



RFTC SWIM TEAM 2021 INFORMATION PACKET

Swim Team Co-Chairs
Quinn and Julie Carlson
Jordan and Meg Chalmers

The 2021 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 24th year as RFTC Swim Team Coach!

RFTC Swim Team Communications

We will continue to send important communications via email, and 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 will be sent in advance of any meet. Please check the RFTC website for the key dates and schedule for the 2021 season.

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.

Registration

The minimum age requirement for swimmers is 5 years old as of June 1st (no exceptions). The only way to sign up for Swim Team is to click this [link](#) to register your swimmers:

- Fees will be billed to each swim team family's club account -- \$125 for each swimmer.
- *Sign up online for your parent volunteer assignments* – Slots/shifts are sent via sign-up genius and 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. Minimum volunteer sign-ups will be 3 and we are always looking for more help from ambitious, passionate swim team families! Look for an email from the RFTC Swim Chair for information on how to register to fulfill your volunteer assignments.

Practice Schedule

Swim team practice begins Monday, May 24th and will be held every week day, except for days when swim meets are scheduled. Please note the first couple weeks, practices will be held on alternating days, and will then resume every weekday on June 7th.

| | |
|------------------|----------------|
| 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.

Swim Team Events

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).

Our annual kickoff will be at the club **Sunday, May 23rd**. Everyone will be split into 2 groups, and the first group kick-off will be 4 to 5 pm, then the second group kick-off will be 5:15 to 6:15pm. We will notify swim team families which group they will be prior to the 23rd. Please note this will not be a dinner event as we have done in years' past. Everyone is welcome to come though we will also have a Zoom invite for those who are unable to attend. 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. There will be no cost to attend. Please be sure to fill out the registration form prior to the event.

In lieu of a Conference Swim Meet, we will be conducting another Swim-A-Thon during the last week of swim season.

The Swim Team End-of-Season Banquet will be held Friday, July 16th. More info will be made available for this event during the season. At this point, it is too early to know whether we will be able to have a dinner celebration and how that will work. At a minimum, we will be celebrating what we hope will be a very memorable season.

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 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 via a Zumo webstore. We will send more information on this as well as the link in the weeks before the kick-off.

Swimsuit samples will be available to try on as well as apparel. Please look for an email from the RFTC Swim Chair on this.

Any questions, please email: rftcswimchair@gmail.com

See you at the pool!

Your RFTC Swim Chairs -

Quinn and Julie Carlson
Jordan and Meg Chalmers

RFTC 2021 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 |

May 23 (Sun) – Swim Team Kick Off Day Group 1 4:00 - 5:00PM, Group 2 5:15 - 6:00 pm

May 24 (Mon) – Practice schedule begins ... Alternating days through June 4th, weekdays from
June 7th (weather permitting)

Meet Schedule (Arrive at 5 pm for warm-ups and the meets start at 6 pm)

Home - June 8th (Tues) Green & White meet

Home - June 17th (Thurs) vs LaGrange Field Club

Home - June 24th (Thurs) vs Riverside

June 28th (Mon) at Salt Creek Club

July 1st (Thurs) at Village Field Club

July 8th (Thurs) at Five Season

Home - July 13th (Tues) - Cross Town Classic

Home - July 15th (Thurs) vs Oakbrook Bath Tennis

Home - July 16th (Fri) - Swim-A-Thon

July 16th (Fri) – End-of-Season Banquet/Pool Party 6:30PM

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 |