

BULLETIN BOARD SHEET

PRACTICE SCHEDULE:

Mornings: (Monday - Friday)

- 7:45-9:30: 11-12's and 13& olders
- 9:15-10:25: 8& unders and 9-10's

Afternoons:

- Mon, Wed: 10 & unders 5:00 pm – 6:00 pm
- Tues, Thurs: 11 & olders 5:00 pm – 6:00 pm
- Fridays: All Swimmers **4:00 pm – 5:00 pm**
Starts and Turns

CONTACT INFORMATION:

Pool Phone: (608)-266-2559

Coaches E-mail: swimcoach@shorewoodpool.com

- **Please go to: www.shorewoodpool.com and sign-up for the team e-mail list under the “contact-us” page. You will receive weekly updates from the coaches and the parent committee regarding all things related to the team and it's activities.**

Parent Committee Questions E-mail: michelle.reynolds@shorewoodpool.com

Helpful websites: www.allcityswim.org
www.shorewoodpool.com

TEAM PHILOSOPHY

The number one goal of the Shorewood Hills Swim Team is to have fun while learning the sport of competitive swimming. Our hope is to provide an environment in which kids can improve upon their swimming abilities and participate in low-key competitions, all while having a good time. By keeping team participation fun and exciting we can ensure that kids will continue to enjoy being a part of the Shorewood Sharks family and work to achieve their individual competitive goals.

ORGANIZATION AND STRUCTURE:

The Shorewood Hills Swim and Dive Team is a not-for-profit organization offered to the children of pool members at a minimum fee. The coaches are part of the pool staff and work cooperatively with the team members, their parents, and the pool manager. The Parent Swim/Dive Team Committee is designed to help the coaches organize the weekly swim meets and extra-curricular activities planned for the swimmers/divers and their families. Parent volunteers are essential to the functioning of the team and it is expected that at least one adult from each family will assist at every home meet in which their child is a participant.

PRACTICE SCHEDULE:

Shorewood practices are divided by age into four training groups. The four groups are 8 & unders, 9-10's, 11-12's and 13 & older. The swimmers' age group is determined by their age as of **June 1st**. These are the same groups in which the swimmers will compete with the exception of the 13 & older (this group is divided into 13-14's and 15-18's for competition). The main practice for each group will be held in the morning. While there is not a mandatory number of practices that a swimmer must attend, the coaches highly recommend that swimmers make at least three morning practices per week.

AM SCHEDULE: (Mon.-Fri.)

7:45-9:30: 11-12's and 13& older

9:15-10:25: 8 & unders and 9-10's

PM SCHEDULE:

Mon, Wed: 10 & unders 5pm-6pm

Tues, Thurs: 11 & older 5pm-6pm

Fri: Starts & Turns (ALL AGES) 4pm-5pm

It is crucial that swimmers arrive at practice ON TIME, as the coaches use the beginning of practice to discuss many important announcements. Swimmers arriving late will miss these announcements, while potentially disrupting the flow of practice.

Shorewood also offers supplementary evening practices. For the 10 & unders these practices focus mainly on stroke technique and are a nice way for swimmers to get a little more individualized attention from the coaches. The 11 & older will also focus on stroke development, while also offering some additional yardage for those swimmers interested in more aerobic training. The Friday night practices are for all age groups and will focus on starts and turns, to prepare swimmers for the upcoming meet. While these practices are a great way to get some extra help, they **are designed to be supplementary to the morning workouts and should not be the only practices that a swimmer attends.**

TEAM APPAREL:

There are many options for team clothing available to show everyone you're a shark:

- A team suit can be purchased at Walters' Swim 'N Sun (on Monroe St.) but is not a requirement
- Team shirts are given to all swimmers and are handed out at the parent meeting.
- Team sweatpants and sweatshirts are also available to purchase, but are not included in the swim team fee. Orders are made at the beginning of the season and will be passed out as they come in.

MEETS:

Dual Meets:

There are seven dual meets (3 home, 4 away) throughout the season. They are to be held on Saturday mornings and on one Wednesday evening. While meets are not mandatory, they are highly encouraged as they are a lot of fun and provide us with a chance to show people how much team spirit we have and give swimmers an opportunity to show the results of their hard work. The meets are participatory with a focus on fun and low-key competition. Typically the meets begin at 8:00 or 8:30am and finish around noon, with warm-ups starting at about 7:15am for 10 & unders and 7:45am for 11 & older. The exact timing of the meet (both start and finish times) varies depending on the size of the team we are competing against.

