

# Fox Valley Wave Swim Team



PO Box 221, Neenah, WI 54957  
[www.foxvalleywave.org](http://www.foxvalleywave.org)



## Important Dates

### Oct 5

All Parent Meeting 6:30-7:30p – Appleton North

### Oct 5

All Team Photos and Pizza Social 6:00-7:00p – Appleton North

### Oct 15

Parent Board Meeting 6:00 to 7:15pm- Virtual



## Fall Swim Meets

### Oct. 21-22

Ashwaubenon Spooky Splash Spectacular @ Ashwaubenon Community Pool - *Appropriate for ALL swimmers*

### Nov. 4-5

HSSB Fall Meet @ Howard Suamico Community Pool – *Appropriate for ALL swimmers*

### Nov. 17-19

Oshy Champions Meet @ Oshkosh YMCA – *Appropriate for ALL swimmers*

### Nov. 17-19

Western Great Lakes Open (WGLO) @ Walter Schroeder – *Qualifying Times REQUIRED*

## Mandatory All Parent Meeting

We will be holding a **MANDATORY** In-Person Parent Meeting on **October 5, 2023, at Appleton North High School Library from 6:30p to 7:30p.**

While parents attend the meeting there will be **ALL-Team Photos and a Pizza Social** from **6:00p to 7:30p** in the pool.

### Items to note:

- ❖ Every swimmer should **wear their team suit or a black swimsuit.**
- ❖ Come ready, locker room space can be limited.
- ❖ Towels or Parka are encouraged, equipment isn't necessary to bring.
- ❖ All coaches will be on deck, please drop off swimmers, and come to the parent meeting.

## Swim Meet Reminders



As the meet season begins, here are a few reminders for swimmers and parents:

### Swimmers

- Don't forget your swimsuit, Wave cap and goggles.
- Pool decks can be hot, cold, or anywhere in between. Bring a parka, bathrobe, or a warm-up in case you need it between events.
- Bring a full water bottle!
- Eat healthy meals as you prepare. A good combination of carbs and protein with snacks of veggies, pretzels etc. will keep you ready to compete.
- Long meets tend to have down time. Bring a blanket to set-up a home base in the gym/warming area with friends. Games and cards help pass the time (but don't lose track of the time and miss your event!)
- Parents are **NOT** allowed in locker rooms with kids, due to Safe Sport Regulations! If your child cannot change by themselves, please use restrooms.
- Swimmers need to stay with their teams during swim meets on the pool deck or in warming areas, seating is usually limited, and for **parents ONLY!** Swimmers should not sit with parents on the bleachers.
- **HAVE FUN!** 😊





## Birthdays

### September Birthdays

9/2 – Flora Marcy  
9/3 – Levi Douglas  
9/5 – Landon Balensiefen  
9/9 – Logan Grundy  
9/12 – Henry Collins  
9/13 – Morgan Hladilek  
9/14 – Miles Kuhn  
9/23 – Alyssa Jahnke  
9/24 – Jayda Hayes  
9/25 – Cal Woreck

### October Birthdays

10/2 – Chloe Keideth  
10/9 – Saavani Srinivas  
10/11 – Ana Flanagan  
10/14 – Clara Farell, Julia Wenzel, Suzanna Munson  
10/22 – Sophia Swanson  
10/23 – Abigail LaMere  
10/24 – Abbie Gremban  
10/26 – Naomi Cortina



# WAVE Winter Meet



The *Wave Winter Meet is going to be held on December 15 and 16, 2023*, at Appleton North, all families are required to participate.

## **VOLUNTEER REQUIREMENTS**

The Wave thrives due to the combined efforts of our coaches and parent volunteers. To continue to succeed, it is essential that each family volunteers their time before and during home meets as needed. **Each family is expected to volunteer for a minimum of two slots at our home swim meet on December 15-16, 2023.**

If you know you are unable to volunteer at the actual Meet, opportunities to serve on the meet planning committee will be publicized, and you can fulfill your requirement in this manner. You will be required to track your time and have a board member verify your hours. ***If you cannot or will not volunteer, you will be charged a \$200 fee, invoiced to your account following the last meet volunteer opportunity.***

## Fundraising Fee



Fees and money raised from our swim meets do not cover all our budgetary requirements. For this reason, we require all swimmers to participate in fundraising. ***Fundraising requirements for Fall/Winter 2023-2024 will be \$75 per swimmer.*** These fees will be billed to each swimmer's account on November 1, 2023. Participating in the Scrip program is a way to help offset the fundraising fee. Please [CLICK HERE](#) for instructions on how to participate in Scrip.



