

May 9, 2023

To: All Interested Swim and Dive Team Members:

Welcome to the 2023 Willowbrook Swim & Dive Team! We hope everyone had a great winter and are looking forward to our upcoming summer season! Kelly Blacker will return as our Head Coach. Our season will kick off on **May 27th with our team sign up and swimmer evaluations**. Stop by between **10:00 am and 12:00pm** to meet the coaches and turn in your registration forms. Swimsuit samples will be available for sizing.

The cost for the swim/dive team is **\$150** per swimmer. ***This will include your swim/dive team registration fee, 1 latex cap, and 1 team t-shirt.***

If you cannot attend on May 27<sup>th</sup>, please complete the attached registration and meet availability forms and email them to [willowbrookswimtennis@gmail.com](mailto:willowbrookswimtennis@gmail.com). Payment can be submitted by check or venmo @WillowbrookST (please **do not** classify as a good or service).

## **TEAM SUITS and CAPS:**

Please use the following information to place orders for team suit and silicone customized caps as well as practice suits, goggles etc.

go to [www.kbswimandsports.com](http://www.kbswimandsports.com)

click on Swim Teams tab

click on Willowbrook Swim & Tennis Club Logo

password: **Willowbrook 2023**

- **Deadline** to order a set of 2 personalized silicone caps with logo & name is **Thursday, May 25, 2023 at 10 pm**. Caps ordered by this date will ship to the Willowbrook Swim Coach for distribution in time for the first meet.
- **Deadline** to order suits with no shipping charges and in time for the first meet is **Monday, June 12, 2023 at 10 pm**. Swimsuit samples will be available for sizing on May 27<sup>th</sup>.
- Suits ordered after June 12th are not guaranteed to be in stock and may not arrive before the first meet. These suits will ship directly to the swimmer and shipping charges will apply.

## **NEW SWIMMERS:**

***All new swimmers*** must schedule an assessment with Kelly before swim practice begins. Kelly will be available for assessments during the team sign up on May 27th. Swimmers must be able to swim 1 length of the pool without stopping or assistance to be on the swim team. This rule is to ensure the safety of all swimmers on the team. Swimmers who are not ready to begin practice with the swim team, will be encouraged to start out with our “pre-team” group.

If you are not available for an assessment on the day of the Meet & Greet, please send an email to: [willowbrookswimtennis@gmail.com](mailto:willowbrookswimtennis@gmail.com) to arrange for an alternate time.

## **TIME TRIALS:**

We will hold time trials during our regularly scheduled swim team practice. We will offer two, time trial options for all age groups. **TIME TRIALS IS MANDATORY FOR ALL SWIMMERS TO PARTICIPATE IN MEETS.** Each swim team family will have to sign-up for their preferred time trial session.

**SESSION 1:** Friday, June 23rd at 4:30 pm

**SESSION 2:** Monday, June 26th at 4:30 pm

Each swimmer only needs to attend one time trial.

We will follow the same meet policy as we have used in previous seasons. Please see below for the details on this policy.

## **PRACTICE SCHEDULE:**

### **PRE-SEASON:**

Starting Monday, June 19:

ALL age groups:

Monday 6/19 – Friday 6/23

Swimming:

**10 & Under:** 4:30 – 5:30 PM

**11 & Over:** 4:30 – 6:00 PM

Diving: 5:00-6:30 pm

### **REGULAR SEASON PRACTICE SCHEDULE:**

Beginning Monday, June 26

Monday – Friday

#### **MORNING:**

**10 & Under:** 10:30 am – 11:30am

**11 & Over:** 10:30 am – 12:00 noon

#### **AFTERNOON:**

10 & Under: 4:30 pm – 5:30 pm

11 & Over: 4:30 pm – 6:00 pm

#### **Diving:**

5:00-6:30 pm (Monday – Friday)

11:00 am-12:00 pm (Tuesday & Thursday)

The Willowbrook Swim & Dive Team would not be able to run without help from our parents. **For the 2023 season, it is mandatory for each family to sign up for at least one volunteer position.** This does not require each family to volunteer at every meet, but each family must

provide at least one volunteer at least once over the course of the summer. Volunteer sign ups will be available at the team sign up and in advance of each meet.

Swim Meet Policy:

Every swimmer's participation contributes to the team's success. To ensure participation by every swimmer regardless of experience, there are three types of meets: "A" meets, "B" meets, and Invitational meets. The coaching staff will determine who will swim in each type of meet according to the following criteria: "A" meet participants will include the 2 fastest timed swimmers in each event within each age group for home meets and the 3 fastest swimmers for away meets. However, on occasion a swimmer may be asked to "Age Up" (swims in an age group with older swimmers). All swimmers who have not placed first in an "A" meet will remain eligible for "B" meets. This is the same system that we have always used and we find it to be the most fair and most appropriate. Considering this criteria, it is mandatory for ALL swimmers to attend our team Time Trials in order to be eligible for "A" meets. We will not use times from the previous summer or from winter swimming. We want to promote the team mentality as much as possible, which is why it is important to time the swimmers in the same pool.

We look forward to another great summer with everyone!!

Head Coach  
Kelly Blacker