

Welcome to Cashmere Swim Team 2017

Practice Times: Monday – Friday, beginning Monday, June 19

- 9 – 10 & 11 – 12 years 8:00 – 8:50 a.m. (Mon-Fri)
- 8 and under 9:00 – 9:50 a.m. (Mon-Fri)
- 13 – 18 years 8:00 – 9:30 p.m. (Mon-Fri)

- Registration cost per swimmer is \$75. A late fee of \$20 will be charged for registration after June 6, 2017.** Your registration does not pay for entry during normal business hours of the Cashmere Water Park. Registration may be sent to: **Cashmere Swim Team ❖ P.O. Box 34 ❖ Cashmere, WA 98815. Registration will not be accepted after June 12th.**
- Website:** You can access the Wenatchee Valley Summer Swim League website at www.wvssl.org. You can look up maps to the different pools by clicking on “Teams” and then click on the specific location.
- Facebook:** Cashmere Swim Team is on Facebook! If you have a question as to whether or not a practice or meet is cancelled, rescheduled, etc. this will be a great place to find out. We do our best to communicate any updates to swimmers and their families as soon as possible via e-mail & Facebook.
- Coaches:** Head Coaches: Adrian and Tommy Marquis, Assistant Coaches: TBD
- Swim Requirements:** *Swim Team Assessments are scheduled for Monday, June 12th from 5:00 to 6:00 p.m.* Coaches will evaluate any new swimmers to Cashmere Swim Team to determine whether or not they are better suited for swim lessons. Guidelines: an 8 and under child shall be able to swim one competitive stroke two lengths of the pool, a 9 and older child shall be able to swim two competitive strokes, each two lengths of the pool. Swim Team is *NOT* a substitute for lessons. If you are unable to attend tryouts or have any special needs please make arrangements with coaches Adrian or Tommy prior to the beginning of the season.
- Uniform/Swim Suits:** Girls should have a dark, navy blue one-piece female swimsuit. Boys also should have a dark, navy blue swimsuit; typically jammers. Suits are usually found online at swimoutlet.com, sportwide.com, Big 5 or Costco. Swim caps are orange with navy print and are for sale this year for \$5 from our Treasurer, Becky Seidensticker.
- Spirit wear:** We have an online store selling swim team t-shirts & sweatshirts available in youth & adult sizes. The online store will close on **June 1st** at 9:59 pm. All orders will arrive on **June 21st** and be distributed at practice. No late orders accepted. Visit <http://stores.blue84spirit.com/wa2294> Place your order today!
- Practices:** Please arrive 5-10 minutes early in your swimming suit with cap on. Don't forget your goggles. Absolutely NO GUM! Listen and follow your coaches' instructions. You are here to learn, have fun, and represent the Cashmere Swim Team. Parents and children (incl. those waiting for their practice to begin) please stay off the pool deck during practice. Evening session swimmers need to help put lane lines in.
- What is a Meet?** Each week we compete against one of the other teams in our league. Each swimmer can participate in up to 3 different individual events plus 2 relay events. Parents must supervise their swimmers between events and are responsible for getting their swimmers to the Clerk of Course on time for events. At the beginning of each meet coaches post a team roster with the event numbers each swimmer has entered. Most kids write their event numbers on their arms with sharpies. When the meet announcer calls the swimmers' event number, they need to immediately check in at the Clerk of Course to receive their lane assignment. Each racer is timed by two adults with stop watches. Both times are recorded and averaged to obtain the final event time. There are 2-4 stroke and turn judges that walk

alongside the pool during each heat. They evaluate the stroke and will disqualify (DQ) a swimmer if the stroke or turn is performed incorrectly. Please refer to www.usaswimming.org for more information on DQs. Event ribbons (up to 6th place) and final times are handed out by the coaches a day or two after the meet. Blue high point ribbons are given to swimmers earning the most points for individual events in their age group. 7 points are earned for each 1st place, 6 points for 2nd, and 5 points for each 3rd.

- Home Meets:** The gates to the Cashmere Water Park will open for families at 5:20 p.m. Please plan accordingly. The Set-up crew (must be 16 years of age or older) can enter the gates at home meets at 5:00 p.m. Warm ups start at 5:30 p.m.
- Event Sign-Ups:** It is critical that parents & swimmers let coaches know if you will not be at a meet. Please let the coaches know as soon as possible so they do not put your swimmer in a relay event. Sign-ups for the swim meets occur the week prior to the swim meet. Our coaches will use their best judgment in signing up swimmers. If you are unable to attend a swim meet, **PLEASE send an email ASAP to: cashmereswimteamcoaches@gmail.com**
- Required Volunteering:** The Cashmere Swim Team relies on volunteers to function. Every family must participate in helping at the meets. All jobs are easy and you can be trained! "Many hands make light work!"
- What to bring to a meet?** Bring warm clothes, towels, sleeping bags and chairs. The evenings are cold when you are wet! Bring fluids and healthy snacks such as low-fat, non-dairy foods. Swimmers should stay warm and hydrated. You may want to bring shade for championships....it can be a long day in the sun!
- Behavior Code:** The registration form details the league policy for acceptable behavior.
- Swim-a-Thon:** The annual Swim-a-Thon will be held on Saturday, **July 15th** from 9:00 a.m. to noon. Fun, food and prizes make this a great event. Come on out and swim with your coaches and teammates!
- End of Season Awards and Potluck:** Our potluck is scheduled for **TBD** from 5:30 p.m.– 7:30 p.m. at the Cashmere Water Park. Bring two favorite dishes to share, your own beverages, plates and silverware. We will also have a brief parent meeting and election of next year's board members. Come celebrate and have fun with your kids in the pool!
- Swimmer-of-the-Week:** The Cashmere Valley Record honors two swimmers (chosen by the coaches) each week in the newspaper. Encourage your swimmer to work hard to earn a spot in the paper for all to see!
- Records Board:** There is a records board in the lobby of the Cashmere Water Park. It is updated at the end of the season. Try to get your name up there!

If you have any questions or concerns related to Cashmere Swim Team, PLEASE direct them to the following persons on the Cashmere Swim Team board:

President , Cheryl Adams	860-2916		
Vice-President , Hailey Croci	393-8663	League Rep , Kayla Van Winkle	881-5762
Treasurer , Becky Seidensticker	630-5951	Secretary , Your Name Could Be Here ☺	

If you have a question for the swim team coaches, please email: cashmereswimteamcoaches@gmail.com