



## RFTC SWIM TEAM 2015 INFORMATION PACKET

### Swim Team Co-Chairs

Laura and Todd Huseby - (708) 366-6231 or [laurahuseby@yahoo.com](mailto:laurahuseby@yahoo.com)

Ximena and Lou Leonardi – (708) 366-0747 or [xim1234@aol.com](mailto:xim1234@aol.com)

The 2015 Swim Team season is just around the corner, and we're looking forward to another speedy summer with Coach Clyde and his staff. 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 we will also take advantage of our great website put together by Coach Clyde. The link is: <http://rftcswim.weebly.com>. Here you will find meet information, such as event line ups, as well as information on how a swim meet works, understanding a disqualification and top swim team times.

### Parent Involvement Sign-Up

As experienced Swim Team parents know, swim meets can't happen without parent workers. We need many, many workers for each home meet and each away meet (split into two shifts of about two hours each) and at swim team dinner events.

**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. Please do not call the chair people as they have many other responsibilities to make the swim meets run flawlessly each week. See the next section for how to sign up for your shifts.*

### Registration

The minimum age requirement for swimmers is 5 years old as of June 1. The easiest way to sign up for Swim Team is to attend our **Registration Day on Sunday, May 17**, from 1:00 - 3:00 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 17. Fees will be billed to each swim team family's club account -- \$70 for ages 5-12, \$35 for 13-14 year olds and 15 and older are FREE;
- *Sign up online for your parent volunteer assignments* – use our laptops to take your pick for the three (3) mandatory slots that each swim team family is required to fill. Slots/shifts are selected on a first come, first served basis on Registration Day and are limited to the number of positions needed for each event (i.e. unfortunately, not everyone can work only home meets! ☺); 15 and older swimmers' families do NOT have to volunteer so long as there are no swimmers in younger age groups in that family;
- *Try on team suits and swim apparel;*
- *Ask Coach Clyde and 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 Tammy Verticchio's home (515 Jackson, River Forest) or the RFTC Office by May 31st. Your swimmer will not be allowed to participate until a form is received and payment arranged;
- **After 1:00PM on May 17**, sign up for remaining slots online on Sign Up Genius, located at [www.signupgenius.com/go/805054ba4aa28a64-20151](http://www.signupgenius.com/go/805054ba4aa28a64-20151). The process is simple. Click on the green MY ACCOUNT tab. If you created an account last year, use that login information, or if you are new to the team this year (or forgot your login from last year), you can create a user name 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 find a replacement.

### **Practice Schedule**

Swim team practice begins the week of June 1, with practices held on Monday, Wednesday and Friday of that week. Starting June 8, practices will be held every weekday except "meet" days. For 5&6 year olds, practice concludes July 10; all other swimmers are welcome to practice until Thursday, July 16 (practice is required for those swimmers asked to swim at Conference).

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

All age groups (with the exception of 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 dry land exercises, stretch, and meet with their coaches. It can be very hectic on the 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 5:30pm Sunday, May 31st. 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 assistants and answer any questions you have. Reservations are required for setup and entrée ordering purposes. We will send out an electronic invitation for the event. Families with last names beginning with A-L are asked to bring a dessert; those with last names beginning with M-Z are asked to bring a side dish or salad. \$6.00/per person (age 4 and up); children 3 and younger are free.

This year's Conference Swim Meet is scheduled for Saturday, July 18<sup>th</sup> and will be held at the Village 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 18<sup>th</sup> 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 Saturday, July 18th. 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 then a DJ by the Pool!

### **Swim Meet Sign-Up**

We will use Sign Up Genius again this year 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 by the 48 hours (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 text or e-mail Clyde at [clydelundgren@sbcglobal.net](mailto:clydelundgren@sbcglobal.net) or call his cell phone at 708-214-6115.

### **Swim Team Apparel**

All swim team apparel (suits, goggles and apparel) will be ordered online. RFTC has a Team Page within the All-American Aquatics website at [www.all-americanaquatics.com](http://www.all-americanaquatics.com). Instructions for accessing the All-American Aquatics website can be found on page 5.

Swimsuit samples will be available to try on during walk-in registration on Sunday, May 17<sup>th</sup>, as well as apparel. Swim caps will be available in the pro shop for purchase later in the season, as well as a small supply of goggles.

**All swim suit and goggle orders made online by May 20 will be shipped in one bulk order to the swim team** (no shipping charge). Follow the instructions on page 5. Or, if you prefer, choose to have your shipment sent to your home for an additional shipping fee. Note -- any orders placed **after** May 20th will be shipped directly to the family and a shipping fee will be applied. While sweatshirts and flannel pants may ship separately from the suits and goggles, they are still eligible for the free "team ship" option if ordered by May 20<sup>th</sup>.

