



Shorewood Swim Club  
P.O. Box #11075  
Shorewood, WI 53211-9998

Dear Swimmers and Families:

February 24<sup>th</sup>, 2010

Welcome to the Long Course Season of the Shorewood Swim Club. This season will run from April 9<sup>th</sup> through August 1<sup>st</sup>. We had a great Short Course Season, with wonderful support from the parents and swimmers. We would like to thank all returning families for their patience and cooperation during the construction and renovations of the SHS Pool.

We are excited to announce that the SHS Pool will be reopening the week of March 8<sup>th</sup>. With the good news now comes some other news. The VHE Pool will be closed for installation of new west windows and other routine repairs. That project will begin March 29<sup>th</sup>. We anticipate the pool reopening in late May.

We will again be utilizing the Nicolet pool while the VHE is unavailable. We appreciate the efforts you all make to accommodate travel to Nicolet and changing practice schedules.

New this year we will be offering a three week Spring Stroke Clinic. The clinic is designed to keep swimmers in shape during the weeks between swim seasons since the Spring/Summer season will officially begin following Spring Break. Only swimmers registering for the Spring session are invited to take advantage of this opportunity.

Included in this electronic registration packet are a few important items:

- **Registration** – We will again be offering an in-person registration on **Tuesday, March 2<sup>nd</sup>** in the SHS Youth Center from **5:30-7:00pm**. We are asking that all families completely fill out the new registration form. We are looking for ways to streamline communication, and having accurate and current information is crucial. Completed registration forms and checks may be placed in Rob McCabe's folder or mailed to our new P.O. Box (address above). A late fee of \$25 will be charged for those registering after April 12<sup>th</sup>.

Please take the time to look over all the enclosed information. If you have any questions regarding Registration, please contact Rob McCabe (228-8369) [swimshore@yahoo.com](mailto:swimshore@yahoo.com) or Genie Smith (332-3942) [geniesmith@me.com](mailto:geniesmith@me.com). If you have any questions regarding practices, group placements, or meets, please contact Head Coach David Westfahl at 861-7946 or [davewestfahl@wi.rr.com](mailto:davewestfahl@wi.rr.com).

Once again, we look forward to seeing you this spring!

Best regards,  
Rob McCabe  
Shorewood Swim Club Business Manager

Shorewood Swim Club would like to insure that we have all our swimmers and families correct information (address, e-mail and phone numbers)  
Please make sure to fill out **EVERYTHING** below and make sure to write LEGIBLE.  
Thank you for your time and cooperation.

# Shorewood Swim Club Registration

Spring/Summer 2010 (April 12-August 1)

**\*\*Please use one form for each swimmer\*\***

16 Week Session

## Swimmer's Full Name:

\*Last: \_\_\_\_\_ \*First \_\_\_\_\_ M.I. \_\_\_\_\_

Swimmer's Preferred Name: \_\_\_\_\_

Birthday \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Swimmer's Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_ I do **NOT** want the above information included in a directory to Swim club families.

School Attending: \_\_\_\_\_

Circle one

Returning Swimmer, New Swimmer or Transfer Swimmer

### \*Note

Please list Full Name, example

*Smith, Katherine M*

Preferred Name: Katie

*Jones, Robert E*

Preferred Name: Bobby

When Shorewood Swim Club fills out information about your child to USA Swimming, they must have the child's full name in order to receive their swimming ID number.

## Parents:

1) Last/First \_\_\_\_\_ Primary phone number ( ) \_\_\_\_\_ - \_\_\_\_\_

Primary E-Mail \_\_\_\_\_

2) Last/First \_\_\_\_\_ Primary phone number ( ) \_\_\_\_\_ - \_\_\_\_\_

Primary E-Mail \_\_\_\_\_

3) Last/First \_\_\_\_\_ Primary phone number ( ) \_\_\_\_\_ - \_\_\_\_\_

Primary E-Mail \_\_\_\_\_

4) Last/First \_\_\_\_\_ Primary phone number ( ) \_\_\_\_\_ - \_\_\_\_\_

Primary E-Mail \_\_\_\_\_

### \*\*Volunteer Policy (page 4)

Please review our Volunteer Policy and make sure you understand that the Shorewood Swim Club Volunteer Policy is read and agreed to adhere to its terms and conditions.

