NEW PARENT ZOOM MEETING!
SEPT. 14 & 16
7:00-8:30 PM

- Welcome & Introductions
- Team History & Structure (pg. 4-6)
- COVID-19 Safety Protocols for Practices
- Practice Policies (pg. 30-34)
- Swim Meet Schedule
- Booster Club & Volunteer Opportunities (pg. 7-11)
- Important Dates

REMINDERS:

- Please mute your phones and/or devices so that everyone can hear the presentation clearly.
- If you have questions, please place them in the chat section. We will your questions at the end of the presentation.
- If you must leave the call early, this meeting is being recorded and we will post the video on our website for you to view later.

PROGRAM LEADERSHIP

- James Washington – DPR Aquatics Director
- Rob Green – Program Manager and Head Coach
- Kisha Clark – DC Wave Booster Club President
- Erika Livingston – DC Wave Booster Club Treasurer

DEVELOPMENTAL COACHING STAFF

- Mary Woodward (Rumsey)
- Genuine Kinsey (Barry Farm)
- Michelle Blackman (Rumsey)
- KaSandra Kaplan (Wilson)

AGE GROUP COACHING STAFF

- Jim Crampton (Wilson)
- Michylle Padilla (Wilson)
- Ben Skelding (Rumsey)
- Darien Washington (Rumsey)

DC WAVE SWIM TEAM STRUCTURE

- DC Department of Parks & Recreation
  - Facilities
  - Staff
  - USA Swimming Club/Athlete/Coach Registration Dues
  - Training & Swim Meet Equipment
- DC Wave Booster Club
  - Swim Meet Entry Fees
  - Uniforms
  - Team Events
  - Fundraising
  - Travel
  - Volunteer Coordination
  - Team Administration