Pick up your order\* (if placed by May 20th) on these dates:

- **Sunday, May 31<sup>st</sup> at the Swim Team Potluck Dinner**
- **Monday, June 1st from 3:30-6:00** at the pool during the first swim team practice
- **Wednesday, June 3rd from 3:30-6:00** at the pool during swim team practice

***\*Any suits not picked up on these dates will be available for pick up at Elaine Kilburg's residence, 115 Franklin Ave., River Forest.***

Any questions regarding orders from All-American Aquatics should be directed to Kasey at All-American 800-910-7946 or [Kasey@all-americanaquatics.com](mailto:Kasey@all-americanaquatics.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 office/swim team chairs to verify your e-mail address(es).

### **A Message from Head Coach Clyde Lundgren**

On page 4 you will find a message from Coach Clyde.

**See you at the pool!**

**Laura and Todd Huseby  
Ximena and Lou Leonardi**

May 7, 2015

Dear RFTC Parents,

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!

I am excited to announce that all three of our assistant coaches have agreed to return this summer. I'm grateful for their commitment to the program and look forward to how they can use their expertise to enhance your child's experience. If you recall, Coach Katie Hunt and Coach Hannah Connell were both former OPRF swimmers. We also welcome back Coach Alex West. He was also a former OPRF swimmer. They are all eager for another summer at the club. Please be sure to give the coaches a hearty RFTC welcome at the Swim Team Potluck on May31<sup>st</sup>.

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.

Sincerely,

*Clyde D. Lundgren*



## Your Team Store How To

Convenient 24/7 Ordering Team discounts guaranteed. All of your team's products in one place.

### Using Your Team Store Is Easy:

- Go to: [www.all-americanaquatics.com](http://www.all-americanaquatics.com)
- Click LOG IN in the upper right corner
- New Users Create an Account or Log In for returning users  
If you are a returning customer you may need to create a new account or a new password.
- Click on "Teams," then "Add New Team"
- Check the Box Next to your team and add it to your account. Click Continue.  
By adding your team store to your account it will now be accessible in the blue navigation bar "Team Store" pull down menu. Next time you come to the site just log in and choose your team from the "Team Store" Menu found in top vertical navigation.
- You are now ready to shop your Team Store
- The direct link to the Team Store is: <http://www.all-americanaquatics.com/teamstore.php?sid=272&sect=97&tid=60>

### Special Shipping Options:

Your team has chosen a pack/hold shipping option. By electing to order using this option, your purchase will be held until a pre-determined date, and then shipped with other team purchases to a designated Team location for distribution. Shipping Charges will not be charged to your purchase although you will need to choose a shipping method to complete the transaction.

After you have made your selections, you can review them on the "View your Cart" page. Below the "Proceed to Checkout" button is the "Have a promotional code" box. Enter your team shipping code here for your FREE Shipping, and click "apply." Proceed to checkout, and select or edit your shipping address. On the "Select Your Shipping Option" page choose a shipping method, Ground is fine and proceed. You will see the shipping charges until your order is completed. Shipping will not appear on your order confirmation or be charged to your card, if you added and applied the promotional code for your team.

\*\*\*Pack/Hold orders will be accepted until: WEDNESDAY, May 20th

\*\*\*Your Pack/Hold Shipping Code is: RFTC99

(Enter in "Have a promotional code?" box on the "View your cart" page. Remember to click apply)



## RFTC 2015 Swim Team Schedule

### Practice Times:

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

- Sunday, May 17** – Registration Day ..... 1:00-3:00PM
- Sunday, May 31** – Kick-off Potluck Dinner/Info Meeting ..... 5:30PM
- Monday, June 1** – Practice schedule begins ..... (Week of June 1: M,W,F only;  
Week of June 8: M-F practice)
- Tuesday, June 9** – “Green and White” *practice* meet @ RFTC ..... 5PM warm-ups, **5:30PM** meet
- Thursday, June 11** – RFTC @ **Village Field Club** ..... 5PM warm-ups, 6PM meet
- Wednesday, June 17** – Oak Park Country Club @ RFTC ..... 5PM warm-ups, 6PM meet
- Thursday, June 18** – **TEAM PHOTO**/Riverside Swim Club @ RFTC ... **4:30PM PHOTO,**  
5PM warm-ups, 6PM meet
- Thursday, June 25** – RFTC @ **Oak Brook Bath & Tennis Club** ..... 5PM warm-ups, 6PM meet
- Monday, June 29** – RFTC @ **Five Seasons Swim Club** ..... 5PM warm-ups, 6PM meet
- Thursday, July 9** – LaGrange Field Club @ RFTC ..... 5PM warm-ups, 6PM meet
- Friday, July 10** – Last day of swim team practice for 5 & 6 year olds
- Friday, July 17** – Conference Psych Dinner ..... 5:30 following practice
- Saturday, July 18** – Conference Swim Meet @ **Village Field Club** ..... 7AM warm-ups, 9AM meet
- Saturday, July 18** – End-of-Season Banquet/Pool Party ..... 5:30PM

### 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
VFC	Village Field Club	1651 Forest Rd, LaGrange

**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.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_