



RIVER FOREST TENNIS CLUB  
ESTABLISHED 1905

## RFTC SWIM TEAM 2022 INFORMATION PACKET

### Swim Team Co-Chairs

Jordan and Meg Chalmers  
Josh and Joanna Schubkegel

The 2022 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 25<sup>th</sup> 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 2022 season.

### Parent Involvement Sign-Up

As experienced Swim Team parents know, swim meets cannot happen without parent volunteers. It takes a village of parent workers to pull off each home meet. We also must provide volunteers for every away meet. 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).

- Fees will be billed to each swim team family's club account -- \$125 for each swimmer. In an effort to increase our 15 years and older swimmers, the fee for that group will only be \$50 this year!
- *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 23 with Monday/Wednesday/Friday practices. Daily weekday practices will begin on June 6th.

5 & 6-year olds	3:30 - 4:05 PM
7 & 8-year olds	3:55 - 4:40 PM
9 & 10-year olds	4:30 - 5:20 PM
11 & 12	5:10 - 6:10 PM
13 & older	6:00 - 7:00 PM

Also, note the ten-minute overlap. 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,

RFTC Swim Team 2022

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 Swim Team Kickoff will be at the club **Sunday, May 22nd**. 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. If you choose, there will also be a dinner which can be billed to your club account. Please be sure to fill out the registration form prior to the event.

The Swim Team End-of-Season Banquet will be held Sunday July 10th. More info will be made available for this event during the season.

**Conference Meet:** After a two year absence, we're happy to announce that our conference meet will be taking place on Saturday July 16th at Riverside Swim Club! Those eligible to swim at the conference meet will be notified by Coach Clyde later during the 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. Your child **MUST** be signed up 24 hours before the start of the meet in order to participate in that meet. Last minute roster changes or cancellations are difficult and time-consuming for both teams and delay the start of the meet. If your child suddenly is unable to swim, please e-mail Clyde at [clydelundgren@sbcglobal.net](mailto:clydelundgren@sbcglobal.net) or call/text his cell phone at 708-214-6115.

### **Swim Team Apparel**

We have a new swimsuit manufacturer this year. Details to come soon. We will be announcing dates for those that need to come to the club for a fitting. Dates to be announced soon.

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](mailto:rftcswimchair@gmail.com)

### **See you at the pool!**

Your RFTC Swim Chairs -

Jordan and Meg Chalmers  
Josh and Joanna Schubkegel

## **RFTC 2022 Swim Team Schedule**

### **Practice Times:**

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7 & 8-year olds	3:55 - 4:40 PM
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**May 22 (Sun)** – Swim Team Kick Off Day

**May 23 (Mon)** – Practice schedule begins. MWF practice through June 3rd Daily weekdays from June 7<sup>th</sup> (weather permitting)

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

June 13th: Green & White meet (Home)

June 16th: at Five Seasons

June 20th: at Oak Brook Bath and Tennis

June 27th: at Riverside Swim Club

June 30th: Village Field Club (Home)

July 7th: Salt Creek (Home)

July 8th: Swimathon (Home)

July 10th: End of Season Banquet

July 12th: at OPCC, Cross Town Classic

July 15th: Conference Psych-up dinner at RFTC

July 16th: Conference Swim Meet at Riverside Swim Club

**Club Codes & Addresses:**

FSSC	Five Seasons Swim Club	6901 S. Madison, Burr Ridge
LFC	LaGrange Field Club	1300 47 <sup>th</sup> 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