

2018 Fallen Timbers Frogs Swim Team
Important Information

Coaching Staff

Head Coach and 8 & Under Coach: Caroline Lathrop
9-10 and 13 & Up Coach: Jacob Sobczak
11-12 Coach: Gretchen Rudolph
Future Frogs Coach: Paula Kirby

Parent Meeting on Sunday June 3rd at 6pm and **Banquet** on July 31st

Swim Practice

Swim practice will be held at the pool on weekdays during June and July. The first practice will be on **June 4th**. Please bring a swimsuit, goggles, a towel and a water bottle.

Practice Times (may vary due to group size):

Ages 5-10	9:00-10:00am
Ages 11+	10:00- 11:00am

Swim Meets

The Fallen Timbers Frogs are a part of the Ohio Michigan Summer Swim League (OMSSL) along with Green Hills, Lincolnshire, Brookwood, Delta, and Bohn Pool. We will have a total of 3 home meets and 4 away meets. All swim meets are on Tuesday mornings, except champs, which is on Saturday 7/28 and will last the whole day. **We rely on parent volunteers to help with these meets.** We ask that each family complete at least 10 volunteer hours. Please see our parent reps at practices for more information!

Swim Meet Checklist:

Swimmers:		Parents:	
<i>Towels Goggles</i>	<i>Suit</i>	<i>Chair</i>	<i>Sunglasses</i>
<i>Team Cap</i>	<i>Healthy Snacks</i>	<i>Beverages</i>	<i>Sunscreen</i>

Swim Meet Schedule:

June 12 th	Mock Meet @ FT	ALL swimmers be there @ 9am	
June 19 th	vs. Lincolnshire	Warm Ups @ 9am	
June 26 th	@ Delta	Warm Ups @ 9am	
July 3 th	vs. Bohn Pool	Warm Ups @ 9am	
July 10 th	@ Green Hills	Warm Ups @ 10am	
July 17 th	@ Brookwood	Warm Ups @ 9am	
July 28 th	@ Green Hills (CHAMPS)		
	Ages 11 & up:	Warm Ups @ 7am	Start @ 8am
	Ages 10 & under:	Warm Ups @ 1pm	Start @ 2pm

Stroke Clinics & Swim Lessons

Great way for younger siblings to learn to swim or for swimmers to develop strokes and get 1-on-1 attention. See Coach Caroline for more information!

Contact Information

Head Coach- Caroline Lathrop: carolineclathrop@gmail.com or 419-262-1700.

Please note this is a new email address.

Parent Reps- Julie Meeker: swimteam@ftfr.com or 419-345-0745

Lisa Ellison: swimteam2@ftfr.com or 419-320-6293

PLEASE NOTE: It is important that parents notify their coach when a child will miss practice for several days. **It is especially important to let a coach know if a child will miss a meet.** This is extremely important when the coaches are putting together meet lineups. If a swimmer misses a meet and a coach is not informed ahead of time the swimmer may be taken off relays for the following meet. Please, don't let your team down. We need you!

___ New to Team or
___ Previous Meet ID #s

Neatly Print Family Last Name:

FTFRC SWIM TEAM REGISTRATION FORM 2018

Parent or Guardian First-to-Contact NAME _____
First to Contact EMAIL _____
Primary PHONE (Circle: Home, Cell, Work) _____
Secondary PHONE (Circle: Home, Cell, Work) _____

Parent or Guardian Second-to-Contact NAME _____
Second-to-Contact EMAIL _____
Primary PHONE (Circle: Home, Cell, Work) _____
Secondary PHONE (Circle: Home, Cell, Work) _____

ADDRESS & CITY of Swimmer(s) during season: _____

SWIMMER NAME	Date-of-Birth mm/dd/yyyy	Age as of 5/30/18	T-Shirt Size (Circle 1 per child)
Boy or Girl _____	_____	_____	YS YM YL YXL AS AM AL AXL
Boy or Girl _____	_____	_____	YS YM YL YXL AS AM AL AXL
Boy or Girl _____	_____	_____	YS YM YL YXL AS AM AL AXL
Boy or Girl _____	_____	_____	YS YM YL YXL AS AM AL AXL

\$75 SWIM TEAM FEE PER SWIMMER MAX. OF \$200 AMOUNT PAID PER FAMILY**

MEDICAL RELEASE FORM

I/We _____, Parent(s) of _____
give my permission for emergency medical care prescribed by a duly licensed Doctor
of Medicine or Doctor of Dentistry in the event that I cannot be reached immediately.
My Child's physician _____
Phone number _____
My child's dentist _____
Phone number _____
Known allergies _____
Insurance coverage _____
Insurance # _____

Parent signature _____
Date _____

___ Initial here to certify that you are a member in good standing of FTFRC.

**No refunds after 6th swim practice

- Parent checklist
- Registration form and fee
- Code of Conduct form signed by swimmer(s)
- Separate check for \$75 Deposit made out to FTFRC, check is held until end of swim season after your work hours are fulfilled.

