



RIVER FOREST TENNIS CLUB

ESTABLISHED 1905

Swim Team Co-Chairs

Kylee and Heath Bray
Kelly and Gerard Abood
Erin and Colin Dowdall

WELCOME! The 2024 Swim Team season is just around the corner! Last year was transformational for RFTC swimming; we won 1st place in our Conference for the first time in over 25 years thanks to our amazing coaching staff and dedicated swimmers and families. Watching Coach Clyde jumping into the pool holding the championship trophy surrounded by so many of our dedicated swimmers was a moment that these kids (and parents!) will keep with us for many years to come. We also know that summer swim is about having FUN and connecting with friends too. We look forward to continuing that momentum into 2024. Here is everything you need to know to get started.

RFTC Swim Team Communications

Your Swim Chairs will continue to send important communications via email, and information will also be available on the RFTC website. We are here to answer any questions you may have, coordinate gear, and organize meets and volunteers.

Coach Clyde and his staff will provide the meet line-ups, meet results/times, and practice/meet changes due to weather. Coaches will send notices in advance of each meet to enter your child to swim.

Swim Meet Sign-Up for Your Child

Sign Up Genius is used to enter your children to swim at 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 each 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 is unable to swim once committed, please email Clyde at clydelundgren@sbcglobal.net.

Parent Involvement and Support

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 and ribbon helpers for every away meet. In general, meet slots are split into two shifts of about two hours each.

Every family is responsible for working two (2) meet slots during the swim season. We also ask that you volunteer for (1) slot for either kick-off, swim-a-thon-, or end of year banquet. There will also be opportunities for those going to conference to play additional roles. Please remember -- if you are unable to work one of your volunteer shifts, it is YOUR responsibility to find a substitute and alert our meet manager so we can prepare your sub.

Parents will sign-up for meet and event volunteer positions via **Sign-up Genius** in May. Please be on the lookout for that email.

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 -- \$135 for each swimmer. To retain our older swimmers, the fee for ages 15 and over will only be \$50.
- To register your swimmer, please click [HERE](#).

Practice Schedule

Swim team practice begins Tuesday, May 28th - weather permitting.

Practice is Tuesday/Wednesday/Thursday until June 7th

Daily weekday practices will begin on June 10th.

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-year olds	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. It's best if parents wait for their child on the lawn after practice.

Swim Team Events

Home and Away Meets

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 improvement. Meets are also social and fun events, where we have dress-up themes and pictures. They typically run from 5:00pm (warm-ups begin) until approximately 8:30pm (last relay finishes). Food is available for purchase. Most families bring towels, goggles, caps, permanent markers, chairs, and even a blanket to stake out your spot. RFTC caps and goggles are sold in the pro-shop or you can buy your own elsewhere. Before packing up, please clean the area around your spot to keep our lawn in good shape for the next day.

Our Annual Swim Team Kickoff will be at the club **Sunday, May 19th**. 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!

Swim-a-Thon will be **Monday, July 8th**. Swimmers will do as many laps as they can while raising money for a worthy cause. This is always a fun event.

Swim Team End-of-Season Banquet will be held **Sunday, July 14th**. More info will be made available for this event during the season.

Conference Meet: The conference meet will take place on **Saturday, July 20th**. Those eligible to swim at the conference meet will be notified by Coach Clyde later during the season.

Swim Team Apparel

RFTC swimsuits will again be available for purchase online via the Webstore. Sample suits will be available at the club for try on during the following times: **April 27th 12:00-2:00pm and May 5th 2:00-4:00pm**. You may also wear a green or black swimsuit of your choice. Additional RFTC swag will also be available for purchase.

Goggles and swim caps can be purchased from anywhere but are also available for purchase at the RFTC Pro Shop. T-shirt and pant size charts are available in the FAQ document.

Any questions, please email: rftcswimchair@gmail.com

See you at the pool!

Your RFTC Swim Chairs -

Kylee and Heath Bray
Kelly and Gerard Abood
Erin and Colin Dowdall

RFTC 2024 Swim Team Key Dates

Practice Times:

May 28th - June 7th: T, W, TH

June 10th - July 12th: M, T, W, TH, F

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

May 19st (Sun) – Swim Team Kick Off Day

May 28st (Tues) – Practice schedule begins See schedule above.

Meet Schedule (Arrive at 5 pm for warm-ups; Meets start at 6 pm)

June 11th: Green & White meet (Home)

June 13th: vs Salt Creek Club (Home)

June 20th: at Lagrange Field Club

June 24th: at Five Seasons Swim Club

June 27th: Home Meet vs Village Field Club

July 1st: Cross Town Classic vs Oak Park Country Club (Home)

July 8th: Swimathon (Home)

July 11th: vs Oak Brook Bath and Tennis (Home)

July 14th: End of Season Banquet

July 19th: Conference Psych-up dinner at RFTC

July 20th: Conference Swim Meet

Club Codes & Addresses:

FSSC	Five Seasons Swim Club	6901 S. Madison, Burr Ridge
LFC	LaGrange Field Club	1300 47 th 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