**Windsor Great Park “Waves”**

Welcome to the WGP Waves, the Windsor Great Park Recreation Association Swim Team. Our swim team is open to all swimmers aged 5-18 that are members of WGPRA, Inc. Our team will be competing in Division III of the Virginia Peninsula Swimming Union (VPSU). VPSU has three divisions consisting of teams in Williamsburg, Newport News and Yorktown. Please visit the VPSU web site at <https://vpsu.swimtopia.com/>

**Our Coaches**

**Head Coach, David Reed**

My name is David Reed and I live in Newport News.  I was raised in Petersburg, Virginia and came to Newport News in 2001.  I am married to a wonderful woman named Meghan, who I met while attending Old Dominion University. And we have a wonderful daughter named Kathleen. I teach U.S. History at Denbigh High School, where I have been the head swim coach from 2021 to the present and have also been the swim coach at Woodside from 2004-2019.

**Assistant Coach, Lucas Cheuvront**

Hello, my name is Lucas Cheuvront. I was born and raised in Newport News and have lived here my entire life. I started competitive swimming at the age of 4 and have continued ever since. I swam with the Edgehill Eels for 14 years then swam for Woodside High School’s varsity team all 4 years I attended. While swimming for Woodside, I swam under coach Reed for 2 years and was swim captain my junior and senior year. After High School, I swam at a collegiate level for 2 semesters with Emory and Henry University.

Swim Team Committee

VPSU Rep. TBA

Coaches:

David Reed 871-8964 David.Reed@nn.k12.va.us

Lucas Cheuvront

Evren Weil

Registration/Dues:

**Registration**:

Registration is an online process. Please fill out all required and pertinent areas (based on the number of swimmers in your family): <https://wgpwaves.swimtopia.com/> Look for the large Online Registration on the website.

**Dues**:

Swimmer: $50.00 per swimmer due June 7th plus $50.00 fundraising commitment (pay or fundraise) due July 15th.

\*\*\*If your swimmer(s) chooses to participate in Summer Awards or Champs, those event fees are separate and will be collected at a later date.

**VPSU Waiver**: All families will read and check the box on the online registration that they have read and agree to the waiver.

**A swimmer is considered a registered swimmer when they have:**

-Completed online registration

-Paid Swim team dues

-Paid 2021 Pool Membership dues

**Concessions Donations**

We ask that each swimmer donate one 12 pack of soda (Pepsi or Coke Products only) or water. Please put your last name on the pack. We will be collecting them during swim practice. Please have them turned in by **July 2nd**

**Swim Suits and Caps:**

The team does not require a team suit. The only thing we do require is a team cap (Boys and Girls must wear them at all meets). Team caps will be for sale for $10 at the pool. Swimsuits available at Swim and Sport Shop on Warwick Blvd or a solid bright blue suit of your choice.

**Fundraising:**

We will be having various fundraisers during the season. Some fundraisers will be designated for the team and some you will be able to use for your fundraising commitment. Each swimmer is responsible for raising $50.

**Pictures:**

Team pictures TBA.

**Communication:**

**Swim Team Box:** We have a Swim Team file box available at every practice. Every family will have a file folder. In the folder, your child will find their ribbons and any important information we need you to see. Please have your swimmer get in the habit of checking the file box each practice.

We also post on Facebook so be sure to join the Swim Team page!

**Swim Team Bulletin Board:** Weuse bulletin boards to post important information. On this board, you will find a **“Coach I will not be at this meet” sheet.** It is very important that you have your swimmer sign this sheet if they will be missing any meets.

**Website**:<https://wgpwaves.swimtopia.com/>

**Volunteers/Work Schedule:** Swimming is a family sport.To run a swim meet it takes active involvement from every parent. It takes over 50 parents to run a home meet. Please take a look at the list of jobs we need filled. We will have poster boards for signups. Families that have not signed up will be assigned jobs as needed. We will have a work schedule for both home and away meets. If you are not able to work a scheduled meet, it is your responsibility to find a replacement.

**\*Referee*:*** The official in charge of the meet; the final authority in all matters concerning the conduct of the meet.

**\*Starter:**  The official who starts each heat of the meet.

**\*Stroke & Turn Judge*:*** Swim officials trained in stroke and turn guidelines.

***\**Scorer*:*** Determines official swim times from score cards, keeps track of team records, and submits meet results to VPSU.

**Meet Set Up:** (Home Meets) Sets up spectator chairs, scorers table, coaches chairs, starting blocks, 8 & U benches and makes sure the meet is ready to go.

**Meet Director:**Responsible for the set up, management and overall operation of home swim meets.

**Duck Walkers:** Guides all of our 8 and under swimmers to their lanes for correct heats.

**Timers:** (Three per lane). Uses a stopwatch to get accurate times for each swimmer. Timers will record all times for each heat and give the cards to the runners.

