



Webster BlueFins Trial Swim January 2024

Agenda

- Welcome – Introductions
- Trial Swim Review
- Practice Group Structure
- Meet Types
- Volunteer Agreement
- Club Fees
- Questions



Who Are We?

The Webster BlueFins are dedicated to the pursuit of excellence through the sport of swimming!

- Community-oriented club designed to encourage the overall health and fitness of its members
- Promote the growth and development of competitive swimming.
- Provide swimmers with the opportunity to participate in a competitive swimming environment
- Build personal accountability, self discipline, good sportsmanship, and positive self esteem.

Core Objectives:

- Develop the BlueFins as the team of choice for area swimmers who are looking for a club with which to train and compete.
 - Maintain a high-quality competitive club experience for swimmers, including adequate practice/meet facilities, reasonable practice hours, reasonable number of swimmers per age group, reasonable fees, and equal attention from coaches.
- Attract and retain coaches that have experience in coaching and training youth swimmers, and that understand the importance of each swimmer's personal growth while maintaining alignment with the mission of the team.
- Maintain solid financial viability by effectively managing revenues and costs.
- Maintain and build strong partnerships with the Webster Aquatic Center, the Webster School District, the Town of Webster, other area swim teams, and the Niagara Swimming Committee.



Donna Johnson – Club Head Coach & Program Director, Performance lead coach

Lead Coaches for each group and consistent coaches working with each group

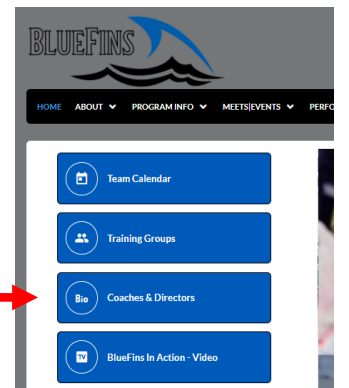
Swimming Coaches by age group:

PUPS (7 – 8)	SHARKS (9 – 10)	FINS (11 – 14)	Sr. Prep (12-14)	Senior (15+)	Performance (13+)
<p>Matt Muisus Meg Adams Emily Nicastro Kristina Posnick Adam Smith Pete Trabert Liz Zaffino</p>	<p>Meg Adams Matt Muisus Emily Nicastro Kristina Posnick Adam Smith Pete Trabert Liz Zaffino</p>	<p>Dennis Eggert Jeff Willis Amy Gorton Erin Molloy Alexandra Koefel John Pryce Matt Rose</p>	<p>Jeff McCormack Kristen Quagliata</p>	<p>Scott Hinds TJ Garigen Kristen Quagliata</p>	<p>Donna Johnson</p>

Coaching Staff

Diving Team - TBD

Coaches bios can be found here





Trial Swim – Overview / What to Expect

For swimmers

Day 1: Saturday, 1/6

- Safety first
- Skill assessment

Rest of Trial Swim 2 Weeks:

- Focus on stroke development for the swimmers.
- A great chance to see if you enjoy being part of a swim team.
- Come as often as you can/want.
- Follow the group schedule for your swimmer's age.
- At the end of the two weeks, you can decide to join if you'd like.

Have fun!

For parents: During 2nd week of trial:

- Meeting on 1/17 at 6:45 in WAC conference room to ask additional questions

Contacts:

DJ Johnson (Head Coach & Program Director) coach_dj@wsabluefins.com
Rebecca Weber (President) president@wsabluefins.com



Trial Swim Reminders

- Swimmers should come dressed in a swimsuit (one-piece suit is preferable), bring goggles, a swim cap or have hair tied back if long, and a towel. Recommend swimmers do not wear t-shirts while swimming.
- Arrive on time to practice. Your child should check in with the trial swim volunteer or coach, and enter the facility (Thomas, WAC or Eastridge) to the assigned area for their age group and wait.
- Parents will be able to watch practice from the bleachers.
- **Review the BlueFins website calendar for trial swim practice times and location.**
- **No parents are allowed in the locker rooms for any reason ever** - child safety reasons/ USA swim rule
- **No parents on deck for any reason** - insurance liability issue



Trial Swim Schedule

Saturday, January 6 -
15 minute coach check out
10:00 am - 11:00 am Thomas High School*

*Be at Thomas at least 5 minutes prior to your assigned time slot(s)

Weeks of January 8 & January 15

Please note locations for each night

Group	Mon 1/8	Tue 1/9	Wed 1/10	Thu 1/11	Fri 1/12	Sat 1/13
Pups (7-8)	6-7 pm Eastridge	6-7 pm WAC	6:30-7:30 pm WAC	6-7 pm Thomas	6-7 pm Thomas	--
Sharks (9-10)	6:30-7:45 pm Eastridge	6:30-7:45 pm WAC	6:30-7:45 pm WAC	6:30-7:45 pm Thomas	6:45-8 pm Thomas	--
Fins (11-14)	6:30-8 pm WAC	6:30-8 pm WAC	6:30-8 pm WAC	6:30-8 pm Eastridge	6:30-8 pm WAC	--
SR Prep (12-14)	6-8 pm WAC	6-8 pm WAC	6-8 pm WAC	6:30-8:30 pm WAC	6-8 pm WAC	--
Seniors (15&O) / Performance (13&O)	6-8:30 pm WAC	6-8:30 pm WAC	6-8:30 pm WAC	6:30-9:00 pm WAC	6-8 pm Eastridge	--
Group	Mon 1/15	Tue 1/16	Wed 1/17	Thu 1/18	Fri 1/19	Sat 1/20
Pups (7-8)	--	6-7 pm WAC	6:30-7:30 pm WAC	6-7 pm Thomas	6-7 pm Thomas	--
Sharks (9-10)	--	6:30-7:45 pm WAC	6:30-7:45 pm WAC	6:30-7:45 pm Thomas	6:45-8 pm Thomas	--
Fins (11-14)	--	6:30-8 pm WAC	6:30-8 pm WAC	6:30-8 pm Eastridge	6:30-8 pm WAC	--
SR Prep (12-14)	--	6-8 pm WAC	6-8 pm WAC	6:30-8:30 pm WAC	6-8 pm WAC	--
Seniors (15&O) / Performance (13&O)	--	6-8:30 pm WAC	6-8:30 pm WAC	6:30-9 pm WAC	6-8 pm Eastridge	9:00 – 12:00 WAC



