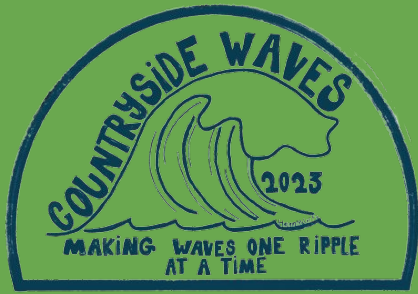


COUNTRYSIDE WAVES

2023

**MAKING WAVES ONE RIPPLE
AT A TIME**



Introductions

President - Lauren Donaldson

Vice President - Emily Welly

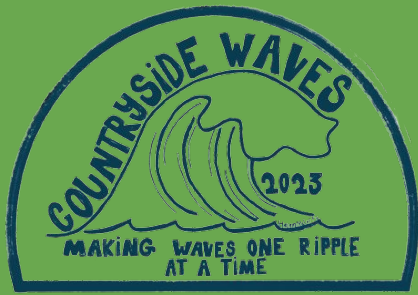
Treasurer - Anne Klein

Team Rep - Lauren Shrestha

At Large Board Members - Cortney Spritzer & Nguyet Melendez

Waves Head Coach - Casey Dawson

Ripples Head Coach - Lexie Brown

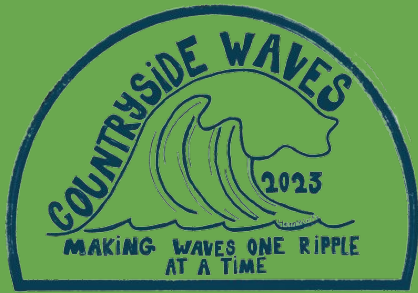


About the Team

The Countryside Waves is a swim team made up of 5-18 year old swimmers. We provide a fun and competitive environment for kids to learn and improve upon their swimming skills and be recognized for their accomplishments. Safety is stressed at all times. Good sportsmanship is required of swimmers and families.

We are part of the Colonial Swim League (CSL). There are 23 teams in the league, and there are 4 divisions. We are in the Gold Division this year.

For much more detailed information, the team bylaws, team handbook, an FAQ document and the CSL Meet Rules are available at www.countrysidewaves.org. Click on "Documents." Please review these documents!



Practice Times

Waves After School Practice May 30-June 7

- Mon/Thur at Cromwell Pool
- Tues/Wed/Fri at Parkway Pool

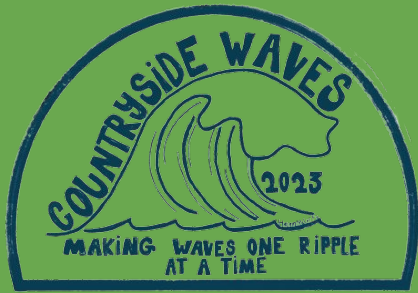
8 and under 4:45-5:30 pm

9 - 12 5:30-6:30pm

13 - 18 6:30-7:30pm

Weather delays will be communicated via FB and email

*Waves only.



Practice Times

Ripples Evaluations

4:45-5:30 pm at Parkway Pool on:

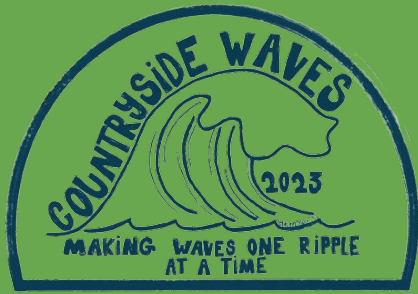
Tues May 30

Wed May 31

Fri June 2

Wed June 7

*Ripples will start morning practices June 12. After evaluations they will be assigned a practice time. Practices are 30 minute sessions between 9-10:40am.



