

## Dear Badger Swimmers

The 2017 Girls Badger swim season is approaching quickly. The first day of practice will be on **Tuesday, August 8th**. Our schedule for the first four weeks will be as follows:

### Summer Schedule August 8<sup>th</sup>-August 31<sup>st</sup>

Monday, Wednesday, Friday	6:00-8:00 a.m. Dry land and Swim
Monday thru Friday	3:00-5:00 p.m. Swim
	*5:00-6:00 p.m. Lifting Club (Tuesday & Thursday)
Saturday	8:00-10:00 a.m. Swim

### School Schedule September 5<sup>th</sup>-November 11<sup>th</sup>

Monday thru Friday	3:30-6:00 p.m. swim
	*6:00-6:45 Lifting Club 2x a week "days TBD"
Saturday	8:00-10:00 am (if no meet is scheduled)

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 matt to perform the exercises on. Matts can be stored at the pool.

**Lifting Club** – Lifting Club is an **Optional** training opportunity. This club will utilize free weights to enhance overall performance. This group will meet twice a week immediately after practice.

## **INFORMATIONAL MEETING: MONDAY, AUGUST 7<sup>TH</sup> AT BADGER HIGH SCHOOL**

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

**Information on how to register online is enclosed.**

### • **Physicals**

- **Badger:** Physicals are required every 2 years. If your last physical was prior to April 1<sup>st</sup>, 2016, you will need a physical to participate in 2017-2018 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.**
- **Big Foot, Williams Bay, Westosha Central & Wilmot:** If your last physical was prior to April 1<sup>st</sup>, 2016, you will need a physical to participate in 2017-2018 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.

**2017 Meet Schedule** can be found online at:

[southernlakesconference.org / Badger High School / View Schedules / Swimming-Girls Varsity / View](http://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 8<sup>th</sup>. 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 stay as one as we try to defend our title as Southern Lakes Conference/Sectionals champions.

If you have any questions please don't hesitate to call me on my cell phone (262-215-7750) or email me at [billersbodyshop@sbcglobal.net](mailto:billersbodyshop@sbcglobal.net). Enjoy the rest of summer, be safe and I'll see you on the 7<sup>th</sup>.

**There will be an Informational/Parent meeting on Monday, August 7<sup>th</sup> at 6:00pm at Badger High School Cafeteria. Please turn in your completed forms.**

Glenn Biller & Lauren Kaiser

Badger Swim Coach's