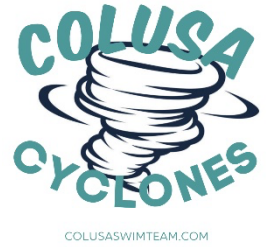


Colusa Swim Team 2021

Parent Information & Contract



Dear Parents & Guardians,

Welcome to the 2021 season! If you swam with us amid the chaos of 2020, THANK YOU! If you're new to the team, WELCOME! Our goals as a team remain the same: get kids in the water, have fun, help them build their skills, and offer opportunities for measurable improvement. Coach Ashley will be returning, and we will have two Assistant Coaches to ensure that all our swimmers get the support they need.

This document outlines our plan for the summer, in the context of our current environment, rules, and regulations, and is subject to change as local and state directives require. Of course, you'll want to consider the unique situation of your family to determine if swimming with us is an option for your kids this summer. We hope to build on the solid team foundation we built last summer amid the COVID chaos so that next summer we'll be able to dive into a more "normal" swim season.

Below you will find a list of requirements and guidelines to help make this a successful summer for you and your swimmer as well as for the team as a whole. If you have any questions or concerns, please don't hesitate to talk to a board member or Coach Ashley.

Below is a basic overview of what you can expect from a summer of swimming with us. In addition, Please plan to attend one of our pre-season parent meetings in the pool parking lot. **PRE-SEASON PARENT MEETINGS: Tuesday, April 6th and Tuesday, May 4th** – please select the one that works best for you.

PARTICIPATION REQUIREMENTS

- **Swimmers ages 5 to 18**

We will work on freestyle, backstroke, butterfly, and breaststroke with every swimmer; however, we do not have the time for individual instruction with non-swimmers. If your child cannot swim the 25-yard length of the pool unaided, please sign your child up for swim lessons instead of swim team. We look forward to welcoming them to the team as their skills improve!

- **Skills Checkout** will be **Thursday May 20th at 5:15pm** for swimmers who are new to the team and any swimmers that swam in the small pool regularly last season.

- **Practice Times** *(may change if we of swimmers)*

Practices will be held Monday through Thursday from May 24 – August 5 as follows:

- 5:15 - 5:45pm (Level 1 Swimmers)
- 5:45 - 6:30pm (Level 2 Swimmers)
- 6:30 - 7:30pm (Level 3 Swimmers)
- The last day of practice, August 5th will include an awards ceremony

- **Participation Expectations**

Swimmers who participate in at least half of the daily practices and at least two meets will receive a participation award at the end of the summer. If your family has summer travel plans that interfere with the season – no sweat! We'd love to have you for any portion of the season that makes sense for you.

- **Team Suits & Pictures**

- Every swimmer is encouraged to purchase a navy-blue suit at the beginning of the season. We've set up a team store at www.swimoutlet.com with several options to choose from. Ideally, every swimmer should swim in the team suit for all meets, giving us a uniform, recognizable look in the water. You may also find appropriate suits on sale at Big 5, Costco, Sam's Club, and the like. Swimmers may wear non-team one-piece suits during practices.
- Please purchase team suits prior to **Picture Day, Thursday, June 17th at 5:15PM** (Pictures are included in the cost of registration.)

- **Meet Participation**

- Wednesday Night Time Trials: In addition to dual meets, we're hoping to host one internal meet for our team only – like we held last year. **(June 16)**
- Wednesday Night Dual Meets: This summer, we hope to participate in two dual meets with local teams. **(June 30 and July 14)**
- Weekend Invitationals & End of Season Championships: We do not anticipate any weekend invitationals or regional championships for the 2021 swim season.

- **Monthly Parent Meetings**

- Please plan to catch up on upcoming events, volunteer opportunities, and a Q&A with Coach Ashley every few weeks. Parent meetings are scheduled for the first 20 minutes of each practice on the following dates:
 - **Pre-Season: Tuesday April 6th and Tuesday May 4th at 6PM**
 - **Monday, June 14th**
 - **Monday June 28th**
 - **Monday July 12th**
 - **Monday July 26th**

FINANCIAL OBLIGATIONS

- **\$22 Insurance fees** and swimmer registration with USA Swimming
If you qualify for free and reduced-price meals, you are eligible for reduced rates with USA Swimming – simply select “Outreach” as your membership type when you register, and give us permission to have your school verify with USA Swimming.
- **\$75 Registration fees** (\$100 after June 1)
Covers the coaching staff, equipment, pool rental from the city, and your child's individual and team pictures. If you decide within the first week that your child wishes to withdraw from swim team, you will be refunded your registration fees.
- **Scholarships** are also available to cover insurance, registration, plus a suit, cap, and goggles. Please email sadiebash@gmail.com if you are interested in applying for a swimmer scholarship.
- **Fundraising Expectations:**
 - **\$20 Swim-A-Thon pledge** (see attached flyer) On **Wednesday, July 7**, the Colusa Swim Team will hold its annual Swim-a-thon, during which each child swims as many laps as possible. Swimmers are required to solicit pledges from sponsors, who may pledge per lap or a lump sum amount. The minimum is \$20 per swimmer. A lot of parent help is needed to count laps at this fun event. Pledges need to be collected by Friday, July 16.
 - **\$50 Adopt-A-Swimmer** (see attached flyer) Every swimmer is required to find a corporate or individual sponsor by July 1 who will contribute \$50 to the Colusa Swim Team. The sponsor receives an attractive poster featuring a photograph of his or her swimmer to post in the storefront window.

