

# CASPER SWIM CLUB

September 2014

## From the Desk of Coach John:

Welcome to the fall/winter season from Casper Swim Club!

Your coaches are excited that the season is underway, and want to start this newsletter series with some basic items which are important to know.

Use of the pool: while we do pay a pool usage fee, our swimmers sometimes need to be reminded that we are guests of the facility. We need to show it respect by keeping it in good condition. Issues should be reported to coaches or board members immediately.

Lockers: please remove any temptation and have your child either lock their belongings in available lockers or store them in the bleachers. We have had a couple of incidents which we do not want repeated.

Parking: same rules as last year apply. No parking at the top of the hill by the south entrance to the pool. We saw a lot of cars up there this week which I'm choosing to believe are people engaged in other activities at the school. They shouldn't be up there either. Please park at the bottom of the hill (obeying handicap parking restrictions), in the north parking lot, or on the eastern side. There is a drop-off, pick-up drive through on the east side. The doors are unlocked and the hall is a protected way to get to the pool when the weather gets bad. If you need directions to this door, please ask one of the coaches. When the weather gets bad, that hill by the pool gets dangerous and we don't want anyone hurt. In addition to the fact that Kelly Walsh staff have asked us to not park up there.

Exiting the pool: please do not exit through the north door when there are swimmers in the water. It is very unpleasant for them in the winter. I know we are frequently overheated on the pool deck, but it is different for those in the water.

Also, please do not exit through the north west door (by the medicine balls). The door does not close properly and so leaves the pool open when we think it is locked up.

We like to think that those who swim play nicer than what you hear happens in other sports. Please adhere to that standard. Kids hear what parents say and vice versa. If we spend a little effort being kind to each other, everyone benefits. We've seen the positive and negative impacts of parent and swimmer conduct on both performance and longevity in the sport. Your coaches desire is to have swimming be a life-long activity for your child. If you have issues, please bring them directly to the coaching staff involved for resolution.

Casper Swim Club is meant to encourage swimming in Casper. Even though we practice at Kelly Walsh; we are available to the swimmers of the town proper. We have coaches on staff who are active coaches at both schools as well as alumni from both. We know the rivalry is sometimes heatedly displayed in other sports, but it's not appropriate within the club. Swimming is generally a sport of inclusion, and we want to promote that.

Meets: while we don't require meet participation, we do encourage it. Meets are the validation of the training your swimmer engages in. They help validate areas where improvement has occurred, as well as where it is still necessary. Plus, they are fun! We will have several home meets which don't take a lot of time and are during practice time so as to make this convenient to accomplish.

**\*\*Websites\*\***: the Casper Swim Club website ([www.casperswimclub.org](http://www.casperswimclub.org)) has a ton of information in it. It has **EVEN MORE** information after you have signed in using your email address and the password supplied to you when you registered. I would call your attention to the Parent Info and Athlete Info links on the menu bar. While there are a couple of items in there which do need updating; almost all of it is still very relevant. The website is also where all of the meets will be posted. Coach John hasn't done that yet, but it will happen soon.

There is also a semi-hidden part of the website at the top which contains a bunch of other documents which are interesting (team records and such). The following picture shows this semi-hidden area:



Another website which is very useful is [www.usaswimming.org](http://www.usaswimming.org). You can create an account with them and achieve access to videos, news, rules, your child's national ranking, etc...it's pretty cool!

On Deck parent app: There is an app for the iPhone and Android Phones called On Deck Parent. It can help you keep track of your child's times, help your coaches send you important messages as well as a number of other useful swimming-related features.

Deck Pass app: another neat app for increasing the fun in swimming is Deck Pass. It allows your swimmer to earn badges for participation, receive live results from high-level swim meets, receive discounts on swimming gear, etc...we haven't tapped into its potential yet because not enough swimmers have signed up. I would like to try to use it more this year. If you need help finding it, get with Coach John.

Advancement Criteria: the coaches have established criteria for advancing swimmers from one group to the next. This is designed to try to keep our groups at a consistent skill level to allow for everyone to get the most out of practice. We do periodic testing during practice; based upon coaches' belief that they have someone who is ready to move up. So, it's not on a rigid schedule. While we use the criteria extensively, we also acknowledge that keeping a child with their age-appropriate peers is important. So, sometimes, a child might not move up when they are fast enough because the group ahead of them is too much older (that's pretty rare) or a child may move up who has not strictly met the criteria simply because they are a lot older than the rest of the group (more common). Here's what the coaching staff requests: if you have a question regarding advancement, please contact a member of the coaching staff. We will be happy to explain.

Wow! That's a lot of information. I hope you were able to stay awake for it. There will be a test later. Just kidding!

See you at the pool!  
Coach John

## Pancake Breakfast

Our first swim club fundraiser of the year will be the VFW Pancake breakfast. Fundraisers help support our swim club activities, including buying new equipment for meets as needed and getting team suits for the kids, to name just a few. We would really like to have everyone's support at this fundraiser, as the club gets a portion of the money raised. So come, eat some yummy food, and make some money for the club!

Dates: Oct 5th

Times: 8:00 am to 11:00 am

Price: \$7 for adults and \$3.50 for kids 10 and younger

Location: VFW 1800 Bryan Stock Trail

\*Menu includes ham, bacon, sausage, biscuits with sausage gravy, eggs, hash browns, green chili, pancakes, Danish, fruit and beverages.

## Business Sponsors

We are Looking for Business Sponsors for the Casper Swim Club. If your business might be interested in contributing to a great cause, please contact

[vicepresident@casperswimclub.org](mailto:vicepresident@casperswimclub.org)

for more information.

If you do not receive a copy of the newsletter, and would like to do so, please send your email address to:

[secretary@casperswimclub.org](mailto:secretary@casperswimclub.org)

Casper Swim Club  
PO Box 50093  
Casper, WY 82605

[www.casperswimclub.org](http://www.casperswimclub.org)

## Team Swim Suits/T-Shirts

For those of you new to us, the swim club buys team suits for our new swimmers! For swimmers who already have a team suit and have outgrown it, Casper swim club will pay half the price to replace it. We will have a suit sizing in few weeks.

Once you have your team suits, please do not wear them during practice. These are for meets ONLY! We want everyone to have and wear their team suit at all meets so we can look like the team we are, and show some Casper Dolphin pride!

"Property of Casper Swim Club" T-shirts will be for sale starting in October. More information about this to follow!

## Registration

Please have your child's USA registration and code of conduct paperwork turned in. This needs to be filled out and handed in at the pool for you to be able to access your online account and for your child to swim.

Also, please make sure your email address, child's t-shirt and warm-up suit sizes are correct on your registration account. We use your e-mail address to contact you with changes or reminders. The clothing sizes help us determine what sizes of clothing to order for swimmers.