

2010 Parkcrest Swimming Pre-Season Information

About The Parkcrest Swim Team

1. Who are the 2010 Parkcrest Swim Coaches?

Head coach, Jason Verhelst, will be returning for his tenth season and building upon the achievements of last year's Penguins! The Parkcrest assistant coaches and student assistant coaches will include many fun and familiar faces.

2. How do I know if my son or daughter is ready for the swim team & why should my child join the team?

We encourage swimmers of all ages and abilities to join the swim team. The swim team is a great way to meet new friends, have fun, participate in a life-long sport and be a part of a great team with tremendous team spirit. New swimmers are encouraged to attend the first week of practice on a trial basis. The coaches will evaluate new swimmers at that time to determine if they are ready for swim team or if they should continue to improve in swim lessons before participating on the team. After the trial week, registration must be paid in order to continue. The three main prerequisites to being a Parkcrest Penguin are a willingness to learn, to compete, and to have fun! The coaches will be available to answer further questions during the **All-Activity Sign-Up Day**, held at Parkcrest Pool on Sunday, June 6th, 11:00 a.m. -1:00 p.m.

3. What are the 2010 fees for Swim Team and how do we register?

Fees are \$125 per athlete. Swimmers are eligible for dive team at no additional charge. Proceeds are used to offset expenses for the swim and dive teams. To register for the swim team, complete the yellow 2010 Swimmer Registration form and don't forget to sign the waiver. You may also register at the Parkcrest **"Fit-Night"** hosted by Simply Swimming, 6108 Mineral Point Road, on Wednesday, May 12th, 4:00 p.m. to 7:30 p.m., or at the **All-Activity Sign-Up Day**, Sunday, June 6th, 11:00 a.m.-1:00 p.m.

Practice Information

1. When does the swim team practice?

The practice schedule for the different age groups is as follows:

*Challenge Group..... 6:15 – 8:15 AM
13 & Up 6:15 – 7:45 AM
11 –12 7:30 – 8:45 AM
9 –10 8:30 – 9:45 AM
8 & Under 9:30 – 10:30 AM

Only thunder or lighting will force practice cancellation. To check on practice cancellation, call Parkcrest at 233-3573.

*** BACK for '10!!** The challenge group is for high school swimmers or incoming freshman swimmers who want additional training. The challenge group will practice for two hours, with emphasis on conditioning work in addition to advanced race and stroke technique. To be a part of this training group, please talk to Head Coach Jason Verhelst at **All-Activity Sign-Up Day** or during the first week of practice.

2. Important practice considerations?

Practice is extremely important for improving as a swimmer. We expect swimmers to attend as many practices as possible at Parkcrest or with a local USA or YMCA Swimming club. If you child is practicing with a year-round USA or YMCA Swimming team during the summer, please let his/her coach know what day(s) he/ she will not attend Parkcrest practice. Parents should allow the entire practice time for the coaches to be with the swimmers. Coaches are available outside practice to speak with a parent.

3. What does my son/daughter need to bring to swim practice?

All swimmers need to bring goggles, suits, and towels to practice every day. We encourage swimmers with long hair to wear swim caps, as well. Swimmers in age groups 11 & up are required to have fins and to bring them to practice. Younger swimmers are encouraged to have fins as they help in teaching stroke technique and increasing kicking strength. Longer fins, rather than the shorter fins are recommended and available at any swim shop in the area.

Swim Meets

1. How does a swim meet work?

Each swimmer may be entered in two individual events and two relays. At the meet, heat sheets will be posted designating the heat and lane assignments for each swimmer. The **Clerk of Course** is a group of parent volunteers who gather and line up the 8 & under swimmers for their events. **Swimmers nine years and older are responsible for checking the heat sheets and being behind the starting blocks before their heat is ready to swim.** If you have a younger swimmer, it is helpful to write the event number, heat number, and lane number on the back of his/her hand before the start of the meet. For example, 23-3-6 indicates that the swimmer is swimming in event 23, heat 3, and lane 6.

2. What should I do if I know my son/daughter is going to miss part of or an entire meet?

All swimmers are expected to compete in the weekly swim meets. If swimmers are unable to attend a meet or unable to stay for the entire meet they need to sign out on the sign-out sheet (located on the window to the right of the drinking fountain). The **sign-out sheets** are usually posted two weeks prior to the meet and are taken down prior to the week's meet on **Wednesday at 7:00 PM**. Swimmers must remember to sign out of the meet because a swimmers' absence has an effect on other age group teammates, coaches, and the entire Parkcrest team.

