



# **CountrySide Waves**

**40 years and still kicking!**

# Introductions

Presidents- Lauren Donaldson

Vice President - Emily Welly

Treasurer - Anne Klein

Team Rep - Lauren Shrestha

Social - Cassis Bianchi

Sponsorship- Courtney Hasbrouck

Waves Head Coach - Casey Dawson

Ripples Head Coach - Lexie Brown

# About the Team

The Countryside Waves is a swim team made up of 5-18 year old swimmers. We provide a fun and competitive environment for kids to learn and improve upon their swimming skills and be recognized for their accomplishments. Safety is stressed at all times. Good sportsmanship is required of swimmers and families.

We are part of the Colonial Swim League (CSL). There are 24 teams in the league, and there are 4 divisions. We are in the Blue Division this year.

For much more detailed information, the team bylaws, team handbook, an FAQ document and the CSL Meet Rules are available at [www.countrysidewaves.org](http://www.countrysidewaves.org). Click on “Documents.” Please review these documents!

# Practice Times

Waves After School Practice May 27-June 12

Monday

Tuesday

Wednesday

Thursday

Friday

Cromwell

Parkway

Parkway

Cromwell

Parkway

8 and under 4:45-5:30 pm

9 - 12 5:30-6:30pm

13 - 18 6:30-7:30pm

Weather delays will be communicated via FB and email

\*Waves only.

# Ripples Evaluations

Ripples Evaluations (all ripples)

4:45-5:30 pm at Parkway Pool on:

Tues May 27

Wed May 28

Fri May 30

Wed June 4

\*Ripples will start morning practices June 16. After evaluations they will be assigned a practice time. Practices are 30 minute sessions between 9-10:40am.

# Sumer Practice Times

**Morning practice starts Monday June 16th.**

All morning practices are at Parkway Pool

13 - 18: 8:00 to 9:00 am

9 - 12: 9:00 to 10:00 am

8 and under: 10:00 to 10:45am

# Practice

- Parents can be inside the pool fence but must be on the grass, can not sit on the deck.
- Baby pool is off limits
- Please do not interact with coaches or your swimmer during practice unless there is an emergency.
- 8 and under parents MUST stay.
- If you have a complaint, please take 24 hours to consider, and then contact the board by email at: [cswavesct@gmail.com](mailto:cswavesct@gmail.com).
- Please clean your space when you leave.

# Waves Gear

- Team suit is available for purchase (it is not mandatory)
- Caps are optional at practice however, highly recommended at meets. You can only wear a Waves or plain cap in meets.
- 1 cap will be provided per swimmer. Extras can be purchased at snack bar for \$10.
- More spirit wear available online



# Team Suit



# Team Suit



[https://www.swimandtri.com/TeamView\\_CountrySideWaves.aspx](https://www.swimandtri.com/TeamView_CountrySideWaves.aspx)

