

Waukesha Express Swim Team

Competitive Swim Team Information Fall/Winter 2010

The Waukesha Express Swim Team is a competitive swim team for children of all ages. Swimmers are coached by professional coaches, and the program's main facility is the Waukesha South High School Natatorium.

Swimmers do not have to complete the Pre-Competitive Class prior to joining the swim team. Swimmers can join at any time and fees are pro-rated based on starting date.

The team has several groups and placement is determined by both age and swimming ability. Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke in order to start in the beginning competitive swim team groups.

The beginner swim team groups have no practice requirements. Our practice schedule is very accommodating, and offers families flexibility in setting up a practice schedule that fits into their schedule. The suggested practice attendance is as follows:

Ribbons	At least 2 times per week
Bronze	2 – 3 times per week
Silver	3 – 4 times per week
Gold	4 – 5 times per week
Senior	Determined on an individual basis by coach

Spring/Summer Schedule Information

Session Dates:

FALL	Tuesday, September 14 - December 3, 2010
WINTER	Monday, December 6 - February 25, 2011 (Senior groups practice through March 11, 2011)

Contact Information

Ribbons, Bronze and Silver Groups	Bill Boldon	bill@waukeshaexpress.org
Gold and Senior 2 Groups	Michael Hamm	michael@waukeshaexpress.org 262-309-2776
Senior 1 and Senior Team Groups	Blaine Carlson	blaine@waukeshaexpress.org 262-751-7946

If you would like to meet with a coach to have your swimmer evaluated please contact Bill Boldon at bill@waukeshaexpress.org. Bill will meet with you and evaluate your swimmer and assign your swimmer to a group, and can answer any other questions that you may have about joining our team.

During the first few weeks of the season the lead coaches for each of the groups will have a parent meeting. Look for an e-mail at the beginning of the season with dates and times.

Swim Meets

When you sign up with the team for the first time the price includes \$30 for meet entry fees (see below section regarding Fees), which is put in an escrow account for your family. Swimmers can compete at meets, and you sign them up as you wish. They can swim as many, or as few, as you would like. There are meet entry fees for each meet, usually \$3 - \$4 per event. The fees for the meet entries will be taken from your escrow account. Once you use the \$30 in your escrow account you are responsible for any additional meet fees for your swimmer. Invoices are generated and e-mailed out on the 21st of each

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month. If you have a balance due for meet entry fees, your payment is due by the 1st of the following month.

You are responsible for entering your swimmer in meets on our website. You have the option of picking events for your swimmer or allowing your child's coach to pick events for you. If you want your child's coach to pick events for you then just commit your swimmer to the meet so that the coach knows you want your swimmer to participate. You

Once we receive your swimmer's registration we will set up an account for you on our site. You should receive your account username and password within a week. If you do not, please let us know. Meet sign up is available under the Events section of the website. If at any time you need assistance with the meet sign up process please contact your child's coach.

Online Account

You have the ability to update your information on your account at any time. You can change or update your e-mail address at any time. It is important that this information stay current as it is the main way of communicating meet sign ups, practice schedules, etc.

You also have the option of setting up auto pay for your account, using a credit card or checking account. If you have a balance due on your account for meet entry fees, you can enter your payment information and have the payment processed automatically on the first of each month. If you would like to take advantage of this convenient method of payment click on the "Set Up Auto Pay" link on left hand side of the website.

IMPORTANT! Please make sure that the Emergency Contact information is kept current. Go to the "My Account" tab and then the Insurance/Emergency Contact tab. It is your responsibility to make sure all information is completed and up to date prior to the start of the session.

Equipment

Swimmers are required to have their own equipment for practices. All swimmers should have their own goggles and a swim cap if they wish to wear one. For the beginner level groups the required equipment is minimal. All equipment is available through All-American Aquatics, 1-800-910-7946. They have a store is located in Oconomowoc, and if you tell them that your swimmer is joining Express they know what equipment your swimmer will need. Mesh bags are optional but are nice for storing and transporting wet equipment.

Ribbons	Fins
Bronze	Fins and Pull Buoy
Silver	Fins and Pull Buoy
Gold	Zoomers, Pull Buoy, Snorkel
Senior 1	Zoomers, Pull Buoy, Snorkel
Senior 2/Senior Team	Zoomers, Pull Buoy, Snorkel, Hand Paddles, Team Warm-up jacket

The Ribbons, Bronze and Silver groups have starting using Junior Snorkels at practices. Your coach can advise you as to whether or not you should purchase one for your swimmer.

Swimmers are required to have a team suit for meets. It is important that we look like a team when we attend meets, so this is important. We will have several opportunities this fall for you to purchase team suits at the pool. Once we have the dates and times we will e-mail and post this information on our website.

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Team Sweatshirts, Sweatpants and T-Shirts

At the beginning of the session we will be taking orders for team sweatshirts, sweatpants and t-shirts. The prices will be approximately \$18 for sweatshirts, \$14 for sweatpants and \$6 for t-shirts. Order forms will be available at the pool at the beginning of the session.

Working at Meets

Our team hosts 5 – 8 meets each year at Waukesha South High School. During your first six months with the team you are not required to work at these meets. This gives you and your swimmer the time necessary to get familiar with the team and swim meets.

If your swimmer decides to continue with the team after six months, you will be required to help at our home swim meets. The requirement will be less for our younger, beginner swimmers. The requirement can easily be met by having one or two parents working at a couple of the meets each year. We do offer a buy-out option, but we hope that you will get involved with the team and work at the meets. It is great opportunity to meet other families on the team, and we have many positions that do not require any previous experience.

All meet worker signup is handled online at our website. Worker sign up is located under the Events tab and can be identified by a Job Sign Up button under the meet name.

Fundraising

You will have the opportunity to participate in fundraisers, but they are not required. If you participate in the fundraisers, you can earn credits toward your next session of swim fees. You earn 75% of the profit that is fundraised by your family. These fundraising credits can never be paid out to you if they are not used.

Fees

Swimmers must be registered prior to their first practice with the team.

You can receive better pricing by committing to both fall and winter sessions. If you do commit to both sessions but want to pay in installments you have the option to pay 1/2 when registering, and the other 1/2 due November 1, 2010 (the second installment will be included on your October invoice).

If other payment arrangements need to be made please contact Laura at laura@waukeshaexpress.org.

New swimmers are required to pay the \$80 new swimmer registration fee, which covers the swimmer USA registration fee for the remainder of 2010 and all of 2011. The remaining \$30 will be credited to your account for meet entry fees. The \$30 will show up as a credit on your account upon registration. Meet entry fees are charged to your account and you will be invoiced monthly for these fees.

Returning swimmers will be automatically renewed for their 2011 USA Registration fee in October of 2010. The fee will be included on your October invoice, with the payment due November 1, 2011.

Cancellation Policy

Swim fees are non-refundable. Pool time and staff are planned based on registrations prior to the start of the session. If a swimmer is unable to participate due to illness or injury, a written notice must be provided by the swimmer's physician.