



2024 Board of Directors

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2024 Coaching Staff

Head Coach – Caleb Thomas
Assistant Head Coach – Tess Williams
Assistant Coach – Alex Counoupas
Junior Coaches – Maddie Clark & Ashlyn Pew
Coaches in Training (CITs) – Ella Hayes, Ashby Marchese, Elias Males, & Jacob Johnson

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2024 Dates of Events and Meets:

Please go to our [website](#) to see details about each event and to RSVP.

Date	Event
April 7	2024 Registration Opens
April 16	WaveRiders Suit Fitting @ RounTrey Clubhouse
April 23	WaveRiders Suit Fitting @ WaterMill Clubhouse
May 20-21	*New WaveRiders Swimmers Only* First Days of Practice
May 22	First Day of Practice for Tenured Swimmers
May 24	WaveRiders 2024 Season Kick Off Party @ Watermill Pool
June 1	Mock Meet (new WaveRiders only) @ Watermill Pool
June 8	Team Breakfast and Photo
June 11	Swim Meet
June 18	Swim Meet-HOME vs. Hallsley
June 25	Swim Meet- AWAY @ Summer Lake
July 2	Swim Meet-HOME vs. Queensmill
July 9	
July 15	Swim Meet- HOME vs. FoxCreek
July 17	WaveRiders End of Year Banquet
July 22	CAL Champs Meet for qualified swimmers aged 10 and under
July 23	CAL Champs Meet for qualified swimmers aged 11+

Practice Schedule

Watermill Pool

Weeks	Days	Level	Time
Week 1 May 20 - 23	Monday - Thursday	Level 6	4:00-5:00 PM
		Level 5	5:00-5:45 PM
		Level 4	5:45-6:30 PM
		Level 3	6:30-7:15 PM
Week 2 May 28 - May 31	Tuesday - Friday	Level 2	5:00-5:45 PM
		Level 1	5:45-6:30 PM
Week 3 June 3 - 7	Monday - Friday	Level 2	2:30-3:15 PM
		Level 1	3:15-4:00 PM
Summer Practice			
Weeks 4 - 10 June 10 - July 19	Monday, Tuesday, Thursday, Friday	Level 1	8:00-8:30 AM
		Level 2	8:30-9:15 AM
		Levels 5 & 6	9:15-10:15 AM
	Wednesday	Level 1-2	8:00-8:30 AM
		Level 3-6	8:30-9:15 AM

Rountrey Pool

	Weeks	Days	Level	Time
First 3 weeks of Practices	Week 1 May 20 - 23	Monday - Thursday	Level 2	5:00-5:45 PM
			Level 1	5:45-6:30 PM
	Week 2 May 28 - May 31	Tuesday - Friday	Level 5-6	4:00-5:00 PM
			Level 3	5:00-5:45 PM
			Level 4	5:45-6:30 PM
	Week 3 June 3 - 7	Monday - Friday	Level 5-6	4:00-5:00 PM
			Level 3	5:00-5:45 PM
			Level 4	5:45-6:30 PM
	Summer Practice			
Morning Practices	Weeks 4 - 10 June 10 - July 19	Monday, Tuesday, Thursday, Friday	Level 3	7:45-8:30 AM
			Level 4	8:30-9:15 AM
		WEDNESDAY PRACTICES ARE AT WATERMILL	Level 5-6	9:00-10:00 AM
Evening Practices	Weeks 3 - 10 June 5 - July 19	Monday and Wednesday	Levels 3-6	5:00-5:45 PM
			Levels 1-2	5:45-6:15 PM
Saturday Practices	6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20	Saturdays	Level 1-2	8:00-8:30 AM
			Level 3-6	8:30-9:15 AM

Note: Due to limited lanes and days available, evening practices are reserved for swimmers who cannot make the morning practice due to summer school, camps, and parent work schedules.

Registration

Registration will open on **April 7th for the 2024 season**. Until then, feel free to check out our website for events and practice details. We will update the website with any dates and details as soon as we have them.

