



PARENT HANDBOOK

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WELCOME TO THE GREAT WOLF SWIM TEAM!

Since our inception in 2004, the Great Wolf Swim Team has helped hundreds of athletes in the sport of swimming from novice to national champions and national record holders.

We help all individuals maximize their potential.
We are always looking for new swimmers to join the pack!

CONTACT INFORMATION

The Great Wolf Swim Team is always available for questions or comments. Please contact Liz Starke the Director of Swimmer Development and Communications. She can be reached at liz.starke@greatwolfs swim.org or at 763-203-4164. She will get back to you as soon as possible.

TEAM MISSION STATEMENT

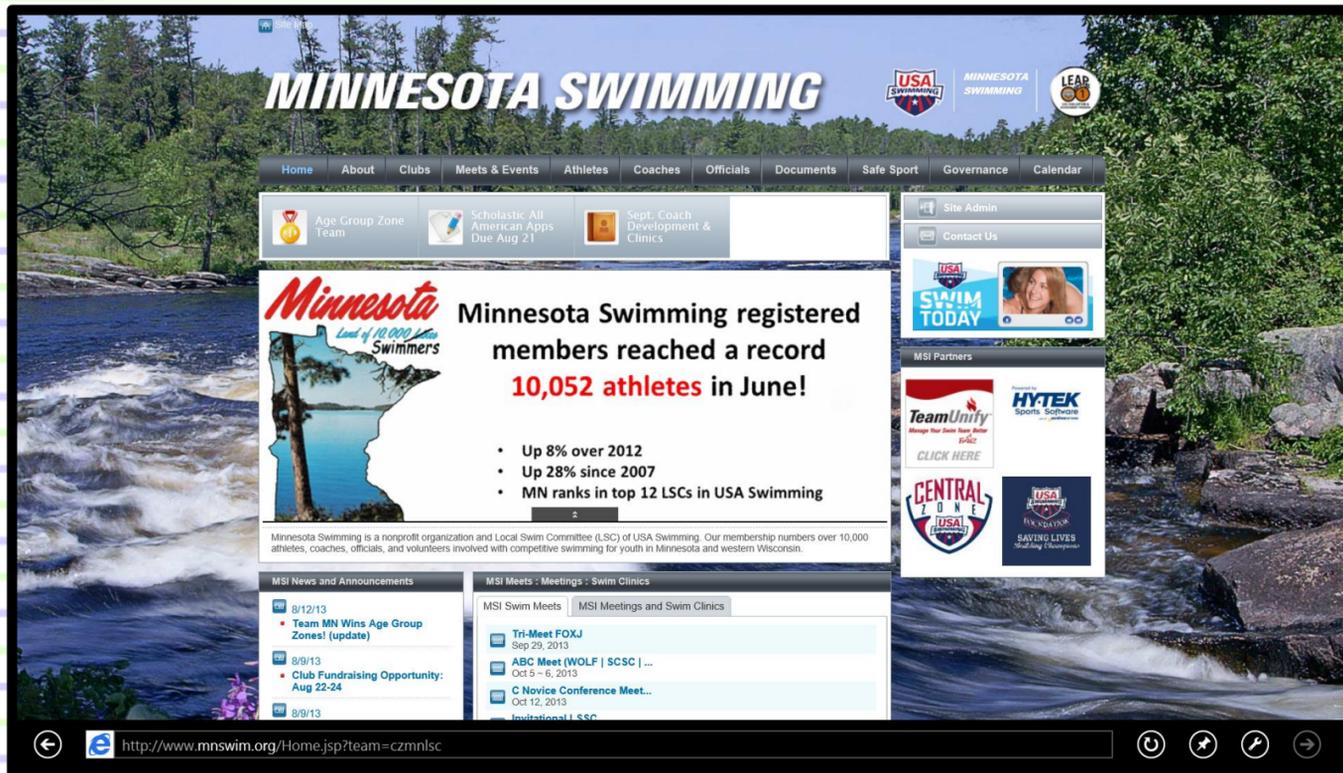
The mission of the Great Wolf Swim Team is to offer programs designed for all level of experience which will aid swimmers in maximizing their potential. The Great Wolf Swim Team is geared towards excellence and was founded upon the desire to lead it swimmers to reach the highest level in their swimming. This is accomplished through goal-setting and age appropriate teaching and training that is geared toward competition.



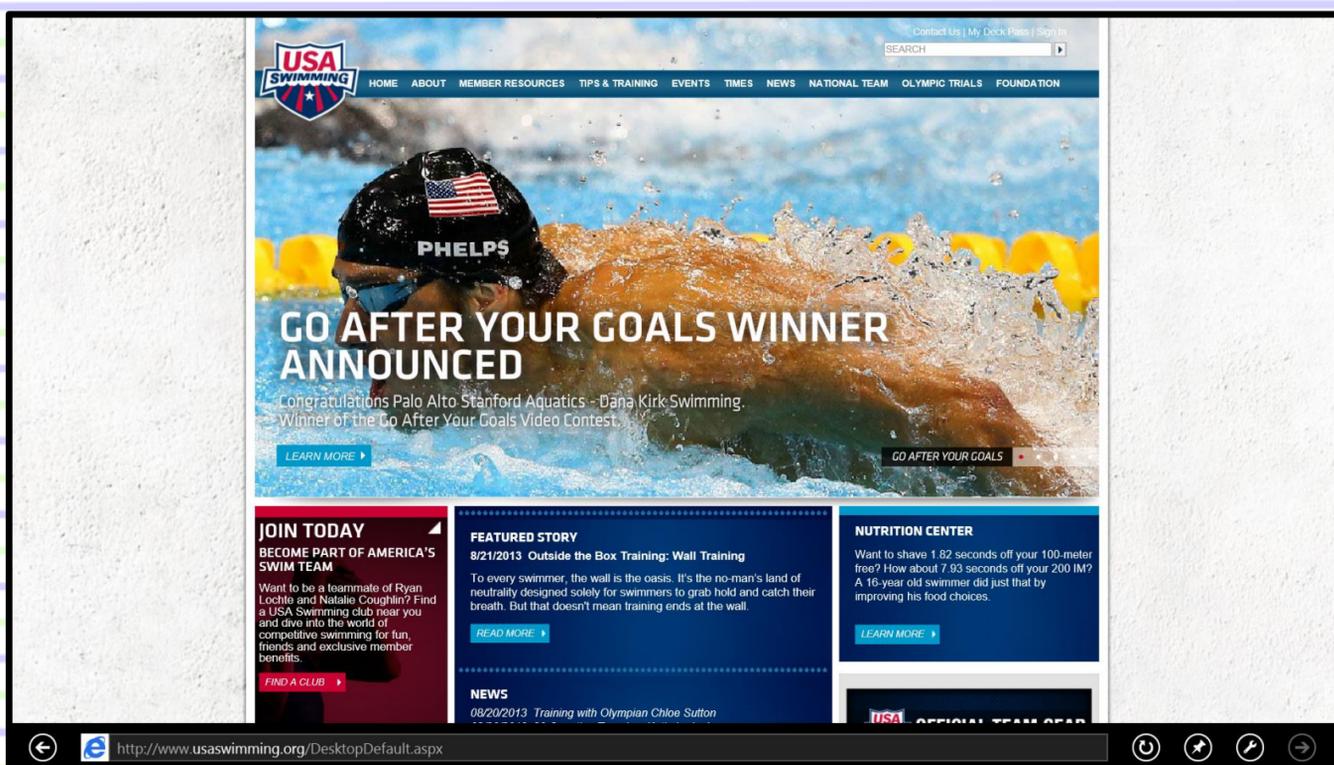
"If you can dream it, you can do it." - Walt Disney

GOVERNING BODIES

MINNESOTA SWIMMING is our LSC or local swim committee. Minnesota swimming primarily handles registration, rules, and meets schedules throughout the state. For more information please visit www.mnswim.org.



