

# *Muscatine Swim Club – Spring Newsletter*

*Welcome to the Summer Swim Season!* We hope that your break after Sectional, State and Regional competition has been a restful one and you are now ready to hit the pool once again. Wow, what a great YMCA season – we really swam great and represented our community very well!

In addition to the YMCA competition in the Fall and Winter, we are going to be offering the ability of our swimmers to compete year round with USA Swimming as well. We are now in the process of revamping our summer swim program. Along with some familiar faces/coaches, we will be adding a few new ones. Each of the coaches will be completing their Lifeguarding /CPR/First aid certifications prior to the season. Practices will begin April 23<sup>rd</sup> with the season tentatively running through the Junior Olympics (JO's) in August. We will begin our season practices at the YMCA pool in the afternoons from 4:15 pm to 5:30 pm. We have also been given an opportunity to swim with the Masters group from 6:30 pm to 7:30 pm. The first couple of weeks will be centered on fundamentals and stroke work. We will also begin working on our dry land training as well – this will include running and strength work. In early June (after school is out) we will have an opportunity to get back into the Carver Pool.

The summer season will consist of 4 main phases; technique phase, aerobic phase, race-specific phase, and sprint/taper phase. These phases will be timed to optimize the swimmers performance at the end of the season. The length of each phase may differ between the levels of ability; however, these four phases will be geared to make everyone the best they can be. The first phase, the technique and preseason phase, is used to work on stroke and get the feel of the water back. The second phase is used to get the swimmers back into shape. After the swimmers are back into aerobic shape, race specific sets will be given to the swimmers to push them past their current thresholds. Once the third phase is complete, the final phase will begin which is the sprint and taper phase of a season. During this phase, mental and physical preparations will be done to maximize the performance of the swimmers.

## *Sign Up*

Attached you will find a registration, a USA Swimming registration form, and an ISI USA swim meet schedule for the summer. Please complete the two forms and return to Kevin Halstead, Bob Calegan or mail to the P.O. box on the bottom of the registration form. We need these turned in as soon as possible to get the swimmers registered with USA Swimming. For insurance reasons, swimmers will not be allowed in the water until we have completed registration on file.

## *Fees*

Swim Fee: \$150.00 plus USA fee: \$31.00

Fees should be added together and one check written to “**Muscatine Swim Club**” and sent in with your completed registration forms. If your swimmer already has a year round USA

membership, you do not have to pay the \$31.00 USA fee. In addition, each swimmer will need to maintain an active YMCA membership.

### **Summer Meets**

Attached is a listing of the summer meets that you will be able to swim. We have selected a number of meets that the club will provide coaches for. If you wish to swim at additional meets, please contact one of the coaches so that we can get your swimmer registered properly.

### **Other Information**

Deadlines are very important in the summer program and each swimmer must have his/her meet information to the coach by the deadline given or that swimmer may not be considered for a relay, and they may not be able to swim at all. The swimmer will pay entry fees and splash fees. The club will pay all relay fees. There are usually no late entries allowed in USA meets, so if you miss the deadline, you do not get to swim.

Always be sure to check the bulletin board at Carver pool, the window at the YMCA or the Web Site for upcoming meet invitations and important information. We may also hand out meet information to the swimmers at practice. Swimmers are also responsible to check the ribbon box when it is out on the bleachers, because when there is something that needs to be handed out for the swimmers and/or parents – it will be placed in the ribbon box under the swimmers name.

If you have not swum USA previously, it is quite different from the YMCA program. If you are unsure what USA summer swim is like, please feel free to ask. The Coaches and Swim Club Board Members can answer any questions you might have.

Swim Club Board Members are:

President: Bob Calegan (288-3491) [calegan@machlink.com](mailto:calegan@machlink.com)  
Vice President: Susan Sovers (263-1260) [sovers@machlink.com](mailto:sovers@machlink.com)  
Secretary: Perry Littlejohn (264-0375) [littlejohnp@machlink.com](mailto:littlejohnp@machlink.com)  
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Registration: Susan Greenwald (732-3979) [greeny@netins.net](mailto:greeny@netins.net)  
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