



Eau Claire Aquatic Club 2023 - 2024 Season – Parent Information

ECAC is a...

Family-friendly, competitive swim club that offers programs throughout the year. ECAC is a non-profit organization 501(c)(3) and is a member of USA Swimming and the Central Wisconsin Swim Conference (CWSC).

ECAC Website:

Our website is ecacswimming.org Please check it out for important information, including the [Meet and Practice Calendar](#).

Code of Conduct:

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. As a member of ECAC, we ask swimmers to comply with the following statements.

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will come to practice prepared and ready to participate in the coach-planned sets & activities.
- I will refrain from foul language, violence as well as behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and ECAC's board of directors.

How to Register and Pay Online:

ECAC registration and payment is handled online at the [Active website](#). You can choose to pay in installments, and the site will automatically apply sibling discounts (10% for second sibling, 15% for each additional sibling). If you need to pay by cash or check, please contact Jeremy for registration information.

Tuition Due Dates:

The first payment is due at registration. Additional installments are as follows:

Dolphins-October 15th and November 15th

Stingrays and Sharks-October 15th, November 15th, and December 15th

High School Girls-November 1st and December 1st

Swimmers participating in the free trial need to register by October 18th.

How We Keep in Touch:

We communicate regularly throughout the season via text and email using the information you provided during registration. This puts you in control of how you receive messages. Be sure to check your junk/spam filter if you are not receiving emails!

We will have two parent meetings where Coach Cora will go over important information for the season. There will be an in-person meeting at Northstar on Monday, September 18th at 7:00PM and a virtual meeting on Thursday, October 19th at 7:00PM.

Visit our website for more information and be sure to join our Facebook <https://www.facebook.com/eaucloireaquaticclub> and Instagram page [@ecacswim](https://www.instagram.com/ecacswim).

Practice Calendar:

Practice will not be held if there is no school for the Eau Claire Area School District. This includes school closures due to inclement weather, etc. Be sure to review the [season calendar](#) for all practice dates.

What to bring to practice:

Fins

As a way to enhance our training, we are requiring our **Dolphin** and **Stingray** swimmers to have a pair of fins by the third week of the season. **Sharks** do not need to bring fins to practice. Fins can be ordered from <https://www.swimoutlet.com/>, Amazon, and can sometimes be found at thrift stores. Please note that if you purchase long fins, we will cut them shorter as shorter fins are more appropriate for our use. This is not to discourage you from buying long fins, it's just a heads up. Error on the smaller side for fins. If fins are too big, they will fall off and can cause blisters.

Goggles

Goggles are extremely important in swimming. While goggles with cute details around the lenses are fun, and a brightly colored two pack from the dollar section seems like a great deal, these are not good quality. Please stay away from scuba masks as swimmers need to be able to exhale through their nose while they swim. Speedo and TYR are most reputable goggle brands. If you can try on goggles before buying, do so! A simple way to see if a pair of goggles will be a good fit for you is to press the eye pieces onto your eyes without the straps around your head. The better the suction to your face without the straps, the better that pair of goggles is for your face.

Goggles can be found at Scheels. Here are a couple of Amazon links for great goggles:

- The most popular kind of goggles for older elementary and older children/adults. <https://a.co/d/braiTgD>
- Great for younger children who are still growing a lot. <https://a.co/d/hF40VXZ>

Suit

Girls Suits

- Please stay away from bikinis, tankinis, and anything with ruffles. The higher the percentage of polyester in a suit the better. Stay away from high percentages of lycra, nylon, or spandex. Some suits may have a polyester outside and a nylon liner; these are okay. Good brands to look for: Speedo, Dolphin, TYR, Nike, Arena, Jolyn (most suitable for older girls). Swim Outlet <https://www.swimoutlet.com/> is a great place to order suits from. There are also many good suits at Scheels. Due to discomfort, religion, and other factors, some girls cannot use tampons but still wish to swim while on their period. Ruby Love <https://www.rubylove.com/> makes period swimwear that is subtle and effective. Their bikini bottoms fit underneath some practice suits, and no one can even tell that someone has the bottoms on under the normal suit. They also make one-piece suits.

Boys Suits

- Please stay away from board shorts or other loose fitting swim trunks. The higher the percentage of polyester in a suit the better. Stay away from high percentages of lycra, nylon, or spandex. Some suits may have a polyester outside and a nylon liner; these are okay. Good brands to look for: Speedo, Dolphin, TYR, Nike, Arena. Swim Outlet and Amazon are great places to order suits from. There are also many good suits at Scheels. Boys may wear jammers or speedos. Whichever is more comfortable for the individual!

Swim cap, towel, and water bottle

Apparel (ECAC Merch):

You can purchase ECAC apparel year-round through the ECAC store on Squadlocker.com. We will also send out an order form for apparel once the season gets started.

Picture Day:

Pictures will be Tuesday, November 7th for Sharks and Thursday, November 9th for Stingrays and Dolphins.

Photo permission:

On occasion ECAC may use images taken at events that ECAC participates in. If you wish your child's image not to be used on the ECAC website or ECAC Facebook page, please contact a member of the Executive Board and every effort will be made to honor your request.

Swim Meets:

Swim meets are voluntary and are at NO extra cost! See below for additional details.

How to Register/Sign up:

About 2 weeks before each meet, an invite with a sign-up link will be sent from Active. Click the link in the email invite. This will take you to the Active site (where you registered your swimmer for ECAC).

Sign in to your Active account.

Select **View Meets** from the drop-down menu at the top.

Scroll a bit down and find the 2 options under your child's name. Click Attending or Not Attending.

If you aren't attending, submit/save your response. You're all done.

If you clicked Attending, all the events your child is eligible for (by age) will populate the screen. You will then be able to click the radial button next to each event you would like your child to swim. Excludes Relays (relays are determined and signed up for by coaches – if your child does not want to be in a relay, please let Coach Cora know).

Meets limit each swimmer to 4 individual events. (Pentathlon is the exception.)

After making your selections, click save/submit. You're all set.

What to Bring to a Swim Meet:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Swimsuit, goggles, ECAC swim cap • 2 or more towels • Comfortable shoes • Warm clothes for between events (many use a bath robe or swim parka) • Stocking cap | <ul style="list-style-type: none"> • Food/snacks/drinks • Sleeping bag/blanket, foldable chairs for adults to use in waiting area, which is usually a gym. • Books/cards/quiet games |
|---|---|

- Cash - there are generally heat sheets, food, snacks, and drinks available at all meet venues. This helps the host team pay for the meet expenses.

Volunteering:

ECAC will be partnering with the Black River Falls team to host the conference meet at Black River Falls February 3rd-4th. This is an opportunity for our club to raise money and keep our registration costs down. We will be looking for many volunteers. If you are planning to attend the Black River Falls meet, we will be asking you to volunteer (concessions, staging, etc.). We will also be asking for donations of food/beverage items.

Other ECAC Programs:

Stroke Clinic (Spring) – a program to help swimmers focus on the four competitive strokes.

Summer Swim (June – July) – a program to keep swimmers in peak condition or prepare for the high school swim season.

End of Season Dessert Banquet:

At the end of the season, ECAC hosts an Ice Cream Social for all ECAC families!

ECAC Executive Board:

Co-President: Becca Heers 715-456-2205 or ecacswim@yahoo.com

Co-President: Megan Holmen 715-575-4085 or ecacswim@yahoo.com

Vice President: Sarah Hundt 715-563-1364 or ecacswim@yahoo.com

Treasurer: Jeremy Nimz 920-379-0097 or ecactreasurer@gmail.com