec season. Failure to fulfill these will result in a fine of \$50 per job, and will be billed to your account following the Championship meet.

Disciplinary Procedure

If a swimmer acts disrespectfully or behaves in an unsportsmanlike manner, the following procedure will take place:

- A warning is issued
- Swimmer will sit out of the pool for a period of time until ready to rejoin the group determined by the coach
- Swimmer will be excused from practice. Parent must speak with the coaches before returning to the pool
- Last resort, under the recommendation of the coach, the community recreation director may suspend the swimmer from the team

Inclement Weather Policy

We will follow the lead of WLHS Athletics and the Athletic Director. If athletics chooses to cancel any indoor events due to weather/road conditions, we will follow suit. Any/all cancellations will be made and communicated as quickly as possible.

Meets

Each Rec season offers 5 dual meets and a championship meet. SMSL seasons require 1 meet per season to be eligible for Championships, however the WISC summer league requires participation in 2 meets to be eligible.

We will offer (on average) 2 USA meets per month during the competition season. There are qualifying times that must be met to compete in Regional/State meets and beyond. Rec meet times DO NOT count for qualifying times, as they are not recognized by USA Swimming as a sanctioned meet.

Meet participation is heavily encouraged, but there is no penalty for lack of participation.

Practice Requirement

Practices are available 5 days a week for all training groups. Swimmers are encouraged to practice as frequently as they can, however there will be no penalty for missed practices.

What to bring?

- Towel(s)
- Swimsuit (MUST be team suit, red, white, or black for meets)
- Cap (MUST be team cap, red, white, or black at meets)
- HEALTHY snacks- no candy or other sugary snacks. Stick to high carbs
- Water or sport drink- no pop or energy drinks
- Some clothing to keep you warm while on the deck between events. Crocs/flip flops/sandals for on the deck. Preferably no street shoes.
- Activities to keep swimmers busy while they wait for their event
- We recommend you leave electronics at home.
- PUT YOUR NAME/TEAM ON EVERYTHING YOU TAKE TO A MEET

Lineups

Meet lineups will be finalized by the Head Coach