



RFTC SWIM TEAM 2018 INFORMATION PACKET

Swim Team Co-Chairs

Catherine and Bob Greendyke – (773) 425-5744 or cyounggdyke@hotmail.com
Holly Utter and Corey Kessler – (708) 790-5296 or holly_utter@yahoo.com

The 2018 Swim Team season is just around the corner! Thank you for joining us for another year of summer swimming with Coach Clyde and his staff. This year is Coach Clyde's 21st year as RFTC Swim Team Coach! Thank you and congratulations, Coach Clyde!! You can find a **letter of introduction from Coach Clyde** on page 4.

RFTC Swim Team Website

We will continue to send out our weekly newsletters and other important communications via email, but the website put together by Coach Clyde is the go-to for meet information - meet line-ups, directions to away meets and meet results/times. The link is: <http://rftcswim.weebly.com>.

Parent Involvement Sign-Up

As experienced Swim Team parents know, swim meets cannot happen without parent workers. It takes a village of parent workers to pull off each home meet. We also must provide volunteers for every away meet as well. In general, these slots are split into two shifts of about two hours each.

Every family is responsible for working three (3) slots during the swim season. Please remember -- if you are unable to work one of your volunteer shifts, it is YOUR responsibility to find a substitute. You can check with our volunteer leads - Sara Joyce or Jereme Dumm - for information on high school students who can be hired to fill your spot.

In past years, we had some issues with people NOT showing up for their volunteer positions. When you don't show up for your spot, someone else must generously fill in for you at the last minute. To help with this, we are going to send reminders before each meet. However, if people continue to miss slots this year, we will be implementing a hefty no-show fee this year. We don't want to do this, so please show up for your volunteer slots!

Registration

The minimum age requirement for swimmers is 5 years old as of June 1st (no exceptions). The easiest way to sign up for Swim Team is to attend our **Registration Day on Sunday, May 20th**, from 3:30 - 5:30 pm on the Club patio where you can:

- *Register your swimmers* – please fill out the Registration Form on page 7 and bring to the club on May 20. Fees will be billed to each swim team family's club account -- \$75 for ages 5-12, \$40 for ages 13-14, and FREE for ages 15 and older.
- *Sign up online for your parent volunteer assignments* – use our laptops to take your pick for the three (3) mandatory slots for each swim team family. Slots/shifts are selected on a first come, first serve basis. They are limited to the number of positions needed for each event (i.e. not everyone can work only the home meets). Families with only 15-year-old plus swimmers are not required to volunteer.
- *Try on team suits and swim apparel and pick up team shirts.*
- *Ask the swim team committee any questions you might have.*

If you cannot attend Registration Day...

- Please fill out the registration form on page 7 and return to the Greendyke's home (826 Keystone Avenue, River Forest) or the RFTC Office by May 28th. Your swimmer will not be allowed to participate until this form is received and payment is arranged.
- **At 3:30PM on May 20th**, sign up for slots will be made available via the SignUp Genius website. The link will be sent out prior to Registration Day. The process is simple. Click on the green MY ACCOUNT tab. If you have already created an account, use that login information, or if you are new to the team this year (or forgot your login), you can create a username and password. Then sign up for the positions/dates you want to serve (most meets offer two different shifts). The system will send you a reminder of those dates. If you do not sign up for three (3) slots, we will assign you to remaining positions and it will be your responsibility to work that slot or find a replacement.

Practice Schedule

Swim team practice begins Tuesday, May 29th and will be held every week day, except for days when swim meets are scheduled. For 5 & 6-year olds, practice concludes on July 13th. All other swimmers are welcome to practice until Thursday, July 19th. Practice is required for those swimmers asked to swim at the Conference Meet.

5 & 6-year olds	3:30 - 4:00 PM
7 & 8-year olds	3:50 - 4:50 PM
9 & 10-year olds	4:40 - 5:40 PM
11 & up	5:30 - 6:30 PM

All age groups, except for 5 & 6-year olds, will have a one-hour practice. Also, note the ten-minute overlap for all other age groups. During this time, swimmers will participate in dryland exercises, stretch, and meet with their coaches. It can be very hectic on the pool deck with all the children moving around. Therefore, as a safety measure, swimmers who are not in the water practicing will not be allowed on deck. The locker rooms will be available for use ten minutes prior to and following each age group's practice.

Children 4 years and younger accompanied by a parent are allowed in the baby pool area during practices.

Swim Team Events (see page 6 for this year's schedule)

RFTC swim meets are a great opportunity to expose your child to competitive swimming in a relaxed way and to give your child an opportunity to show off improvement. Meets are also social, fun affairs for your child and, hopefully, you as well. They typically run from 5:00pm (warm-ups begin) until approximately 8:30pm (last relay finishes). We will include all info in our weekly newsletter, but review the schedule so you are familiar with it.

