



# El Paso Aqua Posse Swim Team Information Packet

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## **2018 – 2019 Short Course Season**

On behalf of our friends and family here at El Paso Aqua Posse, thank you for your interest in joining our team! We are a long-standing tradition of excellence in El Paso and look forward to having you and your swimmer(s) become the next generation of that continued tradition.

### **Our History**

The El Paso Aqua Posse (EPAP) is a year-round competitive swim team which was founded in 1957 as a non-profit, professionally coached swimming organization. It has grown into one of El Paso's largest and most active swim teams.

### **Philosophy**

Our philosophy is based on the vision of Hall of Fame Coach Leo Cancellare who had three simple principles:

**Work Hard. Swim Fast. Have Fun!**

### **Coaching Staff**

Our coaches have many combined years of experience, some of who are former accomplished swimmers for EPAP! Some coaches are members the American Swimming Coaches Association (ASCA), while all coaches are USA Swimming Coach certified and partake in professional development opportunities.

### **Schedule**

EPAP runs two seasons – Short Course and Long Course. Short Course typically runs August through March, during which swimmers train in a 25-yard pool. Long Course is April through July and practices are typically conducted in pools which are 50 meters long.

Aqua Posse practices at several different locations around El Paso – from the Socorro Aquatics Center in East El Paso to the brand new Westside Natatorium on the West side. Practice groups are arranged by our coaches based on a certain criterion. The number of practice sessions per week depends on which group a swimmer is assigned to and ranges from two to seven or more sessions per week.

## Competitions

EPAP is a competitive swim team, and as such, participation in swim meets is required. Each practice group has its own meet participation requirement and has been outlined in the “EPAP Practice Groups” section. Aqua Posse competes on three levels:

1. Del Norte Series – designed for swimmers 12 and under with limited swimming experience;
2. Invitational Meets – local and out-of-town swim meets;
3. State, Regional, and National Meets – for qualifying swimmers

Coaches will provide recommendations and guidance on appropriate competitions for your swimmer(s).

## EPAP Practice Groups

### *Age Group Program*

EPAP’s Developmental Groups serve as an introduction to the swimming world. Emphasis is placed on proper stroke technique, development, and refinement through drills and various teaching techniques. Swimmers are encouraged to have fun while developing all areas to be well-rounded athletes and students. Developmental swimmers are encouraged to swim while pursuing other activities and sports.

Before joining the team, swimmers are required to take an in-water assessment. A coach will place the swimmer in the most appropriate practice group based on experience, age, and in-water assessment.

Once on the team, coaches will place the swimmer in the most appropriate practice group based on a detailed assessment. Swimmers do not “move up” a practice group on a schedule or solely based on age or swimming ability. The assessments are available in this packet.

**To attend any practice, USA Swimming Registration and Team Registration is required. Please see “Short Course Season Fees” chart in the Short Course Season Contract.**

**Tadpoles (up to 2 practices/week):** This is our pre-competitive group for the beginner swimmer and/or swimmers new to EPAP. Emphasis is on learning to work in a group, conditioning, learning proper body position, all 4 competitive strokes, and having fun! Coaches will be in the water with the swimmers and may also offer dryland training. Swimmers in this group do not have to compete in swim meets, but have the option to do so. The number of meets allowed is dependent upon the type of USA Swimming Membership (please see “2018 Short Course Contract” for more details).

**Minnows (up to 3 practices /week):** This group is for the beginner swimmer, or swimmers new to EPAP who are familiar with two of the four competitive strokes. This group also serves as the next logical progression in a swimmer's development if he/she begins in the Tadpole group. Emphasis is on developing proper stroke, turn, starts (USA Swimming Racing Start Certification), and finish techniques. Yardage will increase throughout the season to prepare swimmers for meets and to progress to the next group. Minnows must attend practice and participate in dryland. Meet participation requirements include: Del Norte series, EPAP's winter meet, and Border Championships. Participation in other meets is encouraged, but not required.

