

Dear Waunakee Wave Swimmers and Families,

We welcome everyone to the 2025 Spring/Summer swim season. We currently have several new swimmers = WELCOME TO THE WAVE! The first couple of weeks we will ease into the season with practices and learning, as it allows us to evaluate each swimmer and group to see if any group changes need to be made.

We would really love it if you are a returning family and see someone you don't know at practice, introduce yourself and see if you can help answer any questions they may have.

The first night of practice will be this coming Thursday, April 3rd if your group has practice that evening. Please make sure to review the practice schedule [here](#) for specific practice times for each group. Please make sure to arrive approximately 5 minutes before the beginning of practice to get equipment ready. NOTE: Gold, Senior A/B will begin their dry land practices with Harbor trainers next week Wednesday, April 9, so arrive at the swim portion time frame for those groups.

Coaching Staff: To reach the coaches via email, please send to coaches@waunakeewave.org

- Head Coach - **Sandy Kuecker**. Email: sandy.kuecker@waunakeewave.org Cell phone 608-381-7393. Oversees the entire program.
- Assistant Coach – **Jessi Soholt**. Jessi will be assisting with all levels
- Assistant Coach-**Chris Eckman**. Chris will be mainly working with the Ripples and Purple groups, along with assisting with all groups
- Assistant Coach-**Bill Tygum**. Bill will be assisting with all levels
- Assistant Coach-**Amanda Bley**. Amanda will be assisting with all levels
- Assistant Coach-**Jill Lichte**. Jill will be assisting with all levels
- Assistant Coach-**Amanda Beckman**. Amanda will come back after her college year is over and assist with all groups starting in May.

Upcoming Dates/Schedule Information: Please see the [Practice schedule](#) and Meet Schedule for information.

NOTE: The BDSC meet deadline is 4/10 to attempt to get in our entries as soon as possible. This meet is for “Open” swimmers or ages 13 and up. If you are ages 12 or under please contact Coach Sandy, as we will only be attending the Open meet session. Please indicate your availability ASAP.

Addt'l NOTE: The Stoughton meet originally on our calendar was cancelled. Therefore, we will be attending the VAST Spring Fling meet the weekend of May 9&10 (Fri-Sat). More information coming soon on that!

Team Handbook-Please review the [team handbook](#) BEFORE the first day of practice. There is information to know going into practices that parents and swimmers must know leading into the season.

Dryland Information- Many of the groups have what we term as Dryland as a part of their training groups practices. For our Gold and above swimmers, we are utilizing Harbor Athletic Club trainers to run these workouts.

- **Dryland will begin Wednesday, April 9th for Gold and above.**
- All swimmers should bring the appropriate attire to dryland including wearing tennis shoes (which seems to be the number one most forgotten item).
- All other dryland activities will occur at Waunakee HS unless otherwise indicated. This program is NOT “in addition to” in-water swimming, but a part of each swimmer's practices for the overall conditioning of the athlete. It is the expectation that ALL SWIMMERS be in attendance for their respective dry land practices. If, on the occasion your swimmer has a conflict, please have them fill out the [absence form](#) each time.
- Dryland is a tool we utilize to not only further enhance each child's swimming but to make them overall a more complete athlete.

Equipment Needed- Please try to have your equipment by the start of our 3rd week. Click on [this link](#) for the list of equipment needed.

Please make sure you are regularly checking your social media, email and [our website](#) for the latest developments and updates. Please do not hesitate to reach out to me personally with any questions or concerns. We wish all our Wave families good health and safety as we navigate this season. If there is a change in the practice times for whatever reason please make sure you are following us on social media, checking your email and our website.

Inclement Weather Policy-Waunakee High School's inclement weather policy is to clear the pool when there is lightning present. If the bad weather looks like it will continue for a long period of time, coaches will make the choice to cancel practice. Please keep an eye on social media and your emails during this time, as we could be in the middle of practice when bad weather comes along.

Coaches are SO excited for this upcoming season! GO WAVE!

Coach Sandy