



Welcome to the Bay Area Swim Team

This informational packet is to help you get started on the 2023-2024 swim season. Please make sure you fill out a waiver for each participant and a 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. 16, 2023

End: Sunday, Feb. 04, 2024

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.

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?!

Coaches will register swimmers in the weeks prior to the event. At the latest, swimmers need to sign up for a meet 6 days before the meet.

End of day 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.

Swimmers can request certain events, but the coach will make the final registration decisions for all swimmers.

Swimmers are allowed to swim a maximum of 5 events

- Combination of 4 individual and 2 relays not to exceed 5 events

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!

Swim meets are made up of a combination of individual events and relays.

Relays:

Freestyle Relays – 4 swimmers total, each swim freestyle

Medley Relay – 4 swimmers total, 1 swimmer swims each of the 4 strokes.

The order is always the same – Back Breast Butterfly Free

Individual events:

Freestyle, Breaststroke, Backstroke, Butterfly

Relays and Individual Events will be at various distances:

25-50 yards for 8 and under

50-500 yards for participants 9 and older

Some 1,000-yard events may be scheduled for those interested

How a swim meet works

Swimmers should arrive, approximately 15 minutes before the designated warm-up time so that coaches and volunteers can mark the back of the hand of the swimmers with their events. Swim meets start with a set schedule of events that cycles various ages, strokes, and distances.

Events will be numbered ranging from 1-99.

The meet will start with event #1 and keep going until the last event.

There are no specific times for each event; they will start when they come up in order.

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

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

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.

Swim meet check list

- Extra towels, as the swimmers will be in and out of the pool many times.
- Team swimsuit, team cap, goggles
- Warm clothes to wear over swimsuits between events.
- Food and snacks. Lunches and snacks are frequently available for purchase and benefit the host club but swimmers and parents can bring a cooler with healthy options available.
- Water bottle
- 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	erin@bayfieldrec.org
Isaac Shrider	Swim 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 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

Nov 4. Flambeau Area Swim Team - Pentathlon
Nov 11. Lakeland - Sprint Meet
Nov 25. Rice Lake - Regular Meet
Dec 2. Phillips - Regular Meet
Dec 9. Antigo - Regular Meet
Dec 16. Flambeau Area Swim Team - Regular Meet
Jan 6. Flambeau Area Swim Team - Regular Meet
Jan 13 Lakeland - Regular Meet
Jan 20. Rhinelander - Regular Meet
Jan 27-28 Phillips - West Divisional Meet**
Feb 3-4 Eau Claire Aquatic Club - CWSC Conference Meet**

*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