Fox Valley Swim Team

2019-20

Parent Meeting

Welcome!

- Team Overview & Introductions
- Communication
- Practices
- Meets & Work Commitments
- Apparel
- Social Media Protocol
- Head Coach Search Update
- Coaches Introduction & Group Meetings

This presentation will be posted on the website for future reference.

Fox Valley Swim Team

- "FOX" is a competitive swim program for District 204 residents practicing out of Neuqua Valley & Waubonsie High Schools.
  - More than 450 swimmers at 2 locations
  - Multiple groups between Seniors, Age Group and Team Development
    - Group descriptions under "Team Info" tab
- FOX is a club under the umbrella of USA Swimming and Illinois Swimming.
- FOX policies and procedures are coordinated with USA Swimming and Illinois Swimming requirements and recommendations.

Fox Valley Swim Team

USA Swimming	
National governing body	usaswimming.org

Illinois Swimming	
Local Swim Committee	ilswim.org

FOX	
Club	foxswimteam.com

Fox Valley Swim Team

- FOX is a non-profit club.
  - Volunteer Board of Directors
    - Shannon Stevens, President
    - Mary Ciezczak, Vice President
    - Ann Wallin, Treasurer
    - Rachel Anderson, Secretary
    - Patrick Boyle, Director
    - Ronn Jefferson, Director
    - Christine Paik, Director
  - Team Administrator: Sonia Hertogs

Team Overview

- **We are GUESTS of District 204.**
- Behavior by swimmers, parents, staff and spectators reflects on FOX.
  - Codes of Conduct – Swimmers, Parents and Coaches
- Parents are **NOT** allowed in locker rooms or the pool deck for safety reasons – practice or meets.
- Parking lots
  - Do not park in lines that block or impede others using the high school entrances, parking spots, buses or other cars trying to use the lot. **This has been a complaint from the District!**
  - Watch for children!

Communication

- Multiple channels of communication

Foxswimteam.com	• Main source of information • Practices, meets, registration, general and contact info
Email	• Weekly emails (Also under "News" Tab) • Last minute changes • Specific coach email addresses on Website
Text	• Last minute changes • **YOU** must input number into SMS field on your account page. If not listed, you **will NOT** receive texts.

Communication

- **WE NEED YOUR HELP!**
  - **Check the website and read weekly emails (and check prior to sending emails to admin).**
  - On emails, please include swimmer's name/age/location on email.

admin@foxswimteam.com	• General account questions • Billing, registration, website
Lead Age Group Coach	• Practice and training questions • Meet entries

Communication

Helpful Swim Apps

Meet Mobile

- For use at meets
- Lists events, results
- Controlled by meet host
- Annual subscription. May need to pay for "heat sheet"

