

## *News from the Dry Side February 2020*

Hello, 757swim! It has been so much fun to watch our swimmers compete in their Short Course championship meets! Our 8 & under and 9-12 Districts swimmers had great meets with lots of fast swims, fun with friends, and team spirit. The next stop on the championship tour is Regionals on February 28 - March 1. Let's go 757swim! Have fun, swim fast, and cheer loud!



Don't miss photos like these! Follow us on [Facebook](#) and [Instagram](#)!



### Welcome Coach Whitney

757swim is welcoming a new part-time coach to our staff. Be sure to say hello to Coach Whitney Ryan when you see her on deck! From Whitney:

*Ciao, 757swim! After living and coaching in Italy for the past few years, I'm excited to be back on deck in the States! In addition to being a competitive swimmer myself growing up, I have over 12 years of swim coaching experience. This has given me a wealth of knowledge when it comes to instructing swimmers of all ages and abilities and developing swim athletes across various competitive levels. It is my commitment as your Coach to facilitate improved health and fitness through swimming with the 757swim family. I hope to create a fun fitness and healthy competitive environment for everyone.*



### Congrats to Coach Morgan – USA Swimming National Committee

Coach Morgan was nominated and is now serving on the [USA Swimming Senior National Development Committee](#). USA Swimming is the governing body for the sport of swimming in the United States, and this is Coach Morgan's first appointment to a national level committee. The committee's mission is to evaluate programs, advise and make recommendations on issues that affect senior level athletes and coaches. Coach Morgan also continues to serve as a coaches' representative to the Virginia Swimming Board of Directors. Congratulations to Coach Morgan on this well-deserved recognition!

### Summer Prep – Evening & Home School Options – Spread the Word!

- This year we are offering two Summer Prep options, including a new daytime option for Home School students. [Registration is OPEN](#).
  - Summer Prep: April 27 to May 26, 5:00-5:45 pm
  - Home School Clinic: April 13 to May 21, Mon/Wed/Th, 1:30-2:30 pm
- These programs are intended for summer league swimmers ages 7-16. (6-year-olds with swim experience may participate, pending coach approval at the first practice.)
- These are not learn-to-swim programs. Swimmers must be able to consistently swim the length of the pool. Swimmers will be evaluated during the first practice, and families will be refunded if the program is not a good fit.
- A Summer Prep flyer is included at the end of this Dry Side and is available for sharing on [Facebook](#) and [Instagram](#). Stay tuned for the Home School flyer.
- Summer Prep has proven to be a fun and popular program that is likely to fill! Families who are interested should register early! Early bird registration is discounted until March 15.
- As a rule, current 757swimmers are better off continuing in their current practice group rather than switching to Summer Prep. Please see your lead coach if you have any questions.

# 757 SWIM

---

---

## [Copper Prep – Openings for March/April Session](#)

Copper Prep is now enrolling for Session 4, and we have a few openings for new swimmers.

- Copper Prep swimmers are 5-8 years old and must be able to swim the length of the pool, free and back.
- Session 4 will run from March 2 to April 25 at the WISC. The cost is \$150.
- Practice times will be Mondays 5:15-6:00pm, and Saturdays 9:30-10:15am.

## [Golf Tourney Info](#)

On April 24 we will hold our annual golf tournament at Williamsburg National Golf Club. [Click here for more information](#) and check an email to members dated 2/23/20.

- This is our largest fundraiser and a fun event for our families and friends. The tournament includes a variety of on-course challenges and prizes, a beer tent, and more—not to mention the good company!
- Please save the date and keep an eye out for registration information.
- If you have not met your annual fundraising commitment, consider selling or purchasing a sponsorship at this event.
- The golf tournament requires many volunteers! Please watch for signups—especially if you have not yet fulfilled a “Team Service” volunteer role!

## [Run the DOG on Saturday, April 18](#)

757swim has a tradition of fielding the largest team at this fun community event, which benefits Habitat for Humanity. Swim practice will be cancelled that day so that all swimmers, families, and coaches have the option to participate. Any friends of 757swim are welcome as part of our team! Spread the word! This 5K event is welcoming to competitive runners as well as to folks who enjoy a lovely stroll, and everyone in between.

- When you sign up, be sure to indicate that you’re [joining the 757swim team](#).
- The largest team receives a special color t-shirt. We stand out from the crowd and share our team spirit with the community!
- Proceeds benefit Habitat for Humanity.
- When you register, use comp code 757swim to receive a \$5 discount!