If you have questions or concerns, please feel free to contact one of these board members listed below. We're looking forward to a great season with your swimmers!

Sincerely,

The Colusa Swim Team Board of Directors

Melissa Ortiz 530-713-6359

Antonio Ortiz 979-574-5092

Sarah Keeley 530-301-4296

Sadie Boggs Ash 707-217-6504

Blake Davis 530-812-2663

Coach Ashley Flynn 916-718-3416

I agree to the financial and fundraising obligations for my swimmer, and I understand that each swimmer's family is responsible for approximately 5 hours of volunteer work during meets and the Swim-a-thon. I also understand that if my child attends the NVAL championships, I may be expected to help with timing and/or hospitality.

In addition, we understand that upholding high standards of behavior and sportsmanship will allow all swimmers to have a great season.

Swimmer Name(s) _____

Parent Name _____

Parent signature _____ Date _____

Colusa Swim Team 2021 Adopt-a-Swimmer



Dear Business Owner/Family Member/Friend:

Colusa Swim Team has been in almost continuous existence for over 50 years. It offers a competitive swim program that keeps the children in our county occupied and in great shape during the summer months.

Colusa Swim Team receives no county funds and relies solely on fundraisers and the "Adopt-a-Swimmer" program to pay for coaches, ribbons, trophies, stop watches, lane ropes, and other team expenses.

The "Adopt-a-Swimmer" program was established more than 30 years ago and has been enthusiastically supported by businesses and individuals throughout the county. For your \$50.00 donation, you will receive a large poster featuring your "Adopted Swimmer," and your sponsor name printed across the bottom. The poster is ideal for window display so that others might know that you are supporting the Colusa Swim Team.

Please fill out and return the bottom portion of this page with your sponsorship check today. Posters will be delivered by early July.

Your support is greatly appreciated!

Yes! I will support Colusa Swim Club with a \$50 donation.

Swimmer's Name: _____

Sponsor Name to appear on poster: _____

Please make checks payable to Colusa Swim Team, P.O. Box 410, Colusa CA 95932.

THANK YOU!

Colusa Swim Team 2021 Swim-A-Thon



Dear Swim Team Parents,

Our Swim-a-thon will be held **Wednesday, July 7, from 6 to 7:30** at the Colusa pool. This fun-filled family event includes food, drinks, and a prize for the swimmer who collects the most pledge money.

To make this event a success, we need one volunteer for every family participating. We will need a parent in each lane to count laps, and parents to bring food (sandwiches, pizza, fruit, brownies, cookies, etc.) and drinks (sports drinks, juices, bottled water).

Please sign up on our website for either lap-counting or bringing food/drinks.

www.colusaswimteam.com

Please remind your swimmer to collect their pledges as soon as possible. Remember, your swimmer is responsible for at least \$20 in pledges, even if they are unable to attend the Swim-a-thon. Swimmers will be required to swim a minimum number of laps appropriate for their age group (see attached pledge sheet). Your pledges may be tied to the number of laps your swimmer swims or may be a lump sum donation.

There will be a prize for the swimmer who turns in the most pledge money. Money must be turned in to Melissa Ortiz no later than Friday, July 16.


This has been a very successful fundraiser in the past - thank you for your contribution this year!

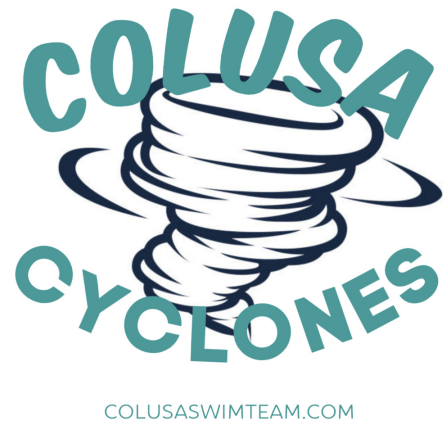
Sincerely,

Melissa Ortiz
530-713-6359
mel@ortizclan.com
Colusa Swim Team Board President




MAY & JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
May 24	May 25 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	May 26 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	May 27 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	May 28	May 29	May 30
May 31  Memorial Day No Practice	June 1 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	2 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	3 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	4	5	6
7 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	8 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	9 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	10 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	11	12	13
14 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30 *parent meeting, first 20 mins of practice	15 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	16 Team Time Trials 5:15 PM	17 Photo Day Team & Swimmer photos, 5:15 PM	18	19	20
21 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	22 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	23 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	24 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	25	26	27
28 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30 *parent meeting, first 20 mins of practice	29 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	30 Dual Meet @ home vs. Willows warm ups @5:15 meet start @5:30				



JULY & AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			July 1 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	2	3	4 
5 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	6 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	7 Swim-A-Thon Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	8 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	9	10	11
12 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30 *parent meeting, first 20 mins of practice	13 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	14 Dual Meet @ home vs. Gridley warm ups @5:15 meet start @5:30	15 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	16	17 *Swim-A-Thon money due	18
19 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	20 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	21 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	22 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	23	24	25
26 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30 *parent meeting, first 20 mins of practice	27 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	28 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	29 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	30	31	August 1
2 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	3 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	4 Practice 5:15-5:45, 5:45-6:30, 6:30-7:30	5 Awards Ceremony & Free Swim	6	7	AUGUST 21 Just Keep Swimming Event