

SEAHAWKS SWIM TEAM

REGISTRATION: 2016-2017 Season

INTRODUCTION OF COACHES

The head coach for the Seahawks is Lisa Purdy-Ciesielski. Lisa is an accomplished swimmer and has many years of coaching experience with swimmers of all ages. Lisa received her coaching degree from UNI. She teaches for MOC-FV Schools and has coached the Seahawks since the fall of 1998.

Bronwen Dean is the Seahawks assistant coach. Bronwen is a fulltime wife and mother. She swam for Iowa State University where she was first team Academic All-Big 12 in 1997 and 1998.

SEAHAWK TEAM INFORMATION

The Seahawk Swim Team is a non-profit age-group competitive swim team governed by the USA Swimming rules and regulations. USA Swimming is divided into four zones which are further divided into areas called Local Swim Committees (LSC). Our LSC is Midwestern Swimming which covers all of Nebraska and the western counties of Iowa. We also belong to the Tri-State League which is our own conference. There are 8 members of the Tri-State League and they are:

Sioux Center Seahawks - Sioux Center, Iowa
Siouxland Sharks - Sioux City, Iowa
Sioux City Mariners - Sioux City, Iowa

Yankton Swim Team - Yankton, South Dakota
Vermillion Swim Team – Vermillion, S.D.
Norfolk Aquajets - Norfolk, Nebraska

There are about 300 + swimmers who belong to the Tri-State League that the Seahawks will compete against on a team basis during the winter season.

TRIAL SESSION

The Trial Session is for new swimmers only and will last for 2 weeks, starting on Monday, September 19th and ending on October 3rd. The cost for this session is \$50.00. By October 3rd you must decide if your swimmer is going to remain with the swim team. New swimmers that remain with the team will have their \$50.00 fee applied to their seasonal fee. New swimmers for the first two weeks will attend practice Monday, Tuesday & Thursday.

PRACTICES

Our practice times vary for each individual swimmer: Options are Mon & Thur, Tue plus Wed or Fri, or Mon, Tue, Thur or Tue, Wed, Thur or Mon-Fri

4:00 to 5:30 pm at the Sioux Center Indoor Pool (All Seasons Center-ASC). Bring suit, goggles and towel.

Bus transportation from Kinsey and SC Christian may be available. Contact Ken Dokter at the Bus Barn (722-2481). However, your child will arrive at the ASC between 3:15 and 3:25 for the 4:00 practice. Parents will be responsible for the actions of their children at the ASC during the time they are unsupervised.

EXPENSES

- Fees- **2 day – Monday & Thursday (New Swimmers Only) Tuesday plus Wednesday or Friday (Returning Swimmers)**
 - This is required for all 8 and under 1st year swimmers
 - \$190 per swimmer
- **3 day – Monday, Tuesday and Friday OR Tuesday, Wednesday and Thursday**
 - Swimmers will need to select one of the 2 options.
 - \$280 per swimmer
- **5 day**
 - This will be restricted to, returning swimmers, 9 years or older who committed to notching up their competitive swimming.
 - The Wed & Friday practices will be more advanced technique training.
 - \$490 per swimmer

\$25.00 discount for each additional swimmer per family

. The fees are used to pay the following expenses:

USA swim fees, Coaching wages, Pool rental, Equipment purchases, and a percentage of entry fees.

All fee payments are due by September 19th. **Swimmers will not swim if payments are not paid.** If required a payment option is available with 3 equal payments: 1st – Before or on Sept. 19th, 2nd - Dec 1, 3rd Feb 1. If the payment option is chosen all checks marked with these dates must be received before the first meet.

*USA Swimming has a special program for low income families that can reduce their fee, and thus the fee the Seahawks charge. Please see the Treasurer for more information.

Team Suit, etc. – There will be a team suits available upon completion of the order form. Please see Suit Order Form on the all season center website for more information on cost and ordering. There will be a deadline and all suits will be ordered together in order to receive a volume discount.

Practice Suit – Any suit can be worn for practice however, we recommend not wearing the team suit. Keeping the team suit for meets will assure a longer life of the suit Practice suit information and orders are available.

Communications - Please be sure to read your e-mails from Coach Lisa, particularly as meets come closer. Feel free to call the head coach or any of the officers if you have any questions. Our team website is hosted on the All Seasons Center website and has all team information posted. We try to email team news letters when possible.

MEETS

Our meet schedule will include of Tri-state League meets, invitational meets, and championships meets. All swimmers, regardless of ability, swim at the regular meets and optional invitational meets. Championship meets require a qualifying time. **We do not have bench warmers.** Swimmers are eligible to swim 4 individual events & possibly 2 relays in each meet. Swimmers may swim each event of butterfly, backstroke, individual medley, freestyle, breaststroke, medley relay, and freestyle relay. The swimmers are divided into age groups of 8 & under, 10 & under, 11-12, 13-14, and 18 & under. The age of the swimmers on the date of the meet will determine what age bracket the swimmer will swim in. Meets are held on Saturdays with warm-ups at 8:00 a.m. and the meet starting at 9:00 am. Most meets conclude by 2:00 p.m. or earlier.

(See Meet Schedule)

Home Meets We will be hosting 2 meets this season December 3rd and February 4th. All parents are expected to help in a variety of jobs, such as timing, concessions stand, set up, etc, schedules of work assignments will be sent out prior to the meet.

Swimmers are encouraged to attend the Tri-State meets. If there are any conflicts please notify the coach at least 10 days in advance. Meet entries are submitted 10 days prior to meets and entry fees are paid for each swimmer. We reserve the right to assess the cost of this fee back to the parents when arrangements are not made in advance of the deadline. Invitational Meets are generally optional there is additional cost and coaches do not usually attend these meets.

Transportation to the meets is the responsibility of each family. Car pools have been established by parents on their own over the years, so if you need to find transportation please call a team member or coach. Please don't leave a swimmer home because they have no transportation available, someone is always willing to help!

OFFICIALS

If you are interested in serving as an official: referee, starter, stroke & turn judge – watch for training opportunities and information.

THINGS YOU NEED TO DO NOW!!

- 1) Complete one **Registration Form** for each swimmer on or before Saturday, September 12th.
- 2) **Pay the season fee.** (an additional \$25.00 processing fee will be added to late registration entries)
- 3) Complete the **Goal Sheet** and **Consent Form.** No Form - No Practice.
- 4) **For new trial swimmers,** pay the \$50.00 trial fee (applied to seasonal fee if you choose to stay)

SEAHAWK PARENT OFFICERS

Officers are elected at the Annual Awards Banquet held in the spring. The officers for the current swim season are:

President	Heather Bogenrief	449-5701
Vice President	Erica Vonk	722-2071
Secretary	Dawn Slaughter	470-6163
Treasurer	Jennifer Vande Vegte	722-4398
Member at Large	Dave Moss	722-4809
Member at Large	Katrina Ten Napel	441-1304
Member at Large	Justin Hurst	441-2475
Head Coach	Lisa Purdy-Ciesielski	439-1833
Assistant Coach	Bronwen Dean	722- 4762