On Deck

- TeamUnify app
- Links with FOX account

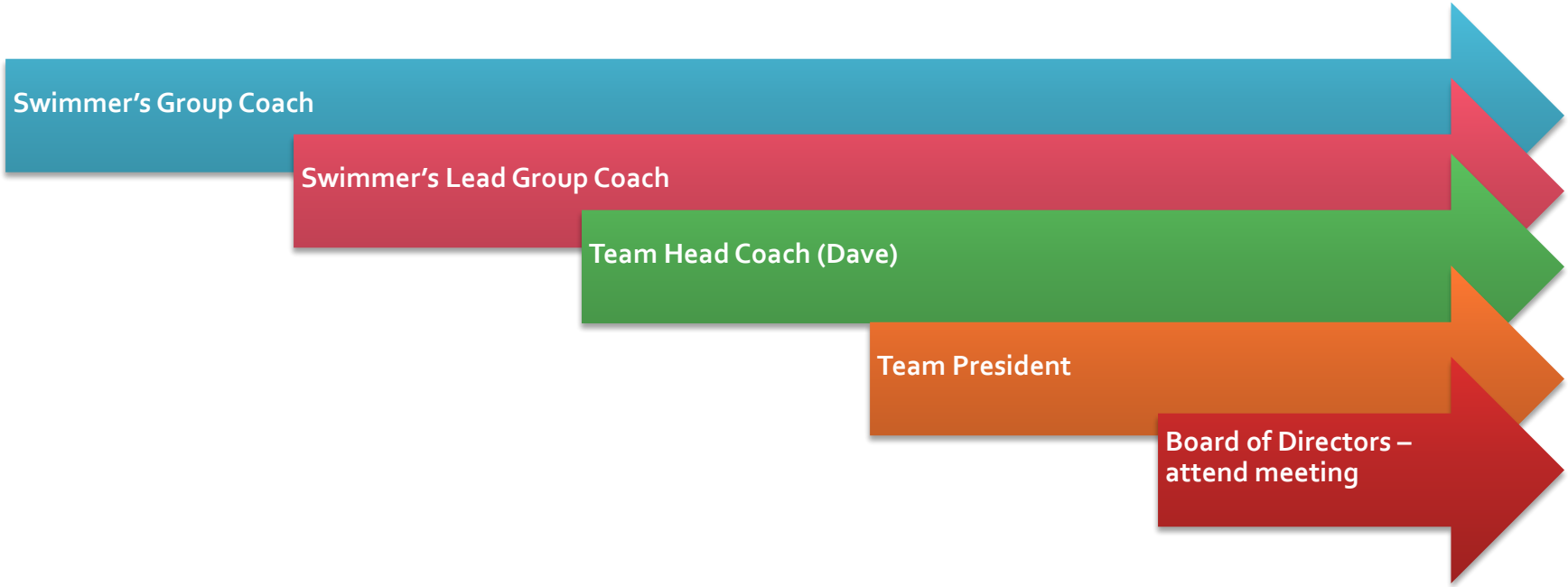
Deck Pass

- USA Swimming App
- Link to USA Swimming registration
- Has USA Swimming Card
- Maintains times

Conflict Resolution

CONFLICT RESOLUTION POLICY

Concerns with practices, meets, performance, training, and discipline, please email the following the chain of command below:



Practices

- Schedules on website under "Calendar" and a general pdf under "Practices"
  - **Due to HS swim schedules will be modifications <u>when boys' season begins</u>.** (We attempt to minimize).
  - PDF through 11/10 due to high school changes. Updates coming soon.
- Online Calendar is the official calendar and shows practice modifications.
  - Can subscribe and sync to your devices. Only select "Roster," NOT "Location."
- Practice schedules **<u>are subject to change</u>**!
  - District 204 events take precedent.
  - Check the Online Calendar for changes.
  - Last minute changes via text – **<u>YOU</u>** must register to receive texts
- School cancellations = practice cancellations

Meets

- FOX hosted meets

Meet	Date	Job Signup Open
First Splash	Oct. 12-13	Sept. 18 @ 8am
Fall Classic	Nov. 8-10	Oct. 3 @ 4pm
Fall Time Trial	Nov. 24	Oct. 14 @ 8am
Mid-Distance Trial	TBD (Dec/Jan)	TBD
Winter Classic	Feb. 14-16	Jan. 6 @ 4pm
Regionals (@ METEA)	Feb. 28-March 1	Jan. 15 @ 8am

Meets

- "Away" meets – Check Website for Updates
  - TDG does not swim away meets.
  - * Meets may have Time Standards or be limited to certain swimmer groups. Check Event Page and Meet packet.

Meet*	Date
Sr. Boys Fast Suit Sunday (SCST) (Limit 16 swimmers)	Oct. 27
Senior Boys Meet, TBD	Nov. 15-17
West Meet @ UIC	Dec. 6-8
Academy Meet @ Oswego E.	Jan. 3-5
Sr. Circuit Meet @ NW Univ.	Jan. 11-12
Delta Meet @ Oswego E.	Jan. 17-19
Circle City Classic* @ Indy	Jan. 24-26

Meets

- End of Season and "Champ" Meets
  - Meets Qualifying Time Standards. Check Event Page and Meet packet.

