



## Welcome to the Bay Area Swim Team

This informational packet is to help you get started on the 2022-2023 swim season. Please make sure you fill out the Family Information Sheet so you get on the email list. We hope you have a great swim team experience!

Bay Area Swim Team - Information Sheet

**Start:** Monday, Oct. 10, 2022

**End:** Sunday, Feb. 02, 2023

**Practices:** Mondays, Tuesdays, and Thursdays at the Bayfield Rec Center

Ages 6-12: 5:00 - 6:00

Ages 13-18: 5:30 - 7:00

Note that coaches may reassign a swimmer to a different practice group based on ability. Older swimmers will occasionally be asked to come to practice early to help train the younger swimmers.

**Cost:** Bayfield Rec Center Member = \$135 for 1 child, plus \$120 for each additional child of the same family. Non-Members = \$185 for 1 child, plus \$170 for each additional child of the same family

**Equipment:** Swimsuit, goggles, and towel. Swimmers are encouraged (but not required) to buy a team racing suit, suits generally run \$35-50. Team suit designs and ordering information will be available later in October. Goggles can be purchased at the Rec Center for \$10.

\*Swimmers must race in at least 2 Conference events to be eligible to swim in the Divisional Meet. Swimmers that qualify in the Divisional Meet can attend the Conference Meet.

### **Other Info:**

Beginning swimmers should have passed Red Cross Level 3 swim lessons or be capable of swimming a competent swim stroke for at least 1 length in the pool.

Training builds on itself daily, so swimmers are encouraged but not required to attend all practices.

Swimmers are encouraged but not required to attend swim meets.

Swimmers are required to come to practice with a fun, positive attitude!

## **SWIM MEET TUTORIAL - So you want to race?!**

### How to sign up for a meet

Coaches will register swimmers in the weeks prior to the event.

Swimmers are allowed to swim a maximum of 5 events (maximum of 4 individual events and maximum of 2 relays not to exceed 5 events).

Individual events:

Freestyle

Breaststroke

Backstroke

Butterfly

Various distances:

25-50 yards for 8 and under

50-500 yards for kids 9 and older (some 1,000-yard events may be scheduled for those interested).

Coaches make the final registration decisions for all swimmers

Relays (4 swimmers) include all freestyle or one swimmer doing each of the above strokes (medley).

You may request a relay team, but coaches will make final team decisions. All swimmers that are attending the meet and are expected to fill in relay teams as needed to support the team!

Entries must be completed by the end of the Monday immediately prior to the Saturday meet.

If you cannot register on time, please call or email Erin at 218-391-0363 no later than 7:30 pm on the Monday prior to the event to get your child entered.

### How a swim meet works

Swim meets start with a set schedule of events that cycles various ages, strokes, and distances.

Event(s) will be numbered ranging from 1-99.

The meet will start with event #1 and keep going until done with the last event. There are no specific times for each event; they will start when they come up in order.

Meets can take all day long, starting at 10-11 am and ending at 3-4 pm.

The swimmer may be done with their events and depart early.

Swimmers should arrive, approximately 15 minutes before the designated warm-up time so that coaches and volunteers can mark the arms of the swimmers with their events and heat numbers.

Changes are not allowed once a swimmer is signed up for an event.

Parents and swimmers should talk to our coaches with questions instead of talking to meet officials.

You must inform a coach if a swimmer cannot make a meet or event that they are signed up for. Cancellations should be reported to the Head Coach at least 1/2 hour before warm-ups on the day of the meet.

### Things to bring

-Extra towels, as the swimmers will be in and out of the pool many times.

-Warm clothes to wear over swimsuits between events.

-Food and snacks. Lunches and snacks are frequently available for purchase at the meets but swimmers and parents should have healthy options available.

-Homework, books, and/or games, etc., to use between events.

-A cushion to sit on the hard bleachers.

-A highlighter is useful to mark upcoming events of interest in the program.

-Remember to allow extra time in bad weather.

