



Welcome to the Fox Valley Wave!

We are so glad you've decided to join the Wave! This document is intended to help you learn how to navigate through our website, help you know who to ask when questions arise, and teach you about what it means to be a part of the Wave family.

How is the Wave different from other teams?

Fox Valley Wave Swim Team, a member of USA Swimming, is a competitive swim club which focuses on developing each child's full potential in and out of the water. While the Wave Swim Team is a competitive swim club, the team's philosophy is to dedicate a considerable amount of time and energy to building youth development, character, and leadership in and out of the pool. We strive to help swimmers achieve their highest personal goals in life. Emphasis for youth ages 13 and under is to enjoy the sport of swimming while working to improve swim skills. Swimmers over the age of 13 receive more emphasis on stroke development and focus on helping each individual swimmer achieve their maximum potential as competitive swimmers.

Swim Practice Groups and Times

Swimmers are assigned a swim group and stay with that group for the duration of the swim season. Typically, coaches work in consultation with each other to move the swimmers between groups based on their ability and progression in the sport. More information about our coaches is on our website: www.foxvalleywave.org under the **Coaches & Board** tab, located on the upper right edge of the website.

For Spring/Summer 2023 our Coaches are as follows:

- Wavelets and Swells – Coach Dan Frase
- Breakers – Coach Ruthe Zimmerman
- Tidal Waves– Coach Carolina Artacho
- Tropical Storm– Coach Ryan Knox-Leonard

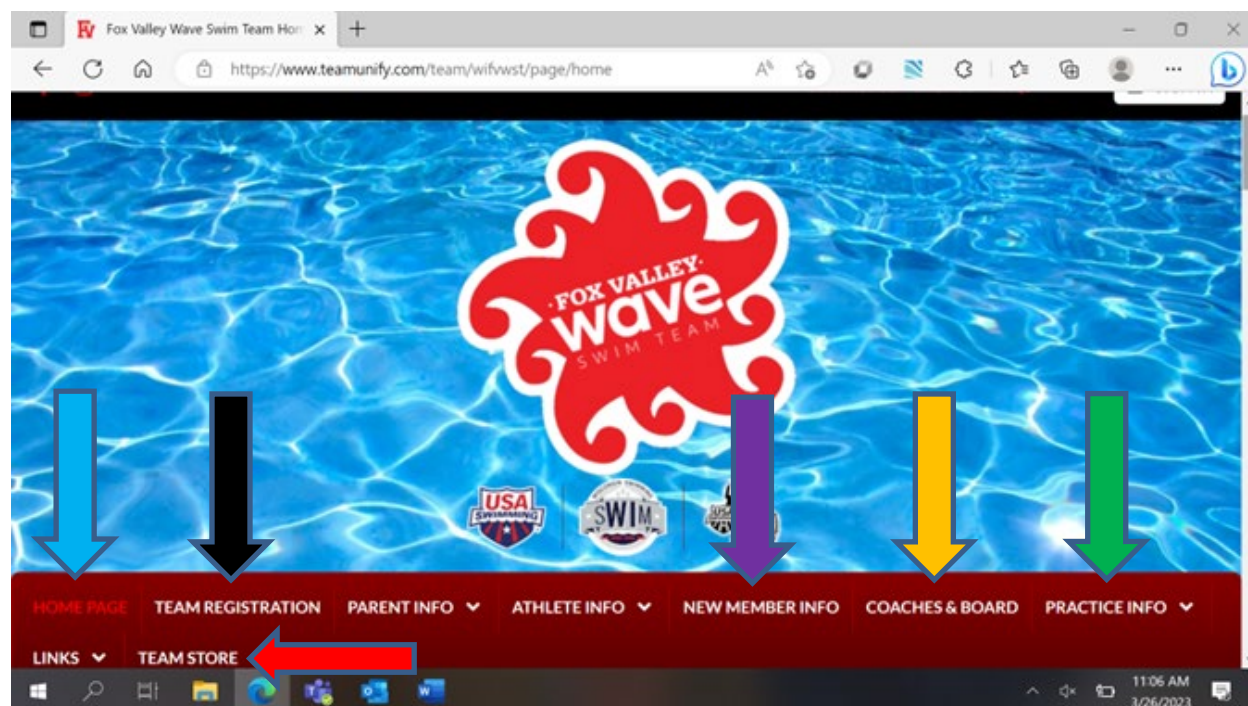
Most new and/or younger swimmers are assigned to our Wavelets, Swells, or Breakers swim groups. During the school year, Wavelets and Swells practices are held three days a week at either the Neenah High School Natatorium or the Appleton North Natatorium. Breakers, Tidal Waves, and Tropical Storm practices are held all five weeknights at either Neenah High School or Appleton North High. Tidal Waves and Tropical Storm offers Saturday morning practices when pool time and coaches are available. Generally, during the summer, practices for the Wavelets/Swells and Breakers groups are held in the evenings at area high school pools and Friday mornings at Erb Pool. Practices for Tidal Waves and Tropical Storm are held in the mornings during the summer months at the same locations.

