

*Welcome
to the
Willow Creek 2
Wahoos!*



2011 Swim Season

Willow Creek Wahoos Swim Team
2011 Handbook

So you are a Wahoo, now what? This handbook is designed to answer that question and hopefully give you helpful information to make it through the season! We urge new and returning families to take the time to read through this book! We look forward to a successful and fun season!

Our website: <http://www.willowcreekwahoos.com>
League website: <http://www.rmsl.info>

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I. Message to Parents

Welcome Wahoo families! We are excited for the 2011 summer league season! It is always fun to see returning families and to welcome new families to the team.

Summer league swimming offers a unique experience for our kids as it combines the opportunity for them to really improve their swimming skills, to meet & interact with kids in different age groups, and have plenty of fun.

We do our best to communicate with the 100+ swimmers on the team & their families. A couple of things to remember: **check our website (<http://www.willowcreekwahoos.com>)** often. This will be your primary source of information! Also, each family will have a file folder at the front table of the Mineral Pool. Check your folders every practice. Any notifications, flyers, etc. will be in there. On the Tuesday practice following a meet, also check for ribbons in a file box on the front table of the Mineral pool. The ribbons that aren't picked up on Tuesday will be placed in the swimmer's file folder for later pickup.

If you have a check or payment for any planned activities (ie: Pasta Parties, Waterworld) during the season, there should be a file folder in the file box for each activity. If you have a question, please ask a Parent Rep or coach.

Please feel free to contact any of us with any questions, concerns, ideas, etc. If you have issues or concerns that you would like to discuss with us, as a group, please feel free to attend the first part of one of our Monday evening meet recap sessions. We are looking forward to a great season! See you at the pool!

2011 Wahoo Parent Reps

Doug and Bea Radtke
David and Dawn Webster
Tim and Mandy Flatt
Paul and Ina VonRiesemann
Debbie Hahnenkamp

II. 2011 Wahoo Coaching Staff

Head Coach:	Paige Hahnenkamp	303-877-2334	swimmer1211@aol.com
Coach:	Samantha Bell	720-560-7643	samanthraebell@msn.com
Coach:	Andrew Kopp	303-332-9039	andrewkopp77@gmail.com
Coach:	Drew Levorsen	303-868-6625	drewlev21@gmail.com
Assoc. Coach	Katie Wunsch	303-927-9934	kwunsch@rocketmail.com

III. Committee Chair Positions

Please refer to the website (<http://www.willowcreekwahoos.com>) for current committee heads and contact info.

The following Committee Chair positions have to be filled each and every year to ensure we have a fun and successful season:

- Parent Reps
- Coaches

- Awards Party
- Big Fish/Little Fish
- Concessions
- Deck/Volunteers
- Fund Raising
- H2O's
- HOA Liaison
- Meet Manager/Computers
- Neighborhood Meet
- Opening Ceremonies
- Pancake Breakfast
- Photographer(s)
- Ribbons and Trophies
- RMSL Reps
- Scoring
- Stroke Judge(s)
- Swimsuits and Caps
- Team Pictures
- Tent Manager
- Treasurer
- WCKK Coordinator
- Wahoo Wear
- Web Master

IV. 2011 Practice Schedules

Always refer to the Wahoo's website (<http://www.willowcreekwahoos.com>) for the latest schedule as changes in the schedule may be required based on the number of swimmers in the various age groups.

May 15 Minnows Assessments. Mineral Pool 2:00-4:00 pm.

May 16 First Day of Practice.

May 16-June 7

M-F (Weather Permitting)

3:15 - 3:45 p.m.	Minnow (Group1 M/W, Group2 T/Th, no Fridays)
3:45 - 4:30 p.m.	Ages 6 and Under
4:15 - 5:00 p.m.	Ages 8 and Under
4:45 - 5:45 p.m.	Ages 9-10
5:30 - 6:30 p.m.	Ages 11 and Up

(No practice on May 30th - Happy Memorial Day!)

