



Welcome to the Fox Valley Wave!

We're so glad you've decided to join the Wave! This document is intended to help you learn how to navigate through our website, help you know who to ask when questions arise, and teach you about what it means to be a part of the Wave family.

How is the Wave different from other teams?

Fox Valley Wave Swim Team, a member of USA Swimming, is a competitive swim club which focuses on developing each child's full potential in and out of the water. While the Wave Swim Team is a competitive swim club, the team's philosophy is to dedicate a considerable amount of time and energy to building youth development, character, and leadership in and out of the pool. We strive to help swimmers achieve their highest personal goals in life. Emphasis for youth ages 13 and under is to enjoy the sport of swimming while working to improve swim skills. Swimmers over the age of 13 receive more emphasis on stroke development and focus on helping each individual swimmer achieve their maximum potential as competitive swimmers.

Swim practice groups and practice times

Swimmers are assigned a swim group and stay with that group for the duration of the swim season. Typically, coaches work in consultation with each other to move the swimmers between groups based on their ability and progression in the sport. More information about our coaches is on our website: www.foxvalleywave.org under the coaches tab, located on the very upper left edge of the website.

Most younger or new swimmers are assigned to the Bronze 1, Bronze 2 or Silver 1, Silver 2 swim groups. During the school year, Bronze 1 and Bronze 2 practices are held Monday, Tuesday, Thursday and Friday evenings at either the Neenah High School Natatorium or the Appleton North Natatorium. Silver, Gold and Senior practices are held all 5 week nights at either Neenah High or Appleton North High. Gold and Senior offers Saturday morning practices when pool time and coaches are available. Generally, during the summer, practices for the Bronze and Silver groups are held in the evenings at area high school pools and Friday mornings at Erb Pool.

Practices for Gold and Senior are head in the mornings during the summer months at the same locations.

Bronze swimmers are asked to attend a minimum of 2 practices a week; Silver a minimum of 3; Gold a minimum of 4, and Senior a minimum of 5. Attendance, however, is not taken by coaches because we understand kids get sick, families may have other obligations, and swimmers may also be involved in other activities.

The screenshot shows the Fox Valley Wave Swim Team website. At the top, there's a navigation bar with links for Home, News, Events, About Us, Records, Practice Teams, Calendar (which is highlighted), Apparel, Mayfly Meet, and Links. On the left, there's a sidebar with options like Sign Out, TUmoney, My Event Fundraising, My Sponsor Center, System, My Account, Contact Us, and a Facebook link. Below the sidebar is a section for Sponsors and links to Advertise Here and Sponsor Login. The main content area features a photo of four young swimmers in caps and goggles. A blue arrow points from the text above to this photo. Below the photo is a welcome message: "WELCOME TO THE FOX VALLEY WAVE SWIM TEAM". A small note says "Please click on the contact us button if you would like information on the team and how to join". Another blue arrow points from the text above to this note. Further down, there's a section for a mobile app with links for iOS and Android Ready, and a "GET IT NOW" button. A third blue arrow points from the text above to this section. At the bottom, there's a calendar for April 2016. The calendar shows days from Sunday to Saturday, with specific dates like April 1st and 2nd highlighted. A fourth blue arrow points from the text above to the calendar. There's also a "Print Friendly" link and a "Subscribe" button.

To know when your child has scheduled practices, check the website, click “calendar” and then “pick a calendar” to search swim schedules by swim group. Do this at least weekly to ensure you have the most accurate practice schedule. You can also subscribe to the calendar to learn about any changes.

More information about the requirements and expectations for our swim practice groups can be found on our website by clicking “practice teams”.

What to expect at practice:

At first, swimmers should arrive 15 minutes in advance of practice in order to use the restroom, change and have cap (if using) and goggles on and be ready to swim at their assigned start time. Parents of younger swimmers are expected to help get their swimmers ready to begin practice.

During practice, parents are welcome to sit in the stands or leave the premises during the time their swimmer is in the water. Parents are expected to pick up their swimmer within 15 minutes of scheduled practice end time. Coaches are not able to leave until all swimmers have exited the pool/locker room area, so please be considerate and on time for pick up.