<https://www.gomotionapp.com/team/waveridersst/page/home>

All swimmers must be registered on the swim team before participating in practices. The cost of the team swimsuit and other equipment (such as goggles, water bottles, etc.) is not included in the registration fees. These items must be purchased separately. Please attend a suit fitting (details under “Important Dates”) or order suits directly by visiting our [website with the VA Swim Shop](#).

Registration fees cover the following:

- Coaches’ salaries
- League fees
- Administrative costs
- Insurance
- Miscellaneous expenses

Swimming Proficiency Policy:

WaveRiders is not a learn-to-swim program, and swimmers without basic swimming skills can pose a safety issue. Swimmers must already have some basic swimming skills before joining the team. They must be able to safely swim 25 yards (one length of the pool) unassisted as determined by the head coach. Please note that parents/guardians may only attend swim practice as a spectator. Please do not participate or interrupt the coaching staff during practices.

Swimmers will be tested early in the season. Additionally, the coach can remove a swimmer from the team if he/she feels the swimmer has insufficient skills to be safe in the water.

Swimmer Levels:

Practices will be organized by swim level to allow our coaches to develop swimmers in the most efficient way possible. When registering, you will choose a level for your swimmer(s). If you are unsure, take your best guess and our coaches can adjust as needed. The levels will be organized as follows:

<p>Level 1</p>	<ul style="list-style-type: none"> • Entry level • Comfortable in a pool environment • Comfortable submerging head under water • Can propel oneself across a 25-yard pool (one length of the pool) unassisted by an adult. May use lane lines as a floatation device if a short rest is needed (may be required to pass a swim assessment). • No stroke technique required • <i>Recommended:</i> Average age of 5
<p>Level 2</p>	<ul style="list-style-type: none"> • Comfortable in a pool environment • Can attempt to swim freestyle and backstroke • Can propel oneself across a 25-yard pool (one length of pool) without stopping – unassisted by an adult (may be required to pass a swim assessment) • No stroke technique required • <i>Recommended:</i> Average age of 6
<p>Level 3</p>	<ul style="list-style-type: none"> • Can swim freestyle and backstroke across a 25-yard pool without stopping and unassisted • Is beginning to be able to swim 50 yards of a pool unassisted (two lengths of the pool) • Can attempt to swim breaststroke and butterfly • May or may not be “legal” in these strokes • <i>Recommended:</i> Average age 7-8
<p>Level 4</p>	<ul style="list-style-type: none"> • Can swim all 4 strokes “legally” (freestyle, backstroke, breaststroke, and butterfly) across a 25-yard pool • Can swim freestyle and backstroke for 50 yards of a pool unassisted and without stopping • Can attempt proper turns in all strokes • <i>Recommended:</i> Average age 9-10
<p>Level 5</p>	<ul style="list-style-type: none"> • “Legal” in all 4 strokes (freestyle, backstroke, breaststroke, and butterfly) • “Legal” in all turns • Can swim all 4 strokes for 50 yards of a pool unassisted and without stopping • Typically has prior swim team experience • <i>Recommended:</i> Average age 11-12
<p>Level 6</p>	<ul style="list-style-type: none"> • “Legal” and proficient in all 4 strokes (freestyle, backstroke, breaststroke, and butterfly) • “Legal” and proficient in all 4 turns • Can swim all 4 strokes proficiently for a minimum of 50 yards of a pool unassisted • Swimmers must have “Champs” qualifying times • Previous swim team experience • <i>Recommended:</i> Average age 13 and older

Swim Meet Participation:

Parents must commit their swimmer for the meets on the WaveRiders website before the deadline each week; this is for both committing and declining. Swimmers cannot be entered in swim meets once the deadline has passed. Please familiarize yourself with the website so your swimmer is not excluded in a meet.

Parent Volunteer Requirement:

Family participation is essential to the success of a summer swim team. At WaveRiders, swim team is more than just swimming. Our goal is to give our swimmers a fun and social experience both in and out of the pool by participating in a variety of team building activities. To ensure fairness and effective coverage, **a parent or guardian must volunteer at least TWICE at meets per swimmer over the course of the season.** If your swimmer will not be participating in meets this summer, please reach out to our volunteer coordinator to arrange other options.

