



Welcome!

Please fill out the top page and take it to one of the coaches or board members.

As the coaches and officials gather the swimmer information sheets, they will separate the swimmers into groups based on age and experience. Swimmers will be called when it is their turn. Included in this packet for review:

- What to Expect During & After the Try-outs
- How to Register for the Team
- Required Equipment
- Safe Sport
- Swim Meet Information
- Apps
- Fundraising
- Volunteering
- Team Information & Dues
- 2025 calendar & meet schedule
- Helpful Hints for your First Swim Meet

Feel free to ask any of our swim team volunteers for assistance.

Again, welcome to the Elko Anacondas!

What to Expect During & After Try-Outs

Swimmers trying out will be given instructions based on their ability – most of the swimmers will be asked about their swimming experience and if they know any strokes. They will get in the water and swim to the other side in any way they can. The coach on deck will provide them further instructions.

After the completion of their swim, you will receive information from a coach or Board member letting you know whether your swimmer made the team and if so, which group they will be practicing with. You will also receive information about practice times, how to create an account on our web page, and information about our parent meeting. Please keep in mind that all our communication is done by email, text, or the Remind App, so it is important that you open any emails from the team or its board.

That's it! Practices will begin next week. There is a two-week trial period before registering for the team.

How to Register for the Team

After receiving your email with information of which group your swimmer will belong to, log onto our web site (Google Elko Anacondas Swim Team). When you get to the website, there is a “online registration” button you will be prompted to create a parent account and be able to register your swimmer. Note that there is a \$90 registration fee *per family* this is an Elko Swim Team administration/volunteer fee.

At the end of your registration you will be prompted to register with USA Swimming. USA Swimming is our governing organization. *There is a USA Swimming fee of \$80 per swimmer, per year. In the first instance this should be paid directly to USA Swimming.* Your membership will not be complete until the USA Swimming Membership is completed. If not completed in a reasonable timeframe, unregistered swimmers will not be allowed in the pool for practices.

Required Equipment

Copper and Bronze need only clear, quality goggles and a swimsuit.

Quality goggles can be purchased at cost through your team account at practices. If goggles are needed or are needing replacement, please ask a coach.

SafeSport

SafeSport is a program through USA Swimming that helps to protect all swimmers. It is a 30 to 45 minute course. This course is required to be on the deck at swim practices and it also helps our team be recognized by USA Swimming as a safe and certified swim team, allowing us to host meets. Our coaches will have a list of people who have been certified and parents/friends/family that do not have their SafeSport Class certification, will not be able to be on deck.

SafeSport Parent's Guide to Misconduct in Sport is the required course and is accessed through the USA Swimming website on the parent account.

Swim Meet Information

As a member of the Elko Anacondas, you will be expected to attend at least two (up to five for more advanced swimmers) swim meets per season (between September and the following August). Because we are in the Snake River LSC (Local Swim Committee), most of our meets are in Idaho – anywhere from Nampa/Boise to Twin Falls and up to Idaho Falls. We do host two meets a year, one in Elko in late June and one in Jackpot, Nevada in March.

The meet schedule is attached but can also be found on our web site in the "Information/Forms" tab. If you choose to attend one of the meets, you will be able to register for it online. An email is sent to all parents when a meet opens up for registration. Sometimes we offer recommendations for hotel rooms, but you are welcome to stay wherever you like and will be responsible for your own travel arrangements.

The coach will meet the swimmers at the pool and assist them throughout the day. The team members that go to a particular meet try to sit together (usually deck seating), and the

senior swimming parents are more than happy to help the new swimmers. Check out the section later in this packet that explains what to bring and what to expect at a meet.

Most meets are open to all swimmers. The exceptions are Championship Meets, which require a qualifying time. Your coach will be able to tell you if you have appropriate times when these meets arise, or simply go to the sign-up page – if they qualify for an event, it will be black, if their time does not qualify then it will be red.

Also, you are not limited to the meets on the official schedule. Active USA Swimming Athletes are allowed to attend any swimming meet nationwide. Your swimmer will be required to find another certified USA Swimming coach attending the meet to be responsible for your swimmer during the competition. If you see any meet that you are interested in attending, inquire the coaches or any board member and we will assist in determining if your swimmer meets the qualifying requirements (if any) and assist in getting your swimmer assigned to another coach.

Apps

There are three apps that we use on the swim team. Each App is listed and described below:

OnDeck is through Team Unify(SportsEngine), which is what our website uses. This app can be used instead of signing in to the website. The app has your billing, upcoming swim events, coaching staff, swimmer's best times, and other applications.

MeetMobile is app that allows a parents and swimmer(s) to access a heat sheet for swim meets on your phone. Most meets utilize this app for the meet seeding and heat/lane assignments. This app also allows you to see your swimmer(s) times and where they placed in their event(s). There is a small annual cost to use all the features of this app.

