



Fox Valley Wave

Our mission is to establish a culture of excellence, which provides each swimmer the opportunity to achieve their highest personal goals in swimming and life.

October 2014, Issue 2

Fox Valley Wave Swim Team ♦ PO Box 221 ♦ Neenah, WI 54957-0221
www.foxvalleywave.org

Upcoming Events

October 6

Scrip Delivery

October 9; 6:00 pm

Mandatory Parent Meeting; Neenah HS, Room 148

October 13

Scrip Deadline

October 16

Swim Meet 101 –
Meet sign up info

October 20

Scrip Delivery

October 25th

USA Swimming
Official info session

October 27

Scrip Deadline



Trial Week and Kick-Off Meetings

We had a great turn out for free trial week! Thirty swimmers attended during the week of September 22. Twenty-one new swimmers will be joining the Fox Valley Wave! Sixteen will be joining Bronze 1, four will be joining Bronze 2, and one will be joining Gold. Watch for these new faces at practice and welcome them to the Wave family!

If you missed your practice group's Kick-Off Meeting, take a moment to check in with your coach to make sure you have all the information. You can also find team information in the handbook found on the Wave's website: [Handbook](#)

All Team Parent Meeting – October 9

The Team Parent Meeting will be held October 9 at Neenah High School (Room 148) at 6:00 pm. Please make every effort to attend. You won't want to miss the important information being shared.

Some topics to be covered include:

- Status of the team – current membership numbers, how to get involved, financial status, board members, coaching update
- Education – what do parents and swimmers want to know/learn throughout the swim season as well as training on the website and On Deck.
- Expectations – Parent/Coach connection, process for moving kids from level to level
- Scheduling – pool usage and practice schedules

Please come to the meeting with suggestions and ideas for educational opportunities. What do you wish you knew about the sport of swimming? What does your swimmer need to know?

There will be practice for the entire team from 5:45 – 7:00 pm during the Parent Meeting at Neenah High School.



WISCONSIN
SWIMMING

**HAPPY
BIRTHDAY!**



October

- 10/1 - Britt Horn
- 10/1 – Anna Auth
- 10/9 – Sophia Streich
- 10/10 - Shane Murphy-Pociask
- 10/12 - Hannah Klunk
- 10/17 – Andrew Merfeld
- 10/20 - Daniel Viedma
- 10/23 - Justin Murry
- 10/24 - Curt Beutler
- 10/24 – Marissa Myska
- 10/25 - Naomi Cortina
- 10/26 –Leah Armstrong



How to Make Your Swim Cap Last

Remove bobby pins and clips from your hair prior to putting your cap on to avoid puncturing your cap. Rinse your cap off in non-chlorinated water and then dry the cap off gently with a towel or allow it to hang dry. You can sprinkle talcum or baby powder inside the cap and distribute it evenly – this absorbs moisture that can lead to mold and keeps the cap from sticking to itself. Keep your caps in a case or a soft compartment of your bag to protect it from sharp objects.



Team Apparel Ordering

WAVE Logo Caps and Towels

Heidi Rocke – Our team apparel coordinator is currently taking orders for caps with names on them and towels with names on them. Email hrocke@gmail.com if interested in ordering. Latex caps are \$12 each with a 2 cap minimum and silicone are \$16 each with a 2 cap minimum.

If you would like to order a team towel – you can also email Heidi. We will need to do an order of 50 to get the names personalized on them. They are a large good quality towel. The cost is \$27 per towel. These items will be charged to your wave account when ordering.

Team Suits

For those of you interested in ordering team suits – we will have the fit kit available at the swim meet informational meeting on Oct 17th. Your swimmer can try on multiple suits to find the right fit. Then you can place your order online for the suit in the appropriate size.

Nutritional Nuggets – Hydration

Many swimmers save drinking fluids for AFTER practice. However, experts agree that drinking fluids DURING and even BEFORE practice is of the utmost importance.

For one hour practices or less, swimmers can drink and stay hydrated with plain water. When practice lasts longer than an hour, swimmers need to replace the sodium, chloride and carbohydrate they lose through sweating to keep their muscles fueled. This can be accomplished by drinking a beverage that contains electrolytes and carbohydrate, such as a sports drink. Avoid sweetened drinks such as Kool-Aid and sweetened fruit juice.

Young swimmers (under 12 years old) should bring at least 12 ounces of water to the poolside for the first hour of practice and an additional 12 ounces of sports drink if practice goes for two hours.

Teen swimmers should enter practice hydrated and bring along a liter of water to consume in the first hour of practice. Bring a liter of sports drink for the remainder of practice.

What if you don't like sports drinks? Experiment with watered down sports drink or 100% fruit juice, salty food (pretzels!) or a sports gel and extra water, or experiment with making your own!

All swimmers should make a habit of bringing a water bottle to practice!

Swim Meet Basics For New Members

Swim Meet 101 will be offered on **Thursday, October 16th** at Appleton North from 6:00-6:45 pm. This is a great opportunity for new parents to learn about the meets Fox Valley Wave attends and what meets are a great fit for new(er) swimmers.

