

New Parent Education Session

Team communication:

The team website is the central communication vehicle for the team www.foxvalleywave.org. You will receive a login when you begin registration.

- * Practice schedule is posted under the Group Calendar tab
- * Meet schedule, sign-up
- * General news, announcements on news tab - updates pushed out via email
- * Parent Board Meeting Notes
- * Account Balances

Another important resource to know about is www.usaswimming.org. This site has a lot of information for new swimmers and parents on the sport of swimming, nutrition, terminology, etc. Each one of your swimmers will have a USA swimming account which will track their times for their entire swimming career. Simply go to the login page and sign up.

www.WisconsinSwimming.org is also another great resource. They are the local arm of USA swimming which is the national governing body for the sport of swimming. It provides up to date information about all meets that occur in the state, policy and time standards.

What equipment will I need to join?

- * Recommend 2 practice suits - Example of some popular brands are Speedo, TYR, Dolphin, Arena (poly lasts longer than lycra)
- * Goggles
- * Swim Cap - Latex or Silicone (silicone is thicker and lasts longer)
- * Swimming Fins (long fins - not the short zoomers)
- * See "Swim Groups" tab on website for specific equipment for the assigned group
- * Note that some vendors offer "grab bag" suits - these are usually good quality suits but they may not be in the most popular color etc. If your child isn't too picky...this is the way to save some money.

Where should you go to purchase suits, equipment?

Websites:

- www.elsmoreswim.com (team vendor)
- www.swimoutlet.com (most popular and has the most variety)
- www.swimandtri.com (minimum free shipping is \$65)
- www.swim2000.com (10% off first order and \$75 minimum free shipping)
- www.speedo.com
- Local options: Scheels, Dick's Sporting Goods
- All other apparel (t-shirts, shirts, towels) is done through the team. Heidi Rocke (hrocke@msn.com<<mailto:hrocke@msn.com>>) is our team apparel manager and will make you aware of team orders via email.

What is the expectation for attendance at practice and at meets?

- Practice: Bronze swimmers should target at least 2 practices per week, more is OK. Silver swimmers should target 3 or more practices per week. Gold and Senior swimmers are practicing 5+ times per week.
- Meets: New swimmers should attend meets! Your child doesn't have to be a seasoned swimmer to take part. Consult a coach if you have any questions. Competition is by age group 8 and under, 10 and under, 11-12, 13-14 and Open. Our Home meet is a mandatory meet. Our home meet is being held on January 5th and 6th at the Appleton North High School. We want to have as many swimmers attend meets as possible, see web page and meet information. We encourage swimmers to swim in as many meets that they can comfortably fit into their family schedule. These are great opportunities for your child to grow in the sport. We also have a swim meet 101 we will take you through prior to the first meet.
- Any swimmer that qualifies for a state qualifying time is expected to represent our team at the State Championship Meet. It is also expected that if your swimmer is lucky enough to be chosen by the coach for a relay at state (based on their times) that they will attend.

Overview of What Happens at Practice:

- Swimmers should arrive 15 minutes in advance of practice in order to use the restroom, change and have cap and goggles on and ready to swim at their assigned start time.
- Parents of younger swimmers are expected to help get their swimmers ready to begin practice.

- Parents are welcome to sit in the stands or leave the premises during the time their swimmer is in the water.
- Parents are welcome to talk to coaches after practice to discuss specifics regarding their swimmer.
- Parents are expected to pick up their swimmer within 15 minutes of scheduled practice end time. It is not fair to the coaches to keep them waiting. They are not able to leave until all swimmers have exited the pool/locker room area.
- Keep in mind that our team is also set up to allow swimmers to progress through the different practice groups. While in any group, their age group coach is their main coach. It is possible at meets to have different coaches be present to support kids from different age groups. Our goal is to build our swimmer to be at the top of their game when they are in their High School years. Each stage is designed to help them achieve this goal. This is a different step up than joining a basketball team that has all 4th grade students in it. One of the gifts of being a part of this team is the mixing of ages in the practices group and the ability to stay one team and move between the practice groups. (Do you want to also share the mission of the team with new parents)

Terminology:

Free: Short for Freestyle

Back: Short for Backstroke

Breast: Short for Breaststroke

Fly: Short for Butterfly

Heat Sheet: The packet of papers with all the events listed, complete with a listing of all participants and their heats and times. The bible of swim meets!