Practice Times

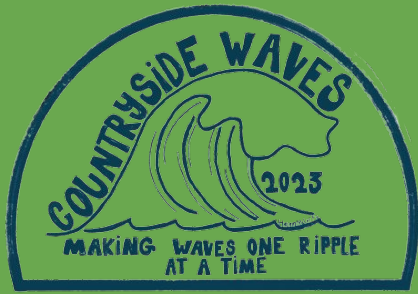
Morning practice starts Friday June 9

All morning practices are at Parkway Pool

13 - 18: 8:00 to 9:00am

9 - 12: 9:00 to 10:00am

8 and under: 10:00 to 10:45am



Practice

- Parents can be inside the pool fence but must be on the grass, can not sit on the deck.
- Baby pool is off limits
- Please do not interact with coaches or your swimmer during practice unless there is an emergency.
- 8 and under parents MUST stay.
- If you have a complaint, please take 24 hours to consider it and then contact the board by emailing cswavesct@gmail.com.
- Please clean your space when you leave.

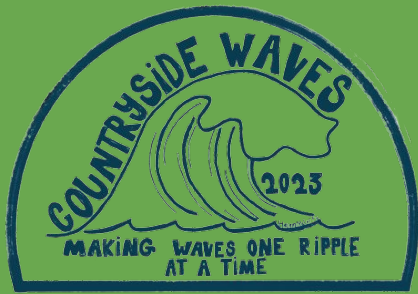


Waves Gear



- Team suit is available for purchase (it is not mandatory)
- Caps are optional, however, you can only wear a Waves or plain cap in meets.
- 1 cap will be provided per swimmer. Extras can be purchased at snack bar for \$10.
- More spirit wear available online

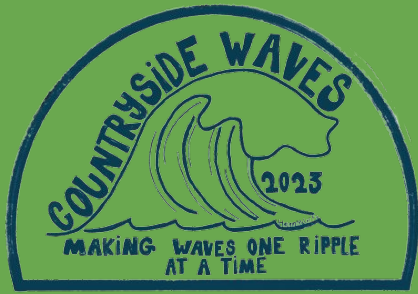
https://www.swimandtri.com/TeamView_CountrySideWaves.aspx



Meets

B Meet

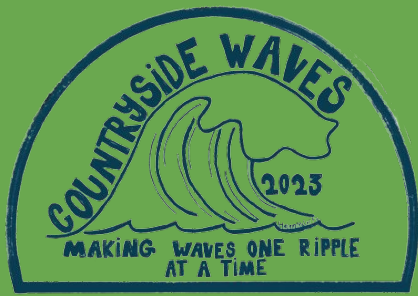
- Wednesday evenings, 6:00pm start time
- Warm ups begin between 5:00-6:00pm
- Developmental meets, anyone can participate
- 3 events, swimmer should be legal in order to swim it (coaches discretion)
- You choose the events
- Sunday night is the deadline to declare availability and strokes for Wednesday meets.