Our annual kickoff potluck dinner will be at the club at **6:00pm Sunday, May 20th, following the swim team registration**. All are welcome and strongly encouraged to attend. We will enjoy a casual dinner together, and then Coach Clyde and the committee chairs will provide parents with an overview of the season, introduce the assistant coaches and answer any questions you may have. Reservations are required for setup and entrée ordering purposes. If you did not receive the SignUp Genius email and would like to attend, please contact one of the Swim Team Co-Chairs. The cost is \$6.00/per person (age 4 and up); children 3 and younger are free.

Swim Meet Themes are back again this summer with each meet of the season having a costume and/or accessories theme conference wide. Please remember that temporary hair dyes should not be used for these events!

June 14th	Super Heroes
June 21st	Rock Star
June 28th	USA Pride/Patriotic
July 9th	Luau/Hawaiian shirt
July 12th	Tie Dye/Rainbow

This year's Conference Swim Meet is scheduled for **Saturday, July 21st**, and will be held at the LaGrange Field Club. This is the only meet of the year in which swimmers must qualify to participate. Swimmers are selected by coaches based on event times and availability. Our conference rules mandate that a swimmer must compete in at least two (2) meets to be eligible for the conference meet. Swimmers' best times will be posted on the weebly site so that each

swimmer can monitor his/her progress throughout the season. When making vacation plans, please keep July 21st in mind, as the Conference Meet is a wonderful and rewarding culmination of the season for qualified swimmers.

The Swim Team End-of-Season Banquet will be held Sunday, July 15th. **Please note that this the week before the conference meet.** Reservations are required for this dinner. Look for an emailed invitation as we get closer to the date. We will celebrate the RFTC Swim season with dinner and a DJ by the Pool!

Swim Meet Sign-Up

We use Sign Up Genius to sign your children up to swim at swim meets. Watch your inbox for instructions that you will receive after registration.

A swimmer is only entered in a meet if (s)he is signed up for it. It is each family's responsibility to sign up for a meet 48 hour (end of day Friday for Monday meets) prior to that meet, and it is important for your child to participate once committed. Last minute roster changes or cancellations are difficult and time-consuming for both teams and delays the start of the meet. If your child suddenly is unable to swim, please e-mail Clyde at clydelundgren@sbcglobal.net or call/text his cell phone at 708-214-6115.

Swim Team Apparel

All swim team apparel (suits, goggles and apparel) must be ordered online. RFTC has a Team Page within the A3 Performance website:

<https://www.a3performance.com/collections/river-forest-tennis-club>

Swimsuit samples will be available to try on during walk-in registration on Sunday, May 20th, as well as apparel. Swim caps and a small supply of goggles will be available for purchase in the pro shop.

All swim suit and goggle orders made online by May 25th are guaranteed to be delivered to your address by June 5th. Follow the instructions on page 5. Sweatshirts and flannel pants may ship separately from the suits and goggles. Also, A3 requires a minimum order quantity of twelve for the flannel pants before any of the flannel pants orders will be processed.

Any questions regarding orders from All-American Aquatics should be directed to Kasey at All-American 800-910-7946 or Kasey@a3performance.com.

Weekly Swim Team Newsletter

A team newsletter is distributed weekly by e-mail to the address(es) that you indicated on your registration form. If you do not receive the newsletter, please contact the RFTC swim team chairs to verify your e-mail address(es).

See you at the pool!

**Catherine and Bob Greendyke
Holly Utter and Corey Kessler**

May 3, 2018

Dear RFTC Swim Families,

I hope this letter finds all of you healthy, joyful and eager to start the summer swim season. I am looking forward to some RFTC swim team fun and excitement!

Once again, I have some good news and bad news about our coaches this summer. The good news is that Tamsen Cronin is coming back this summer! The bad news is that Hannah Connell and Jake Grant will not be coming back. We wish them both the best in other pursuits. New to the staff will be J.P. Ungaretti and Emma Wojack. J.P. is a former OPRF swimmer and coached at OPCC last summer. Emma is a current OPRF and RFTC swimmer and is thrilled about joining the coaching ranks. I'm grateful for these young people and their loyalty and commitment to me and the program at RFTC. I'm excited to see how they can use their gifts and expertise to enhance your child's swim team experience. They are all eager to get to know your children. Please be sure to give the coaches a hearty RFTC welcome (or welcome back) at the Swim Team Potluck.

If you are new to the club or the team, please allow me to inform you about the team philosophy. Our goal is to provide equal opportunity for each swimmer to realize their full potential in a fun and fulfilling way. For many, this is the only competitive swimming they have ever done, while others compete year-round. We try to accommodate the varying needs and levels of all our swimmers. Our aim is to teach swimming while having fun.

