

Welcome to the 2020-2021 season WEST Families,

Thank you for being in attendance. Once again, the point of this meeting is to give everyone a general overview of information & expectations for this season, given our current conditions. Please hold any questions or concerns for a separate email - we hope that this meeting is thorough and should answer most if not all questions that our parents may have. Let's begin!

**General Housekeeping:**

Arrive 5-10min early, but don't approach the front door until 5min before your scheduled time, wait to be let into the building 2-3min before your scheduled time.

Leave immediately following practice, dress warm as colder months approach. Bring extra warm clothes (parka, hat & gloves) for after practice even if it isn't cold earlier in the day.

It's a good idea to keep an extra mask in your bag along with an extra cap, goggles and suit, just in case.

**Team Store:**

We are working on team shirt orders and each swimmer will receive 2 shirts in the fall / winter and 1 shirt during the summer as part of their registration.

Team suits and other apparel can be ordered through the SwimOutlet portal on our website. If you wish to hold off on ordering team apparel until after COVID, that's not a problem.

Suit sizing - due to COVID, we are not able to offer suit fittings as we have in previous years. If you have questions regarding your child's suit size, don't hesitate to email your coach.

General rule of thumb with purchasing a suit that is to be used at meets: Size down by one size from their practice suit. DO NOT SIZE UP to allow a swimmer to 'grow into' the suit. Swim suits naturally stretch out and deteriorate over time. If your swimmer has a baggy suit, it is time to get a new one. Their group coach may tell them in person or notify you by email to ensure decency at practices.

Tech Suits: Are banned for use on 12 and unders. [Click here](#) to view full information on USA Swimming. Tech Suits are only to be used at a swimmer's championship meet, as directed by their group coach. Do not purchase tech suits at beginning of the year - coaches will talk with their swimmers individually when it is appropriate.

**Officials NEEDED:** We are at risk of not having enough officials to host meets. We also need officials to train as starters, AO's and Referees once they become an official! Great sources:

[PNS Officials Page](#)

Questions about becoming an official? Here are some parents who are invaluable sources of information:

Dan Limberg: [daniel.b.limberg@boeing.com](mailto:daniel.b.limberg@boeing.com)

Aline Benson: [asbensen@comcast.net](mailto:asbensen@comcast.net)

### **Expectations with COVID:**

- 1) **Swim Meets:** Will be at WEST, social distanced with swimmers racing their respective groups. Times will count, pending on officials in attendance - our first meet will be next weekend. Only people allowed in building are swimmers and registered volunteers. We are hoping to hold 1 meet per month. Halloween Distance Meet, Nov. 14 & 15, December 12 & 13. These are opportunities for our swimmers to get up, race one another, and chase down some of their goal times.
  - a) As always, Meet schedules are available online at [www.westswimteam.com](http://www.westswimteam.com) under our EVENTS page. Swimmers must declare which meets they plan to attend using the Meet Declaration feature on the Events page, which will be available to all registered team members. Coaches will choose the events in which swimmers will compete. Each meet will include information regarding where and when the meet will take place, groups that are expected to be in attendance, and if qualifying times are needed.
  - b) Coaches will enter all qualified swimmers unless they have DECLINED a meet. This helps ensure that coaches do not miss any entry deadlines.
- 2) **Practices:** swimmers remain outside until invited in by a coach - please ensure that they are staying socially distanced before they enter the facility. 3 per lane for our age group swimmers, 4 per lane with our senior swimmers, swimming from opposite ends of the pool.
- 3) **Dryland:** We have been incorporating some dryland with our groups that is built in to their practices with the swimmers in small groups. Swimmers have been on deck, wearing masks while keeping social distance.
- 4) Volunteer requirements are being tracked and adjusted in accordance with available opportunities given how many meets we are able to run. As of right now, we are estimating a 33% reduction in volunteer requirement, and may be increased with more meet cancellations. We will stay in communication with our parents throughout the year.
- 5) Fundraising will remain the same - see Swimathon.
- 6) To stay fair and consistent with all of our members, regarding corporate volunteer matching; only hours worked beyond the volunteer requirement, will count to the following year's fundraising. We wait until the end of the year to apply hours / credits towards the next year. (must meet and then continue to volunteer for those hours to count)

### **Parent Resources:**

- 1) Brief overview of parent expectation in our team information packet.
- 2) 'How tos' Available on WEST Website for first time swim parents & Important Links

3) How to be an amazing swim parent articles - great reads!

**Swimathon:** This year specifically, Swim-A-Thon is very critical to our organization. We have limited reserves to get us through the pandemic and while we have significantly reduced expenses, we should be prepared to operate at a loss. Replenishing reserves is important to protect our aging facility against emergency repairs and future capital improvement projects.

Our goal of Swimathon is to spread the awareness of how important sports, specifically swimming to our athletes, are to a young person's development not only as an athlete but also as a person. Athletic Departments have been [rocked by budget cuts this year](#), affecting sports besides just swimming. [Here](#) is a list posted July 16th of college swim programs being cancelled, and has grown since then.

Goals: Spread awareness of the sport. What does swimming equip our athletes for after they quit or graduate high school, college, etc.

Spread information & promote learning of swimming with The USA Swimming Foundation. Limiting access to pools limits learn to swim programs across the country. Keep education accessible and available to all children, not just at WEST and in WA, but also nationwide.

**Helping Athletes Take Care of their Bodies:**

- 1) **Nutrition for Age Group Swimmers:** Eating a variety of nutritious foods are critical for growth and development in young swimmers. 'Shop the perimeter' and avoid overly processed foods. If your swimmer struggles with picky eating, we recommend finding a food they really like and making it frequently. For further concerns about nutrition, contact your group coach or a sports nutrition specialist. When at meets: stick to feeding your swimmer small snacks throughout the day, and larger meals in between sessions - not during. Sugary snacks are great as a reward, just be mindful of how much they are taking in.
- 2) **Nutrition for Senior Athletes:** we want to make sure the athletes are getting enough fuel. Any supplements taken should always be food based. At a minimum, we recommend daily multivitamins taken with fish oil and extra vitamin D. Protein is another important area to consider as it assists muscle repair and growth, but look to real food before supplements.
- 3) **Sleep:** in this technological era, please be mindful of how many hours a night your child is clocking. It's easy for some kids to stay up later than they should playing on video games, social media, etc. It's always recommended that kids get at least 8 hours of sleep a night regularly.
- 4) **Stretching & the Importance of Flexibility:** Flexibility training helps you to become more aerodynamic and fluid in the water so you can swim more smoothly and efficiently. Improves speed, endurance, & prevents injury. Boys especially as they hit puberty should be aware of flexibility & impact it has on their swimming - coaches will communicate on an individual basis if a swimmer should be stretching more and will

assign specific stretches and will reach out to parents to ensure that the swimmer is progressing with their flexibility.