Meet	Dates
Feed the Fire @ TBD (qualifying times below Regional Times)	Feb. 22-23
Regionals (FOX hosted @ Metea)	Feb. 28-March 1
IL Senior Champs @ UIC	March 5-8
IL Age Group Champs @ Elkhart, IN	March 12-15
NCSA Jr. Nationals @ Orlando, FL	March 17-21

Meets

- "Swim Meets 101" Presentation
  - For new swim families and anyone needing a refresher on committing to meets and other meet-related information.

  - **Friday, September 13th at 6:30 (WV) & Monday, ,September 16th at 5:30 (NV)** in Pool Stands.

Meets

- All meet info listed under "Fox Events" and the Events section on main page
- **Meet Packet** – contains significant meet information prepared by HOST team
  - **READ the meet packet**
- **Host meet page** -> we will post the link to the Event Page.
  - Host meet page will have most up-to-date information
  - ***Don't count on us to post most timely info– We will provide the host link. Please use it!***
    - ***Watch host link for warm up time changes!!!!!!***
- **You** must commit your swimmer to a meet by the deadline.
  - Either commit **or** decline.
  - ***NO swimmers will be added after the commitment deadline has passed.***
  - You must check your swimmer's entries after the coach has selected the races.
    - This is generally 5-10 days post entry deadline
    - Changes will only be made if an error was made by the Coach.

Meets

- If you do not commit by the deadline, your swimmer **will not** swim in the meet.
- If you commit and change mind after commitment deadline or do not attend meet, you will be charged for the events entered.
  - We CANNOT reimburse meet fees after commitment deadline. These are fees that must be paid to the host team in advance of the meet.

Meets

- **First Splash: Commitment deadline 9/17!**
  - Commit or Decline now

- **Senior Group & Meets**
  - Meet participation is expected. If your senior is not available for a meet they must communicate with Coach Dave prior to the meet entry deadline **and** decline on the website.

Work Commitments

- **PARENT WORK COMMITMENT – <u>HOME MEETS</u>**
  - Home meets are an important revenue generator for FOX. Parent assistance is needed for successful meets.
  - Families with swimmers in meet MUST volunteer.
  - Number of sessions to work is dictated by number of sessions swimming. (Listed on Event page and is specific per meet).
  - Job Registration online – registration dates listed on Event Page
    - If you do not register to work and your swimmer is registered for the meet there will be a **$25 fee per job** charged for non-job registration **<u>and</u>** you will be assigned to a job.
  - **$100 fine if you do not work a scheduled job per session per meet.**
    - Will also lose priority registration for following season.

Work Commitments

- **PARENT WORK COMMITMENT – <u>HOME MEETS</u>**
  - Can find a sub, but it is PARENT'S responsibility – not FOX – to find sub and facilitate any payments to sub.
    - Sub must be 15 years old and familiar with job. If sub does not fulfill job, family account will be charged $100 meet fine.
    - Interested subs can join a list of possible subs. More info to come. HOWEVER, Families are responsible for ALL aspects of hiring a sub, NOT Fox.
  - **Regionals** job assignments
    - We need ALL families (except TDG) to work this meet. Families with swimmers in the meet will be required to work all sessions their swimmer is participating. Families without swimmers in this meet will work 1 session.
      - **NOTE: This meet is at Metea High School**

Work Commitments

- **PARENT WORK COMMITMENT – <u>AWAY MEETS</u>**
  - FOX may be asked to time at certain away meets. Pre-condition to team participating in certain meets. Usually not known until the week --sometimes day of the meet.
  - Will have a signup and divide up sessions into segments so it is a minor commitment per family.
  - Families are EXPECTED to volunteer when we are needed.
  - If positions not filled, jobs will be assigned based upon sessions/events attending, past volunteering, and participation in other volunteer committees.
  - If assigned and do not show, the **$100 fine** per scheduled job applies.
  - It is the **<u>PARENT'S</u>** responsibility to see if assigned to time at away meets.