June 8 Morning Practice Begins.

June 8-July 8

M-F (Weather Permitting)

7:30 - 8:45 a.m.	Ages 9 through 10
8:30 - 9:30 a.m.	Ages 8 & Under
9:00 - 9:30 a.m.	Minnows (<i>last day July 7</i>)
9:15 - 10:00 a.m.	Ages 6 & Under
9:45 - 11:00 a.m.	Ages 11 and Up

Minnows practices will be split into two groups. Group 1 with practices on Mondays and Wednesdays. Group 2 with practices on Tuesdays and Thursdays. No Minnows practice on Fridays.

If practice is cancelled due to weather, there will be a red flag placed on the gate in addition to a broadcast e-mail. Often only one practice group has to be cancelled. Please check your e-mails often on stormy days as well as throughout the swim season.

V. Stroke Clinics

The coaches will be offering both group and individual stroke clinics throughout the season. These clinics are offered at a separate price which is paid directly to the coaches

Stroke Clinics are Monday – Friday, starting June 8th, from 11:15 a.m. – 11:45 a.m. Swimmers must sign up in the binder at the pool. The binder containing all of the available dates and

times will be available starting the second week of practice. Stroke Clinics are by stroke, by coach, and the swimmer pays the coach directly. These clinics are smaller groups, limited to 2 swimmers per stroke. The cost is \$10.00 per lesson.

Private lessons can be scheduled with the individual coach for \$20 per 30 minute increment.

VI. 2011 Meet Dates and Arrival Times

<u>Date</u>	<u>Location</u>	<u>Arrival Time</u>
June 4	Home meet vs. Cherry Knolls	6:40 a.m.
June 11	Away meet at Heritage Greens	7:00 a.m.
June 18	Away meet at Forest Park	7:00 a.m.
June 25	Home meet vs. The Knolls	6:40 a.m.
July 9	Home meet vs. The Preserve	6:40 a.m.
July 11	<u>July 11-July15</u> Prelims Practices. TBD	
July 11	8 year olds & Under	Ben Franklin
July 12	13-18 year olds	Cherry Creek Vista
July 13	9-10 year olds	Homestead
July 14	11-12 year olds	Heritage Greens
July 15	Make up day if needed.	
July 16	Finals	Stonegate

End of Season Party – 6:00 p.m. Willow Way Pool

All meets will start promptly at 8 a.m. The coaches have asked that you arrive for warm up at:

Home Meets	6:40 a.m.
Away Meets	7:00 a.m.

The Friday night before each home meet is set-up time and team social for parents. Parents, please plan to stop by the pool at 7:00 p.m. to help with the pool set-up.

If the weather is questionable, please check your email after 5:30 a.m. or BEFORE you leave for the meet. We will send out a broadcast email to let you know if it has been rescheduled.

If the meet is cancelled on Saturday due to weather, the automatic make up day, set forth by the league, will be the next day, Sunday, at noon (weather permitting).

Recap meetings provide the coaches and parent reps the opportunity to discuss how the previous week worked and what plans are in place for the next few weeks. These meetings will

be held Monday evenings. Parents with concerns or suggestions are invited to attend the beginning of these meetings to address their concerns or suggestions with all of the parent reps. Please use these meetings as your opportunity to discuss your issues with us as a group. If any parent plans to attend a Recap meeting please make one of the parent reps aware in advance in case there are any scheduling or location changes.

VII. Volunteers

The success of a swim meet rests on volunteers. These are non-paid positions and everyone's participation and support is needed and greatly appreciated. This is a team – a team of swimmers and a team of volunteers, and working together we will have a successful and fun swim season. Here are some “rules to live by” for swim team volunteers.