USA SWIMMING is the national governing body for all USA club teams. They primarily handle national rules and regulations, insurance, hosting national championship, picking the Olympic team, etc. for more information please visit www.usaswimming.org.



"What you do today can improve all your tomorrows." - Ralph Marston



COMMUNICATION



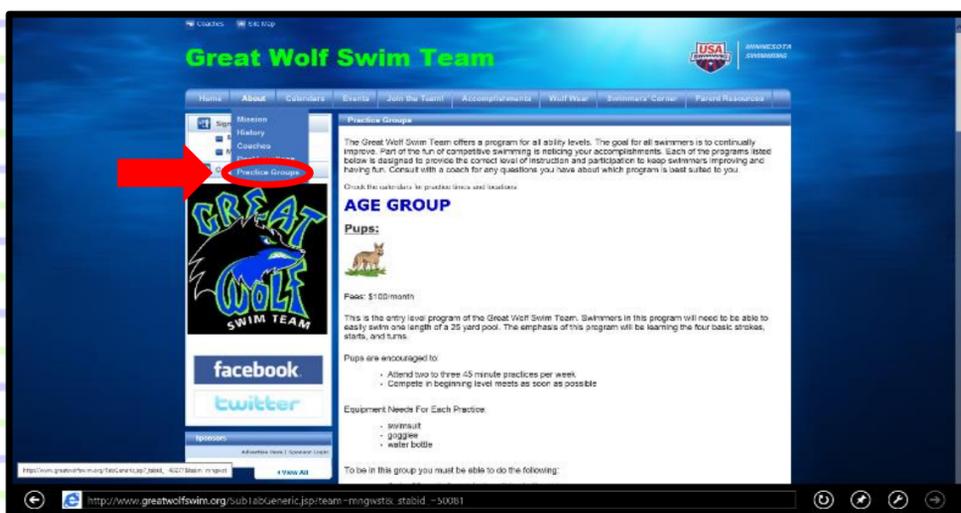
The Great Wolf Swim Team communication regarding events, swim meets, schedule changes and other pertinent information is shared primarily via email, but is also on our website. We strongly urge families to stay informed by using our e-mail and website. Information that we have in advance will be available at the pool. If any questions arise please contact Liz Starke, Director of Communications & Swimmer Development. Her email is Liz.Starke@greatwolfswim.org, and her phone number is 763-203-4164. She will get back to you as soon as possible.

Please remember that payment of any kind should never be given to the coaches. All registration and meet paperwork is now online.

TEAM WEBSITE

The Great Wolf Swim Team maintains an informational website at www.greatwolfswim.org. The website can often answer questions you may have, and is also a useful resource for tracking your swimmer's progress. The website is maintained to benefit our swimmers and their parents and contains the following information:

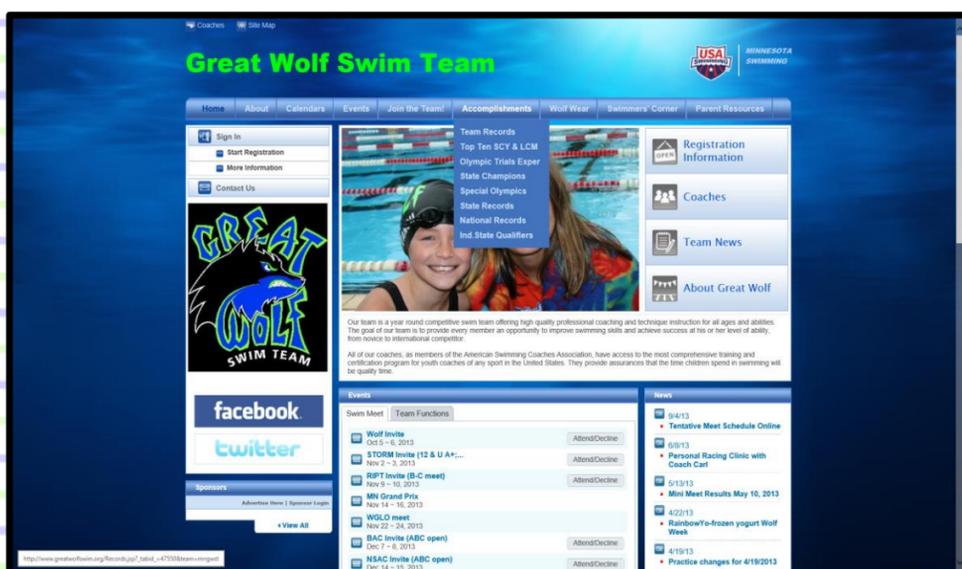
LIST OF PRACTICE GROUPS AND REQUIREMENTS



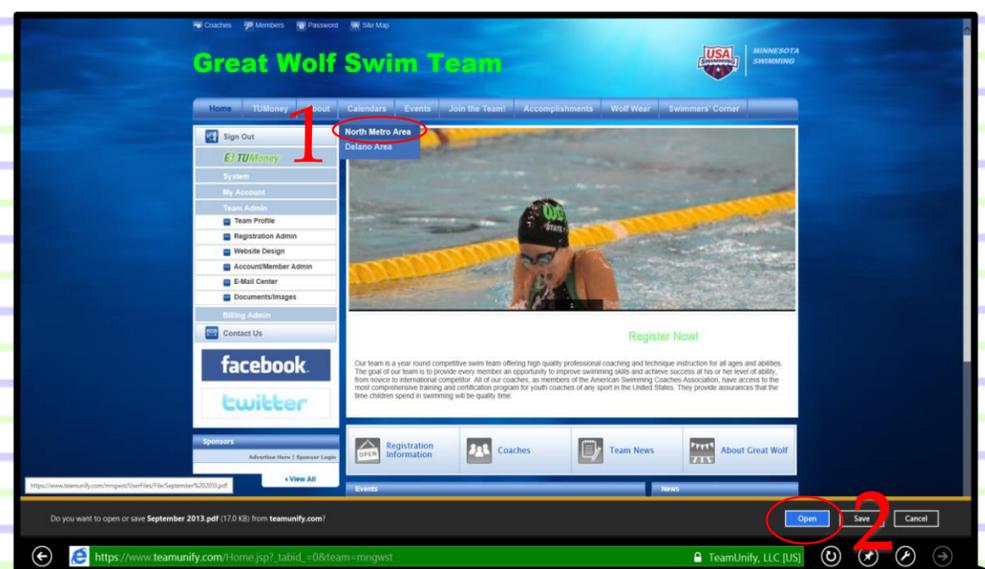
MEET INFORMATION; WHICH INCLUDES INFORMATION ABOUT UPCOMING MEETS



RESULTS AND RECORDS CONTAINING SWIMMER TIMES AND THE RECORD BOARD



PRACTICE SCHEDULE; UPDATED MONTHLY WITH A CURRENT CALENDAR.



