

Lindsborg Wavemakers 2023

Wavemakers Mission Statement-

“To provide a healthy atmosphere that inspires swimmers to achieve their maximum potential through strong work ethic, discipline, self-motivation and teamwork.”

Wavemakers Vision Statement-

“To develop team unity where every swimmer encourages and takes pride in themselves and each other at all levels of competition.”

We are members of the Mid Kansas Swim League. There are 9 teams in the league this summer representing Abilene, Council Grove, Herington, Hesston, Hillsboro, Lindsborg, Marion, Peabody, and Solomon. Newton may join our league next year, but this year, they will be attending a few meets.

Team suits ARE required. Check your email for the links to order. Or, go to swimoutlet.com and search:

- Molecule Thin Strap One Piece Swimsuit(womens/girls)
- Molecule Piped Splice Jammer Swimsuit
- Color- navy/gold

Swimmers will be assigned to practice lanes according to their swimming skill level and swim goals. Coaches may move swimmers to a different group as his/her swimming skills change. Scheduling conflicts will occur throughout the season. To avoid missing practice, feel free to send your swimmer(s) to whichever practice will work with your schedule.

For the first eight practices, (if practice is canceled, it will not count) we will have a group, called **Puddle Jumpers**, coming at the latter practice for swimmers who are not able to cross the width of the pool (25 yards) using a competitive stroke. After those practices, the coaches will assess your child to see if they are ready for the swim team. If we feel your child is not ready for the swim team we will let you know. We will encourage those swimmers to join Parks & Rec Swim Lessons and hope to see them back next year. **SWIM TEAM IS NOT TO TAKE THE PLACE OF SWIM LESSONS.**

Swim Team Practice Schedule:

- **May 30-June 2 @ 10:00 or 11:00**
- **June 5-July 7 @ 8:00 or 9:00**
- Puddle Jumpers as well as new and younger swimmers will come at the 2nd session

COACHES:

Morgan King (620-262-5155) mking@smokyvalley.org

Amie Foote (785-906-0333) amie_foote@yahoo.com

Adam Pryor (620-504-2889) pryoraw@bethanylb.edu

Mary Voigt (785- 212-9119) mary@kansasdata.net

TEAM RULES:

1. Wait to enter the water until instructed to do so by a coach. When you hear a whistle, leave the water immediately.
2. Attend practice daily. Arrive 10-15 minutes before practice to stretch and listen to announcements. You may be asked to put in and/or take out lane ropes and blocks. Be prepared to help!
3. Do your best at all practices. If the temperature is too cold (generally, less than 70°F) or stormy, we will not have practice. Parents, please use your own judgment concerning inclement weather. If you think it's too cold, etc., please do not send your swimmer(s) to practice. When the water is cold, some

children refuse to stay in the water. They will be encouraged, but NOT forced to swim in cold water. If practice is questionable, please check the Rainout App through the Rec Department. That is where cancellations will be posted.

4. Wear required swim caps and goggles at meets and practices.
5. Be respectful, courteous, and cooperative with all coaches and team members.
6. Display good sportsmanship. Learning to compete, win or lose, with dignity and grace is important. Coaches will reinforce this throughout the season. We ask parents to help by being examples of good sportsmanship.
7. Stay out of the way of timers, judges, coaches, and other officials during meets. Parents and swimmers must be sure that they do not obstruct the view of any official or prevent them from doing their jobs. As a general rule, it is best to stay away from the starting end of the pool. Some teams do not allow spectators to be within the pool fence. Please follow the rules of our hosting teams.
8. Be on time for your events at meets. We will have liners preparing our swimmers for their events. **Pay attention to the announcers and to what is happening in the pool.** As your event approaches, make your way to the liners. Make sure you have your cap and goggles. Please stay away from playground equipment as this is a big distraction and a problem every year!
9. **Have fun and enjoy the experience! Cheer for your teammates!**

VOLUNTEERS

Parent volunteers are critical for the success of the team. We will need help at all of our meets, especially our home meets. If you don't sign up, we will sign you up for a spot to work at the meets. If you can't come it is YOUR responsibility to find a replacement.

TEAM AWARDS

At the end of the season, the coaches will select the recipients of High Points Winner for each Age Group, and High Points Winner Overall for Male and Female Swimmer. The Overall Point Winners and Age Group awards will be given to the girls and boys who have earned the most individual points for the team.

