



## **Eau Claire Aquatic Club**

### **2024 - 2025 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](http://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 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 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. All swimmers need to be registered before attending any practices.

**Swimmers participating in the free trial need to register by October 7<sup>th</sup>.**

### **How We Keep in Touch:**

Once the season begins, communication and updates will take place through the Stack Team app. All families will need to download this app.

We will have a team meeting with Coach Cora on September 25<sup>th</sup> at 6:30 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 @ <https://www.facebook.com/eaucloaireaquaticclub> 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 Stack Team app.

### **What to bring to practice:**

#### **Fins**

To enhance our training, we are requiring our Dolphin and Stingray swimmers to have a pair of fins. 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):**

We will send out an order form for apparel at the beginning of the season.

### **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 will be hosting our very first meet this season! It will take place at Memorial High School on January 11<sup>th</sup>. We will need help from all our families to make our first meet in Eau Claire a success. We will be looking for many volunteers. We will also be asking for donations of food/beverage items.

## **Registering for Swim Meets:**

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

Scroll down and click Attending or Not Attending.

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

If you are attending, all the events your child is eligible for (by age) will populate the screen. You will click the radial button next to each event you would like your child to swim. You will not be able to click any relays because those are determined and signed up for by the 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 except for the Pentathlon in November.

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

## **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 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** (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 a dessert banquet for all ECAC families!

## **ECAC Executive Board:**

**Co-President:** Becca Heers 715-456-2205 or [ecacswim@yahoo.com](mailto:ecacswim@yahoo.com)

**Co-President:** Megan Holmen 715-575-4085 or [ecacswim@yahoo.com](mailto:ecacswim@yahoo.com)

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