

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

Cook Creek Wahoos

Parent Meeting



Welcome to the Wahoos

- **President of the Cook Creek Wahoos** - Julie Gooden
- **Head Coach** – Kaitlynn Jackson
- **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
- Refunds
- Asst Coaches



Wahoos Basics

www.CookCreekWahoos.com

- Beginning May 30th, 5 consecutive dual meets (May 30, June 6, 13, 20, 27)
- Prelims Monday, July 6th & Tuesday, July 7th
- Championships July 11th
- All Star Meet July 18th



New!

Head Coach, Kaitlynn Jackson

Kaitlynn's swim career began at the age of 7, and she swam competitively for 15 years. Her swim career includes:

- Governors Ranch Gators summer club
- Year-round with ACES swim team
- Columbine High School swim team, including competing in the state championships for all 4 years and Junior Nationals
- Division one scholarship to swim at the University of North Texas, specialized in the 200 and 400 IM

While at University of North Texas, Kaitlynn majored in math and is now a math teacher at Highlands Ranch High School, where she has been teaching for six years.

Outside of teaching, Kaitlynn enjoys swimming, yoga, hiking, and even did her first triathlon last

New!

Head Coach, Kaitlynn Jackson

“Because I specialized in IM throughout my own swim career, I have a broad knowledge of every stroke and have a lot to offer each child athlete. I have 6 years of coaching experience and can’t wait to share my love of the sport through coaching the Wahoos this summer!”





Coaching Philosophy

- Hard work, dedication, and a positive attitude will allow you to grow both in and outside of the pool.
- Supporting each other and having respect for each other is what makes us a team.
- I will do my best to help every individual grow everyday through fun and challenging swim practices.
- You get what you put in.



Practice Times

Week of 5/18-5/22

**only evening practice

11 and up 4:30-5:30

10 and under 5:30-6:30

May 26 - July 10

Monday - Friday

7:00 - 8:30 a.m. = 11 & up

8:00 - 9:00 a.m. = 9/10 (11&up beginners)

8:30 - 9:30 = 7&8

A-M 8:30-9 and N-Z 9-9:30 = 6&U

Mon & Wed

5:00 - 6:00 p.m. = 8 & under 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 meet 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 last year
- Suit and apparel ordering plans
- Team Swim Caps



Team Gear and Communication

Team Gear:

- All swimmers are required to wear a Cook Creek Wahoos team cap at all swim meets. Team swimsuits are highly recommended as well as this promotes team spirit and unity! *2020 update: Depending on when the season is allowed to go forward, we may NOT be able to order suits this year.

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



Volunteers make the Wahoos go 'round

- **Shift Requirements:** 3, +1 post season for 1 swimmer.
4, +1 post season for 2 + swimmers. Subject to change based on team numbers (\$300 hold at registration)
- Max number of shifts per meet is 2 per family
- **Missed shifts:** \$25, if you are a no show for a shift on the day of
- **Opting out-** During registration you can opt-out of volunteering, \$300 fee



And 'round

- Home Meets vs Away meet needs
- Job descriptions in New Parent Guide, some jobs require additional training
- Contact me early if you have vacation restrictions or are worried about getting the required shifts in

Contact: 720-352-3208, camellette@gmail.com

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



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 12



Registration

SSPRD Registration opens: April 13th, 8am

Wahoos Booster Registration Opens: TBD

Registration Process:

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



Scholarships and Refunds

Scholarships available for SSPRD fees

- Due April 14th

Refunds

- SSPRD and Wahoos will allow for full refunds until May 24th