

## Welcome to the 2021 summer swim season, Whitehurst swimmers and families!

We're looking forward to a great season. Here's some information to help you through the start of the season.

*Please help me welcome our new head coach this year: Ashley Wolff. Ashley has been coaching swimming for over 20 years now. She has been the head coach of teams in the US and Germany and has coached summer league, USA swim teams, and YMCA swim teams. She has a passion for stroke technique and loves the sport and the kids. We are so excited to welcome her to the Whitehurst Waves!*

*We also welcome assistant coach: Alex Kuriawa. Alex is not new to Whitehurst and many of you will remember him from years of being a Whitehurst Wave himself. Alex just finished his sophomore year as a swimmer and student at LaSalle University, where he studies Criminal Justice and Sociology. Alex is a 13 year veteran of the East Severna Park Swim League and he looks forward to coaching Whitehurst and giving back to the team that has given him so much!*

### Info and Reminders

**-Communication will be done primarily via email and website**

**(<http://whitehurstswimteam.weebly.com/>). Please check both regularly.**

**-Check the calendar on the website regularly for changes/updates. You will receive an emailed copy initially, but all adjustments will be reflected on the website version.**

- Swimmers need goggles for practice.  
Caps are recommended for girls (and boys with shaggy or long hair) in practice and meets.  
Please arrive on time (early) for warm-ups at meets. This will allow the coaches to run warmups and organize the team in an efficient way.
- Parents-Please limit interactions with your swimmers during their practice time, unless there is an emergency or other necessity. It can create distractions and undermine the relationships coaches are trying to establish with the team.
- If you need to speak to a coach, please email them, or wait until after practice. Please also feel free to reach out to a swim team board member at any time.
- If your swimmer will be missing a meet (or part of a meet), please notify the coach via email no later than 4 days before that meet.
- If your child wakes up sick the day of a meet or cannot swim for any reason, please send word to a reliable swimmer so that the coach may be notified immediately.
- Please help your swimmer to understand that they may be put in events they don't love occasionally, and that it's part of being on a team and gaining valuable swimming experience and sportsmanship.

### Weather and other cancellations:

We will always do our best to make decisions regarding the status of practices in a timely manner. Whenever possible, the website will be updated, and an email sent out. It may also help to call the pool. However, it will not always be possible to make a decision with enough time to get the word out before you make the trip to the pool and we appreciate your understanding and patience. Notes will

be posted at the entrance to the pool in these instances. Cancellations due to weather or other issues are at the discretion of the head coach and swim team board member.

**Swim Meet Jobs:** Due to the large amount of jobs required to run a swim meet, **all families must sign up for 5 jobs for the swim meets/events (4 of the jobs are REQUIRED to be swim meets).** *(The only way this will decrease is if more families join...so recruit your neighbor!!!)* **East Severna Park League (ESPL) Clinic:** Parents assigned to work swim meets can get meet job training for certain jobs (date TBD). Each job will be explained and demonstrated, so it is important to attend if you will be performing a new meet job this year. ESP League representatives will be there to answer questions. We are always looking for people to step up and learn new jobs.

**Practice Rules:** Swimmers must not be in the pool enclosure unless it is their practice time. No one is to be on the beach area during practice times. Siblings of practicing swimmers must be with a parent or responsible sitter. Keep in mind the coach is the lifeguard at swim practice – **please do not endanger the children by speaking or discussing concerns with the coach at practice time.** Also, if the coach is out of the pool enclosure, no one may be inside the enclosure (dryland practice, for example).

**Children 9 years and under** must be accompanied and closely supervised by an adult, or responsible babysitter 13 years or older, at all times inside the perimeter fence during scheduled operating hours. Therefore, kids that are under the age of 10 must be accompanied by a parent/guardian while at the pool - so parents must attend practice for kids that are on the swim team, ages 4 - 9.

**Pep Rally:** On Friday June 11<sup>th</sup>, there will be a pep rally from 6:00 – 8:00 PM for swimmers and parents. (This is tentative, pending COVID restrictions/details to come soon.) There will be fun games and dinner will be provided for the swimmers. Come and show your team spirit!

**Swim Meets:** If a swimmer will miss a meet, they are asked to inform Coach Ashley by email at least *three days prior to a meet*. Parents are responsible to find meet work alternates and to arrange substitutes if they are unable to work an assigned meet.

**Team Membership:** Grandchildren of members of the Whitehurst Club Association as well as the head coach's children are welcome and encouraged to join the Whitehurst Swim Club. Grandchildren of members and the head coach's children are welcome to participate in all swim team events such as pep rallies, practices, and swim meets without a Whitehurst resident sponsor present at the pool. This does not however provide access to the Whitehurst pool during non-swim team events (this is not a pool membership). During regular pool hours, typical pool guest rules apply.

**COVID Specific Guidelines:** While we are outside, please be mindful of maintaining appropriate social distancing and mask wearing protocols in keeping with current state and county guidelines. Swimmers should follow all protocols set forth by the league, pool company, community board, coaches and swim team committee. Guidelines may be updated throughout the season. Please limit the number of people attending/watching practice; in cases where a guardian must be present for younger swimmers, please limit it to one.

**--If you have any questions or concerns, please contact Ali Mikeska at [ali.mikeska@verizon.net](mailto:ali.mikeska@verizon.net).**