**Rule Changes**

There have been a few rule changes in the conference this year. A very important change that regards your swimmers is that each swimmer must attend at least three dual meets instead of two to be eligible for the conference swim meet. The other change is that each team will get three relays at conference per age group, which will allow for more swimmers to participate in relays.

**Conference**

**Important Events**

June 1st- Morning practice begins

June 11th- Away meet at Shelbyville

June 18th- Home meet vs. Indian Acres

June 25th- Away meet at Crystal Lake

July 9th- Home meet vs. Lincolnshire Fields

July 16th- Home meet vs. Effingham

**July 23rd- Conference Meet at Charleston**

July 30th- All Star Meet

This year conference will be held in Charleston on Saturday July 23rd. We will have more information on the meet later in the summer as it comes closer to the date.

**Team Website**

Head Coaches Josh and Ryan have created a team website for the Sharks. You will find a lot of information on the Website including: this year’s schedule, directions to away meets, a comprehensive FAQ section, previous conference results, a meet the coaches section, meet results, and also a place where we can post meet entries before our dual meets so everyone can know what they are swimming before the meet happens. Check it out at:

http://sholemsharks.weebly.com/index.html

**Meet The Coaches**

**Co-Head Coach** – Ryan Hays – I am a U of I graduate and have been swimming since I was four years old. I played Water Polo at the U of I and coached for Heat the past two years. This will be my sixth year coaching the Sholem Sharks.

**Co-Head Coach** - Josh Smothers – I am a U of I graduate and have been swimming since I was five years old. I coached the Saluki Swim Club this past year and coached Heat the five years before that. This is my seventh year coaching and my fifth with the Sharks.

**Assistant Coach** – Emma Newman – I have swam competitively for many years and will be attending the University of Iowa this fall to swim. This will be my second year coaching with Sholem.

**Assistant Coach** – Valerie Hays – I have swum since a very young age and currently attend Northern Illinois. This will be my fourth year coaching with the sharks.

**Assistant Coach** – Brian Kennedy – I have swam for many years with Aquachiefs and the Heat Swim Team. I currently swim for the Illini Swim Club. This is my second year coaching with Sholem.

**Assistant Coach** – Courtney Standerfer – I have swam since I was 7 with the Sholem Sharks and have swam with Heat, Centennial High School and Western Illinois Swimming. This is my second year with Sholem.

Practice Times

Practices will start May 23rd outside at Sholem this year. These practices will run from 5:30-6:30 in the afternoon. Swimmers 11 and up should come Monday, Wednesday and Friday while swimmers 10 and under should come Tuesday and Thursday. Summer practice times will be as follows starting Wednesday June 1st. Accommodations can be made for kids to attend different practice times out of necessity.

Ages 11 and up- 7:30 –9:00

Ages 9-10- 9:15-10:45

Ages 8 and under- 9:15-10:15

\*We will have a night practice for students who still have school after June 1st. This practice will be from 5:30-6:30 until school is let out. This is **ONLY** for kids who have school past June 1st. Please e-mail if this apples to your child.

Team Philosophy

This is a competitive swim team but our main goal is to make sure that all kids have an enjoyable experience while improving their technique as well as their times. With a team of over 100 kids it will be difficult for everyone to swim all the events that they want to. However, we will do the best that we can to make sure everyone gets to swim as much as possible and as many of the events that they want to as possible.

Parent Expectations

We ask that you get your kids to practices and meets on time and prepared to the best of your ability. If you have comments or concerns regarding practices or anything else we would love to hear them so we can improve the experience for all kids. That being said, during practices and meets our main concern is coaching all of the kids. Before and after practice are great times to approach any of us with your questions.

Meet Expectations

* Meet sign up: Meet sign ups will be available Monday through Wednesday at practice in a binder with one of the coaches. The earlier you sign up the less chance there will be any mistakes and the easier it will be on us to make sure the meets go smoothly.
* We will have five dual meets and then the conference meet. Your child must swim in at least three of the dual meets to be qualified to swim at conference. If there are any questions about this contact the head coaches.
* We expect all swimmers to be ready to get in the water when warm-ups begin. This helps us to make sure the meets can get started on time.
* We will have a designated team area for all meets which can be found by looking for the Sholem banner or by asking a coach. We ask that all swimmers sit in this area when not swimming or cheering so that it will be easier for the assistant coaches to find them and make sure they get to the bullpen on time.
* We ask that if for some reason you and your swimmer cannot attend a meet, will be late for, or will leave early from, to tell a head coach as soon as possible. If you know ahead of time, please put this in the binder when signing your child up for meets. We also ask that you let a head coach know before you and your child leave a meet because sometimes we are forced to change some events and relays due to unforeseen absences and your child may be needed to fill in a spot.
* Every meet requires a large amount of volunteers and any help that you may offer is greatly appreciated. Tracey Jones will contact you with more details later.
* Disqualifications do happen and are not necessarily a bad thing. Look at it as an opportunity for your child to see what is wrong with their stroke so that they can improve upon and fix it. Disqualifications allow coaches to see what needs to be improved upon and these problems will be addressed in practices the following week. Again, any concerns about your child’s disqualifications should be brought to the attention of a coach before or after practice.
* Swimming is just like any other sport in that sportsmanship is one of the most important qualities that you can gain. Negative behavior and actions is not what we want the image of the Sholem Sharks to be. We want to promote a positive environment for all swimmers and parents and would like to see more team spirit and camaraderie. This can be done by cheering for another swimmer or even by just participating in the team cheers.
* We would like to win as many meets as possible but our main goal is that everyone gets a chance to swim and has fun.

Equipment

We will provide shirts and bags. Caps will be available upon request for those who want one. What you will need outside of these are goggles and a competitive suit. For boys this means jammers or brief swim suits. Trunks can be worn but is very discouraged because it affects both the speed and technique of the swimmer as well as their general ability to swim. There will be a team suit that you can purchase online. This is not a requirement but it is encouraged because it shows team unity.

Directions to Meets

We have three away meets including conference this year and the directions are posted on the Website.

Contact Information

Once again the best way to contact us is before or after practice but if you have a quick question you can send us an e-mail at:

sholemsharks@gmail.com

**Parent volunteer**

Tracey Jones is in charge of coordinating the parent volunteers for the year. Her e-mail is:

jonestr@champaignschools.org

If there is question if we will have practice on a particular day due to weather please call the Leisure Line at 398-2589.