

IMPORTANT INFORMATION FOR PARENTS, SWIMMERS & DIVERS 2012

The Overland Park Waves Swim & Dive team is a recreational team for the child who desires to increase their overall swimming and diving performance through hard work and practice. Our coaches are dedicated to helping our swimmers and divers increase their overall skills as well as providing a fun summer sport. Swim & Dive team is available for the child 6-18 years of age. The team provides coaching for two levels of swimmers; pre-competitive and competitive and coaching for divers. The Waves summer program runs smoothly with the help of a parent association and a parent board.

PRE-COMPETITIVE SWIMMING – The Pre-Competitive Swim Program is designed for the swimmer who cannot swim 50 meters of the pool. The child should be able to swim 25 meters of the pool. This program is designed for the child who wishes to increase their swimming proficiency and overall skill level. This is available for children ages 6-10 years. ***** This should not be thought of as swim lessons.*****

Pre-competitive swimmers may participate in four meets per season. In a pre-competitive meet, all swimmers will receive a ribbon and they may swim in all events. The pre-competitive meets will held at various city pools on Saturday's beginning at 8:30 a.m.

During the season, your swimmers may improve to such a degree that the coach may ask them to compete on the competitive team. The coach will explain the eligibility rules to you at that time.

COMPETITIVE SWIMMING – The Competitive Swim Program is designed for the swimmer who is able to swim 50 meters of the pool without stopping using either freestyle, breaststroke, butterfly, or backstroke. The ability level of the swimmer must be average to above average proficiency. Swimmers must be willing to practice at least three times a week during the swim season. Attending five days a week would increase their conditioning. Swimmers not meeting these criteria will not be eligible to participate in the meets. Swimmers will participate in swim meets that are held on Thursday evenings at various city pools. *****This should not be thought of as swim lessons.*****

DIVING – The diving program is open to beginners as well as advanced divers. The diving meets will be held at various city pools on Tuesday's beginning at 6:00p.m. *****This should not be thought of as dive lessons*****

STROKE INSTRUCTION - Stroke instruction is a special practice time for any swimmer who would like to work on a specific stroke. This practice time is especially important for any swimmer who was disqualified in a stroke during a meet. This practice is available for competitive swimmers only, on Fridays from 7-8 a.m. Additionally, there will be a few lanes open with one coach assigned to those lanes to continue stroke instruction from 8-9 a.m. for the swimmers that wish to continue working on their strokes.

PRACTICES WILL BE HELD AS FOLLOWS:

Competitive	7:00-9:00 a.m.	MON-FRI	Young's Pool
Pre-Competitive	7:30-9:00 a.m. **	MON-FRI	Young's Pool
Diving	9:00-11:00 a.m.	MON-FRI	Young's Pool

*** If a Pre-Comp swimmer comes before 7:30, a parent must accompany the pre-comp swimmer until their practice begins at 7:30.

MEET THE COACH – There will be an opportunity for swimmers and divers to meet their coaches on:

Monday, May 21st, from 6:30-8:00pm at Matt Ross Community Center. At this time you will receive information on the Parent's board and how to sign up to volunteer. **Mark your calendars now for the end of season banquet Monday, July 9th from 6-8pm at Matt Ross.**

ALL – CITY CHAMPIONSHIPS – Each swimmer/diver must participate in a minimum of two meets to be considered eligible. The coach may set additional standards and eligibility for the meet.

FILE BOX – Each swimmer will have a file folder. Here you will find newsletters, ribbons and other necessary communications.

Please be sure either you or your child check this box frequently.

TEAM SWIMSUITS – A team swim suit is not required; however, if you want your child to have a team suit, we have chosen a suit through Swim Quik (Aqua Sites by Speedo - \$52.50 for girls, \$38.50 for boys jammer). If you would like to order a team suit, please go to Swim Quik (4876 W. 135th Street, Leawood, KS 66224), Thursday, April 12th, from 3:00 p.m. to 7:00 p.m., Friday, April 13th from 3:00 p.m. to 6:00 p.m., or Sunday April 15th from 2:00 p.m. to 5:00 p.m., They will help size your child and get your suit ordered. If you order the suit after May 9th, the price will be \$3.00 more to cover rush shipping.

PARENT MEET VOLUNTEERS – For both competitive and pre-competitive meets, the following positions must be filled for every swim/dive meet. Parent participation is needed to help make all of our meets successful for the swimmers and divers. Pre-competitive meets actually require additional volunteers.

- **STROKE AND TURN JUDGES** – Two Stroke Judges needed at each meet. They keep an eye on the swimmers to make sure they are doing the strokes correctly. The league offers a clinic for anyone interested in judging. Contact the parent board for more information.
- **DIVING JUDGES** – Score each diver during a competition. The league offers a clinic for anyone interested in this position. Contact the Dive coach for information.
- **TIMERS** – Each meet requires 8-12 timers. If you can push a button, you can be a timer. This gives you the best seat at the pool! For both competitive and pre-comp. Sign up on the website or on the boards posted in the entrance to the pool.
- **RIBBONS** – Parent volunteers are needed on Friday mornings during practice to prepare and place ribbons in the swimmers files.
- **PIT BOSS** – These 2 parent volunteers sit with the swimmers and assist them in knowing when their events are and helps them get to the Clerk of the Course by the starting blocks. The Pit Boss is to be encouraging and helpful to the swimmers.

FOR HOME MEETS ONLY

- **RUNNERS** – 2-4 runners are needed to take the event sheets from timers to the computer people.
- **ANNOUNCER** – someone to announce events and event winners throughout the meet.
- **CLERK OF THE COURSE** – swimmers check in with this person and are shown to their seats behind the starting blocks.
- **STARTER** – This person starts each heat of each event
- **HEAD TIMER** – works with the starter to let them know the timers are ready.