Remind, a text notification app, is used for the majority of our team communication. If you would like to be excluded from receiving texts, either respond to the initial text or send an email to elkoswimteam@gmail.com. If you would like to add someone, such as your swimmer's cell number, again, use this email. Always read your emails as well!

Remind Codes

Copper - @f267bg

Bronze - @k83996

Silver - @cgh7ek

Gold - @haeab9

Fundraising

At a swim meet, you may receive a “Heat Sheet.” These are like programs for the meet, and let your swimmer know when they are racing, what lane, heat, etc. At our home meet, we sell advertising space (sponsored by a business or a shout out to your swimmer) in our heat sheet and have banners made up for higher donations. The advertising ranges from \$10.00 to \$100.00, with options in between.

Each swimmer is responsible for raising \$200.00. You can find copies of the sponsorship form on our website. Half of the page gets returned with the sponsorship money and the other half (without Tax ID number) is retained by the donor.

If you choose not to raise the \$200, you will be billed any amount not raised, up to \$200, at either the end of the swim season or upon withdrawal from the team, whichever comes first.

Easy Money

We have an account set up with Smith's. If you shop at this location, please put the Elko Swim Team as your benefactor for donations associated with your membership. It doesn't cost you anything, and your swimmer will benefit!

Nevada Gold Mines also has the Elko Swim Team as one of their non-profits for matching donations. If you work for them, and participate in their matching-funds donation program NGM, you can use *your portion* of this donation towards your monthly dues and your fundraising obligation.

Volunteer Obligation

We are a non-profit, parent run team. That means that we could not exist without the help of our families! Each family is responsible for 10 hours of volunteer time per year. A fee of \$10 per hour will be charged for each hour not completed. You can help at meetings, awards events, home and away meets, fundraisers, etc. There are ample opportunities.

Many away meets in which we participate require timers. At the meet, please check in with the volunteer coordinator to sign up for timing (the coach can direct you to this person if you aren't sure who it is). Please help time at these meets. If multiple parents volunteer at away meets, then everyone can enjoy the meet and watch their swimmer(s).

Your Elko Swim Team registration fees include a \$50 volunteer fee. If 10 volunteer hours are not met within a swim season, any unmet volunteer hours will be charged at \$10 per hour (so up to an additional \$50). At the end of the swim season if you have met your volunteer hours, you may opt to refund the \$50 paid at registration or donate the amount to our scholarship fund.

Team Info & Dues

The Elko Anacondas Swim Team practices run from September through August, with 2-3 weeks in December and Spring Break off. Swimmers can join the team at any time, with dues charged at the beginning of each month following their tryout.

The team is part of the Snake River LSC (Local Swim Committee), which means most of our meets are in Southern Idaho - from the Nampa/Boise area to Idaho Falls. We host a meet in March in Elko, and one the last weekend of June in Elko. Depending on the level of the swimmers, they are expected to attend at least 2-5 meets per year, with travel and accommodation the responsibility of the swimmer.

Based on the try-out, the swimmer will be placed in the appropriate level. The levels and current practice times are as follows:

Copper - Entry Level Tuesday and Thursday 6:15-6:45pm
\$70 per month

Bronze - Beginning Monday 4:45-5:45pm & Thursday & Friday 5.45-6.45pm
\$75 per month

Silver – Intermediate
\$85 per month

Tuesday, Wednesday, Thursday & Friday 4.15-5.45pm;
Saturday 9:00-11:00am

Gold - Advanced
\$95 per month

Monday & Wednesday 4:15-5:45pm;
Tuesday, Thursday & Friday 4:15-6:15pm;
Saturday 9:00-11:00am

We understand and encourage, that some swimmers participate in other sports throughout the year. Swimmers are welcome to take time off from the swim team or limit their practice to work around the other sport(s). This is up to the parent, and there are no negative repercussions for missing practice. We require notice by the 25th of the month prior to the month in which the pause is planned to begin. There is a \$20 per month fee to **pause** your swimmer's participation and remain on the team.

Payment for monthly dues can be made via credit card on the teams website, there is a 3% credit card processing fee. New this year we are providing the option to pay your dues through your company matching-funds donation program. You can use *your portion* of this donation towards your monthly dues and your fundraising obligation. This will be covered more during our parent night.

Please be at the swimming pool no later than 5 minutes after the end of practice to collect your child. Please let your child know to be dressed and out of the locker rooms within 10 minutes of practice ending. Unfortunately due to multiple late pickups we will be implementing a \$15 late pickup fee for each instance, if you are more than 10 minutes late to collect your child. If you have a true emergency and are going to be late, please call the swimming pool directly to speak with a coach and let them know. The phone number for Elko Swimming Pool is 775 777 7299.

