

Fall 2021 is here and we are excited to officially get started this week! I know there is a lot of information here but I hope this will help our new families get started with the team. For those of you that have been with the team in the past, please take the time to read through the below information so you don't miss anything as we get started this fall.

**Practice Schedules** can be found on the website. The first place to find an overall schedule and updates/changes (I recommend checking this at least once a week) is on the Practice Schedule page on the website. This can be found in the Swim Team drop down menu from the site navigation links on the home page.

A practice schedule calendar is also available under the Events/Meets page, click on the Practices tab at the top. This will only display practices for your child's group.

The **Events/Meet page** will be a useful tool for you, and is easily accessed from the Site Navigation links on the home page. I have posted all of our meets for the season along with some other events we will host this year. Some events are private, so always make sure you are logged in to view all team events/meets. This is where you sign up for meets and other team activities. Read the event details first, but then if you have questions be sure to talk to a coach before or after practice or email.

The meet schedule can also be found under the Swim Team drop down menu from the site navigation links. Meet worker requirements for our home meets will be emailed out this week. This does not apply to new families that are in their first six months with the team.

If you don't know when to sign up your swimmer for their first swim meet, please reach out to your child's coach. I'd recommend the Age Group Intra squad meet on September 17 for all new swimmers, this is a great learning experience and a low stress way to experience a swim meet with only our team. You can choose your child's events, or you can let your coach do that. Just commit your swimmer to the event and save that commitment, your child's coach will then choose the events.

We currently have custom team caps (swimmer's last name is on the cap below our logo), custom team towels and custom mesh bags available for purchase on the Events/Meets page of the website. I have extended the deadline to September 12th. The custom team caps are ordered once a session (Fall, Winter, Spring, Summer), the custom team towels and mesh bags are only ordered once a year (Fall).

We have an **OnDeck** app that you can download to your phone or device to access team events and other information - I recommend taking advantage of this tool. The team code, wswest, and your website login information is all you need to get started after you download the app.

The following **practice equipment** is needed for your swimmer. If you don't yet have your swimmer's equipment please still send he/she to practice. We will work with what we have until you can get the necessary equipment.

Super 8's: Fins (long), Kickboard

AG White: Fins (long), Pull buoy, Kickboard

AG Black, AG Performance: Fins (long or short), Pull buoy, Snorkel, FINIS Agility Paddles, Kickboard

Senior White: Fins (short), Pull buoy, Snorkel, Kickboard

Simply Swimming is our team vendor, if you need equipment they know exactly what you need for your swimmer. Simply Swimming is located in Middleton, but they can ship your order directly to you.

Simply Swimming will also be available September 22 for our Open House for team suits and additional equipment (practice suits, goggles, practice equipment, etc). The Open House will be held during practices on that evening.

**Team suits and apparel** details will also be emailed out this week so watch your email for more information.

Our coaches will be hosting **Parent/Coach Q&A Sessions** each month during this season. This is a great opportunity for parents, both new and experienced, to connect with coaches. We will have a topic for each meeting to get started but the majority of the time will be set aside for questions. See the Events/Meets page for dates, times and links.

We also have other parent resources on our website under the Parent/Swimmer resources site navigation link. I definitely recommend these as well for our new swim team families but take your time with these over the course of the session.

Our first team event of the season is our age group Biathlon, which will be held this Saturday at Waukesha South, 9 - 11 a.m. This is open to all age group swimmers, but we do need you to register your swimmer so we can plan appropriately (sign up is on the Events page of the website, along with details on the swim/run event). This wraps up our Fall Fitness program for the age group swimmers, if your swimmer did not participate in the August Fall Fitness and you are not sure if this is a good fit for your new swimmer, then maybe sit this one out and focus on September 17 Age Group Intra Squad meet.

We are also counting on our Senior swimmers to stick around after their practice on Saturday to help with the Biathlon. Senior swimmers will count for the young swimmers, guide them through the transition and run and cheer them on!

GO EXPRESS!

Lead Coach Emails:

Super 8's: Jake Burchfield ([jacob@waukeshaexpress.org](mailto:jacob@waukeshaexpress.org))

AG White: Blaine Carlson ([blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org))

AG Black/Performance: Dan Wohl ([dan@waukeshaexpress.org](mailto:dan@waukeshaexpress.org))

Senior White: Alec Carlson ([acswim@me.com](mailto:acswim@me.com))

Senior Black/National Team: Jake Burchfield ([jacob@waukeshaexpress.org](mailto:jacob@waukeshaexpress.org)) and Blaine Carlson ([blaine@waukeshaexpress.org](mailto:blaine@waukeshaexpress.org))