**Runner**: Collect cards from each lane after each heat/event and delivers them at the scoring table.

**Ribbon Writer**: Sits at score table and writes ribbons during meets.

**Head Timer:** Assigns lanes for each timer and gives timing instructions. The Head Timer will work with the referee to make sure all timers are ready and will run two watches for each heat.

**Sweeps Judge:** Determines order of finish of swimmers for each race.

**Card Distributer:** Passes out event cards for each swimmer.

**Photography:** Takes pictures of swimmers for our banquet slide show.

**Hospitality**: Provides drinks for our volunteers during the meet.

**Concessions:**

Obtain NN Food Permits and Set-up according to NN Rules and Regulations.

 Set Up: Set up tables, tents and grills for home meets.

 Drinks: Gets ice and ice drinks for home meets.

 Cooks: Grills food

Head Concession: Determines items, purchases items and price menu for concessions. Stocks paper products and condiments.

Checks propane for grills.

**Fundraising:** Helps plan various fundraising for the team.

**Banquet:** Plans banquet… food, price, and location.

**2025 Meet Schedule**

|  |  |  |
| --- | --- | --- |
| **Date** | **Team** | **Away/Home** |
| **16 June (Monday)** | **Kingswood** | **Away** |
| **23 June (Monday)** | **Governor’s Landing** | **Home** |
| **30 June (Monday)** | **Village Green** | **Away** |
|  **7 July (Monday)** | **Indigo Park** | **Home** |
|  **14 July (Monday)** | **Stonehouse** | **Away** |
|  **21 July (Monday)** | **Villages Westminster** | **Home** |

**After School: Practice May 27 to June 11th**

3:30 - 4:30- Swimmers, 12 and over who can swim a 200 without stopping.

4:30 - 5:30- Swimmers who can not swim a 200 and those who can swim one lap of the pool.

**Summer Practice Schedule June 16th**

9:00-10:00- 11 and older who can swim a 200 without stopping and has mastered all 4 strokes.

10:00- 11:00- Swimmers who have not mastered all 4 strokes and can not swim a 200 without stopping and younger swimmers ages 11 and younger.

Please let the coaches know if your child will be attending Day care, summer school, or summer camp and not be able to make our practices.

If it is calling for thunderstorms or raining hard, stay home, practice is cancelled.

We will swim in the rain. Please understand if practice is cancelled at 3:30 because of rain, but then the storm moves on and it is nice for the 5:45 group. Call, if no one answers, practice is cancelled. We will send out an email ASAP to inform you of practice changes.

If the weather is cool....bring extra towels and a hoodie to wear home.

**The coaches reserve the right to place swimmers into appropriate practice groups.**

**Frequently Asked Questions**

**Swimmers ear:**

Is an infection which will not go away unless you go and see a doctor. If your swimmer is complaining about the outside of their ear hurting, you need to see your doctor.

PREVENTION

 You can purchase an over the counter product called Swim-Ear.

Or

Make a mixture of ½ vinegar and ½ alcohol. Place this mixture into your swimmers ear daily when they get home.

**Swim Caps:**

Once you purchase your cap, write your name on the outside or inside with a ball point pen. Put your swim cap in a zip lock bag with baby powder each time you leave the pool. Not a lot, just a dusting, this will keep your cap from sticking and ripping.

**Meets:**

Arrive at home meets @ 4:50

Meets start at 5:30 and last about 2 hours. 6 and unders are finished about ½ way through the meet.

**Thunderstorms and Rain:**

Please come to all meets. We live in an area where there are thunderstorms in Denbigh and the weather is clear in Williamsburg. Meets can not be postponed until 5:30. VPSU Rules. Do not leave any meet until you hear from one of our coaches. We may wait to see if the storm passes. If the meet is postponed, VPSU suggests that it will be swum the next night. Please keep these days open. Thunder- clear the pool. Lightning- clear the deck!

**What to bring to meets:**

Bring extra towels, blanket to sit on, munchies or spending money, sunscreen, bug spray, books, card games and in case you need them- chairs for parents to sit on and rain gear, sunglasses.

**Will my child swim in the meet?**

All swimmers able to make it down the pool without assistance of a coach will swim in the meets. VPSU will not allow assisted swim. Swimmers may hold onto the ropes but not a coach or a kickboard.

**Where should parents sit?**

If you are not helping, bring your own chair and sit along the pool, **except, keep reading….**

**Where should swimmers sit?**

We sit as a team, parents you know your children, if you need to be close to them, please sit near them. Please monitor what they eat during the meet. They can come and talk to you but try to stay in the team area…..The coaches always make changes during the meet.

**How do I know what my child is swimming?**

Posted on the fence will be a chart broken down by age groups. This chart lets the swimmer know what they are swimming and after they swim, they can ask the timer what their time was and see how close they are to qualifying for Champs. Swimmers may be asked to swim up….their time still counts towards their age-group Champs time.