## Bay Area Swim Team Coaches and Contacts Phone List

<u>Name</u>	<u>Position</u>	<u>Phone</u>
Erin Thompson	Head Coach	218-391-0363
Isaac Shrider	Swim Team Manager	715-779-5408

Swimmers who are scheduled for a meet but cannot make it to that meet must call the Head Coach at least 1/2 hour prior to the meet warm-up time (in some events the swim team pays for individual swimmers attending a meet – we need to know if one cannot attend so that we do not pay a fee for a non-participant)

## Meet Schedule

11/26/22	Rice Lake	
12/3/22	Rhineland	
12/10/22	Tomahawk	
12/17/22	Phillips	
1/7/23	Rice Lake	
1/21/23	FAST (Ladysmith)	
<b>Divisional**</b>		
1/28/23	Black River	10 and Under
1/29/23	Black River	11 and Over
<b>Conference**</b>		
2/4/23	FAST (Ladysmith)	10 and Under
2/5/23	FAST (Ladysmith)	11 and Over

\*Regular season meets are held on Saturdays

\*\*Divisional and Conference Championships are Saturday and Sunday events

## **Swim Meet Locations:**

Ladysmith Flambeau Areas Swim Team (FAST)  
Ladysmith High School  
1700 Edgewood Ave. E, Ladysmith, WI 54848

Lakeland (Minocqua)  
Lakeland Union High School  
9573 State Highway 70, Minocqua, WI 54548

Merrill  
Prairie River Middle School  
106 Polk St, Merrill, WI 54452

Phillips  
Phillips High School  
990 Flambeau Ave, Phillips, WI 54555

Rhineland  
Rhineland High School  
665 Coolidge Ave, Rhineland, WI 54501

Rice Lake  
Rice Lake Community Pool  
200 Cameron Rd, Rice Lake, WI 54868

Tomahawk  
Tomahawk Elementary School  
1048 E King Rd, Tomahawk, WI 54487  
Entrance is Door #6

Family Information Sheet – Swim Team

Age:	Date of Birth:	Name of swimmer(s):
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Names of Parent(s)/Guardian (s):**

\_\_\_\_\_

**My Children may be Released to (for carpooling purposes):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**Phone number(s):**

\_\_\_\_\_

**Email:**

\_\_\_\_\_

**Amount paid: \$** \_\_\_\_\_

**Please make checks payable to RFR**

Looking to carpool? \_\_\_\_\_

Willing to help coach on the deck? \_\_\_\_\_

To get the most out of your child's swim team experience we encourage all swimmers to participate with their assigned groups. Exceptions can be made in some instances but are generally not recommended. Please list any specific requests you have for your child's practice below and/or speak with a coach.

- Please have your swimmer sign the Code of Conduct and Waiver
- Parent, please sign the Waiver

**BAY AREA SWIM TEAM CODE OF CONDUCT**

As a Swimmer I:

Have the right to a good experience but I do not have the right to take that away from someone else.

As a Coach I will:

Treat each swimmer with dignity; respect and fairness taking into account each individual's strengths and weaknesses.

Serve as a positive role model for all children.

Celebrate team triumphs, even through losses.

Come prepared for practices and meets.

Keep contact with swimmers to swimming practices and meets.

When concerns arise about a swimmer, contact the parent to work out a solution.

Show respect to all people by not intimidating or harassing them through any foul language, gestures, gossip, etc.

Leave the transportation responsibilities to the parents of swimmers.

By signing below, we agree to the above code. We understand that breaking any part of the code can result in the coaches or Board of Directors giving some or all of the following consequences. Consequences will be determined for each offense. Parents and swimmers will be notified if there is a problem. Any or all of the following actions may be taken at the discretion of the coaches or Board of Directors:

1. Warning
2. Warning, plus removal from the practice or meet
3. Warning, plus Police Referral
4. Dismissal from the team or other action deemed necessary for the good of the club.

Signature of Swimmer \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

BAY AREA SWIM TEAM WAIVER FORM - GENERAL

LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for a minor to participate in all Bay Area Swim Team events, which are hereinafter referred to as the "activities", including travel to and from activities. I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with the participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless Bay Area Swim Club, the Bayfield Area Recreation Center, the Friends of the Recreation Center, Ashland Parks and Recreation, Ashland Leisure Services, the School District of Bayfield, Northland College and members of their board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_  
(Print name of minor)

\_\_\_\_\_  
(Signature of minor)

\_\_\_\_\_  
(Date)

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in these activities, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect. I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

\_\_\_\_\_  
(Print name of Parent/Guardian) (Signature of parent)

\_\_\_\_\_  
(Date)

**Indemnification by Parent/Guardian:**

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_\_  
(Print name of Parent/Guardian)      \_\_\_\_\_      \_\_\_\_\_  
(Signature of parent)      (Date)

**Thank you for swimming with the Bay Area Swim Team!**