



2022-2023 Westchester Aquatic Club Wolverines

Introduction

Our team is a year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor while providing a safe and supportive environment for children.

All of our coaches, are Certified USA Swimming Coaches, have access to the most comprehensive training and certification program including Safe Sport Training for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time.

Mission Statement: To embrace all levels of swimmers providing each and every athlete with the best possible environment and resources that will allow each athlete to progress from novice to the highest levels of competition. To offer the opportunity for all swimmers, regardless of age or ability, to reach their highest personal potential as both a person and athlete. Our teaching system encourages young people to develop the character and self-discipline necessary to succeed not only in swimming but also in life away from the pool. We are committed to helping children grow in character, physical development, and skill using our carefully designed, professionally coached, and respected competitive swimming program and swimming school while providing a safe and supportive environment for children. Of primary concern is the teaching of skills that promote improvement in the sport of swimming while concurrently promoting healthy and productive lifestyles.

Welcome to Westchester Aquatic Club Wolverines !

<https://swimwestac.com>

Guiding Principles

- Through our daily training and instruction, foster such positive attributes as self-esteem, self-reliance, discipline, confidence, respect, and team pride.
- Provide a safe, healthy and all-inclusive environment, for social interaction and structured play.
- Instill in our swimmers the importance of a work ethic and a commitment to process.
- Promote leadership and community involvement.
- Provide an athletic alternative to destructive youth behavior.
- Prepare our swimmers to excel in college, both academically and athletically.
- Promote the ideals of academic achievement as well as athletic achievement.

Covid-19

In light of the Covid-19 pandemic, there are many additional considerations this season. Below is our safety protocols that the team uses, which may be updated as required by New York State.

- For Indoor Pools, athletes access the pool via outside doors from parking lot, no walking through schools
- All Athletes are required have their parents sign and return a WAC COVID-19 Waiver
- Swimmers are required to wear a mask upon leaving their car until they enter the pool and return to their car
- Swimmers will have their temperatures taken prior to entering the pool area
- No Parents or Spectators inside the pool grounds
- No locker room access, swimmers are required arrive and leave in their bathing suits
- No sharing of equipment

As with all things during this time, we will be adaptable and make changes as needed to respond to issues as they arise.

We will address any additional changes to our procedures as needed. Note that in the safety plan that the coaching staff has the authority to mandate a precautionary quarantine of any athlete suspected to be at an elevated risk of transmission of Covid-19, and that adhering to all guidelines outlined in the plan is a condition of membership. As part of our collective effort to keep the pool operating safely, your compliance in all matters related to our safety protocols is a necessity.

Finally, we anticipate setbacks and challenges until this pandemic is over. Much like this past season, we will act swiftly and decisively to protect your children and will respond to unique challenges as they arise.

We believe it is necessary to continue to operate practices at a reduced capacity in order to maintain social distancing in this Covid-19 environment. Using past and current attendance trends and anticipated roster numbers as a guide, we have put together a schedule that will allow us to continue to provide substantially more lane space to groups, while also allowing for divergences in curriculum based on the swimmers' current skill levels, growth and maturation trends, and individual goals. While the schedule cannot provide the same number of workouts for groups as in the past, it will more than be made up for with the additional lane space and coach-to-swimmer ratios. Our talented coaching staff is returning intact I am confident these changes will make our program better.