

# Parents and Guardians

## Information to Know

### **What swimmers need for practice and meets:**

- A good attitude.
- To be willing to learn.
- To have respect for themselves, coach, and others.
- Have good communication.
- To pay attention.
- A swimsuit (any kind of suit for practice, a one-piece suit is required for meets for girls, we do have a team suit, but it is **not required**)
- **Goggles are a must.**
- Towels.
- Dry clothes, shoes, and coat when needed.
- Shower supplies.
- A healthy snack.

### **Practice**

Practice varies for each swimmer: Registration opens on Wednesday, Sept. 3rd from 6:00-8:00 pm and reopens on Tuesday, Sept. 9th from 6:00-8:00 pm at the All-Seasons Center.

Last date to register is Tuesday, September 9th at 8 PM **\*An additional \$100.00 fee will be added to late registration entries\***

**New swimmer** – 8 & Unders swim on Monday & Thursday and 9 & over - may swim two or three days, choose: Monday, Tuesday, or Thursday

**Returning swimmer** – Choice of 2-, 3-, 4-, or 5-day **option (only 11 and older returning swimmers can choose the 4- or 5-day option)**

**FALL/WINTER PRACTICE COST:** 2 day is \$230, 3 day is \$345, 4 day is \$460, 5 day is \$575 \*All signups for days are final – **no switching\***

**PRACTICE TRIAL:** New Swimmers come Sept. 15, 16, 18, 23, 23, 25 and Sept. 29 New swimmers must be six years of age and be able to swim 25 yards. At the end of the trial, it will be coaches' discretion if swimmer is ready for competitive swimming.

The cost is \$75 which can be applied to the total.

Returning swimmers start on Monday, September 22nd and arrive on their designated days only.

The following dates we will not hold practice: (subject to change if we do not have a coach during the holidays)

- November 27, 28
- December 23, 24, 25, 26

Any other practice cancellations will be announced.

\*Weather related cancellations will coincide with the Sioux Center School cancellations.

Swimmers can always practice during **open** swimming hours at the All-Seasons Center.

### **Meets**

Our meet schedule will consist of 2 designated home meets. There are other optional meets available that your swimmer(s) could participate in also. Meet fees are paid out of pocket. The meets usually run from 8 a.m.-2 p.m. All swimmers are strongly encouraged to attend both home meets.

If you want to attend a meet, please notify Coach Lisa at least **10 days** in advance of the meet.

**This is a must.** Please see that you follow this rule. We have the right to assess and charge a late fee for late entries.

There will be meet information e-mailed by Coach Lisa prior to the swim meet, these e-mails will inform you of the meet time, place, items to bring, and directions. (Directions can be found also on Mapquest.com). If you need a hard copy, please ask Coach Lisa. Meet information may also be found on our website [www.siouxcenter.org/seahawks](http://www.siouxcenter.org/seahawks)

We host home meets and volunteers are a must. There are many activities to be done and everybody can help in their own way. A schedule of your home meet duties will be e-mailed before an upcoming home meet. If you are unable to help, please let Coach Lisa know via e-mail.

## **Swim-A-Thon**

For the past several seasons, a Swim-A-thon has been the major fund raiser for the Seahawks. It is a great way to make money for the team. This season we will hold the Swim-A-Thon during regularly scheduled practice the week of Feb. 2-6. A complete handout and a verbal direction will be given out later in the season. All swimmers are strongly encouraged to help raise funds for the team. It helps keep the initial costs down, buy equipment, and pay for the use of the pool along with other expenses. Your efforts in helping in this event will be greatly appreciated. Mark your calendars.

## **End of the Season Fun Night**

A fun night is a nice way to end the season.

A specific date will be determined, sometime in March.

Please keep your calendar open for this event.

## **Coach Information**

Coach Lisa Purdy-Ciesielski Phone: 712-439-1833 e-mail: [kl斯基@premieronline.net](mailto:kl斯基@premieronline.net)

Assistant Coach Bronwen Dean e-mail: [bgdswim77@yahoo.com](mailto:bgdswim77@yahoo.com)

**“Behind every great swimmer is a great parent!” [www.swimmingparent.com](http://www.swimmingparent.com)**