

Clinton Otters Informational Sheet

SEASON DURATION: SEPTEMBER 8 - MARCH

COACHES:

Claire Diener - Head Coach - cwdiener9@gmail.com

Aubrey Sental - HS Head Coach & Otters Asst. - aes.coaching23@gmail.com

Michelle Lukach - Asst. Coach - mrlukach4@gmail.com

PRACTICE SCHEDULE:

	Monday	Tuesday	Wednesday	Thursday
Stroke School (Otter Pups)		4:00 - 5:00		4:00 - 5:00
Purple	4:00 - 5:15	5:00 - 6:15	4:00 - 5:15	5:00 - 6:15
Black	5:45 - 7:15	6:00 - 7:15	5:45 - 7:15	6:00 - 7:15
Gold	7:15 - 8:30	7:15 - 8:30	7:15 - 8:30	7:15 - 8:30

***NO PRACTICE DAYS:** October 13, November 27, December 22 - January 2nd, and January 12

PRACTICE NEEDS: Swimsuit(s), Towel, Cap, & Goggles (multiple pairs is very beneficial) + any other equipment for designated practice group.

MEET REQUIREMENTS:

- Stroke School / Otter Pups: Home meets and Reindeer Classic
- Purple: 4 or more meets
- Black & Gold: At least one meet per month
- *Commit swimmer to each meet through TeamUnify (**late declarations will not be accepted**).
- *Tentative meet schedule on back

TEAM GEAR:

- Swimsuit: Sporti Molecule Purple (Swim Outlet) or basic black suit
- Cap: Team cap with swimmer's last name (indicate on registration form)
- Team shirt: Covered by the YMCA (put size on registration form)
- Online apparel store through Krista Jackson (Double A Designs) - open from September to December

TEAM WEBSITE:

- Team website: www.gomotionapp.com/team/ymca-1731/page/home
 - Best way to stay up to date with everything
 - Use this to register swimmers for each meet
- Sports Engine App - user friendly & easier to commit to events, jobs, etc.

PARENT INFORMATION:

- Parent meetings are held first Thursday of every month @ 6:00 P.M. in the viewing room.
- Volunteers needed at home meets and Apple & Pork
 - Apple & Pork - 2 slots per swimmer to work a shift
- Parent Board:
 - Heather Houser - President
 - Kristina Bentz - Vice President
 - Angie Moran - Treasurer
 - Amanda Ferguson - Secretary
- Please communicate openly with coaches regarding practice schedule, attending meets, schedule conflicts, questions, etc.
 - Email is preferred and will be the #1 form of communication from coaches.

TENATIVE MEET SCHEDULE:

- **October**
 - 5: Intersquad - Home
 - 10 - 12: SPY Opener (experienced swimmers only; this is a BIG meet).
 - 19: Dual with Bloomington Falcons - Bloomington, IL
 - 25: Ghouls in the Pool - Mattoon, IL
- **November**
 - 8: Girls HS Sectionals
 - 15: Jaxy Pentathlon - Jacksonville, IL
 - 22: Canton Invite - Canton, IL
- **December**
 - 6: Knox County Invite - Galesburg, IL
 - 13: Reindeer Classic - Home
- **January**
 - 9-11: Snowball Invite - Springfield, IL
 - 24: Danville Invite - Danville, IL
- **February**
 - 14: Valentine's Classic - Decatur, IL
 - 22 or 23: Junior Districts - TBD
 - 27 - 3/1: Illini Districts - Springfield, IL
- **March**
 - 13 - 15: State Championships - St. John, IN