All City Meet:

The All-City Meet this year goes from July 30th to August 2nd and is the season finale where Shorewood competes against all of the other teams in the all-city league. This year's meet will be hosted by Westside. While this meet continues to promote participation, it is a championship meet and will have a stronger emphasis on competition. Thursday and Friday are dedicated to the preliminary rounds. The top 12 qualifiers (this year, as it is a 6-lane pool) swim in the finals and consolation finals on Saturday, along with all relays. There are team and individual awards for high placement. **To compete in this meet swimmers must swim in a minimum of 3 DUAL meets throughout the season.** A team picnic is held at the pool after Saturday's meet to celebrate the finish of the season.

Meet Sign-in Procure:

For each dual meet a swimmer must either "sign-up" or "sign-out" by the WEDNESDAY prior to the meet. Signing up (or out) early is crucial to ensure that the coaches have enough time to get an accurate entry into the computers before the meet. Sign-up sheets and meet entries are posted on the bulletin board near the guard area. Meet entries will be posted on the Thursday before each meet and should be double-checked to ensure accuracy. Mistakes can be fixed up until Thursday at 6:00 pm. Sign-up deadlines for the High Point invite and All-City will be farther in advance and will be determined at a later date.

Swim Meet Procedure:

Swim meets are run according to the “order of events” – which lists the order in which the various events will be staged. The order is as follows:

- Medley Relay
- Freestyle
- Back stroke
- 8 and under Free Relay
- Individual Medley
- Breast Stroke
- Butterfly
- 8 and under Individual Medley
- 9 and up Free Relay

The swimmers’ order goes by age; 8&unders first, girls, then boys (except as noted above). It is each swimmer’s responsibility to know his/her events, heats, and lane assignments and to be available to swim when they are called. Parents should check the heat sheets before the meet and assist their swimmers (including writing on their hands) with this information.

Events are announced ahead of time to allow the swimmer to report to the staging area (called the Clerk of Course). The swimmers are kept in this area until they are ready to swim and go to the pool area in a group. This is for the younger kids only! Older swimmers (11& up) need to get behind the blocks on their own.

Heats are established by the coaches according to the swimmer’s seed-time. The lower (faster) a swimmer’s time going into the meet, the closer to the final heat the swimmer will be swimming. A swimmer can win in any heat, as it is their final time that determines the outcome.

Every swimmer who comes in first in any heat receives a heat winner ribbon. Ribbons are given to first, second and third place finishers in each event. All swimmers in every heat are timed for their event.

Please help your swimmer remember to talk to a coach after each race.

Checklist for Swim Meets:

Swimmers may consider bringing the following items (besides the essentials - suit, towel, sunscreen, goggles, and hydration) to the meets:

1. Most meets have food for sale. Bring healthy snacks or money to buy food at the meet
2. A blanket or sleeping bag provides a place to rest between events
3. Extra towels may come in handy if the first one gets too wet. A sweatshirt and pants are nice on chilly days to keep warm between events.
4. A deck of cards or a quiet game.
5. Water, Gatorade, or chocolate milk will help to keep swimmers hydrated, especially on hot mornings.
6. Any special clothing or items for the theme of the week.

“Swim Meets for Dummies”:

Strokes:

- Back- back stroke
- Breast- breast stroke
- Fly- butterfly
- Free- freestyle
- I.M- individual medley: one swimmer swimming each of four strokes in the following order: fly, back, breast, free
- Medley Relay- four swimmers swimming in succession a different stroke in the following order: back, breast, fly, free

Other Terms:

1. 25 (yards or meters)- one length of the pool
2. 50 (yards or meters)- two lengths of the pool
3. Anchor- the last swimmer on a relay
4. Clerk of Course- official who stages events by assigning heats and lanes based on seed times
5. D.Q.- disqualification of a swimmer because of improper stroke, touch, turn, or entry into the water
6. Event- all races within an age group stroke category
7. Heat- one race of an event
8. False Start- swimmer starts prematurely, resulting in a false start call or a disqualification by meet officials
9. Meet Officials- starter, referee and turn judge; meet officials are provided by the host team
10. Scratch- cancellation of a swimmer’s participation in a meet or event
11. Split- time for each individual on a relay or the time for a set portion of a swimmer’s individual event
12. Whistle Starts- the series of whistles that officials use to inform swimmers to get ready for their race and to step up on the starting blocks

MEET THE COACHES:

Shorewood prides itself on having some of the best coaches in the city. This year we have five coaches returning from last year and four new coaches (all former Shorewood swimmers) to combine for nine coaches total!