## Facebook Parent Group

Have you joined the Wave Facebook Group yet? If you haven't, please check out ***Fox Valley Wave Parents Group*** and request to be added. This group is great for ***receiving information, publishing information, asking questions to other Wave parents, and selling old WAVE items!*** Yes, that's right, if you have any gently used WAVE apparel, or equipment, please feel free to post it for sale or donation in this Facebook group!





## Set-Up Text Messaging

Life is full of twists and changes; our swim team schedule is no exception. We are at the mercy of the high school pools that we contract with, and things come up. There will be changes and we try to relay those to you as soon as we find out. Sometimes that is at the last minute. We appreciate your patience.

**Are you signed up for text messaging?** If you are not, please refer to the following pages with step-by-step instructions on how to set that up.

If a schedule or pool space changes, we will **always** send out an email, a text message and we try to post to the Wave Parent Facebook page. Please make sure you are signed up for all!

## Additional Information



### USA Membership Transfer:

If you are a new swimmer on WAVE and have a USA membership through another team, please initiate a transfer so you may compete for the WAVE. Read the following for instructions: [HERE](#)

### New To Competitive Swimming:

If you are a family that is new to competitive swimming, please read through our "New Swimmer Information" to get all the info you need before swim meets start up. Please take a second to explore the website for information about our team.

- Here is the link to our team website: [HERE](#)
- Here is the direct link to the "New Swimmers Information": [HERE](#)



### Wave Swim Caps:

At every swim meet the Wave competes at, we expect all our team to be wearing a team cap. If you need a team cap, please ask Coach Ryan or your coach on the pool deck for one.

We have options for both Silicon and Latex caps (prices will vary). When you receive a cap, your TeamUnify account will be charged:

- **Silicon Caps [\$16/cap]:** This material is thicker and stronger. The cap will last longer and is tighter on the swimmer's head. It also holds color well and does not fade.

- **Latex Caps [\$8.50/cap]:** This material is thinner and easily stretches making it more comfortable on the swimmer's head. It tends to break easier and fades overtime but is ideal for swimmers new to swim caps.

### Swim Caps at Practice:

During swim practice swimmers are welcome to wear any swim cap design (**please save team caps for swim meets if you have that option**).

**\*\*\* Please do not wear another team's cap at any time** (exceptions for High School teams, ability selected swim teams or clinics such as Zones teams, international teams, SwimStrong Elite Clinic, Summer Swim Camps)

## Thank you, Mayfly Sponsors!

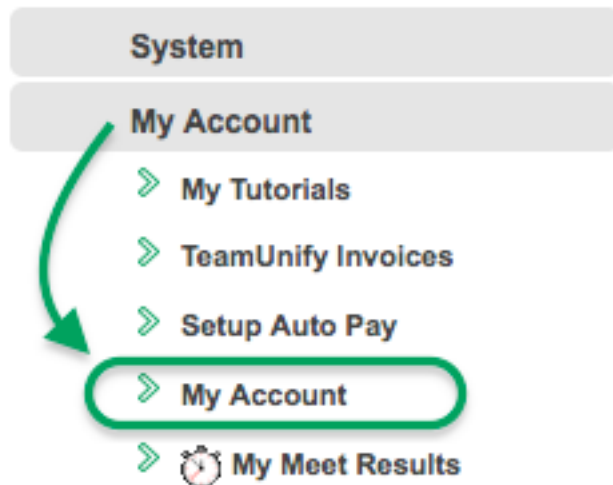


# Adding Cellphone to Emergency Contact List

To add a cell number for texting messages please follow the steps below. Ideally an account holder will perform the below steps, as it requires retrieving a verification code from their cell phone and entering it on the site.