Practice Expectations

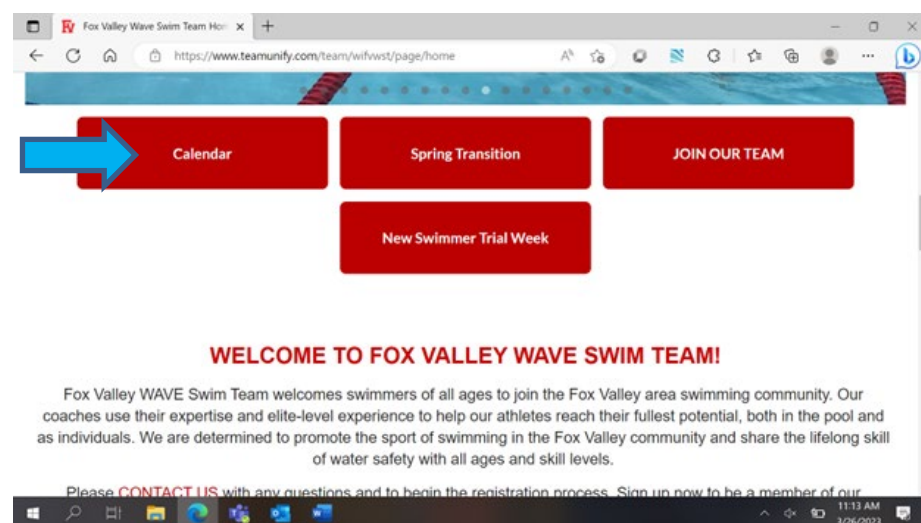
- Wavelets/Swells swimmers are asked to attend a minimum of 2 practices a week
- Breakers a minimum of 3 days
- Tidal Waves a minimum of 4 days
- Tropical Storm a minimum of 5 days

Attendance, however, is not taken by coaches because we understand kids get sick, families may have other obligations, and swimmers may also be involved in other activities.

More information about the requirements and expectations for our swim practice groups can be found on our website by clicking "[Practice Info](#)".



Check our website, click "[Home](#)", scroll down, and then "[Calendar](#)" to search swim schedules by swim group. It is encouraged to do this at least weekly to ensure you have the most accurate practice schedule. You can also subscribe to the calendar to learn about any changes.



What to Expect at Practice:

Swimmers should arrive **10 minutes in advance** of practice ready to begin practice. During practice, parents are welcome to sit in the stands or leave the premises during the time their swimmer is in the water. ***Parents are expected to pick up their swimmer within 10 minutes of scheduled practice end time.*** Coaches are not able to leave until all swimmers have exited the pool/locker room area, so please be considerate and on time for pick up.

For the safety of all swimmers and coaches, parents are NOT permitted on deck during scheduled practices. Parents are welcome to talk to coaches after practice to discuss specifics regarding their swimmer.

Family Expectations when you join the Wave

The Fox Valley Wave Swim Team is only as strong as the families and swimmers. Therefore, we have several mandatory events requiring participation of **all swim families**.

We host two major swim meets **(MayFly in May and Splashfest in December)**. While not mandatory for our newest swimmers, home meets are an excellent opportunity to “dip your toes” into competing at meets since there are many swimmers and parents there to answer questions and help. **All families are required to volunteer whether their swimmer participates,** either by helping during the meet, serving on the meet planning committee or by bringing supplies for the meet.

All families will be required to fulfill 2 volunteer slots for the Fall/Winter Season (Splashfest) and 2 volunteer slots for the Spring Season (MayFly). Families who fail to fulfill these volunteer requirements will be billed \$200 at the end of the season.

Fundraising Fee

In addition, there is a fundraising fee that will be charged to your swimmer’s account each season:

- \$75/swimmer for Fall/Winter Season
- \$25/swimmer for Spring Season
- \$25/swimmer for Summer Season

These costs can be made up by using the HuTerra App or by purchasing Scrip. Information on how to participate in either one of these methods can be found on the home page of our website under “[Links](#)”.

All Wave events are very important to our operating budget. They are the biggest source of team revenue besides member fees.

