



Welcome to the 2024 Westglen Sharks Swim Team!

Please read through the following information. If you have questions, you can ask one of the parent reps. We look forward to a great summer swim season!

Swimming Requirement

All new swimmers through age 18 (as of 5/31/2024) who can swim freestyle un-assisted at least one length of the pool are welcome to join! In order to be eligible for conference, each child must swim in at least 3 meets.

***Please note:** Swim Team is not a substitute for swim lessons. If a swimmer needs to learn 2 or more of the strokes, concurrent swim lessons are highly recommended.

Team Suit

The Westglen Sharks will use the suits from last year.

They can be purchased at B&B Aquatics:

1747 Clarkson Rd
Chesterfield, MO 63017

Speedo Race Maze Blue

\$41.25 Girls Suit

\$33.75 Boys Suit

NOTE: Team suits are not required to swim at meets.

2024 Registration Fees

<u>Members</u>	<u>Non-Members</u>
1 child \$120	1 child \$140
2 children \$205	2 children \$225
3 or more children \$280	3 or more children \$300

You are a member of the pool if you either live in the subdivision or you pay the outside membership fee to be a member of the pool. You are a non-member, if you are not a member of the pool and you only participate on the swim team. We welcome non-members to the Westglen Swim Team. However, we reserve the right to limit the number of non-members as space allows.

Fees are payable to Westglen Swim Club and must be paid in full before a swimmer can participate in practices or swim meets. The swim team will be purchasing insurance for each swimmer as required by the Gateway Conference Swim League. The cost of this insurance is included in the registration fee.

How to Contact Coaches & Parent Reps

Parent Reps: In order to get the fastest response, we are requesting that all communication, requests, etc. go through the Westglen Shark email @ westglensharks@gmail.com All 3 parent reps have access and are checking this account. Individual texts or Facebook messages may get lost in the shuffle. Thank you for understanding.

Coaches: Coaches should also be contacted through the Coach Email address @ WGSCoaches@gmail.com Please try not to pull coaches aside during practice and meets as it takes their focus away from the kids in the water.

Facebook: If you haven't already, become friends with Westglen Sharks on Facebook for up to date information, last minute cancellations due to weather, reminders, etc.

*Most communication will come via email, so please **make sure your email address is up to date when registering.**

All New Swimmers

Swim team is NOT a learn-to-swim program. Swimmers should have already taken some swim lessons and be able to swim the width of the pool unassisted. They should feel comfortable in the deep end with minimal assistance.

FIRST PRACTICE EVALUATION:

All 6U swimmers and those that are new to the Westglenn Swim Team will need to complete an evaluation on the first practice (June 5th). **They will be asked to swim the width of the pool unassisted.** If they are able to do this, they will be able to move forward as a member of the team.

If the swimmer is not able to swim the width of the pool, then, unfortunately, we will not be able to have them on the team this year. We recommend enrolling them in swim lessons and coming back next year. Your registration for this swimmer will be refunded minus \$30 which covers the cost of insurance which would have already been paid.

Apps

- **Team Unify:** Team Unify is the website you used to register for swim team.

This will also be the site to use for signing up for work duty, declaring swimmers for meets, etc.

<https://www.teamunify.com/team/recgsdcws/page/home>

- **On Deck:** Is the Team Unify app. Please download this app to your phone to make it easier to declare your swimmers for meets and to use during meets.



Practice Schedule

Practice starts TBD. Either May 30th or June 3rd.

<u>Morning</u>	<u>Evening</u>
Monday, Wednesday, Thursday, Friday & Saturday	Tuesday & Thursday
8:00-8:40am: 11 & up 8:45-9:25am: 9-10 9:30-10:10am: 7-8 10:15-10:55am: 6 & under	8:00-8:25pm: swimmers 10 & under 8:30-8:55pm: swimmers 11 & up

Team Pictures:

More details to follow regarding team pictures for 2024.