TEAM WEBSITE

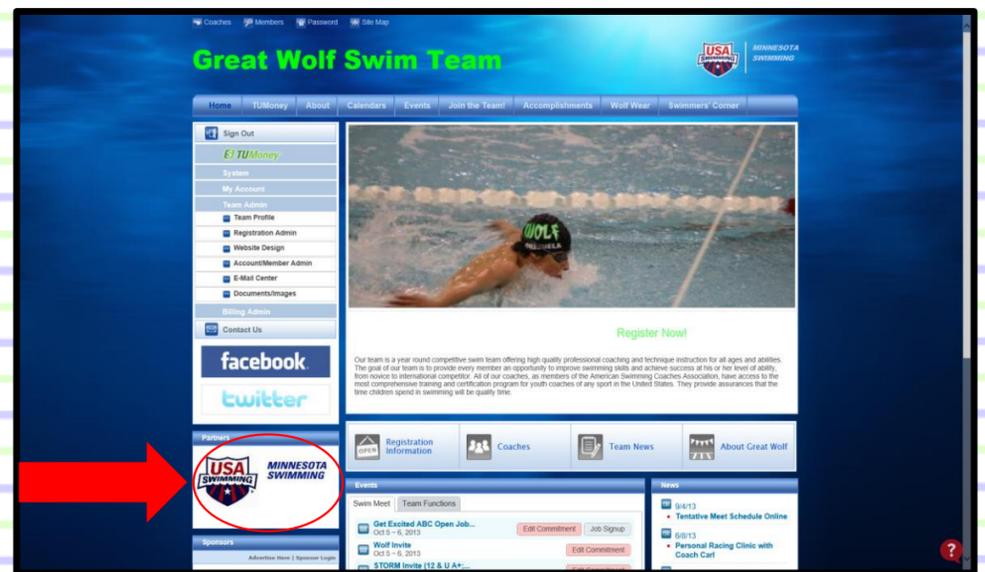
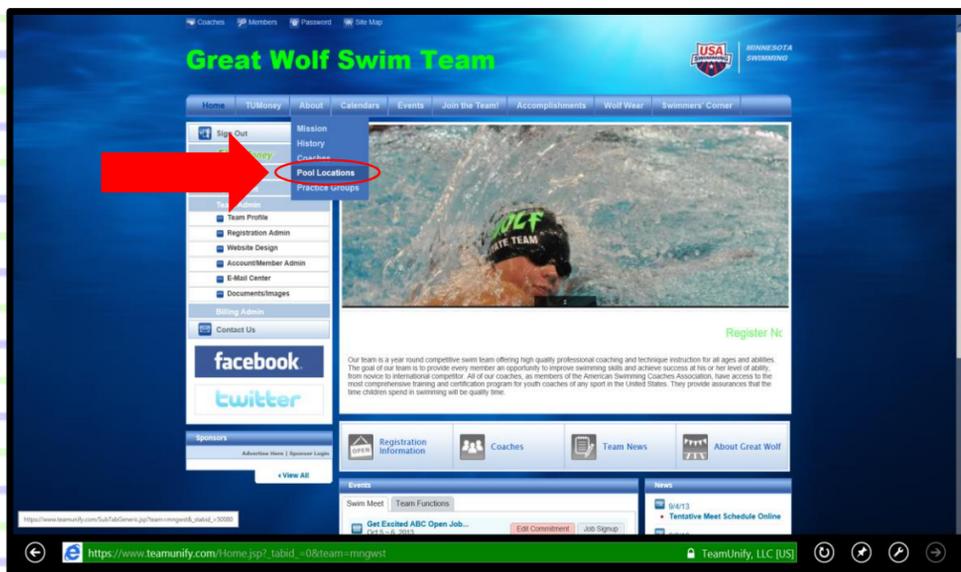
WOLF WEAR SHOP - TEAM APPAREL THAT CAN BE SHIPPED DIRECTLY TO YOUR HOME

ELSMORE SWIM SHOP- ALL NEEDED EQUIPMENT PER GROUP THAT CAN SHIP DIRECTLY TO YOU



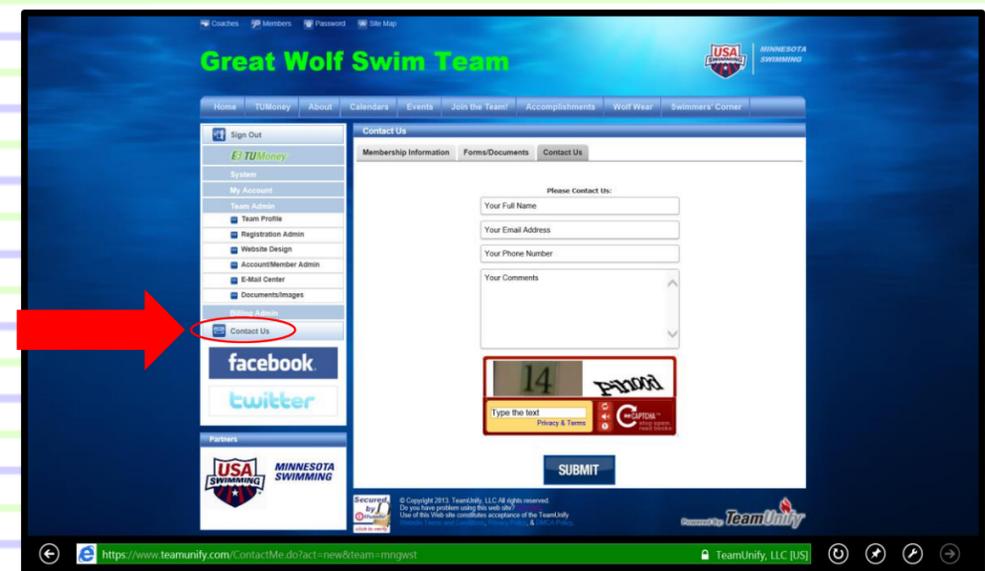
MAPS TO POOLS UTILIZED BY THE GREAT WOLF SWIM TEAM

LINKS TO GREAT SWIMMING WEBSITES



COACH INFORMATION

CONTACT US



"Always do your best. What you plant now, you will harvest later." -Og Mandino

TEAM LEVELS

The Great Wolf Swim Team offers a program for all ability levels. The goal of all swimmer is to continually improve. Part of the fun of competitive swimming is tracking your progress . Each of the programs listed below is designed to provide the correct level of instruction and participation to keep swimmers improving and having fun, Consult Liz Starke for any questions you have about which program is best suited for you.

AGE GROUP

PUPS

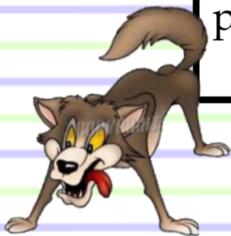
This is our entry-level program. Swimmers need to be able to easily swim one length of a 25-yard pool. Emphasis is put on learning the four basic strokes, starts and turns. Practices last 45 minutes and swimmers are encouraged to attend 2-3 times per week. At this level we require attendance at our smaller meets.