If your swimmer decides to stop swimming you will need to complete a resignation form. This form must be completed and mailed to the Team Treasurer by the 25th of the month prior to the month in which the termination is planned to begin. If the form is not received by the 25th, the resignation will not be effective until the following month and the member will be responsible for all fees and charges normally assessed during that billing cycle. The resignation form can be found on the teams website.

Pool Fees

The pool charges a separate fee for using the facility. Please see pool staff for options. The last day to purchase a quarterly pass is September 23,2025.

<u>EST Upcoming Calendar dates</u>							
<u>September</u>							
	<u>17-Sep</u>	<u>Wednesday</u>	<u>Fall Parent Meeting</u>	<u>6:30pm</u>	<u>Flag View Elementary Library</u>		<u>Additional meeting</u>
<u>October</u>							
	<u>4-Oct</u>	<u>Saturday</u>	<u>In Person HOD Meeting</u>	<u>TBD</u>	<u>Twin Falls, Idaho</u>		<u>Additional meeting</u>
	<u>22-Oct</u>	<u>Wednesday</u>	<u>Board Meeting</u>	<u>6:00pm</u>	<u>Boys and Girls Club</u>		<u>Board Meeting</u>
	<u>10/11 - 10/12</u>	<u>Sat-Sun</u>	<u>Koudelka Meet</u>		<u>Howard RC, Nampa, ID</u>	<u>No Coach Budgeted</u>	<u>Swim Meet</u>
	<u>10/17 - 10/19</u>	<u>Fri - Sun</u>	<u>King of the Hill</u>		<u>Reno, Nv</u>	<u>Coach Budgeted</u>	<u>Swim Meet</u>
	<u>25-Oct</u>	<u>Sat</u>	<u>Spook Splash</u>		<u>Wes Deist AC, Idaho Falls, ID</u>	<u>No Coach Budgeted</u>	<u>Swim Meet</u>
<u>November</u>							
	<u>11/6 - 11/9</u>	<u>Thurs - Sun</u>	<u>Nevada State Meet</u>		<u>Henderson, Nv</u>	<u>Coach Budgeted</u>	<u>Swim Meet</u>
	<u>12-Nov</u>	<u>Wednesday</u>	<u>Board Meeting</u>	<u>6:00pm</u>	<u>Boys and Girls Club</u>		<u>Board Meeting</u>
	<u>11/21 - 11/23</u>	<u>Fri - Sun</u>	<u>BY TYR Thansksgiving Invitational</u>		<u>West Y, Boise, Id</u>	<u>Coach Budgeted</u>	<u>Swim Meet</u>
	<u>11/26 - 11/29</u>	<u>Week</u>	<u>Practice Cancelled Thanksgiving</u>		<u>Elko Swimming Pool</u>		<u>Practice</u>
<u>December</u>							
	<u>12/6 - 12/7</u>	<u>Sat - Sun</u>	<u>Reindeer Games</u>		<u>Howard RC, Nampa, ID</u>	<u>No Coach Budgeted</u>	<u>Swim Meet</u>
	<u>10-Dec</u>	<u>Wednesday</u>	<u>Board Meeting</u>	<u>6:00pm</u>	<u>Boys and Girls Club</u>		<u>Board Meeting</u>
	<u>13-Dec</u>	<u>Sat</u>	<u>Voltage Holiday Classic</u>		<u>Wes Deist AC, Idaho Falls, ID</u>	<u>No Coach Budgeted</u>	<u>Swim Meet</u>
	<u>12/13 - 12/14</u>	<u>Sat - Sun</u>	<u>BY Candy Cane Invitational</u>		<u>West Y, Boise, Id</u>	<u>Coach Budgeted</u>	<u>Swim Meet</u>
	<u>12/22 - 1/3</u>		<u>No Practice</u>		<u>Elko Swimming Pool</u>	<u>ECSD Winter Break</u>	<u>Practice</u>

Meet Information for First Timers

Things to Bring:

Swimsuit (and spare if you have it), cap, goggles, and sandals

Towels - at least 2

Something to sit on – camp chair; even if the pool has bleachers the team usually sits together on the deck

Shade/Shelter – some meets have limited indoor sitting, an outdoor popup can be used in the overflow area

Warm clothes (e.g. sweats, sweatshirt, parka) to hang out in between Heats

Games, books, etc.: anything to help pass the time, there can be a lot of downtime between events

Sunscreen - if meet is outdoors

Fan(s) – for outdoor meets

Permanent marker (Sharpie) and a highlighter

Food and drinks - It is OK to bring a cooler, and most meets have a concession stand.

