

Welcome to the 2021-2022 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!

COVID:

- **Practices:** swimmers remain outside until invited in by a coach - please ensure that they are staying socially distanced before they enter the facility. Please be aware and courteous of others, remaining socially distant whenever possible.
- **Masks?**
- *Swimmers & children over the age of five (5) must arrive and leave the facility with a mask on. Swimmer's may leave their mask at their swim bag before approaching and entering the water. Masks must be worn after exiting the pool and whenever using the restrooms, locker rooms or weight room. All spectators, over the age of 5 must remain masked at all times.*
- **Spectators Allowed?**
- *Spectators are ONLY allowed during Lessons & PreComp and may ONLY include a maximum of one parent and a sibling too young to care for themself. Spectators must remain seated on the benches or in the Green Room. Space is first come first served and prioritized by program (see below). Spectators may be asked to wait outside if there is not enough seating space available. Swim Meets will not allow spectators, only swimmers, coaches and volunteers will be allowed.*
- **Capacity Restrictions?**
- *We are not currently mandated to a reduced capacity but will be limiting spectators based on available seating. When faced with capacity restrictions, we will prioritize swimmers first and then spectators in the following order: Lessons, PreComp, SwimFit, Team.*
- **Showers / Locker Rooms Open?**
- *Yes, but masks must be worn whenever in the Locker Rooms and no more than 4 people in the locker room / restroom at one time. Masks may be removed while showering but should be immediately returned after showering.*
- **Experiencing Symptoms?**

- *Please remain away from the pool while experiencing any COVID-19 symptoms and get tested as quickly as possible if symptoms persist. You must be symptom free for a minimum of 72 hours prior to returning to WEST.*
- **Known Exposures or Positive Test Results?**
- *Anyone with a known exposure to COVID-19 is required to obtain a negative COVID-19 test prior to returning to WEST. Anyone with a positive COVID-19 test result must either be quarantined and symptom free for 10 days from their last COVID-19 symptom (or 14 days from their positive COVID-19 test, if asymptomatic) OR provide proof of a negative COVID-19 test prior to returning to WEST.*

Meets - schedule

Swim Meets:

- 1) Meet schedules are available online at 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.
- 2) Coaches will enter ALL qualified swimmers unless they have DECLINED a meet. This helps ensure that coaches do not miss any entry deadlines.

Volunteering

Updated hours are posted on our team information packet and are calculated to be as close as what we believe parents can achieve in the year. If situations change, these hours will be adjusted, as they were last year. We understand that there will be fewer meets this year at WEST, but we should be returning closer to our operations prior March 2020. Volunteer sign ups will give priority to the parents for swimmers that are attending the meet before opening it up to any other parents. Volunteer sign ups can be completed by Signing into the website > clicking on the Event that you will be volunteering for > and select 'Volunteer sign ups' this will have a list of meet duties (timer, deck marshall, etc.) that must be completed. Hours will be totalled and accounted for after the meet has finished. Parents can view how many service hours they have completed by going to their invoices page on the website. Coach Bryan will be able to help with any questions regarding volunteering.

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 for WEST:

We are at risk of not having enough officials to host meets. Last spring, meets needed to be removed from our schedule due to our inability to provide officials. This is an easy way to take care of volunteer requirements, and WEST will reimburse any expenses needed to be made for official training / non-athlete registration. Also an easy way to see your athletes swim at meets! We also need officials to train as starters, AO's and Referees once they become an official! Great sources:

[PNS Officials Page](#)

[PNS Officials Clinics that are Available](#)

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

Dan Limberg: daniel.b.limberg@boeing.com

Aline Benson: asbensen@comcast.net

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 & Fundraising: There is a reduction team wide this year since we have healthy reserves and were able to successfully navigate through last year. We have noticed a growing trend that many families opting out from participating and just paid it out themselves. Our goal with fundraising is to not have it be another financial burden on our families, but to help generate this extra cost outside of our community.

Review the importance of Fundraising to our Team in our Information packet. The Swimathon fundraiser has been our main source for our team with improved equipment, swimmer scholarships, and facility maintenance. Examples included new energy efficient lights, new clocks and timing equipment, new blocks, and repairs that must be done to the facility which include (new doors, etc.)

Goals: 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. 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.

Continuation of Life Skill Clinics from Last Year

Our coaching staff will continue to implement life skill clinics with our swimmers that focus on mind, body and sport throughout the season. The purpose of these clinics is to connect the mental and physical aspect of the swimmer and the sport to create a stronger athlete and culture within WEST. Clinics will focus on emotional awareness & wellbeing, finding balance within our sport, and confidence in competition to name a few. More information will be announced when clinics approach.

Smaller Parent Meetings & First Meet Next Weekend

We will also hold smaller in person group specific meetings (example, only Explore parents) next weekend where we can go a little further in depth over some group specific topics. This will also be a great opportunity for new parents to help get trained on some of the meet volunteer positions by returning parents.

Please direct any questions over email to tim@westswimteam.com. You can also contact your group specific coaches below:

Senior Groups:

Coach Nick: nick@westswimteam.com

Coach Bryan: bryan@westswimteam.com

Accelerate:

Coach Carlene: carlene@westswimteam.com

Challenge:

Coach Andrew: andrew@westswimteam.com

Discover:

Coach Tim: tim@westswimteam.com

Explore & Embark:

Coach Mariana: mariana@westswimteam.com

Coach Bryan: bryan@westswimteam.com