



PROGRAM INFORMATION

2022 LONG COURSE SEASON (March - August)

Welcome to the SWMKE competitive swim program.

SWMKE is a Safe Sport recognized, Wisconsin USA swim team. It was established on October 1st, 2016 by USA Swimming National Team Coach Robert White and two-time Wisconsin Girls High School Swimming Coach of the Year, Ann White.

Robert White is an American Swimming Coaches Association Level 5 coach. His teams have won over 60 Wisconsin Senior, Age Group and WIAA High School state swimming championships. He has developed and trained numerous Olympic Trials, US Senior & Junior National Qualifiers and Finalists. This includes a USA Senior National Long Course Champion and American Record Holder, as well as many other World Ranked senior and age group swimmers. In 1981 he served as a coach member of the United States National Swim Team that competed in a dual meet against the Soviet Union National Swim Team in Kiev, Soviet Union, in which the United States won. This gave White the opportunity to work with the top US National team members, including Olympians and World Record holders.

The SWMKE coaching staff includes Tyler Hines, Jenny Holtzen Hines, Robert White, and Ann White.



PROGRAM OBJECTIVE AND GOALS

SWMKE's main objective is to provide professional teaching and training to each swimmer. The focus of the program is **quality individual** instruction and attention.

Emphasizing the importance of "**TEAM**" in achieving individual success is a major component of the program.

THE SWMKE PROGRAM PROVIDES CONSTANT EMPHASIS ON:

- Improving Stroke, Start and Turn Technique
- Developing Proper Race Pace for all events
- Challenging Training Sets
- Increasing Physical Strength through Dryland Fitness
- Proper Diet and Sleep Habits
- Strengthening Mental Aspects of Training
- Competing through Positive Thinking
- Confidence/Visualization/Focus
- Teamwork and Peer Support

ADDITIONAL SWMKE PROGRAM GOALS:

- Focus on individual and team success at the USS & Midwest swimming levels, as well as the WI Age Group & Wisconsin High School Swimming levels.
- Provide a competition schedule that challenges each swimmer based on his or her ability level.
- Educate swimmers and parents to focus on annual and long-term training plans, competition objectives, and individual goals rather than short-term results.
- Prepare swimmers for collegiate levels of training and competition.



TRAINING GROUPS

SENIOR (Sr)

The SWMKE Senior Group consists of experienced and highly committed 13-18 year old swimmers. Younger swimmers may be accepted into Sr at the discretion of the head coach based on the individual's training ability & commitment. Training includes weekly dryland sessions. Practice/meet attendance is mandatory unless excused by a coach.

Required Equipment: Laguna Fins, Paddles, Kickboard, Pull-buoy, Snorkel, Mesh Equipment Bag, Water Bottle

JUNIOR (Jr)

The SWMKE Junior Group consists of 11-14 year old swimmers willing to make a commitment to regular practice attendance but are not ready to handle Sr training sets. Meets are mandatory unless excused by a coach. Younger swimmers may be accepted into Jr at the discretion of the head coach based on the individual's training ability & commitment.

Required Equipment: Laguna Fins, Paddles, Kickboard, Pull-buoy, Snorkel, Mesh Equipment Bag, Water Bottle

AGE GROUP GOLD (AGG)

Age Group Gold consists of SWMKE's top 9-12 year old swimmers and all 13 & 14 swimmers not ready for Junior training sets. Younger swimmers may be accepted into AGG at the discretion of the head coach based on the individual's training ability & commitment. Regular practice attendance is expected. Meets are mandatory unless excused by a coach.

Required Equipment: Laguna Fins, Paddles, Kickboard, Pull-buoy, Snorkel, Mesh Equipment Bag, Water Bottle



AGE GROUP SILVER (AGS)

Age Group Silver consists of SWMKE's top 8, 9, & 10 year old swimmers plus all 11 & 12 swimmers not ready for Age Group Gold training sets. The main emphasis in AGS is improving technique on all strokes, starts, and turns. Training sets are introduced in AGS. Younger swimmers may be accepted into AGS at the discretion of the head coach based on the individual's training ability & commitment. Regular practice attendance is necessary for maximum improvements and group advancement. Meets are mandatory unless excused by a coach.

