

Waukesha Express Swim Team

Competitive Swim Team Information Fall 2009

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

Fall Schedule Information

Session Dates:

Fall	Tuesday, September 15 - December 4, 2010
Winter	Monday, December 7 - February 25, 2010
Senior Groups	Last practice March 11, 2010

As soon as we get our schedule finalized for the fall it will be posted on our website. It will be similar to our past fall schedules. However, we would like to take advantage of open pool times on the weekends to better serve our younger swimmers. The weekend offerings will include stroke clinics that will focus on specific skills that the coaches feel need more attention. We will always post the schedule for weekend practices in advance along with the focus for each practice.

During the first 6 weeks of our session we will only be practicing at South H.S. After that we will be able to use North High School again for the remainder of the session. We will alternate groups at North as we have done in the past with the Ribbons, Bronze, Silver and Gold.

We are going to start offering stroke clinics on the weekends for Ribbons, Bronze, Silver and Gold swimmers, in addition to the below practice offerings. Please remember we offer more practices than recommended for our younger swimmers; only to give you flexibility and allow young children to participate in other activities.

Ribbons	Monday, Wednesday, Friday (evening times)
Bronze	Tuesday, Wednesday, Friday (evening times)
Silver	Monday, Tuesday, Thursday*, Friday (evening times)
Gold	Monday - Friday, plus some Saturdays (evening times)
Senior 1	Monday - Saturday (early evening)
Senior 2	Monday - Saturday (after school)
Senior Team	Monday - Saturday (after school)

**If there is a high school meet on a Thursday night, Silver will not have practice that evening.*

Saturday/Sundays Practice and/or Stroke Clinic for Ribbons, Bronze, Silver and Gold

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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 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

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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.

Team Sweatshirts, Sweatpants and T-Shirts

At the beginning of the fall 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 \$5 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.

The fall and winter season is divided into a fall and winter session for our younger swimmers. You do have the option of choosing one or the other for your swimmer. If you do commit to both sessions you can take advantage of better pricing by committing to both sessions prior to the start of the fall session. If you commit to both sessions you can pay in two installments for the fall and winter sessions.

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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 and \$30 of meet entry fees. The \$30 will show up as a credit on your account upon registration. After your swimmer competes in their first meet you will see the meet charges on your account.

Returning swimmers will be responsible for the 2010 USA registration renewal fee in October, 2009. All registered swimmers will have the appropriate charge on their account at that time.

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.