

**WISC
WHITECAPS**



**Parent
Information Book
2018**

Our Promise to You

Our Mission is to teach youth confidence and promote safety through a recreational summer swim team program. We plan to accomplish this goal by providing opportunities to set personal goals, develop sportsmanship, and swim competitively in a fun and healthy environment. Through our coaching staff, we encourage team spirit, personal commitment, and individual growth for each member of the team.

Registration

The following are requirements for joining the team:

- [Registration](#) and PAYMENT through EZFacility. Payment plans are available upon request. Please email mspivey@thewisc.com for more information.
- Swimmer Info Form (may be filled out and emailed to mspivey@thewisc.com or turned in on site)

All forms can be found online. Swimmers are not considered part of the team until the above has been completed. There will be an additional form that will be handed out during a TBD Parent Information Session.

The cost for the 2018 summer season is \$175. Included in this cost is a t-shirt, a team night at The Zone, swim cap, and membership dues required by VPSU. If for any reason, a swimmer chooses to not continue swimming, WISC will offer a partial refund prior to the first meet. There is a \$50 non-refundable fee included in the original cost. WISC does offer payment plans based on need but please contact Megan Spivey to set it up prior to registering.

Skill Requirements

ALL swimmers are **required** to make it one pool length (25 meters) without assistance. A swimmer is not required to know formal strokes, (i.e. they are not required to swim an official “freestyle”). If a swimmer is unable to complete this, swim lessons will be recommended and they will be allowed to join the team at a pro-rated cost further on in the season when they are able.

Uniforms

Suit

The 2018 suit will be provided via SwimOutlet.com or WISC Retail Store (TBD). Whitecaps have decided to go with the “Sport Blue Splatter Suit/Jammer/ Speedo” or any **PLAIN BLACK** suit. If the suit is plain black, WISC will heat press a Whitecaps logo but does not guarantee that it will hold up the entire season.



Swim Cap

(1) WISC swim cap is included in each swimmer’s registration fee. They will be distributed prior to the first meet. Additional caps may be purchased for \$5.00 during practices or meets. Only WISC or a **solid white caps** are acceptable for meets.

Goggles

There are no specific requirements. Goggles are available for purchase at WISC Retail Store. Shaded goggles are recommended for outdoor meets.

Practices

Most practices will be held at the WISC Aquatics Center. Some practices may take place at Villages of Westminster with dates TBD. Practices at VOW will be very important as that is our “home” pool for Summer 2018. Our time in the pool is limited by other pool activities so we ask that all swimmers make every attempt to be on time.

Schedule

Practices begin May 29th.

May 29-June 14th; Monday- Friday 6:30-8pm

June 19- July 27th; Tuesday- Friday 6:30-8pm

**Friday practices may be optional depending on what the majority of the team would like.

Team Communication

1. Website- (will be updated as VPSU is switching host sites to SwimTopia for the 2018 season). This website will be a new one for this summer so it may take some time for this website to be updated and used consistently.
2. Swimmer Folders- a folder for each swim family will be located at the desk in the Aquatics Center. This is where all ribbons or DQ slips will be placed following meets.
3. Facebook- <https://www.facebook.com/groups/WISCWhitecaps> This will be the main form of mass communication. Please check this page daily for updates.
4. Email- mspivey@thewisc.com Coaches will use this email to send out weekly updates regarding directions for meets, warm-up times, any practice changes, etc. Please use this and Facebook as primary forms of communication.
5. Coach cell phones- Coach’s cell phone numbers will be distributed as the first practice of the season. Please use these sparingly and for true emergencies most days. If it is the day of the meet, cell phones are the best way to reach a coach.

Parent Volunteers

Meets are not possible without parent volunteers. There are many different facets available. Volunteering is MANDATORY. If for any reason we are not able to provide enough, our team will have to forfeit a meet and swimmers will not get to compete. A signup genius link will be available prior to each meet for work assignments. Volunteer positions will be discussed in more detail at a Parent Info Meeting, date TBD.

If a swimmer qualifies for the Summer Championship Meet (Location TBD), the parents of that swimmer will be required to volunteer or the swimmer will not be allowed to compete.

Meets

- **Time:** Meets start promptly at 6:00pm on Mondays. If we are the home team, swimmers will report at 4:45pm for 5pm warm ups. If we are the away team, swimmers will report at 5:15pm for 5:30pm warm ups. Warm ups are strongly encouraged so that swimmers can get used to each pool and work out any kinks they may have. It is also a time for them to ask for last minute adjustments from coaches.
- **Direction:** Addresses and directions for all pools will be posted on a Facebook event for that meet once the 2018 schedule is approved.
- **Weather:** In cases of inclement weather, VPSU does not allow for meets to be cancelled prior to 6:00pm. Regardless of forecasts, swimmers and family should plan to be at the pool for assigned warm up times unless notified otherwise by a coach.
- **Events:** Swimmers will be allowed to swim (3) individual events- chosen together with a coach- and a relay.
- **Relays:** The relays are at the end of the end of each meet. We ask that all swimmers stay until the end whether they are swimming or not to encourage and cheer for teammates.

If any questions are not answered in this, please reach out to Megan Spivey, mspivey@thewisc.com, for further guidance! We look forward to meeting you and continuing the growth of our future leaders!