Official Use:	Cash or Check#	Deposit?

Neatly Print Family Last Name:

FTFRC Parent/Guardian & Child Code of Conduct

As a parent/guardian of a child involved in the FTFRC Swim Team, my child, my spouse, and I agree to abide by the rules and guidelines listed below:

1. I/We will respect the property and equipment used at any facility, home and away.
2. I/We will encourage good sportsmanship through our actions, by demonstrating positive support for all swimmers, coaches, and officials at every practice and meet.
3. I/We will promote the emotional and physical well-being of the swimmers ahead of any personal desire to win.
4. I/We will provide support for coaches and officials working with the swimmers to provide a positive experience for all.
5. I/We will remember the meet is for the swimmer and not the parent.
6. I/We will demand my athlete treat other swimmers, coaches, officials, and spectators with respect regardless of race, creed, sex, or ability in regards to language, attitude, and behavior.
7. I/We will inform the coach within a reasonable amount of time, of any absences from a practice or meet.

I/We also agree that if I/We fail to abide by the aforementioned rules, I/We may be subject to disciplinary action deemed necessary by the coaching staff or parent leaders. These actions may include verbal warning, written warning, parental meet suspension, parental season suspension, parental disbarment, swimmer suspension, or swimmer removal. These actions may not be taken in an escalated manner, and FTFRC/OMSSL reserves the right to select and apply any given penalty. I/We agree to support and promote the philosophy of the FTFRC Swim Team:

Parent/Guardian Signature _____

Swimmer 1 Signature _____

Swimmer 2 Signature _____

Swimmer 3 Signature _____

Swimmer 4 Signature _____

Date _____

MEET THE COACHES



Caroline Lathrop is extremely excited for her third summer as head coach as well as the 8 & unders coach. Caroline will also oversee all swim lessons and stroke clinics held at the club. She will graduate from Ottawa Hills High School this May, where she was a 4-year captain of the Varsity swim team. She played water polo for St. Ursula Academy and Sylvania and has been swimming since she was 7 for Greater Toledo Aquatic Club. Her favorite event is the 100 backstroke. Caroline will be attending George Washington University in the fall where she plans to major in Psychology and minor in Spanish and International Affairs. She is so excited to be coaching such passionate and motivated kids again! Please feel free to contact her at any time before or during the season at carolineclathrop@gmail.com or 419-262-1700 with any questions or concerns. Please note this is a NEW email address.

Jacob Sobczak will be going into his 3rd year as an assistant coach for both the 9-11s and 13 & ups this summer. Jacob has been swimming for Fallen Timbers since he was 9 and has been doing USA



Swimming for even longer. He is graduating from Toledo St. Francis this year and will be attending the University of Toledo next fall. While in high school, he was a 4-year varsity swimmer and water polo player. He earned second team all-state in water polo his senior year and made it to the States in swimming 3 years in a row. Jacob has also been a volunteer coach for Special Olympics for 3 years. Jacob can't wait to have a great summer at the pool with all his swimmers and their families!

Gretchen Rudolph is the newest member of the Fallen Timbers coaching staff, and she will be coaching the 11-12s this year. Although she is new to coaching the Frogs, she was a 13-year veteran of the team and wrapped up her last season as a swimmer at FT last year. She will be a sophomore in the fall at The Ohio State University where she participates in the club swim team. She has taught swim lessons at FT and GTAC and has been a lifeguard at Fallen Timbers for the past 2 years. Currently, her favorite event is the 50 free, but she loved backstroke when she was younger. Gretchen is looking forward to having a great first year as coach and can't wait to see some fast swimming!



