

## 2010 Swim Team Parent Information

Please keep this letter in a convenient location as it contains contact information, practice and meet information, and information about ordering/purchasing suits and caps! Remember, the Waterbury Rapids summer swim team is a parent-run, not-for-profit, recreational opportunity for all children (4-18) in the Waterbury area. Emphasis is on individual skill development, team development, and having fun! Parent involvement at the meets is mandatory -- we will train you, no swim experience necessary.

**Fees:** \$50 for one swimmer, or \$85 for two or more in the same family. Each swimmer or family must also have a season pass for the Waterbury pool. These passes can be purchased from the Waterbury municipal office on Main Street.

- 1) **The first practice** will be on Monday, June 21<sup>st</sup> at the Waterbury Pool. **There will be a mandatory parent meeting during this first practice, so please plan to stay!**
- 2) **Practices** are held 5:00 – 6:15pm at the Waterbury pool. Regular practices are held Mondays, Tuesdays, and Wednesdays. This year we will also offer practices on Fridays, focusing on stroke development and having fun as a team. Attendance at all practices is highly encouraged.
- 3) **Meets will be mostly on Thursdays at the Waterbury pool.** Swimmers should arrive at the pool by 4:30pm.
  - We encourage swimmers at any level to participate in meets. No meet is required, but in order to qualify for the state championship meet, a swimmer must have competed in a minimum of two swim meets that season (in addition to achieving the qualifying time standard for that age group and event).
  - Please notify the coaches if your child will **not** be participating in an upcoming meet.
  - Complete meet schedule, information, and results will be posted on the [waterburyrapids.com](http://waterburyrapids.com) website.
  - Regular Thursday meets: 6/24, 7/1, 7/8, 7/15, 7/22
  - Rutland Sprints meet: Saturday morning, 7/10, Rutland.
  - Distance Meet: Saturday, 7/24, at the Waterbury pool. Warm ups: 8:30am, meet: 9am- noon.
  - Districts: Saturday, 7/31, at the Waterbury pool. Warm ups: 8:30am, meet: 9am- noon.
  - Meets will only be cancelled in the event of thunder or if it is raining too hard to see the bottom of the pool, at the discretion of the lifeguarding staff. Although meets start around 5:00pm, we can start the meet as late as 6:00pm if the weather looks like it will clear. Final cancellation call will be made at 6:00pm.
  - States: Saturday & Sunday, 8/7 & 8/8, in White River Junction. Swimmers must achieve the qualifying time standard for that age group and event to swim at the State meet. Time standards are posted on the Waterbury Rapids website. Coaches will also let swimmers know throughout the season if they have qualified or if they are close to qualifying.

#### 4) **Coaches**

- Coaches for the 2010 season will be Elena Bilodeau and Kirsten Osborne. Both coaches are long-time Waterbury Rapids swimmers, lifeguards and swim lesson instructors at the Waterbury pool, and swim team record-holders. We are very fortunate to have these highly qualified college students leading our swim team this summer!
- If you have questions concerning your child as a swimmer, if your child will not be at a practice or a meet, or if your family will be away on vacation, please contact the coaches or talk with the coaches after a practice to let them know.
- Elena Bilodeau: [elenabilodeau@yahoo.com](mailto:elenabilodeau@yahoo.com) -- 244-5275 or 802-595-5701
- Kirsten Osborne: [kirsten.osborne@uvm.edu](mailto:kirsten.osborne@uvm.edu) -- 244-8175 or 802-279-4279

#### 5) **Parent Responsibilities**

- Parents are expected to help out at the meets. Parents can help with timing, concessions, helping in the bull-pen, collecting cards, or by becoming trained as a stroke and turn official (great view of all the races, no swimming experience required, and the cost for trainings will be reimbursed by Waterbury Rapids). Sign-ups for how you will help out this season will be completed during the parent meeting on the first night of practice.
- All families will need to contribute to the concessions each week. This is how we keep the cost of our swim team so low in comparison to other towns. Sign ups for what you will bring each week will be completed during the parent meeting on the first night of practice.

#### 6) **Team suits and swim caps**

- Team suits and caps are not required.
- We generally keep the same suit design for two years. We are in the second and final year of "Hot Lava" (blue) by Speedo, so you may need to look around on the web. We do not have a specific vendor this year. One retailer who still carries this design is Metro Swim Shop (<http://www.metroswimshop.com/product.8190217.htm>), but you may be able to find others.
- Alternatives to the Hot Lava are the Speedo Swirl Wave and the Dolphin Vapor (e.g., <http://www.thelifeguardstore.com/productcart/pc/viewPrd.asp?idproduct=9337&idcategory=814>), but any blue suit for the girls and black or blue jammers for the boys will also be fine.
- Rapids team swim caps will be available for purchase at swim meets for \$10 per cap.

We are looking forward to a fun and exciting year of swimming. Keep your fingers crossed for a warm and a relatively rain-free summer ☺ ! We hope to see all of our old as well as many new swimmers on Monday, June 21<sup>st</sup>! (Get a friend to sign up, and get a voucher for \$5 off at the concession stand for the 6/24 meet!) New swimmers can also register on the first night of practice.)

#### **Waterbury Swim Team Executive Officers:**

President: Carol Baitz, [cbaitz@wdsdvt.org](mailto:cbaitz@wdsdvt.org), 244-1895

Vice President: Shannon Wisdom, [swisdom@hill.com](mailto:swisdom@hill.com), 244-9926

Treasurer: Gary Osborne, [ghovt@aol.com](mailto:ghovt@aol.com), 244-8175

Secretary and Website administrator: Ann Miller, [aafci@aol.com](mailto:aafci@aol.com), 244-6868