

Parents and Guardians

Information to Know

What swimmers need for practice and meets:

- A good attitude.
- To be willing to learn.
- To have respect for their self, coach, and others.
- Have good communication.
- To pay attention.
- A swimsuit (any kind of suit for practice, a one-piece suit is required for meets for girls, we do have a team suit, but it is **not required**)
- **Goggles are a must.**
- Towels.
- Dry clothes, shoes, and coat when needed.
- Shower supplies.
- A healthy snack.

Practice

Practice varies for each swimmer: Mon & Thur (New Swimmers), Tue plus Wed or Fri (Two day returning swimmers) or Mon, Tue, Fri. or Tue, Wed, Thur or Mon-Fri 4:00-5:30

Parents/Guardians are welcomed to watch please remain in the lobby area and view from the window.

The following dates we will not hold practice:

- November 28, 29
- December 24, 25, 26 & 31
- January 1

Any other practice cancellations will be announced.

*Weather related cancellations will coincide with the Sioux Center School cancellations.

Swimmers can always practice during **open** swimming hours at the All Seasons Center.

Meets

Our meet schedule will consist of approximately 4 designated paid meets. There are several other optional meets available that your swimmer(s) could participate in also. The optional meets are not covered by the team and the optional meet fees would be at your own expense. The meets usually run from 8 a.m.-2 p.m. All swimmers are strongly encouraged to attend the designated coached meets and as many optional meets as they would like. A coach will attend the designated meets (*), but not necessarily at the optional meets.

If you want to attend a meet, please notify Coach Lisa at least **10 days** in advance of the meet.

This is a must. Please see that you follow this rule. We have the right to assess and charge a late fee for late entries.

There will be meet information e-mailed by Coach Lisa prior to the meet, these e-mails will inform you of the meet time, place, items to bring, and directions. (Directions can be found also on Mapquest.com). If you need a hard copy, please ask Coach Lisa. Meet information may also be found on our website www.siouxcenter.org/seahawks

We host home meets and volunteers are a must. There are many activities to be done and everybody can help in their own way. A schedule of your home meet duties will be e-mailed before an upcoming home meet. If you are unable to help, please contact Dave or Lorna Moss at (712) 722-4809 ASAP or Kara De Groot (605) 359-5661

Swim-A-Thon

For the past several seasons, a Swim-A-thon has been the major fund raiser for the Seahawks. It is a great way to make money for the team. This season we will hold the Swim-A-Thon on January 20, 21 & 23 during regularly scheduled practice. A complete hand out and a verbal direction will be given out the week of December 16th. All swimmers are strongly encouraged to help raise funds for the team. It helps keep the initial costs down, buy equipment, and pay for the use of the pool along with other expenses. Your efforts in helping out in this event will be greatly appreciated. Mark your calendars.

End of the Season Awards Banquet

A banquet is a nice way to end the season.

A specific date will be determined, sometime in March.

Please keep your calendar open for this event.

Coach Lisa Purdy-Ciesielski

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Assistant Coach Bronwen Dean bgdswim77@yahoo.com

Self Motivation is the stimulus of a successful swimmer. Encourage don't force