

2017 Parkcrest Swimming Pre-Season Information

About The Parkcrest Swim Team

1. Who are the 2017 Parkcrest Swim Coaches?

Head coach, Jason Verhelst, will be returning for his 16th season and coaching the 13-14 and 15-18 age groups. The other Parkcrest coaches are listed as follows with the lead coaches in each age group **bolded**:

11-12 - Terri Schramka

9-10 - **Mandi Peterson**, Chris President-Brown, David Chen

8 & Unders - **Robby Eckerle**, Ali Bell, Riley Patton

2. How do I know if my son or daughter is ready for the swim team & why should my child join the team?

We encourage swimmers of all ages and abilities to join the swim team. The swim team is a great way to meet new friends, have fun, participate in a life-long sport and be a part of a great team with tremendous team spirit. New swimmers are encouraged to attend the first week of practice on a trial basis. The coaches will evaluate new swimmers at that time to determine if they are ready for swim team or if they should continue to improve in swim lessons before participating on the team. After the trial week, registration must be paid in order to continue. The three main prerequisites to being a Parkcrest Penguin are a willingness to learn, compete, and have fun! The coaches will be available to answer further questions during the **All-Activity Q & A**, held at Parkcrest Pool on Sunday, June 4, from 1:00 to 2:00 p.m.

3. What are the 2017 fees for Swim Team and how do we register?

Fees are \$150 per child for swim or dive team. \$200 if child does both swim and dive team. Families with a Full Family Membership have a maximum of \$300. Proceeds are used to offset expenses for the swim and dive teams.

Registration is available and encouraged online at parkcrestregistration.org

Additionally, you may also register for the team at the 2017 Parkcrest "Fit-Night" hosted by Simply Swimming (6649 University Avenue, Middleton, WI), on Thursday, May 4 from 4-7 p.m.

Practice Information

1. When does the swim team practice?

The practice schedule for each age group is as follows:

11-12, 13-14 & 15-18.....M-F - 7:00 - 8:45 AM

9-10.....M-F - 8:30 - 9:45 AM

8 & Under.....M-F - 9:30 - 10:30 AM

Only thunder or lightning will force practice cancellation. To check on practice cancellation, call Parkcrest at 233-3573.

2. Important practice considerations?

Practice is extremely important for improving as a swimmer. We expect swimmers to attend as many practices as possible at Parkcrest or with a local USA or YMCA swim club. If your child is practicing with a year-round USA or YMCA swim team during the summer, please let his/her coach know what day(s) he/ she will not attend Parkcrest practice. Parents should allow the entire practice time for the coaches to be with the swimmers. Coaches are available outside practice to speak with a parent.

3. What does my son/daughter need to bring to swim practice?

All swimmers need to bring goggles, suits, towels and a great attitude to practice every day. We encourage swimmers with long hair to wear swim caps, as well.

Swim Meets

1. How does a swim meet work?

Each swimmer may be entered in two individual events and two relays. At the meet, heat sheets will be posted designating the heat and lane assignments for each swimmer. The **Clerk of Course** is a group of parent volunteers who gather and line up the 10 & under swimmers for their events. **Swimmers eleven years and older are responsible for checking the heat sheets and being behind the starting blocks before their heat is ready to swim.** If you have a younger swimmer, it is helpful to write the event number, heat number, and lane number on the back of his/her hand before the start of the meet. For example, 23-3-6 indicates that the swimmer is swimming in event 23, heat 3, and lane 6.

2. What should I do if I know my son/daughter is going to miss part of or an entire meet?

All swimmers are expected to compete in the weekly swim meets. If swimmers are unable to attend a meet or unable to stay for the entire meet they need to un-commit from the meet on our team website at parkcrestregistration.org. Swimmers must un-commit from the meet by **Wednesday at midnight**. Specific instructions for online un-committing will be sent out closer to the start of the season. Swimmers must remember to un-comit because a swimmers' absence has an effect on other age group teammates, coaches, and the entire Parkcrest team.

If it is possible to schedule vacations, camps, etc. around the meet schedule, please do so. Swimmers must compete in at least three meets to be eligible for the All-City Swim Meet at the end of the summer.

3. How can I find out what my son/daughter is swimming?

The meet entries for each swimmer will be posted on the white boards the day before the meet. Several factors are considered when making meet line-ups. The Parkcrest coaches strive to develop swimmers who are versatile enough to do well in any of the strokes. Thus, throughout the summer, coaches attempt to have the swimmers compete in a variety of events. At the same time, however, the coaches are working toward finding out what our team's fastest lineup will be for the more competitive dual meets and for the All-City Championship.

