

September 6, 2011

Elite Team Parents,

We are excited that your children will be joining us on the Swim Reedsburg Sting Ray Elite Team this year. We are going to be adding a few new elements to our workouts this year that I will be outlining in this letter as well as going over reminders of how we expect our Elite Team to behave while at practice and away at meets.

We will be adding dry workouts to our Monday and Wednesday practices. This part of the workout will be at 3:45pm and each team member should bring clothes, socks and shoes appropriate to workout in, either outside or in our fitness room, before water practice begins.

We are also adding the On Your Own workouts in the mornings from 5:45 to 7:30. Swimmers should plan on swimming a minimum of 30 minutes at least twice per week. We will post a workout on the wall by the water fountain and there is another workout on our website that can be used. On Your Own workouts are designed to work on endurance and to assist in building life skills.

We will also be adding resistance swimming on Fridays. Your child will be required to bring a clean set of clothes, a long sleeved shirt and pants, for them to swim in. This type of training will help them build strength and speed. Remember, Friday practices are only held on weekends without meets.

As many of you are aware, we have a bus for students to ride from the transfer point to our facility. This bus will leave Webb Middle School at 3:30pm to drive the students to Swim Reedsburg. It is your child's responsibility to get to the bus on time if they are scheduled to ride it that day and it will become you and your child's responsibility if they do not get to the bus in time. We can only take a limited amount of students at a time on the bus so make sure that you sign up for the bus right away if you are planning on having your child ride it. We also need to know if your child will not be riding the bus any of the scheduled days so that we don't worry about their absence. At the end of each month we will have you fill out a form indicating if your child will not be on the bus any of the days the upcoming month. If an emergency arises, please notify Swim Reedsburg immediately. We expect that children riding the bus will stay seated for the entire ride, speak in indoor voices and refrain from any rough housing. Children being asked more than once to behave on the bus will have their bus riding privileges removed.

It is expected that children on the Elite Team will provide an example of good behavior and sportsmanlike conduct for the children on the Home Team. The coaches are here to help your children become faster and stronger swimmers. By being on the Elite Team your children are promising that they will listen to their coaches, try and implement any suggestions and changes they make to their strokes and not complain about any drills they have to complete during practice. It is also expected that your children will be well behaved at all times including at practice, while changing in the bathrooms and at meets. We expect that practice will be given their complete attention and that there will be no cell phone use in the locker rooms or hallway when practice is underway.

Attached to this letter is the meet schedule for the Fall/Winter 2011-12 Season. Please fill this form out with the meets that your child will be attending ASAP. We ask that you participate in as many meets as possible, especially the Regional meet, February 17 – 19. As you know, this season runs through the State Meet in February/March. Each meet will cost from \$12.00 to \$30.00 – depending on the number of events your child is in and the cost of each. We will be requiring an Escrow account for these meets this year. We would like \$100.00/child in these accounts to help us pay for these meets in a timely manner.

To participate in USA sanctioned meets, your child must be registered as a USA Swimming Athlete. Also included with this letter is a copy of the 2012 Athlete Registration Application that we will need filled out today. The registration fee is \$56.00 and can be paid directly to Swim Reedsburg. We will write one check to cover all registration fees when we send the applications in to USA Swimming.

We have new team suits this year! The cost is \$62.99 for female and \$53.99 for male suits. The new suit will be required for meets. We do have the old team suit that we will be offering at a discounted rate if you have any children on the Home Team that would like a less expensive option for a team suit. We are also going to be hosting a swim team suit swap on Friday the 16th during practice. So, send your children's suits that are too small with them this day and you can negotiate swaps with other parents for suits that no longer fit their children but fit yours!

We will be ordering "I'm a parent of a Super Swimmer" shirts for parents. The company contributes 50% of the price of their shirts to children hospitals and is fair trade certified. We do encourage parents to wear articles that support the team during meets. We also expect that children will wear Swim Reedsburg gear during the meets and to school on the day before the meet to help contribute to the team atmosphere.

Last but not least on the list of items; we supply flippers for the children to use during practices to help them perfect their strokes. However, we sometimes run out of specific sizes when running drills due to the mass amount of children on the team. If you are interested in getting your child a pair of their own flippers for Christmas this year, we will be supplying a coupon in the October newsletter to purchase these at a discounted price.

Thank you and don't hesitate to ask the Swim Reedsburg Sting Ray Coaching staff any questions that you may have regarding our policies and the upcoming season. We are excited to begin working with you and your children!!

Your coaches,

Bonnie Gross
Jessica Gross
Brenda Erdman
Megan Rasmussen
Olivia Rothwell