# WELCOME TO WLOO SWIMMING TEAM

Welcome to WLOO! We are glad to have you as part of our team. We believe we have created something special for our swimmers - a place where attendance plus effort equals success. For us to provide a positive experience for all our customers, it is important that swimmers and parents follow the rules and guidelines for our programs. This also helps to create the family atmosphere we desire.

If you have any questions, please let us know!

-Coach Mike and Gwyn Varozza

# SWIM TEAM REGISTRATION

Whether your child is new to USA Swimming or is transferring to us from another team, there are registration requirements that need to be completed. All swimmers on the team must be registered with USA Swimming. We will send you links to complete your swimmer's registration.

Waterloo Team Registration Fee is \$195 which is charged at enrollment and each September. This fee includes a swag bag with the following:

- 1 team swimsuit
- 2 team t-shirts
- 1 water bottle
- 1 silicone swim cap

Please note that the swag bag will be provided after all Registration requirements are met.

# TEAM EQUIPMENT—PLEASE LABEL ALL GEAR!

For **Bronze 1**, your swimmer will need the following equipment besides goggles: equipment bag, swimming snorkel, kickboard, and fins.



For **Bronze 2** the swimmers will need the above equipment as well as a pull buoy and fitted hand paddles:



**All other Team Groups**: equipment bag, kickboard, goggles, fins, snorkel, pull buoy, fitted swim paddles, and dryland equipment (tennis shoes, workout attire, yoga mat or towel)

While sell these items at Waterloo, you are not required to purchase them from us. *No other competitive team gear is allowed except summer league swim caps.* 

Attendance + Effort = Success



## WATERLOO CULTURE

We encourage good sportsmanship, perseverance, fun and respect at Waterloo. We want our swimmers to be proud of their team as well as their personal efforts.

# TEAM PRACTICES

Your swimmer may only attend the practices (days of the week and/or times) for which you are enrolled. There is no exception to this to maintain safe coach / swimmer lane ratios.

Please try to be on time and use the restroom before practice.

We understand traffic and obligations may make you late on occasion. Just get here when you can and join us for the remainder of practice.

### SWIM MEET SCHEDULE

Meets will vary based upon your child's practice group. Team Unify or the Waterloo Calendar will have the most up to date information.

### PARKING LOT!!!

We have lots of young children at our facility. **PLEASE DRIVE SLOWLY!!!** 

If you are dropping off your swimmer for practice please only <u>drop them off</u> <u>on the right side of the building</u> so the parking lot does not get backed up.

Please pull all the way into your parking space, to the bumper to maintain safe space through the driveway.

# TEAM POLICIES & CODE OF CONDUCT

Team policies must be strictly enforced to meet our commitment of providing timely, quality service to all our customers. Please take the time to review these. <u>https://waterlooswimming.com/competitive-swimming/swim-team-policies/</u>

It is also vital that our swimmers and their families abide by our Swimmer & Parent Code of Conduct: <u>https://waterlooswimming.com/competitive-swimming/parent-code-conduct/</u>

## SWIM MEET INFORMATION & MEET FEES

Swim meets are what make being on the team so much fun! We expect that our swimmers will participate in meets as often as they are able.

You are responsible for all fees once declaring that your swimmers will swim, even if they do not. Please contact the coach if your child is entered into relays but is unable to swim. We expect all swimmers who have qualified for finals to swim in finals...and to stay and cheer for Waterloo relays! Swimmer Meet Fees (Local Meets) =  $2 \times \#$  Events + 10Swimmer Feet Fees (Out of Town) =  $2 \times \#$  Events + 20

# PARENT VOLUNTEERING

As part of our culture, we expect all families to volunteer to help as needed during swim meets and other activities related to swim team. This may include helping with parking at home swim meets, timing, concessions, or other tasks.

#### CONSIDER BECOMING A USA SWIMMING OFFICIAL!!!

For Waterloo to host swim meets, we need to be able to provide certified officials for the meets. Right now, we have a few parents who are USAS Officials, but we need more. By having our own officiating resources, we can host our own swim meets. This can be especially important as we near championship season and want to provide "last chance" meets for swimmers who are just short of making their time cuts. Please email <u>Coach Will</u> if you are interested!

#### LOST & FOUND

Too many items disappear because kids unknowingly pick up another's gear or because the kids leave things behind. **LABEL ALL GEAR!** We have Sharpies at the front desk in case something needs relabeling.

Waterloo trusts that their customers would never knowingly take things that don't belong to them. That being said, items do get misplaced and unfortunately taken. Waterloo is not responsible for lost or stolen items. We do have a lost and found at the end of the hallway by the changing rooms. It is disposed of weekly.

#### **HELPFUL VIDEOS**

Please check out our <u>YouTube</u> Channel for helpful videos about swim team!

#### WATERLOO COACHES

Please utilize email to communicate with your swimmers' coaches. We are rarely able to answer phone calls during the day but are quick to reply to email. For general inquiries, please contact us at

info@waterlooswimming.com.

Coaches will do their best to reply within 24 hours.

Head Coach: <u>Will Trussler</u> Associate Head Coach: Brooke Brisson

Bronze 1 Coach: Robert Johnson

Bronze 2 Coach: Greta Kinsey

JV 1 Coach: Garrett Sulivan

JV 2 Coach: Jamie Kinosian

Silver 1 Coach: Michaella Dahdah

Silver 2 Coach: Brooke Brisson

Varsity Coach: Greta Kinsey

Senior 1 Coach: Will McCormick

Senior 2 Coach: Ardell Blossom

Gold Coach: Devon Meeks

Elite Coach: Will Trussler