Also, I would like to ask that all swimmers and parents be flexible about what events the swimmers are put in at meets. We value doing what is best for the team and your child. It is within the rules of our Conference for swimmers to swim up in age and for girls to swim on boys' relays if needed. The result is greater opportunities for swims for others. I thank you in advance for your understanding.

I hope we can all continue to nurture the same enthusiasm, sportsmanship, and fun that has made the last many summers a success. Thank you for the opportunity to serve again at your club, and I'll see you all at the pool.

Clyde O. Lundgren



RFTC **Team Store**



Order online by **May 25th**
And products will be delivered by June 5th
Goggles, suits, and apparel all in one place!

Suit Style: Xback Jammer **Suit Size:** _____

Use your team website or type in the link
<https://www.a3performance.com/collections/river-forest-tennis-club>

RFTC 2018 Swim Team Schedule

Practice Times:

5 & 6-year olds	3:30 - 4:00 PM
7 & 8-year olds	3:50 - 4:50 PM
9 & 10-year olds	4:40 - 5:40 PM
11 & up	5:30 - 6:30 PM

- Sunday, May 20** – Registration Day 3:30-5:30PM
- Sunday, May 20** – Kickoff Potluck Dinner/Info Meeting 6:00PM
- Tuesday, May 29** – Practice schedule begins ... Every weekday from May 29th (weather permitting)
- Friday, June 8** – “Green and White” intrasquad meet @ RFTC..... 5:30PM warm-ups, 6:00PM meet
- Friday, June 8** – Swim Team Outdoor Sleepover @ RFTC..... After meet
- Thursday, June 14** – RFTC @ Oak Brook Bath & Tennis Club 5PM warm-ups, 6PM meet
- Wednesday, June 20** – RFTC @ Oak Park Country Club.....5:30 PM warm-ups, 6:00 PM meet
(relay meet only)
- Thursday, June 21** – TEAM PHOTO/Riverside Swim Club @ RFTC**4:30PM PHOTO**
5PM warm-ups, 6PM meet
- Thursday, June 28** – Five Seasons Swim Club @ RFTC5PM warm-ups, 6PM meet
- Monday, July 9** – RFTC @ La Grange Field Club..... 5PM warm-ups, 6PM meet
- Thursday, July 12** - RFTC @ Salt Creek Club 5PM warm-ups, 6PM meet
- Friday, July 13** – Last day of swim team practice for 5 & 6-year olds
- Sunday, July 15** – End-of-Season Banquet/Pool Party 5:30PM
- Friday, July 20** – Conference Psych Dinner (conference swimmers only) 5:30 following practice
- Saturday, July 21** – Conference Swim Meet @ LaGrange Field 7AM warm-up, 9AM meet

Club Codes & Addresses:

FSSC	Five Seasons Swim Club	6901 S. Madison, Burr Ridge
LFC	LaGrange Field Club	1300 47 th Street, LaGrange
OBBT	Oak Brook Bath & Tennis	800 Oak Brook Rd, Oak Brook
OPCC	Oak Park Country Club	2001 Thatcher Ave, River Grove
RSC	Riverside Swim Club	100 Bloomingbank Rd, Riverside
SCC	Salt Creek Club	830 N Madison St, Hinsdale
VFC	Village Field Club	1651 Forest Rd, LaGrange

2018 River Forest Tennis Club Swim Team Registration Form

Active member ___ (we will bill you)

Junior Privilege Holder ___
(attach check made out to RFTC)

Information:

Child #1 Name _____ DOB _____ Sex _____

Child #2 Name _____ DOB _____ Sex _____

Child #3 Name _____ DOB _____ Sex _____

If your child participated on a winter club swim team, please indicate the following:

Child #1 organization/team name: _____ group/level: _____

Child #2 organization/team name: _____ group/level: _____

Child #3 organization/team name: _____ group/level: _____

Parent/Guardian Information

(Home #) (Cell#) (Work#)

Father's Name _____

Mother's Name _____

Address _____ City _____

Please list all email addresses that you would like used for swim team communications:

In case of emergency, if parent/guardian (above) cannot be reached, please contact:

Name _____ Home # _____ Cell # _____

Name _____ Home # _____ Cell # _____

Allergies _____

Other medical conditions _____

Physician _____ Phone _____

Permission is given for the swim team members listed above to participate in all swim team activities and authorization is given for any emergency medical treatment.

I agree to fulfill my three (3) parent volunteer assignments and acknowledge that I may be subject to a fine or my child(ren) will be excluded from participating in swim team practice, swim meets, and other swim team activities if I disregard my volunteer requirements.

Parent/Guardian Signature _____ Date _____