



Welcome 23-24 Winter Muskies!

We are excited to start the new season and hope you all are too!

Our goal of the program is to provide a fun learning experience for each child and to be able to produce well-rounded swimmers in a competitive environment. Each participant will have opportunities to compete in swim meets against other Park districts. The Muskies compete within the Northern Illinois Swim Conference (NISC), which is the governing body of the program and make up By-Laws that we will need to obey. The By-Laws can be found under the resources and information tab on our Muskies TeamUnify.

Coaches

We have some new coaching staff this winter, along with some of our high performing veterans! For the returning coaches we have Ila, Connor, Zoie, and Ryan! New to the program is Brady who has coached our Camelot Crocodiles and has helped a lot with our off-season training

Age group Leaders will be:

8 and Unders	Ryan
9-10	Connor
11-12	Ila
13 and up	Rob
Assistants	Brady and Zoie

Participant and Parent Behavior

Participants and their parents are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make District programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff. The District insists that all participants and their parents comply with a basic behavior code.

Participants and parents shall:

1. Show respect to all participants, staff, and volunteers. Participants should follow program rules and take direction from staff.
2. Avoid being distracting to other participants and coaches who are trying to work hard.
3. Refrain from using abusive or foul language.
4. Refrain from threatening or causing bodily harm to self, other participants, or staff.
5. Show respect to equipment, supplies, and facilities.

Discipline:

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. The District reserves the right to dismiss a participant whose behavior endangers the safety of the instructor or program participants or negatively impacts the recreational experience of other participants

Practice Participation Policy:

This program is designed to be fun but challenging at times. Our goal for the swimmers to be able to drop times and improve throughout the season. To do so, the swimmers may be asked to participate as best as they can without over exerting themselves and causing injury. We allow adequate time for rest between sets to catch their breath. With the children's safety in mind, we will take injuries and expressions of any pain seriously.

In circumstances where a swimmer expresses pain:

1. We will have them rest the area by sitting out, stretching, or doing another activity that won't harm the area for a few minutes.
2. If the problem continues or is reoccurring for multiple practices, we will not hesitate to call parents to inform them of the situation.
3. We may advise parents to the practice to pick the child up.

Swim Meets

These events are meant to be a fun, and cheerful way for the kids to get competitive against other teams in the NISC. We encourage all of our team members to participate in swim meets. The more swimmers we have, the more points we can score to win! Swimmers may only be entered in a max of 4 events. This could be 2 individuals, and 2 relays, or 3 individuals and 1 relay. There will be occurrences where swimmers may be entered in less than 4 events and/or

marked as exhibition. With the By-Laws allowing for only 3 swimmers to score per team, exhibitions allow us to get more swimmers in events and get times. To participate in meets, we need the parents to commit their children to the event before the deadline. The deadline is set to give the coaches time for creating lineups. If you missed the deadline, there may be a chance we can still get your swimmer(s) in events, but they will be marked as exhibition. If you have a time conflict or something pops up and can't make it, please email rgussy@ahpd.org.

Muskies Website

TeamUnify is the platform our website operates from. TeamUnify gives everyone access to their participant's times, calendar, pictures, records, and more resources! It is important to let us know which meets your swimmer can attend, and you can do so by clicking "edit commitment" under each meet. You are able to view which events child is swimming once the lineups are created. This is also the platform we will use to communicate with parents and update everyone with any changes. It is encouraged that families subscribe to the meet calendar on the Muskies website. This will allow the swim meets to be viewed on your smartphone's calendar app. If you need help with your account or having a hard time finding something, please feel free to reach out to Rob Gussy at rgussy@ahpd.org or 847-577-3047.

Muskies Apparel

Uniforms aren't mandatory; however, we ask that girls wear a one-piece suit and boys wear a jammer. Each Participant will receive one free T-shirt. There is a Muskies Team Store through SwimOutlet for additional spirit-wear and team swimsuits. Team members are able to get SwimOutlet Plus for free for a year, where they can receive perks like earn 5% Rewards Credit, access to lowest prices, free 2-day shipping on \$15, and early access to new items and sales. If you are interested in acquiring the free SwimOutlet Plus membership, please contact Rob Gussy.