THESE CHARTS CAN CHANGE AFTER THEY ARE POSTED!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Girls 20 and Over  | IM  | Free  | Breast  | Back  | Fly  |
| Event Number  | #2  | #12 | #22 | #32 | #42 |
| Champs Qualifying Time | 5:43.21 | 1:01.00 | 1:18.98 | 1:14.56 | 1:00.43 |
| Kristin  | 3 |  |  | 2/5 |  |
| Cheryl  |  | 1 |  |  | ¾ |
| Susan  |  | #14 3  |  |  |  |

Kristin is swimming in Event #2 Heat 1 Lane 3 and Event #32, Heat 2 Lane 5

Cheryl is swimming in Event #12 Heat 1 Lane 1 and Event #42 Heat 3 Lane 4

Susan is swimming up in Event 14 Heat 1 Lane 3

When swimming in a meet the coach is allowed to put your child in (3) individual events, including exhibition, and one relay event.

**CARDS**….Every swimmer will be given a card with their name, event, heat and lane. A parent will be passing out all the cards. It is the swimmers responsibility to get to the blocks in time. All swimmers 8 and under will have “Duck Walkers” help them get in the correct order behind the correct block.

 DON’T LOSE YOUR CARD

If you do, the coaches will have to make a new one for you.

This takes time away from watching someone swim.

**RIBBONS:**

Ribbons will be placed in your folder in the communication box. On the back will be your child’s name, event, date and time. It is fun to keep a chart on their progress throughout the season.

**IF YOU MUST LEAVE DURING A MEET:**

During a meet, please let one of the coaches know if you are leaving for any reason and taking your swimmer.

**SPORTSMANSHIP:**

We support all swimmers at all levels. After a swimmer swims, swimmers should stay in their lane until all swimmers have completed the event. They shake the hand of the swimmer(s) next to them and say. “Good Swim”.

**WHEN THE MEET ENDS:**

At the end of home meets, we invite the other team to stay for an after meet party. During this time, all parents are expected to help clean up. Please chip in! Only after the last away meet does the team go out for a bite to eat.

**LITTLE EARS:**

Your swimmer will listen to everything you say especially if it is about someone else or something negative. Pay close attention to what you say, when you say it, and whom you say it to. Your swimmer should never hear you talking badly about another swimmer.

**POSITIVE PARENTS:**

No swimmer gets DQ’d on purpose or swims slow just to get fussed at. After a swim, say something positive, then if really needed, say something to them. If the problem persists, check with the coach. Parents, if the coaches are trying to change stroke techniques, your swimmers time might increase before they see the benefit of the stroke change.

**Championship Meet (Champs) -**

The championship meet is a competition at the end of the season in which all VPSU teams compete. Your child must make a qualifying time during a regular swim meet to compete at champs. Your swimmer must have competed in at least 3 swim meets. Our coach will post who makes champs and in what strokes at the pool. Champs meet events are $2.50/event.

**Summer Awards**

Competition held the weekend before champs. This is for the swimmers who do not make champs. During this Mini Meet your child can swim an event and make a qualifying time for champs. So the next weekend you are doing CHAMPS for that event. These events are $3.00/event.

**Age Rule-**

Each swimmer age group classification will be according to his/her age on June 10 of each year. (Ex. If your child has a birthday on June 9th and is 10 at the time but turns 11 on the 9th VPSU now sees that child as an 11 year old. If he/she has a birthday after June 10th they may remain swimming in the 9-10 age group (lucky duck).

**Scoring Dual Meets:**

Points are given for places 1st, 2nd, 3rd and Relays.

First Place – 5 points

Second Place –3 points

Third Place – 1 point

Relay Winner –7 points

When swimming at home meets we will swim in lanes (1) and (3). The visiting team will swim in lanes (2) and (4). Our pool has a lane (5) that allows for exhibition heats swimming. We also include exhibition heats following the regular competitive events. The exhibition heats are non-scoring, but they shall be conducted as regular competitive events. That means they will be judged and timed and ribbons will be awarded. We consider theses exhibition heats just as important as the competitive events.

We like to show all the other teams that we have a lot of team spirit either at home or away. So we want the kids to cheer for each other and we would like the adults to show WGP spirit and yell along.

**The Order of Meet Events:**

**1) INDIVIDUAL MEDLEY**

**2) FREESTYLE**

**3) BREASTSTROKE**

**4) BACKSTROKE**

**5) BUTTERFLY**

**6) MEDLEY RELAYS**

**7) FREESTYLE RELAYS**

Relays teams will have (4) swimmers one from each age group. The Freestyle Relay will always be started with the youngest age group and followed with the next age group.

Medley Relay order of strokes:

1) Backstroke

2) Breaststroke

3) Butterfly

4) Freestyle

Dual Meet- Competition between two swim teams. Record of wins and losses of these meets determines the standings of teams in the VPSU divisional competitions.