

# Informational Packet

Registration done in MASA - MIS



# Manta Ray Winter Swim Team

November 2020 - February 2021

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## Season Calendar...

Swimmer start times will be determined by the coaches before the first practice.

Sunday's 4:30-6:30 p.m.	Tuesday's varies	Thursday's 4:30-6:30 p.m.	Saturday Meets
Nov. 1 8, 15, 22 Dec. 6, 13, 20, 27 Jan. 3, 10, 17, 24, 31 Feb. 7	<b>4:30-6:30</b> Nov. 3, 10, 17, 24 Dec. 1, 8, 15, 22, 29  <b>4:00-5:00 (possibly)</b> Jan. 5, 12, 19, 26 Feb. 2	Nov. 5, 12, 19 Dec. 3, 10, 17 Jan. 7, 14, 21, 28 Feb. 4	TBD

## 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
<b>Beginner</b> (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
<b>Intermediate</b> (75-90 min. practice)	Swim minimum of 50 yards in freestyle and backstroke; 25 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
<b>High Intermediate</b> (75-90 min. practice)	Swim minimum of 100 yards in freestyle and backstroke; 50 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 Practicing competitive techniques

<b>Advanced</b> (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
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## **Financial Expectations...**

### **Manta Ray Swim Team Registration Fee:**

Registration open online in MIS.

\$70.00 payment per swimmer is due by Sunday, November 1, 2020.

### **MASA Membership Fee:**

Swimmers must have a youth membership or be part of a family membership.

See [masaswim.org](http://masaswim.org) for pricing info. and can be done online in MIS.

### **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.

**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 aid 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, meets, 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 emailed and posted for signup.
- As soon as we have meet dates we will email and post the information.

## **Team Apparel...**

Coaching Staff will decide if we will offer team apparel, and let you know.

\*Purchasing team apparel is optional and not required.

## **Coaching Staff and Manta Ray Contacts**

**MASA Director: Jennifer Passehl**

Phone: 715-443-3772

Email: [jpassehl@masaswim.org](mailto:jpassehl@masaswim.org)

**MASA Office Administrators: Cathy Matel**

Phone: 715-443-3772

Email: [office@masaswim.org](mailto:office@masaswim.org)

**Coach: Grace Albee**

**(Previous Manta Ray and Wausau West Swimmer )**

Phone:

Email:

**Coach: Laila Smith**

**(Previous Manta Ray Swimmer)**

Phone:

Email:

**NOTES:**

We will have to add the Team Apparel form if we decide on doing one.

Registration will be done online in MIS

We will just need to see what other info we might need from swimmers that is not in MIS  
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 MIS and at that time they also sign the waiver.