PUP SKILLS: circle swimming, streamlined push-off, kicking for all four strokes, flip turns, backstroke flip turns, open turns, proper use of a kickboard, front crawl with rhythmic breathing on both sides, racing starts from the blocks, backstroke racing starts and finishes, two hand finishes, the proper technique for all four strokes.

TRACKERS

This program teaches swimmers more advanced competitive swimming skills and the very basics of training. Practices last 75 minutes and swimmers are encouraged to attend 2-3 practices a week. At this level attendance at smaller meets is required.



TRACKER SKILLS: underwater pull-outs for breaststroke, flip turns and open turns for IM races, relay starts, swim a set with rest periods, swim a set with training intervals, can read their times from a pace clock, know two-stroke drills for each stroke.

TEAM LEVELS

HUNTERS

This program fine tunes strokes, starts & turns and develops good training habits. Moderate training for stroke work is begun. Practice lasts 1 and a half hours and swimmers are encouraged to practice 3 or more practices a week. At this level we also require attendance at A, B/C and Championship level meets.



HUNTERS SKILLS: Fine tune stroke techniques, flip turns, open turns, IM transitions, and starts. Know three stroke drills for each stroke, and learn proper technique for streamlines, pull-outs, and break-outs. Improve conditioning and add yardage. Teaching and practice of skills is often at training/race pace.

ALPHA LEADERS

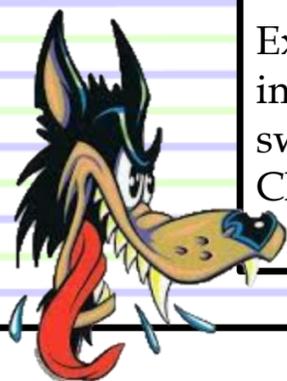
This is the top-level youth program. These swimmers train hard for both stroke improvement and conditioning while maintaining and improving racing skills. Swimmers are encouraged to practice 4 or more times per week for up to 2 hours. Attendance at A/B and Championship level meets is required.



ALPHA LEADER SKILLS: Develop excellence in race skills, including strokes, turns, tempo, and race preparation.

SENIORS

Experienced high school team swimmers age 13- adult. These swimmer train for stroke improvement and conditioning while improving racing skills. Practice lasts 2.5 hours and swimmers are encouraged to swim 4-6 times a week. At this level attendance a A, B/C and Championship meets are required.



VARSAITY SKILLS: The emphasis on this group is on a specific training based upon the type of swimmer they are (distance, mid-distance/stroke, and sprint), and stroke corrections are made as needed.

VARSAITY

TEAM LEVELS

NATIONAL

This program is for the most dedicated and committed swimmers ages 13-adult. These swimmers train hard for stroke improvement and conditioning while improving racing skills to the highest level. Practice lasts 2-2.5 hours and swimmers are required to practice 5 to 10 times per week. Athletes are required to attend all scheduled practice. Attendance at A, Championship and National level meets is required.



NATIONAL SQUAD SKILLS: Develop excellence in race skills, including strokes, turns, tempo, and race preparation. Stroke corrections are made as needed.



PRACTICES

A variety of practice times and locations are available for our swimmers. Please take note in the section above to see how many practice per week are expected at each level. The following are guidelines to inform both parents and swimmers of policies regarding practice. These policies have been developed and designed to provide the best practice environment.

- 🐾 The swimmer's USA registration must be current.
- 🐾 Plan to stay the entire practice.
- 🐾 During practice must ask coaches to leave the practice area. (This is for safety, swimmers must never leave the pool area without the coaches knowledge)
- 🐾 Each practice group requires specific training accessories. Make it a habit to bring equipment in a mesh bag to each practice. It is the swimmer's responsibility to bring equipment and take home equipment each practice and please label all items.



"You have to believe in yourself." - Sun Tzu

WOLF WEAR

Wolf Wear is now ONLINE! Please visit our website and look for the spirit wear logo. You are able to buy t-shirts, parent shirts, sweatshirts, hats, long sleeved shirts and much more! The spirit wear website will ship all orders directly to your home.



SHOP CUSTOM TEAM APPAREL

 **SpiritWear™**

EQUIPMENT

You are able to buy all of your equipment on our partner site. Elsmore Aquatics. In the lower left corner of our website you will see their logo click on the logo and you will read your groups necessary items.



SPECIAL EVENTS



The Great Wolf Swim Team hold several special events throughout the year and attendance is voluntary. These have included the Anoka Halloween parades, swim parties and summer picnics, to name a few.

"Always do what you are afraid to do" - Ralph Waldo Emerson

AWARDS BANQUET

The annual awards banquet is held in the spring of each year and is designed to recognize swimmers for their achievements over the previous year part of the banquet is a slide show and picture placemat. We encourage you to take pictures throughout the year and submit for inclusion in the banquet!

BILLING

The Great Wolf Swim Team offers multiple forms of payment. We offer direct deposit, you enter your bank or from your credit card, as well as payment via mail. We prefer direct deposit to insure that we receive our payment in a timely matter, but it is an option if direct deposit is not right for your family. We bill our dues monthly. We charge for the entire month on the first of that month. (Example: Sept dues are taken our Sept 1) if your bill is not paid on the beginning of that month the dues are rolled to the 1st of the next month. You always able to retrieve your balance. Payments are needed to be made in a timely fashion to keep your child in the pool.

The Great Wolf Swim Team is a non-profit organization and relies heavily on fundraising support to function smoothly and effectively. In order to keep fundraising simple and fun, and to keep pressure off the swimmer and parents, the team funnels all fundraising needs into a single event, our annual swim-a-thon. The swim-a-thon is this an integral element of the teams budget as well as a unifying, memorable team event for the swimmers.

FUND RAISING

VOLUNTEERING

Volunteering is a great way to become involved with the team and get to know the parents of other swimmers. Parents are required to volunteer to ensure that our functions are run smoothly and efficiently. The most important volunteer opportunities are swim meets. All parents are expected to participate at meets hosted by the Great Wolf Swim Team. This year we are only hosting 3 larger meets as well as a few mini-meets. Please visit our website to sign up!

BASIC SKILLS

The four competitive swimming strokes are freestyle, backstroke, breaststroke, and butterfly.

In **FREESTYLE** a competitor may technically swim any stroke, but the most commonly used stroke is the “crawl” stroke (also known as Freestyle). Freestyle is characterized by the alternate stroking of the arms over the water surface and an alternating (up and down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.



BACKSTROKE consists of an alternating motion of the arms with a flutter kick on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

BREASTSTROKE consists of simultaneous movements of the arms on the same horizontal plane. Then hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.



BUTTERFLY consists of a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands **MUST** touch the wall simultaneously on the turns and the finish.

“What lies behind us and what lies before us
is nothing compared to what lies within us” -
Ralph Waldo Emerson



BASIC SKILLS

INDIVIDUAL MEDLEY, commonly referred to as I.M., features all four strokes. In the I.M., the swimmer begins with the butterfly, then changes to backstroke, then breaststroke, and finally freestyle. Each stroke is one fourth of the race.

