

Wayne Waves

Information for new swim families
2019

WELCOME:

Welcome to Wayne Waves. We hope you will enjoy being a part of our WW family. There are so many positive reasons to join lake swimming during the summer season

This team provides opportunities for:

- our children spend their time productively with peers as part of a team
- swim families to meet and develop friendships together
- our team to represent the township of Wayne in the wonderful sport of swim.
- a sport that reinforces team work, dedication, perseverance and FUN.

This booklet is meant to be a guideline to provide new Wayne Waves families with information for a successful summer swim season. If you have further questions not addressed in this booklet, please contact the coach or co-presidents of the parent committee.

WHAT IS WAYNE WAVES:

The Wayne Waves Swim Team is the official swim team of the Township of Wayne. Wayne Waves Swim Team is a recreational activity through which children can learn the sport of competitive swimming. It has existed for over 20 years as a lake team using North Cove as its home, where we swim from the end of June to the beginning of August.

WHO IS ELIGIBLE TO JOIN WAYNE WAVES:

Wayne Waves is open to swimmers between the ages of 5 and 18. While no team experience is required, swimmers 10 and under must be able to swim at least 25 meters of freestyle and swimmers 11 and up must be able to swim 50 meters of freestyle.

* You do not have to be a resident of Wayne to swim on our lake team.

EQUIPMENT:

While there is not much equipment to purchase, there is some that will be needed:

- Caps (team caps can be purchased at time trials in June)
- Bathing suit (team bathing suit can be purchased at time trials in June)
- Racing goggles
- Towels

NOTE: The caps, bathing suit and goggles can be purchased through the team. There is one dedicated swim practice in June where swimmers can try on the suits and purchase what is needed.

Helpful things to purchase or have with you at meets/practice:

- Sun tan lotion
- Bug spray
- Snacks
- Water bottles for whole family
- Extra towels
- WW merchandise (can be bought at our online store at the beginning of the season)
- Beach chair for all family members
- Rain parka or umbrella
- Cash

WHAT IS FOWST:

The Friends of Wayne Swim Team (FOWST) is the parent organization for the Wayne Waves swim team. Our organization is an integral part of the team and needed to assist the coach/assistant coach in running multiple aspects of the team. FOWST has a parents' board, consisting of elected positions (co-presidents, treasury, secretary league representative, snack bar, party, fundraising) that meet throughout the year to ensure our swim season runs smoothly.

All Wayne Waves swim parents are required to join FOWST yearly. Monies collect from membership dues and fundraising experiences are used for end of the year parties and award ceremonies.

APPAREL:

One of our biggest fundraisers is selling of Wayne Waves merchandise. Each season we have a website available to browsing and purchase of such items as sweatshirts, towels, tee shirts. Look for emails about the time frame to merchandise purchase as we are usually on a tight time frame.

SNACK STAND:

Our WW snack stand fulfils two purchases. We have food and beverages to purchase for hungry swim families during meets and most practice times. There is usually an email reminder about the special menu (pizza, sub sandwiches) that will be offered. However, this also serves as a fundraiser for our team. Any additional monies are part of the FOWST budget to purchase gifts for the kids or new equipment for the lake. We ask each family to donate items from a preselected list of food/beverages to sell or provide a flat donation towards the snack stand.

WAYNE WAVES SWIM PRACTICES:

After-school practices will begin towards the end of June at North Cove swim lanes (behind the PAL for the 2019 season). Open practice for all swimmers will be from 4:00-5:30. Once school is out, then practices move to the morning hours and held three times per week (Tuesday, Thursday and Fridays). Practice sessions are organized based on ability, and assignment will be determined based on the skill level of the swimmer. While attendance at after-school practices is not mandatory, it is suggested that you try to attend as many as possible as the first meet will be scheduled very shortly after the school year ends. Swimming in the lake is different than swimming in a pool.

NOTE: Summer 2019 will be our last year at North Cove. We will be moving all Wayne Waves lake activities to Tom's Lake beginning next year.

WHAT TO EXPECT DURING PRACTICE:

- During the summer, practices are held in the morning hours on the days we do not have a meet (Tuesday, Thursday, Friday). Practices are distinguished by skills and endurance levels (see flyer). If you are unsure which practice your child should attend, then ask the coach.
- Coaches will provide skill development in all four strokes, starts, and dives.
- Swimmers should come to practice already in their bathing suit (no place to change clothes). Some swimmers wear a different bathing suit than the team racing suit. Goggles and swim caps are needed in the water. Towel, bottle of water and cover up/clothes is needed. Swimmers typically go home damp after practice so consider bringing an extra towel in the car.
- Family members/guardians are welcome/encouraged to stay and watch during the practice.

LAKE LEAGUES:

Wayne Waves currently swims in two summer leagues: Lakeland Swim Conference and Ramapo Hills (Not all lake teams swim in both leagues).

MEETS:

Swim meets are held on Monday and Wednesday evenings, from the end of June through the beginning of August. Meets normally last about two hours.

Lakeland swim conference- these dual meets (meaning there are two team competing against each other) are held on Wednesday nights. A schedule will be provided to all members each season. Some of the meets will be at home (our lake) and some will be away at the opposing team's lake. * Wednesday nights only have 50 meter lanes. Ten

and under swimmers may swim in this meet only if they can handle swimming the 50 meter races. If you are not sure, then discuss with our coaches.

Ramapo Hills swim conference- these dual meets are held on Monday nights. A schedule will be provided to all members. Some of the meets will be at home (our lake) and some will be away at the opposing team's lake. Monday nights have both 25 and 50 meter lanes. Ten and younger children swim in the 25 meter lanes only. Eleven and over swim the 50 meter lanes only.

