



2026 Family Informational Meeting

Registration

Registration: Returning Swimmers March 27th- April 27th; New swimmers April 1st to April 27th

CAP at 140

Dues: \$70 for first child, \$60 for each additional child in the same family

Register ONLINE by April 8th, 2026 to receive \$5 off per swimmer

Eligibility and Requirements

Eligible Ages: Kindergarten (completed) through age 18

All swimmers must be able to swim 25 yards, unassisted, at the beginning of the season.

All swimmers must purchase a swim pass from the Seward Dowding Pool.

Competition Swimsuits Required for All Meets:

- o Girls- one piece competition swimsuit
- o Boys- racing jammers
- o Goggles - Encourage UV/Sunglass Lenses
- o Check out the Swim Outlet Store
 - <https://www.swimoutlet.com/collections/sewardsharks?frm=fyt&cat=172637>

Practice Attire:

- o Girls- one-piece swimsuits
- o Boys- Swim shorts allowed for practice; however, jammers are strongly encouraged.

Practice Information

We offer 8 practices a week for convenience. We ask that swimmers make 3 practices the week before a meet in which they plan to participate.

Mornings: Tuesdays through Fridays 7:30 am to 9:00 am

Children 8 & under will be let out at 8:30 at both morning and evening practices.

Evenings: Monday through Thursday Level 1- 6:30-7:30pm

Level 2- 7:15-8:15 pm

Level 3- 8:00-9:15pm

Coaches will determine what level swimmers are based on age and ability. We will let you know which practice you are to attend in the evening. This is subject to change as the season goes on.

Season Information

May 30th Half Meet @ Seward

June 6th Half Meet @ TBA

June 13th Full Meet @ Fairbury

June 20 Half Meet @ Seward, NE

June 27th Championship Meet @ York

Parent Help

We ask all parents to volunteer at a minimum of one meet. Without parent volunteers, we cannot efficiently run these meets. Please sign-up for your preferred meet/responsibility using the Sign-Up Genius link below or the QR code.



<https://www.signupgenius.com/go/10C0945A5A72EA2F8C52-meet>

Communication/Questions

We will be primarily using BAND.
Join by using the QR Code Below or going to

<https://band.us/n/aaab81if8aQaF>



Don't forget to follow us on Facebook and share with your friends!

<https://www.facebook.com/SewardSharks>

www.sewardswimclub.com

Shark Gear

<http://stores.middlecreekprinting.com/sewardswim>

Board Members for 2026:

Ashley Volnek - #402.641.8391

Stephanie Wengler, Kacy Roth, Shelley Schulte, Liz Morenzoni, Heidi Gilbertson, Karyn Backhus, Amanda Jo, Keri Cartagena

2026 Coaches:

Head Coach: Tasha Osten-McLaughlin

Assistant Coaches:

Lucas White, Christina Rausch, James Brown, Kelley Scott, Rhonda Mueller, and Ed McLaughlin



Suggestions and Information

Warm clothes for meets:

- ⇒ Towels (2 or 3)
- ⇒ Sweats to put on directly after swimming.
- ⇒ Extra clothing for when sweats get wet.

Other clothing items:

- ⇒ Swim cap for girls to reduce drag in water.
- ⇒ Wind pants
- ⇒ Ear or nose plugs
- ⇒ Goggles
- ⇒ T-shirts and sweatpants

Other items:

- ⇒ Blankets and/or lawn chairs to rest on
- ⇒ Cards or games between events
- ⇒ Sun protection/lotion, hat, etc.
- ⇒ Bandages for scrapes

Food for meets (food only allowed in snack area of pool)

- ⇒ Fruit
- ⇒ Fruit drinks
- ⇒ Avoid milk products
- ⇒ Sandwich
- ⇒ Other snack of choice
- ⇒ Keep foods to a minimum. Excess food may upset a swimmers stomach and/or slow them down

Other helpful tips:

To help avoid swimmer's ear, which is a painful experience, drop a small amount of rubbing alcohol or drops specially made for swimming) in your child's ears each time after they swim. Let the alcohol run out of their ears and hold a towel by their ears to keep it from running into their eyes. If you wish, earplugs may be used in addition to a swim cap.

Before swimming begins, you may want to purchase a shampoo made especially for swimmers. With as much time as swimmers spend in the water, hair is affected by the chemicals in the pool water. By using a shampoo for swimmers, it helps keep hair from changing color or texture.


You may prolong the life of a swimsuit if you pre-treat it with 1tsp. vinegar to 1qt. cool water for 3 minutes. Rinse in cool, fresh water or the vinegar solution after each use and let the suit dry naturally in the shade. Do not wring, wrap in a towel or put the suit in a plastic bag when we. Follow the label instructions carefully. Do not put the swimsuit in a washing machine or dryer or dry or spot clean. Always rinse suits in fresh water immediately after use!

Below are the directions for registering your swimmer in Swim Manager, an online site we will be using to register swimmers for meets each week.