- Each family is expected to work one shift assignment at each swim meet. If you will be unavailable during one of the meets your family will be charged \$25.00 for that missed shift. Each family will be responsible for covering five volunteer shifts during the regular meet schedule. Volunteers who are committee heads will be responsible for covering three shifts during the regular meet schedule.
- Each family with a swimmer at prelims will be given a shift assignment during the day of their child's prelim meet. If your child goes to finals, please plan to take on a volunteer assignment on that day.
- Shift assignments will be e-mailed directly to each volunteer by our Volunteer Coordinator. Please check your e-mail on the evening before the meet for any changes to your shift assignment. Descriptions of the volunteer shift assignments are posted on the Wahoo web page.
- Volunteers need to check in at the group manager table/area 15 minutes prior to shift assignment period starts. This table is typically found near the team tents. Please check off your name on the volunteer shift assignment schedule, so that we know you are present.
- Please pay attention to any announcements from the starter/referee regarding shift assignments and volunteers needed.
- Please report to your shift assignment 5 minutes in advance of your stated start time for your shift assignment. Contact the volunteer whose shift you are to relieve.
- Individuals assigned to “Back-up” should check in at the group manager table/area and wait for word from the Volunteer Coordinator to see if their services are needed. Backup timers will always be used.
- Please talk to your children and ask them to pitch in and help with clean-up of the tent area.

- If your child is not swimming at a meet, please notify the Volunteer Coordinator at least one week in advance that you will not be able to work a shift assignment. Please note that this notification is in addition to any absence notification required by the swim team coaches. Families will be responsible for providing a replacement volunteer for any late absence notification.
- If your child is not swimming at a meet, please notify the Volunteer Coordinator at least one week in advance that you will not be able to work a shift assignment. Please note that this notification is in addition to any absence notification required by the swim team coaches. Families will be responsible for providing a replacement volunteer for any late absence notification.
- Have FUN!

VIII. Fundraising

Our two main fundraisers are the Swim-a-thon and the Silent Auction.

The Swim-a-thon is scheduled for Tuesday June 14th (followed by a pancake breakfast). Each child earning \$50.00 or more will be treated to a movie day with the coaches.

Our Silent Auction will be held the week of July 4th. We hope every family can donate at least one auction item by June 26.

IX. Wahoo Tent Rental Policy

- The Wahoo's tents may be rented by persons affiliated with the Wahoos in some manner (e.g., a Wahoo family, a Wahoo sponsor, a Willow Creek 2 organization or family, etc.).
- A reasonable rental fee will be charged at a significant discount from what a private vendor would charge, but that still reflects the replacement cost to the team. The fee will be set for the season and consistently charged to all users. (2011 fee: \$100 per tent)
- The rental fee can be waived for a nonprofit or charitable event run by persons affiliated with the Wahoos in cases where even the discounted fee would be prohibitive.
- Any party renting a Wahoo tent must return the tent in a clean and acceptable manner and must accept responsibility for replacement should the tent become damaged while in their possession.

- Implementation of this policy will be the responsibility of the team parent reps.
- A reasonable rental fee of \$100 for the 2011 season will be charged to all persons affiliated with the Wahoos.

X. Sportsmanship & Rules of Conduct

Each swimmer and their parent have signed the Wahoo Discipline Code. Each swimmer has agreed to conduct themselves in a manner appropriate and complimentary to the organization. Failure to comply with the team's rules of conduct could result in dismissal from the team.

XI. Age Groups

The legal age of a swimmer as of June 1 of the current season will determine the age group in which he/she will compete for the entire season.

XII. Minnows Program

This program is intended for younger (age 4-5) kids who have basic swimming ability, but are not yet able to swim the full 25 meters length of the pool without stopping, standing, pulling on the ropes, are not quite ready to compete in the RMSL dual meets, etc. In addition, there may be individual swimmers, age 5 and over, who do not yet meet the requirements established by the RMSL to compete in a meet which requires the swimmer to swim the length of the pool unassisted.

Minnow swimmers may "graduate" to compete in the dual meets during the season and will be allowed to compete if they meet the RMSL requirement.