### *Fundraising and Volunteer Obligation Reminders*

- Please review the [Fundraising](#) and [Volunteer](#) policies.
- At any time, you can view your fundraising balance and a record of your home meet service. If you notice mistakes, please email [payments@757swim.com](mailto:payments@757swim.com) for fundraising inquiries, and [president@757swim.com](mailto:president@757swim.com) for volunteer service inquiries.
  - Log in at [757swim.com](http://757swim.com) and click “My Account”
  - Fundraising: Under “My Invoice / Payments” select the “Fundraising” tab. You can view the amounts that have been credited to your account via the various fundraising vehicles. Scroll to the right for your balance currently due. Any remaining balance will be charged to your June invoice or upon withdrawal from the team.
  - Volunteering: Under “My Reports” select “Job Signup Report for My Account.” Change the start date to 09/01/2019 and click Search. (Note for officials: Your volunteer time is not included here but is tracked separately.)
- Remaining “vehicles” for meeting your Fundraising obligation are [Shop with Scrip](#) and selling sponsorships for the Golf Tournament. You may also pay your balance out of pocket.
- Be sure to do your part timing at away meets! This is part of our volunteer policy. If your swimmer participates in a meet, watch for a timer signup and sign up for a slot. Slots are typically about one hour. If your swimmer is in the final event of the day, please consider signing up for the final timing slot.

### *Team Hotel Information*

- For out of town meets, we arrange blocks of rooms at a selected team hotel. Staying at the team hotel is great for camaraderie for both swimmers and parents – not to mention for carpooling to those early morning warm-ups! If there’s any chance you might attend one of these meets, we encourage you to book your hotel room early. (You can always cancel.) Special rates expire, our block of rooms may sell out, and sometimes it can be a challenge to find a convenient hotel at the last minute.
- Team hotel information is [posted online under “News.”](#)
- Huge thanks to parent volunteers Malinda Price and Tracey Reed for making our hotel arrangements!

### *Long Course Season*

Newer swim families often have questions about Long Course season, about balancing summer swim with year-round swim, and more. Here is a quick primer.

- “Long Course” simply means that competition takes place in a 50 meter pool as opposed to a 25 yard pool. We are currently wrapping up Short Course season and will continue seamlessly into Long Course season (with a week off for Spring Break). Long Course championship season begins in July.



- The Long Course meet schedule is posted at [757swim.com](http://757swim.com) under Events > [Long Course Meet Schedule](#)
- Your membership: June and July may be included!
  - For families who paid for the entire year upon joining the team, Long Course season is included through your swimmer's final championship meet.
  - For families who joined in 2019 and have been paying monthly payments since December or before, your monthly installment payments will end with the May invoice—but your swimmer's membership continues through their final meet.
  - Families who joined in January or later continue to pay monthly installments for as long as their swimmers are participating. (To swim in June/July, you must continue making monthly payments in June/July.)
- What about Summer League?? We encourage our swimmers to participate on their Summer League teams! Summer Swim brings its own inimitable brand of fun, friendships, and lifetime memories. Those who also continue with 757swim in June and July do enjoy some advantages:
  - Swimmers continue to build their skills with their group's season plan
  - Swimmers receive small group coaching among other year-round swimmers
  - Swimmers can attend their 757swim practices when they miss their summer team practice due to rainouts, morning activities, etc.
- Talk with your swimmer's lead coach if you have any questions about the best options for your swimmer.

### [Masters Swimming](#)

Did you know about our Masters Program? The group is practicing on Monday and Wednesday mornings, 6:00-7:15am, and on Tuesdays from 12:00-1:00pm, with Coach Drew. This is a welcoming group of adults, appropriate for all levels of swimming ability and experience. Info is posted at [757swim.com](http://757swim.com) > Swimmers > [Masters Swimming](#)

### [Board Meetings FYI](#)

Board meetings take place monthly and are open to the membership. Please RSVP to [president@757swim.com](mailto:president@757swim.com) and let the President know if you'd like time on the agenda to address the board. Meeting dates are posted on the [team calendar](#) at [757swim.com](http://757swim.com).



## Featured Sponsors

We appreciate our team sponsors!  
Please get to know them and consider thanking them with your business!

### Platinum

[MOC Mid-Atlantic](#)

[Pearson Toyota](#)

### Gold

[Anderson Financial Advisory Group of Davenport and Company](#)

[MAJ Companies](#)

### Silver

[Epes Plumbing](#)

[Evergreen Contracting](#)

[Fly Family Therapy](#)

[Quinn Health and Wellness](#)

[Savvy Swatch / Bob's Upholstery](#)

[Virginia Outdoor Restoration](#)

# 757 SWIM



IT'S TIME TO JUMP BACK IN!

## SUMMER SWIM PREP

Register  
today at  
[757swim.com](http://757swim.com)

WISC POOL  
APRIL 27 - MAY 26, 2020  
MONDAY/TUESDAY/THURSDAY  
EACH WEEK  
5:00 - 5:45 PM

**\$170 PER SWIMMER**

**EARLY BIRD RATE (SIGN UP BY 3/15)**  
**\$140 PER SWIMMER**

# 757 SWIM

Includes T-shirt, Cap,  
Swimmer Progress Report &  
Fall Practice Group Placement for 757Swim