**Blue (up to 4 practices/week):** Swimmers in this group are more experienced and/or have been moved up from the Minnows group based on coach recommendation. Members of this group have knowledge of all four competitive strokes, starts, turns, and finishes. Swimmers will further refine their skills, learn to use and take care of additional swimming equipment, become USA Racing Start Certified (if they are not already), and participate in dryland. Swimmers must attend 80% of local meets including EPAP's winter meet, and Border Championships. The Del Norte series is NOT open to this group.

**Blue Elite (up to 5 practices/week):** Swimmers in this group are more experienced and have embraced competitive swimming. They have concrete knowledge of all four competitive stroke, are familiar with swimming terminology and equipment, and are USA Swimming Racing Start Certified. Blue Elite swimmers are expected to attend practice, including dryland, as well as 90% of local meets (except the Del Norte series), EPAP's winter meet, and Border Champs. Swimmers in this group can also attend travel meets.

**Gold (6 practices/week):** This group is primarily for the experienced swimmer who has been swimming for at least one year and is willing to increase their commitment to training. Emphasis in this group is on stroke development in combination with conditioning work to increase speed and endurance. In this group, swimmers are encouraged to focus on achieving times needed to attend meets in Category 3 (see "Competitions" section on page 3). Members of this group are expected to participate in ALL local swim meets (except the Del Norte series) and some travel meets.

**Gold Elite/Pre-Senior (7 practices/week):**

This group provides swimmers with the technical, physical, and emotional foundation necessary for a successful swimming career. Participants in this group are experienced swimmers who are willing to increase their time commitment to training in order to achieve personal goals. Members of this practice group are expected to compete in all local swim meets (except Del Norte) as well as some travel meets.

### **Senior (8 practices/week + 2 sessions of weight lifting)**

The Senior group is designed for swimmers who have goals of reaching their highest potential as students and as swimmers. Swimmers are expected to swim both Short and Long Course seasons and attend weight lifting sessions. Specifically, the Senior group is for swimmers:

- who have met the rigorous requirements to be in this group;
- who want to swim in college;
- who remain excellent students while swimming;
- striving to attend national level USA Swimming meets;
- who are willing to put the work in to accomplish these goals

The Senior group provides an atmosphere where excellence is the expectation and hard work is the norm.

### *Adult Practice Group*

**Masters:** For adults 19 and over. US Masters Swim registration required. Participants in this group train for fitness and/or competition. Competition is encouraged, but not required. This group receives teaching and workouts during every practice by certified coaches. To swim in USAS sanctioned meets, USMS swimmers MUST register with USAS.

### **EPAP Practice Locations**

- Socorro Aquatics Center (SAC)
  - 1257 Southview Dr., 79928
- Westside Natatorium and Leo Cancellare
  - 650 Wallenberg Dr., 79912
- Armijo Pool
  - 911 S. Ochoa St., 79902
- Ascarate Park Pool
  - 6900 Delta Drive, 79905

# El Paso Aqua Posse Short Course Contract 2018

## *Intro Page*

Please contact us **BEFORE** registering for Short Course as a new member by sending Aqua Posse coaches an email using the **Contact** icon at the top of the webpage. Tell us about your child's swimming experience and level, and a coach will respond to you. Registration will bill you immediately. Before paying, please talk to a coach to set up a swimming evaluation for your child(ren) to ensure they are placed in the correct practice group.

We are pleased to offer electronic payment processing and registration. The process is simple for both new and returning members of the **El Paso Aqua Posse** swim team. You will receive your own private account which will enable you to easily make payments to keep your account current, declare for swim meets, sign-up for jobs, see your child(ren)'s swim times histories, maintain your own contact information, and more!

We look forward to having you join the **El Paso Aqua Posse** and are excited for another great season!

## *Page 1*

I certify that I am the parent or legal guardian for my child(ren).