Family Work Duties:

- Every family is **required to work 3 meets and conferences** if you have a child swimming.
- Work duty descriptions can be found on our Team Unify site. **Work duty sign ups will be available in late May.**
- If you are working a meet you are expected to be at the pool at the start of the meet and stay until the end even if your child has already finished swimming.
- If your schedule changes and you are not able to make one of your assigned work duties, it is your responsibility to find a sub to be there that evening. • Should someone not show up for an assigned work duty, you will be charged \$100 the first time, \$150 the second and \$200 for the third time. Your swimmer will not be able to attend practice or meets until the no show fee is paid.
- Unfortunately, we do not have buyout options for these duties. • **The season cannot happen without parent volunteers so we thank you in advance for your help with these.**

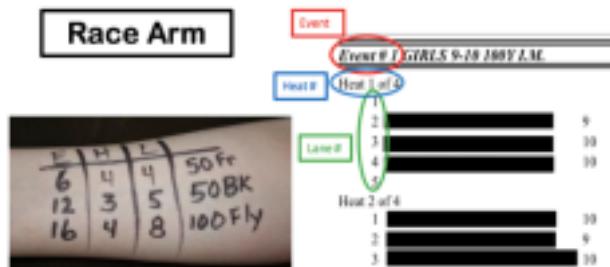
Time Trials & Meet Information

- **Time Trials** is a meet with just our team. We use this meet to acquire swim times for all swim members so they can be placed in the appropriate races/heats during our dual meets.
- **Meets** During the season there will be 5 Dual meets and one conference where all teams, in the division, will compete for the division championship.
- **Dual Meets Arrival & Start Times**: Swimmers should arrive at home meets by 4:45pm. Warm-ups will begin at 5:00pm and the meet starts at 5:30pm. Meets last approximately 3 ½ to 4 hours. Weather delays may prolong meets.
- **Order of Meet Events:** There are 78 events in a swim meet.
 - I.M. (Individual Medley)
(one length of the pool for each stroke in the order:
Butterfly, Back, Breast, Free)
 - Freestyle – All age groups
 - Breaststroke – All age groups
 - Free Relay – All age groups
 - Backstroke – All age groups
 - Butterfly – All age groups
 - Medley Relay (one swimmer per stroke: Back, Breast, Butterfly, Free)
- **Heats:** Each event is divided into numbered Heats. Heats are run from the slowest swimmers to the fastest. Coaches will place swimmers in an event. This allows the swimmer to be seeded in a heat with like swimmers.
- **Events:** Each swimmer can be entered in a total of 5 events with a maximum of 3 individual events (the other two events are relays).
- **Length of race**
 - 10 years and under 1 lap (length) of pool. 11 and up will swim 2 laps (lengths). The exception is the I.M. which is one lap per stroke for all age groups.
- **DQ's**

- The official may disqualify a swimmer in a race due to improper technique. If this occurs, our coaches will receive the DQ slip and work with your swimmer. It is common to have DQ's in the first couple meets, especially in Breast and Butterfly.

- How to enter a meet

- All swimmers are eligible to swim in the meets. You will need to declare your swimmers availability for each meet on TeamUnify. All declarations need to be made by the Wednesday at midnight. We will begin putting the meet together Thursday morning. If there is illness the day of the meet, please contact a parent rep at Westglensharks@gmail.com
- Mark your swimmer's last name with a Sharpie on their back before the meet. You can also mark the event number, heat, lane and name of event on their forearm (**Ex: 12-2-3 Free**).



- **What to Bring to a Meet**

- Chair, 2-3 beach towels for each swimmer in your family, goggles, sunscreen, sharpie marker, money for concession stands, snacks, something to pass the time when your child is waiting for their events (cards, games, etc.)

- During a Meet

- Swimmers must remain in the Bullpen Area. The Bullpen is an area in which each team will gather to line their swimmers up for the races. Bullpen workers need to be able to find the swimmers in a timely manner.
- If your swimmer would like to grab concessions, the best time for this would be immediately after one of their races. This is also a great time for a bathroom break!
- Parents are not to drink alcohol if they are working the meet.

- **Communication**

- Team Unify to declare if you will be attending a meet or not. ○

- Parent Reps at westglensharks@gmail.com with any questions.
- Team Facebook page (request to friend Westglen Sharks)
- We will also send out emails with information once we have a set roster.