## SwimOffice Admin - Not an Admin

1. Sign In to your team's TeamUnify SwimOffice website.
2. In the side menu click **My Account** > **My Account**.

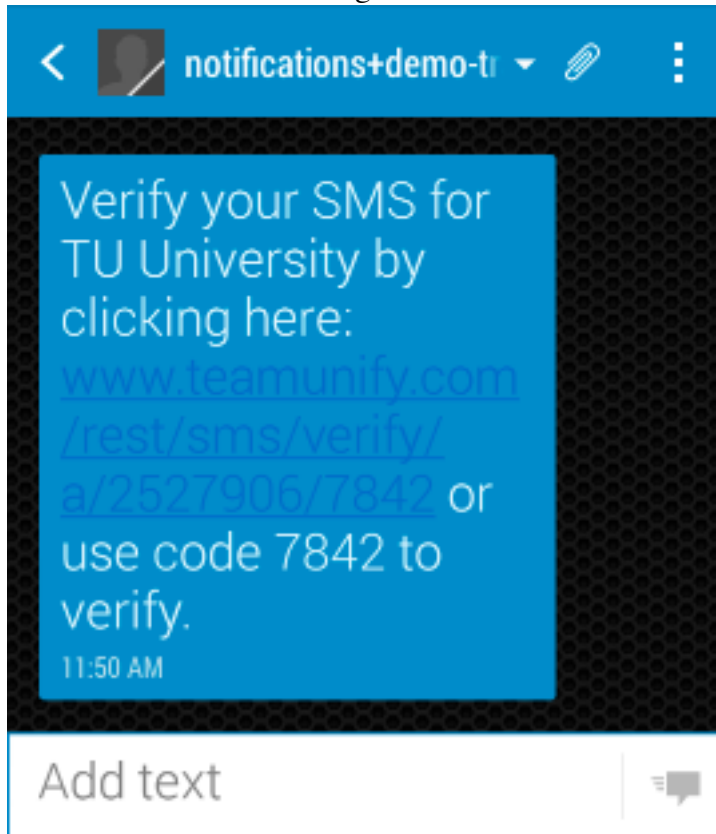


3. To add an SMS number for one of the athletes in the account, click the **Members** tab and then click their name; otherwise stay on the current screen.
4. Fill in the cell number in the *SMS* field.
5. Pick the cell *Carrier* for that phone from the drop down menu.

|                                           |            |                                      |
|-------------------------------------------|------------|--------------------------------------|
| <b>SMS:</b>                               | Unverified | <b>Carrier:</b>                      |
| <input type="text" value="541-555-1212"/> |            | <input type="text" value="Verizon"/> |

6. Click **Save** in the upper right and it will send that number a verification text.
7. Check your cell phone for a "Verify your SMS" text from *notifications+alias*, where *alias* is your team's alias, and open it. Note that some cell carriers can take

awhile to deliver the message.



8. Tap the link and you should see one of two possible messages.
  - "Success! We have validated your primary SMS." (or "secondary SMS" if that's what you were verifying)
  - "Sorry, your primary SMS has already been validated." Sometimes just opening the text will verify the number, resulting in this message.

In either case the SMS number is verified and ready to receive texts from the team.

9. If tapping the link doesn't work, note the four digit code number in the text message.
10. If you get the message "Sorry, the code XXXX did not match any codes," continue.

11. Back in your team's SwimOffice website, click the **Unverified** button above the SMS number.

**SMS:** **Unverified** **Carrier:**

541-555-1212 Verizon

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Enter the verification number into the field below and click "Verify" to verify this phone number.

**Verification Code:**

**Resend Verification**

**Verify**

**Cancel**

12. If you got the error in step 10 on your mobile device, click **Resend Verification** and go back to step 7.
13. Enter the four digit code from your text message in the *Verification Code* field and click **Verify**.
14. You will see *Verified* in green above the SMS number. You may need to refresh the screen to see this.

**SMS:** **Verified**

541-555-1212



## SCRIP

Our team offers scrips to use to buy many of your items you already buy on a weekly basis. All kickbacks from the program are split 75/25 between your family account and the team. It is a win/win program! You can use these for groceries, gas, retail, restaurants, travel, and entertainment. The profit adds up quickly and your swimmer could potentially swim for free just because of your gas needs.

This on-line system will allow you to place your order whenever it is convenient. This website will also allow you to create a favorites list as well as keep track of your purchase history and the status of your orders.

### ***Here is an overview of how the system will work:***

- Orders must be placed by the Monday that is designated on the general team calendar. This will be done by shopping on the ShopWithScrip website. Payment will need to use the electronic payment system on the website called PrestoPay. See below for how to set up PrestoPay.
- As coordinator, I will receive all the orders. I will release them on Monday evening to be processed. This will send them to be filled.
- Most orders will have cards sent to me, which will be sorted and delivered to you on the following Monday to your practice site. This is also designated on the general team calendar.
- There are many vendors that offer electronic gift cards as well called ScripNow. These will come directly to you. For these, log into your shopwithscrip account and check your Dashboard and View ScripNow. They can either be printed or you can show the store the egift card on a smart phone.

### ***Get Started:***

- ✓ Go to [www.shopwithscrip.com](http://www.shopwithscrip.com) and create an account. ***You will need a code for our account - L2L64A4D224L8.***

How to sign up for PrestoPay.

1. Click on the PrestoPay link on your Dashboard.
2. Enter your bank account and account holder information.
3. Within 2-3 business days, PrestoPay will deposit two small amounts in your bank account from Great Lakes Scrip Center. Record those amounts when you see them.
4. Sign onto [www.shopwithscrip.com](http://www.shopwithscrip.com), enter these amounts in your PrestoPay registration to verify the account, and choose a PIN number to use for online payment.

- ✓ You will then be ready to shop for your scrip cards!!!

Pease contact Mary Vande Slunt at [maryvandeslunt@gmail.com](mailto:maryvandeslunt@gmail.com) with questions.