



City of Wisconsin Rapids Swim Club Team Info

Introduction

The Wisconsin Rapids Swim Club (WRSC) is a competitive swim team that is managed by the Wisconsin Rapids Parks & Recreation Department. Swimmers from Wisconsin Rapids and surrounding communities are welcome to join. Practices are held at the Lincoln High School Swimming pool during the week. Swim meets will be held throughout Northern Wisconsin on weekends (Saturdays for regular season and Saturday/Sunday for Championships). The regular competitive season runs from the last week of November through the first week of February.

Communication

- **TeamReach (used for Team chat and communication)** – Download TeamReach app for Android or Apple. Group Code: Kontz2023
- **Facebook and Team Website** – **Facebook:** Wisconsin Rapids Swim Club / Wisconsin Rapids Parks & Recreation / **Websites:** wirapids.org/recreation-programs.html / wr.activityreg.com / **Booster Club:** wrsimclub.com
- **Email:** WR Parks & Rec: parksdepartment@wirapids.org and information regarding WRSC Parent Booster Club/Volunteering: info.wrsc.swim@gmail.com

SWIMMER INFO	
Prerequisites	Swimmer ages 5-18 (through Senior in High School) must pass Level 5 Red Cross Swimming Level or have the ability of swimming 25 yards Freestyle without stopping
Swimmer Levels	Swimmers will be grouped in 4 levels based on their ages (10-under, 11-12, 13-14, 15 and up)
Equipment Needed	Swimmers will need to supply their own equipment. They will need to bring with them to each practice. <ul style="list-style-type: none"> • Goggles • Swim Cap • Water Bottle • Short Swim Fins • Kickboard • Hand paddles • Pull Bouy
Registration and Fees	\$275 Resident / \$325 Non-Resident for each session (Fall/Winter, Summer/Spring rates TBD). Registration can be made online (wr.activityreg.com), by calling (715) 421-8240 or at Centralia Center 220 3 rd Ave South (Parks & Rec Dept).

Practice Schedule

Swimmers should arrive to practice shortly before scheduled time and be ready to start warm-up. There is not be practice if Wisconsin Rapids Public Schools is out of school or if school is cancelled.

Monday	Tuesday	Wednesday	Thursday	Friday
6 – 8 PM	7:30 – 9:00 PM	No practice	No practice	6 – 8 PM

Practice Format

The first 20 minutes of practice will be dryland and will start with stretching. Swimmers should come to pool deck dry and in swimsuit. The remainder of practice will be in the water. Younger swimmers are allowed to leave practice early.

Swimmer Practice and Meet Expectations

Practice attendance and participation is critical for growth as a swimmer and teammate. Swimmers should arrive 10-15 minutes prior to practice and be practice ready at the start of practice (i.e., have swimsuits, goggles, and swim caps on and water bottles filled). Swimmers must not enter the pool until a lifeguard or coach is on deck, and they must abide by pool and locker room rules. Following practice, swimmers should be picked up in a timely manner. Swimmers should plan to attend as many practices as possible. If your swimmer will miss a practice, please communicate this to the coach in advance.

Locker Rooms

Absolutely NO cell phone use or picture taking is allowed in locker rooms. This is a Wisconsin Rapids Public Schools policy to ensure the privacy and safety of everyone using the locker rooms. Those that violate this policy will be subject to disciplinary action. Swimmers should use locker rooms for changing and showering only and should try to be out of the locker room within 10-15 minutes after practice has ended.

Volunteering

WRSC values the community and will be participating in various volunteer opportunities throughout the season. The group has already started volunteering, by raking lawns for the Day of Caring on 10/21/23. Have ideas on where WRSC can support? See Jennifer Zacher.

Mission

WRSC aims to provide Wisconsin Rapids and surrounding areas an inclusive and diverse competitive swim program for all kids ages 5-18 (through Senior in High School). Through training and competition, kids will develop life skills including leadership, teamwork, dedication, and motivation. Empowering kids to be champions in and out of the water for a lifetime.

Vision

To build a club whose outreach goes beyond swimming, becoming a valued asset to the local community through team volunteering.

To become a vital partner with the local swim community to help grow and supplement existing swim programs.

To increase membership numbers yearly and become a premier swim team in the heart of Wisconsin.