Volunteer Sign-Up

Our WaveRiders website is used for volunteer registration. For **any** volunteer position, **all families are required to sign up by using our website.** Meet volunteer positions will be structured for ½ meet and full meet support.

If you are unable to fulfill a volunteer shift, another family member or friend may volunteer in your place. Please let the swim team volunteer coordinator know when this occurs. Email is the best form of communication. Scheduling conflicts arise and if you cannot fulfill your selected role, it is your responsibility to find a substitute.

Meet Day Volunteer Sign-In

Volunteers for each swim meet will need to check in with the volunteer coordinator **no later than 30 minutes prior to the meet start time.** It is the responsibility of the volunteer (first and second half) to check-in prior to the swim meet starting. At that point, the volunteer coordinator will give any additional information that may be needed.

Officials / Meet Volunteer Job Descriptions

The following are positions that have been held in the past. Certain positions are “official” positions and require attendance at a pre-season clinic as noted by a “Y” in the “CAL Clinic” column. Please send an email to waveridersswimteam@gmail.com if you are interested in learning more about any official positions.

POSITION	CAL CLINIC	SWIM EXPERIENCE REQUIRED
1. Referee	Y	Y
2. Starter	Y	Y
3. Strokes and Turns	Y	Y
4. Head Timer	N	Y
5. Computer Operations Specialist	Y	N
6. Announcer	N	N
7. Clerk Of Course	N	N
8. Timer	N	N
9. Ribbon Labeler	N	N

10. Concessions	N	N
11. Results Table Worker/Verifier	N	N
12. Hospitality	N	N
13. Runner	N	N
14. Mite Parent	N	N
15. Heat Winner Ribbons	N	N
17. Meet Manager	N	Y
18. Meet Set Up	N	N
19. Meet Breakdown	N	N
20. Volunteer/Swimmer Check-In	N	N
21. Parking Team	N	N

Below is a brief description of the positions.

1. **REFEREE (home meet only):** The referee is the head official and ensures that all CAL rules are enforced.
2. **STARTER (home meet only):** The starter advises swimmers at the start of each race as to the stroke and distance.
3. **STROKES & TURNS JUDGE:** Judges observe starts, strokes, and turns of each event; they communicate potential stroke violations to the Referee of the meet. Judges must attend a CAL clinic.
4. **HEAD TIMER (home meet only):** Head timers keep the official stopwatch and an extra in case one of the lane timers has a malfunction.
5. **COMPUTER OPERATIONS SPECIALIST (home meet only):** The computer operations run the technical aspects of the home swim meet. This includes timer setup, operating Meet Manager software, verifies timers' inputs from Dolphin timing system. The Computer Operations specialist runs the meet software, generates reports and processes results. The person filling this role must have a thorough understanding of the timing rules and how to apply them. Additionally, a Computer Operator needs a working knowledge and understanding of the software. The ability to troubleshoot computer and other related problems is very helpful. When it comes to time verification, accuracy is a must. Speed is highly desirable.
6. **ANNOUNCER (home meet only):** Supplied by the home team. Announces the next events and the results of the previous events. Calls upcoming heats to the clerk of course. This is a great job for someone with a strong voice. You make any necessary announcements, and work with the Starter/Referee to keep the meet moving quickly and smoothly.
7. **CLERK OF COURSE:** There is one "clerk" who runs the Clerk of Course. We need two or three volunteers (seaters) for each home meet to line up swimmers prior to their events. Responsibilities include verifying the names of swimmers in each event and assigning lanes to the swimmers. These volunteers will need to be willing to speak loudly as necessary to ensure swimmers are paying attention. This is a crucial job to keep the meet running smoothly and on time.
8. **TIMER:** Multiple timers are needed at each meet (home and away). Timers record each individual swimmer's time. Additional instructions will be given at the beginning of each meet. This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time

the swimmer in your assigned lane. There are typically three timers per lane, and the median of the times is used as the official time (or as backup for electronic timing systems). You get a much better view of the action. One timer will also record the times on a timing sheet, and one will also hand the sheet to the runner.