E-MAIL ADDRESSES

We will communicate with families via e-mail. Please be sure the coaches have your correct e-mail address. If you are not receiving emails please let us know ASAP!

WEBSITE: www.ks-usa.net/lindsborgcommunity/swim_team/index.htm

Meet information, directions, results, schedules, and cancellations will be posted on this site. Mary Voigt provides and maintains this site.

SWIM MEETS

While not required, we strongly encourage swimmers to participate in meets. We do ask that you swim in at least one of our home meets this year. To participate in the League Championship Meet, a swimmer **MUST** have competed in **at least two meets** during the regular season. If a meet is canceled due to inclement weather, it will still count as one of the two meets if your swimmer is registered for that meet.

To earn team points at meets, we are allowed to enter only three swimmers per event. The only exceptions during the regular meets are the 25 yd and 50 yd freestyle events in which we may enter everyone. Given these restrictions, the coaches must make difficult choices when deciding who will be entered in each event. **Every** swimmer will have the opportunity to compete in **every** meet for which he/she qualifies, but not necessarily in the same number of events. At times, a swimmer may be "aged up" (entered in an older age

group) to earn team points, improve a time, and/or gain competitive experience. A swimmer may not be entered in a younger age group. A swimmer may also be given an exhibition (non-point earning) entry. ***If you have any concerns about your swimmer's entries, please talk to the head coach.***

Meet commitments are required for all meets! Commitments are used to complete meet entries. You will receive a meet commitment through email each Sunday for the following Saturday. Meet commitments are due on Tuesdays. If your swimmer(s) turns in a meet commitment, the team expects him/her to be at the meet. If your child needs a ride to a meet, let a coach know. ***Please call one of the coaches as soon as you know that your swimmer needs to withdraw from a meet.***

League rules also limit individual entries to the following:

8 yr. & Under to 11-12 yr.: Four individual events & 2 relays
 13-14 yr.: Five individual events & 2 relays
 15-18 yr.: Unlimited individual events & 2 relays
 (200 yd. freestyle does not count in the above limits)

Things to bring to meets:

- Healthy snacks e.g. fruit, nuts, cheese, granola bars
- Sports drinks, fruit juice (No soda pop)
- Towels, blankets, sleeping bags
- Asthma inhalers if needed
- Sharpie for marking arm
- Cool drinking water
- Sunscreen
- Swimsuit, team cap, goggles
- Shade tent, umbrella, hat
- Folding chairs

<u>Date</u>	<u>Location</u>	<u>Other Teams Competing</u>	<u>Entry Commitment Deadline</u>
June 3	Hesston	Solomon, Herington, Council Grove	<u>Wednesday</u> , May 31
June 10	Lindsborg	Hillsboro, Newton	Tuesday, June 6
June 17	Hesston	Solomon, Abilene, Newton	Tuesday, June 13
June 24	Solomon	Herington	Tuesday, June 20
July 1	Lindsborg	Peabody, Hesston, Abilene	Tuesday, June 27
July 8	Council Grove or Hillsboro	TBD by June 18- Depends on size of teams	Tuesday, July 4

Wavemaker Apparel

This year we have decided to use <https://www.mtpprint.com/> . Scroll down and click on “find your store.” Then click on the Wavemaker icon. From there you’ll be able to place your order!

2023 MKL Swim Schedule

June 3, 2023	June 10, 2023	June 17, 2023	June 24, 2023	July 1, 2023	July 8, 2023 (League)
Host 1: Hillsboro Host 2: Hesston	Host 1: Herington Host 2: Lindsborg Host 3: Abilene	Host 1: Marion Host 2: Hesston	Host 1: Solomon Host 2: Peabody	Host 1: Lindsborg Host 2: Herington	Host 1: Hillsboro (Large teams) Host 2: Council Grove (Small Teams)
Visiting Teams (1): Peabody Marion Abilene Visiting Teams (2): Lindsborg Solomon Herington/CG	Visiting Teams (1): Peabody Hesston Visiting Teams (2): Hillsboro Newton Visiting Teams (3): Marion Solomon	Visiting Teams (1): Herington/CG Hillsboro Peabody Visiting Teams (2): Lindsborg Solomon Abilene	Visiting Teams (1): Herington/CG Lindsborg Newton Visiting Teams (2): Abilene Hillsboro Marion	Visiting Teams (1): Abilene Peabody Hesston Visiting Teams (2): Marion Solomon Hillsboro	League 1 ***June 18 th finalization of teams for League*** League 2