

## New AQUA Swimmer 101

### Does AQUA have a volunteer requirement?

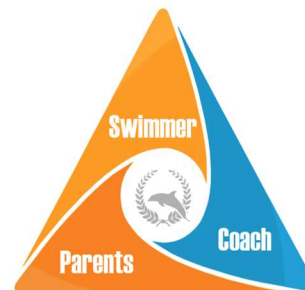
AQUA doesn't have a volunteer requirement per say. Our members are engaged with our program and are able to help when it is needed by the program. AQUA runs numerous events over the course of a year ranging from swim meets, to clinics, to team activities. All of these events require the participation of our members to run smoothly and successfully. We do not want to be a program that mandates a number of hours per family or fine families because this makes volunteering unsuccessful, our goal is to use your time and talent!

All of the events we run are for the swimmers, we use events like this to reinvest in our program, which allows us to continue to give our BEST to your BEST!

### What is my role as the parent?

AQUA believes in a triangle of **Coach -> Swimmer -> Parent**.

The triangle below is one of AQUA's strongest beliefs! We live by a very simple rule, Coaches Coach, Swimmers Swim, and Parents Parent.



This is a very simple and effective way to keep our triangle standing on its legs and keep the shape strong. Keep communication open!

Simple ways to be an outstanding Swimming Parent!

- Let your coaches coach, DO NOT coach from the stands. This only sends conflicting messages to the swimmer and we are the trained professionals.
- Your kids need you to support their dreams and goals.
- Never limit, always shoot HIGH!
- "Every top athlete has a family supporting them." – Every Olympic games we can remember watching the cameraman point a shot to a swimmer's family or a segment on how important a family has been in the involvement of a swimmer's development.

**How many days a week should I attend practice?**

This is up to you based on your schedule and events happening at home or school. All of groups offer a number of practices throughout the week. We encourage you to come as much as you can go, the more consistent your swimmer comes the more consistent they become in the water. Life happens and we understand that, if you have difficulty in your schedule, please communicate with us, open communication helps our triangle stay green all the way around it.

If we notice you are not coming to practice, we will reach out and check in that everything is ok.

**How much does it cost to sign up for the team? How am I billed?****AQUA Elite** – \$160 monthly

Duration – 6-7 days per week, 2 hours practices

Schedule - Check your facility schedule

AQUA Elite provides the highest level of training to the most dedicated of AQUA's members. Swimmers must display a commitment to AQUA's culture, maintain 80% practice attendance, 80% meet attendance, attendance in social events, and mental preparation.

**Senior** – \$150 monthly

Duration – 5-6 days per week, 2 hours practices

Schedule - Check your facility schedule

High level training focusing on technique, endurance, and racing strategies with extensive dryland training, including yoga & mental training.

For swimmers who aspire to reach State, Zone, Sectionals, Futures & Jr National Times § For serious athletes that want to train 5-6 days per week

**Juniors** – \$130 monthly

Duration – 4 days per week, 1 hours practices

Schedule - Check your facility schedule

Competitive Team

Builds on the fundamental skills taught in pre-team

More advanced work on techniques and drills are taught to improve endurance Continuation of development in all 4 strokes

**Pre Team** - \$100 Monthly

Duration – 3 days per week, 1 hours practices

Schedule- Check your facility schedule

To Be Considered For Pre Team:

- 25 Yards of Freestyle

- 25 Yards of Backstroke
- 25 Yards of Breaststroke
- 12.5 Yards of Butterfly

Level Goals & Focuses - AQUA's Pre Team is designed to be the transition from swimming lessons to a competitive team. In this level, the emphasis is an introduction to a swim team, along with stroke development, starts, turns, and finishes.

**Billing for our groups is conducted through our swim team management system, Swim Manager.** All payments are automatically billed to the credit card on file on the first of every month.

### **What is the cost for meets? How am I billed?**

In order to enter a swimmer in a Swim Meet, AQUA pays to the host of the Meet a meet entry fee for each swimmer. The amount of the meet entry fee varies, and may be a fixed amount for the whole Meet, or may be calculated per individual event entered. In addition to the meet entry fees the meet host will also add a surcharge which usually ranges between \$4 - \$8 per swimmer. The surcharge covers the fees paid by the host to MI Swimming or an equivalent body, plus any facility surcharges that may apply. The entry fees for each Meet are available in the Meet Package for the Meet, which is usually posted on MI Swimming's website under events. In addition to the entry fees for individual events, the Club pays to the host of the Meet entry fees per Club relay team entered in the Meet.

Meet registration fee of \$25.00 is applied per meet per family to cover associated meet expenses. These fees are in addition to any fees charged by the meet host. Meet fees are collected before we attend a meet, you will see a charge on your Swim Manager account.

All billing for swim meets are conducted through Swim Manager and processed on the credit card you keep on file.

### **It's my first time signing up my child for a meet... what do I do? Where do I go?**

Meet are an exciting first experience! We will communicate with you when your swimmer is ready for a meet.

After the you hear from us your swim is meet ready, you will receive an invite for a meet competition is ready for sign-up via e-mail. Be sure to know what meets are on the meet schedule. The meet schedule is located on our website [aquaswimclub.com](http://aquaswimclub.com) -> Files & Forms -> SC/LC Meet schedule.

Once you log into the parent portal, the meet you are invited to becomes available. Click on the meet name and choose whether you are attending or not attending. If you are attending let us know what sessions you are attending.