To be eligible to participate in the Minnows program, your child should be able to:

1. Put his/her face under water; AND
2. Swim half the width of the pool on his/her own (any stroke).

Coaches will evaluate kids who sign up with an afternoon assessment (2011 season: May 15th) to determine which kids may or may not be ready to participate in the Minnows program or should participate with the team in dual meets. If a child is deemed

not ready for the program, the Registration fee will be refunded minus the \$10 Records fee.

Due to safety concerns, the Minnows program will be limited to 15 swimmers. This will be based on the first 15 eligible swimmers based on a coach assessment on May 15.

There is supervision, however, IT IS IMPERATIVE THAT THE KIDS ARE COMFORTABLE WITH THE WATER and are WATER SAFE!! The Minnows program is not intended to be a substitute for beginning swim lessons; rather, the primary goal of Minnows is to get the kids to swim freestyle or backstroke the length of the pool without help so they can join the 6 and under group and participate in the swim meets.

Parents may choose to buy a plain blue suit for your Minnows in lieu of the team suit, but are welcome to purchase a team suit at the swimsuit sizing. We just ask that you provide a plain blue suit for your Minnow if you choose not to purchase the team suit.

XIII. Tips for a Successful Meet

The Night before the Meet: Pack your bags with an extra towel, goggles, sunscreen, water, and a deck of cards, etc. for down times between races. Most swimmers bring blankets and sleeping bags.

Remember to bring snacks or money for snacks and drinks during the meet.

Dress appropriately & for changing weather. It can sometimes be VERY cold in the morning and then warm up very quickly!

Pack lawn chairs and sun umbrellas. Most pools do not have enough seating for spectators.

Eat a good dinner. Complex carbohydrates such as pasta, whole wheat breads, potatoes, rice, etc. are good choices. Fruits are also good. Avoid caffeine and carbonated drinks. A good night's sleep is a must!

Don't forget to pack your big fish/little fish card/ gift. Think about taking something fun to your big fish/little fish's house like a sign or balloons, etc. Remember to cheer your big fish/little fish on. Write their events on your arm as well as your own events so it helps remind you to cheer them on.

The Morning of the Meet: Eat a good breakfast: pancakes, waffles, toast. All swim meets will have concession stands with healthy options available.

It is important to eat and stay hydrated during the meets. Swimmers are advised to reduce their sugar intake.

Find your big fish/little fish and deliver their gift. Put their schedule on your hand, along with your own schedule, so that you can be there to cheer them on in their races. Check in on each other throughout the meet and cheer for each other!

Make sure all possessions are clearly and permanently marked to minimize lost items. Also keep possessions in your bag/basket- especially important for goggles- they get lost very easily! A good suggestion is for kids to wear their goggles around their necks. This prevents loss and damage from being stepped on by other swimmers.

Swimmers with longer than shoulder length hair must wear a swim cap to meets (Wahoo cap preferred). No other team caps allowed. These swimmers must also wear their hair pulled back for practices.

XIV. Calendar of Events and Social Activities

There are many social activities scheduled throughout the year for kids and adults. Please check the website regularly & look for sign-ups and posters at the pool for events & dates. Some of these activities include Waterworld, team sleepover on the tennis courts, and various adult get-togethers. **CHECK THE WEBSITE OFTEN FOR ALL DATES, TIMES, & CHANGES!** All events take place at the Mineral Pool, unless otherwise noted below.