Erik Johnson (EJ): This will be EJ’s sixth year coaching for Shorewood and his third year as the head coach. EJ grew up swimming for Shorewood and hanging out at the pool. During the winter he coaches for the Badger Aquatics Club. BAC is a local club swim team that is one of the premier teams both at the state and national levels. This year EJ also taught 8th grade math at Kromrey Middle School. He had a great time and loved the opportunity to continue his work with children throughout the school year. This year EJ will primarily be working with the 13&olders, however he will also spend some time with each of the other groups as well.

Jade Zalewski: Jade Zalewski is delighted to coach the 9-10s again this summer. She will also be lifeguarding and teaching lessons at Shorewood, and doing an outside internship. Jade will be starting her senior year next fall at UW, majoring in Biology and Women's Studies. After coaching indoors for Badger Aquatic Club during the school year, she is excited to get outside and have a blast with the 9-10s. Three things Jade loves (in addition to summer swimming) are playing dibble dabble, the farmers market, and eating chocolate peanut butter ice cream at the Union. YEE.

Kristi Johnson: This will be Kristi's second year as a SW Sharks coach. This year Kristi will be primarily working with the 8&unders. While she will definitely miss coaching the 11-12s with Pat, she cannot wait for the excitement coming her way working with the 8&unders for the first time. Kristi will be entering her senior year at UW Madison next fall, majoring in kinesiology. Although still a swimmer at heart, her more recent competition on the water has been as a member of the UW rowing team. Kristi is a firm believer in the saying "the more Johnsons the better" and her favorite bagel is blueberry.

Anna Kramer: While this is Anna's 1st year coaching at Shorewood she has been a member of the team for many years. She started swimming on the team when she was 6 years old, and even spent 2 years as a Shorewood diver. Anna also swam for West High School, Badger Aquatics Club, and is currently a member of the University of St. Thomas swim team in St. Paul, Minnesota. Anna is studying both Marketing Management and Advertising and is planning to study in London this fall. Anna is an avid bagel lover and prefers to start her mornings with a cinnamon raisin breakfast bagel with sausage and cheddar cheese.

Pat Bauch: Patrick Wrenn Bauch is honored to be entering his fourth year coaching the 11-12s and his first year coaching the 8&unders. As well as coaching he will be serving as an assistant pool manager in this his ninth year working at Shorewood. He will be graduating from UW this December with a Legal Studies degree. Pat also spends his autumns coaching boys soccer for West High. If Pat could have dinner with any three people they would be Bruce Springsteen, George Castanza, and EJ. Carpe Diem Sharks!!!!!!

Erik Gulbrandson: Born in Madison, raised in Shorewood, Erik has been trying to become the center of fun for as long as he can remember. Whether it's water balloon fights or flashlight tag the fun never stops in a Shorewood summer. What better way to stay in the fun than to coach swim team. Erik swam and dove for Trinity College again this year until his season ended abruptly with a bad injury. However, do not feel too bad for this allowed for Erik to begin his quest for his true passion: joining the pro bowling tour. He has a ways to go but his latest score of 207 has given him a shred of hope. Get excited for this summer because the fun does not stray to far from Erik.

Ben Miskowski: Ben just finished up his freshman year as an English major at the University of Wisconsin- Eau Claire. He graduated from West High where he swam 4 years and was a captain. Last year Ben finished his 10 year career as a Shorewood Shark. The highlights of his career were placing 1st in the Medley relay at the Shorewood All-City. He was a part-time coach last year for the 8&unders and is excited to work with the 9-10s this summer. Ben lives by the motto; even a clock that is broken is right twice a day.

Tucker Moore: Tucker is a 20 year old college student currently pursuing a degree in secondary education at the University of Wisconsin, LaCrosse. Tucker was born and raised on the near East side of Madison, and he has spent the last 13 summers on the most beautiful deck of the Shorewood pool. He really enjoys music and there's rarely a time when his headphones aren't strapped into his ears. He also enjoys writing, and tries to do so on a regular basis. This will be Tucker's first year coaching and he's very excited to have a fun filled summer with the 8&unders.