For the safety of all swimmers and coaches, parents are NOT permitted on deck during scheduled practices. Parents are welcome to talk to coaches after practice to discuss specifics regarding their swimmer.

Expectations when you join the Wave

The Fox Valley Wave Swim Team is only as strong as the families and swimmers make it. To that end, there are several mandatory events requiring participation of all swim families.

-We host two major swim meets (MayFly in May and Splashfest in January). *While not mandatory for our newest swimmers, home meets are an excellent opportunity to “dip your toes” into competing at meets since there are many swimmers and parents there to answer questions and help. All families are required to volunteer whether or not their swimmer participates, either by helping during the meet or by bringing supplies for the meet.*

-We also host 2 smaller swim meets in November (Nov. 3rd and Nov. 17th). *Volunteers will also be needed to help these meets run smoothly.*

All families will be required to fulfill 3 volunteer slots for the Fall/Winter Season and 1 volunteer slot for the Spring Season. Families who fail to fulfill these volunteer requirements will be billed \$200 at the end of the season.

-In addition, there is a fundraising fee that will be charged to your swimmer’s account each season: \$75/swimmer for Fall/Winter Season, \$25/swimmer for Spring Season, and \$25/swimmer for Summer Season. *These costs can be made up by using the HuTerra App or by purchasing Scrip. Information on how to participate in either one of these methods can be found on the home page of our website under “Links”.*

All of these events are very important to the Wave’s operating budget. They are the biggest source of team revenue besides member fees.

Financials - How it Works

We are a break even team and when we don't get funds from donations, fundraising, or meet income the only way to cover expenses is through fees.

- Three main revenue sources:
 - Team dues
 - Hosted swim meets admissions and sponsorships
 - Swimmer fundraising
- Other income sources
 - Personal donations & corporate grants
 - Amazon Smile
 - Other (swim clinics)
 - Employer Match Programs



Financials - How it Works

- **Non-Revenue Generators:**
 - Apparel sales - little/no \$ made
 - Entry fees
 - USA registration
 - Team banquet
 - Transaction fees
 - Training trips
 - Money collected offsets related expenses
- **Expenses:**
 - Additional larger operational expenses
 - Payroll
 - Pool rental
 - Coaches' expenses (hotels, mileage, meals, etc.)
 - Contract services
 - Administrative/operational
- **Team Dues:**
 - Increased in 2017

The cost of joining the Wave

In addition to an annual USA swimming fee and your dues to the Fox Valley Wave, here are some other things you can expect for costs of being on a competitive swim team:

Equipment: Besides goggles and a swimsuit, swimmers need their own practice equipment, although coaches understand that swimmers may not have equipment during their first few weeks on the team. Our sponsor, A3, has a link to our team store on our website. There you will also find a list of equipment needed for each practice group, and all necessary equipment can be purchased through that team store.

The Wave is an A3 sponsored team, and swimmers are required to purchase a team suit as part of their Fall/Winter registration. This will allow our team to "look" like a team at meets. A3 will be onsite for fittings early in the season (please check your emails for more specific information). Please be sure to have an updated suit size listed in your swimmer's profile at registration (this is a required field) in the event you would be unable to make it to the fitting. Swimmers are also encouraged to use the A3 team store on our website to purchase equipment, but this is optional.

and swimmers may find equipment elsewhere. Besides the benefit of providing a similar team “look” by using A3 items, the team receives discounts and a team credit when members purchase A3 items through our team store.

New swimmers will receive a Wave cap during the first few weeks of practice. Additional caps cost between \$12-18 and will be billed to your account.

Team Apparel: Wave apparel, including swim caps, personalized swim caps and towels, and shirts, can be purchased through the Wave Apparel Coordinator. These orders are generally placed in bulk and at various times throughout the season. An order form is available on our website under the “Apparel” tab.

Additional costs: Should you decide to purchase items for the Wave-hosted swim meets rather than volunteering your time (see expectations section above), the cost of those donated items varies from \$30 to \$50.

How does competitive swimming “work”?

