Owasso Rams Swimming Parents,

Whether you’ve been a part of the swim team for years or you’re just getting started, there are a few items of business that we would like ALL parents to know. This packet contains that information. Please read it carefully! All this information is also available on our website. owassoramsswimming.weebly.com.

Our Mission: We encourage kids to reach for their personal best, display good sportsmanship, and have a great time doing it. We rely on parents to help support the swim team and run the meets. Come on out and support the swimmers!

1. The High School Swim team is a considered a winter sport, although we begin training in August. Each “season” consists of several weeks of practice, followed by several weeks of swim meets, a 2 day Regional meet, then the State Championships and finally an End of Season swim banquet.
2. All athletes must have a current physical (after May 1st of 2015) and all RANK ONE forms must be filled out and to participate in school sports. RANK ONE WEBSITE: <https://owassosports.rankonesport.com/AthleticPortal/OnlineForms>
3. Swim meets MUST have parent volunteers. It takes 16 volunteers to run a meet. This is in addition to the board members and coaches that already help. By the way, it’s cooler down by the pool. Parents are expected to volunteer for our HOME meet, the Regional meet and occasional away meets.

Volunteer Positions needed for Home Meets:

**Timers** – sit in chair, at the end of each race you look down in the pool and push a button when your swimmer touches the wall and record the times from stop watches.

**Awards** – place stickers on ribbons and sort into the correct team’s box.

**Announcer** – announce each race and start it with a buzzer

**Officials** - this position requires training. If interested please discuss with Coach Stelzer.

Volunteer Positions needed for the Regional Meet in February

**Timers** – each team is required to provide volunteers for two timing seats. Sit in chair, at the end of each race you look down in the pool and push a button when your swimmer touches the wall and record the times from stop watches.

Volunteer Positions needed for Away Meets

**Timers** – Parents will occasionally be asked to volunteer when needed.

1. The Booster Club Board is made up of parent volunteers. Each position is for a term of one year. (September to September) Please consider becoming involved. You can “shadow” a board member to learn more about each position. We would love to have 2 -3 new board members each year.

1. Fundraising is a necessity. Each parent is expected to participate in at least one fundraiser. Our budget allows for a Head Coach, an Assistant Coach to drive the bus to Claremore for practices and pool rental. A large majority of our fundraising is done in the spring and summer. Fundraising helps to supplement the swim team to provide the following:

* State Championship meet: travel, hotel and food
* Assistant coaches
* Training equipment
* Uniforms (meet swimsuits, warm-ups, caps, etc.)
* End of year Banquet.

1. End of Season Swim Banquet

At the end of the swim season (usually shortly after the state championships) we have a banquet to celebrate the season. The Booster Club plans and organizes the banquet and relies on parent volunteers. Championship awards, team awards, varsity letters and senior pass-downs are handed out at this time. It’s a fun chance to get to talk to other parents and let the kids socialize.

1. Do NOT coach your child during practice or a meet; leave that up to the coaches. Please see the articles on the website. Here’s a great one to read: "10 ways to sabotage your child’s swim career."
2. Booster Club dues are $25 per family and are to be paid at the beginning of the season. Booster Club Meetings are held at Mills Elementary on the first Tuesday of every month.
3. Snack fund. There is a $35 per swimmer yearly snack fee. This fee is to help provide each swimmer with a healthy snack and a drink for away meets.

Meets can be local or require some travel. The school website will be updated with the meet dates in late October or as soon as we are able to obtain that information. Because swimming is a winter sport, some of the meet dates may change due to inclement weather. Remind 101 will be used to notify parents and swimmers of meet changes or cancellations.

To begin training, each swimmer will need to have a practice suit, a pair of goggles, and a practice cap.