9. **RIBBON LABELER:** This volunteer position is needed to label place ribbons (1st, 2nd, 3rd, etc.) for WaveRiders swimmers and place them in the ribbon box. Labels are pre-printed once meet results are received.
10. **CONCESSIONS (home meet only):** Workers are needed to staff the concession stand at each home meet. Volunteers who sign up for the first half of the meet should plan on arriving an hour early to set-up the food and cash boxes. Volunteers who sign up for the second half of the meet should plan on staying after the meet ends to pack up.
11. **RESULTS TABLE WORKER:** These volunteers support the computer operations team with processing timer sheets, disqualification (DQ) forms, and verifying results for each event.
12. **HOSPITALITY (home meet only):** The expectation of this role is to meet and greet visiting team coaches, swimmers, and guests; provide direction to away team swimmers and parents; answer general WaveRiders questions; and deliver water to coaches, officials, and meet volunteers during the meet.
13. **RUNNER (home meet only):** After each race, the runner collects the timesheets from the timers in each lane, and strokes and turns judge slips, and any cards from the starter/referee and takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise!
14. **MITE PARENT:** This is a parent position that assists with 8 and under swimmers during the meet. This position works with the Clerk of Course to ensure our youngest swimmers report to their proper lanes in an orderly and timely fashion. They stay with the swimmers until they are seated behind the blocks. It is often needed to find the swimmers in the team area and/or escort the swimmers in lane assignment and heat order from the clerk area to the starting end of the pool.
15. **HEAT WINNER RIBBONS (home meet only):** This position will provide an award ribbon (or prize) to each heat winner during the meet. This is a great spot to watch the meet!
16. **MEET MANAGER (home meet only):** This position does whatever duties are needed on the day of the meet. This volunteer will need to have a good understanding of how a meet operates.
17. **MEET SET-UP (home meet only):** Assists with getting the pool ready for the meet. Requires early arrival.
18. **MEET BREAKDOWN (home meet only):** Assists with pool clean-up after the meet ends.

Swim Practice Behavior Expectations:

It is the goal of the coaching staff to provide instruction and training during the entire practice session. WaveRiders swim coaches create lesson plans for each day and week of the season to teach the swimmers proper technique, prepare them for competitive swimming, and meet the needs of each swimmer in the practice group. All swimmers are expected to demonstrate a cooperative attitude and follow the instructions and directions of the coaching staff.

Parents should refrain from being on the pool deck during practice and should not interrupt practice by talking with coaches or swimmers. Swimmers should refrain from being on the pool deck if it is not their assigned practice time and should not interrupt another practice by talking with coaches or other swimmers.

Contact Information:

Coaches	waveriderscoaches@gmail.com
WaveRiders Board	waveridersswimteam@gmail.com
WaveRiders Sponsorship Committee	waveriderssponsorships@gmail.com
WaveRiders Volunteer Coordinator	waveridersvolunteercoordinator@gmail.com

Appendix Items

New to Swim FAQs:

What is a 25 (50)? Indicates the pool length: some pools are 25 meters, while others are 25 yards. Swimming a 25 simply means swimming one length; swimming a 50 would be two lengths. Times are adjusted for swimmers during meets to standardize the results when a yard pool is used.

What is a heat? Indicates a group of 6 swimmers (one per lane at the Watermill and Rountrey pools) that participates in an event; most events have multiple heats. Seeding is used to group swimmers in heats based on their times. The first heat of each event is the fastest heat in summer swim.

What does bronze, qual, silver, or gold mean? Indicates the time standards for each event. All new swimmers start in the bronze category and move up into the other categories if their times meet the standards. Swimmers in different categories (e.g. a “gold” swimmer and a “silver” swimmer) may swim in the same heat during the regular season meets, but all are awarded points and ribbons based on their own classification. For example, a first place might be awarded to a gold swimmer in 50 free. In that same event, a silver swimmer might also be awarded first place. Once a swimmer moves from Bronze to Qual, this means they have qualified to attend the CAL Champs Meet at the end of the regular season. Any swimmer with a Qual+ time may attend Champs.

What is an IM? Stands for Individual Medley. During this event, one swimmer swims 25 meters of all four strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

What is a medley relay/free relay? The medley relay starts with the lead-off swimmer swimming backstroke, then the next swimmer swims breaststroke, followed by butterfly, and finally, freestyle. In a free relay, all swimmers swim freestyle. A relay team can have no more than 2 boys and is placed in a time category based on the highest level a swimmer in the relay has achieved.