CHAMPIONSHIP MEETS AT THE END OF THE SEASON:

Wayne Waves participates in two championship meets at the end of the season: one for Lakeland and one for Ramapo.

Ramapo: this championship meet is held on a Monday. It is divided into two different mini-meets for the younger kids and then the older kids. Coaches will select each child's races and relays at this time. All families are expected to time at this event.

Lakeland (also called the A's). This championship meet is typically held on a Saturday. Swimmers need "cut times" to qualify for this meet. Our coach will tell each swimmer if he or she qualified for which strokes and events. This is a longer meet so the lake (where the championships are being held) usually have food, merchandise for sale, t-shirts, advertisement opportunities. WW has two tents that we set up so our swimmers and families can stay together. All participating families are expected to time at this event.

OPTIONAL SATURDAY MEETS:

In addition to the dual meets held during the week on Monday and Wednesday nights, swimmers will have the option of entering Lakeland Swim Conference Invitational Meets held throughout the season on Saturday mornings. These meets are a lot of fun, as they are attended by swimmers from across the league. There is a nominal fee for participation in these meets (\$2-\$3 per event), but again, participation in these meets is completely optional. These meets usually last about four hours. Most of these meets have food and drinks for purchase.

Typical Saturday meets, each with a slightly different focus.

WHAT TO EXPECT AT THE MEET:

- Will be told, by the coach, what time to arrive for warm ups (typically 45 minutes) before the meets begin.
- Swimmers should arrive in their bathing suits and ready for swim (refer to list of equipment listed above)
- Coaches select what races each swimmer will participate in. Some will be individual races and some will be in a team relay race.
- Swimmers will check in with the coach when you get to the lake.

- Swimmers to check the “board” and be aware of what races/heats they are swimming in that specific meet.
- In case of inclement weather, WW families will be notified by the coach. It is rare that we cancel these meets, as we will need to make it up somewhere in our short season. Plan to swim in the rain or drizzle. Families should be signed up to the REMIND system.

ABSENCES AT SWIM MEETS:

- Families must notify the coach in advance whether or not your swimmer will be attending at least two days before the meet. There will be a sign up sheet going around to identify any planned absences for vacations, other family obligations or other activities. If an unexpected event occurs, you **MUST** notify the coach at least two days prior to the meet. It takes a lot of time and consideration to plan the meet events- if one swimmer does not show up then it changes the rotation and may ultimately result in another swimmer not participating in a relay or a forfeit.

FAMILY REQUIREMENTS:

First and foremost, the Wayne Waves Swim Team is intended to foster the development of competitive swimmers. Therefore, good sportsmanship will be required from both swimmers and parents. Swimmers will be expected to attend practices and meets, and parents will help to ensure swimmers are able to do so. Each family is required to provide volunteer service at meets, whether it be a parent, guardian, older sibling, aunt, uncle, family friend, etc. There is absolutely no way that the swim team can function without the support of the families, and it is therefore required that all families help out. If your swimmer attends an invitational, you will be needed to help out there as well.

The jobs available for family participation are:

- Officiating (will have training classes)
- Meet Coordinator
- Timers (we need many timers each meet)
- Snack stand (home meets only)
- Working the Colorado timing system (training available)
- Scorers
- Set up and take down crew (home meets only)

PARTIES AND TEAM BUILDING:

We are a recreational lake swim team, so it is equally important to promote fun activities throughout the season for both the swimmers and families. Some examples of our team building activities are:

- Team mascot. WW has a team mascot (a small penguin named Waves). This small, plastic toy is to be passed around during the season for a different child to

keep for the week. The child selected to hold the penguin is decided weekly by the coaches and someone who has demonstrated qualities of sportsmanship to the team or efforts for self-improvement in swim.

- During select home swim meets (on Wednesdays), WW will provide prizes for kids who win their heat from either team. Not surprisingly, the older kids are just as excited as the younger kids to win these prizes.
- Ribbons are awarded to swimmers for both competing teams, each Monday for our swimmers 10 and younger.
- Parents need some motivation also! All family members who volunteer at each meet will have their name put into a raffle. At the end of the season, gift card prizes will be awarded from the raffle selection.
- Pig out. Towards the beginning of each season, WW hosts a pig out event. This is a pot luck style dinner held at the lake. It is an opportunity for our swimmers and families to get to know each other outside of swim meets. Team building activities will also be included during the Pig Out.
- End of the year celebration. After our hard work, we have our final celebration at Lake Kilroy. Food (really good food!) is provided by parents and the FOWST organization. Swimmers have the opportunity to swim together for FUN. Finally, a celebration is provided with awards given to the swimmers and a final chance to honor our senior seniors who are leaving the team post high school.

COMMUNICATION:

There are a few ways to communicate with team members, families and the coaching staff.

- Remind notification system
- FACEBOOK (closed facebook page for our members only)
- Website (town website and specific FOWST WW website)
- Email address for the team- to communicate with coaching staff

WHERE TO GO FOR MORE STROKE WORK:

You may want your child to have more opportunities for stroke work than what is offered from Wayne Waves. Budget permitting, we may be able to offer a few "stroke clinics" for our swimmers throughout the summer season. This means that other coaches will come to a WW practice and provide more advanced teaching for the actual strokes, starts, dives etc.. If your child still needs more practice, consider swim lessons offered by Wayne Township. Lessons are very affordable and will also cover the skills needed for the swim team. Other programs (SPA 23, Wayne YMCA, William Paterson) also offer a variety of classes for all ages of abilities. Check these websites.