

A stylized illustration of a bright yellow sun partially obscured by white and blue clouds, set against a blue background with a grid pattern.

# Cook Creek Wahoos

Parent Meeting



# Welcome to the Wahoos

- **President of the Cook Creek Wahoos** - Julie Gooden
- **Head Coach** – Ashley Gilchrist
- **Volunteer Coordinator** – Carolyn Silvernail
- **Meet Referee** – Kelly Hopfer/Laurie Abplanalp/Shanna Trottier
- **Member At Large** – Erin Brill/Beth Weber
- **Apparel** – Stephanie Kopet
- **Fundraising/Social Chairs** – Mary Margraf/Ali Keller



# Wahoos Basics

Separately run swim team, with two governing bodies:

- **SSPRD** hires our coaches and manages the pool
- **MHSL (Mountain High Swim League)** is the league our team belongs to. Who we compete against, who sets the rules for the meets and the swimmers, etc.





# SSPRD

## What we know now:

- Moving forward with virtual meets in hopes of transitioning to in-person at some point in the season
- Refunds
  - Requests in by May 30th
- Asst Coaches
  - Connor West
  - Aleah Gooden



# Wahoos Basics

[www.CookCreekWahoos.com](http://www.CookCreekWahoos.com)

- Beginning May 30th, 5 consecutive dual meets (June 5, 12, 19, 26, July 10)
- Prelims TBD (Approximately July 12/13)
- Championships July 17th
- All Star Meet July 24th

New!

# Head Coach, Ashley Gilchrist

Ashley's swim career began at the age of 8, and she swam competitively for 10 years. Her swim career includes:

- Washington Township Swim Club (Indianapolis, IN)
- North Central High School swim team (Indianapolis, IN)
  - Including sectional and state qualifier specializing in the 500 freestyle and 100 butterfly

While at Indiana University, Ashley majored in Elementary and Special Education and is now a special education teacher at Joe Shoemaker School in Denver Public Schools. Prior to moving to Denver in July, she taught in Indianapolis for 6 years.

Outside of teaching, Ashley enjoys coaching, swimming, reading and exploring her new city!



New!

# Head Coach, Ashley Gilchrist

*“I started my “coaching” career when I began teaching swimming lessons at the age of 14 and have not looked back since! I have coached summer leagues, developmental programs and elite high school athletes. I cannot wait to bring the FUN and LOVE of swimming to the Wahoos this summer!”*





# Coaching Philosophy

- Every practice is an opportunity for kids to grow through fun, engaging and challenging practices!
- Swimming will teach you so much about hard work, success and failure and overcoming challenges for life in and out of the pool.
- Teamwork, sportsmanship and encouraging one another is what will create a successful season.
- Let's have some fun!



# Practice Times

Week of 5/18-5/22

\*\*only even days

11 and up

10 and up

May 26 - July 10

Monday - Friday

TBD

11 and up (beginners)

10 and up = 6&U

9 and 13 and up

6:00 - 7:00 p.m. = 9/10 and 11/12



# Practice and Meet Attendance

## Practice:

10 & under - 4 days/week minimum

11 & older - 5 days/week minimum

## Meets:

- A minimum of 2 meets are required to be eligible to compete in Championships (MHSL rule)
- Every swimmer is required to stay for the full session even if he/she is not in the last event unless the head coach has been notified 2 days prior to the meet of a need to leave early



# Apparel

## Updates:

- This year we will have the same team suit that we had in 2019
- Link to our Team Store with suit and apparel ordering information will be sent out soon
- Team Swim Caps
  - Not required
  - Personalization available (must be ordered in pairs)





# Apparel

## Gear Hand-down:

- We are using the same suits, tshirts, etc. from 2019
- Returning swimmers, please look through old apparel to see what can be handed down
- We'll have a box at practice to share pre-owned items



# Team Gear and Communication

## **Team Gear:**

- All swimmers have the option to wear a Cook Creek Wahoos team cap at swim meets. Team swimsuits are highly recommended as well as this promotes team spirit and unity!

## **Communication:**

- All communication with the head coach should be done through email or at a scheduled meeting after practice.

## **Weather Issues**

- Email, website and text blast



# Volunteering during Rona

We will be having 5 home meets broken into sessions based on age groups. Length of a session should be similar to a shift in a regular meet, possibly shorter due to fewer swimmers. In a normal year we host 2, 3 at most home meets. Away meets require less volunteers from our team. We also will not have an away team to provide us any volunteers, these means greater volunteer needs. COVID screening and population control will require a few extra volunteers as well. Important note: 2 of these meets will likely be on a weeknight. Please plan on helping out on these nights.



# Volunteer Requirements

- **Shift Requirements:** 5 for 1 swimmer, 6 for 2+ swimmers. Must volunteer at Champs/All Stars if your swimmer attends. #s are subject to change based on team registration.
- **Opt out:** You may choose not to volunteer at all. An option to opt out is available at registration by paying \$300 up front.
- **\$300 hold** is required at registration and is collected if shift requirements are not met. This applies to everyone even teens who sign themselves up.
- **Max number of shifts:** 3 per family per meet, without prior approval
- **Missed shifts:** \$25, if you are a no show for a shift on the day of a meet. This money will be use to pay a HS student to fill in for you.

# Certified Volunteers



We  
Need You!

- ❑ Stroke and Turn Judge
  - ❑ Best Viewing Area On Deck
  - ❑ Learn Stroke Technique to Help Your Swimmer
  - ❑ Training Provided: by the League, likely online meetings similar to this Zoom meeting
  - ❑ Shadowing on Deck
  - ❑ Don't be afraid - Disqualifications happen and it helps the swimmers learn the correct technique!
- ❑ Starter



# How I plan to help decrease the burden

- **High school volunteers**-We will be working with the local high schools to secure high school students trying to get their volunteer hours. If you know a teen who is in need of volunteer opportunities please email me their contact information.





# Additional Info

- Job descriptions in New Parent Guide, some jobs require additional training (Starter, Stroke and Turn)
- Contact me early if you have vacation restrictions or are worried about getting the required shifts in

Contact: 720-352-3208, [camellette@gmail.com](mailto:camellette@gmail.com)



# New Families

It can be a lot to take on, being new on the team.  
We have all been there!

**Are you a new Wahoos Family with questions???**

Contacts:

**Last name A-G**

Erin Brill

262-510-6381

erinbrill@gmail.com

**Last name H-Z**

Beth Weber

714-469-9132

coachbethweber@gmail.com



# Fundraising and Social Committee

Towels: TBD

Parent Social: First few weeks of the season

Restaurant Nights throughout the season

Dive in Movie: TBD

Season Banquet: July 18





# Registration

SSPRD Registration opens: April 12th, 8am

Wahoos Booster Registration Opens: April 12th, 8am

Registration Process:

1. [www.ssprd.org](http://www.ssprd.org) or you can call SSPRD at 303.798.5131
  - a. District: \$175                      Out of District: \$230
2. [www.cookcreekwahoos.com](http://www.cookcreekwahoos.com)
  - a. \$35 per swimmer + \$30 per family



# Scholarships and Refunds

Scholarships available for SSPRD fees

- Due May 3rd

Refunds

- SSPRD and Wahoos will allow for full refunds until May 30th