4. When are the meets this summer?

Meets are listed on the Parkcrest website (www.parkcrestpool.com) under Swim & Dive Team / Meet & Practice Schedule.

5. What are Meet Dress-Up Days?

This tradition started at Parkcrest many years ago and has been enjoyed by swimmers, coaches, and parents alike. Each meet has a theme such as: Formal Day, Hawaiian Day, Parkcrest Day, Patriotic Day etc. The best-dressed swimmers will receive a prize. This is a great way to show the other teams our Parkcrest team spirit. Also, it is a great way to put those old clothes and costumes to good use! The theme for each meet will be posted on the white board at the pool and is indicated on the meet schedule.

6. Who receives awards at swim meets?

Ribbons are given out at all meets for the first six places in each individual event and each relay. Heat ribbons will also be awarded to swimmers 12 & under who win their respective heats. Swimmers 13 & older will not automatically be given heat ribbons but may request them if desired.

Volunteering

How do I get involved? Am I required to volunteer?

Participation in swim team is a family activity and requires a volunteer commitment from parents. Our home meets cannot function smoothly without our wonderful volunteers. We ask each family to volunteer to work four shifts during our home swim meets. Families who do not volunteer will be charged a \$200 fee. Please sign up online.

Team Apparel

1. Is a team suit required?

No, a team suit is not required. However, team suits are available from **Simply Swimming** at an excellent discount - please see the back of the apparel form for suit pricing. Parkcrest swimmers will receive a **free team T-shirt with a paid registration by May 15, 2017**. Please indicate your child's t-shirt size on the registration form.

2. What other apparel is available?

Please see the apparel order form for other ways to show your Penguin Pride! Samples will be available at Simply Swimming on "Fit Night", Thursday, May 4 from 4-7 p.m.! Order optional apparel early!

Special Activities

What other special activities does the swim team participate in?

The swim team has many fun activities that have become Parkcrest traditions. Please note that as indicated, event participation is determined by age group for swimming. The tentative summer activities are as follows:

DATE	ACTIVITY	FOR WHO?	TIME	LOCATION
Friday, June 16	Team & Age Group Photos	Everyone	8:15 AM	Parkcrest Pool Deck
Friday, June 16	Team Breakfast	Everyone	8:30 AM	Parkcrest Hill
Friday, June 16	Penguin Parent Preview	Parents	9:30 AM	Basketball Court
Wednesday, June 21	Penguin Buddy Fun Night #1	Everyone	6-7 PM	John Muir Field
Friday, July 7	Shelly Glover Swim-a-thon	Everyone	During Practices	Parkcrest Pool
Wednesday, July 12	Noah's Ark Trip	11 & Up	8:30 AM - 4:30 PM	Wisconsin Dells
Thursday, July 13	Mini Golf & More	10 & Under	2:30 PM	Vitense Golfand
Wednesday, July 19	Cookie Party	10 & Under	Between Practices	Parkcrest Pool
Thursday, July 20	Penguin Buddy Fun Night #2	Everyone	6-7 PM	Parkcrest Pool
Sunday, July 23	15-18 Dunch	15-18's	11:00 AM	Parkcrest Upper Deck
Sunday, July 23	Tie Dying & Sign Making	Everyone	12:00 PM	Parkcrest Hill
Tuesday, July 25	Movie Night	11 & Up	TBA	Local Theater
Wednesday, July 26	Spaghetti Dinner	Everyone	5:30 PM	Garner Park
Saturday, July 29	Team Picnic	Everyone	6:30 PM	PC Tennis Courts

*Notes will be sent home for those events that require parental permission and/or fees.

Other

1. Where can I find important team information?

CHECK THE WHITE BOARDS AT THE POOL REGULARLY! All team announcements, meet lineups, and other information will be posted on the pool white boards. The other sources of information include Parkcrest Swim & Dive Facebook page (www.facebook.com/parkcrestswimdive), Twitter (www.twitter.com/parkcrestpool1) and the Parkcrest website (www.parkcrestpool.com)

2. When is the Swim & Dive Team End-of-Season Picnic?

Our Swim & Dive Team social will be held on the Saturday night after the All-City Swim Meet.

3. If you still have a few more questions...

Please contact head coach Jason Verhelst, jasonverhelst@gmail.com and/or the Swim Team representative, Aly VanDerWeide, weides@dz302.com.