Event: The race i.e. the 50 Free

Heat: The method of organizing an event where 8 swimmers swim all at the same time and are grouped by their similar previous performance times. i.e Johnny is swimming in the 4th heat of the 200 Breast

Lane: The row, outlined by "lane lines" that a swimmer will be placed in for a race. Lane 4 is the fastest time in each heat.

Leg: The position of a swimmer in a relay race, #1 beginning the race ,#4 swimming last.

Block: The platform where a swimmer dives from at the beginning of every race. (It is not mandatory to use a block).

Fly-Over Starts: The process in which the swimmer who has just finished a race, stays in their designated lane, and does not get out of the water until the swimmer in the next race dives over them.

False Start: The swimmer dove into the water too soon.

Flip turn: The method of touching the wall at the end of your lane and changing your direction. It looks like a somersault in the water and the swimmer can then push off the wall in the opposite direction. It is not required and it is not done with all the strokes.

DQ: Short for Disqualified

Jammer: a boy's swimsuit that goes from Waist to just above the knee

Swim Meet 101

Over view of What Happens at a Meet:

- Time of Day/Time Expected in Water for Warm Ups (Explain Meet Info). Deck/Natatorium Expectations:
 - Several other teams congregated
 - Coaches Table
 - Officials on Deck
 - Timers Behind Blocks
 - Starting Gun and Light
 - Staging Area (swimmer only – no parents)
 - Scoreboard
 - Concessions
 - Admissions Table/Heat Sheets
 - Awards Table
 - Parents in stands

Parent Expectations

- Place belongings in rest area & get a seat in stands
- Swimmer on time, changed & in pool at start of warm-ups
- Explain warm ups/circle swims/starts/any drills
- Mark Swimmers Arms with Event/Heat/Lane (Race)
 - 3/1/6 25 Free
- If Mentors or Coaches haven't reminded the kids to be behind blocks well in advance, you should. Keep track of the event # and refer to heat sheets.
- Smile and Applaud. **FYI: Do not be disappointed if your swimmer DQ's . They all do...even senior swimmers.**
- Check the results, usually posted on a wall or in the hall, after a couple of events have passed. If your child places (sometimes awards go to 16th place), or their relay places (usually only to eighth place), retrieve their awards with them. **FYI: You will need your heat sheet or at least a list of their swim event numbers. You will have to initial next to their standing on the sheets at the award table so as to keep track of who has picked the award up.**

- Keep your child well fed (not overfed) and hydrated.
 - Tell your swimmer to check-in with their coach immediately after each of their swims. **FYI: Don't be surprised if you see that the adults at the end of the lane don't offer a hand to your swimmer to get out of the water. It is illegal for a timer or a coach to assist a swimmer out of the water unless it is an emergency.**
 - Overall remember your role as a parent is to feed, transport, spend \$, encourage support and love. As Coach Curt says, "don't hurt their heads!" It is not our role as parent to be the coach, that is what our coaches do. If we take on the coaching role, then our coaches have to become the supportive parent and that doesn't work. So remember, don't hurt their heads! 😊
- What to Pack for a Swim Meet
 - Bag: Duffel or Backpack or otherwise
 - Highlighters and Dark Colored Med Tipped Sharpies
 - Two Beach Towels
 - Team Suit and a drag suit
 - Caps
 - Goggles
 - Warm Up/Sweat Pants & Sweatshirt
 - Wave T-shirt
 - Flip Flops or crocs etc to wear when not swimming
 - Gatorade or Sports drink of preference or water bottle
 - Snacks, PBJ etc
 - Cooler with items (optional)
 - Dry clothing including underwear to change into after meet (Many swimmers forget the underwear because they arrive at the pool dressed in swimsuit and ready to go!)
 - Games/Cards/something to do to occupy down time
 - Sleeping bag/blanket to spread on floor
 - Parents should also pack:
 - Lawn Chair for Parents Use in Rest Area
 - HIGHLIGHTERS
 - MED TIP DARK COLORED SHARPIES
 - Printed Page of your child's entries
 - \$ for Heat Sheets/Admissions and Concessions
 - Clip Board
 - Book to occupy any down time
 - When Parents Arrive:
 - Set your belongings in rest area, along with your child so that they know where to go between races
 - Get a Seat on Bleachers
 - Purchase Heat Sheet and begin highlighting your child's races. A few days prior to the meet the coach will post on our website or email all the entries to the swimmers. PRINT THAT PAGE and bring with you to the meet. It makes finding the swimmers race so much easier. **FYI: If your child has never swum a particular race before, they will be listed with a NT next to their name. This means "No Time". Meets are organized, first, by event, then by heat. Heats are decided by time, and are usually swum slowest to fastest. Hence, if your child has not swam the event before, look for them in the first or second heat of that race.**
 - Make sure you know if your child is in a relay. These are sometimes listed separately from the individual events. This is sent out or posted at the same time