Swim Seasons

The Wave’s swim year has three swim seasons which mirror the Wisconsin USA Swimming schedule. The Fall/Winter, or “short course”, season runs from mid-September to mid-March (Fall/Winter). The meets are held in a 25-yard pool (similar to what you see at Neenah or Appleton North). The Spring and Summer, or “long course”, seasons, runs from early April to mid-August. Summer meets are generally held in 50 meter pools (Olympic-sized, like Appleton’s Erb Pool). You may wonder why there are two different types of seasons swam in yards and meters. High school and collegiate competition in the U.S. takes place in yards, so club swimming focuses on yards in the Fall/Winter and Spring. Global swim competitions such as the Olympics take place in meters (remember that countries other than the U.S. are on the metric system) so Spring/Summer seasons follow the global standard.

Swim Meets (Local vs. Milwaukee Area/Signing up/Cost)

-Typically, most meets within an hour radius of the Fox Valley are “developmental” meets, meaning any swimmer can swim, regardless of ability. These meets are a great way for your swimmer to try out swim meets, and in the Fall/Winter season, a chance for your swimmer to make state qualifying times.

-Meets in the Milwaukee area are usually larger meets and might be harder to navigate for a family new to the sport of swimming. As your child progresses in the sport of swimming, there are other “qualification” meets, which only allow swimmers with a specific time to swim at the meet.

-Swimmers are charged a fee to participate in swim meets. Many meets in the local area are very appropriate for beginning level competitive swimmers. A list of meets your swimmer can attend are listed on the homepage of our website (click on the “Events” tab), or can be obtained from the coach. You will receive an email telling you about deadlines for signing up for meets. You must click “Attend/Decline” to sign up for a meet. Fees are charged for each race the swimmer competes in, and a general “splash fee” entry fee is assessed of each swimmer. The costs of attending a swim meet are added to your monthly bill. Meets vary in cost.

-For swim meets, swimmers are strongly encouraged to wear their team suit. We also request that all swimmers wear a Wave cap at swim meets.

-Any swimmer who qualifies for a state qualifying time is expected to represent our team at the State Championship Meet. It is also expected that if your swimmer is chosen by the coach for a relay at State (based on their times), they will attend.

Communication is important to any club/organization. The Wave uses various platforms to get information out to our team:

Communication

- **Emails, Texts**
 - Immediate news and updates
- **Facebook and Parent Facebook Page**
 - Interesting articles, items for sale, state results, information to share to get the word out to the public.
- **Website**
 - Meet signup, registration, clinic signups, emails, account payments, bylaws, forms for apparel ordering.
Always check the website!
- **Newsletter**
 - Upcoming meets, important dates, registration information, updates on team needs and meets, tips and recipes for swimmers.
- **On Deck**
 - Swimmer Best Times/Status of account
- **Meet Mobile**
 - App for live results at meets paid subscription (whether you are there or not!)



If there is a spot available for your swimmer on our team, you will receive an email containing registration instructions. **NO SWIMMER MAY SWIM WITH THE WAVE WITHOUT REGISTERING FIRST.**

Team Administrator, Ruthe Zimmerman (coach.ruthezimmerman@gmail.com) will set up your account in the system by gathering a few pieces of information from you. After that step, you will use the website: foxvalleywave.org and use the “start registration” button on the left to complete your registration.

Fox Valley Wave Swim Team

[Home](#)[Events](#)[About Us](#)[Records](#)[Practice Teams](#)[Calendar](#)[Mayfly Meet](#)[Links](#)[Sign In](#)[Start Registration](#)[More Information](#)[Contact Us](#)

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THE OFFICIAL ONLINE SHOP OF USA SWIMMING



WELCOME TO THE FOX VALLEY WAVE SWIM TEAM

Fox Valley Wave Swim Team is a registered USA swimming, year-round, competitive swim team. Our purpose is to help swimmers develop, mature, and succeed. The purpose of our program is to help swimmers become disciplined, teamwork, and leadership in the sport of swimming. The goal of our program is to help swimmers reach their potential to achieve excellence in their life.

Please click on the 'contact us' button if you would like information on the team and how to register.

We are excited to have you as a part of the Fox Valley Wave Swim Team!