

Informational Packet

Registration done in MASA - MindBody



Manta Ray Winter Swim Team

November 2018 - February 2019

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Season Length...

First time Swimmers and all 8 & under swimmers:

Sunday, November 4, 4:30-6:30 p.m.

*This allows an additional practice for introduction to younger/new swimmers.

New and Returning Swimmers: Season Starts

Thursday, November 8 - Sunday, February 3, 2019

Season Calendar...

All swimmers start at 4:30(or 4 where indicated and will be released by group placement)

Sunday's 4:30-6:30 p.m.	Tuesday's varies	Thursday's 4:30-6:30 p.m.	Saturday Meets
Nov. 4 New or Under 8 only			
Nov. 11, 18, 25 Dec. 2, 9, 16, 23, 30 Jan. 6, 13, 20, 27 Feb. 3	4:30-6:30 Nov. 20, 27 Dec. 4, 11, 18 4-5 in pool, 5-5:30 dry Jan. 8, 15, 22, 29	Nov. 8, 15, 29 Dec. 6, 13, 20, 27 Jan. 3, 10, 17, 24, 31	

Swimmer Groupings...

Groupings for practice times will be determined by coaches and based on ability, age and attention span. Groups may change throughout the season as swimmers abilities change.

Group	Ability	Focus
Beginner (60-75 min. practice)	No previous knowledge required Swim 25 yards freestyle Swim 25 yards backstroke Willingness to learn butterfly/breaststroke	Build confidence and teamwork Build endurance Technical work: freestyle, backstroke Introduce: butterfly, breaststroke, starts, finishes and turns
Intermediate (75-90 min. practice)	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 competitive strokes Refine starts, finishes, and turns Introduce competitive techniques
Advanced (90-120 min. practice)	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 and consistency Refine all competitive strokes Refine starts, finishes, and turns Building on and practicing more competitive techniques

Financial Expectations...

Manta Ray Swim Team Registration Fee:

Registration open online in Mindbody. You can register unpaid until...
\$70.00 payment needs to be in by Sunday, November 11, 2018.

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 fee's that they are invoiced for.

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, and goggles
 - 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 and Goggles
 - Towels (2-3 is recommended)
 - 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 e-mailed and posted for sign-up.
- As soon as we have meet dates we will e-mail and post the information.

Team Apparel...

Order forms included and will be due November 19 (NO LATER)

*Purchasing team apparel is optional and not required.

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

Coach: Rose Paul

Phone: 715-581-9756 (text 1st. choice)

E-mail: rpaul074@uwsp.edu (2nd. choice)

Coach: Hannah Nygaard

Phone: 715-581-4661 (text 1st. choice)

E-mail: hannygaard@gmail.com (2nd. choice)

Coach: Sonya Barchugova

NOTES:

We will have to add the Team Apparel form

Registration will all be done online in MindBody

We will just need to see what other info we might need from swimmers that is not in MindBody example: In case of emergency contacts and does the swimmer have any physical, psychological condition(s) that the coaches should be made aware of.

The rest of the info should be in MindBody and at that time they also sign the waiver which is more complete than what we have had in the past.