Meet Schedule (2023-2024 Season) – Subject to Change

Swimmers are encouraged to attend swim meets to showcase the hard work they have done at practices. Swim meets are the fun part! The more attendance that we can get will allow us to grow as a team and participate in relays. Swimmers must attend at least 2 swim meets in the Regular Season in order to participate in Divisionals and other Post-Season meets.

WRSC is part of the Central Wisconsin Swim Conference (CWSC). Swim meets during the Regular Season do not require a USA Swimming membership. Additionally, there are no additional fees to attend the Regular Season meets. You are not paying fees per meet and event that your swimmer is registered for.

Registration for each Regular Season meet will be sent out a couple of weeks before each meet and MUST be completed by an assigned deadline.

2023-24 REGULAR SEASON SCHEDULE		
Meet Date	Location	Address
11/25/2023	Rice Lake	Rice Lake Pool, 200 Cameron Rd, Rice Lake, WI 54868
12/2/2023	Phillips	Phillips High School, 990 Flambeau Ave, Phillips, WI 54555
12/9/2023	Antigo	Antigo Swimming Pool, 111 Western Rd, Antigo, WI 54409
12/16/2023	FAST (Ladysmith)	Ladysmith HS, 1700 Edgewood Ave E, Ladysmith, WI 54848
1/6/2024	FAST (Ladysmith)	Ladysmith HS, 1700 Edgewood Ave E, Ladysmith, WI 54848
1/13/2024	Merrill	Prairie River Middle School, 106 N Polk St Merrill, WI 54452
1/20/2024	Antigo	Clara R McKenna Aquatic Center, 111 Western Rd. Antigo, WI 54409
Swimmers must compete in at least two previous meets to advance further		
1/27/2024 (10U) 1/28/2024 (11O)	CWSC West Divisional (Phillips)	Phillips Community Pool, 990 Flambeau Ave Phillips, WI 54555
2/3/24 (10U) 2/4/24 (11O)	CWSC Conference Meet (Black River Falls) *Qualifiers from Divisional	Black River Falls MS/HS, 1200 Pierce St. Black River Falls, WI 54615
Post-Season and Champion Meets (USA Swimming Registration Required)		
2/16/2024 - 2/18/2024	WI Regional Meet	TBD

Swim Meets: What to Bring

Here are things for parents to bring:

- Blankets/sleeping bags for lounging between events
- Healthy snacks and LOTS of water
- Money for concessions and heat sheets
- Highlighter for heat sheets and a Sharpie marker to write events on your swimmer's arm

Swimmers should remember to bring:

- Team swim suit
- Goggles (2 pairs recommended)
- Swim Cap (team cap plus a spare)
- Two towels
- Sweatshirt or swim parka to stay warm and sandals/slippers
- Games (cards, board games, etc.) or a good book
- Dry clothes for after the meet
- A great attitude and loud voice for cheering on teammates!!!

Swim Meet Events

MEDLEY RELAY: Four swimmers per team, per lane. Each swimmer swims one of the traditional strokes in the following order: back, breast, fly, and free. One pool length for 12 and under and two pool lengths for 13 and up.

FREESTYLE EVENTS: Individual swimmers swim one, two or four lengths of the pool according to age group

BACKSTROKE EVENTS: 8 & unders swim one length of the pool; all the other age groups swim two lengths.

INDIVIDUAL MEDLEY EVENT: All swimmers swim one pool length of each stroke in the following order: fly, back, breast, and free.

BREASTROKE EVENTS: One pool length for 7 and 8 year olds, two lengths for all other age groups.

BUTTERFLY EVENTS: One pool length for 8 and 7 year olds and two lengths for all other age groups.

FREESTYLE RELAY EVENTS: Four swimmers per team and per lane. Each swimmer swims one lap of the pool up to age 11-12, and two laps for ages 13 and up. These relays, where some of the most exciting swimming of the meet occurs, close the meet. Please see that your children stay to swim these events and cheer their teammates to the victory these last relays so often bring.

Swimming DQ's (Disqualifications)

Reasons why swimmers may be DQ'ed are:

Breaststroke

Kick	Alternating, Butterfly, Scissors
Arms	Two strokes underwater, Non-simultaneous
Shoulders	Not level touch, not level pull
Cycle	Head not up, Double pull/kicks
Touch	One hand, Non-simultaneous
Turn	Not toward breast off wall

Butterfly

Kick	Alternating, breast, scissors
Arms	Underwater recovery, non-simultaneous
Shoulders	Not level touch, not level pull
Touch	One hand, non-simultaneous
Turn	Not toward breast off wall

Backstroke

Start	Toes over lip of gutter after start, head did not break surface by 15 meters
Turn	Not on back of wall, no touch at turn
Turn	Non-continuous motion and shoulders past vertical into turn, shoulders past vertical

Individual Medley

During Race	Stroke infraction, out of sequence
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Freestyle

Turn	No Touch
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Relays

During race	Early take off, stroke infraction, changed order
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Others (all strokes):

False start, delay of meet, did not finish

Swimmer Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior.