Important Information:

REMIND 101: (text messages):

For Coach Casey: text @owassohi to 81010 or (918) 212-9458

For swimmers: text @F98d22 to 918-550-8914

Coaches:

Head Coach Casey Stelzer 918.637.4734 [stelzercasey@gmail.com](mailto:stelzercasey@gmail.com)

Booster Club Board members:

President: Gina McGaughey 417.291.0245 themcgaugheys@gmail.com

V.P.: Brooke Riley 918.951-7399 brookemriley@hotmail.com

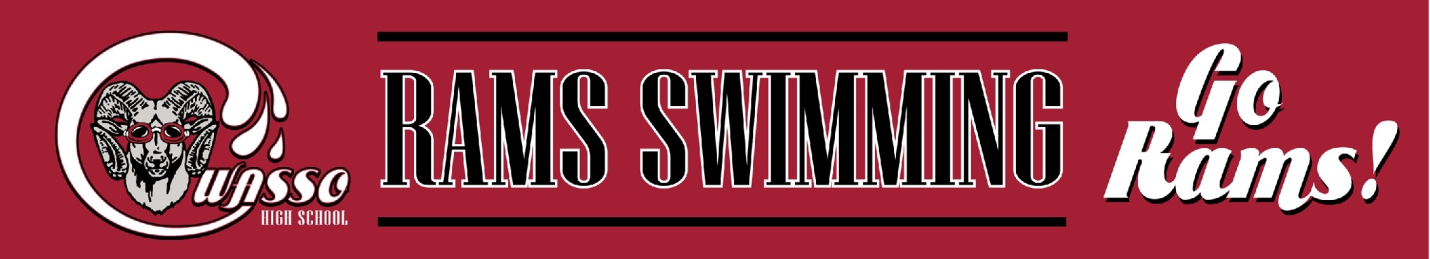
Secretary: Laura Frazier 918.805.9470 laurafrazier@cox.net

Treasurer: Laurie Harizal 757.645.8963 [lharizal@cox.net](mailto:lharizal@cox.net)

BOOSTER STORE: https://squareup.com/market/owasso-swim-team-booster-club

MEDIA SITES:

owassoramsswimming.weebly.com - FACEBOOK: Owasso High Swim Team - TWITTER: @owassoswim

PARENT FORM (to be completed by parent/s and returned to Coach Stelzer)

Below is the link for RANK ONE. All forms must be filled out online and athletes must have a current physical performed after May 1st of 2015 to participate in school sports for the 2015-16 season. SWIMMERS WILL NOT BE ALLOWED TO PRACTICE UNTIL PHYSICAL AND ALL RELATED RANK ONE FORMS ARE COMPLETE.

https://owassosports.rankonesport.com/AthleticPortal/OnlineForms

**CONTACT INFORMATION**

COACHING STAFF:

HEAD COACH CASEY STELZER: [stelzercasey@gmail.com](mailto:stelzercasey@gmail.com)

MEDIA SITES:

* SWIMTEAM WEBSITE: owassoramsswimming.weebly.com
* FACEBOOK: Owasso High Swim Team
* REMIND UPDATES (text messages): text @F98d22 to 918-550-8914
* TWITTER: @owassoswim
* BOOSTER CLUB: OSTBC.RAMS@GMAIL.COM

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PLEASE COMPETE THE INFORMATION BELOW AND TURN IN TO COACH STELZER

**SWIMMER’S INFORMATION**

NAME PHONE EMAIL ADDRESS

TSHIRT SIZE SWIM SUIT SIZE MALE OR FEMALE (circle one)

**PARENT(S)/GUARDIAN INFORMATION**

NAME PHONE EMAIL ADDRESS

**BY SIGNING BELOW, I HEREBY ACKNOWLEDGE AND AGREE THAT MY SWIMMER'S LIKENESS, NAME AND PHOTOS MAY BE POSTED TO SCHOOL AND SWIM TEAM RELATED MEDIA SITES INCLUDING THE SWIM TEAM BOOSTER CLUB SITE AND WEBPAGE.**

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Parent/Guardian Signature Date Signed