X \_\_\_\_\_

# Shorewood Swim Club Registration

Spring/Summer 2010 (April 12-August 1)

**\*\*Please use one form for each swimmer\*\***

16 Week Session

Registration Fees: Check One

Senior Blue - \_\_\_\_\_ \$515.00  
Senior Red - \_\_\_\_\_ \$460.00  
Senior White - \_\_\_\_\_ \$320.00  
Gold - \_\_\_\_\_ \$365.00  
Silver - \_\_\_\_\_ \$280.00  
Bronze - \_\_\_\_\_ \$215.00  
Swim League (SL) \_\_\_\_\_ \$190.00  
Precompetitive (PC) \_\_\_\_\_ \$170.00  
Group Fee (total from above) \$ \_\_\_\_\_  
Pool Fee  
    \$20 Shorewood Resident or  
    \$30 Non Resident \$ \_\_\_\_\_

**LATE FEE - \$25 AFTER April 12<sup>th</sup>**

\$ \_\_\_\_\_

Family Discount \$ ( \_\_\_\_\_ )

2<sup>nd</sup> 3<sup>rd</sup> or 4<sup>th</sup> child minus \$10

## Stroke Clinics

We will be offering a three week Spring Stroke Clinic. The clinic has the goal of helping swimmers stay in shape in the month of March and April. The clinic is also designed to keep the athlete skills sharp while sustaining their "feel" for the water. Only swimmers registering for the Spring session are invited to take advantage of this opportunity.

Practices will be in the remodeled SHS Pool.

Week 1 = March 22<sup>nd</sup>

Week 2 = March 29<sup>th</sup>

Week 3 = April 5<sup>th</sup>

Registration Fees: Three Weeks      One Week

SR (B, R, W) - \_\_\_\_\_ \$70      \_\_\_\_\_ \$25

Clinic = 4:00-5:30 (M, T, W, Th)

AG (G, S, B) - \_\_\_\_\_ \$45      \_\_\_\_\_ \$20

Clinic = 5:30-6:45 (M, W, Th)

DEV (PC, SL) - \_\_\_\_\_ \$30      \_\_\_\_\_ \$12

Clinic = 5:30-6:30 (T, F)

Total \$ \_\_\_\_\_ (Registration) + Total \$ \_\_\_\_\_ (Stroke Clinic) =

**GRAND TOTAL \$ \_\_\_\_\_**

**Make ALL Checks to Shorewood Swim Club**

## USA Swimming Fees

This fee is required only once per year. If you registered in the fall or winter of 2009 it is NOT necessary to register again. USA Swimming is the National Governing Body for the sport of swimming. It administers competitive swimming in accordance with the Amateur Sports Act. It also provides programs and services for it's members including insurance and Splash magazine.

For more information visit the website: [www.usaswimming.org](http://www.usaswimming.org)

\_\_\_\_\_ \$53 ( 9 and older)      \_\_\_\_\_ \$46 ( 8 and younger)      \_\_\_\_\_ \$36 Half Season

\_\_\_\_\_ Swimmer is currently USA Swimming Registered

**SEPARATE CHECKS ARE REQUIRED**

## Shorewood Swim Club Volunteer Policy-Approved by 5/11/2005, Revised 12/06/2007

Since its inception, the Shorewood Swim Club (SSC) has been a vibrant community group that functions effectively only with the efforts of many volunteers. The Club relies on volunteers, especially, to staff the swim meets it hosts. Income from Club-hosted meets helps keep registration fees reasonable. The Shorewood Swim Club hosts four meets each year during its two swim "seasons." Each meet has "meet sessions" and many volunteers are needed at each meet session to run the meet successfully. The SSC meets and their meet sessions are described below.