1. Go to <https://cui.active.com/sports-reg/login?a=30188fd6-f674-49e3-bb00-2e277035ff9d>
or Scan the QR Code



2. Enter Email address and click Next




SEWARD SWIM CLUB

Email address *

Next

OR

Sign in with 

3. If you were on the team last year, you may log in with the same username and password you used last year. Any swimmers you registered last year will be listed, you still need to go through the process below for each swimmer so I can see your swimmer to invite them to meets! Follow the directions at the bottom of the page to add a new swimmer, if you have a swimmer new to the team.

If you are new to the team, enter your email address and click Next

Accept the Active Terms

You must accept our Terms of Use and acknowledge our Privacy Policy to use our services. Please review and provide your consent.

- I have read and agree to ACTIVE Network's [Terms of Use](#)
- I have read and agree to ACTIVE Network's [Privacy Policy](#)

Next

If you are returning to the team you can select the child you are registering.

Who are you registering?

- Addy Marie Roth
- Lexi Sue Roth
- Your child (or a child in your legal custody)
- Yourself (Kacy Roth)

4. Fill out the Required (*) information on the page that comes up.

5. Check that you are the legal guardian

You are this person's parent or legal guardian.

You must be the parent or legal guardian to register someone under 18 years old. By registering a child under 13, you are consenting to the collection of the child's information you are providing for the purposes of registration.

6. Select the Seward Swim Club and Pay in Full and click Continue

Seward Swim 2023

📍 Primary location

📅 April 1, 2023 to July 22, 2023

Select group

Show: Eligible groups | All groups

Seward Swim Club ▼

NAME	CAPACITY	PAY IN FULL PRICE	BILLING SCHEDULES
Seward Swim Club	86 out of 100 spots available	Full Price: \$60.00	--

Ages 5 to 18

For registering before April 17, 2023 11:59:59 PM CDT, an additional discount of \$5.00 will be added to your registration.

Pay in full \$60.00 Total

[BACK](#)

[CONTINUE](#)

7. Fill out the Parent/Guardian Information and Swimmers Information

8. Click on the links next to Waiver to read the agreement and Sign all Waivers. Once all Waivers are signed add an electronic signature and click Continue

Waivers and agreements

Please read the following waivers and agreements carefully. They include releases of liability and waiver of legal rights, and deprive you of the ability to sue certain parties. By agreeing electronically, you acknowledge that you have both read and understood all text presented to you as part of the registration process.

- I agree to the [Active Agreement and Waiver](#)
- I agree to the [Medical Release Waiver](#)
- I agree to the [Seward Swim Club Rules Waiver](#)
- I agree to the [Liability & Transportaton Waiver](#)
- I agree to the [Seward Swim Club Parent Waiver](#)
- I agree to the [City/Pool Liability Waiver](#)

By entering my name below, I assert that I have reviewed and agree to all of the waivers and agreements I have selected above.

* Electronic signature

You have just added your FIRST swimmer. If you have more than one swimmer, Click Add another Registration.

Review cart & check out

ORDER DETAILS

[+ Add Another Registration](#)

9. Once you have registered, you will need to enter payment information

CHECK OUT

PAYMENT INFORMATION 

* PLEASE SELECT A PAYMENT METHOD



PAY WITH CREDIT CARD

10. You will need to Create an Account and Complete to Finish Registration. This account will be used to register your swimmer for Meets.

ACCOUNT CREATION

Required fields are marked *

Email address *

kacyroth1979@gmail.com

Password *

Passwords must be eight or more characters and contain three of these: lowercase, uppercase, numeric, and special characters. Passwords cannot be the same as the username.

Confirm password *

COMPLETE

You will only need to do the above part once this year!!!!

To Register for a Meet:

1. Go to the Link in the email, try clicking on it, some have had to copy and paste the link from the email to their web browser.
2. Click View Meets from the menu on the top



3. Click Attending by your child's name and a list of events will appear

Sydney Christ... Attending Not attending EDIT

Eligible Events			
Session 1	Saturday, June 6, 2015 09:00 AM	Attending this session	
<input checked="" type="checkbox"/>	Event 5: Girls / 11-12 / 50 Free / Ti...	NT	\$0.00
	Event 15: Girls / 11-12 / 200 Medley Relay / Timed Final		
	Event 25: Girls / 11-12 / 50 Fly / Ti...	NT	\$0.00
<input checked="" type="checkbox"/>	Event 37: Girls / 11-12 / 50 Back / ...	NT	\$0.00
<input checked="" type="checkbox"/>	Event 47: Girls / 11-12 / 50 Breast ...	NT	\$0.00
	Event 59: Girls / 11-12 / 100 Free /...	NT	\$0.00
	Event 69: Girls / 11-12 / 200 IM / T...	NT	\$0.00
	Event 79: Girls / 11-12 / 200 Free Relay / Timed Final		

4. Check the boxes next to the events in which you would like your child to participate. The relays show, but do not have a check box next to them. Coaches will be entering swimmers in relays. Swimmers may swim in 3 individual events (any of the events you

can put a checkmark beside). Coaches may enter your swimmer in up to 2 relays as well.

5. Make sure you have added entries for each child OR checked NOT ATTENDING for any children not coming to a meet. We do need you to go in and enter NOT ATTENDING, if your children are not swimming at a meet. It helps us know how to plan for each meet!
6. Click Save and your swimmer is signed up for the meet!!

You will do this part for each meet! You will receive an email for each meet with the link in order to do this!