



# RIVER FOREST TENNIS CLUB

ESTABLISHED 1905

## RFTC SWIM TEAM 2023 - Welcome Email

### Swim Team Co-Chairs

Jordan and Meg Chalmers  
Josh and Joanna Schubkegel  
Kylee and Heath Bray  
Kiki Christmas Raidt and Bob Raidt

The 2023 Swim Team season is just around the corner! Thank you for joining us for another year of summer swimming with Coach Clyde and his staff.

### **RFTC Swim Team Communications**

We will continue to send important communications via email and the website. Coach Clyde is the go-to for meet information - meet line-ups and meet results/times. Meet registration will be sent in advance of any meet. Please check the RFTC website for the key dates and schedule for the 2023 season.

### **Parent Involvement Sign-Up**

As experienced Swim Team parents know, swim meets cannot happen without parent volunteers. It takes a village of parent workers to pull off each home meet. We also must provide timer volunteers for every away meet. In general, these slots are split into two shifts of about two hours each.

***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.***

### **Registration**

The minimum age requirement for swimmers is 5 years old as of June 1st (no exceptions).

- Fees will be billed to each swim team family's club account -- \$125 for each swimmer. To increase our 15 years and older swimmers, the fee for that age swimmer will only be \$50.
- To register your swimmer, please click [HERE](#).
- *Sign up online for your parent volunteer assignments* – Slots/shifts are sent via sign-up genius and are selected on a first come, first serve basis. They are limited to the number of positions needed for each event (i.e. not everyone can work only the home meets). Families with only 15-year-old plus swimmers are not required to volunteer. Minimum volunteer sign-ups will be 3 and we are always looking for more help from ambitious, passionate swim team families! Look for an email from the RFTC Swim Chair in the coming weeks for information on how to register to fulfill your volunteer assignments.

### **Practice Schedule**

Swim team practice begins Monday, May 22nd with Monday/Wednesday/Friday practices. Daily weekday practices will begin on June 5th.

5 & 6-year olds	3:30 - 4:05 PM
7 & 8-year olds	3:55 - 4:40 PM
9 & 10-year olds	4:30 - 5:20 PM
11 & 12	5:10 - 6:10 PM
13 & older	6:00 - 7:00 PM

Also, note the ten-minute overlap. During this time, swimmers will participate in dry land exercises, stretch, and meet with their coaches. It can be very hectic on the pool 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.

### **Swim Team Events**

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).

Our Annual Swim Team Kickoff will be at the club **Sunday, May 21st**. Coach Clyde and the committee chairs will provide parents with an overview of the season, introduce the assistant coaches and answer any questions you may have. Swim Team swag will be distributed at this event!

The Swim Team End-of-Season Banquet will be held Sunday July 9th. More info will be made available for this event during the season.

**Conference Meet:** The conference meet will take place on Saturday July 15th at Five Season's Swim Club! Those eligible to swim at the conference meet will be notified by Coach Clyde later during the season.

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

We use Sign Up Genius 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 signed up for it. It is each family's responsibility to sign up for a meet prior to that meet, and it is important for your child to participate once committed. Your child **MUST** be signed up 24 hours before the start of the meet to participate in that meet. Last minute roster changes or cancellations are difficult and time-consuming for both teams and delay the start of the meet. If your child suddenly is unable to swim, please email Clyde at [clydelundgren@sbcglobal.net](mailto:clydelundgren@sbcglobal.net) or call/text his cell phone at 708-214-6115.

### **Swim Team Apparel**

RFTC swimsuits will again be available for purchase online. Sample suits will be available at the club for try on during the following times: April 15<sup>th</sup> 2:00-4:00, April 23<sup>rd</sup> 12:00-2:00, May 7<sup>th</sup> 12:00-2:00.

Any questions, please email: [rftcswimchair@gmail.com](mailto:rftcswimchair@gmail.com)

### **See you at the pool!**

Your RFTC Swim Chairs -

Jordan and Meg Chalmers  
Josh and Joanna Schubkegel  
Kylee and Heath Bray  
Kiki Christmas Raidt and Bob Raidt

## **RFTC 2023 Swim Team Schedule**

### **Practice Times:**

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13 & older	6:00 - 7:00 PM

**May 21st (Sun)** – Swim Team Kick Off Day

**May 22nd (Mon)** – Practice schedule begins. MWF practice through June 2<sup>nd</sup>. Daily weekday practice will begin on June 5<sup>th</sup>.

### **Meet Schedule (Arrive at 5 pm for warm-ups and the meets start at 6 pm)**

June 12th: Green & White meet (Home)

June 15th: at Village Field Club

June 19th: at Salt Creek Club

June 22nd: Home Meet

June 29<sup>th</sup>: Home Meet

July 6th: Home Meet

July 7th: Swimathon (Home)

July 9th: End of Season Banquet

July 10th: Cross Town Classic vs OPCC

July 14th: Conference Psych-up dinner at RFTC

July 15th: Conference Swim Meet at Five Seasons Swim Club

### **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
SCC	Salt Creek Club	830 N Madison St, Hinsdale
VFC	Village Field Club	1651 Forest Rd, LaGrange