### **Fall/Winter Season**

*Generally September to March*

#### **Badgerland Meet** in November

Half day meet in the AM

**1 meet session**

#### **Winter Meet** in January

Two days AM and PM

**4 meet sessions**

### **Spring/Summer Season**

*Generally April to August*

#### **Pineapple Pentathlon** in April or May

Half day meet in the AM

**1 meet session**

#### **Summer Meet** in June

Two days AM and PM

**4 meet sessions**

When you register your child(ren) with the SSC, you are making a volunteer commitment to the Club. This SSC volunteer policy outlines this commitment. With every family doing its part, the Club can operate successfully and help your swimmers have a meaningful athletic experience.

### Shorewood Swim Club Volunteer Policy

- The Shorewood Swim Club strongly encourages families to volunteer at SSC-hosted swim meets during the family's first season that they are enrolled in the Club, but does not require it. Volunteering at meets can help a new family become familiar with swim meets in general and SSC operations specifically.
- The Shorewood Swim Club requires Novice (Pre-Competitive and Swim League) swimmer families to volunteer at SSC-hosted meets, a minimum of one (1) meet session per season enrolled in SSC.
- The Shorewood Swim Club requires all other swimmer families (Bronze, Silver, Gold, Senior White, Red or Blue) to volunteer at SSC-hosted meets, a minimum of **three** (3) meet sessions per season enrolled in the SSC, with at least two (2) of the sessions being at the two day meets (the Summer June meet in the spring/summer season and the Winter January meet in the fall/winter season). ***The minimum requirement is reduced to two (2) meet sessions to be worked at the 2-day meet for swimmers not eligible due to age to swim at the 1-day meet of the season. For example, older swimmers (typically age 14 and older) are not eligible to swim at the Badgerland and Pineapple Pentathlon meets so these swim families would be required to work two (2) meet sessions at the 2-day meet of the season.***
- The Shorewood Swim Club requires families with swimmers participating on high school swim teams to volunteer at SSC-hosted meets, a minimum of two (2) meet sessions during the fall/winter season if enrolled in the SSC, and three (3) sessions during the spring/summer season if enrolled in the SSC.

**Note:** Athletes only registered for the Spring Session are required to volunteer at the Pineapple Pentathlon April 25 at UWM. Athletes only registered for the Summer Session are required to volunteer at our Summer Open June 12-13 at the Walter Schroeder Aquatic Center.

- At the end of a season, if an enrolled SSC swimmer's family does not volunteer the minimum required sessions, the Shorewood Swim Club will assess a \$50 per missed session fee. These missed sessions cannot be made-up in subsequent seasons. Shorewood Swim Club will add this fee to the family's escrow account.
- The Shorewood Swim Club Board Executive Committee has the discretion to give a family volunteer credit for other work done on the Club's behalf or to grant any exceptions to the policy based on proof of extenuating circumstances.

\*Reminder: after reading and understanding the Volunteer Policy remember to sign the registration form found on page 2.

# Shorewood Swim Club

## Spring-Summer Volunteer Sign-up

Welcome back to the pool and the start of the new swim season! The Shorewood Swim Club will host two meets this season, on April 25<sup>th</sup> (Pineapple Pentathlon) and June 12-13. Please consider the following as you plan to meet your volunteer requirements (also applies for swimmers registered for just the spring season):

- Novice swimmer families (PC and SSL) must work a minimum of one meet session.
- Bronze, Silver, Gold swimmer families must work a minimum of 3 meet sessions with at least 2 of the sessions to be worked at the 2-day meet in June. If your swimmer is in one of these groups and is age 13 or older and, therefore ineligible to swim at the Pineapple Pentathlon, a minimum of 2 meet sessions, both at the 2-day meet in June is required.
- Senior White, Red and Blue swimmer families must work a minimum of 2 meet sessions, both at the 2-day meet in June. (This is reduced since the swimmers age 13 and older are not eligible to participate at the Pineapple Pentathlon.)
- Athletes only registered for the Spring Session are required to volunteer at the Pineapple Pentathlon on April 25<sup>th</sup> at UWM if eligible as well as the Summer Open at the WSAC.
- Athletes only registered for the Summer Session are required to volunteer at our Summer Open June 12-13 at the Walter Schroeder Aquatic Center.
- If this is your family's first season with SSC (enrolled for the first time this spring), you are not required to volunteer, though we could use your help.
- At the end of the season, SSC families who do not meet the minimum required number of sessions will be assessed \$50 per missed session fee.