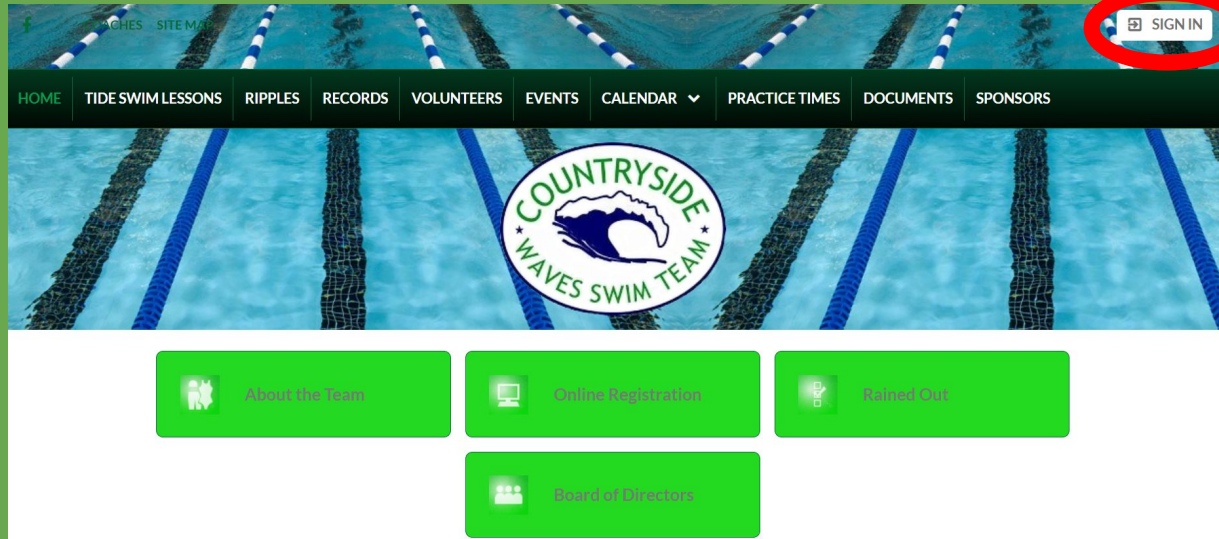
Meets

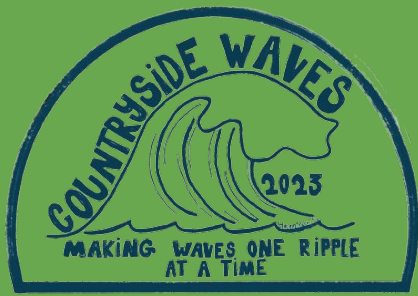
A Meet

- Saturday mornings, 8:00am start time
- Warm ups begin 7:00-7:30am
- These are dual meets for points and league standings
- Coaches choose who swims and the events based on times.
- Coach will announce who is swimming in A meets at practice Friday morning
- Thursday night is the deadline to declare availability for Saturday meets. *If you are available, sign up as available*
- If a swimmer places 1 -3 at an A meet, they may NOT swim that event at the following B meet



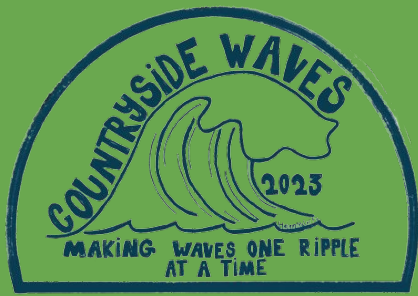
Declaring for Meets





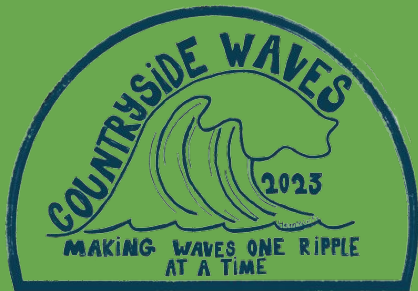
Declaring for Meets





Declaring for Meets

The image shows a mobile application interface. On the left is a dark sidebar menu with white text and icons. The 'Events & Competition' option is circled in red. To the right, the main screen shows 'TU Updates' and an 'Alert Center' with a red notification badge. Below this, there are buttons for 'Current Alerts' and 'Archived Alerts'. A date '01/06/2022' is displayed. A sub-menu is overlaid on the right, with 'Team Events' circled in red. This sub-menu lists 'General', 'Results & Reports', 'Meet Results', 'Time Reports', 'Event & Job Reports', and 'Time Standards Setup'. On the far right of the sub-menu, there are options for 'TouchPad', 'TouchPad Meet Admin', and 'TouchPad Live'. The background of the app shows a promotional banner for a 'Long course season'.