In addition, you will learn what to expect at a meet, how to read/use a heat sheet, how to sign up for meets and what swimmers and parents should bring to a meet.

If you are unable to make this time – please send an email to carolyn.eisele@gmail.com and we will arrange an alternate time to cover the information.



Homemade Sports Drink – Makes 1 Quart

¼ cup hot water
1/4 cup granulated sugar
1/4 tsp salt
¼ cup orange juice (not concentrate) plus 2 T lemon juice

Add sugar and salt to the HOT water. Stir until completely dissolved. Add orange juice and lemon juice to the sugar/salt water. Fill the rest of the way with cold water. Refrigerate or add ice cubes to cool.



Upcoming Meets**October 10 – 12**

SSTY-Greater Milwaukee
Open Meet @ Schroeder
YMCA

October 11 – 12

FONDY Meet @ Fond du
Lac

October 18 – 19

Ashwaubenon Swim Meet
(ASC)

November 8 – 9

Howard Suamico Fall
Meet (HSSB)

November 21 – 23

Oshkosh YMCA (OSHY)

November 21 – 23

WGLO* Schroeder
Aquatic Center

December 6 – 7

Shawano Swim Meet
(SCSC)

December 10 – 13

Winter Jr. Nationals*
(Washington)

December 12 – 14

WEST Nike Challenge*
(Waukesha HS)

December 13 – 14

Wausau Tide

*Requires qualifying times

**MARK YOUR
CALENDAR!**

**Fox Valley Wave
Splashfest
Home Meet**

January 3 – 4, 2015

Social Committee

One of the goals for the Wave Team is to help the swimmers make a connection with others in their practice groups as well as other swimmers on the team.

The Social Committee is looking for two parent volunteers from each practice group to help plan and implement activities for each group and to assist with team-wide events like the banquet. Parent volunteers will work with coaches as well to plan the social events.

If you are interested, contact:

Heather Christenson: hlchristenson@gmail.com

Lynn Roehrborn: lynn@foxcitiestrucksales.com

**Code of Conduct**

The Fox Valley Wave has a clear Code of Conduct that should be followed by all members of the team. All participating team members agree to abide by the following expected behaviors while at any organized team function:

- Honor and respect self
- Honor and respect the team and its coaching staff
- Honor and respect the parents/adults associated with the team
- Exemplify good sportsmanship at all times
- Smoking & underage use/purchase of alcoholic is unacceptable
- The use of drugs, other than those prescribed, is unacceptable
- All team members will participate in the State Championship Meet and all other designated championship meets they are qualified for.

Any team member found to be in violation with the Fox Valley Wave's Code of Conduct Expectations may be subject to penalty at the discretion of the Coach and/or the Parent Board of Directors. For more details, the Code of Conduct can be reviewed here: [Code of Conduct](#)

WAVE Swim Photos

Our team photo library contains over 3700 photos! If you have been on the team for a season, you are sure to find some photos of your swimmer in there! We ask that you when you have a good picture of your swimmer or groups, please upload your photos to the site. Also feel free to download any photos from there. There are some great ones!

The photos are used on our website, slideshows, newsletters and more so please contribute if you are able to. Go to www.flickr.com and log in!

Username: foxvalleywave

Passcode: Weloveswimming1

Fun Photo Flashback.....



Seeking Parents Willing to Become USA Swimming Officials

Do you have desire to learn more about the world of swimming? If so don't miss this opportunity to become an USA Swimming official! Becoming an official for our team gives you:

- Front line view of the action
- Insight and understanding into what is a legal flip turn, two hand touch, and those other unanswered questions into why did they just DQ my child
- Many teams offer you some financial compensation
- All the water and food you can drink and eat during a meet!
- Plus you gain our sincere appreciation from all of us for giving of our time and talents

As part of being a USA club team we are required to provide officials to help support our local & state meets. It takes 6 officials for our own home meets. We are so blessed to have the following parents already vested in this work:

- Cindy Maltry
- Jackie Runing
- Mark Kohrell
- Robyn Hernandez-Nagreen

If you are interested in learning more, please plan to attend a meeting at the Oshkosh YMCA at 5:45 on October 25th. Preregistration is required. If you have additional questions, please contact Mark Kohrell at mkohrell@gmail.com or 920-418-1061.

AmazonSmile



Amazon has a charitable area within the site called AmazonSmile. It allows you to give a small portion of any purchase to a non-profit. The Fox Valley Wave is one of the non-profits listed.

All you have to do is go to smile.amazon.com. You will need to search for our charity which is [Fox Valley Swim Team Incorporated](#). Ensure it is located in Neenah (there is another one!). Simply choose our team and 0.5% of all your purchases will be credited to our team. You can use the same account on Amazon and AmazonSmile. This is an easy way to support the team!



Did You Know?

USA Swimming records the times of every race your swimmer has ever swam in competition? By logging on to www.usaswimming.com and signing into Deckpass you can access this information. You will need to create an account the first time you go. Click here: [deck pass account setup](#) to get started. There is also a Deckpass App for Iphone and Android which is a great resource.



facebook

The WAVE has a Facebook page! Make sure you like our page for reminders of team activities, photos of current events and last minute news!