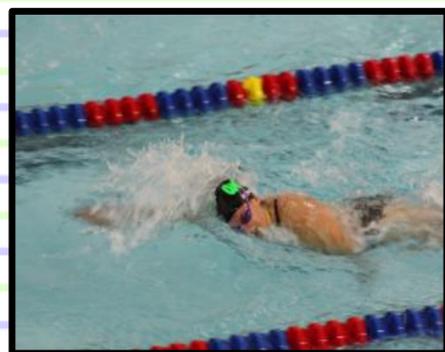


RELAYS!

MEDLEY RELAYS consist of all four strokes. The first swimmer swims backstroke, followed by breaststroke, followed by butterfly, the final swimmer anchors the relay with freestyle.



FREESTYLE RELAYS consist of four freestylers, each swimming one fourth of the total distance of the event.



STARTS

In the "start", the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race



SWIM MEETS

MINI MEETS

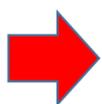
The Northwestern Metro Conference has developed swim meets that are geared for our Pups & Tracker swimmers. These are designed for swimmers and parents to learn how swim meets work, and what to look forward to when they move to the next level. These meets will include members from the Great Wolf Swim Team, Fast Jet, NHCP, and North Suburban. At the C/ Pre-C meets hosted by the Great Wolf Swim Team, we require that parents volunteer to help make the meet run smoothly.

FIRST MEET?

There are a few things to keep in mind before, during and after your swim meet.

Before please make sure that your swimmer is prepared when arriving to the pool. Make sure that they are equipped with their swimsuit, goggles, towel, wolf wear/ warm clothes and WOLF swim cap. Please make sure that your child has a bag to keep all of your child's belongings together on the pool deck. Swim meets may last a while so make sure your swimmer has snacks and a beverage. (Water or a sports drink)

During the meet please make sure that your swimmer makes it to the pool deck and checks in with their coach. After they check in with their coach they will warm-up and you can go to the designated seating area. In Accordance with USA Swimming rules, parents are not allowed on deck unless they are officiating. Please make sure your child has an idea of what they are swimming so they have an idea of when they will go up to the starting blocks (the coaches will assist but it is helpful if the swimmer at least knows what they are swimming. It is common to have your child write his or her events on their arm or leg. Below is most common format.) After your child has checked in they will warm-up. This would be a smart time to venture to concessions and pick up a program.



Event Number	Event	Heat	Lane
67	50 Free	6	8

After congratulate your swimmer on a job well done!



AWARDS

Most meets provide awards to the top swimmers in each event, which are usually available at an awards table outside of the pool area. In most instances parents and athletes are responsible for picking up their own awards as we have coaches at multiple facilities and it is hard to get awards to their rightful owners.



"If opportunity doesn't knock, build a door." - Milton Berle

THE COURSES

There are two seasons- Short Course and Long Course

SHORT COURSE SEASON starts in September and ends in a Championship meet in March. These meets are run in a "Short Course" or 25 yard pool.



LONG COURSE SEASON starts in April and ends with a Championship meet in July/ August. These meets are usually run in a "Long Course" or 50 meter pool.

TIME STANDARDS

At the **STATE LEVEL** in Minnesota there are 6 basic standards. WE have the 2012-2013 time standards in the back of this book under time standards.

PRE-C TIMES primarily consists of new swimmers that either have not swum in meets, or just starting off. Pre-c times are times that are slower than the established C time.

C TIMES are the first level on the time standards sheet. A C finals meet is held at the end of each season specifically for these swimmers.

B TIMES are the second level on the time standards sheet. The MRC championships is held at the end of every season specifically for A, BB & B level swimmers.

BB TIMES are the third level on the time standards sheet. The MRC championships is held at the end of every season specifically for A, BB & B level swimmers.

A TIMES are the fourth level on the time standards sheet. The MRC championships is held at the end of every season specifically for A, BB & B level swimmers.

CHAMP TIMES are the fifth level on the time standards sheet. At the end of each season the state meet is held as a final meet for these athletes.

ZONE TIMES are the sixth level on the time standards sheet. At the end of each summer, if you achieve a Zone time you are able to become apart of Team Minnesota. This meet is at a predetermined location somewhere in the Midwest.

At the **NATIONAL LEVEL** there are additional standards. (Sectionals, Grand Prix, Junior Nationals, Senior Nationals, U.S. Open, Olympic Trials) Time standards for the above meets can be found on our website and at USASwimming.org.

A swimmer may have different time standards in different strokes and distances. For example, they may have C times in one stroke, B times in another, and A or Champ times in other strokes, depending on strengths and weaknesses.



"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." - Aristotle

NORTH METRO STAFF

LIZ STARKE - DIRECTOR OF COMMUNICATIONS & SWIMMER DEVELOPMENT



Liz started swimming in 1st grade when she brought home a flyer from school. Originally she started swimming with the former Northern Lights Aquatics. During her age group career she achieved many state podium finishes, including multiple first place finishes and highpoint awards. As a senior swimmer she followed Coach Dave from Northern Lights to the Great Wolf Swim Team in 2004. She swam on Great Wolf from 2004-2008. During that time she achieved high school All-American status, multiple high school records, Great Wolf Records, and participated in many Jr. Nationals. After graduating high school in 2008 she went to Florida Atlantic University on a division one scholarship. During her time on the FAU swim team she achieved senior national times, as well as broke a school record in the 100 butterfly. She obtained degrees in international business & trade as well as marketing, and minored in business law. After graduating college she moved back to Minnesota and eventually found her way back to the Great Wolf Swim Team!

COACHES

Coach Dave grew up in Anoka MN. While in high school he was an active high school swimmer. During his time on the team he set school records in the 200 and 500 free. After high school he swam at the University of Minnesota where he graduated with a degree in Physical Education with a minor in Child Psychology. During the summer months he helped start the ABC Aquatic Club based in Anoka, Blaine and Coon Rapids pools. During his summer break Dave then had the honor of becoming the manager and assistant coach at the Olympic Training Center in the summer of 1979. While he was at the OTC he worked with multiple Olympians and Olympic coaches. After college Dave interned with George Haines, who had an athlete on the Olympic team that year (George had many Olympians throughout his career), and was a 7 time coach of the Olympic team. Soon after Dave took what he had learned from his time with George and became the head coach of the Bloomington Aquatic Club where he coached for 6 years. He transformed the program from a struggling program to the Minnesota age group champions with multiple participants in junior and senior nationals. Then after teaming up with John Thomas, Dave ran the first coach owned club in Minnesota, Marauder Aquatic Club where once again he lead a team to clench another age group title, and qualified numerous swimmer to junior and senior nationals as well as Olympic Trails. Dave then had the incredible opportunity to coach at the then new pool at the University of Minnesota when they open their doors in 1991. He was recruited to coach the senior swimmers of the Gopher Swim Club. As he previously had with other teams he again lead his swimmers to senior nationals. One athlete in particular, Heidi George, went from state caliber to 12th in the world under Dave's direction. Dave then took a short lived retirement from swimming to focus on business, but quickly changed his mind and returned to his home roots to coach Northern Lights Aquatics. (Formerly ABC Aquatic) Then in 2004 he along with Coach Carl started the Great Wolf Swim Team, with just a handful of swimmers. In just a few short months Dave had grown the team into one of the top teams in the state with multiple state and national records. He also had Olympic Trial qualifiers in 2004, 2008 and 2012. Dave is proud to say that countless numbers of his swimmers have gone on to swim in college with three of them winning an NCAA individual title and one swimmer setting an NCAA record which stood for 13 years. Dave beliefs in the long term development of his swimmers.

