Eau Claire Aquatic Club
2026 - 2027 Season

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. This information will also be in the Sports Engine Motion app.

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 always respect and show courtesy to my teammates and coaches.
- 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, and 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 Sports Engine Motion ECAC 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 Katie, Treasurer. All swimmers need to be registered, with liability and NLAC Waivers signed, before attending any practices.

Swimmers participating in the free trial need to register by October 5th.

How We Keep in Touch:
Once the season begins, all communication and updates will take place through the Sports Engine Motion app and email from Sports Engine Motion. All families will need to download this app, enable notifications and check your email! There will be signups and notifications on this app. We will have a team meeting with Coach Cora on September 24th at 6:30pm in the Memorial Cafeteria. We will go over important information for the season. Visit our website for more information. You can also follow us on Facebook and Instagram **@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. You can find the practice calendar on our website and the calendar section of the Sports Engine Motion app. You may also subscribe to a Google Calendar or iCalendar for each group by going to our website ecacswimming.org.

What to bring to practice:

Equipment Requirements per group: Please Label your Swimmers Equipment

Chompers	Crocs	Gators	Elite Gators
Mesh Bag	Mesh Bag	Mesh Bag	Mesh Bag
Fins	Fins	Fins	Fins
Kickboard	Kickboard	Kickboard	Kickboard
	Pull Buoy	Pull Buoy	Pull Buoy
		Hand Paddles	Hand Paddles
			Swim Snorkel

Mesh Equipment Bag
New this season! We are requesting a mesh equipment bag for swimmers to contain the equipment they use as they swim (fins, pull buoy, paddles etc.). This bag is meant to be brought to their lane, it will get wet. It will help swimmers to keep track of their equipment.

Fins
To enhance our training, we are requiring our Chompers, Crocs, Gators, and Elite Gator swimmers to have a pair of fins. Fins can be ordered from Elsmore. 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. Err 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 the 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 Elsmore

Swim Cap
Each swimmer will receive 1 team swim cap, which is to be worn for meets only. It is recommended that your swimmer get an additional cap to wear at practice.

Suits

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). Elsmore Due to discomfort, religion, and other factors, some girls cannot use tampons but still wish to swim while on their period. Ruby Love 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. Knix is another company that makes period swimsuits and bottoms. Team suits are optional and can be purchased at Elsmore.

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. Suits can be purchased at Elsmore. Boys may wear jammers or speedos. Whichever is more comfortable for the individual! Team Suits are optional and can also be purchased at Elsmore.

Towel and Water Bottle

Apparel (ECAC Merch):
Team apparel and equipment can be purchased through Elsmore ECAC Swim Shop. **Within the shop you will find the recommended equipment for each swim group.**

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, Facebook, or Instagram, 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. We host a home meet on Jan. 9, 2027, at either North or Memorial. We need help from all our families to make this meet in Eau Claire a success! We will be looking for many volunteers and the signups will be on Sports Engine. We will also be asking for donations of food/beverage items for the concession stand. Please volunteer! We work together to make sure you see your swimmer compete! In addition, we do raffle baskets as a fundraiser and welcome donations from families and businesses.

Registering for Swim Meets:

1. Watch for an email/ app notification from Sports Engine Motion where you will be invited to confirm attendance to the meet. Make sure you save your selection. Events will be chosen by coaches. Please confirm attendance and notify coaches of your swimmers interest in participating in relays.

What to Bring to a Swim Meet:

- 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
- Food/snacks/drinks
- Sleeping bag/blanket, foldable chairs for adults to use in the 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.

Other ECAC Programs:

- **Stroke Clinic** – 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 a dessert banquet for all ECAC families!

ECAC Executive Board: ecacswimming@yahoo.com
Board Member: Mandy George
Board Member: Amy Heikkinen
Board Member: Megan Holmen
Board Member: Kristen Magnusson
Board Member: Shelby Sivertson
Treasurer: Katie Toczek ecactreasurer@gmail.com