

Walton Swim and Dive 101



**A guide to Walton High School's
Swim and Dive Program**

Dear Parents, Swimmers and Divers,

We would like to welcome you to the Walton High School Swim and Dive 2008-2009 season. For those of you returning, it will be great seeing you again, and for those of you who are new to the swim and dive program, we look forward to getting to know you throughout the season.

The purpose of this packet is to give you general information concerning the season. If at anytime, however, you need additional information, feel free to call or email a board member. Contact information is listed on the website, www.waltonswim.com.

The Walton Swim and Dive program has been a great success over the years and with your support we can continue this tradition. As with any volunteer supported program, we look forward to working with you during the upcoming season to ensure our swimmers and divers have all the support needed for another memorable season!

Anita Reisinger

Allison Pilchard

Co-Presidents of the Walton Swim and Dive Booster Club

The Booster Walton Swim and Dive Club

The Walton Swim and Dive Club is a 501c3 nonprofit organization created with the sole purpose of making the swim and dive program operate successfully and efficiently. The Cobb County school system provides only a small part of the operational funds needed to make the program a success. We rely on registration fees, fundraising, and volunteer support to create a great program for our swimmers, divers and coaches.

The By-Laws of the Walton Swim and Dive Booster Club are available for your review on our website. The scheduled board meetings will be posted on the Walton Swim and Dive website (www.waltonswim.com) and are open to any booster club member.; and are generally the 2nd Wed. of the month.

General Information

Potluck Dinner and General Meeting of The Walton Swim and Dive Club, Inc.

This is a dinner in the commons where each family is asked to bring a dish to share with other swim and dive families. It is also the first meeting of the season and a great deal of information is given to parents. In addition, the required team swim suits and warm-ups, and other apparel will be ordered at that time. Orders for parent T-shirts are also placed at this time. We encourage parents to purchase these shirts and wear them to our swim meets in order to show support for the team. **This meeting is mandatory. Registration is completed on-line at www.waltonswim.org**

Team Photos

The team photo is taken on a web soon after the team has been announced. The date will be posted on our website. Other photos will be available throughout the season for purchase; please check website.

Tryouts-Physicals required

Tryouts are scheduled at the beginning of the season when permitted by Georgia High School Swimming Association. Freshman and Sophomores tryout on one day, Juniors and Seniors tryout on the next day. Divers will also have a two day tryout schedule. These will be posted on the website. Following tryouts, list of those athletes making the team will be posted on the swim team bulletin board, and on the website. Coaches make the sole determinations of swim team members.

Practice-Transportation is Athlete's Responsibility

Practice is mandatory for swimmers and divers unless the athlete practices a full schedule with a year round team/coach. These swimmers must practice at least as often as the Walton Swim/Dive Team. If participation in non-Walton practices does not meet this requirement, the athlete must supplement with Walton swim/dive practices.

Equipment List

Swimmers are required to purchase fins and must have these available at practice. These may be purchased at local swim shops. Goggles are also the responsibility of the athlete. Other practice equipment is provided as funding allows.

Practice Locations

Practices will be held at the East Cobb Pool and at Mountain View Aquatic Center.

Wednesday Morning Meetings

These are mandatory meetings for swimmers and divers and will occur at scheduled times throughout the season. The schedule will be posted on the website. These meetings provide athletes with specific information concerning upcoming meets. Parents provide refreshments and this is a volunteer opportunity throughout the season.

Meets:

There will be between 12 and 15 meets in a typical season beginning with Cobb Relays and ending with the State Meet. Rosters will be posted by the coaches on the swim bulletin board, the website, and discussed at the Wednesday morning meeting with the coaches. Swimmers and Divers need to arrive 15 minutes prior to warm-up at all meets.

*****Swimmers and Divers must tell the coaches if they are not available for a meet one week prior to the meet. Once the coaches have compiled the rosters, athletes are expected to compete.** Consequences for violations can be sitting out the next meet etc., so make sure athletes are aware of this. Injuries should be communicated ASAP.

Not all swimmers will participate in all meets due to limitations on the number of swimmers allowed or based on time standards.

Home meets will be at Mountain View Aquatic or CAC. Please check the calendar on the website for times and locations. Athlete provides transportation. Meets may last 2-4 hours depending on size of meet.

Away meets are held at the pool of the home team's choosing. Again, information will be on our website. Team may provide transportation.

Attire for the meets consist of the team warm ups, t-shirts and team swim suit. **Warm ups and team suits are mandatory and should be worn to all meets.** These will be purchased at the potluck dinner/ parent meeting at the beginning of the season. Racing suits are permitted upon authorization of the coaches only and must follow certain guidelines. Goggles are required and no jewelry can be worn. Bring towels and extra clothes as well.

Food at meets: We have a great spirit team who makes sure our athletes have necessities such as water and a limited amount of food.

It is the athlete's responsibility to bring additional items such as Gatorade, sport's bars, fruit, etc. Athletes should not drink soft drinks, eat candy or consume energy drinks

Team Trip:

There will be a team trip to an out of town meet. This may be an overnight trip or a day trip depending on the meet the coaches choose. Information will be provided and consent forms must be signed by parents. Costs of this trip will be kept as low as possible, but will be the responsibility of the athlete.

County Championships and State Meet

These meets require the athlete to make a particular time standard. The state team will have required practices, and a state dinner prior to the meet. **All parents of the state team are required to volunteer at that meet.**

Volunteering

Parents are require to volunteer for **committees positions or work two meets and the Walton Invite** if your child is swimming this meet. The Walton Invite is hosted by our swim team and needs full participation of our parent group.

Fundraising

As with all varsity sports the cost of the program is much higher than that which is contributed on behalf of the county and registration fees of our athletes.

Our fundraising, however, is voluntary and we have two ways to contribute. If you own a local business and would like to make a donation of at least \$100.00, your company will be posted on our website as a sponsor. Your company will also be listed in our heat sheets and upcoming newsletters during the season. This may be done on our website through Paypal and a receipt will be provided for your donation.

Families and extended families may make individual donations in any increment on our website. Well wishes to a particular swimmer/diver or simply the name of the donor will be posted on “**Donors on Deck**” on the Walton Swim and Dive website. This can be done anytime you want to send well wishes to your swimmer, or because you simply want to assist the swim team in making this year a great success for the swimmers and divers. This is a great way for grandparents to participate in varsity sports at Walton. A receipt will be provided for these gifts. Contributions can be made through Paypal from a link on our website.

Communication

Please check your emails and the team website. If you have a block on your emails please set it up to allow emails from our team. We will not use the phone.

Parent T-Shirts

Blue parent t-shirts can be ordered at the potluck dinner/mandatory meeting. Our swimmers/divers are encouraged by parents wearing these shirts. They are a nominal price and must be purchase at the meeting.

Senior Recognition Meet

This is a meet where the seniors and their families are recognized for their contributions to the Walton Swim and Dive team over the years. We schedule this meet with another school(s) and recognize our senior during the meet. Following the meet, we have a celebration of their contributions.

Lettering

Coaches set these standards and they are available on the website.

Banquet-Awards-Senior/Coaches gifts

At the conclusion of the season, we will have an awards banquet where seniors and others will be recognized. Seniors and Coaches are presented their gifts at this time.