Declaring for Meets

Jun

10

2023

Time Trial

Jun 10, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

Jun

14

2023

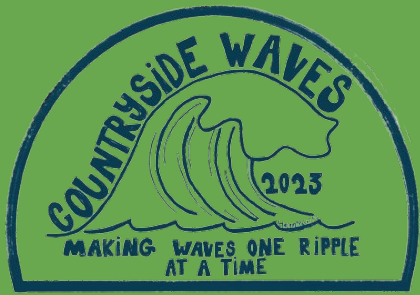
Time Trial vs Saratoga

Jun 14, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

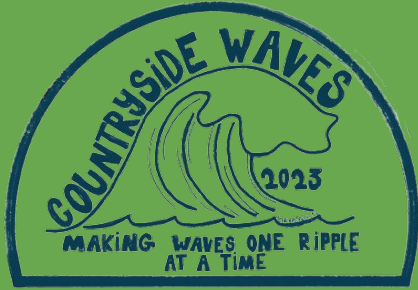


Declaring for Meets

Lauren Donaldson

*Active

 Undeclared



Declaring for Meets

Time Trial (Jun 10, 2023 (08:00 AM) - Jun 10, 2023 (11:30 AM))

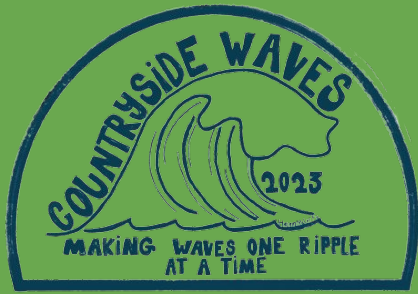
Member Athlete:

Lauren Donaldson

*Declaration

--SELECT--
--SELECT--
Yes, please sign [Lauren] up for this event
No, thanks, [Lauren] will NOT attend this event

 Save Changes



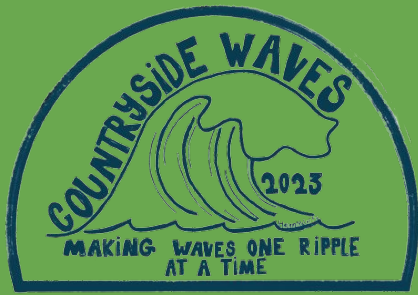
Deadlines to Declare for Meets

B Meets (Wed meets)

- Sunday night
- Declare availability and events

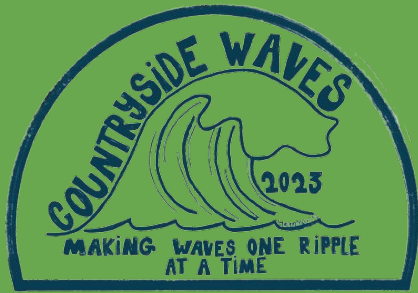
A Meets (Sat meets)

- Thursday night
- Declare availability. Coaches select events. If you are available, declare that.



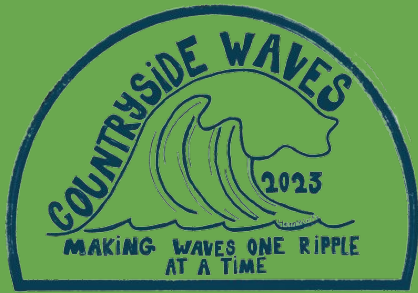
Meet locations and times

- Schedule on www.countrysidewaves.org
- Emails will be sent before each meet
- See CSL website <http://csl.nvblu.com> for more information on the league throughout the season



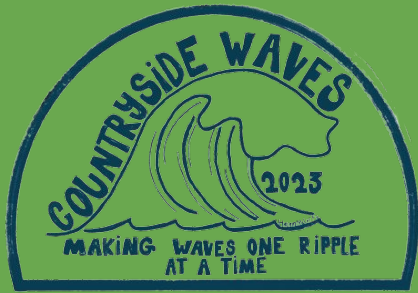
Time Trials

- Sat June 10 and Wed June 14
- Baseline meets for the season
- If you have a swimmer participating, you **MUST** volunteer. It does **NOT** count as one of your 4 jobs.
- Swimmers are not required to attend both Time Trials, but it is recommended if you are available.



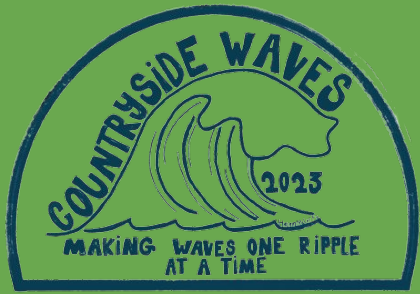
Volunteers

- This team depends on volunteers!
- Every Waves family must complete 4 volunteer jobs. (if you only have Ripples, you must complete 2 jobs.)
- Your swimmer may not swim in the Divisional Meet if you have not completed your jobs.
- You can sign up to volunteer NOW for all of your required jobs.



