

**WAYZATA HIGH SCHOOL  
COMPETITIVE SYNCHRONIZED SWIMMING  
ACTIVITY INFORMATION  
Spring 2020**

**Registration**

In our effort to go to a paperless office, we are offering registration for high school athletics online. We encourage you to use online registration to reduce paper, data entry, and process your payment in a quick and efficient manner.

1. Got to the Wayzata High School Website ([www.wayzataschools.org/whs](http://www.wayzataschools.org/whs)) and click on the E-pay Link.
2. Follow the steps listed on the welcome screen.
  - a. You must have a current sports qualifying physical exam on file in the Activities Office. Physical **must be dated after 6/15/17 for the 2020-21 school year**. If you complete steps b and c without a current physical on file, you will not be registered.
  - b. Click on Eligibility Form in the school store. Fill out and submit the form to the Activities Office once per school year.
  - c. Click on the appropriate sport link on the web page and make your payment online.
3. Eligibility Form needs to be turned in only once per school year. If you register “in person” for a winter or spring sport and already played a fall sport, you will only need to turn in your fee. If you register “online” you will need to make your payment at the school store.
4. Information packets for each sport will be available prior to the start of each season online at: [www.wayzataschools.org/athletics/register/team-packets](http://www.wayzataschools.org/athletics/register/team-packets)
5. Registration period is from **February 23rd through March 11th**. Anyone wishing to register on or after Monday, March 15th will need to speak to Head Coach, Natalie Bodin

- Wayzata High School Eligibility Form
- Registration fee of \$165.00
- Current Sports Qualifying Physical Examination (cut-off date for 2020-21 is 6/15/17)

**Pre-Requisite: All swimmers must be able to swim 200 yards (8 lengths) of front crawl non-stop and untimed.**

**Routine Placement/Tryout Schedule (March 15th-19th)**

The season begins Monday, March 15th .

**All new/short swimmers will begin at Lifetime on Monday, March 15th. Long and Extended swimmers will begin at West Middle School Monday, March 15th. Swimmers are committed to the season when they come to practice on Wednesday, March 17<sup>th</sup>**

Mon, Mar. 15 <sup>th</sup> - Fri, March 19 <sup>th</sup>	New/Short Swimmers at LTF Long/Extended Swimmers at WMS	LTF/WMS	HS = 3:45pm – 6:30pm MS = 4:45-6:30pm
Saturday, March 10 <sup>th</sup>	All swimmers - Assigned times	West Middle	8:00am-2:00pm

### **Team and Routine Selection Criteria**

Solo, duet, trio and team routines will be selected by the coaches according to: swimmer's ability, placement needed for best **overall competition**, and prior division qualifications. Team practice site (pool) will be determined no later than **Friday, March 19<sup>th</sup>** based primarily on **division qualification** (i.e.- extended & long at West/East/Lifetime, short at Lifetime) and **ability**. (*Experienced swimmers should bring routine music ideas to the 1<sup>st</sup> week of practice*). ***Squads/Division: A Squad = Ext Division; B Squad = Long; C Squad = Short***

### **Roster Size**

40-60 total swimmers. These roster numbers are only guidelines and may be adjusted according to total number of total swimmers, team needs and situations. LT = 16-24 West/East = 16-24

### **Practice Schedule**

**WMS/EMS (A, B, & C Squads) M-F after school until 6:30/7; 8am-2pm Sat at West  
763-745-6400**

**Lifetime (A, B, & C Squads) M-F after school until 6:30; 8am-2pm Sat practice @ West  
763-509-0909**

### **Season Schedule:**

See attached preliminary calendar

### **Equipment Issued:**

**Swim warm-ups will be distributed on Tuesday, March 23<sup>rd</sup>.**

### **Picture Date:**

**Team pictures at WMS Pool on Saturday, March 27<sup>th</sup> (tentative) starting at 8am. Black suits & team warm-ups.**

### **Important Parent Meeting: Tuesday, March 9<sup>th</sup>**

- ❖ **Parent/Athlete Meeting, Tuesday, March 9<sup>th</sup> 6:00pm on Zoom.**
  - **Join Zoom Meeting**
  - <https://wayzataschools.zoom.us/j/89920626784?pwd=d3psSXQxUHRuODB6SFJzMk4vcUFRQT09>

### **Lettering Criteria for Varsity (A & B Squads eligible; C Squad eligible with conditions)\*\*\*\***

- attends and swims at all practices and assigned meets
- improves total figure score from the start of the season
- shows proficiency in the following skill requirements:

25 yards eggbeater, 50 yards ballet leg (R & L) with locked knees and good form (face stays above the water), double ballet legs (locked knees, face above water) 1 length of pool, eggbeater 20 seconds with both arms out of the water (face above), crane 15 seconds at mid-thigh, vertical, support scull, swims 25 yards underwater.