Website: <http://www.willowcreekwahoos.com>

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|----------|---|
| March 18 | Begin Online Registration |
| April 16 | Swimsuit Sizing and Wahoo Wear. Mineral Clubhouse 9am-Noon. |
| April 21 | New Wahoo Family Orientation Meeting. Willow Way Clubhouse 6:30 pm |
| May 10 | FUNdraiser at Park Meadows California Pizza Kitchen |
| May 12 | 2nd Swimsuit Sizing. Mineral Clubhouse 4:00-8:00 pm. |
| May 15 | H2O Training. Mineral Pool 1:00-4:00 pm. |
| May 20 | 2011 Wahoo Adult Social. 6:12-9:00 pm. Mineral Pool Deck. |
| May 25 | 2 nd Parent Information Meeting-Everything You Need to Know!!! |
| June 3 | BFLF Pre-1st Meet Pasta Party!! Mineral Clubhouse 5:00-8:00 pm |
| June 7 | Last Day of School, no practice |
| June 8 | Morning Practices Begin |
| June 13 | Tennis Court Sleepover Party!! |
| June 14 | Pancake Breakfast and Swim-a-Thon!! |

June 20	Wahoo Pictures & Neighborhood Swim Meet
June 22	Waterworld!!
June 23	Waterworld <i>RAIN DATE (if needed)</i>
June 27	Wahoo Pictures <i>RAIN DATE (if needed)</i>
July 4	Silent Auction at Mineral Pool. During the July 4 th Pool Party!!

XV. Refund Policy

If a paid swimmer quits the team after registration, but prior to the first practice, there will be a \$10.00 records fee, and the balance of the registration fee will be refunded. If a paid swimmer quits the team after the first practice but by Monday following the first meet, half of the registration fee will be refunded. If a paid swimmer quits the team after the Monday following the first meet, no money will be refunded.

XVI. Absences and Participation in Meet Events

A meet absentee binder is at the front table of the pool during practice. If you will be absent for a meet or have a time conflict such as a baseball game etc, this must be documented and written in the binder on Tuesday before a meet. Saturday mornings are hectic, please help alleviate some of the mass confusion and let us know your plans in advance. Prelim and Final absences must be known before June 18th.

Meet sign-up will be on the Tuesday before each meet. If a child is not in the meet absentee binder and didn't make practice, events will be assigned for them. When signing up for a meet we will take into consideration the child's preferred events. We will not guarantee that the child will be able to swim all of their preferences; however we will try to accommodate them to our best ability. During the duration of the session we will ask the children to swim all of the events. This is not a way of punishing children, but a way to let the children experience all of the different strokes. You don't know what you are good at until you do it.

There are two methods to determine participation in Dual Meet Relays. The first way we decide relays is by mixing them up. For three of the five Dual/Tri meets, we will, at random, pick four swimmers to be on a relay. The goal of this is to give each swimmer an opportunity to swim with everyone. The second method of deciding relays will be used for two of the five duals meets. We will look at the top times list and make the fastest relays.

Method for determining Preliminary relays. For prelims and finals we will use two major metrics. The first metric is time. We look at the best times list to see who should be on the relay. The second metric is attendance and attitude. If a swimmer has not been coming consistently to practice and/or shows up to meets sporadically we will not swim them in the

relay. For prelims and finals, it is very difficult to change relay teams. We will make sure that we are using swimmers who are committed to Wahoos.

XVII. Team Chant

LEADER: I don't know but I've been told	TEAM: repeat
LEADER: that pool water is too cold	TEAM: repeat
LEADER: 6 and unders really cope	TEAM: repeat
LEADER: always running to the rope	TEAM: repeat
LEADER: 8 and unders rule the pool	TEAM: repeat
LEADER: and they know that they're way cool	TEAM: repeat
LEADER: There are so many 9 and 10's	TEAM: repeat
LEADER: They fill the pool from end to end	TEAM: repeat
LEADER: 11 and 12's hate the fly	TEAM: repeat
LEADER: 'cause they think that they will die	TEAM: repeat
LEADER: 13-14's make some noise	TEAM: repeat
LEADER: But ladies where are the boys?	TEAM: repeat
LEADER: 15-18's think they're great	TEAM: repeat
LEADER: Pity that they're always late	TEAM: repeat
LEADER: When it's time to win the race	TEAM: repeat
LEADER: Willow Creek Wahoos set the pace	TEAM: repeat

XVIII. Big Fish / Little Fish

The Big Fish Little Fish Program is designed to provide interaction between older and younger swimmers, encourage and motivate the younger swimmers, help teach the older swimmers the importance of mentoring and caring for others, and to encourage camaraderie and team spirit between all swimmers and their families.