Unsportsmanlike conduct, disorderly conduct, such as profanity, abusive or obscene language, excessive jockeying and baiting, etc., will not be allowed by anyone. The Parks & Recreation Department has a ZERO TOLERANCE rule. Simply put, the person will be warned, but are subject to removal from the program should the behavior continue. Program fees will not be refunded.

The City of Wisconsin Rapids Parks & Recreation Department programs require strict enforcement and compliance with School Board rules of no smoking, no food consumption and no alcoholic beverages, as well as no horseplay by participants in the natatorium, school halls and locker rooms. Please cooperate so we do not lose the privilege to use the facilities by the Board of Education.

As a member of the WRSC, we ask swimmers to comply with the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space.
- I will have a parent/guardian notify my coach if I need to miss practice or leave early from practice.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of Central Wisconsin Swim Conference (CWSC) rules and codes of conduct. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coach(es) and the City of Wisconsin Rapids Parks & Recreation Department.

Swimmer (Printed): _____

Date: _____

Swimmer Signature: _____

Coach Code of Conduct

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the WRSC. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- At all times, adhere to City of Wisconsin Rapids employee policies & procedures.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete.

Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and the Parks & Recreation Department.

Coach (Printed): _____

Date: _____

Coach Signature: _____

Parent & Athlete Concussion Information Sheet

Wisconsin Rapids Parks & Recreation, 220 3rd Avenue South, Wisconsin Rapids, WI 54495
Phone: (715) 421-8240 / Website: parks.wirapids.org / Email: parksdepartment@wirapids.org

Name of Athlete: _____ Sport: _____

This form must be signed by the parent/guardian prior to participation. Please return this form to Wisconsin Rapids Parks & Recreation.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

Signs and Symptoms of Concussion

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he must be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom free and it's OK to return to play.

Signs Observed by Parents/Others

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

Symptoms Reported by Athletes

- Headaches or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to noise or light
- Feeling sluggish, hazy, foggy or
- Concentration or memory problems
- Confusion
- Just not "feeling right"

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why Should an Athlete Report Their Symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What Should You do if You Think an Athlete has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Parent/Guardian Agreement Statement

I have read and fully understand this information sheet regarding concussions and I agree that if it appears that my child may have sustained a concussion or head injury that he/she is to be removed from any program activity until such time that a trained medical professional can examine him/her and approve their return to play in the activity, pursuant to Section 118.293 Wisconsin Statutes relating to concussions and other head injuries. In such case, I understand that I am to provide a written clearance from a trained medical professional for my child to return to play in the activity.

As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

I _____ (parent/guardian) have read the Parent Concussion Information and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature: _____

Date: _____

Waiver

I, as an adult participant or as the legal guardian or parent of the minor child participant named above (hereinafter both adult and minor participants called "Participant"), recognize and acknowledge that there are certain risks of serious injury, death and property damage. Knowing all of these risks, I agree to allow participation in this program and assume the full risk of any injuries, damage or loss which the Participant may sustain as a result of participating in any and all activities connected with or associated with this program. In consideration of participation in this event, I, individually and on behalf of any minor Participant named above, voluntarily release and discharge, indemnify and hold harmless, the City of Wisconsin Rapids, (its elected officials, commissions and commissioners, officers, employees, volunteers and agents), from any and all claims, liability, cost and expense, arising out of or connected to participation in this event. This waiver and release is binding on the Participant's heirs, dependents, executors, administrators and assigns.

In the event of an emergency, I consent and authorize medical treatment deemed necessary for the Participant's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I understand that photographs or videos may be taken of the Participant during the program. I allow the Participant's image to be used in published materials and websites that promote the City of Wisconsin Rapids Parks and Recreation Department, and I agree that I will not receive compensation for use of these photographs or videos. In the event I do not wish to have the Participant's image used, I will notify the City at registration for the program.

Parent/Guardian (Printed): _____

Date: _____

Parent/Guardian Signature: _____

Swimmers under your care: _____
