

May 9, 2017

Dear Swim & Dive Team Families,

Welcome back to the Willowbrook Swim & Dive Team! We hope everyone had a great winter, and is looking forward to our upcoming summer season! We are excited to welcome Maria Abrams to our staff this summer. Maria will be working as our Assistant Manager, Head Dive Coach, and Assistant Swim Coach.

Our season will kick off on **Saturday, May 27 with our team Meet & Greet, suit fitting, and swimmer evaluations.** Stop by between **12:00 noon and 1:30pm** to meet the coaches. Metro Swim Shop will be taking care of our team suit orders this season. Metro will also sell practice suits, bags, caps, and goggles. We will also have team apparel order forms available. *You will need separate checks for your swim team fee and the clothing vendor.*

The cost for the swim/dive team is **\$100** per swimmer. ***This will include your swim/dive team registration fee, 1 latex cap, and 1 team t-shirt.***

TEAM CAPS:

Latex team caps will be provided to each swimmer. Silicon caps and CUSTOMIZED silicon caps will be available for purchase at the team suit fitting. Order forms will be sent out closer to our fitting. **ALL ORDERS FOR SILICON CAPS MUST BE MADE NO LATER THAN Wednesday, MAY 31 in order to receive caps in time for the season.** We will still provide a latex cap to each swimmer when you register.

NEW SWIMMERS:

All new swimmers must schedule an assessment with Chris before swim practice begins. Chris will be available for assessments during the team Meet & Greet. Swimmers must be able to swim 1 length of the pool without stopping or assistance in order to be on the swim team. This rule is to ensure the safety of all swimmers on the team. Swimmers who are not ready to begin practice with the swim team, will be encouraged to start out with our “pre-team” group. If you are not available for an assessment on the day of the meet & greet, please send an email to: WBCOACHES@yahoo.com.

TIME TRIALS:

This year, we will hold time trials during our regularly scheduled swim team practices. We will offer two time trial options for all age groups. **TIME TRIALS IS MANDATORY FOR ALL SWIMMERS TO PARTICIPATE IN MEETS.** Each swim team family will have to sign-up for their preferred time trial session.

SESSION 1: Friday, June 23 at 3:30 pm

SESSION 2: Monday, June 26 at 9:30 am

We will follow the same meet policy as we have used in previous seasons. Please see below for the details on this policy.

PRACTICE SCHEDULE:

PRE-SEASON:

Starting Monday, June 19:

ALL age groups:

Monday 6/19 – Friday 6/23

10 & Under: 4:00 – 5:00 PM

11 & Over: 4:00 – 5:30 PM

***** TUESDAY, JUNE 20: No practice due to SWIMJITSU EVENT!!!**

REGULAR SEASON PRACTICE SCHEDULE:

Beginning Monday, June 26

MORNING:

Monday – Wednesday - Friday

10 & Under: 11:00 am – 12:00 noon

11 & Over: 9:30 am – 11:00 am

Tuesday - Thursday

10 & Under: 9:30 – 10:30 am

11 & Over: 9:30 am – 11:00 am

AFTERNOON:

10 & Under: 4:30 pm – 5:30 pm

11 & Over: 4:30 pm – 6:00 pm

Diving:

Please see attached letter from our dive coach with specific dive team information

The Willowbrook Swim & Dive Team would not be able to run without help from our parents. **For the 2017 season, it is mandatory for each family to sign up for at least one volunteer position.** This does not require each family to volunteer at every meet, but each family must provide at least one volunteer at least once over the course of the summer. Volunteer sign ups will be available at the team Meet & Greet.

We look forward to another great summer with everyone!!

Head Coach
Chris Jankowski

Assistant Coach
Kelly Blacker

Dive / Swim Coach
Maria Abrams

Swim Meet Policy:

Every swimmer's participation contributes to the team's success. To ensure participation by every swimmer regardless of experience, there are three types of meets: "A" meets, "B" meets, and Invitational meets. The coaching staff will determine who will swim in each type of meet according to the following criteria: "A" meet participants will include the 2 fastest timed swimmers in each event within each age group for home meets and the 3 fastest swimmers for away meets. However, on occasion a swimmer may be asked to "Age Up" (swims in an age group with older swimmers). All swimmers who have not placed first in an "A" meet will remain eligible for "B" meets. This is the same system that we have always used and we find it to be the most fair and most appropriate. Considering this criteria, it is mandatory for ALL swimmers to attend our team Time Trials in order to be eligible for "A" meets. We will not use times from the previous summer or from winter swimming. We want to promote the team mentality as much as possible, which is why it is important to time the swimmers in the same pool.