Session information can be found on MI Swimming’s website under Events



Choose the meet packet for the meet you are looking for:

OCTOBER								
Host Announcement			Entry		Results			
Date	Host	Meet	Packet	Event	View	MM	TM	
2	HOD	HOD Meeting Lansing Conference Center						
7-9	HVP	IMX Challenge Meet HVP @ Lakeland High School	PDF DOC	ZIP	PDF	ZIP	ZIP	
8-9	S	Spartan Pentathlon Meet S @ Holt High School	PDF DOC	ZIP	PDF	ZIP	ZIP	
8-9	MLA	Michigan Left Coast IMX Challenge Meet MLA @ Holland Aquatic Center	CANCELED	CANCELED				
14-16	OLY	OLY Fall Classic Meet OLY @ Oakland University	PDF DOC	ZIP	PDF	ZIP	ZIP	
15	AQUA	AQUA Pentathlon Meet AQUA @ West Bloomfield High School	PDF DOC	ZIP	PDF	ZIP	ZIP	
15-16	CW	Fall IMR/IMX Invitational			PDF	ZIP	ZIP	
22-23	USSC	Trick or Treat Grab Bag Meet USSC @ Waterford Mott High School	PDF DOC	ZIP	PDF	ZIP	ZIP	
22-23	WMS	The Boo Bash Meet WMS @ Zeeland High School	PDF DOC	ZIP	PDF	ZIP	ZIP	
22-23	LAC SWYM	Spooky Splash Meet LAC/SWYM @ Battle Creek Lakeview HS	PDF DOC	ZIP	PDF	ZIP	ZIP	

The meet packet will have all of the important information about the meet, location, warm up times, and events.

After declaring your sessions you can attend, the coaching staff will take it from there. We allow you to choose events initially, if you would like to, but our coaches have the final say over the swimmer’s events.

During the week of the event, we will e-mail all important meet information and an entry report. Your swimmer maybe entered into a relay, be sure to check the relay report, if one is available.

**How many meets should we participate in?**

AQUA will participate in 2 meets per month and 1 Blue & Orange meet per quarter. We encourage balance with competition, training, and family time. Compete as much as your schedule allows.

**Are parents allowed on deck during practice?**

No. Due to USA swimming (USA SWIM) regulations: **NON-SWIMMERS ARE NOT ALLOWED ON THE POOL DECK** during practice. Coaches need their athletes’ full attention during practice. If you need to speak with a coach,

connect with them before or after practice, or contact them by e-mail or phone.

Swimmers are expected on deck and ready to swim **AT LEAST 5-10 MINUTES BEFORE THE START OF PRACTICE**. This gives our coaches enough time to make important announcements, explain practice drills and connect with swimmers individually as needed. When you arrive, you may choose to simply drop your swimmer off for their practice, or you may prefer to observe the practice session. Staying to observe practice gives you an opportunity to meet other parents. It also offers you the chance to see your child's coach in action, which drills your swimmer is working on and the progress your swimmer is making. Parents may view practices from the stands, located up the stairs found in the main pool entrance.

### **AQUA Sportsmanship**

Swimming is a great model for life. Competition can bring out the best in swimmers and help them achieve things they would never be able to accomplish alone. Winning and losing are a part of the sport and a part of life. We teach our swimmers to be respectful of their competitors; win or lose AQUA swimmers shake their opponents' hands. While losing or getting DQed is never fun but it helps us grow, motivates us to overcome our obstacles, and push ourselves further when we discover how bad we want something. Winning and losing gracefully is a skill we hold very dear at AQUA. Swimmers are expected to keep their composure following a race be it good or bad. Throwing goggles and tantrums doesn't help us learn and grow. Remember when our swimmers put on their caps, they not only represent themselves but also their teammates. Every experience is feedback for our swimmers, we all take the opportunity to learn, make adjustments, and improve.

### **What should my swimmer bring to practice?**

Swimmers should have a bottle of water to hydrate during practice, goggles, a towel for after practice, and an AQUA Cap if they choose to wear a cap during practice. It is suggested that swimmers have an extra AQUA cap and goggles in the event either items.

Other suggested items would be an AQUA Bag to store your swimming equipment.

### **Where do I find the practice schedule?**

Your swimmer's practice schedule can be located in Swim Manager.

**I have questions, who should I contact?**

If you have questions, please contact your facility's Head Site Coach.

- Oxford – Mike Kavanaugh ([Mike@aquaswimclub.com](mailto:Mike@aquaswimclub.com)) or Janis Schnur ([Janis@aquaswimclub.com](mailto:Janis@aquaswimclub.com))
- Clarkston – Kevin Steel ([Kevin@aquaswimclub.com](mailto:Kevin@aquaswimclub.com))
- West Bloomfield – Kwame Wardlaw ([Kwame@aquaswimclub.com](mailto:Kwame@aquaswimclub.com))

If you do not receive a response in a timely manner, please contact AQUA Head Coach Mike Kavanaugh ([Mike@aquaswimclub.com](mailto:Mike@aquaswimclub.com)) or AQUA Team Leader Nim Shapira ([Nim@aquaswimclub.com](mailto:Nim@aquaswimclub.com))

**When is swim season?**

A typical swimming year has two seasons, a Short Course season and a Long Course season.

Short Course season runs from September to end of March. In this season, AQUA will compete in pools that are in Short Course Yards (SCY) or Short Course Meters (SCM).

Long Course season runs April through the end of August. In this season, AQUA will compete in pools that are Long Course Meters (LCM), Short Course Yards (SCY) or Short Course Meters (SCM).

**What is USA Swimming? What is MI Swimming?**

USA Swimming is the National Governing Body for competitive swimming in the United States.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent.

USA Swimming is organized in International, National, Zone, and Local Swim Committee.

Within the United States, there are fifty-nine (59) Local Swimming Committees (LSCs). Each LSC is responsible for administering USA Swimming activities in a defined geographical area and has its own set of bylaws under which it operates. Our LSC, is Michigan Swimming, or MI Swim. Michigan Swimming's website is [MIswim.org](http://MIswim.org).