Some snack ideas:

Water, chocolate milk, real fruit juice (NO soda)

Apples, grapes, celery, carrots, oranges

Cliff Bars or granola bars

crackers, peanut butter, cheese sticks

fruit snacks, cookies

Day of Meet:

1. Arrive at the pool 15-20 minutes prior to warm-ups: check-in with the coach for swim events.
2. Find a place to put your gear, chairs, snacks, etc. The team usually has a spot on the deck, but you can sit wherever you like. Make sure to check in with the coach when you arrive and before each heat (race).
3. As a parent or spectator, remember that the pool is always very warm and wet even in the winter. Shorts and sandals will be the most comfortable.
4. Buy a Heat Sheet if available. These are usually sold by the concession stands or the front door. The Heat Sheet will tell you the order of events, which events your swimmer is in, which lane, etc. They can be a bit intimidating at first, so ask if you need help understanding. Most meets will also post the heat sheets at various locations around the pool, these may be the only heat sheets available. If you are unable to buy/find a heat sheet, you can ask the coach if they have one or use the MeetMobile app.

Sample Heat Sheet Entry:

Event 25		Female 9-10		100 Back
Lane	Name	Age	Club	Seed Time
Heat 1				
4	Jane Doe	9	EST	NT
5	Sally Smith	10	CSC	NT
6	Jen Jones	9	BY	NT
Heat 2				
1	Betty Boop	9	EST	1:22.07
2	Lucy Ricardo	10	BY	1:20.05
3	Agatha Christie	10	EST	1:15.67
4	Cheryl Crow	10	MVY	1:15.02
5	Dotty Oz	9	CSC	1:20.03
6	Sandy Smith	10	BY	1:22.06

The swimmers are listed in order of their seed time (the swimmer's best time). If this is their first time for an event, they will be listed as NT (no time). Note that the girls usually swim odd numbered events and boys swim even numbered events. The coach will usually assign relay teams the day of the race, so they will not be listed on the Heat Sheet. Make sure you know whether your swimmer is in a relay by checking with the coach each morning.

*Note: A relay event consists of four swimmers swimming together in an event, the event is seeded by team. Individual swimmers are not listed on the heat sheets.

5. Highlight your swimmer's events in heat sheet and write them on the swimmer's arm with the Sharpie so they know when to swim. In the following example, the swimmer is swimming in Event 6, Heat 2, Lane 4 (50 backstroke), etc.

Example:

E	H	L	
6	2	4	50 back
14	3	6	100 free
22	2	5	50 Free

6. The events run **VERY FAST**. There are literally seconds between heats, so have your swimmer behind their lane at least two heats before they swim. **The swimmer from the previous race will not exit the water until the next race starts, so be ready!**
7. Your swimmer will usually have a lot of time between races, so use this time to get a snack and something to drink. Spectators are welcome to come and go, but the **swimmers must remain at the pool until they complete their final event**. Sometimes the order of events is changed, events are combined or scratched, so the swimmer needs to be prepared.
8. Snake River LSC meets will have lane assignments for timers for the weekend. The announcer will request timers from the different teams if these assignments are not covered. Check with the coaches if you hear this call during the meet and are interested. **It is important to have parents volunteer for this**, but if it is your first meet do not worry about volunteering - enjoy watching the meet and getting a feel for how things work. Make it a fun and positive experience for you and your swimmer!

Note that timers from our team are not required for meets outside our LSC.

Miscellaneous Information:

1. Although the meets often run three days, you do not have to swim all three days. Friday nights are normally longer events such as the 200 & 500 freestyle. **You can look at the .pdf of each individual meet on the Elko Swim Team web site under Team Events. This form will tell you where the meet is being held, what time it starts each day, deadlines for registration, when the different events will be held, etc.** This can help you decide which events to sign your swimmer up for.
2. The web site will not allow you to sign your swimmer up for events they are not eligible for, so feel free to enter any of the events listed under your swimmer. The coach will add to or change your selection if he/she feels your swimmer is ready for it. Remember, you can always decide not to swim individual events at the meet but once the deadline passes you cannot add events.
3. MeetMobile is a great, inexpensive app that all the teams use. It allows you to see real time results (sometimes slightly delayed) for each event, final times and placement, and sometimes heat sheets.
4. All travel arrangements are made by you. The team does not drive together, and hotel selections are made by the parents.
5. The meets start early and often run through lunch, so when packing snacks consider yourself as well!

TO USE THE SMITH'S COMMUNITY REWARDS PROGRAM:

If you have a Smith's Rewards card, you can list Elko Anacondas Swim Team as your benefactor for Smith's donations. They will donate a percentage of every purchase to the Team at no cost to you.

1. Most people with a rewards card do not yet have an online account. Go to www.smithsfoodanddrug.com and click on the *'Welcome Sign In'* arrow next to the shopping cart
2. On the sign-in page, click *'Create an Account'*
3. Log into your newly created account. Click on *'My Account'* arrow, then *'My account'*
4. Click on *'Inspiring Donations'* on the left-hand side
5. Here you will be able to search for Elko Swim Team as the Organization name you would like to use

Note: Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Smith's rewards card number.