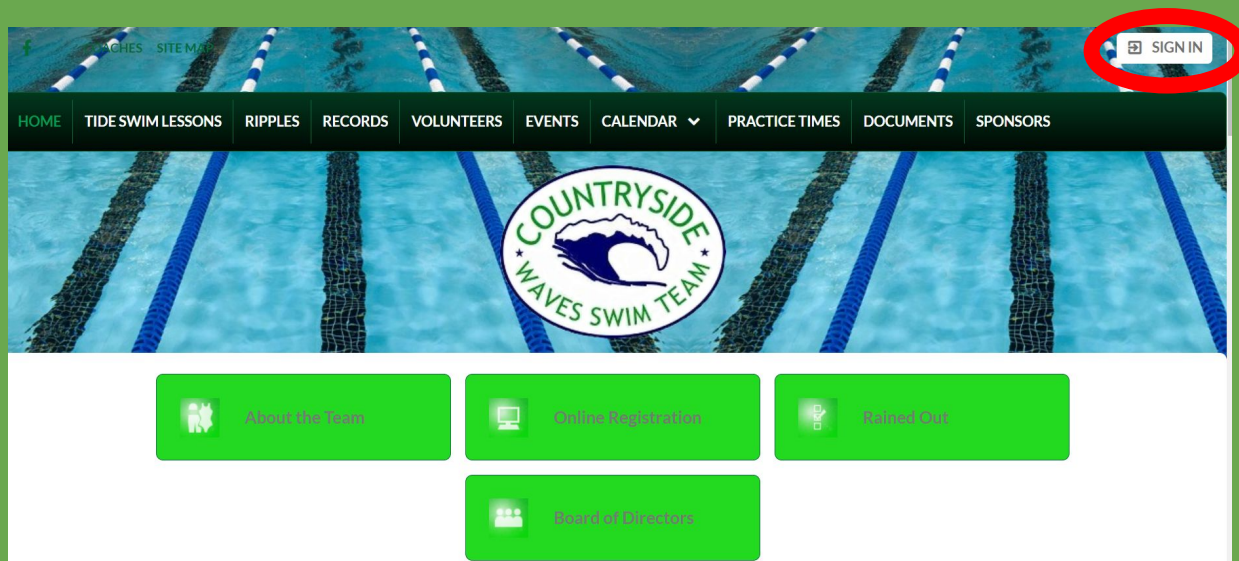
# B Meets

- Wednesday evenings, 6:00 pm start time
- Warm ups begin between 5:00-6:00 pm
- Developmental meets, anyone can participate
- 3 events, swimmer should be legal in order to swim it (coaches discretion)
- You choose the events
- Sunday at midnight is the deadline to declare availability and strokes for Wednesday meets.

# A Meets

- Saturday mornings, 8:00 am start time
- Warm ups begin 7:00-7:30 am
- These are dual meets for points and league standings
- Coaches choose who swims and the events based on times.
- Coach will announce who is swimming in A meets at practice Friday morning
- Wednesday at midnight is the deadline to declare availability for Saturday meets. \*If you are available, sign up as available\*
- If a swimmer places 1-3 at an A meet, they may NOT swim that event at the following B meet

# Declaring for Meets

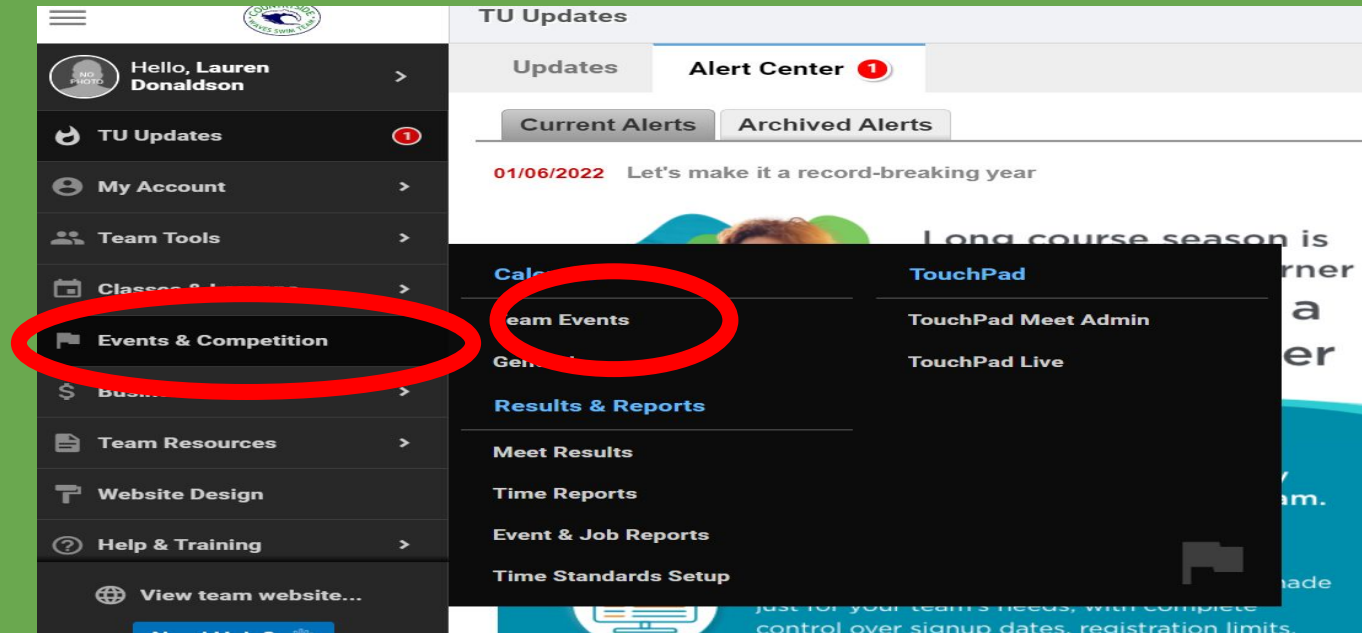


# Declaring for Meets





# Declaring for Meets



# Declaring for Meets

Jun

08  
2024

**Time Trial**

08 June 2024 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

Jun

12  
2024

**Time Trial**

12 June 2024 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup



# Declaring for Meets

Lauren Donaldson

\*Active

⊘ Undeclared

# Declaring for Meets

Time Trial (Jun 10, 2023 (08:00 AM) - Jun 10, 2023 (11:30 AM))

Member Athlete:

**Lauren Donaldson**

\*Declaration

--SELECT--  
--SELECT--  
Yes, please sign [Lauren] up for this event  
No, thanks, [Lauren] will NOT attend this event

 Save Changes

# Deadlines to Declare for Meets

## B Meets (Wed meets)

- Sunday night
- Declare availability and events

## A Meets (Sat meets)

- Wednesday night
- Declare availability. Coaches select events. If you are available, declare that.

