



Welcome to the Wahoo Otters Swim Team
parent informational meeting.

AND THANK YOU for coming tonight!!!!



Coaches



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*Aquatic Coordinator



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*our goal as coaches is to help grow and develop swimmers strokes and make great memories with the swimmers during the summer!



Our philosophy as a swim club is to build better swimmers by developing technique in all four strokes. We will emphasize effort and personal growth throughout the summer.

Requirements

Age - 5-18 yrs old

8 & Under - must be able to swim length of pool (25m) independently

9 & Above - passed level 3 or equivalent - knowledgeable of all strokes

Cost

Members of Civic Center \$50 / Non Members \$65

- Includes a swim cap for each swimmer

Registration will be done at the Civic Center or online starting May 14th up until practice starts.

Practices

— -held daily at the Aquatic Center from 8:30-9:30am

-June 3rd - July 19th (Monday- Friday) *we will not practice July 4-5th*

- door will open at 8:25

-we would like each swimmer to come to **at least 3** practices a week

- swimmers should be prepared to swim and work hard

- be on deck with equipment (caps, goggles) adjusted, and ready to swim

- use the restroom before practice

-follow all directions from adult - do not get in the water until coach tells you to

Examples of a Practice Workout

Swim Workout #1

Category: Beginner

Workout Goal: Build endurance, improve crawl stroke

Total Distance: 600 yards

- 2 x 50 yards crawl warmup (rest between laps if needed)
- 4 x 25 yards crawl counting strokes per length (try to keep an even number of strokes)
- 4 x 50 crawl resting :30 between each lap (try to hit the same time on each lap)
- 4 x 25 yards crawl counting strokes per length (try to keep an even number of strokes)
- 2 x 50 crawl warmdown (swim slowly and relax)

Warm-up (800)

- 200 free
- 150 breast
- 100 back
- 50 butterfly
- 6x50 kick (odd: freestyle, even: breaststroke)

Main set (1600)

- 4x100 with 15-second rest (first 25 butterfly)
- 100 easy breaststroke
- 3x100 with 10-second rest (first 25 butterfly)
- 100 easy backstroke
- 2x100 with 5-second rest (first 25 butterfly)
- 100 easy breaststroke
- 8x50 freestyle (easy/fast)

Cooldown (400)

- 4 x 100 (free, back, breast, free by 100's)

Total: 2800 yards

I Am IM

Warm Up (300)

- 100 free
- 100 choice
- 100 kick

Drill Set (400)

- 8 x 50 drill/swim by 25. IM order, 10-second rest

Main Set (2000)

- 100 freestyle
- 2x200 IM
- 100 backstroke
- 2x200 IM
- 100 breaststroke
- 2x200 IM
- 100 freestyle
- 16x25 sprint IM order

Cooldown (100)

- 100 easy

Total: 2800

Equipment

Required

- **athletic swim suit**
- **goggles**
- **swim cap:** The swim team registration fee includes one team cap. Caps are required for meets. During practices, hair must not prevent seeing while swimming. Caps are recommended.
- **towel**

Also Helpful

- **small mesh bag:** for keeping goggles and swim caps accessible and dry. Keep towels, suits, and clothes in a separate bag.

Please clearly label all personal items.

Communication

- Meet and speak with coaches during prearranged times. Do not to interfere with valuable pool time by interrupting or confronting coaching staff on the pool deck during practice (8:30-9:30am) or swim meets.
- If your child will miss practice for any reason, please send a text or email to a coach. We understand summer schedules are busy, but we would like to know when they will be gone.
- If your swimmer needs to leave practice early, please text, email, or send a written note before practice that day.
- RSVP for every meet on signup genius

Swim Meets

Wed. June 19th - North Bend Relays

Tues. June 25th - Tekamah

Sat. June 29th - Blair

Wed. July 17 - North Bend

Sat. July 20 - Westpoint (conference meet - would have needed to swim in at least 2 meets to attend this meet)

Age Groups

8 & under-All events 25m, except I.M.

9 & 10-All events 25m, except I.M.

11 & 12-All events 50m, except I.M.

13 & 14-All events 50m, except I.M.

15-18-All events 50m, except I.M.

Swimmers age as of June 1 is their age for the season

(If someone turns 9 on June 2, they swim 8 and under)

Swim Meet Info

EACH SWIMMER IS
ALLOWED 4 EVENTS.

EACH TOWN MAY
ENTER 3 SWIMMERS
PER EVENT,
2 RELAYS PER AGE
GROUP

ORDER OF MEET EVENTS:

I.M. (Fly, Back, Breast, Free)

Medley Relay (back, breast, fly, free)

Butterfly

Backstroke

Breaststroke

Free

Free Relay

All relays are 100m with each leg 25m pr swimmer

I.M. is 100m

Swim Meet Info cont'd...

- *event placement in meets will be determined by attendance, behavior, and effort during practices and swimmers best event
- *during meets, at least one coach will be with the swimmers in our team tent and the other coaches will be on the deck helping kids get ready for their race.
- *Be mindful of weather and bring appropriate outer clothing.
- *Two towels are often helpful.
- *Healthy snacks, water, and money for concession.

Meet Disqualifications

8 & Under-Reasons for disqualification are:

- No two hand touch
- swimming the wrong stroke i.e. back instead of breast
- during the medley relay-not swimming all four strokes (may be in the wrong order).
- Other infractions will be tolerated.

9&10

- Some minor infractions will be tolerated.
- The strokes must be performed correctly 75%-80% of the swim.

No infractions will be permitted for the other age groups.

- Two hand touches for fly and breast (9-10 and up)
- No scissor kick in breast and fly
- Wall touches prior to start of each leg of relays (9&10 and up)
- No flip turns from back to breast in IM
- Only one arm pull to stomach into a backstroke turn
- Double dolphin kick allowed underwater on starts. There is not a set length where the swimmers have to surface and start swimming.
- Breaststroke starts allow one pull and one kick underwater before surfacing on the second pull.

Roles

The Wahoo Otters Swim Team will be successful because of the hard work from parents, coaches, and swimmers. It is important that we all know our roles and maintain self-control at all times.

- **Swimmers:** swim
- **Coaches:** coach
- **Parents:** parent
- **Officials:** officiate

We expect all swimmers, coaches, and parents to maintain high standards of behavior and work ethic.

Sportsmanship

- Demonstrate good sportsmanship. Promote values of discipline, loyalty, commitment, and hard work with your swimmers.
- Clear the pool deck during practices and meets unless you have a specific job or assigned task from a coach. Parents on deck create unnecessary chaos and distraction for swimmers and coaches.
- Understand that criticizing, name-calling, abusive or aggressive language directed toward coaches, officials, or swimmers will not be tolerated.

Expectations

Swimmers, your job is to swim! You are also expected to represent Wahoo as positive, helpful, hard working athletes. Being kind, considerate, and respectful are not optional. Negative attitudes will not be tolerated during practice! Swimming is fun, challenging and exciting! Bring your suit, goggles, towel and, most importantly, your commitment to hard work and excellence.

Thanks again for coming!!!

To our future swimmers....

We hope your adventures as a otter will push you to improve your swimming technique, speed, and team spirit. We want to share our love of swimming with you and are excited to see what this summer will bring for our new swim team!!!

Please grab a form and registration on your way out.