Please respond with your volunteer preferences for the Pineapple Pentathlon by Wednesday, April 14<sup>th</sup>. If you'd like, you can also sign up now for the June 12-13 meet. You can email the volunteer coordinators at [sscvolunteers@gmail.com](mailto:sscvolunteers@gmail.com) or return this form to the volunteer folder at the pool. Look for a confirmation of your job(s) and the time you need to arrive at the pool on the swim club website ([www.shorewoodswimclub.com](http://www.shorewoodswimclub.com)) a few days before the meet. Contact Jane Munson at 963-4087 with any questions.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Swimmer(s) \_\_\_\_\_

| Volunteer Job     | April 25 | June 12-AM | June 12-PM | June 13-AM | June 13-PM |
|-------------------|----------|------------|------------|------------|------------|
| Admissions        |          |            |            |            |            |
| Awards Table      |          |            |            |            |            |
| Runner            |          |            |            |            |            |
| Announcer         |          |            |            |            |            |
| Heat Board        |          |            |            |            |            |
| Heat Control      |          |            |            |            |            |
| Timer             |          |            |            |            |            |
| Colorado          |          |            |            |            |            |
| Computer/Scorer   |          |            |            |            |            |
| Meet Marshall     |          |            |            |            |            |
| Concessions       |          |            |            |            |            |
| Hospitality       |          |            |            |            |            |
| Help Where Needed |          |            |            |            |            |

## Shorewood Swim Club Training Groups

| <b>Group</b> | <b><u>Age Range</u></b> | <b><u>Skills</u></b>          | <b><u>Training Criteria</u></b>                     | <b><u>Meet Results</u></b>                    | <b><u>Recommended Competitions</u></b> | <b><u>Practices Min/Max</u></b> |
|--------------|-------------------------|-------------------------------|---|---|--|---------------------------------|
| <b>PC</b>    | 5yr-9yr                 | free and/or back              | 25 yds free   | NA  | NA                                     | 1/3 - 3/3                       |
| <b>SL</b>    | 7yr-11yr                | free and back + 1 str         | 50 free and back                                    | NA  | SHOR meets                             | 1/3 - 3/3                       |
| <b>AG-B</b>  | 8yr-12yr                | 3 legal strokes               | 200 straight free<br>6x25 of each stroke            | under 1:00 in free and back                   | 1 meet/mth + champ                     | 2/4 - 4/4                       |
| <b>AG-S</b>  | 9yr-12yr                | 4 legal strokes + legal turns | 300 under 6:00<br>6x50 -1:20kick<br>6x50 - 1:00swim | 100 IM under 1:45                             | 1 meet/mth + champ                     | 3/5 - 5/5                       |
| <b>AG-G</b>  | 10yr-13yr               | 4 legal strokes + LIMP turns  | 600 under 10:00<br>8x50-1:05kick<br>12x50-1:00IMO   | 200 IM under 3:05<br>200 free under 2:30      | 2 meets/mth + champs                   | 4/6 - 6/6                       |
| <b>SR-W</b>  | 13yr +                  | 3 legal strokes               | 600 under 10:00<br>6x100-1:50<br>IM/STR             | 200 free under 3:30<br>200 IM under 3:30      | SHOR meets + champs                    | 2/5 - 5/5                       |
| <b>SR-R</b>  | 13yr +                  | 4 legal strokes + LIMP turns  | 12x100-1:25<br>6x200-3:00<br>IM/Str                 | 200 free under 2:20<br>200 IM under 2:40      | 1 meet/mth + champs                    | 5/6 - 6/6                       |
| <b>SR-B</b>  | 15yr +                  | 4 legal strokes + LIMP turns  | 16x100-1:15<br>8x200-2:40<br>IM/Str                 | 200 free under 2:05/2:00<br>200 IM under 2:20 | 1 meet/mth + champs                    | 7/9 - 9/9                       |

