



Welcome Packet

ZAGS (Zeeland Age Group Swimmers) is a competitive swim team designed for swimmers new to competitive swimming, as well as experienced swimmers who want to continue to improve their skills and gain additional competitive experience. Practices focus on endurance and technique in all four competitive strokes, kicks, starts and turns. Seasons typically run for 8-10 weeks concluding with the A & B Championship meets.

ZAGS Staff

Kristine Ferry, Zeeland Recreation Aquatics Coordinator

Contact Kris at kferry@zps.org

Jamahl Hogan, Head Coach

Contact Jamahl at hoganjamahl@gmail.com

Coach Jamahl discovered his love for swimming at the age of 6 and hasn't looked back. He is from Holland, Michigan and grew up swimming competitively for West Ottawa where he was part of a state championship high school team. After high school, he committed to Grand Valley State University where he is now finishing his Junior year as a student and a member of the Varsity Swim Team. Coach Jamahl is excited to share his passion for swimming through this coaching role. He can't wait for the opportunity to give back to the West Michigan area and keep this region's great swim tradition alive.

Jon Vos, Assistant Coach

Coach Jon swam collegiately at GVSU for 4 years on Academic All American teams. Coach Jon continues to show his love of the water by competing in open water swims and triathlons that include completing 5 full length Ironmans. He also runs the Mackinac Island Swim event every August and assists in coaching the ZHS swim team.

Libby Nelesen, Assistant Coach

Coach Libby has spent a majority of her life at the pool. Her competitive swimming career began in elementary school and she has been hooked ever since. Libby grew up on the east side of MI where her love of swimming began at an outdoor swimming league. She swam for 4 years at Calvin University where she studied math education. Libby went back to coach for 3 years at the same summer league she grew up with, assistant coached with GR Christian HS girls for 2 years, and coached with a club team in Minnesota when she lived there briefly after college. Libby is the head coach for the Unity Christian girl's swim team and currently is a math teacher at Unity as well. Libby is also on the coaching staff of WMS and is super eager to share her love of the sport. Libby's favorite part about coaching is spreading joy and fostering relationships that stem from swimming.

Coaching Philosophy: *"My primary goal with the ZAGS program is to help each and every swimmer be the best they can be both in and out of the water. Through the sport of swimming each child has the opportunity to learn important life lessons like the benefits of hard work, teamwork, collaboration, and resilience. While myself and the other coaches will certainly improve each child's swimming ability, it is equally important to us that we help them learn these life lessons as well. No swimmer is the same but we will do everything possible to help them become the best swimmer they can be."* - Coach Jamahl

Rookie Night: Wednesday, May 10 *New Date + Times*

Rookie Night is for swimmers joining ZAGS for the first time. It provides an opportunity for the coaches to see your swimmer's comfort in the water and determine their correct practice group.

Swimmers 8 years old and younger should be able to swim one length, or 25-yards, of the pool freestyle and one length backstroke. Swimmers 9 years old and older should be able to swim two lengths, or 50-yards, of the pool freestyle and at least one length (50-yds) of the pool of backstroke or breaststroke.

- 7:00-7:30pm: Last names beginning with A-M
- 7:30-8:00pm: Last names beginning with N-Z

Meet Descriptions

Each season there will be one invitational meet, 3-4 dual meets, and a championship meet. Swimmers must compete in at least one dual or invitational meet to be eligible to swim in the A or B championship meet. Descriptions of each meet is below.

- **Invitational:** Several local age group swim clubs come to one location for a large meet
- **Dual and Tri Meest:** Meet vs. one (or two) local age group swim clubs
- **A and B Championship Meets:**
 - **A Meet:** Swimmers must qualify for this meet based on their times in duals or invitationals. Guidelines for A meet qualifying times can be found @ <https://www.zps.org/z-recreation/youth/competitive-aquatics>
 - **B Meet:** Open to swimmers who do not qualify for the A meet

2023 ZAGS Summer Meet Schedule

Invitational

Saturday, June 10: Zeeland Summer Classic (Zeeland West Natatorium)

Dual and Tri Meets

Thursday, June 15: Zeeland @ West Ottawa (3600 152nd Ave, Holland)

Thursday, June 22: Zeeland & Holland @ Hamilton (4845 136th Ave, Hamilton)

Thursday, June 29: Zeeland @ Hamilton (4845 136th Ave, Hamilton)

Thursday, July 13: Zeeland & Holland @ Hudsonville (3370 Allen Street, Hudsonville)

Championship Meets

Tuesday, July 18: 12&U A Championship @ HAC (Holland Aquatic Center, 550 Maple Ave, Holland)

Wednesday, July 19: 13&O A Championship @ Calvin (Venema Aquatic Center, 3195 Knight Way SE, GR)

Tuesday, July 25: 12&U B Championship @ Hudsonville (3370 Allen Street, Hudsonville, 49426)

Practice & Meet Schedule: Practice begins Tuesday, May 30. See dates, times, and locations below. **Senior Group Swimmers:** Coach Scheerhorn will communicate the practice schedule directly. Contact him at ajscheer@zps.org with questions.

