

SWIM TEAM SUMMARY

Assessments (come to one or make arrangements) Weds/Thurs/Friday beginning at 4:30

Season Start Date Tuesday, November 15

End Date Thursday, February 16

Practice Times: Tues and Thurs

3:10-3:55 J-Pod (Novice) optional Friday practice during family swim

3:45-4:30 K-Pod (Intermediate)

4:15-5:30 L-Pod Advanced (Advanced)

Please be on deck with cap and goggles, ready to go!

FEES: San Juan Island Fitness Members: \$140

Non-members \$140 plus \$135 + tax for four month membership which includes access to club during non-swim team lifeguard swim hours and any other specials granted a member.

Transportation costs and some program expenses will be covered by fundraising efforts.

Payment may be made by cash, check, Visa, Mastercard. Scholarships and payment plans may be arranged for those in need. If money is a big obstacle to participation, please contact Paul Hopkins to make arrangements.

SWIM GEAR – Registration does **NOT** include a swim suit. We will **NOT** be doing a group order as the cost savings was not significant enough to justify it. We would rather swimmers get a suit in a cut and style that fits their body type. There are many on-line sites that carry them. In keeping with our team mascot, **Suits should be black. Accents of white or blue are fine**, as is wearing last year's suit (which has been discontinued!). Please try to have a black suit by our first meet on December 17.

MEETS: Dec 17 – at Mount Vernon YMCA

Jan 3 – Anacortes (Home)

We are waiting for confirmation of a meet with Bellingham. We will also have 2 intra-squad meets, a fundraiser and everyone's favorite-- Dive Clinic/Octopus Play at Anacortes.

EXPECTATIONS –Your child is expected to attend practices and swim meets. We understand “things” come up and will work with you whenever we can. Ultimately Swim Team is a team sport and it is noticed by coaches and teammates when your child isn't there. Please approach swim team as you would any other sport you and your child commit to. Younger swimmers should be accompanied by a parent or guardian when we travel off island. We expect everyone to behave with kindness & consideration.

WE'RE ALL ORCAS

- To promote team unity, we're all Orcas this year and we will come up with a team cheer, logo and other fun stuff to have a whale of a great season!
- While we may swim in different Orca "pods" based on skill level and what we need to focus on to improve our individual strokes, we will support and encourage each other.

EFFICIENT STROKES & A FEW JOKES

- Lane coaches will help the swimmers in a lane with drills and skills, providing positive feedback, encouragement and helping with the flow of the workouts as well as reminding swimmers to be kind.
- We will have a joke of the day, sure to make the kids laugh... or groan!
- More games and more fun! We heard you. We are upping the happiness factor... realizing that working hard to swim faster and more efficiently should bring great happiness.

SPORTSMANSHIP

- We will be adopting this great motto Susan Williamson brought back from her niece's swim team in California... "Have a heart! Give a Shake!" to encourage respect for teammates, competitors, timers, coaches
- Be kind. Be respectful.

THE JOY OF COMPETITIVE SWIMMING

- Learning the rules of the sport, starts, turns, finishes, how to swim fast.
- Setting goals, competing against others... and going for those personal bests.

HEALTH & FITNESS

We will check in with our swimmers each practice... and take it from there, hoping to encourage positivity. We hope to encourage swimming as a lifelong path to health and wellness.

CREATING COMMUNITY

We will need your help to have a successful season. Please be willing to volunteer in a way that honors your time and talents... and our needs to make practices, meets and events run smoothly. Thank you for sharing your children with us.