Group Placements Spring 2010  
 Questions Contact Dave Westfahl  
[davewestfahl@wi.rr.com](mailto:davewestfahl@wi.rr.com)

| PC           | SL              | AG-B           | AG-S           | AG-G           |
|--------------|-----------------|----------------|----------------|----------------|
| Becker, K    | Cain, E         | Barnes, L      | Barry, L       | Bayana, S      |
| Berry, S     | Carigan, C      | Bengana, In    | Bengana, Il    | Best, N        |
| Florsheim, L | Cobb, A         | Boehm, E       | Blanchard, C   | Borut, A       |
| Frediani, J  | Dimitroff, L    | Bortolotti, B  | Carigan, H     | Borut, C       |
| Gonzalez, T  | Drame, S        | Boyle, E       | Cruz, E        | Brudney, M     |
| Hietpas, A   | Frediani, K     | Clausen, S     | Cudahy, M      | Brusnahan, D   |
| Janairo, V   | Gonzalez, J     | D'Amato, S     | Desing, S      | Chamberlain, T |
| Kaftan, E    | Haubrich, E     | Devine, M      | Dess, N        | Clausen, M     |
| Lovell, K    | Hietpas, J      | Dix, M         | Dix, Mo        | Clokey, A      |
| Luzney, T    | Huang, Y        | Evans, C       | Jorn, E        | Finerty, J     |
| Pottinger, J | Jorndt, A       | Fowler, L      | Knitter, A     | Florsheim, M   |
| Pottinger, J | Lawnicki, M     | Freding, G     | Kosidowski, J  | Lee, C         |
| Schafer, M   | Matthias, M     | Furtsch, E     | Lanphere, W    | Lock, J        |
| Schneider, C | McCurdy, J      | Goldberg, A    | Lock, M        | Love, K        |
| Silverman, C | McKaig, M       | Jeong, L       | Linn, S        | Lovell, A      |
| Taylor, N    | Muth, L         | Jorn, L        | Miller, B      | Miller, H      |
| Timms, E     | Muth, P         | Justus, A      | Munson, G      | Munson, R      |
| Wagner, L    | Nelson, Z       | Keane, B       | Muth, M        | Perry, M       |
|              | Nessler, F      | Keane, L       | Powers, K      | Smith, V       |
|              | O'Neill, C      | Kessenich, O   | Schneider, M   | Walther, C     |
|              | Pelzek, T       | Krieg, K       | Szablewski, Er | Wasserman, I   |
|              | Phillips, C     | Langhoff, J    | Timms, A       |                |
|              | Schafer, C      | Larson-Harsch  | Tsuchiyama, K  |                |
|              | Sottile, J      | Luzney, A      | Vulpas, L      |                |
|              | Stein, A        | Met, M         | Walther, C     |                |
|              | Tiffin, K       | Petrick, L     | Westfahl, L    |                |
|              | Tiffin, Z       | Pondel, B      | Wettstein, G   |                |
|              | Westfahl, B     | Poole, A       |                |                |
|              | Yasrob-Doust, R | Poole, O       |                |                |
|              |                 | Powers, C      |                |                |
|              |                 | Reilly, O      |                |                |
|              |                 | Silverman, A   |                |                |
|              |                 | Sottile, P     |                |                |
|              |                 | Sottile, R     |                |                |
|              |                 | Stelter, G     |                |                |
|              |                 | Szablewski, Ev |                |                |
|              |                 | Timms, J       |                |                |

Wagner, MG



## Tentative Long Course Practice Schedule

Stroke Camp (3 weeks)

March 22-April 11

SR M,T,W,Th 4:00-5:30

AG-B,S,G M,W,Th 5:30-6:45

PC/SL T,F 5:30-6:30

Spring Session (9 weeks)