HOW OUR SPORT IS ORGANIZED

FINA: Governs international swimming competitions

USA SWIMMING: Governs competitive swimming nationally

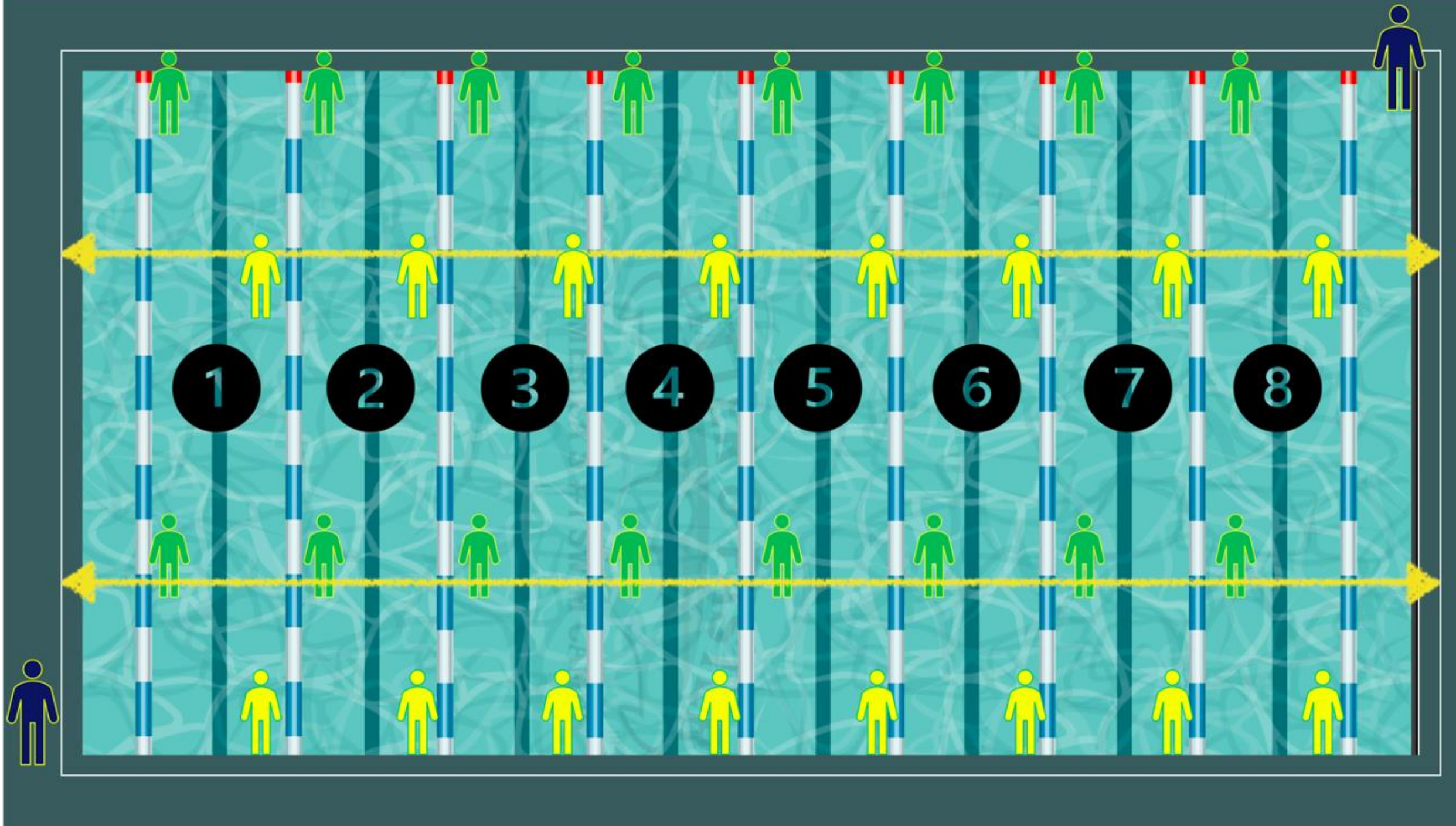
ZONES: East / West / Central / South

Local Swimming Committees (LSC): 59 LSC's across the United States

Potomac Valley Swimming (PVS): Over 50 year round clubs within the DMV

COVID-19 PRACTICE PROTOCOLS

- If your swimmer is feeling sick – STAY AT HOME!
- Masks are required inside all DPR facilities (exception when swimming).
- Swimmers should bring a plastic ziplock bag to store their mask while they are in the water.
- Swimmers will practice social distancing while on deck and in the pool.
- Swimmers are encouraged to arrive with their suit on to limit locker room use.
- Sharing of equipment is prohibited – please bring water.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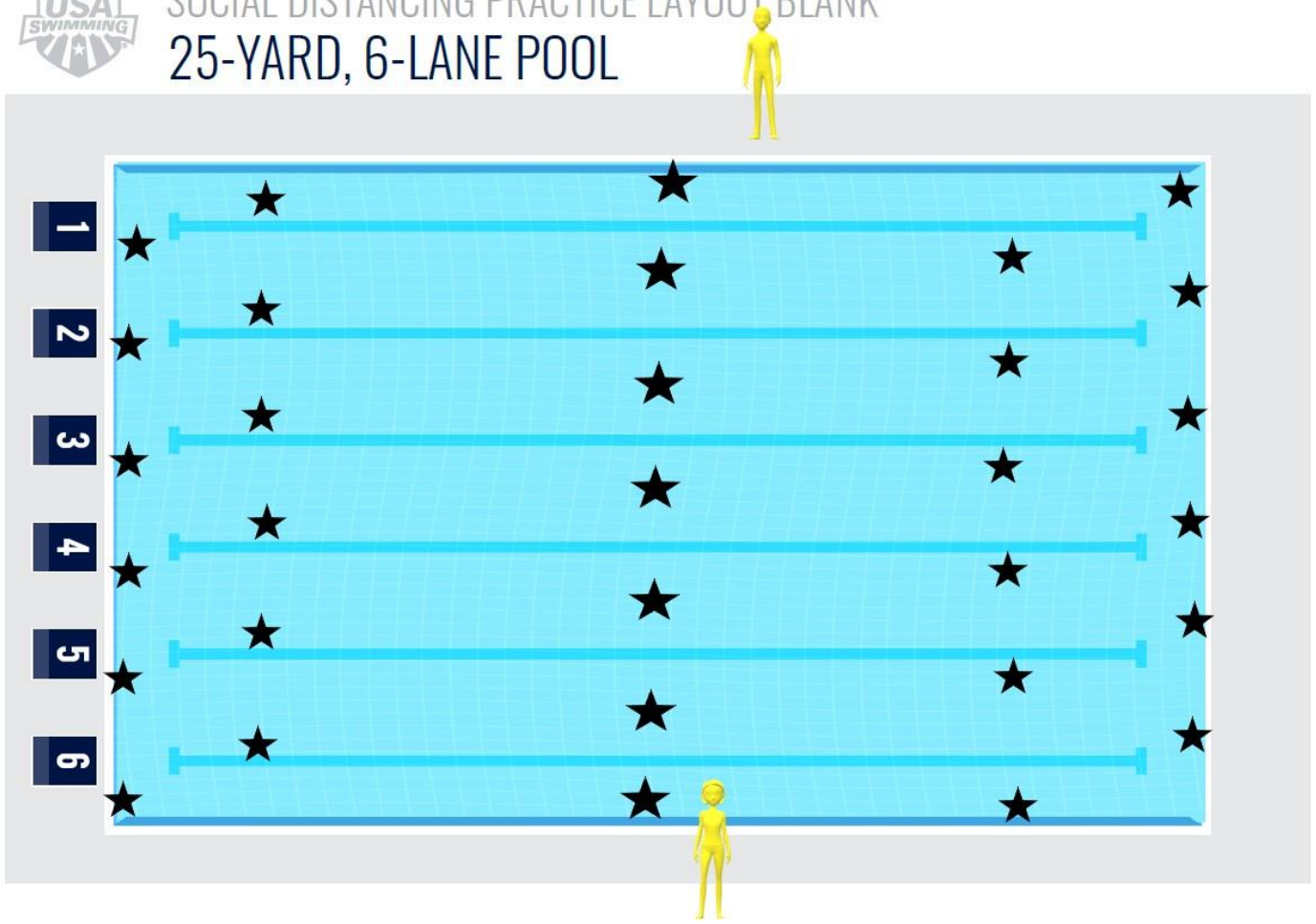
SOCIAL DISTANCING PRACTICE LAYOUT BLANK