I hereby give my permission for any supervisor, coach, or other team administrator associated with the **El Paso Aqua Posse (EPAP)** to seek and give appropriate medical attention for my child(ren) in the event of accident, injury, or illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release, and forever discharge **El Paso Aqua Posse** and associated supervisors, coaches, or other team administrators from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **El Paso Aqua Posse** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my child(ren) is (are) physically fit and capable of participation in all Swim Team activities.

By registering my child(ren) with the **El Paso Aqua Posse**, I agree to participate (or allow my child(ren) and family members to participate) in the **El Paso Aqua Posse**, and hereby release **El Paso Aqua Posse**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **El Paso Aqua Posse** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property of my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) are participating in the **El Paso Aqua Posse** program.

## Liability and Photography Release

I allow El Paso Aqua Posse to post pictures, portraits or photographs in all forms, of my child(ren) or family taken during team events, for publishing in team related media and manners such as:

- newsletter,
- website [www.aquaposse.org](http://www.aquaposse.org),
- team Instagram account (@aquaposse),
- team Facebook page <https://www.facebook.com/epaquaposse> ,
- team Twitter account @aquaposse,
- or any other lawful purposes to communicate and share information with other team member families.

I waive any right to inspect or approve the photographs or electronic matter which may be used in conjunction with the team now or in the future, whether that use is known to me or unknown. If you wish to opt out of this clause, written communication is required. Please contact the team administrator at [AquaPosse1957@gmail.com](mailto:AquaPosse1957@gmail.com) .



**EPAP Registration Fees**

**Annual USA Swimming Registration Fee**

Every swimmer must be a registered member of USA Swimming. No swimmer may work out or compete unless their USA Swimming registration is current.

Type of Membership	Price
Flex – up to 2 sanctioned meets per season. Upon the 3 <sup>rd</sup> meet, membership can be upgraded to annual for an additional \$60	\$20 (covers only the cost of USA Swimming membership, meet costs set out under Swim Meet – Entry Fees)
Annual – unlimited meets	\$80 (covers only the cost of USA Swimming membership, meet costs set out under Swim Meet – Entry Fees)

**Dues:**

**Short Course Season (August - March):**

Dues are charged on the 1<sup>st</sup> of the month.

Please do not select a practice group based on the number of practices per week. Coaches will assign swimmers to the appropriate group based on a detailed assessment.

Group Name	Monthly Dues	Full Season Dues
Tadpoles (up to 2 practices a week)	\$55	\$385
Minnows (up to 3 practices a week)	\$75	\$525
Blue (up to 4 practices a week)	\$95	\$665
Blue Elite (up to 5 practices a week)	\$105	\$735
Gold (6 practices a week)	\$110	\$770
Gold Elite (7 practices a week)	\$115	\$805
Senior (8 practices a week + 2 weights)	\$120	\$840

Type of Fee	Price
New Swimmer Fee – Lifetime, one time only. Max fee per family = \$40	\$20 per swimmer

**Family Discount** – Upon registration of the:

- 3<sup>rd</sup> family member, a 10% discount is applied to your account.
- 4<sup>th</sup> or more family member(s), a 15% discount is applied to your account.

**At the time of registration, you will be charged the following:**

- New Swimmer fee of \$20 per swimmer (if applicable)
- USA Swimming Registration of either \$20 or \$80 (see above for details)
- Dues for swimmer(s) in the amount based on the payment interval you choose at the time of registration.

### **Late Fees**

A late fee of \$10/month will be charged on accounts that are past due. Past due accounts are those accounts which have not been paid within 10 days from the billing date. If an account is past due, the swimmer(s) associated with the account cannot practice or swim meets until payment arrangements have been made.

### **Swim Meet - Entry Fees**

#### **Meet Entry Fees**

Each family pays for their swimmer's meet entry fees. Each family pays for their swimmer's meet entry fees based on:

- The number of events a swimmer is entered in,
- Any relay fees,
- Travel fees,
- Splash fees charged by the meet host (see Splash fees below).

