

Colusa Swim Team 2020

Parent Information & Contract



Dear Parents & Guardians,

Welcome to the 2020 season! We are delighted with the fact that we are now permitted to offer Colusa County residents a summer swim team. Although it'll be a bit of a different experience this summer, our goal as a team remains the same: get kids in the water, help them build their skills, and offer opportunities for measurable improvement.

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 establish a solid team foundation this summer that we can build from in future years.

Below you will find a list of requirements and guidelines to help make this a successful summer for you your swimmer(s), and 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 Flynn.

Below is a basic overview of what you can expect from a summer of swimming with us. In addition, **Please plan to attend our parent meeting on Wednesday, June 3rd at 5:30 p.m.** in the pool parking lot.

COACH

We're excited to announce Ashley Flynn, a former collegiate swimmer for San Diego State, as our head coach. Ashley has been swimming since she was 5 years old and is looking forward to rebuilding the swim team in Colusa this summer.

SEASON

She will be holding regular practices Thursday, June 4th through August 7th. With any luck, our first successful season will be celebrated with the second annual all-ages community swim meet on Saturday, August 22nd. Future seasons will typically run all of June and July, culminating with an area-wide championship swim meet the last weekend in July.

PARTICIPATION REQUIREMENTS

- **Swimmers only, ages 5 to 18**

Our coach will work on freestyle, backstroke, butterfly, and breaststroke with every swimmer; however, she does not have the time for individual instruction with non-swimmers. If your child cannot swim the length of the pool unaided, please sign your child up for swim lessons instead of swim team.

- **Practice Times & Participation**

Regular season workouts are held June 4 – August 7 will be:

Mon-Thurs Evenings

- Beginners: 5:15pm - 6pm
- Intermediate/Advanced: 6pm – 7pm

- **Participation Expectations**

Swimmers who participate in at least half of the daily practices and at least two internal time-trials 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 elsewhere. Swimmers are not required to purchase a team suit.
- Please purchase team suits prior to **Picture Day, Thursday, June 18th at 5PM** (Pictures are included in the cost of registration.)

- **Meet Participation**

- Wednesday Night Dual Meets: At this time, we do not anticipate any dual meets with local teams for the 2020 swim season.
- Wednesday Night Time Trials: In place of Dual Meets, we anticipate four Wednesday night time trials for swimmers to measure their progress. These will occur every other Wednesday night starting June 17th. (June 17th, July 1st, July 15th, and July 29th)
- Weekend Invitationals & End of Season Championships: We do not anticipate any weekend invitationals or regional championships for the 2020 swim season.

SWIMMER SAFETY

Although we are currently under very relaxed guidelines for COVID-19 containment, please understand that these guidelines will continue to change as local and state officials dictate. If/when the guidelines become more stringent again, our designated COVID-19 Liason is Board Member Sarah Keeley. She will communicate and coordinate with city and county health officials to keep team leadership, members, and parents informed.

Here are the guidelines we will follow IF the opening-up efforts for the County are rolled back:

- Social Distancing:
 - Total Number of Individuals in the Facility per Session may be limited – this includes Coaches, Athletes & Parents.
 - Total Number of Athletes per lane may be limited and swimmers will be spread out in their lanes.
- Facility and Equipment Usage
 - Our outdoor facility allows for excellent ventilation. In addition, we will be requesting chlorine levels close to 2.0 PPM
 - The use of locker rooms will be discouraged. Swimmers will be expected to show up in suits, ready to swim.
 - Swimmers may be assigned their own equipment for the season or the team may initiate cleaning procedures for equipment used. This will depend upon total swimmer enrollment and available equipment.
- Swimmer, parent, board, and coach Health Monitoring:
 - If any participant experiences any symptoms of COVID-19, that participant shall not attend any practices, time trails, etc.
 - If a participant is exposed to someone who may have COVID-19 or is confirmed to have COVID-19, that participant shall not attend any practices, time trails, etc.
 - Participant health will be monitored for signs of COVID-19 symptoms and participant may be sent home if team leadership has any concerns.

FINANCIAL OBLIGATIONS

- **Registration fees**

No swimmer is allowed in the pool until this fee is paid and the swimmer is registered with USA Swimming. The \$75 covers team and individual insurance, coaching salaries, your swimmer's registration with USA Swimming/Sierra Nevada, 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 less the USA Swimming fee of about \$20.

Reduced Rates Available: 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, then give us permission to have your school send your information to USA Swimming.

Scholarships: Scholarships are also available for swimmers who are unable to pay. Please alert a board member or 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 Tuesday, 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 17.
- **\$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	Coach Ashley Flynn 916-718-3416	Sarah Keeley 530-301-4296	Blake Davis 530-812-2663
Antonio Ortiz 979-574-5092	Sadie Ash 707-217-6504	Tawni Davis 559-967-5528	Lynne Reister 530-788-3050

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

Parent signature _____ Date _____

Swimmer Name(s) _____

Colusa Swim Team 2020
Adopt-a-Swimmer



Dear Business Owner:

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 2020 Swim-A-Thon



Dear Swim Team Parents,

Our Swim-a-thon will be held **Tuesday, 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 17.

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