If it is possible to schedule vacations, camps, etc. around the meet schedule, please do so. Swimmers must compete in at least three meets to be eligible for the All-City Swim Meet at the end of the summer.

3. How can I find out what my son/daughter is swimming?

The meet entries for each swimmer will be posted on the bulletin board the day before the meet. Several factors are considered when making meet line-ups. The Parkcrest coaches strive to develop swimmers who are versatile enough to do well in any of the strokes. Thus, throughout the summer, coaches attempt to have the swimmers compete in a variety of events. At the same time, however, the coaches are working toward finding out what our team's fastest lineup will be for the more competitive dual meets and for the All-City Championship.

4. When are the meets this summer?

Please refer to the enclosed 2010 Parkcrest Swimming Meet / Dress-up Schedule or visit the Parkcrest website at (www.parkcrestpool.com).

5. What are Meet Dress-Up Days?

This tradition started at Parkcrest several years ago. It has been a lot of fun for the swimmers, coaches, and parents. Each meet has a theme such as: Formal Day, Hawaiian Day, Parkcrest Day, Patriotic Day etc. The best-dressed swimmers will receive a prize and have their pictures taken. This has been a great way to show the other teams our Parkcrest team spirit. Also, it is a great way to put those old clothes and costumes to good use! The theme for each meet will be posted on the bulletin board and is indicated on the meet schedule.

6. Who receives awards at swim meets?

Ribbons are given out at all meets for the first six places in each individual event and each relay. Heat ribbons will also be awarded to swimmers 12 & under who win their respective heats. Swimmers 13 & older will not automatically be given heat ribbons but may request them if desired.

Volunteering

How do I get involved? Am I required to volunteer?

Participation in swim team is a family activity and requires a volunteer commitment from parents. Our home meets cannot function smoothly without our wonderful volunteers. We ask each family to volunteer to work three or four shifts during our home swim meets or at the Adult Swim meet. Families who do not volunteer will be charged a \$100 fee. Volunteer sign-up sheets will be available at "Fit Night" or at the **All-Activity Sign-Up Day**.

Team Apparel

1. Is a team suit required?

No, a team suit is not required. However, team suits are available from **Simply Swimming** at an excellent discount – please see the back of the apparel form for suit pricing. Parkcrest Swimmers will receive a team T-shirt with a paid registration by 5/31/10. Please indicate your child's size on the team registration form. Parkcrest Swim Caps will be available for \$5.00!

2. What other apparel is available?

Please see the apparel order form for other ways to show your Penguin Pride! Samples will be available at Simply Swimming on "Fit Night", Wednesday, May 12th, 2010 from 4 p.m. – 7:30 p.m.! Order optional apparel early!

Special Activities

What other special activities does the swim team participate in?

The swim team has many fun activities that have become Parkcrest traditions. Please note that as indicated, event participation is determined by age group for swimming. The tentative summer activities are as follows:

DATE	ACTIVITY	FOR WHO?	TIME	LOCATION
Friday, June 18	Team Breakfast	Everyone	8:30 AM	Parkcrest Hill
Friday, June 18	Meet & Greet	Everyone	9:30 AM	Parkcrest B-Ball Court
Tuesday, June 29	Mini Golf & More	10 & Unders	2:30 PM	Vitense Golfand
Tuesday, July 6	Picture Day	Everyone	8:00 AM	Parkcrest Pool Deck
Wednesday, July 14	Noah's Ark Trip	11 & Ups	7:45 AM-4:30 PM	Wisconsin Dells
Sunday, July 25	15-18 Dunch	15-18's	3:00 PM	Parkcrest Pool Deck
Sunday, July 25	Tie Dying & Sign Making	Everyone	5:00 PM	Parkcrest Hill
Monday, July 26	Movie Night	11 & Ups	TBA	Local Theater
Tuesday, July 27	Cookie Party	10 & Unders	TBA	TBA
Wednesday, July 28	Spaghetti Dinner	Everyone	5:30 PM	Garner Park

Notes will be sent home for those events that require parental permission and/or fees.

Other

1. Where can I find important team information?

CHECK THE BULLETIN BOARD REGULARLY! All team announcements, meet lineups, and other information will be posted on the bulletin board. The other source of information is on the Parkcrest website (www.parkcrestpool.com)

2. When is the Swim & Dive Team End-of-Season Picnic?

Our Swim & Dive Team Picnic will be held after the All-City Meet on Saturday, July 31st at 6:30 p.m.

3. If you still have a few more questions...Please contact head coach Jason Verhelst at 692-0507 and/or the Swim and Dive Team representatives, Beth Piper at 826-9096 and Sandra Walters at 238-7897.