# Meet locations and times

- Schedule on [www.countrysidewaves.org](http://www.countrysidewaves.org)
- Emails will be sent before each meet
- See CSL website <http://csl.nvblu.com> for more information on the league throughout the season

# Time Trials

- Sat June 7 and Wed June 11
- Baseline meets for the season
- If you have a swimmer participating, you **MUST** volunteer. It does **NOT** count as one of your 4 jobs.
- Swimmers are not required to attend both Time Trials, but it is recommended if you are available.

# Volunteers

- This team depends on volunteers!
- Every Waves family **must** complete 4 volunteer jobs. (if you only have Ripples, you must complete 2 jobs.)
- **Your swimmer may not swim in the Divisional Meet if you have not completed your jobs.**
- You can sign up to volunteer NOW for all of your required jobs.

# Volunteers

- Officials: Stroke and Turn, Starter, Referee (must be certified. Consider attending training! See email for details)
- Timers: No experience needed!
- Clerk of Course
- Runners
- Computer card readers
- Snack Bar workers!!!
- Special Events (ice cream social, end of year picnic, etc)
- If you have to cancel, post to the Waves Facebook page to find your replacement

# Volunteers

Who	When	Where
Stroke & Turn Judges	Tuesday, May 20, 7:00 PM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Starters & Referees	Thursday, May 22, 7:00 PM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Stroke & Turn Judges	Saturday, May 31, 8:00 AM	<b>In-person</b> only meeting, no pre-registration. Address: The Landings Pool, <a href="#">6001 Cove Landing Rd, Burke, VA 22015</a>
Starters & Referees	Saturday, May 31, 11:00 AM <i>This session will be outdoors so is subject to cancellation due to weather.</i>	<b>In-person</b> only meeting, no pre-registration. Address: The Landings Pool, <a href="#">6001 Cove Landing Rd, Burke, VA 22015</a> <i>This session will be outdoors so is subject to cancellation due to weather.</i>
Stroke & Turn Judges	Monday, June 2, 8:00 AM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Starters & Referees	Thursday, June 5, 11:00 AM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Starters & Referees	Monday, June 9, 7:00 PM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Stroke & Turn Judges	Wednesday, June 11, 7:00 PM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.
Stroke & Turn Judges	Thursday, June 19, 7:00 PM	<b>Virtual</b> only. Pre-registration required. Zoom registration link will be released shortly.



# Volunteers: Signing Up

Jun

10

2023

## Time Trial

Jun 10, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

Jun

14

2023

## Time Trial vs Saratoga

Jun 14, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

# Volunteers

How to signup Event jobs:

**Step 1:** Find the empty slots shown as "-----".

**Step 2:** Click on the checkbox in front of the empty slot that you want to sign up for.

**Step 3:** Select [Signup] button to signup for the slots that you selected.

**Note:** If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Signup" again. You, however, can use the "Remove Signup" button to remove the signup if you no longer want to work on that job.

If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "-----".



# Volunteers

## Countryside Waves Volunteer Check-in

[Sign in to Google](#) to save your progress.  
[Learn more](#)

\* Indicates required question

Volunteer Name \*

Your answer

Please select event: \*

Choose

Please select volunteer position: \*

Choose

Submit

Clear form

# Home Meets

- Be on time for warm ups
- Parking lot is reserved for the away team
- Swimmers need to be in the team area only
- Our team sits near the baby pool
- Clerk of Course organizes swimmers before events, swimmers need to be on the pool deck.
- National Anthem at beginning of every meet, we encourage people to sign up to perform.
- Bring a chair
- THESE MEETS DEPEND ON VOLUNTEERS!

# Special Meets

- IM Meet - July 8 Chantilly Highlands
- Relay Carnival - July 14
- Divisionals - July 19
- Ripples Meet - July 20
- All Stars - July 26

# Special Team Events

- Team Picture Day & Ice Cream Social - June 18
  - Team Photographer - Andy Stroud
- Pancake Breakfast & Swim A Thon - June 25
- Divisionals Pep Rally - July 18
- End of Year Picnic and Awards - July 20

\*More special team events to come!

# Special Team Events

CountrySide Waves First Swim-A-Thon

- June 25 during practice times! More info to come soon!

# We are hosting Divisionals

We will need everyone to help to make this  
meet a success!



# Safe Sport

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