25-YARD, 6-LANE POOL



All the different levels of swimming require different equipment. Choosing the right equipment for their needs can be tricky. Below is a visual guide to help aid you in the equipment buying process for some of the most common buying mistakes.

Kick Board

They come in different sizes. Make sure to get a board which is not too big and is comfortable to use.

Alignment kick boards are not recommended. **DO NOT BUY THEM.**

Arrow kick boards are only recommended for experienced or swimmers prone to shoulder injury.

Pull Buoy

This is best for smaller swimmers and those in the Developmental levels.

This is best for older children ages 11 & up.

The Fastskin pull buoy is not ideal for our training groups. **DO NOT BUY THEM.**

Fins

Long fins are best for Developmental (I & II) and Age Group I.

Speed, or "burner" fins are best for swimmers Age Group II and up.

While adjustable fins, such as scuba fins, may be tempting, **DO NOT BUY THEM.**

Paddles

While these are very comfy, **DO NOT BUY THEM.** These are swim gloves, not paddles.

These are suitable for all our levels. They come in various sizes, so be sure they fit correctly.

Agility paddles are recommended only for experienced swimmers, Age Group Select and up.

Snorkel

Front snorkels are used for

The most common

Full face snorkel masks are

REQUIRED TRAINING EQUIPMENT

- Goggles (2 pair)
- Caps (2)
- Training Suit
- Water Bottle
- Mesh Bag
- Kick Board
- Pull Bouy
- Fins (Dev & AG = Long, National = Short)
- Paddles (Age Group 1 & Above)
- Snorkel (Age Group 1 & Above)
- Drag Suit (National Groups)
- Tennis Balls (National Groups)