Financials -- How it Works

We are a break-even team and when we don’t get funds from donations, fundraising, or swim meets the only other way to cover expenses is through fees.

Three Main Revenue Sources	Other Income Sources
Team Dues	Personal Donations and Corporate Grants
Hosted Swim Meets	Amazon Smile
Swimmer Fundraising	Swim Clinics
Sponsorships	Employer Match Programs

Non-Revenue Generators	Expenses
Apparel Sales	Payroll
Entry Fees	Pool Rentals
USA Registration	Coaches' Expenses (<i>Hotel, Milage, Meals</i>)
Transaction Fees	Contract services
Training Trips	Administrative/Operational

The Cost of Joining the Wave

In addition to an annual USA swimming fee and your dues to the Fox Valley Wave, here are some other things you can expect for costs of being on a competitive swim team:

Equipment: Swimmers will need goggles and a one-piece swimsuit, and their own practice equipment, (***coaches understand that swimmers may not have equipment during their first few weeks on the team***). Please refer to our website, tab "**Practice Info**" there you will find a list of equipment needed for each practice group, and all necessary equipment can be purchased through our team store or other swim related stores.

Swim Caps: New swimmers will receive a Wave cap during the first few weeks of practice. Additional caps cost between \$12-18 and will be billed to your account.

Team Apparel: Wave apparel, including swim caps, personalized swim caps and towels, and shirts, can be purchased through our website. These orders are generally placed in bulk and at various times throughout the season. An order form is available on our website under the "**Team Store**" tab.

Additional costs: Should you decide to purchase items for the Wave-hosted swim meets rather than volunteering your time (see expectations section above), the cost of those donated items varies from \$30 to \$50.

How does Competitive Swimming "Work"?

Swim Seasons

The Wave's swim year has three swim seasons which mirror the Wisconsin USA Swimming schedule.

- The **Fall/Winter**, also known as "short course", season runs from mid-September to mid-March (Fall/Winter). The meets are held in a 25-yard pool (similar to what you see at Neenah or Appleton North).

- The **Spring**, also known as “short course”, season runs from Mid-April to June. The meets are held in a 25-yard pool (like what you see in the Fall/Winter season).
- The **Summer**, also known as “long course”, seasons, runs from June to August. Summer meets are generally held in 50-meter pools (Olympic-sized, like Appleton’s Erb Pool).

You may wonder why there are two different types of seasons swam in yards and meters. High school and collegiate competition in the U.S. takes place in yards, so club swimming focuses on yards in the Fall/Winter and Spring. Global swim competitions such as the Olympics take place in meters (remember that countries other than the U.S. are on the metric system) so Summer seasons follow the global standard.

Swim Meets (Local vs. Milwaukee Area/Signing up/Cost)

- Typically, most meets within an hour radius of the Fox Valley are “**developmental**” meets, meaning any swimmer can swim, regardless of ability. These meets are a great way for your swimmer to try out swim meets, and in the Fall/Winter season, a chance for your swimmer to make state qualifying times.
- Meets in the Milwaukee area are usually larger meets and might be harder to navigate for a family new to the sport of swimming. As your child progresses in the sport of swimming, there are other “**qualification**” meets, which only allow swimmers with a specific time to swim at the meet.
- Swimmers are charged a fee to participate in swim meets. Many meets in the local area are very appropriate for beginning level competitive swimmers. A list of meets your swimmer can attend are listed on the homepage of our website (click on the “**Calendar**” tab) or can be obtained from the coach. You will receive an email telling you about deadlines for signing up for meets. You must click “**Attend/Decline**” to sign up for a meet. Fees are charged for each race the swimmer competes in, and a general “splash fee” entry fee is assessed of each swimmer. The costs of attending a swim meet are added to your monthly bill. Meets vary in cost.
- For swim meets, swimmers are strongly encouraged to wear a black or red one-piece suit. ***We require all swimmers wear a Wave cap at swim meets.***
- Any swimmer who 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 chosen by the coach for a relay at State (based on their times), they will attend.

