

Informational Packet

Registration Done in MASA - MindBody



Manta Ray Summer Swim Team

June - July 2019

Contents:

| | |
|-------------------------------------|-----|
| General Information..... | 1-2 |
| Financial Expectations..... | 3 |
| Expectations: Coaches..... | 3 |
| Expectations: Swimmers/Parents..... | 3-4 |
| Expectations: Meets..... | 4 |
| Team Apparel..... | 5 |
| Contact Information..... | 5 |

Season Length...

First time Swimmers and all 8 & under swimmers:

Monday, June 3, 2019 from 4-5 pm

*This allows a day of introduction to swim team for younger/new swimmers.

First time Swimmers and all Returning Swimmers 9 & over:

Will start Tuesday, June 4, 2019, then practices will continue

Monday-Thursday, June 4 - July 13, 2019 4-6 pm (see practice times below)

Swimmer Groupings...

Groupings for practice times will be determined by Thursday, June 6, and after the "time trials" on Wednesday, June 5 from 4-6 pm.

Groupings are determined by coaches and based on ability, age and attention span.

Groups may change throughout the season as swimmers abilities change.

| Group | Time | Ability | Focus |
|---|--|--|---|
| Novice (60-75 minute practice) | Monday, Tuesday, Wednesday and Thursday 4:00-5:15 | *Swim 25 yards freestyle *Swim 25 yards backstroke *Brief knowledge of butterfly/breaststroke | *Build confidence and teamwork *Build endurance *Technical work: freestyle, backstroke *Introduce: butterfly, breaststroke, starts, finishes and turns |
| Intermediate (75-90 minute practice) | Monday, Tuesday, Wednesday and Thursday 4:00-5:30 | *Swim minimum of 100 yards in freestyle and backstroke; 50 yards in butterfly/breaststroke *Proficient turns *Competitive starts and finishes | *Build confidence and teamwork *Build endurance *Refine freestyle, backstroke, butterfly, breaststroke *Refine starts, finishes, and turns |
| Advanced (90-120 minute practice) | Monday, Tuesday, Wednesday and Thursday 4:00-6:00 | *Swim minimum of 200 yards in freestyle and backstroke; 100 yards in butterfly and breaststroke *Competitive starts, finishes, and turns *Independently swim a set | *Build confidence and teamwork *Build endurance *Refine all competitive strokes *Refine starts, finishes, and turns *Introduce and practice more competitive technique |

Financial Expectations...

Manta Ray Swim Team Registration Fee:

Registration open online in MindBody. You can register unpaid if trying it out first. Then the \$75.00 payment needs to be in by Thursday, June 6, 2019.

MASA Membership Fee:

Swimmers must have a youth membership or be part of a family membership. See masaswim.org for pricing info and can be done online in MindBody.

Meet Fees:

Meet fees will be invoiced to the swimmer upon the registration of each meet and will reflect the event/relay fees as well as any splash or facility fees that we are being charged. Once swimmers are entered into the meet (a week before the scheduled meet date) we are charged, so swimmers will be responsible for all meet fees that they are invoiced for even if they don't make the meet.

MEMBERSHIPS AND TEAM FEES ARE NON-REFUNDABLE and NON-TRANSFERABLE

Expectations of Coaches...

- Plan, guide and lead practices for athletes.
- Communicate with parents and athletes.
- Complete meet entries under the suggestion of swimmers.
- Organize and implement clothing orders, pasta nights, etc.
- Attend all practices.

Expectations of a Manta Ray Swimmer...

- Come to practice with a positive attitude; while on pool deck, the phrase "I can't" or "why do we have to..." are off limits :)! We will replace "I can't" with "not yet". Your coaches have faith in you, so you need to too!!
- Come willing to try new things and work hard!

- Respect the facility, its employees, and community members.
- Attend as many practices as possible to aide in your improvement.
- Come to practice and meets prepared.
- Must Haves at Practice... Swim suit, cap, goggles and water bottle.

Expectations of a Manta Ray Parent...

- Volunteer to help when needed (team parties, meet, etc.). Sign up forms will be posted at the front desk at the pool.
- Drop off and pick up swimmer on time for practices and meets.
- Be respectful of practice times. If you need to speak with a coach, please contact them outside of practice times (before, after or via email/phone) and also be available if a coach needs to speak with you.

Expectations for Swim Meets...

- Guardians/Swimmers are to coordinate transportation to and from meet location.
- Guardians/Swimmers are responsible for arriving on time, and ready for warm up (Specific times: TBA).
- Guardians/Swimmers are responsible for bringing all necessary items to meets.
Swim Suit, cap, goggles, 2-3 towels, water bottle, snacks, warm clothes, games and folding chairs/blankets
- Guardians/Swimmers are responsible for arriving to the staging area/racing event on time. Coaches can be found on the pool deck as there are other swimmers competing during staging time.
- Swimmers can choose their own events for meets, but can also speak with a coach for input to help them be successful and challenged.
- Meets are optional, but give swimmers a great opportunity to showcase what they have learned and how they have grown.
- Meet information will be emailed and posted for sign-up.
- As soon as we have meet dates we will email and post the information.

Team Apparel...

Order forms will be available within the first few weeks of the start of season and will have a return/due date.

*Purchasing team apparel is optional.

Coach Staff and Manta Ray Contact...

Practice Coach: Rose Paul

(Previous Manta Ray swimmer and coach, attending UWSP)

Practice Coach: Hannah Nygaard

(Wausau West swimmer, previous Manta Ray swimmer and coach)

MASA Director/Team Administration: Jennifer Passehl

Phone: 715.443.3772

Email: jPassehl@masaswim.org

MASA Administrative Assistant: Cathy Matel and Chelsea Bauman

Phone: 715.443.3772

Email: office@masaswim.org

MASA Facility:

Phone: 715.443.3772

Address: 401 4th St, Marathon City, WI