Ben Reynolds: Ben is an Aires. He is currently entering his junior year at UW studying industrial engineering. Ben will be coaching for Shorewood for the first time this summer, although he has been a member of the Shorewood family for many years. Ben will be working with the 11-12's this summer, an age he has had some experience with coaching for BAC this past winter. Ben can't wait to get started at Shorewood and is especially looking forward to keeping up the fine Shorewood tradition of having the coolest coaches around.

Our team captains this year are Luke Landgraf and Dean Leeper!

PARENT RESPONSIBILITY:

Parent involvement is crucial to the success of the Shorewood Swim Team. Home meets are run completely by parent volunteers. Without your help we would not be able to function. Many clubs charge a fee for families that do not volunteer to help out in some way. While Shorewood does not do this, we do ask that you help us out by signing up early and often to help out in any way that you can.

At Home Meets:

Parents must volunteer to help if their child is swimming. A well-staffed meet helps to ensure a well-run and efficient meet. Shorewood has a reputation for running good meets and we'd like to keep it that way.

All families must bring snacks to sell in the Concession Stand. Concessions provide the only seasonal fundraising of our team so it is important that we sell as much as possible. Following are some ideas of what to send with your swimmer on the morning of a home meet (take to the Concessions Stand):

- Fresh fruit cups, sliced oranges, (watermelon slices, apples and bananas do not sell or keep well), cut up vegetables
- Bags of trail mix, gorp, puppy chow, chip pretzels
- Fruit roll ups, fruit snacks, beef jerky
- Cookies, bars, muffins
- Juice boxes freezer pops (no Jello, it melts)

INFORMATION/QUESTIONS:

The Swim and Dive Team have a large bulletin board that is located in the entrance to the pool. This is for information regarding upcoming events and weekly announcement sheets. Please refer to it frequently to keep informed. This is the responsibility of the team parent as well as the swimmer. Coaches are always happy to answer any questions that you may have. They are available before and after every practice. We ask that you do not try to talk to coaches during practice due to the large number of swimmers that they are responsible for. If you need to contact a coach outside of practice times you could either call the pool (266-2559) and leave a message for them, or send an email to swimcoach@shorewoodpool.com

Some common swim team questions:

Is swim team only for really good swimmers?

No. Shorewood Swim Team accepts swimmers of all levels. Due to safety reasons we require that a swimmer can at least make it across the pool safely without using the bottom or a lane-line. Other than that there is no minimum ability level to be on the team.

Since my child is on swim team does that mean that they shouldn't take swim lessons?

No again. Swim lessons are a great supplement to being on the team, especially for younger or newer swimmers. They offer much more individualized attention from Shorewood's quality guard staff. This could be a great chance for instructors to focus on some of the "fine tuning" aspects of a swimmer's strokes that might not have been addressed in practice.

What's with the meet themes, and are the kids supposed to dress up to?

For each meet the coaches come up with a fun dress up theme. From togas, to Hawaiian the Shorewood coaches are known all across the city for their vastly superior costumes. We highly encourage that swimmers participate in dressing up, as it is a great way to show team spirit.

What happens if I'm late, and what should I do if I know I'm going to be late?

It is very important that swimmers arrive on time to both practices and meets. Many important announcements are given at the beginning of practice. Swimmers arriving late not only miss these announcements but also disrupt the flow of the practice. At meets it is especially important to be on time. During warm-ups coaches are trying to ensure that all of their swimmers are there for relays. If a swimmer is not in the water for warm-ups, a coach has to try to find a replacement for that swimmer. It is the policy of the Shorewood coaching staff, that if a swimmer is not in the water on time for warm-ups, they may be removed from any and all relays for that meet. These problems can be avoided if a parent notifies a coach prior to the practice/meet that they know they will be late for. Your communication is greatly appreciated by the coaches.

Is it possible to be on swim team or dive team, or do I have to choose one or the other?

DO BOTH! We have many swimmers that also compete on the dive team. Shorewood's dive team is lead by Laura Davidson and is a lot of fun. They are always looking for new members and the swim coaches highly encourage anyone who is interested in joining to give it a try.

How do coaches pick who is on a relay and who is not?

It is the unofficial policy of the Shorewood Swim team that for dual meets, the coaches will do their best to put every swimmer on at least one relay. That being said, swimming on relays is a privilege, not a right. This privilege is earned through hard work, dedication to the team, and respecting coaches and teammates.