May 29-June 2: Practice on T/TH

Location: ZW Natatorium

5:30-6:15pm: 8 yrs & under

5:30-6:30pm: 9-10 yr olds

5:30-7pm: 11 yrs & older

June 5-June 9: Practice on M/T/TH

Location: ZW Natatorium

5:30-6:15pm: 8 yrs & under

5:30-6:30pm: 9-10 yr olds

5:30-7pm: 11 yrs & older

June 10: ZAGS Summer Classic @ Zeeland

June 12-June 16: Practice on M/W/F

Location: Zeeland Recreation Pools

9-9:45am: 8 yrs & under

10-11am: 9-10 yr olds

7:30-9am: 11 yrs & older

June 15: Zeeland @ West Ottawa

June 19-June 23: Practice on M/W/F

Location: Zeeland Recreation Pools

9-9:45am: 8 yrs & under

10-11am: 9-10 yr olds

7:30-9am: 11 yrs & older

June 22: Zeeland & Holland @ Hamilton

June 26-June 30: Practice on M/W/F

Location: Zeeland Recreation Pools

9-9:45am: 8 yrs & under

10-11am: 9-10 yr olds

7:30-9am: 11 yrs & older

June 29: Zeeland @ Hamilton

July 3-July 7: Practice on W/F

Location: Hudsonville

12-12:45pm: 8 yrs & under

12-1pm: 9-10 yr olds

12-1:30pm: 11 yrs & older

July 10-July 14: Practice on M/W/F

Location: Hudsonville

12-12:45pm: 8 yrs & under

12-1pm: 9-10 yr olds

12-1:30pm: 11 yrs & older

July 13: Zeeland & Holland @ Hudsonville

July 17-July 21: Practice on M/W/F

Location: Hudsonville

12-12:45pm: 8 yrs & under

12-1pm: 9-10 yr olds

12-1:30pm: 11 yrs & older

July 18: 12&U A Championship @ HAC

July 19: 13&O A Championship @ Calvin

July 24-July 28: Practice on M

Location: Hudsonville

12-12:45pm: 8 yrs & under

12-1pm: 9-10 yr olds

12-1:30pm: 11 yrs & older

July 25: 12&U B Championship @ Hudsonville

Volunteers

Parent volunteers play a large role in the success of the ZAGS program. Let us make sure our swimmers know that you support them swimming this ZAGS season. Volunteer sign up information will be sent out prior to all home meets.

- Parent Volunteer Coordinator (1-2 volunteers needed)
- ZAGS Apparel Order Coordinator (1 volunteers needed)
- End of Season Celebration Party Coordinator (1-2 volunteers needed)
- 10 & Under and 11 & Over Meet Volunteers
- Admissions (1-2 volunteers needed per meet)
- Heat Sheet Sales (1 volunteers needed per meet)
- Timers (20 volunteers needed per meet)
- PA/Emcee (1 volunteer needed per meet)
- Hospitality Room/Awards Coordinator (1-2 volunteers needed per meet)

Equipment

Competitive Swim Suit (No board shorts)

Team suit (optional) and other ZAGS apparel, is available for purchase online from The Varsity Shop. The online store is scheduled to open on Monday, May 15. Watch your email for more details.

Caps

Each swimmer will receive one latex swim cap on the first night of practice. Extra swim caps, including silicone, are available to purchase at each practice for \$10. Please bring the exact payment. Change is not available.

Goggles

- Store Suggestions: “Making Waves” (Holland) or “Dick’s Sporting Goods” (Holland) or “The Varsity Shop” (online)
- Google Suggestions: TYR Tracer Racing; Aqua Sphere Kayenne; Speedo Speed Socket; Speedo Hydrospex; Speedo Vanquisher

Parent, Swimmer, and Coach Expectations

As a Swimmer, I will...

- Value and respect all of my teammates
- Cheer for my team
- Give my full effort & attention at all practices
- Respect and listen to all coaches

As a Parent, I Will...

- Encourage my child with positive feedback
- Support our team and our program
- Celebrate my child's success and help them take responsibility for weaknesses leading to constructive feedback
- Conduct myself in a way that positively reflects well on the ZAGS program

As a Coach, I Will...

- Give my full effort to developing my swimmers and invest in my team
- Have a fully developed and focused plan for each practice
- Treat my swimmers and parents with respect
- Encourage my swimmers with praises
- Correct and provide constructive feedback
- Conduct myself in a way that positively reflects on the ZAGS program

As a Swimmer I Will Not...

- Take constructive feedback personally
- Disrespect my coaches, teammates, or other teams
- Make excuses for my failures or weaknesses

As a Parent I Will Not...

- Coach my swimmer or other swimmers outside of practice
- Speak negatively of the coach or other swimmers in my child's presence
- Address concerns with the coach in the presence of other parents or swimmers
- Engage in negative conversation with other parents in the program

As a Coach I Will Not...

- Degrade my swimmers
- Allow negativity to foster among teammates or families
- Discuss concerns in the presence of other swimmers or families
- Be unprepared for meets and practice