

Informational Packet



Winter Swim Team

"Practice Like A Champion"

November 2017 - February 2018

Contents:

General Information.....	1
Financial Expectations.....	2
Expectations: Coaches.....	2
Expectations: Swimmers/Parents.....	3
Expectations: Meets.....	4
Team Apparel.....	4
Contact Information.....	5
Registration/Waiver Form.....	6-7

Season Length...

First time Swimmers and all 8 & under swimmers:

Monday, November 6 - Sunday, February 4, 2018

*This allows an additional week of introduction to swim team for younger/new swimmers.

Returning Swimmers 9 & over:

Monday, November 13 - Sunday, February 4, 2018

Swimmer Groupings...

Groupings for practice times will be determined after the first two weeks of practice and after the "time trials" on Monday, November 20th at 7:00-8:00 pm practice.

Group	Time	Ability	Focus
Novice (60 minute practice)	Monday 7:00-8:00 Thursday & Sunday 4:00-5:00	*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 minute practice)	Monday 7:00-8:00 Thursday & Sunday 4:00-5:15	*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 minute practice)	Monday 7:00-8:00 Thursday & Sunday 4:00-5:30	*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

**Typically, groupings are made by age and then ability.

Financial Expectations...

Manta Ray Swim Team Registration Fee:

Registration Paperwork can be turned in at any time, but the \$70.00 payment needs to be in by Monday, November 13, 2017.

MASA Membership Fee:

Swimmers must have a youth membership or be part of a family membership. See masaswim.org or the staff at the service desk for the current rates.

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 fee's that they are invoiced for.

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

Expectations of Coaches...

Administrative Coach

- Guide and lead practice coaches.
- Communicate with parents and athletes.
- Complete meet entries under the suggestion of practice coaches.
- Organize and implement clothing orders, pasta nights, etc.
- NOTE: the administrative coach may not be at practices.

Practice Coach

- Plan, guide and lead practice for athletes.
- Communicate with athletes and administrative coach.
- Provide suggestions for meet entries.
- 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. If you are unable to attend, please contact the pool or a coach.
- Come to practice and meets prepared. The list below outlines what is expected at both:

Practice	Swim Meets
<p>Dryland Workout:</p> <ul style="list-style-type: none"> • Athletic shoes • Appropriate athletic shorts • Appropriate athletic top • Water bottle <p>In Pool Workout:</p> <ul style="list-style-type: none"> • Swim suit • Swim cap • Goggles • Towel • Water bottle 	<ul style="list-style-type: none"> • Swim suit • Swim cap • Goggles • Towel • Water bottle • Rest area items <ul style="list-style-type: none"> Snacks Clothing to stay warm Games

Expectations of a Manta Ray Parent...

- Volunteer to help when needed (team parties, meet, etc.). Sign up's are 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.
- 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.

Meets...

Coaches, with some input from swimmers, will choose what events swimmers will swim at meets. We see swimmers at practice and feel we can most successfully choose events they will be both successful and challenged by.

Meets are optional, but give swimmers a great opportunity to showcase what they have learned and how they have grown.

On the first day of practice a meet sign up form will be available. Please pick one up and return it by the date noted.

Recommended Apparel...

Ordering the team suits and goggles is optional. If you choose to order, this can be done through SwimOutlet.com. There is free shipping on orders over \$49.00.

Suits	Men's	Women's
Name Brand	Sporti	Sporti
Style	Piped Splice Swim Jammer	Solid Piped Thin Strap Swimsuit
Color	Black/Royal	Black/Royal
Price	Listed on-line	Listed on-line

Goggles

Speedo Vanquisher Goggle. These can be found at SwimOutlet.com under the "Swim Gear/Competition Goggles".

Team Apparel...

Order forms will be available after the first two weeks of practice and will need to be returned by **Thursday, November 30th**.

*Purchasing team apparel is optional.

Coaching Staff and Manta Ray Contacts

MASA Director: Jennifer Passehl

Phone: 715-443-3772

E-mail: jpassehl@masaswim.org

MASA Office Administrator: Cathy Matel

Phone: 715-443-3772

E-mail: cmatel@masaswim.org

Address: 401 4th St. Marathon, WI 54448

Practice Coach: Denise Gage

Practice Coach: Emily Timm

Practice Coach: Sonya Barchugova

MANTA RAY SWIM CLUB
REGISTRATION, EMERGENCY CONTACT AND INTEREST FORM

Swimmers Name _____

Age _____ Birthdate _____ Sex M F

Mom and Dad's names _____

E-mail address _____

Swimmer's e-mail or additional e-mails _____

Home Phone Number _____ Swimmer's Cell _____

Mom's Cell _____ Work Phone _____

Dad's Cell _____ Work Phone _____

Address _____

In case of emergency and the coaches are unable to contact the parents, the coaches have permission to call the persons listed below:

Name and relationship _____ Phone _____

Name and relationship _____ Phone _____

Is the swimmer allergic to anything, such as medications, foods, bee stings?

No Yes If Yes, list _____

Does the swimmer have any physical, psychological or emotional condition(s) that the coaches should be made aware of? (Examples: diabetes, epilepsy, exercise-induced asthma) Note: If your child suffers from asthma and may need an inhaler during practice or meets, please feel free to give an extra to the coaches so it is available at all times should it be needed. This is true for other emergency meds as well.

No Yes If Yes, list _____

What school do you attend? _____

How many years have you been on Swim Team? _____

Will you be participating in any other sports or activities this season? Any vacations planned?

No Yes If yes, which one(s) and when? _____

Stroke to swim: Favorite? _____ Least Favorite? _____

Is there anything else you would like the coaches to know about you? _____

MANTA RAY SWIM CLUB
PERMISSION/WAIVER FORM

My child/ward, _____, has permission to participate at MASA in the Manta Ray Swim Club. I hereby expressly waive any and all causes of action which I or my child/ward might have against MASA,* Inc., the Manta Ray Swim Club, and/or the coaching staff involved as a result of any injury or damages that may be suffered due to participation in the practices and/or swim meets.

I further acknowledge that he/she assumes entire responsibility for any loss, damage, or injury that may be sustained by participation in this program.

I further give my permission to the representative to consent to the rendering of needed medical attention by the nearest physician and/or hospital in the event of an emergency caused by an accident or injury to my child/ward.

I assume responsibility for my property and MASA is not responsible for any loss that may occur.

Parent/Guardian Signature

Date