***Varsity Letters are earned individually and are not based on the outcome of sections and/or state.***

### **Wayzata Athletic Booster (WAB) Fundraisers.**

Fundraising money is used to enhance the student-athletes' experience as a member of the Wayzata High School Synchronized Swimming Team. A booster liaison communicates with the head coach to identify needs, goals, and opportunities. Fundraising projects currently organized by the WAB are: 1) Booster Family memberships, 2) "Three Winners" Cards, and 3) AAU Tournament.

**Wayzata Athletics Website <http://www.wayzataschools.org/athletics>**

**Lake Conference Website** [www.lakeconference.org](http://www.lakeconference.org)

Click on “Member Schools”

Click on “Wayzata High School”

**Wayzata Athletics on Twitter**

Follow Wayzata Athletics scores and results on Twitter @wayzatatrojans

**Soft Costs:**

(these are approximate costs per item)... 1 suit (\$125+) per routine (up to 3), 2-3 workout suits (\$30-75), participation fee (\$165), headpiece per routine (\$10+ each), replacement black suit^ (\$55), extra nosie (\$3), white cap (\$10), goggles (\$10), practice caps (\$2-\$10), gelling materials (\$5-\$10), team apparel (\$40+), workout bag (\$30-\$90), sister gifts (\$15), banquet (\$30)

\*athletic department provides: 1 team swim cap, 1 nosie, 1<sup>st</sup> year figure suit, and middle school shuttles.

*^we will provide you with an opportunity to order replacement black suits this year at a discount. We will order during the 1<sup>st</sup> week so that the suits will arrive before the 1<sup>st</sup> meet.*

**Transportation:**

**Practice:** Shuttles or rideshare from high school to West / East pool OR bus # 339 to Lifetime. To Lifetime from each middle school: From EMS: #342 to Central – to West; From WMS: #307 to Central, EMS, & then to Lifetime.

**Meets:** Bus pick-up from high school at **2:30 or 3pm as scheduled.** Middle school parents arrange car pooling for meets. Transportation to the middle schools:

Route 307 starts at WMS at 4:10pm then shuttles to CMS > EMS > LIFETIME.

Route 342 starts at EMS at 4:10pm then shuttles to CMS > WMS

**Team Warm-ups**

Warm-ups will be distributed at the beginning of the season and collected at the end of the season. Letters and/or awards will not be distributed unless the warm-ups have been returned. Replacement cost is \$170.

**Team Rules:**

1. attend academic classes.
2. keep snacks & food outside of the pool area. Water only on the pool deck.
3. adhere to the behavior policy (see attached contract).
4. arrive at practices and meets **on time**. A note must accompany all absences and tardiness.
5. respect all teammates, competitors, coaches and officials.
6. ride the bus to and from meets. (All high school swimmers).
7. no cellphones, games, texting, etc. to be used during meets
8. wear masks at all times when not swimming

**District Behavior Regulations:**

Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including look-alike drugs and drug paraphernalia. This includes any illegal behavior, gross misconduct, racial harassment/violence, religious harassment/violence, sexual harassment/violence, and hazing. Students must serve a consequence in each category in which they participate – MSHSL, Wayzata High School Intramurals, Activities, and Fine Arts.

**Banquet Date & Cost:**

**Date and location TBD. All athletes and parents are encouraged to attend. Cost will be approximately \$25 per person.**

**Anticipated Missed Classes:**

**State dates TBD but most likely a Thursday and Friday around the end of the school year.**

**Program Philosophy**

To provide an opportunity for our swimmers to be able to:

1. learn the skills, techniques and strategies of the sport of synchronized swimming,
2. learn the value of commitment, discipline, hard work, dependability, focus, teamwork, communication and other skills required to succeed on a team and in life.

**Program and Team Goals**

To nurture and develop all swimmers. To reach our personal and team potential through motivated, supportive, and focused practice. To continue our winning tradition by requiring our personal best and by helping our teammates become their best.

**Coach Contact Information**

Natalie Bodin, Head coach

952-239-3973 (c)