

SEAHAWKS SWIM TEAM

REGISTRATION: 2019-2020 Season

INTRODUCTION OF COACHES

The head coach for the Seahawks is Lisa Purdy-Ciesielski. Lisa is an accomplished swimmer and has many years of coaching experience with swimmers of all ages. Lisa received her coaching degree from UNI. She teaches for MOC-FV Schools and has coached the Seahawks since the fall of 1998.

Bronwen Dean is the Seahawks assistant coach. Bronwen is a fulltime wife and mother. She swam for Iowa State University where she was first team Academic All-Big 12 in 1997 and 1998.

SEAHAWK TEAM INFORMATION

The Seahawk Swim Team is a non-profit age-group competitive swim team governed by the USA Swimming rules and regulations. USA Swimming is divided into four zones which are further divided into areas called Local Swim Committees (LSC). Our LSC is Midwestern Swimming which covers all of Nebraska and the western counties of Iowa.

TRIAL SESSION

The Trial Session is for new swimmers only and will last for 2 weeks, starting on Monday, September 16th and ending on Monday, September 31st. The cost for this session is \$50.00. By the end of practice Monday, September 31st you must decide if your swimmer is going to remain with the swim team. New swimmers that remain with the team will have their \$50.00 fee applied to their seasonal fee. **New swimmers for the first two weeks will attend practice Monday, Tuesday & Thursday, then they will attend on their designated days after Monday, September 30th.**

PRACTICES

Our practice times vary for each individual swimmer: Options are Mon & Thur., Mon, Tue & Friday or Tue, Wed, & Thur or five days a week.

4:00 to 5:30 pm at the Sioux Center Indoor Pool (All Seasons Center-ASC). Bring suit, goggles and towel, shoes and dry clothes.

EXPENSES

- Fees- **2 day – Monday & Thursday (New Swimmers Only) Tuesday plus Wednesday or Friday (Returning Swimmers)**
 - This is required for all 8 and under 1st year swimmers
 - \$200 per swimmer
- **3 day – Monday, Tuesday and Friday OR Tuesday, Wednesday and Thursday**
 - Swimmers will need to select one of the 2 options.
 - \$300 per swimmer
- **5 day**
 - This will be restricted to, returning swimmers, 9 years or older who committed to notching up their competitive swimming.
 - The Wed & Friday practices will be more advanced technique training.
 - \$550 per swimmer

*A \$100.00 fee for late registrations.

The fees are used to pay the following expenses:

USA swim fees, Coaching wages, Pool rental, Equipment purchases, and a percentage of entry fees.

All fee payments are due by September 16th. **Swimmers will not swim if payments are not paid.** If requested a payment option is available with 3 equal payments: 1st – Before or on Sept. 16, 2nd - Dec 1, 3rd Feb 1. If the payment option is chosen all checks marked with these dates must be received before the first meet.

*USA Swimming has a special program for low income families that can reduce their fee, and thus the fee the Seahawks charge. Please see the Treasurer for more information.

Team Suit, etc. – There will be a team suits available upon completion of the on-line order form. Please see Suit Order Form on the All-Season Center website for more information on cost and ordering. There will be a deadline and all suits will be ordered on-line.

Practice Suit – Any suit can be worn for practice however; we recommend not wearing the team suit. Keeping the team suit for meets will assure a longer life of the suit Practice suit information and orders are available.

Communications - Please be sure to read your e-mails from Coach Lisa, particularly as meets come closer. Feel free to call the head coach if you have any questions. Our team website is hosted on the All Seasons Center website and has all team information posted.

MEETS

Our meet schedule will include designated/paid meets and optional meets and championships meets. All swimmers, regardless of ability, can swim at the designated and optional meets. Championship meets require a qualifying time. **We do not have bench warmers.** Swimmers are eligible to swim 5 individual events & possibly 2 relays in each meet this is designated by the hosting team, so the entry events could change. Swimmers may swim each event of butterfly, backstroke, individual medley, freestyle, breaststroke, medley relay, and freestyle relay. The swimmers are divided into age groups of 8 & under, 10 & under, 11-12, 13-14, and 15 and up. The age of the swimmers on the date of the meet will determine what age bracket the swimmer will swim in. Meets are held on Saturdays with warm-ups at 8:00 a.m. and the meet starting at 9:00 am. Most meets conclude by 2:00 p.m. or earlier.

(See Meet Schedule)

Home Meets We will be hosting 2 meets this season October 19th and January 11th. All parents **are expected** to help in a variety of jobs, such as timing, concessions stand, set up, etc, schedules of work assignments will be sent out prior to the meet.

Swimmers are encouraged to attend the designated coached meets. If there are any conflicts, please notify the coach at least 10 days in advance. Meet entries are submitted 10 days prior to meets and entry fees are paid for each swimmer. We reserve the right to assess the cost of this fee back to the parents when arrangements are not made in advance of the deadline. Invitational Meets are generally optional there is additional cost and coaches do not usually attend these meets.

Transportation to the meets is the responsibility of each family. Carpools have been established by parents on their own over the years, so if you need to find transportation please call a team member or coach. Please don't leave a swimmer home because they have no transportation available, someone is always willing to help!

OFFICIALS

If you are interested in serving as an official: referee, starter, stroke & turn judge – watch for training opportunities and information.

THINGS YOU NEED TO DO NOW!!

- 1) Complete one **Registration Form** for each swimmer on or before **Thursday, September 5th**. (an additional \$100 fee will be added to late registration entries)
- 2) **Pay the season fees.**
- 3) **For new trial swimmers**, pay the \$50.00 trial fee (applied to seasonal fee if you choose to stay)
- 4) **Complete Seahawk release form.**

SEAHAWK PARENT OFFICERS

Officers are elected at the Annual Awards Banquet held in the spring. The officers for the current swim season are:

President	Benj Van Donge	441-3722
Vice President	Trent Stanley	441-0863
Treasurer	Jennifer Vande Vegte	722-4398
Secretary	Kara De Groot	605-359-5661
Member at Large	Dave Moss	722-4809
Member at Large	Ryan De Groot	712-541-3012
Member at Large	Eric Rankin	441-7039
Member at Large	Tami Kraayenbrink	722-0429
AO/Computer Tech	Erica Vonk	712-449-5361
Head Coach	Lisa Purdy-Ciesielski	439-1833
Assistant Coach	Bronwen Dean	722-4762