

Parents Meetings January 2021

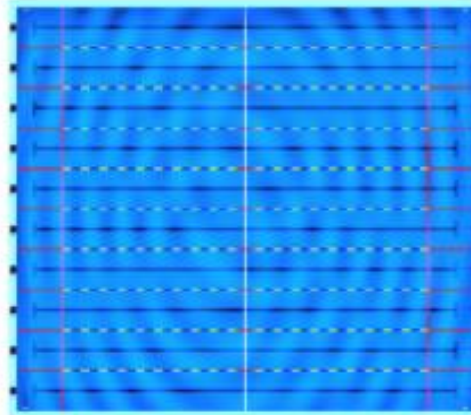


2020-2021 Short Course Season

Short Course vs Long Course

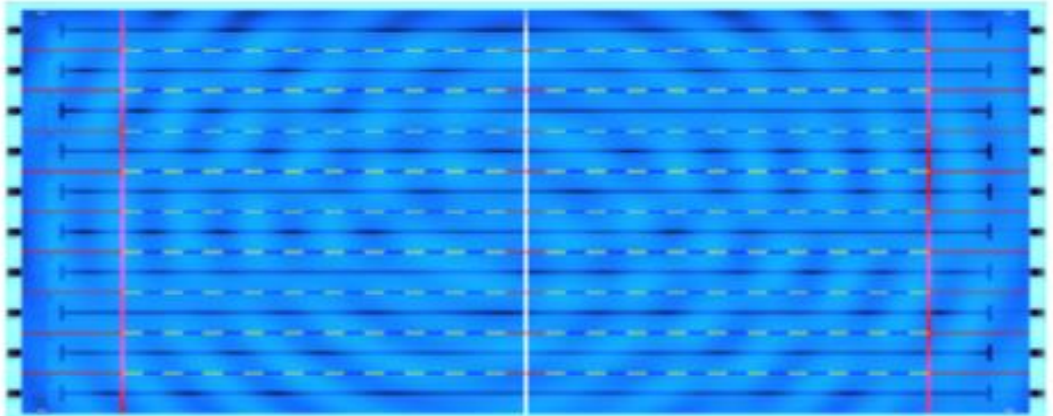
Short Course (25 yards)

- Fall / Winter Swim Season
- Swimmers compete in 25 yard pool
- JCC pool is “short course”



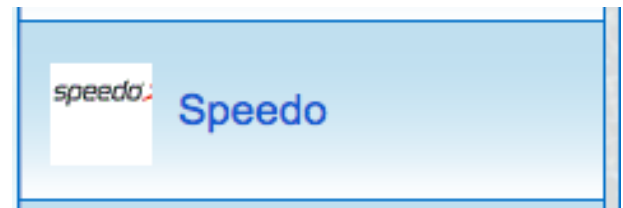
Long Course (50 meters)

- Spring / Summer Swim Season
- Swimmers compete in 50m pool
- Olympic Size pool



Equipment & Apparel

- **Suit for Practice**
 - girls: one piece, boys: “jammers” (can be bought anywhere)
- **Competition Suit**
 - Swimmer should wear a team speedo suit at all meets except when given permission by coach. Tech suits should **Not** be worn with out permission
- **Goggles** (2 pairs recommended)
 - Speedo Vanquisher (junior for young kids)
 - Bungee Straps
- **Swim Cap**
 - Team Cap required for meets
 - All swimmers with long hair should also wear at practice
- **Team Shirts** – Should be worn at meets
- **Water Bottle required** for practice
- **Speedo Team Bag - Recommended**



See the link on our website for the Speedo Team Store to order!

Additional Equipment

- Kick Boards – all Groups
- Pull Buoy – Bronze, Silver, Gold, Pre Senior, Senior, Senior Elite
 - 10 & unders should use Junior Size
- Fins – Bronze, Silver, Gold, Pre Senior, Senior, Senior Elite
- Snorkel – Bronze, Silver, Gold, Pre Senior, Senior, Senior Elite
 - Recommend a nose plug but not required & Recommend a Snorkel Dry top
- Paddles - Silver, Gold, Pre Senior, Senior, Senior Elite
 - Size Small or Medium for 12 & unders
- FINIS or Sporti Swim Parachute – Gold & Pre Senior
 - Gold Size 8, Pre Senior Size 12
- Mesh Bag for equipment - All Groups
- Other swim items that are good to have but not required
 - FINIS Tempo Trainer
 - Breaststroke Fins

Parent Participation

- Meet sign-up & attendance
- Notifying coaches if swimmer will be away from practice/ meets
- Working at team-hosted swim meets
 - Officiate, Announcer, Timing, Concession, Runner, Clerk of course, Meet setup/breakdown, Hospitality, Meet Marshall
- Team Events
- PAC
- Becoming certified as an Official

Practice Schedule & Attendance Expectations

- Practice Schedules can be found on the team website
- Winter/spring schedule posted now

Attendance Expectations:

- Fins: 2 days/week
- Bronze: 3 - 4 days/week
- Silver : 4 days/week
- Gold: 5 days/week
- Senior: 4 days/week
- Pre Senior: 90% practice attendance
- Senior Elite: 90% practice attendance

Move Ups

- Move Requirements are listed on the Website
 - Achieving all the time standards does not guarantee a move up
 - Coaches place swimmers in the best group for them to succeed
 - Attendance consistency is a vital part of moving up.
 - Attendance at meets is extremely important part of a swimmers progression
- Move ups may happen at coaches discretion
- Typical Move ups occur
 - August -End of long course
 - December/January– after Mid season meet
 - April – after Short course season
 - Swimmers need consistency move ups during the middle of a season are done only when it is appropriate for the swimmer

Group Progression

- Fins 1 - 9 & under
- Fins 2 – 10 & under
- Bronze – 8 to 10yr old
- Silver – 11 to 15yr old (or Freshmen in High School)
- Gold – 9 to 14yrs old (or Freshmen in High School)
- Pre Senior – 11 to 14yrs (or Sophomore in high School)
- Senior Elite – Freshmen in High school in High School older

FINS 1					
FINS 2					
BRONZE					
SILVER			GOLD		
GOLD		SENIOR	PRE SENIOR		SENIOR
PRE SENIOR	SENIOR	SENIOR ELITE	PRE SENIOR	SENIOR	SENIOR ELITE
SENIOR	SENIOR ELITE		SENIOR	SENIOR ELITE	

Team Website

All information can be found on the website:

www.wsfins.com

Including:

- Meet registration
- Practice Schedules
- Progression thru the groups
- Speedo Team Swim Store link
- Important Team Updates
- Swimmer Best Times
- Coach Information & email addresses
- PAC Contact Info & email addresses