April 12-June 13

|        | <u>M,W,F</u>  | <u>T,Th</u>          | <u>Sat</u>     |
|--------|---------------|----------------------|----------------|
| SR-R/B | 4:00-6:00 (N) | SR R/B 4:00-6:00 (N) | 8:00-10:30 (N) |
| SR-W   | 4:00-5:30 (N) | SR W 4:00-5:30 (N)   |                |
| AG1    | 3:45-5:15     | AG-G 3:45-5:15       | 9:00-11:00     |
| AG2    | 6:15-7:30     | AG-S 5:00-6:15       |                |
| PC     | 5:40-6:20     | AG-B 6:00-7:00       |                |
| SL     | 5:10-6:00     |                      |                |

### AG 1

#### **Gold Group +**

H. Carigan

E. Cruz

N. Dess

M. Dix

J. Finerty

A. Knitter

G. Munson

S. Linn

### AG 2

#### **Bronze Group +**

C. Blanchard

J. Kosidowski

K. Powers

K. Tsuchiyama

L. Vulpas

C. Walther

L. Westfahl

L. Barry

I. Bengana

M. Muth

M. Cudahy

E. Jorn

O. Kessenich

W. Lanphere

M. Schneider

Er. Szablewski

Summer Session (8 weeks)

June 7-Aug 1

SR-R/B 5:00-7:00

SR-W TBA

AG-G 5:30-7:00 SHS

AG-S 3:30-4:45 SHS

AG-B 4:00-5:00

SL 4:45-5:30

PC 5:30-6:15

\*These practice times are tentative based on facility and coaching availability. Please contact Dave for definite practice times as we approach the summer.

Everything You Wanted to Know About Meet Sign-Ups, Reservations, and Entries, But Were Afraid to Ask. You **must** sign your swimmer up for meets at the start of the season...read on to understand the process...

### **Step One**

Each team that is hosting a meet sends in their meet bids to the LSC Administrative Chair, who assembles the bids into the meet calendar. This happens two times – one for the Short Course (Fall/Winter) season and one for the Long Course (Spring/Summer) season.

### **Step Two**

The Shorewood Swim Club selects the meets for the upcoming season, taking into account the needs of the Novice, Age Group, and Senior athletes.

### **Step Three**

The Shorewood Swim Club meet schedule is distributed to all swim club members, with instructions on how to register for meets. A meet sign up workshop is scheduled to allow for any questions concerning the meet sign up process, as well as for guidance as to what meets are appropriate for each individual. The deadline to return the forms is set to allow adequate time for the club to complete the Wisconsin LSC reservation process.

### **Step Four**

The Shorewood Swim Club tallies all of the returned meet sign-ups, and uses the figures to complete the Wisconsin LSC reservation process. Each club must send in a reservation form, as well as the monies to cover the reservations, in early September for the Short Course season and early March for the Long Course season. The reservation process is in place to allow clubs to know early in the season which meets their reservations are accepted to. Meets out of the state have other criteria to determine acceptance.

### **Step Five**

The Shorewood Swim Club receives the meet information from the host club between three and six weeks prior to the meet. There is usually an entry deadline of two weeks prior to the meet. The club completes the entries based on the meet sign-ups, and sends the entries, waiver, and extra fees (relay costs, swimmers surcharges, etc.) to the host team before the entry deadline.

### **Step Six**

The Shorewood Swim Club distributes meet information the Monday prior to the meet, either through the folders system, postings at the pools, or the website. This information includes the site, timeline (if available), athlete's events, as well as other pertinent meet information.

### **Step Seven**

The Shorewood Swim Club receives the meet results from the meet hosts within two weeks after the meet, and enters these results into the team database. The results are passed on to various members of the board, as well as the coaching staff. The result information is directly downloaded into the database of the escrow chair for future billing, and includes entry fees, relay charges, and swimmer surcharges. The results are also passed on to the publicity chairperson, for possible articles in the local papers.

To: All Shorewood Swim Club Families  
From: Head Coach David Westfahl  
RE: 2010 Long Course Meet Schedule

Swimmers and Families,

Attached you will find the 2010 Long Course Meet Schedule for the Shorewood Swim Club. This year's schedule contains meets for all levels of swimmers, from the new Pre Competitive swimmer to the National level swimmer. It contains the important meet information, including the site, date, session breakdown, and which groups should attend.

