

Spring 2022 is almost here, with practices starting the week of March 28. 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 ready for a new season.

**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 tab 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. These have not been updated yet, but will be as we get closer to the start of our season.

The **Events/Meet page** will be a useful tool for you, and is easily accessed from the Site Navigation links on the home page. The first meet of the season is an Express hosted meet at the Walter Schroeder Aquatic Center in Brown Deer, WI. This is a long course meet, I would not recommend this as a first meet for our new swimmers. Long course meets are held in a 50 meter pool. We will also have short course meets (25 yard pool) throughout the season and these will be geared towards our newer, younger swimmers on the team.

More meets will be added during the upcoming month as we receive meet information from the meet hosts. When using the Events page of the website be aware that 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. Intra-squad meets will be added to the schedule soon.

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 an intra-squad meet 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.

Note: MS/HS Swimmers that wish to compete in meets need to notify me in advance so we can register the swimmer with USA Swimming. The annual fee for 2022 USA Swimming Membership is \$78.

We currently have custom team caps (swimmer's last name is on the cap below our logo) available for order/purchase. The deadline to purchase these caps is March 30. We always have non-customized Express caps available in the pool office. If a swimmer/parent gets a cap at the pool from the coaches, the charge of \$13 will be charged to your account. The custom team caps are ordered once a session (Fall, Winter, Spring, Summer).

Team apparel will be available this spring, as soon as I receive details I will share on the website and by email.

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.

We do not have an open house planned for this spring, but you can contact Simply Swimming by phone and they can help you with practice equipment, practice suits, goggles, and team suits. Team suits should be reserved for swim meets, they will not last long if they are worn to practice on a regular basis. Practice suits are available from Simply Swimming, and usually you can get "grab bag" suits from previous years that are less expensive than the team suit.

Simply Swimming  
[www.simplyswimming.net](http://www.simplyswimming.net)  
608-836-6649

We do have 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.

More information will come as we get started later this month. It's a lot of information, but please feel free to email your child's coach with questions or talk to them in person at the pool after practices.

We are looking forward to getting started! GO EXPRESS!

Laurie Carlson

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