Required Equipment: Laguna Fins, Kickboard, Mesh Equipment Bag, Water Bottle

Optional Equipment: Snorkel

AGE GROUP BRONZE (AGB)

Age Group Bronze consists of SWMKE's 8 & Under swimmers plus all 9-12 year old swimmers who are proficient in Freestyle and Backstroke but are not legal in Butterfly and/or Breaststroke. The main points of emphasis in AGB are improving Freestyle and Backstroke technique and introducing Butterfly and Breaststroke along with starts and all turns. No prior swimming experience is necessary. Regular practice attendance is necessary for maximum improvements and group advancement. Meets are mandatory unless excused by a coach.

Required Equipment: Laguna Fins, Kickboard, Mesh Equipment Bag, Water Bottle

Optional Equipment: Snorkel

COLLEGE

College swimmers are welcome to train with SWMKE when their schedule allows, typically during the summer or during school breaks. The same equipment requirements above are not required for college swimmers.



FEE INFORMATION

SWMKE's Long Course training fee is divided into two equal payments, invoiced on 3/1 and 6/1.

A \$30 per swimmer Team Fee is charged on 3/1 and 6/1. This money is used to offset expenses that benefit all swimmers such as pool rental, pace clocks, backstroke flags, team computer, Team Banquet awards, etc. This fee also helps offset other expenses, for example, the team recently scheduled guest zoom speakers for the SWMKE Speaker Series featuring multiple Olympic Gold Medalists, World Record Holders, and members of the 2020/21 Olympic Team and USA National Team. **The Team Fee is charged in lieu of hosting swim meets and team fundraising.** Age Group Bronze swimmers who have never been on a USA Swimming swim team will not be required to pay a Team Fee for their first session.

All swimmers must be USA Swimming members and pay the 2022 US Swimming **annual fee of \$78**. Swimmers who registered with USA Swimming in the fall will not need to pay this fee for the Long Course season. This is a fee for swimmer insurance.

Swimmers are responsible for all meet entry fees and will be billed the 1st of each month for these charges. Swimmers with outstanding fees will not be allowed to practice until fees are paid or arrangements are made to pay the balance.

A \$25/per family fee will be charged for all meets that occur outside of the Milwaukee area.

| SWMKE 2022 LONG COURSE TRAINING FEES | |
|--------------------------------------|--------|
| Senior | \$1000 |
| Junior | \$900 |
| Age Group Gold | \$750 |
| Age Group Silver | \$600 |
| Age Group Bronze | \$400 |
| College | \$150 |

PAYING YOUR INVOICE

Invoices can be paid the following ways: Check, Cash or Venmo.

Invoices are sent on the 1st of the month. Payment is due by the 21st of every month, or there will be a \$20 late payment fee added to your balance. *Payment is due by the 10th of the month for March and September.*

Checks and Cash can be given in an envelope to a coach at practice. Checks can also be mailed to:

SWMKE, % Bob White
1706 E Iron St.
Milwaukee, WI 53207



PRACTICE INFORMATION

The SWMKE practice schedule is posted on the team's website. The practice schedule is generally consistent but does change occasionally from week to week. It is important to check practice times on a regular basis. If changes are made, the schedule on the website is immediately updated. If last minute practice changes/cancellations occur (weather, pool closings, etc.), families will also be notified by email. The majority of practices are held at Deer Creek Intermediate School or Cudahy High School. Wilson Park Pool (an outdoor 50 meter pool) is used during the summer months.

Deer Creek Intermediate School (Indoor 25 Yard Pool)

3680 S Kinnickinnic Ave, St. Francis

Cudahy High School (Indoor 25 Yard Pool)

4950 S Lake Drive, Cudahy

Wilson Park Pool (Outdoor 50 Meter Pool)

4001 S 20th St, Milwaukee

All swimmers are to arrive early to their scheduled practice. It is expected that swimmers are on deck and ready at least 10 minutes prior to their practice start time. Please notify a coach with a valid reason when a swimmer must miss practice.