What is a DQ? Indicates that a swimmer has been disqualified during a particular event because they did not swim the stroke legally or did not do a legal turn or a legal dive. The coaches will review the DQ cards and help the swimmer correct their error(s) during the next regularly scheduled practice(s). DQ's are a learning tool and designed to help swimmers know what they need to work on.

What is the Clerk of Course (COC)? Represents the area of the pool during a swim meet where the swimmers are told which lane and heat they will swim in. All swimmers must listen to hear their event number called by the meet announcer and then report to the clerk of course. Writing your swimmer's events, heats, lanes, and name on your swimmer is very helpful for volunteers working in COC (see page 15).

How do we know what event we are on? The announcer will announce each event, multiple times. In addition, there is a flip board near the announcer that shows the latest event needing to head to the COC. Help your swimmer to recognize their event numbers. It seems overwhelming at first, but there will be plenty of help from coaches, parents, and other swimmers.

Can I be on the swim deck with my swimmer? No, unless you have a specific job on the pool deck. Parents of younger swimmers can walk them to the entrance of the COC. The deck gets very crowded, and it is hard for meet officials, swimmers, and coaches to do their jobs if too many people are there. Please refrain from being on deck unless it is an approved area (watch & go, areas for seating, etc).

Why do kids have writing on their arms? It is helpful for the swimmers to have their events, heats, and lanes written on their arms. The COC will use this writing to ensure swimmers get where they need to be, especially our youngest swimmers. It is also very helpful to write your swimmer's name on his/her back if they are 10 or under (see page 15).

How to read a Heat Sheet and draw events on your swimmer:

Materials Needed: Sharpie and Highlighter/Pen/Pencil

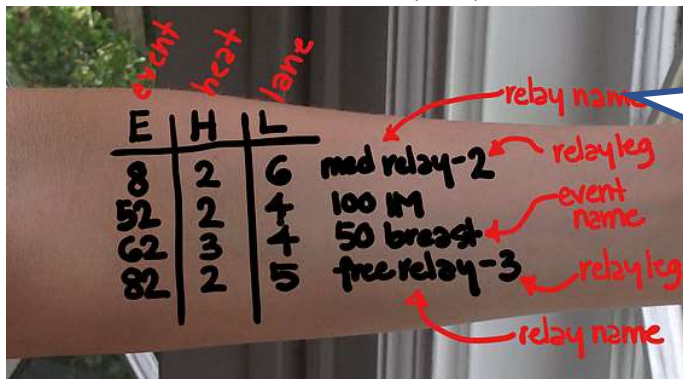
1. Find your child's name on the heat sheet. Each child should have 2-4 total events per meet. Highlight or underline his/her name. The events will be called out on a PA system. When a swimmer's event is called out, they should report to the Clerk of Course.
2. Draw the below matrix on your heat sheet or another paper and fill in the blanks. See below for example:

Event 56 Mixed 13-14 200 SC Meter Freestyle Relay			
CAL Meter: 1:52.90 7/11/2017 G. Lee, A. Watson, M. Sweat, A. Moudry			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
3	WaveRiders	A	2:11.82
	1) Minor, Reese W13	2) Eason, Joshua M12	
	3) Marchese, Landon M14	4) Cole, Nathan M14	

The matrix should be filled out like this (if you are Reese Minor in the example heat sheet entry above):

Event	Heat	Lane	Stroke
56	1	3	Free Relay- 1

3. Now draw that on your swimmer's arm in Sharpie. This allows the clerk of course to place swimmers into the correct events, heats, and lanes. If your swimmer is 10 or under, PLEASE write their full name on their back. This is very helpful for the clerk of course while organizing the kiddos.



If sunscreen is applied before adding the matrix, the sharpie will bleed and come off when the swimmer enters the pool for warm-ups. Please write the matrix before applying sunblock, and then avoid applying sunscreen over the matrix once it's written.

4. Now, just for fun- let your kid decorate their friends in sharpie! Example below:



Note! Sharpie comes off easily with spray sunscreen!