Mrs. Paula Kirby will be back again as our coach for the brand-new swimmers that need the most help day to day! If you are questioning if your child should be doing swim team this year, do not question! Put them in Mrs. Kirby's lane!! Former head coach of Fallen Timbers for 16 years, Mrs. Kirby's passion is working with the "wall hangers" and helping them develop the confidence and strength to be our future Frogs!!!!

Coach Caroline would like you to join FT Swim Team 2018!



To receive messages via text, text **@ftswim2018** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @ftswim'.

Trouble using 81010? Try texting **@ftswim2018** to **(419) 482-1194** instead.



*Standard text message rates apply.

Or to receive messages via email, send an email to **ftswim2018@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



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Visit remind.com to learn more.

Refine Your Stroke at . . .

2018 Fallen Timbers Swim Team Technique Clinics

This summer your coaches will be offering 7 different 1 hour long sessions throughout the season to get individual technique help with all 4 strokes, as well as starts and turns. There is a **maximum of 20 swimmers per clinic** and spots are filled on a first come, first served basis, so don't wait to sign up. We hope to see you there!

Ages: All swimmers are welcome **ages 9 and up**.

When:

Saturday, June 9th @ 10am-11pm
Saturday, June 16th @ 10am-11am
Saturday, June 30th @ 10am-11am
Saturday, July 14th @ 10am-11am
Thursday, July 19th @ 11am-12am
Tuesday, July 24th @ 11am-12am
Thursday, July 26th @ 11am-12am

Session Focus:

Freestyle/Backstroke
Breaststroke/Butterfly
Starts & Turns
Freestyle/Backstroke
Breaststroke/Butterfly
Starts & Turns
Freestyle/Backstroke

Cost Per Swimmer:

\$10 for each clinic OR all 7 clinics for \$60. We accept cash or checks (made out to Caroline Lathrop.) No refunds will be available.

Registration:

Sign up today or contact Coach Caroline at 419-262-1700 or carolineclathrop@gmail.com with what dates you plan to attend as well as any questions. In order to provide proper staffing, you must **register at least 2 days prior to the clinic you plan to attend.**



Fallen Timbers Swim School 2018



The Fallen Timbers Swim School advantage:

- Small class sizes and experienced, trained instructors
- Convenient sessions (4 30-minute lessons per week)
- Personalized instruction for children and adults of all abilities

Small Group Lessons: (Note: will only run if there are at least 5 swimmers.)

All small group lessons will be run from 11:30am-12pm on the dates listed above.

Session 1: [June 11th – June 15th \(Monday- Friday, NO LESSON TUESDAY\)](#)

Session 2: [June 18th – June 22rd \(Monday- Friday, NO LESSON TUESDAY\)](#)

Session 3: [June 25th – June 29th \(Monday- Friday, NO LESSON TUESDAY\)](#)

Session 4: [July 9th – July 13th \(Monday- Friday, NO LESSON TUESDAY\)](#)

One session (4 classes): Members - \$35 per swimmer
Non-Members - \$45 per swimmer

We accept checks (made out to FTFRC for group lessons) or cash.

30 Minute Private & Semi-Private Lessons: Available as arranged, contact **Caroline Lathrop**.

Private: Members - \$20 per swimmer
Non-Members - \$25 per swimmer

Semi-Private: Members - \$30 per group (max. of 4 swimmers of roughly same ability)
Non-Members \$35 per group

No parents will be allowed in the pool with children unless necessary.
Preferred times for lessons are 11am-12pm on weekdays excluding Tuesdays, but our instructors are flexible and can make other times work.

We accept checks (made out to Caroline Lathrop for private/semi-private lessons) or cash.

NOTICE: If a lesson is cancelled due to poor weather or pool difficulties, you will be sent an e-mail from Coach Caroline, which will include information about when that lesson can be made up.

Questions? Contact Head Swim Coach – Caroline Lathrop carolineclathrop@gmail.com or 419-262-1700.
Please return this completed form **via email to carolineclathrop@gmail.com and bring your appropriate payment and the signed release form below** on your first day of lessons. No participant will be allowed to begin lessons without both items.

Parent Name: _____ Session # (if group lessons): _____

Swimmer(s) Name: _____ Swimmer(s) Age & Ability: _____

Phone #: _____ E-mail: _____

Any additional Info about swimmer(s): _____

The undersigned participant or legal guardian of the participant hereby releases FTFRC and its members from all liability for injury or damage resulting from participation in the FT Swim School.

Signed: _____

Amount Enclosed: _____