Each parent should make a firm commitment to ensure that their child fulfills all responsibilities to their Big or Little Fish.

Responsibilities include, but are not limited to:

- cheering for each other during their events at each meet
- providing each other with a small gift or card (under \$5.00) of a designated theme at a designated meet
- fully participate in any Big Fish Little Fish activities set forth by the team.

XIX. Directions to Away Meets, Prelims, and Finals

Forest Park Swimming Pool

7650 S Fillmore Way
Littleton, Colorado 80122

From I-25, go West on Arapahoe for about 2 miles to Colorado Blvd and turn left. Turn right at E. Dry Creek Road and left at S. Fillmore Way.

Cherry Knolls Swimming Pool

3601 E. Costilla Place
Centennial, CO 80122
303.770.3233

From I-25, go west on Arapahoe Road for about 2 miles or so. Before you get to University, turn left (south) on Nobles Road. Go four blocks and the pool is located at the corner of Nobles Road and Costilla Place on the left.

Heritage Greens Swimming Pool

4814 E. Links Circle
Centennial, CO
303.740.8981

From I-25, go west on Dry Creek to Holly. Go south on Holly to the first Heritage Greens entrance on the right. You will notice that the Heritage Greens neighborhood has a brick fence around it. So, turn right into the community and a right at the fork (East Links Circle). Follow East Links Circle around about 1/2 mile and the pool will be on the left.

Heritage Village Swimming Pool

6172 S. Glencoe Way
Centennial, CO 80121

From I-25, go west on Arapahoe Road until you get to Holly. Turn right (North) and when you see the top of the hill ahead of you, turn left into the entrance that says " Heritage Village ". That street is called Fair. At the stop sign, turn right, the pool is on the left with very little parking. If you have reached the intersection of Holly and Orchard Road , you have gone too far. We are right after "Our Father Lutheran Church".

The Knolls Swimming Pool

3400 East Geddes Drive
Centennial, CO
303.771.3682

From I-25, go west on Dry Creek to Colorado. Go north on Colorado to the first left, which is E. Geddes Avenue. Go to the stop sign, turn right and continue on E. Geddes Avenue around and down to the next stop sign. Turn left (you are now on E. Geddes Drive) and go about a block. You will see the club house and parking lot on your left hand side.

Cherry Creek Vista Swimming Pool

11350 East Orchard Road
Englewood, CO
303.770.4295

From I-25, take Orchard Road East for about 2 miles. You'll see the pool on the right hand side. Parking is available in the lot shared with Cottonwood Creek Elementary School.

Stonegate Swimming Pool

10326 S Stonegate Parkway
Parker, CO 80134

Exit I-25 @ Lincoln Avenue. Go east on Lincoln Avenue for about a mile. Turn right on Stonegate Parkway into the Stonegate neighborhood. The pool is two blocks south on the left.

Homestead Swimming Pool

6767 E. Easter Avenue
Centennial, CO
303.770.8290

Directions to Homestead from I-25.

Take the Arapahoe Road exit, and head west to Quebec Street. Go South on Quebec Street to Easter Avenue. Take a right (west) on Easter; the pool is about a half mile down Easter on the right (north) side of the street

Homestead Farms II Swimming Pool

7675 S. Krameria St.
Centennial, CO. 80112

From Dry Creek and Quebec, Go West on Dry Creek to South Monaco (0.5 miles) South on South Monaco (0.1 miles) Turn right onto E. Jamison Ave (0.1 miles) Left onto S. Jamison Circle (0.1 miles) Left onto S. Krameria St