

Frequently Asked Questions:

Must my swimmers make all practices five days a week?

No, we realize you and your children have other activities, BUT if you want your swimmer to improve and make the MOST of your team involvement (and your money) the coaches suggest 3 - 4 practices per week for 10 and older, 2 - 3 practices for 8 & under as minimums.

Is there a “membership” fee or any other expenses I should expect?

No there is no membership fee, but it is suggested your swimmer own a good set of goggles (maybe 2), swim caps for those with long hair, & fins for training. The team also orders team suits for a discounted group price early in the season.

Must my child know how to SWIM before joining the team?

Actually, YES. We are a “competition” team and even beginners should be able to swim at least 25 yards (the length of a olympic pool).

The City of Cape May Recreation Department offers **Learn to Swim** programs year-round from infants to teens ,based on the American Red Cross programs. They also offers water exercise classes, lap swims and open family swims for all ages. Find our current Recreation Schedule online at www.capemaycity.com or give us a call, 884-9565.

Cape May WAVES Youth Swim Team



**City of Cape May
Recreation Department
643 Washington St.
Cape May, NJ 08204
884-9565
recdept@capemaycity.com**

General Information:

Fall/Winter season begins in October and ends in February with the Championship meet and an Awards Banquet.

Spring Stroke & Turn Clinic is usually held March through April with training scheduled three days per week.

Summer Team Workshop runs June and July.

STAFF:

Head Coach William Zackey: former Head Coach Ursinus College and Norristown High School, 50 years experience at all levels, coached 31 Division III All-Americans

Coaches: Betsy Barry, Matthew McElroy & Sarah Ruff

4 - 5 Assistant Coaches, depending on the season



Team Information:

The Cape May Waves Youth Swim Team, part of the City of Cape May Recreation Department is designed for beginner through advanced level swimmers. As a “Wave Swimmer” they will have the opportunity to develop into the best swimmers they can, while partaking in terrific team sportsmanship. The Waves Swim Team won the “Best Sportsmanship” Award chosen by the participating teams in the South Jersey YMCA Swim league 2 years in a row.

We strive for each swimmer to

- ~ gain self-esteem
- ~ learn to work as a team
- ~ accept responsibility
- ~ Have FUN
- ~ improve their health
- ~ learn & practice character-building values
- ~ improve their speed & endurance

All swimmers will work on stroke mechanics, speed and endurance to suit their individual needs.

The Waves are a member of the South Jersey YMCA Swim League and swim 5 - 8 meets beginning in December typically on Saturday mornings or afternoons. Our “home” meets are hosted in the Special Services School District pool in the Crest Haven Complex. Other teams we compete against that may include some traveling are: Salem YMCA, Camden County YMCA, Burlington County YMCA, Gloucester County YMCA, Brigantine, Vineland Marlins, Mainland Mariners and Millville. We do encourage car pooling for practices and meets.

Practice Schedule - Fall/Winter
Monday, Tuesday, Thursday & Friday
United States Coast Guard Training
Center 50 Meter Pool
4:30 - 6:00 PM

Wednesday
Crest Haven Special Services
School 25 yard Pool
6:00 - 8:00 PM (time may be split by age group)

Team Fees:

The current Fall/Winter Team fee is \$300. and covers league meets, entry fees, practice session pool rental, coaches salaries, administrative costs and our annual Awards Banquet and trophies. There may be optional meets which will incur meet entry fees and championships entries will be additional fees.

Team fees are not pro-ratable, and are due by the third week of practice. Payment plans may be set up by contacting the Civic Affairs Office at 884-9565.

Parent Involvement:

The success of our team depends on active parent support. Parents and other friends of the swim team help by assisting a Home and Away meets by bringing in food items, officiating, timing, running cards, writing ribbons and other duties. Please be prepared to volunteer throughout the season.

Together **E**veryone **A**chieves **M**ore