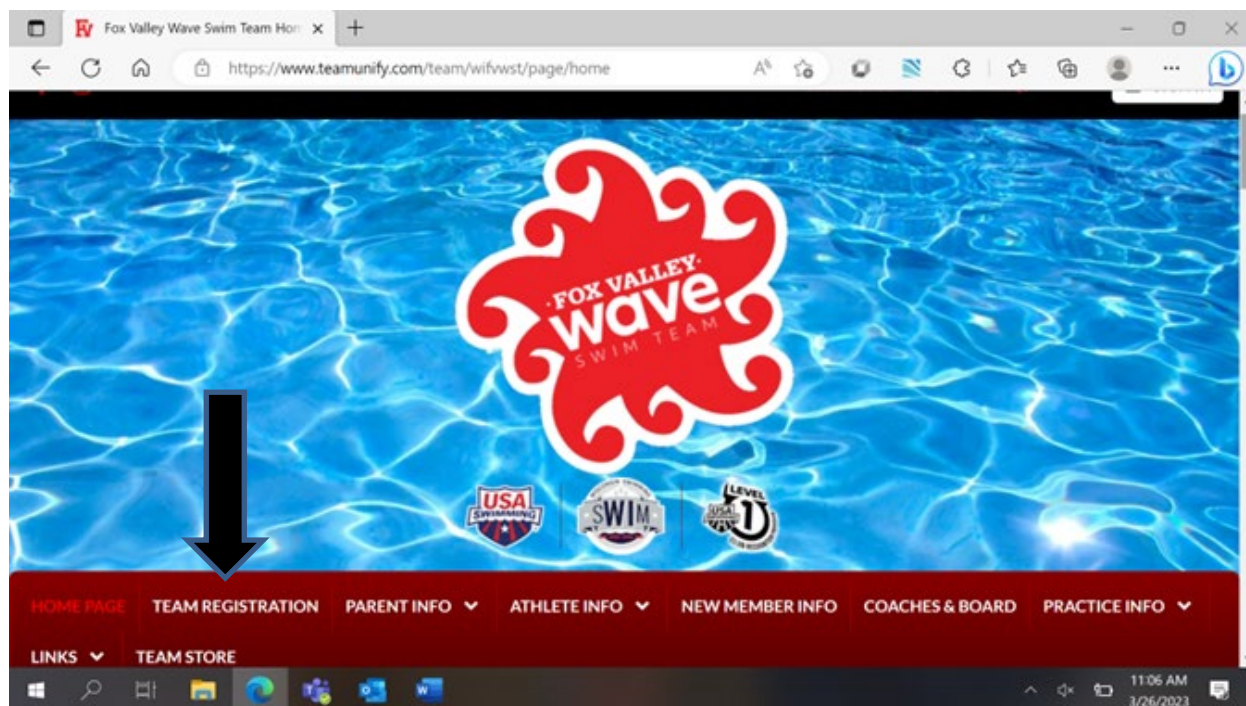
Communication is important to any club/organization. The Wave uses various platforms to get information out to our team:

Communication	
Emails, Texts, Parent Facebook Group Page - Immediate news and updates	Newsletter - Emailed out monthly and includes upcoming meets, important dates, registration information, updates on team needs, tips and recipes for swimmers
Follow our Facebook Page (Fox Valley Wave Swim Team), Instagram (@fvwave) and Facebook Group Page (Fox Valley Wave Parents Group)	On Deck - Swimmer Best Times/Status of account

- Interesting articles, items for sale, state results, information to share to get the word out to the public	
Website - Meet sign-ups, registration, clinic sign-ups, emails, account payments, bylaws, team store. <i>Always check the website!</i>	Meet Mobile - App for Live results at meets (whether you are there or not), this is an annual paid subscription through your mobile device

If there is a spot available for your swimmer on our team, you will receive an email containing registration instructions. ***NO SWIMMER MAY SWIM WITH THE WAVE WITHOUT REGISTERING FIRST.***

Team Administrator, Ruthe Zimmerman (coach.ruthezimmerman@gmail.com) will set up your account in the system by gathering a few pieces of information from you. After that step, you will use the website: foxvalleywave.org and use the “Team Registration” button to complete your registration.



THE 10 COMMANDMENTS OF SWIM PARENTING (From USA Swimming. (n.d.). USA Swimming Parent's Handbook. Colorado Springs, CO: USA Swimming.)

1. Thou shalt not impose your ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. Above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that "yelling at" is not the same as "cheering for."

5. Thou shalt acknowledge thine child's fears.

Your child's first swimming meet, 500 free, or 200 I.M. can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.

6. Thou shalt not criticize the officials.

If you do not care to devote the time or do not have the desire to volunteer as an official, please don't criticize those who are doing the best they can.

7. Honor thy child's coach.

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, as it will only serve to hurt your child's swimming.

8. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take their swimmers and jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems - even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new teammates. Often swimmers find that switching teams does not improve their performance.

9. Thy child shalt have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life!

10. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all-time swimming performances by age group. Only two of the swimmers listed in the 10 & Under age group made it to the Top 100 in the 17-18 age group. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002 %. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport onto others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.