Volunteers

- Officials: Stroke and Turn, Starter, Referee (must be certified. Consider attending training! See email for details on June 7 and 13 virtual options.)
- Timers: No experience needed!
- Clerk of Course
- Runners
- Computer card readers
- Snack Bar workers
- Special Events (ice cream social, end of year picnic, etc)
- If you have to cancel, post to the Waves Facebook page to find your replacement



Volunteers: Signing Up

Jun

10

2023

Time Trial

Jun 10, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup

Jun

14

2023

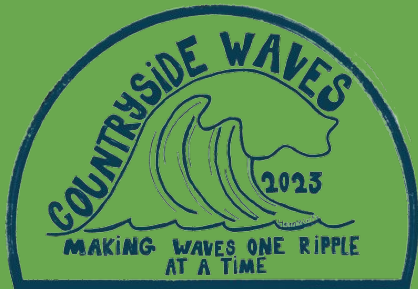
Time Trial vs Saratoga

Jun 14, 2023 Event Category: Time Trial

Email Event

Edit Commitment

Job Signup



Volunteers

How to signup Event jobs:

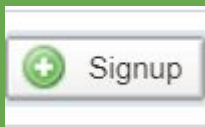
Step 1: Find the empty slots shown as "-----".

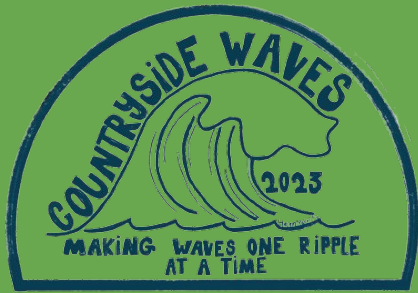
Step 2: Click on the checkbox in front of the empty slot that you want to sign up for.

Step 3: Select [Signup] button to signup for the slots that you selected.

Note: If your Account name is printed right after the checkbox, you've signed up for that job. You do NOT have to "Signup" again. You, however, can use the "Remove Signup" button to remove the signup if you no longer want to work on that job.

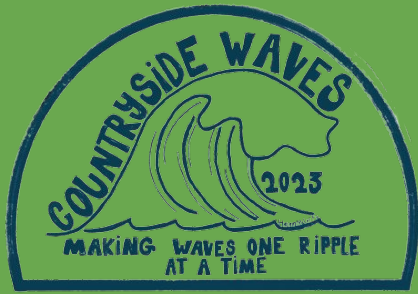
If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-serve system). You can only sign up for the empty slots shown as "-----".





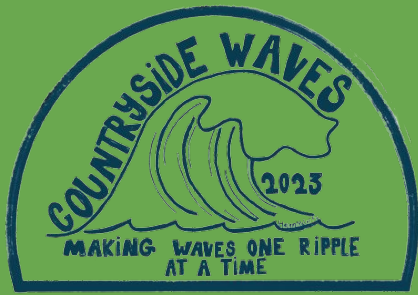
Home Meets

- Be on time for warm ups
- Parking lot is reserved for the away team
- Swimmers need to be in the team area only
- Our team sits near the baby pool
- Clerk of Course organizes swimmers before events, swimmers need to be on the pool deck.
- National Anthem at beginning of every meet
- Bring a chair
- THESE MEETS DEPEND ON VOLUNTEERS!



Special Meets

- Relay Carnival - July 9
- IM Meet - (TBD)
- Ripples Meet - July 19
- Divisionals - July 22
- All Stars - July 29



Special Team Events

- Team Picture Day & Ice Cream Social - June 14
- Divisionals Pep Rally - July 21
- End of Year Picnic and Awards - July 23

*More special team events to come!