DAVE BENTZ HEAD COACH NATIONAL TEAM COACH



NORTH METRO STAFF

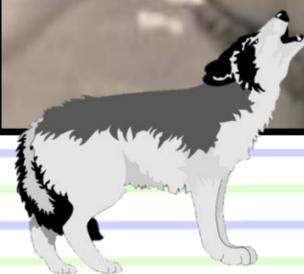
ZACK STRUMBELL NATIONAL TEAM COACH



Zack grew up in Eveleth Minnesota. He learned to swim because his parents could not. He started taking lessons at the local YMCA, and then after watching his sister join the school swim team, he and his twin brother decided they would give it a try. He swam for Eveleth Gilbert High School under the direction of Minnesota Hall of Fame coach Gordy Rodby. While swimming in high school Zack won 4 individual Minnesota state titles, was a 3 time Scholastic All-American, and a 2 time All-American. He also broke many high school records (which are still there today), the high school class A state record in the 200 freestyle, and his senior year was named Minnesota Swimmer of the Year. Zack started his club swimming journey as a 13-14 year old for Dave Bentz at the Great Wolf Swim Team. While swimming for Great Wolf Zack was top 16 in the 50 free in the 13-14 age group, and along with his teammates also broke 2 national age group records for relays and re-wrote the record books for Minnesota club swimming in numerous relays for 13-14 and 15-16. He qualified for Junior Nationals as a 15 year old, and had the chance to travel around the country going to many national and international level meets. Zack went on to swim for California Polytechnic State University where he broke 3 school relay records, the 100 butterfly record and qualified for the U.S. Open. He started his coaching journey in October of 2011 under the direction of Dave Bentz. He now is the assistant national coach. Zack has taken part in coaching swimmers who have ranked the top in the nation, set Minnesota club state records, achieved multiple Minnesota state titles, qualified for Junior Nationals, and was ranked number one in the country. Zack is fortunate enough to say he coaches for the team that taught him so much, not only about swimming, but about life. Zack is lucky to have such a great group of kids to work with and looks forward to what is possible in the future. "The only way of finding the limits of the possible is by going beyond them into the impossible"

ALICIA FRIES- VARSITY COACH

Alicia started swimming when she was very young. She swam for Northern Lights Aquatics prior to swimming on the Great Wolf Swim Team. She also swam for Coon Rapids High School. During her time at Coon Rapids she was all conference, and all section as well as participated in a record setting relay. Alicia went on to swim at the University of North Dakota. Alicia taught for Swim America while in high school, and continued coaching in college. Prior to coaching at Great Wolf she coached the Junior Wahoos. Since she has been at Great Wolf she has helped maximize the potential for many athletes. She has had many athletes finish top- 8 at the state meet, state champions, as well as Zone qualifiers. Alicia loves to challenge swimmers while working on perfecting their technique and having fun.



NORTH METRO STAFF

CARL SCHLUZE- AGE GROUP COACH

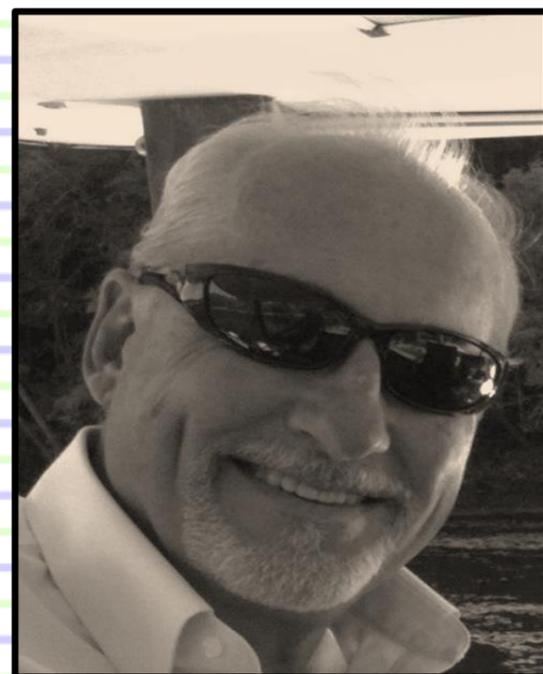


Carl simply loves coaching, and is the main reason he has been a coach for over 30 years. Carl first started out as a junior high swimmer at Mounds View high school under the legendary Jim Brobin. During this time he learned about Jim's insisted commitment to high standards which created an incredible team to be a part of. Carl then moved on to college where he picked up coach at a local YMCA. Despite a lucrative engineering degree he continued to coach. He decided to move on to teach science, but remained a coaching for Northern Lights Aquatics in the north metro. During his time at NLA he coached multiple state top-eight finishers, state champions and state high point winners. Carl then decided to join Dave in starting the Great Wolf Swim Team. Since its inception in 2004 Carl has coached state top- 8 finishers and state champions. He also had many swimmers that moved to the set national records. His success has come due to innovative work with strokes, turns, starts and his commitment to pushing his swimmers to their highest standards.

Coach John started out swimming at St. Paul Highland Park. He had the privilege in a short time making and placing at the state meet. Upon graduation he attended Gustavus Adolphus college where he swam in a 20 yard pool (with no goggles because they had not been invented). During his time in college he became a MIAC champion in the 50 free. After graduation he went on to teach health and physical education at Burnsville high school. While at Burnsville he coached the high school and the local AAU swim club. During his first season he had state finalists in the 50 free. After 2 years of hard work John had assisted one of his male athletes to break 2 minutes in the 200 IM. He then decided it was time to move to the Mounds View Swim Club where he coached Dave Bentz (Coach Dave). After some time John also retired from swimming to raise his family. John then got hit by the coaching bug only a few short years later at Bloomington Aquatic Club with Coach Dave. John then decided to get back into high school coaching at Edina high school women's team. He had the privilege of coaching 3 state championship teams along with a 4 time 100 butterfly champion, and another winning the 100 breast while breaking a national record. He then started coaching at Marauder Aquatic Club where he helped them win a state championship. (Shortly after his departure a boy he coached broke a high school butterfly record that still stands). John went on to work at the Saint Paul hotel where he met many incredible people with include Bill Murry, Margaret Thatcher and Meryl Streep just to name a few. In 2010 John became the head coach of the University Club in St. Paul as a summer program director where he picked up coaching again. Shortly after he and Dave once again connected and he became a coach on the Great Wolf Swim Team.

John is looking forward to taking all the swimmers to a place they never thought possible. It's all about finding a way no one else ever imagined. He builds great confidence in his swimmers through insistence on proper technique and race strategy.

JOHN THOMAS AGE GROUP COACH



NORTH METRO STAFF

CHIP FECHTER- AGE GROUP COACH



Chip is one of the top developmental swimming coaches in the United States. Over the past 40 years, he has been able to identify and developed some of the best swimmer in the country. Many of the swimmers on teams chip has coached started out at the Pups level. With a progressive nurturing style, his swimmers learn the basics of competitive strokes and develop a love for the sport that have produced numerous national age-group champions, junior national champions and swimmers, senior national swimmers and Olympic Trial qualifiers. Chip has also coached at the high school level with many swimmers achieving All-American status.