Parent Committees

- **Social Media**
  - Chair: Phil Meier
- **Apparel**
  - Chairs: Keri Dunn, Rachel Anderson, Carmen Juckett, Brenda Melone
- **Social (Events/Awards)**
  - Chair: Luz Delgado
- **Concessions**
  - Chair: Mini Samuel-Landtiser
- **Hospitality**
  - Chair: OPEN, (Assistants: Krista Zito, Maya Chakravarthy)

Parent Committees

- **Need Volunteers for:**
  - **Hospitality Committee** – Chair
  - **Social Committee**
    - Assist Luz Delgado with social events (Bash, Banquet) and Awards.

Meet Pre-Commitment

- **Officials** – Patrick Boyle

- Looking for Volunteers to pre-commit to the following jobs for the three home meets (commitment for all three home meets) .
  - One volunteer each AM Session (8&U/13-14/Senior) and PM Session (9&10/11-12 session):
  - **Assistant Meet Director**
  - **Head Timer**
  - **Bullpen Chair**
  - **Timing Equipment Operators**
  - **Announcer**
  - **Hospitality Room**

Team Apparel

- **Required meet apparel:**
  - **TYR Black FOX Suit** (@ Swimmer's Edge)
    - Must order by 9/14 to have for First Splash.
  - **Yellow FOX cap**
    - FOX cap provided to all swimmers
    - If want personalized silicone caps, must order w/ Swimmer's Edge by 9/14.
  - **Three team shirts** – supplied by Team

- **Suggested Team Apparel (@ Swimmer's Edge)**
  - TYR FOX Track Suit
  - TYR FOX Parka
  - TYR FOX Backpack

Team Apparel

- **Swimmer's Edge**
  - 7532 Janes Ave., Woodridge
- **Fox Spirit Wear**
  - Naperville Spirit Wear
  - https://napervillespiritwear.com/FOX-VALLEY-SWIM_c813.htm
  - Link on Fox webpage – Team info ->Apparel

Upcoming Events

- **Photo and Apparel Night**
  - October 9th
  - Team photos. Specific times to be announced.
  - Swimmer's Edge – try on suits and order other apparel
    - Items will NOT be ready for first meet if wait til October 9th to order.
  - Spirit Wear

- **The BASH**
  - October 17th - Sign-up now open!
  - For ALL 12&Under Swimmers (including TDG)
  - Pizza and dance party!
  - Neuqua Valley Birkett Freshman Center

Social Media Protocol

@FoxSwimTeam
411 Followers

@FoxSwim
292 Followers

Making a Splash with Fox Swim Social Media

- **visit platforms and "Like" on Facebook, "Follow" on Twitter**
- **real-time vehicle for communicating with families, swimmers**
- **provide unique and engaging content with visual focus**
- **send pictures of your swimmer to photos@foxswimteam.com**
  - include name of swimmer (first and last)
  - age group
  - name of meet (if applicable)
  - races competed in and position in field
  - provide hi-res images when possible
  - emailing pictures does not automatically mean that they will be posted online. Fox reserves the right to determine what is posted.