MEET SCHEDULE 2021-2022

DC WAVE COMPETITION SCHEDULE | 2021-2022					
Date	**Meet Name**	**Host Team**	**Location**	**Qualifying Standards**	**Recommended Training Groups**
OCTOBER					
9	All Freestyle Meet	PAC	Fairland Aquatic Center	None	All
15-17	PVS October Open	TBD	TBD	None	9 & Older
30	***Trick or Treat Mini Meet***	***DC WAVE***	***Wilson Aquatic Center***	***None***	***10 & Under***
NOVEMBER					
6-7	***November Distance Meet***	***DC WAVE***	***Wilson Aquatic Center***	***None***	***9 & Older***
7	Friendship Mini Meet	YORK	Providence Rec Center	None	8 & Under
12-14	PVS November Open	TBD	TBD	None	9 & Older
20-21	Odd Ball Challenge	FAST	Fairland Aquatic Center	None	All
DECEMBER					
3-5	Christmas Champs	MSSC	Fairland Aquatic Center	Times Required	9 & Older
4-5	Reindeer Mini Meet	YORK	Providence Rec. Center	None	8 & Under
18	Splash and Dash Mini	FAST	Fairland Aquatic Center	None	10 & Under
JANUARY					
15-16	***IM-Xperience Meet***	***DC WAVE***	***Wilson Aquatic Center***	***None***	***9 & Older***
15-16	Snowdude Mini Meet	PM	Mt. Vernon Rec Center	None	8 & Under
30	Little Blue Penguin Pentathlon	PAC	Fairland Aquatic Center	None	10 & Under
FEBRUARY					
5-6	Gender Blender Mini Meet	RMSC	KSAC	None	10 & Under
6	Emperor Penguin Pentathlon	PAC	Fairland Aquatic Center	None	11 & Older
13	February Distance Meet	TBD	TBD	Times Required	11 & Older
18-20	***Black History Swim Meet***	***DC WAVE***	***Wilson Aquatic Center***	***Times Required***	***9 & Older***
MARCH					
3-6	PVS Senior Champs	TBD	TBD	Times Required	13 & Older
3-6	PVS Junior Champs	TBD	TBD	Times Required	13 & Older
5-6	Mini Champs	RMSC	Olney Swim Center	None	10 & Under
10-13	PVS Jr. Olympics	TBD	TBD	Times Required	14 & Under
24-27	Speedo SC Sectionals	VA	Virginia Tech University	Times Required	13 & Older
25-27	Spring Champs	MSSC	Fairland Aquatic Center	None	All
30-2	Easter Zone SC Champs	Fairport	Webster, NY	Times Required	12 & Under
APRIL					
23	Spring Penguin Meet	PAC	Fairland Aquatic Center	None	All
30	Dive Into Spring LC Meet	PAC	Fairland Aquatic Center	None	9 & Older
MAY					
5-8	Early Bird LC Meet	MSSC	Fairland Aquatic Center	None	9 & Older
27-29	Black Hertiage Swim Meet	Aquablazers	Cary, NC	None	9 & Older
JUNE					
19	PVS LC Open #1	TBD	TBD	None	9 & Older
26	PVS LC Open #2	TBD	TBD	None	9 & Older
JULY					
14-17	PVS LC Senior Champs	TBD	TBD	Times Required	1[illegible]er
14-17	PVS LC Age Group Champs	TBD	TBD	Times Required	[illegible]
21-24	PVS LC Junior Champs	TBD	TBD	Times Required	1[illegible]er
27-30	USA Swimming Futures	TBD	TBD	TImes Required	13 & Older

DC WAVE BOOSTER CLUB:

- Fees
  - $300 1st Swimmer
  - $125 each additional sibling
  - DPR Outreach – reduced rate
- Uniform
  - Suit, t-shirts, cap
    - Capital Sport & Swim
- Team Events/Fundraising
  - Meet Hosts
  - Swim-a-thon
- Volunteers
  - Booster Club leaders
  - Officials
- Officials
  - www.pvswim.org/official
  - Stroke&Turn clinic
    - On-line clinic
    - Mon, Sep 20th and Tue, Oct 26th

IMPORTANT DATES TO REMEMBER

- September 17 – Team Night @ Capital Sport & Swim
- September 20 – First Day of Practices
- October 2 - New Parent Education Seminar – Swim Meet 101
- October 9 – 1st Meet | PAC All Freestyle Meet
- October 16 - 2nd Meet | PVS October Open
- October 17 – Last Day to Register for the Booster Club
- October 18 – Drop Day
- October 19 – Entry Deadline for Trick or Treat Mini Meet
- October 30 – Trick or Treat Mini Meet (Team Hosted)