as the individual events and it will tell you WHAT relay i.e. 200 yard Freestyle Relay WHAT LEG your child will swim, ie "1" (first or lead off or "start"), 2 (second), 3 (third) or 4 (fourth or anchor). You will need to find that relay on the heat sheets as well. They are typically at the beginning and the end of the sessions, and swum by age group.

- When your child is free, either before or after warm-ups, MARK THEIR ARMS, with the sharpie, with their Event/Heat/Lane/Leg and the name of the stroke. FYI: (8 and unders will be "staged" for relays...placed in the correct order and escorted to their place behind the blocks. The timers have a list of who swims in their lanes, and the swimmers should check in with the timers when they get there. It saves a lot of time and prevents many a younger child from missing their race. Timers will often yell out the name of who is next in the water as well).

Fox Valley Wave Swim Team : News - Windows Internet Explorer

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Fox Valley Wave Swim Team : News

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Fox Valley Wave Div 2 LCM Champs Again!

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News

Sep 5, 2012 - Scrip - Help your team and help yourself
Our team offers scrips to use to buy many of your items you already buy on a weekly basis. All kick-backs from the program are split 50/50 between your family account and the team. It is a win/win...

Aug 31, 2012 - WAVE Equipment Exchange
Dear WAVE Parents It's time to clean out the closets and get rid of some of that swim equipment that your kids have grown out of! We are holding an equipment exchange for the team over the next ...

Aug 20, 2012 - Last Day for Registration
A quick reminder...today is the last day current Wave members may register for the team for the upcoming season. Outstanding balances from spring summer season and the payment for fall/winter regis...

Aug 8, 2012 - State Champs Once Again!
 This past weekend the 13 and Over Swimmers once again proved to be the best in Division 2! There were some great swims and memories made by everyone there. One of the highlights of the meet was our ...

Aug 6, 2012 - Registration is open!
Coach Greg always says "It's a beautiful day in Wisconsin!" Well today is a beautiful day to register your swimmer. Registration is now open and ready so take a few minutes to register and send in ...

Jul 30, 2012 - 12 and Under State
Congratulations to the 12 and Under swimmers this past weekend for a great state meet! 14 young swimmers gave their all and were rewarded with an over all 2nd place for the team. It was a fun meet w...

Jul 20, 2012 - New Admin on Board
Welcome Ruthe as our Wave Team Administrator! She will be transitioning into this position over the next couple of months. Yahoo Ruthe!!!!

Jun 29, 2012 - Wave at Olympic Trials
 Greetings from Omaha! The Olympic Trials/Service/Training trip has been an awesome experience for all. Early morning practice has been "hard-hard" according to Coach Curt. The staff at Springhill...

Jun 21, 2012 - Heat Sheets & Time Standards
Heat Sheets for the Fox Cities Meet this weekend are posted online on our home page. Please print them out and bring them with you to the meet. There will be only a limited amt available at the mee...

May 9, 2012 - Congrats to Ruthe and Aaron Zimmerman on their new bundle of joy!

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Fox Valley Wave Swim Team - Windows Internet Explorer

http://www.foxvalleywave.org/Home.jsp?team=wifvwst

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Fox Valley Wave Swim Team :

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Fox Valley Wave Div 2 LCM Champs Again!

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WELCOME TO THE FOX VALLEY WAVE SWIM TEAM

WE ARE THE 2012 13 & OVER SCY and 2011 LCM DIVISION II STATE CHAMPIONS

2012-2013 Fall/Winter Season begins September 12th.

The registration period for the 2012 Fall/Winter season has closed. Please click the "contact us" button to inquire about placement on our waiting list.

FOX VALLEY WAVE SWIM TEAM, PO BOX 221, NEENAH, WI 54957-0221

Events

Swim Meet Team Functions

DFAC Oct 13 ~ 14, 2012

ASC Oct 20 ~ 21, 2012

MN Grand Prix Nov 9 ~ 11, 2012

Attend/Decline

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