

# ROCKTON ROSCOE SHIRLAND



## JUNIOR INDIANS SWIM TEAM

### 2019 MORE INFORMATION

#### **How is the team organized?**

The Junior Indians Swim Team is going to operate under the Stateline Aquatic Team's legal and insurance umbrella. The Stateline Aquatic Team is a 501(c)(3) non-for profit USA Swimming Club Team. Our middle school team's only affiliation with the Hononegah feeder middle schools is that our team members need to be students from either Stephen Mack, Roscoe, Willowbrook or Shirland Middle Schools.

#### **Where Are The Practices?**

Practices are held at Beloit College's Kresge Natatorium. Below is a link to a google map that shows parking locations and walking paths to the pool's entrance:

[845 Pleasant Street](#)

Beloit, WI 53511

Also, here is a [link to additional .pdf maps, videos and other instructions](#) for getting to the Beloit College Pool.

#### **Why Are Practices At Beloit College?**

There are very few pools in the Rockton/Roscoe/Shirland community available for our use. Therefore, the Stateline Aquatic Team utilizes the pool at Beloit College for their practices. The Stateline Aquatic Team has some pool space available to accommodate the new Junior Indians Swim Team.

#### **Why Is It Cheaper For Club Swimmers?**

There are some kids that attend our middle schools that currently swim on other area club swim teams like McGuire Aquatics, The Beloit Tide, the Rockford Marlins, the Rockford YMCA or The Stateline Aquatic Team. We anticipate that these club swimmers will more than likely continue to practice with their club swim team and will more than likely just compete in the swim meets. Therefore, the price is less to just cover associated meet costs.

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#### **Team Calendar / Season**

[RRS Junior Indians Middle School Swim Team Google Calendar](#)

**Parent Meeting #1** - Wednesday December 12, 2018 at 6:30 at Beloit College Multi-Purpose Room at the Beloit College Pool **(This meeting is intended for new parents)**

**Parent Meeting #2** - Tuesday, January 8, 2019 at 6:30 at Beloit College Multi-Purpose Room at the Beloit College Pool **(This meeting is for new and experienced parents)**

**First Practice** - Tuesday January 8, 2019 7:30 - 8:30

**Season Ends** - Saturday March 9, 2019 - Championship Meet

**Practices** - Typically Tuesdays & Thursdays 7:30 - 8:30 & Fridays 6:30-7:30

[Link to .pdf copy of the full league schedule.](#)

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#### **What Equipment Do I Need?**

##### **All Swimmers**

- \* Goggles are needed.
- \* Swim caps are recommended for long-hair, but are not required
- \* Towel
- \* Sports Bag of some sort to put your street clothes in during practice. We recommend bringing your clothes with you from the locker room onto the pool deck.

##### **Girls**

- \* No bikinis for swim practices or swim meets. This is a competitive swim team and bikinis are not appropriate.
- \* A one piece swim suit for practice and or swim meets. Can be the same suit.
- \* Swim cap for long hair.

##### **Boys**

- \* Boys may wear "board shorts" for practice, but they are not recommended. They have a lot of drag in the water and are difficult to train and learn properly in them.
- \* Boys can wear a "jammer" or "brief" style suit for practice and swim meets. Can be the same suit.
- \* Swim caps are optional.

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#### **How Do I Sign Up?**

If you're ready to sign up for the RRS Junior Indians Swim Team, please visit:

[2019 Junior Indians Swim Team Registration Link](#)

Read and follow through all of the pages and documents that need to be signed. Here is where you'll have the option to order and pay for a team shirt. Completing this registration process also creates an account for you on The Stateline Aquatic Team's website. We will utilize this website for team communication and meet registrations.

If you have any questions about the registration process or the website, please contact Scott Kitzman or John Carabelli. Their contact information is found at the end of this document.

#### **Where Should I Buy Swim Equipment**

The Stateline Aquatic Team has a relationship with an online swim equipment supplier called [SwimOutlet.com](#). We have found in the past that their pricing is very competitive and that their service is very good. When you visit their site, please click on this link [www.swimoutlet.com](#) or search for The Stateline Aquatic Team or the RRS Junior Indian's Team page when you visit the site.

What Specific Equipment Do You Recommend?

Goggles [Speedo Jr. Vanquisher 2.0 Swim Outlet SKU #7750131](#)  
[Speedo Jr. Vanquisher 2.0 - Mirrored - Swim Outlet SKU# 7750130](#)

Bungee Strap [Sporti Bungee Strap Swim Outlet SKU# SGA001](#)  
**Note: We recommend using bungee straps because the adjustment on bungee straps is so much easier for the kids than the rubber straps that come standard with all goggles.**

Boys & Girls Team Suits [Link to team suit options](#)

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#### **Does My Child Need To Know How To Swim?**

In a perfect world with lots of coaches and plenty of pool time, we would be happy to work all levels of swimmers... however, this swim team is not intended to be swim lessons for non-swimmers. To be a member of this team kids must be able swim at least one length of the pool freestyle with their faces (mostly) in the water utilizing rotary breathing as well as one length of backstroke.

Some kids on this team have been swimming for years and are quite accomplished swimmers. Please don't let this discourage you from trying the team and the sport of swimming. All you really need to be successful is:

- A Can Do Spirit
- Good listening skills
- Willingness to be comfortable being uncomfortable.... swimming is a very difficult sport to learn because it's one of the only sports where:
  1. We're land animals - and this is obviously done in the water
  2. You're laying down in the prone position - one of the only sports where this is so
  3. You can't breathe when you want to breathe!
  4. You can't always see where you're going (backstroke).

#### **I Have More Questions, Whom Do I Contact:**

Scott Kitzman

Head Coach of RRS Junior Indians and Head Coach The Stateline Aquatic Team

C: 815-978-9071

[scottkitz@gmail.com](mailto:scottkitz@gmail.com)

John Carabelli (Team Administrator & Website Questions)

Assistant Coach Hononegah Boys Swim Team & The Stateline Aquatic Team

C: 815-621-9972

[jcarabelli@swimstateline.com](mailto:jcarabelli@swimstateline.com)