We must reserve spots for **all** of the Spring/Summer, including all Shorewood meets, by Tuesday, March 9<sup>th</sup>. In order to do this, we must get an accurate count of how many returning swimmers will be entering each meet. This information is necessary to complete the Wisconsin Swimming Reservation Form and submit a check to cover all reservations for each meet for the Summer Season.

Swimmers should attend as many of their groups scheduled meets as possible. PC, SL, AG-B and VP swimmers should attend at least 50% of the meets offered for their groups, AG-S and AG-G should attend 75% and Senior/National should attend at least 90% of the meets offered for their respective groups. More meets means more racing experience, and more opportunities to make State, Zone, or National Time Standards. **All** swimmers should attend a season ending Championship meet, with the Silver Meet for all swimmers without State times, and the State and Speedo meets for those with qualifying times.

All swimmers who qualify for the meets with time standards (WGLO, 12 & Under State, 13 & Over State, Speedo Champs, and Nationals) are expected to attend these meets to represent the Shorewood Swim Club. In addition, we may need some swimmers to help complete relays at these meets (especially the State meets). Please indicate if you are available for relays at these meets.

Each family should fill out the attached form by checking the indicated spot for each day of the meet they plan to attend, and return it to David Westfahl at the VHE Pool *on or before Friday, March 5<sup>th</sup>* or email by **Monday, March 8<sup>th</sup> at 6 PM**. Forms after this time will be added on a first come/first serve basis into the meets, and may not get all requested meets.

We will have a meet sign up workshop the following days:

Monday, March 1st

Tuesday, March 2nd

Wednesday, March 3rd

The final 10 minutes of each practice will be spent on selecting meets. Coaches will go over the schedule meet by meet, and indicate the appropriate meets for each group.

Please try to be as accurate as possible on your meet sign up. Any question marks will be taken as "yes" for meet sign ups. Changes to add meets will be taken on a first come, first served basis after our deadline of March 9<sup>th</sup>. Any changes to drop a meet will be contingent on our filling the reservation.

The entry fees for each meet average *about* \$15.00 per day. Families will be held financially accountable for any reservations they make now, and billed at a later date by escrow. Please make sure escrow is up to date before signing up for meets.

Thank you for taking the time to complete this form and return it to Head Coach David Westfahl by **Friday, March 5<sup>th</sup>**. If you have any questions regarding the meet schedule, you can call me at 414-861-7946 until March 5<sup>th</sup>, or e-mail (preferred) at [davewestfahl@wi.rr.com](mailto:davewestfahl@wi.rr.com). I will be at the Senior State Meet from 3/4-3/7, so I will return calls when I am able.

Let's make this a great season of fast swimming!!