Social Media - Swimmers

FOX Valley Swimming is at University of Minnesota Jean K. Freeman Aquatic Center.
Published by Phil Meier · July 21 · Minneapolis, MN ·

McKenna Stone (Fox Swim) made her Olympic Trials cut in 50m Freestyle at the 2019 Speedo Sectionals in Minneapolis!!! Beat OT time of 25.99 with an 25.86!
#TeamUSA #FoxSwim #SpeedoSectionals #IllinoisSwim #IllinoisSwimming #USASwim #USASwimming #USALevel3Team #ValleyStrong #SwimmingWorld #SwimmingWorldMagazine #TokyoOlympics

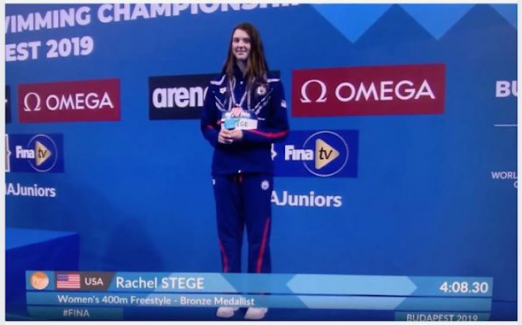
431	208	Boost Post
People Reached	Engagements	

83 14 Comments

Like Comment Share

FOX Valley Swimming is at Duna Aréna.
Published by Phil Meier · August 23 at 12:17 PM · Budapest, Hungary ·

WOW! Congratulations to Rachel Stege (@FoxSwim) for finishing THIRD IN THE WORLD in the Women's 400m Freestyle at the FINA World Jr. Swimming Championships in Budapest!
#FoxSwim #FINAJuniors #ILSwim #IllinoisSwimming #USASwimming #RootForRachel



456	419	Boost Post
People Reached	Engagements	

111 30 Comments

Like Comment Share

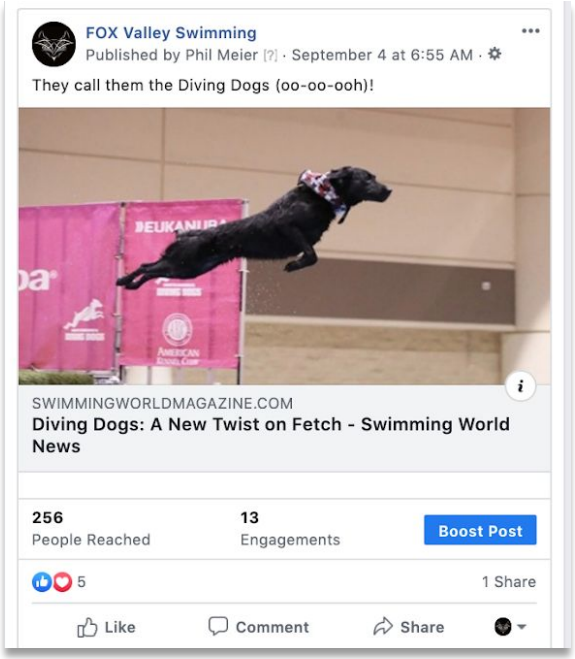
FOX Valley Swimming is at Lake Central High School.
Published by Phil Meier · July 27 · Saint John, IN ·

Braden Meurer mixing dedication with deliciousness at the 2019 Illinois Swimming Age Group Championship celebrating his 10th birthday with Fox friends and Fox cookies! HAPPY BIRTHDAY, BRADEN!!!
#HappyBdayBraden #FoxSwim #ILSwimming #ValleyStrong #FTW #SwimTeam #SwimTeamLife #IllinoisSwim #USASwim #USASwimming #IllinoisSwimming #TYRSwimTeam #USALevel3Team #USASwimBronzeMedalTeam

268	53	Boost Post
People Reached	Engagements	

26 2 Comments

Social Media - Lifestyle



Social Media - Covers

News / Updates

Holidays and Special Events

Results and Upcoming Events

Fox Valley Swim Team

COACHES

Head Coach Search Update

- Application deadline September 15th
- Interview Committee includes five Board Members with various age groups represented.
  - Conducting meetings with various stakeholders.
- Interview process beginning.
- Goal of completing search by end of year with a transition plan in place prior to Dave's departure.

Fox Valley Swim Team

Thank you for your support in making 2019-20 a successful and enjoyable season!