

WELCOME

TO

WEST BEND SWIM CLUB

Parent Orientation

The Club

- The club is run by a group of volunteer parents.
- We hold elections every year for a 2 year term.
 - President and Secretary are voted on one year
 - Vice President and Treasurer are the opposite year
 - Members at Large – are appointed by the president
 - Volunteers are always needed to help with other areas and are greatly needed and appreciated.

Board of Directors

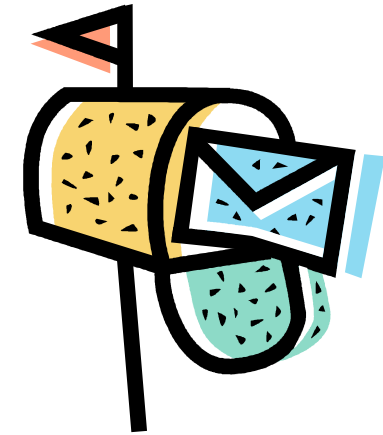
Name	Position	Home Phone	E-mail Address
Lori Koeckenberg	President	306-0714	lcoeckenberg1216@hotmail.com
Renee Smale	Vice President	335-2734	rsmale@charter.net
Jenny Thompson	Treasurer	644-0048	jrktthompson@charter.net
Lisa Ehmke	Secretary	355-6575	lisa.ehmke@starproperties.com
Ann Dommissie	Board Member	306-0111	jadommo@charter.net
Troy Engstrom	Bookkeeping and Billing	338-6114	Engstrom6@charter.net
Chris Hayes	Board Member	847-740-6867	chrishayes2006@gmail.com
Sarah Frey	Board Member	334-9336	frey470@msn.com
Jamie Scanaln	Equipment manager	338-0178	jamimom@charter.net

Numbers can also be found on the team website at westbendswimming.com .

Coaches

- We are lucky to have some great coaches and we encourage you to get to know them.
- If you have questions about something your child is doing or are concerned with something please feel free to talk to your child's coach.
- We ask that you talk to the coaches before or after practice
 - Coaches need to have their eye on swimmers in the pool during practice

Communication

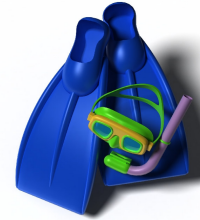


- **E-mail**
 - Please check regularly!
- **Web site**
 - **westbendswimming.com**
 - Most of our communication and updates will be through the website. Please check it regularly.

Practices

- Instruction on strokes and technique
- Group set-up and advancement
 - Ribbon 1 Freestyle, and Backstroke, flip turns
 - Ribbon 2 Freestyle, Backstroke, Breaststroke
 - Ribbon 3 Freestyle, Back, Breast and Butterfly
 - Intermediate All strokes and endurance
 - Juniors All strokes and stamina
 - Seniors All strokes, and stamina
- Important to purchase and bring fins, goggles and swim caps (for those with longer hair)
- Practice schedules can be found under the calendars tab at westbendswimming.com . Chose you location for the correct calendar.

Apparel and Equipment



- The swim club sells apparel and equipment
- Goggles, swim caps, fins, swimsuits, etc.
 - We get quantity discounts – sold at our cost
- Apparel is at the pool usually one night per week (Mondays) or e mail Jamie at jamimom@charter.net
- Christmas orders-
 - Once per year we do a big order and offer swim bags with names and logos embroidered on them. Polo shirts, warm ups, etc. This is normally done in the fall so that they can be given for Christmas.

Swim Meets

- Optional activity but encouraged
 - It's why the kids practice
 - It's fun!
- Meet information is available under the events tab on the website.(westbendswimming.com) Sign up on the website by clicking commit athlete and then choose the events you would like to swim.
- Swim in age groups
 - 8 & Under, 9-10, 11-12, 13-14, Senior
- Swim in heats – seeded with those who have posted similar times (after the first meet)
- Awards can be difficult to achieve – look to swim a personal best each time
 - Best time awards are given by the club

Swim Meet Tips

- Sean Murphy coaches at most meets but any of the staff may be at a meet
 - Your child's coach may not be there
- United States Swimming rules prohibit parents from the immediate area around the pool – the coach is responsible for them
- Equipment Needed
 - Swimsuit, goggles and team cap (this helps us keep track of our swimmers...)
- Swimmers should talk to the coach after they swim an event
 - Immediate feedback on how they did

Swim Meet Reality

- Swim meets take a long time to complete
 - Usually a morning and afternoon session
 - Each session will take 3 to 5 hours
 - If you have two or more swimmers you could get lucky and be able to do both sessions!
 - There can be long intervals between the events that your child swims

Swim Meet Survival

- Come prepared for a long day!
 - Games, books, magazines, toys for tikes
 - Most meet locations have rest areas for families and swimmers
 - Can spread out a blanket, set up folding chairs, etc.
 - Concessions are always available
 - Besides concessions there is usually a small admission charge and a charge for a meet program (in swimming we call them heat sheets)

Fundraising

- Host swim meets with Fond du Lac Swim Club as our main fund raisers
 - Entry fees, admissions, meet programs and concessions
- Meets are in October and February
- Each family is expected to volunteer their time for two/three separate sessions at each meet
 - There are 20 to 25 distinct jobs to cover for each session
- Meets generate funds to cover the majority of club operating costs
 - Your fees only cover part of our costs
- Pick and Save Brat Fry in the summer

Questions?

- And answers...