



# Welcome to the Bay Area Swim Team

This informational packet is to help you get started on the 2025-2026 swim season. Please make sure you fill out the Registration form with primary email so you get on the email list. We hope you have a great swim team experience!

Bay Area Swim Team - Important Dates

**Start:** Monday, Oct. 13th, 2025

**End:** Sunday, Feb. 08th, 2026

**Pre-Season Team Meeting:** There will be a meeting held on Monday, October 6th at 5:30 pm (In the RFR Community Room) for parents to go over an orientation to the team, expectations for the season, logistics, and parent involvement/volunteering.

**Pre Season Practice Meet:** TBD (May be held at Bad River Wellness Center)

**Intrasquad Final Meet:** Thursday, February 12th, 2025

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

- Stroke Development: 5:45 pm - 6:45 pm
- Race Development: 6:30 pm - 8:00 pm
- Friday Captain's Practice: 5:30pm-6:30pm (Coaches Invite Only)
- \*Note that coaches may suggest reassigning a swimmer to a different practice group based on ability. \*
- No Practice will be held on: Oct 31, Nov 26, Nov 27, Dec 24, Dec 25, and Jan 1

**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. Focus on learning how to be on a Swim team. Stroke practice, and repetition, with lots of feedback and fun.

**Race Development** (Typically Ages 13-18) - Working on proper techniques such as stroke refinement, starts, and turns. Practice to achieve personal time goals, or perform well in meets.

**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!

# Meet Schedule

## 2025-2026 Swim Meet Schedule:

November 29th - Antigo\*

December 6th - Phillips\*

December 13th - Rice Lake\*

December 20th - Phillips\*

January 3rd - Ladysmith\*

January 10th - Eau Claire\*

January 17th - Merrill\*

January 24th - Medford\*

January 31st + February 1st - West Divisional - Rice Lake\*\*

February 7 + February 8th - Conference - Rhinelander\*\*

\*Regular season meets are held on Saturdays

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

## IMPORTANT Swimmer Cancelations (Meets):

Swimmers who are scheduled for a meet but cannot make it to that meet must call the Head Coach at least ½ 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)

## Practice Cancelations:

Holding practice and meets during the winter season offers some challenges when winter weather arrives. While school may be canceled due to weather, there is a possibility that the Rec Center remains open. If the Rec Center is open, practice will be held. Communications regarding closure or canceled practices will be communicated via email as soon as possible. It is ultimately your responsibility to determine if the roads are navigable/safe for you to get to practice, even if practice is held. You are not required to attend, especially if your safety is at risk.

## Meet Cancelations:

If a meet is canceled, you will be informed via email ASAP. With the longer travel distances our team faces each weekend, we may face very different weather systems than the meet locations experience. Decisions to “go” or “no-go” will be made with parent, swimmer, and coach input. If traveling poses a great risk, we will not travel to competitions.

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

- **How to sign up for a meet:**
  - Google Sign up Forms will go out 2 weeks before the competition. Google form must be completed within one week of receiving it. Due dates will be communicated.
  - 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 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/text or email Taylor at 715-730-0697 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.
  - Swimmers that finish all of their registered races may leave early.
- Swimmers should arrive 15-20 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 ½ 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.

## **Swim Meet Locations:**

### **Antigo Penguins**

Antigo Swimming Pool  
111 Western Rd, Antigo, WI 54409  
Drive Time: **3hrs 33mins.**

### **Phillips Wave**

Phillips High School  
990 Flambeau Ave, Phillips, WI 54555  
Drive Time: **1hr 56mins.**

### **Rice Lake Swim Club**

Rice Lake Community Pool  
200 Cameron Rd, Rice Lake, WI 54868  
Drive Time: **2hrs 15mins.**

### **Ladysmith Flambeau Areas Swim Team (FAST)**

Ladysmith High School  
1700 Edgewood Ave. E, Ladysmith, WI 54848  
Drive Time: **2hrs 26mins**

Eau Claire TBD

### **Merrill**

Prairie River Middle School  
106 Polk St, Merrill, WI 54452  
Drive Time: **3hrs 12mins**

### **Medford Aqua Fins Swim Club**

Medford Area High School  
1015 W Broadway Ave, Medford, WI 54451  
Drive Time: **2hrs 43mins**

### **Rhinelanders Swim Club**

Rhinelanders High School  
665 Coolidge Ave, Rhinelanders, WI 54501  
Drive Time: **2hrs 47mins**

# **Parents! Looking to volunteer or help out?**

Fill out the information below if you are interested in volunteering for the swim team! The Head Coach will reach out!

Name & Email \_\_\_\_\_

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

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

Willing to Help at Meets? (Make sure Swimmers get to the race on time)\_\_\_\_\_

Other:\_\_\_\_\_

## **Practice Requests:**

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. Include any other pertinent information that can help give your swimmer the best experience!

## **Paper Work Checklist:**

To Participate, Swimmers must have each of the following documents completed and signed by the required parties.

- Bay Area Swim Team Code of Conduct
- Bay Area Swim Team Participation Waiver
- Consent to Treat Document
- Pick-up Authorization Form

**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.

Will come to practice with a fun, positive, and growth minded attitude.

Will act with respect to my teammates and all coaches.

Agree to follow the rules, for my safety, as posted in the facility or instructed by coaches and other staff members of the Bayfield Rec Center.

**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 at 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 \_\_\_\_\_