Name: \_\_\_\_\_ Shorewood Swim Club  
 2010 Long Course Meet Schedule

Due Date: Saturday, March 6<sup>th</sup>

**Bold = 50 Meter Pool**

| Check | Day              | Date               | Host             | Site                | AM              | PM              |
|-------|------------------|--------------------|------------------|---------------------|-----------------|-----------------|
| O     | Sat              | April 17th         | SWAT             | Wauk South          | 13&O            |                 |
| O     | Sun              | April 25th         | SHOR             | UWM                 | 12&U            |                 |
| O     | <b>Sat</b>       | <b>May 1st</b>     | <b>ICE</b>       | <b>Iowa City</b>    |                 | <b>13&amp;O</b> |
| O     | <b>Sun</b>       | <b>May 2nd</b>     |                  |                     | <b>13&amp;O</b> |                 |
| O     | Fri              | May 7th            | OZ               | Homestead           |                 | Distance        |
| O     | Sat              | May 8th            |                  |                     | Girls           | Boys            |
| O     | <b>Sat</b>       | <b>May 15th</b>    | <b>SSTY</b>      | <b>WSAC</b>         | <b>Distance</b> |                 |
| O     | <b>Sun</b>       | <b>May 16th</b>    |                  |                     | <b>Sprint</b>   |                 |
| O     | Sat              | May 15th           | WEST             | Wauk South          | 13&O, 8&U       | 9-10,11-12      |
| O     | Sun              | May 16th           |                  |                     | 13&O, 8&U       | 9-10,11-12      |
| O     | <b>Friday</b>    | <b>June 4th</b>    | <b>BST</b>       | <b>WSAC</b>         |                 | <b>Distance</b> |
| O     | <b>Saturday</b>  | <b>June 5th</b>    |                  |                     | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | <b>Sunday</b>    | <b>June 6th</b>    |                  |                     | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | Friday           | June 4th           | EBSC             | Brook East          |                 | 8&U             |
| O     | Sat              | June 5th           | MFSC             | Menomonee           | 10&U            | 11&O            |
| O     | Sun              | June 6th           |                  | Falls HS            | 10&U            | 11&O            |
| O     | <b>Sat</b>       | <b>June 12th</b>   | <b>SHOR</b>      | <b>WSAC</b>         | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | <b>Sun</b>       | <b>June 13th</b>   |                  |                     | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | <b>Friday</b>    | <b>June 25th</b>   | <b>SEAY</b>      | <b>PP RecPlex</b>   | <b>12&amp;U</b> | <b>13&amp;O</b> |
| O     | <b>Saturday</b>  | <b>June 26th</b>   |                  |                     | <b>12&amp;U</b> | <b>13&amp;O</b> |
| O     | Sat              | June 26th          | WEST             | Wauk South          | 14&U            |                 |
| O     | <b>Sun</b>       | <b>July 11th</b>   | <b>EBSC</b>      | <b>Wirth Park</b>   | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | <b>Fri-Sun</b>   | <b>July 9 - 11</b> | <b>SSC</b>       | <b>Indianapolis</b> | <b>13&amp;O</b> | <b>12&amp;U</b> |
| O     | Friday           | July 16th          | SEAY             | PP RecPlex          |                 | Dist +          |
| O     | Saturday         | July 17th          | Silver Meet      |                     | 12&U            | 13&O            |
| O     | Sunday           | July 18th          |                  |                     | 12&U            | 13&O            |
| O     | <b>Wednesday</b> | <b>July 21st</b>   | <b>TWIN</b>      | <b>U of Minn</b>    | <b>Prelims</b>  |                 |
|       | <b>Thursday</b>  | <b>July 22rd</b>   | <b>Speedo</b>    |                     | <b>Prelims</b>  |                 |
|       | <b>Friday</b>    | <b>July 23rd</b>   | <b>Sectional</b> |                     | <b>Prelims</b>  |                 |
|       | <b>Saturday</b>  | <b>July 24th</b>   | <b>Champs</b>    |                     | <b>Prelims</b>  |                 |
| O     | <b>Friday</b>    | <b>July 23rd</b>   | <b>SWAT</b>      | <b>WSAC</b>         |                 | <b>12&amp;U</b> |
| O     | <b>Saturday</b>  | <b>July 24th</b>   | <b>12&amp;U</b>  |                     | <b>12&amp;U</b> | <b>12&amp;U</b> |
| O     | <b>Sunday</b>    | <b>July 25th</b>   | <b>State</b>     |                     | <b>12&amp;U</b> | <b>12&amp;U</b> |
| O     | <b>Wednesday</b> | <b>July 29th</b>   | <b>SEAY</b>      | <b>PP RecPlex</b>   |                 | <b>Dist</b>     |
|       | <b>Thursday</b>  | <b>July 30th</b>   | <b>13&amp;O</b>  |                     | <b>Prelims</b>  |                 |
|       | <b>Friday</b>    | <b>July 31st</b>   | <b>State</b>     |                     | <b>Prelims</b>  |                 |
|       | <b>Saturday</b>  | <b>Aug 1st</b>     |                  |                     | <b>Prelims</b>  |                 |

**SAVE  
THE  
DATE**



**APRIL  
16TH**

**2010 Annual Shorewood Swim Club  
Banquet**

Lake Bluff School Cafetorium

6pm to 10pm

Pasta Dinner by Rosati's

Dance to follow

Senior Speeches and Swimmer awards!

Swimmers, Families and Friends are ALL Welcome!