BLAIR ECKSTROM- AGE GROUP COACH

Growing up in Marshall, MN Blair was a part of the Marshall Meters swim Club where his mother was a coach. He has been swimming and coaching ever since. Before coaching for Great Wolf Blair coached at Mounds View swim club, where he helped many age group swimmers to reach state finals. He then moved on to coach Northern Lights and Tsunami swim club during this time he had many swimmer win state titles, participate in junior and senior nationals. Many of his swimmers have done on to achieve division 1 college scholarships at top name universities. He then moved on to the Great Wolf Swim Team. Blair loves to correct stroke mechanics and has a passion for teaching his swimmers to swim correctly. Blair loves to combine his knowledge and experience with his wit and humor.



NORTH METRO STAFF

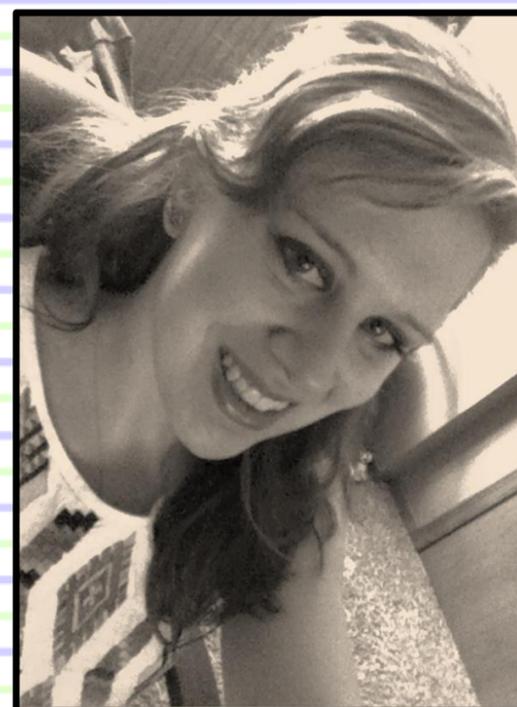
WHITNEY CLARK - AGE GROUP COACH



She began swimming competitively in fifth grade when she joined a local age group team in Iowa. After moving to Minnesota she started working for our swim lesson program *Swim America*. In the fall of 2010 she started coaching our Pups group. In the spring of 2011 she became a site supervisor for *Swim America*, and moved up to coaching our trackers team. She is currently pursuing a degree in elementary education at St. Cloud State. She is excited to help her kids improve, be competitive and get excited to swim!

EMILY ARNOLD - AGE GROUP COACH

She has loved being in the water since a young age. She started competitively swimming as a freshman at Andover High School. She swam 4 years, and also dove in addition to swimming her junior and senior year. She started teaching swimming lessons for *Swim America* in the summer of 2013 and loved it! She loves working with the kids to make their strokes better and to help form a passion for swimming. There are many fun activities she works into lessons to make swimming fun for the kids. She couldn't be more excited to keep working with the kids, to help them improve and to have a great time! She enjoys watching them improve everyday competitively and watching their love for the sport grow as well.



DELANO STAFF

LISA ASBURY - COACH



Lisa began competitive swimming at the age of 11. She swam for Bloomington AAU during the winter, spring and summer months and then Burnsville High School during the fall. At Burnsville, she swam sprint Freestyle and Breaststroke. During her three years in high school, she earned All-Conference, All State and All American honors, was part of the State Championship team her junior and senior years and was also co-captain her senior year.

She began coaching in 2001 when her children started swimming. She started as an assistant coach for the MGC Muskies 2001-2004 and then stepped in with Dave Bentz and the Great Wolf Swim Team from inception, 2004 to present.

Due to location and travel time to and from the pools in North Metro, Lisa inquired about starting a GW branch in the Delano area. Lisa's passion for swimming and coaching is apparent as she coaches her swimmers to be the best they can be by setting goals and determination, she knows GW swimmers can accomplish whatever it is they want in and out of the water. Please visit the Great Wolf Swimming- Delano Branch Facebook page.

MATT STROBL - COACH

Matt started competitive swimming at the age of eight, competing in the USA Swimming South Dakota Summer League for ten years. During his competitive years, Matt was a six time Age Group Highpoint swimmer, and a two time male swimmer of the year at the Summer Team State Championships. Matt was an assistant and co-head coach of his hometown swim team (Milbank Area Lions Swim Team) and helped lead them to their first ever Summer League Team State Championship. Matt is a very active coach, and enjoys watching the growth and improvement of his swimmer's both in and out of the pool.



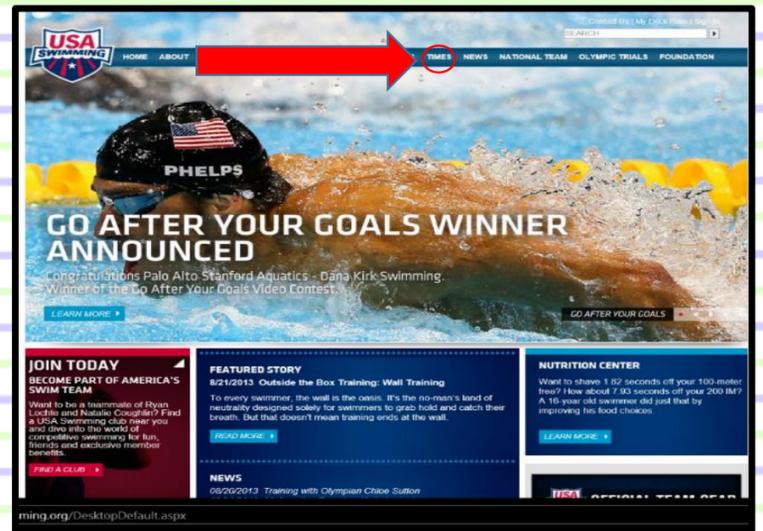
HELPFUL INFORMATION!

