

Agenda

- Why Problem
- Who Target audience
- What Features included
- How Issues encountered
- Test Plans



Three things the coaches wanted families to be aware of for this weekend. November 2-3:

This weekend Daylight Savings ends, so Saturday night clocks will Fall Back one hour

The coaches spent several hours this week getting team shirt and cap orders together for families. We filled everything that we co size shirts for athletes, and we ran out of caps.

The coaches tracked what they were able to fill, and not fill, so we have a record of what is needed and we will be ordering more

Arrival Times The orders that were filled should be handed out this week by the coaches. Because Black Group does not have a practice between

Old Team Shirts Give Away

Over the past decade plus, Wave has accumulated a number of different team t-shirts that are taking up valuable storage space. V

> Please keep in mind other families might want shirts, so moderation.

> What we put out is what we have-please don't ask our coaches if we have any more sizes in the back. We are not a departing The shirts will be set out prior to the meets on Saturday and Sunday.

Wave Aquatics Swim Team

Sportsmanship - Connection - Pride - Excellence

Follow us on *Instagram* @waveaquatics_swimteam

Weekly Update

Week of November 4, 2024

Schedule Changes

Saturday-Sunday, November 2-3 Wave November Sport Block Party Meet (All Sport Groups)

No Practice for Black, White, Purple, High School Select Team groups, normal practice schedule

Sunday, November 10 Senior Block Party Meet

No practice for HS, Senior 1 and Senior Epic. AG1 will practice at SW, 7:00-8:30am swim only, no dryland

Thursday-Sunday, November 28-December 1 Thanksgiving Holiday Weekend No Practice for Black, White, Purple, High School

As you have seen, there is a lot going on around JAC with the construction that is happening in the area.

There are two ways to access the school camo

> Juanita Drive off of NE 132nd St

> NE 128th St ends at the school parking lot

Practice Schedules

Practice Schedules

Fall Schedule LINK

Important Dates

Sat-Sun, Nov 2-3, Wave Block Party meet (Sport)

Sun, Nov 10, Wave November Senior Block Party

Sat-Sun, Nov 16-17, Mighty Marlins Swim Club November Invite (AG1, AG2, SR Prop)

Sat-Sun, Nov 23-24 , November AGI

Sat-Sun, Dec 7-8, Divisionals

Upcoming Events

Team Store with D&J Sports

WAVE's Team Store is up and running on the D&J's Sports page.

This is where you can buy training gear and team items including your required Team Suit.

Here is the link for the order - https://djsports.com/teams/wave-aquatics

Wave November Sport Block Party Meet: Sat-Sun, Nov 2-3, at JAC

Saturday- 12:50pm

Sunday- 12:50pm

Saturday- Purple Team Shirt, Team Suit, Purple Team Cap Sunday- Black Team Shirt, Team Suit, Purple Team Cap

Saturday Team Entries LINK

Saturday Heat Sheet LINK

Saturday Timeline LINK

Sunday Team Entries LINK

Sunday Heat Sheet LINK

Sunday Timeline LINK

Where to Sit/What to Bring

Athletes will be seated downstairs by practice group.

Families will be upstairs in the bleachers. Things to bring:

>Camping Chairs

>Extra towels and back up goggles

>Cards and games to play with your teammates

>The correct Team Uniform so you look like part of the team

>Healthy foods that you know you like and plenty of water to drink; there will be no concessions available

Wave Block Party Meet Event Page

Wave Senior Block Party Meet: Sun. Nov 10. JAC Swim Meet for all High School, SR 1, SR Epic Athletes Wave Senior Block Party Meet: Sun. Nov 10, JAC

Swim Meet for all High School, SR 1, SR Epic Athletes

The coaches have committed ALL High School, SR 1, SR Epic Athletes to attend this meet.

Deadline for families to decommit was Friday, October 25

Wave Senior Block Party Meet Event Page

Mighty Marlins Swim Club November Invite: Sat-Sun. Nov 16-17. Marysville

For athletes from AG1, AG2, SR Prep

Mighty Marlins Swim Club November Invite Event Page

November AGI; Sat-Sun, Nov 23-24, Kamiak High School

For all qualified Wave athletes

PNS Silver Times required for entry

November AGI Event Page

Divisionals Sat-Sun, Dec 7-8, Snohomish

For all Wave athletes not attending PNS Championship meets in individual races

Divisionals Event Page

Swim Strong Dryland

SwimStrong Dryland Waiver

*** If you have not filled out the attached waiver and sent it to your coach, please do so ASAP***

Upcoming SSDL Webinars

Athlete Educational Webinar: Mastering Time Management to Become an Elite Swim Athlete

Time: Sunday, Oct 27, 2024, 4pm PST

Link to Join Zoom Meeting-https://us02web.zoom.us/j/85031695784?pwd=ZEKMjB3EcjMKtRi7ScetetPalyqGIR.1

Meeting ID: 850 3169 5784

Passcode: 239504

Parent Educational Webinar: Practical Prep to Help Your Athlete Stay Fueled at Swim Meets

Time: Sunday, Oct 27, 2024 at 5pm PST

Link to Join Zoom Meeting-https://us02web.zoom.us/j/89923100687?pwd=mnKhs7hk0gSxNaoR8vK79RTyNAGfWj_1

Meeting ID: 899 2310 0687 Passcode: 051723

SSDL Podcast

Check out the SSDL Podcast featuring Coach Tatiana!

SSDL Podcast - Episode 45 - Coach Tatiana

Recorded Educational Webinars

Parents Kick Off/Hype Call

https://youtu.be/opON-8iDIYE

Athletes Kick Off/Hype Call

https://youtu.be/LPnmH7M2nvU

Features included (or not) in this version

• Features included in this version

- Practice schedule for the different swim groups
- How and where to purchase team swimming gear
- How to book a private lesson with swim coach
- Rules for each style
- Way to improve butterfly stroke

Not included

- Full schedule for the swimming meets for rest of season
- Each swim meet information
- Only included information for Wave swim team
- Ways to improve other strokes
- Monthly payment
- Dryland exercise
- Science-based nutrition suggestions

Test Plans/ Iterations

- Phase I focus on the current features set
 - Small group of current swimmer's parents (~5 parents)
 - Find out meet information (location, warm up time)
 - Find out more about why a stroke was disqualified
 - What equipment is needed
 - · How and where to purchase equipment
 - What to bring to a meet
 - How to book a provide lesson
 - Receive and gather feedback and roll out to a bigger focus group (expand to the entire group,
 ~30 parents)
 - Receive and gather feedback and roll out to the rest of the swim team (12 groups, ~350 swimmers)
- Phase II prioritize features list and implementation
 - Repeat the steps from previous phase for testing

Issues Encountered / Lesson learnt with Voiceflow

- Pros
 - Creator is in control
- Cons
 - Deep learning curve
 - · Default workflows were confusing
 - Scraping websites are not easy
 - Python to use BeautifulSoup
 - Retrieving information from a URL
 - Pop-ups, Ads, static images affect the outcome
 - PDF, docx with table don't really work
 - No ctrl+z (undo button)
 - No spell check
 - Ran out of tokens