



## Welcome to the Bay Area Swim Team

This informational packet is to help you get started on the 2024-2025 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. 14, 2024

**End:** Sunday, Feb. 09, 2025

**Intrasquad Meet:** Thursday, Feb 13, 2025

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

Stroke Development: 4:30 pm - 5:30 pm

Race Development: 5:30 pm - 6:45 pm

Note that coaches may reassign a swimmer to a different practice group based on ability.

No Practice will be held on: Oct 31, Nov 26, Nov 28, Dec 24, Dec 26, and Dec 31.

**Pre-Season Team Meeting:** There will be a meeting held on Monday, October 7th at 5:30 pm to go over orientation to the team, expectations for the season, logistics, and parent involvement.

**Stroke Development** (Typically Ages 6-12) - Completed Red Cross Level 3 swim lessons or is capable of swimming a competent swim stroke for at least 1 length of the pool.

**Race Development** (Typically Ages 13-18) - Working on proper techniques such as stroke refinement, starts, and turns.

**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:**

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 before 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 total 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 Contact

| <u>Name</u>   | <u>Position</u> | <u>Phone</u> | <u>Email</u>   |
|---------------|-----------------|--------------|--|
| Erin Thompson | Head Coach      | 218-391-0363 | <a href="mailto:erin@bayfieldrec.org">erin@bayfieldrec.org</a> |
| Isaac Shrider | Team Manager    | 715-779-5408 | isaac@bayfieldrec.org  |

Swimmers who are scheduled for a meet but cannot make it to that meet must call the Head Coach at least 1/2 hour before 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

**\*Rice Lake - Nov. 30**

**\*Phillips - Dec. 14**

**\*Merrill - Dec. 21 (TBD)**

**\*Ladysmith - Jan. 4**

**\*Eau Claire - Jan. 11**

**\*Lakeland - Jan. 18**

**\*Ladysmith - Jan. 25**

**\*\*Feb. 1-2 @ Medford for Divisionals**

**\*\*Feb. 8-9 @ Tomahawk for Conference**

\*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

Eau Claire  
Location TBD



Family Information Sheet – Swim Team

|             |                       |                            |
|-------------|-----------------------|----------------------------|
| <b>Age:</b> | <b>Date of Birth:</b> | <b>Name of swimmer(s):</b> |
| _____       | _____                 | _____                      |
| _____       | _____                 | _____                      |
| _____       | _____                 | _____                      |

**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? \_\_\_\_\_

We encourage all swimmers to participate with their assigned groups to get the most out of your child's swim team experience. 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 \_\_\_\_\_