

Dear Badger Swimmers

The 2018 Girls Badger swim season is approaching quickly. The first day of practice will be on Tuesday, August 7th at 7am. Our schedule for the first four weeks will be as follows:

Summer Schedule

Mon, Wed, Fri: (2 a days)

AM: Varsity 7-9am / JV: 8:30-10am

PM: (all) 3-5pm Dryland, alternative conditioning followed by an hour of power

Tues, Thur: 7-9am (Varsity will lift these days)

Saturday: TBD

School Schedule

After school 3:30-5:45pm

Mon & Thurs: Varsity Lift

Tues: Meet day (usually)

Wed & Fri: Yoga/core -all

Sat: practice 7:30 – 9:30am or a meet

Be prepared for dry land training at every practice. Locks will be handed out during the second week of practice.

Dryland – A series of body weight exercises created to build muscle strength, core stability and flexibility. All dryland will be performed on deck. Swimmers are highly encouraged to bring yoga mat to perform the exercises on. Mats can be stored at the pool.

INFORMATIONAL MEETING: MONDAY, July 30th AT BADGER HIGH SCHOOL in room 412 @ 6:30pm

You will not be allowed to practice until all of the forms are completed.

Information on how to register online is enclosed.

• Physicals

o Badger: Physicals are required every 2 years. If your last physical was prior to April 1st, 2017, you will need a physical to participate in 2018-2019 athletics. Make sure you take the WIAA physical form with you and have the doctor sign/date the form and also your parent or guardian sign/date the form. Upload the clearance form to the web site, make a copy for your records and turn in the original to the Badger High School Front Office. The original will be kept on file in the nurse's office.

o Big Foot, Williams Bay, Westosha Central & Wilmot: If your last physical was prior to April 1st, 2017, you will need a physical to participate in 2018-2019 athletics. Upload the clearance form to the Badger High web site, make a copy for your records and also turn in the original to your school nurse.

****If you have difficulty uploading the physical page to the Badger High website please turn in a copy of the entire physical to the Badger Athletic Office.****

• Badger Consent and Code of Conduct Form

o Badger: This must be done online.

o Big Foot, Williams Bay, Westosha Central & Wilmot: This must be done online through Badger High

School website. It will ask you to read Badger High School's Athletic Code and sign. You must sign this section for the registration process, however you WILL NOT be required to follow Badger High's Code of Conduct. You MUST complete your school's Athletic Code and any other required forms and turn in to your school prior to the 1st practice. Your school will then notify me when the required forms are signed.

2018 Meet Schedule can be found online at:

southernlakesconference.org / Badger High School / View Schedules / Swimming-Girls Varsity / View

The Badger Girls Swim team does not have try outs, all who sign up will be on the team. We will provide a lock, racing cap and a racing suit. Goggles, practice suits and practice caps will be provided by the swimmers. *I recommend that you try to get in the best cardiovascular shape that you can get into before we start on the 7th. Biking, running and climbing lots of stairs are great choices. It would also be a great idea to put in some laps to get your shoulders ready for 3 months of hard work. I hope everyone is having a great summer and that you are looking forward to a great season. We have been apart for the last 9 months, now it's time once again to come together, work together, and reclaim our title as Southern Lakes Conference/Sectionals champions!!!*

If you have any questions please don't hesitate to call me on my cell phone (651) 558-7381 or email me at lauren.kaiser@badger.k12.wi.us . Enjoy the rest of summer, be safe!

There will be an Informational/Parent meeting on Monday, July 30th at 6:30pm at Badger High School in room 412. Please turn in your completed forms.

Lauren Kaiser & Emily Koltz

Badger Swim Coach's