USA SWIMMING TIME FINDER

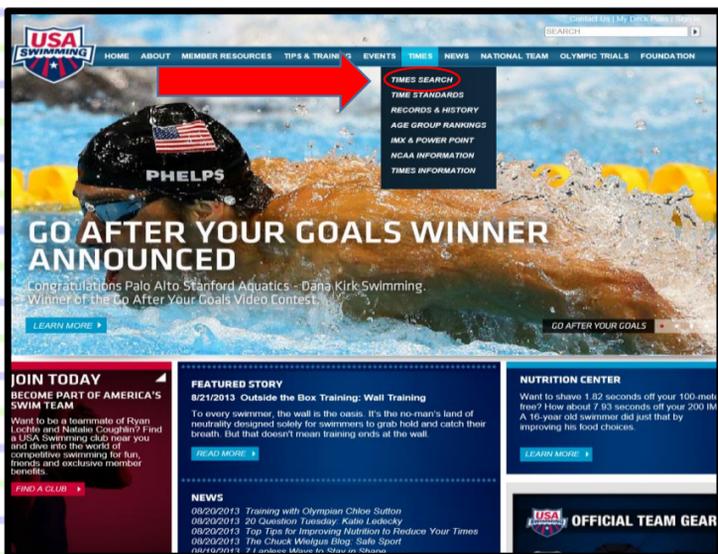


Visit www.greatwolfswim.org
Under *partners* click on the USA swimming icon

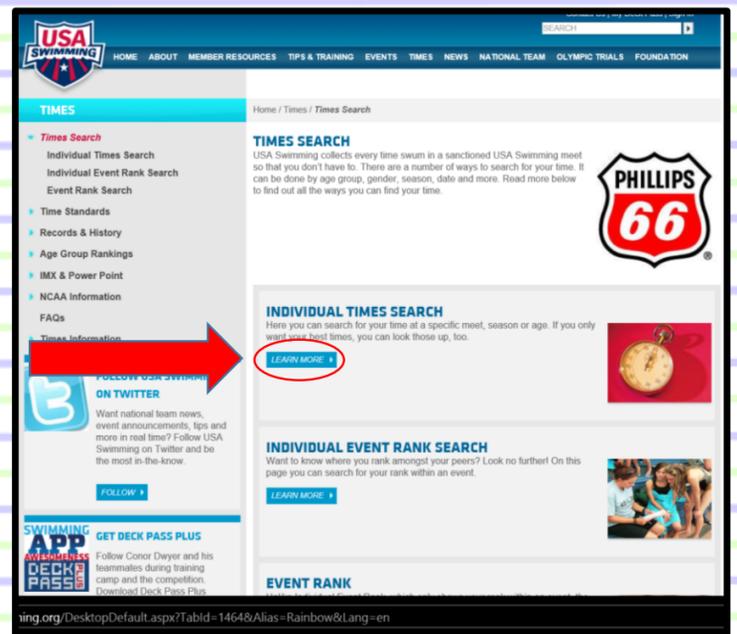
Click the times tab on the home page



Click on the time search drop down



Select Individual time search



Tired of keeping track of all of your times? Then stop doing it! Let USA Swimming track them for you. Just enter the event you are looking for below, and let us do the rest. Search for your time at a specific meet, season or age. If you only want your best times, you can look those up, too!

INDIVIDUAL TIMES SEARCH

Select a Person
Last Name First Name

Select a Date
Competition Period 2013 (9/1/12 to 8/31/13)
Date Range To

Optional Search Parameters
Event All Events
 LCM Events
 SCY Events
 SCM Events
 Specified FR LCM
Range All To All
 Show all times
 Show only the fastest time by event
 Show only the fastest time by event/age

Sort By Event Then By:
 Then By:

Enter information specific to your child be sure to choose fastest time by event for ease.

HELPFUL APPS!



ON DECK



- 🐾 Allow sign-up for upcoming coming jobs offered by the swim team
- 🐾 Display detailed attendance histories for their children [swimmers]
- 🐾 Manage each upcoming swim meet with timing and heat & lane assignments
- 🐾 Interactively view every swim meet the team has swum by swimmer or roster
- 🐾 Split Math calculator for goal setting
- 🐾 Lot's of preferences for personalization
- 🐾 Available on both apple and android



MEET MOBILE



- 🐾 **Heat Sheets, Psych Sheets and Team Scores, Oh My!** In addition to real time results, see pre-race rankings and heat and lane assignments as they become available. Individual and team scores? Yep. You get those too.
- 🐾 **Follow Your Favorite Swimmers** Flag swimmers and/or teams as “favorites” and then easily filter down to see both completed results and upcoming schedules.
- 🐾 **All Meets, In Real Time** Search meets from all over the world or in just your local area.

DECK PASS

- 🐾 Your team's times, scores and ranks.
- 🐾 USA Swimming information on events, meetings, certifications and results.
- 🐾 A digital logbook to keep track of your times and earn more patches.



PRACTICE LOCATIONS

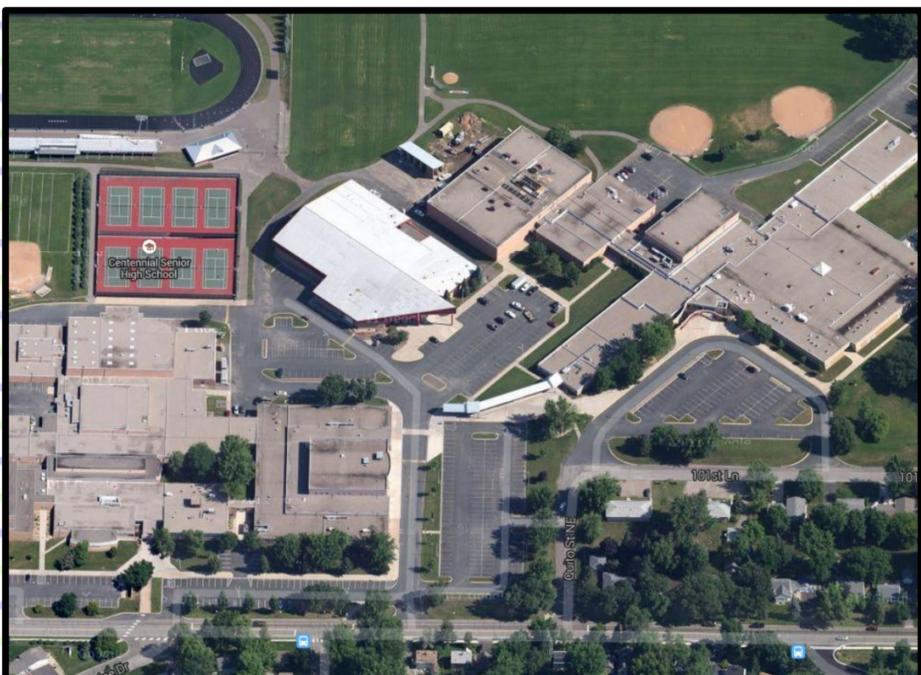


SPRING LAKE PARK HIGH SCHOOL

Spring Lake Park Pool:
8001 Able Street NE
Spring Lake Park, MN 55432-2059

CHAMPLIN- JACKSON MIDDLE SCHOOL

Jackson Middle School Pool:
6025 109th Ave N
Champlin, MN 55316-3475



CENTENNIAL HIGH SCHOOL

Centennial High School Pool
481 101st LN NE
Circle Pines, MN 55014-1554

PRACTICE LOCATIONS



FRED MOORE MIDDLE SCHOOL

Fred Moore Middle School Pool:

1523 5th Avenue

Anoka, MN 55303

COLUMBIA HEIGHTS HIGH SCHOOL

Columbia Heights Pool-

1400 49th Ave NE

Columbia Heights, MN 55431



DELANO MIDDLE SCHOOL

Delano Middle School Pool

700 Elm Avenue East

Delano, MN 55328



GREAT WOLF CANCELTATION POLICY

1. A 15 day notice is required for all cancellations. Please send an email to Liz Starke (liz.starke@greatwolfsim.org) with the cancellation form found under the parent resources tab.
2. The account owner remains responsible for any fees incurred by the swimmer prior to their last practice date. (i.e. meet fees, purchases, USA Swimming registration fees, monthly dues)
3. Any swimmer who leaves the team and wishes to be reinstated during the same season (short course season is Sept- March, long course is April- July) will be assessed a \$20 reinstatement fee.