All swimmers are to have all required training equipment at each practice. Swimmers who are missing required training equipment may be asked to sit out during part or all of a practice.



SWIM MEET INFORMATION

The SWMKE meet schedule for each group is posted on the team website under the Meet Schedule tab. Meets are also included on the weekly practice schedule.

Swimmers are expected to participate in all meets listed for their group and compete on all of the days of the meet. **All swimmers are automatically committed and entered in meets for their training group. It is the swimmer's responsibility to decline a meet by the commitment date if unable to attend. Swimmers who decline a meet must explain why in the meet message box.**

The swimmer's coach will select all events. Parents should become familiar with how to decline a meet and leave messages as well as review the swimmer's events once the coach has entered them. Once the meet entry deadline passes all meet fees are the responsibility of the swimmer whether he/she attends the meet or not.

Swimmers are to wear SWMKE apparel at meets, including a solid black suit and a team swim cap.

All swimmers are EXPECTED to participate in our championship meets at the end of the season. Please plan ahead to assure your child is available to compete. This includes:

Speedo Sectionals (If Qualified): 7/14-7/17

WI Regional Championships: 7/15-7/17

WI 12&U State (If Qualified): 7/22-7/24

WI 13&O State (If Qualified): 7/28-7/31



ODDS AND ENDS

1. All accounts/swimmers must be approved by the head coach and properly registered before allowed to participate. Approval is based on ability, the commitment level of the swimmer and the family's acceptance of the program's objectives and philosophy.
2. **It is important to read ALL SWMKE team emails. Email is SWMKE's major method of team/parent communication.**
3. The team's website is: swmke.org - all team information can be found on the website - parents should become familiar with it.
4. All team equipment information can be found on the team website - questions regarding team equipment should be directed to the coaching staff. Swimmers are not obligated to buy equipment through the team store. At meets, all swimmers are required to wear a team suit and a SWMKE team cap, which can be purchased through the A3 team store on the SWMKE team website. Swimmers are expected to wear team attire on deck at meets.
5. **Questions regarding registration and billing should be directed to Bob;** specific questions regarding your swimmer should be directed to your swimmer's coach. Coaches are available before and after practice for questions. Parents should not interrupt a coach with questions during practice.

CONTACT INFORMATION

Coach Tyler (Head Senior Coach): Lead Coach - Senior
tyler@swmke.org or text at (414) 885-9430

Coach Jenny (Head Age Group Coach): Lead Coach - Age Group Gold, Age Group Silver, and Age Group Bronze
jenny@swmke.org or text at (414) 216-7285

Coach Bob (CEO and Owner): Administration; Lead Coach - Junior
bob@swmke.org. You can call and leave a message at (414) 897-8932 or text at (262) 337-0581

Coach Ann (Assistant Coach) - Age Group Silver and Age Group Bronze

Email or text are the best forms of communication. Every effort is made to reply within 24 hours.



SWMKE ACCOUNT/SWIMMER ONLINE REGISTRATION

All families must set up a team account through the team's website (swmke.org) and register their swimmer(s) as members. Once this is done, swimmers will be approved by the staff and families will begin receiving all team communications.

TO SET UP YOUR ACCOUNT

1. Go to: swmke.org: Click "Register Today."
2. Choose "I am a new user or I am not sure if I already have an account. This is the email I want to use." Fill in email address and click continue.
3. Create a password - this will be used every time you sign in
4. Fill in "Billing Information" (Parent Information)
5. Fill in "Insurance/Emergency Contact" and click continue
6. Click "Add New Member" and fill in "New Member Info" (Swimmers Info)
 1. All Red Asterisks are required
 2. Click "Select" in "Register To This Group" - select group in drop box
 3. Scroll to the bottom of box and click "Register This Member to Selected Group" and Click "Add"
 4. Click "Required" boxes (there are 3 of them)
 5. Click continue and then click submit