Trial Swim Check-out Day Saturday, January 6

- Purpose of this day is to make sure your athlete is ready to try competitive swimming. Coaches will be evaluating swimmers to make sure they can swim freestyle and backstroke for 25 yards.
- Coaches will work one-on-one with swimmers in 15 minute windows.
- Please arrive at least 5 minutes early to complete check-in.
- Check-in will be Pool door of Webster Thomas High School pool entrance.
- Once your swimmer has checked in, a coach will take your child into the pool. You are welcome to watch from the bleachers.
- The coach will give you the readiness assessment of your swimmer at the end of your swimmer's session.
- The coaches in attendance will be available to answer questions you may have.

Practice Group Structure

- Organized by age group:
 - Pups (7 – 8 year olds)
 - Sharks (9 – 10 year olds)
 - Fins (11 – 14 year olds)
 - SR Prep (12-14 year olds)
 - 15+ Senior
 - 13+ Performance
- To meet the needs of all swimmers, we offer a differentiated approach within each group to:
 - Stroke development
 - Strength training
 - Help swimmers set and accomplish individual goals
 - Promote and Nurture:
 - ✓ Inclusion
 - ✓ Accountability
 - ✓ Leadership
 - ✓ Teamwork
 - ✓ Courage



Meet Types

2 and 3 team dual meets:

- Meets with other local Rochester clubs.
- Types of meets:
 - Entire team
 - Juniors only (12 years and younger)
 - Seniors only (13 years and older)
- Quick 1 session meets with short list of events offered
- Meet logistics are shared between teams
- Nominal fee for these meets

Invitational Meets:

- Fundraising type meets open to any and all clubs
- Host team provides meet logistics
- Typically meets are:
 - In Rochester
 - Multiple sessions (12&Under and 13&Over)
 - Single day (either a Saturday or Sunday)
- Fees are based on each event entered

Niagara LSC Meets:

- Open to any and all clubs within the Niagara LSC
- Normally have time standard requirements, either slower than or faster than
- Meet locations anywhere in Buffalo, Syracuse, Rochester, Ithaca depending on host
- Host team and all participating teams share in logistics
- Fees are based on each event entered

National Meets:

- Open to any and all clubs in USA Swimming
- Have faster than time standards
- Host team provides meet logistics
- Fees are based on each event entered



2023-24 Webster Swim Association Membership Charge Summary

2023-24 Annual Membership Costs (September 2023 – August 2024)

Group	7-8	9-10	11-14	SR Prep	15+ Senior	13+ Perf
One time payment* (paid Oct)	\$835	\$1,050	\$1,275	\$1,335	\$1,460	\$1,515
Monthly payments* (paid Oct-Jun)	\$97	\$123	\$149	\$156	\$170	\$177

College (17&O) - \$350 (one time payment)

* Plus \$91 USA Membership fee paid directly to USA Swimming (all members)

Link to 2023-24 WSA Membership Fee Schedule

<https://drive.google.com/file/d/1QD0EpfNcuHongM3GIqGkcv0I1UYIcq3L/view>

Other potential costs:

- Suit / Cap / goggles
- Equipment - dependent on age/group
- Meet fees



2023-24 Webster Swim Association Volunteer Agreement

- The BlueFins run a number of meets during the year
 - Opportunities to compete
 - Generate revenue for the club to minimize membership costs
- Volunteers needed to effectively run meets
- As a member:
 - you will have minimum obligations to help
 - You won't need to work at every meet
- Many jobs are available:
 - Timing
 - Marshal
 - Timing table (requires training)
 - Officials (requires certification)
 - Others as needed in meets
- A financial penalty will be assessed if volunteering obligations aren't met

Questions during the trial

We are here for you!!!

- Volunteer in lobby at check-in
- Coaches available in lobby after practices
- Parent meetings 1/17 (6:45pm) in WAC conference room
- Email Coach DJ (coach_dj@wsabluefins.com) at any time
- Check in with or email lead coaches

Please talk to us and ask your questions – we're here to help!

Note: Please be sure to read the following documents before registering.

- Member Volunteer Agreement -
<https://drive.google.com/file/d/1Oev9iA00QsNb8IJb4JySEUN1NrDU9CDM/view>
- Membership Terms & Conditions -
https://drive.google.com/file/d/1Pixyia8iDbxY_48kkj5lhVU9K4feRgjlw/view

Questions?