Meet entry fees will be invoiced electronically along with monthly dues. If an account has an outstanding balance of more than 60 days past due, swimmers will not be able to register for subsequent meets.

#### **Splash fees**

The host team generally charges a splash fee, water usage or facility usage fee.

#### **EPAP Relay fees**

Each swimmer will be billed for the relay he/she swims. If a swimmer is a no-show, he/she may be billed for the cost of all four swimmers on the relay.

#### **Travel fees**

It may be necessary to charge a per swimmer travel fee to cover coaches' travel to championship meets.

**Parents must remain in designated spectator areas**

Due to USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all locally sanctioned **meets and practices**, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. Parents are welcome to remain in designated spectator areas. Folding chairs must be placed adjacent to the designated spectator areas indicated. Folding chairs may not be placed pool side. As each facility has its own rules and regulations, please read the Meet Invitations and any updates regarding pool deck safety.

Designated spectator areas:

- Ascarate – bleachers and seating under the fixed canopies;
- Westside Natatorium – spectator bleachers (Tadpole parents are to remain on deck);
- Leo – bleachers and benches;
- Armijo – bleachers and benches;
- SAC – bleachers.

**EPAP is not responsible for children before or after practice start times.**

Please stay with your child until practice begins and pick up your child promptly at end of practice. If a coach or other responsible adult needs to remain with your child until he/she/they are picked up, you may be charged a fee for this service. This fee will not exceed \$2 per minute starting 10 minutes after the end of practice. For example, if practice ends at 7 pm. At 7:10 pm, the meter will begin running at \$2 per minute until the child is picked up.

**Anti-Bullying and Electronic Communication Policies**

As a USA Swimming registered team, EPAP maintains and strictly enforces both an Anti-Bullying and Electronic Communication Policy. All swimmers and their families, coaches, and others affiliated with EPAP are subject to these policies. Policies are posted on our webpage under the EDUCATION tab and are available to the public.

**EPAP Sponsored Swim Meets and Fundraisers**

We are a non-profit and need your support to efficiently run our meets. The income from the meets helps to keep your dues affordable.

Volunteer responsibilities vary depending on the highest level swimmer in your family. For each meet hosted by EPAP and for our responsibilities for Border Champs, the volunteer policy is:

- **Tadpoles** – donate food/drink items for our meet(s)
- **Minnows** – work 2 session at each EPAP sponsored meet and 1 session at Border Champs PLUS donate food/drink
- **Blue** – work 2 session at each EPAP sponsored meet and 1 session at Border Champs PLUS donate food/drink
- **Blue Elite** – work 3 sessions at each EPAP sponsored meet and 1 session at Border Champs PLUS donate food/drink
- **Gold** – work 3 sessions or 2 sessions requiring additional training (official, A/O, etc) at each EPAP sponsored meet, 1 session at Border Champs PLUS donate food and drink

- **Gold Elite and Seniors** – work 3 sessions or 3 sessions requiring additional training (see Gold above) at each EPAP sponsored meet, 1 session at Border Champs, PLUS donate food and drink

Each family is **required** to work their sessions. Those who do not/cannot help out at these meets can pay an "Opt Out" fee of \$75/session. For those families that have signed up for a session but do not show up for the session, you will be automatically charged \$100 per missed session.

***The volunteer requirement and fees apply regardless of entry status. EPAP sponsored meet and Border Championship meets are team requirements and will NOT be waived. We don't want your money; we NEED your help.***

***Unless your swimmer is not swimming in an EPAP sponsored meet or the EPAP sponsored portion of Border Champs because they have traveled to another champs meet out of town, you, someone in your family, or someone on your behalf is required to work the requisite number of sessions. If no one works at these events on your behalf, you WILL be charged the "Opt Out" fee as defined above.***

#### **Ad Sales/In-Kind Donations**

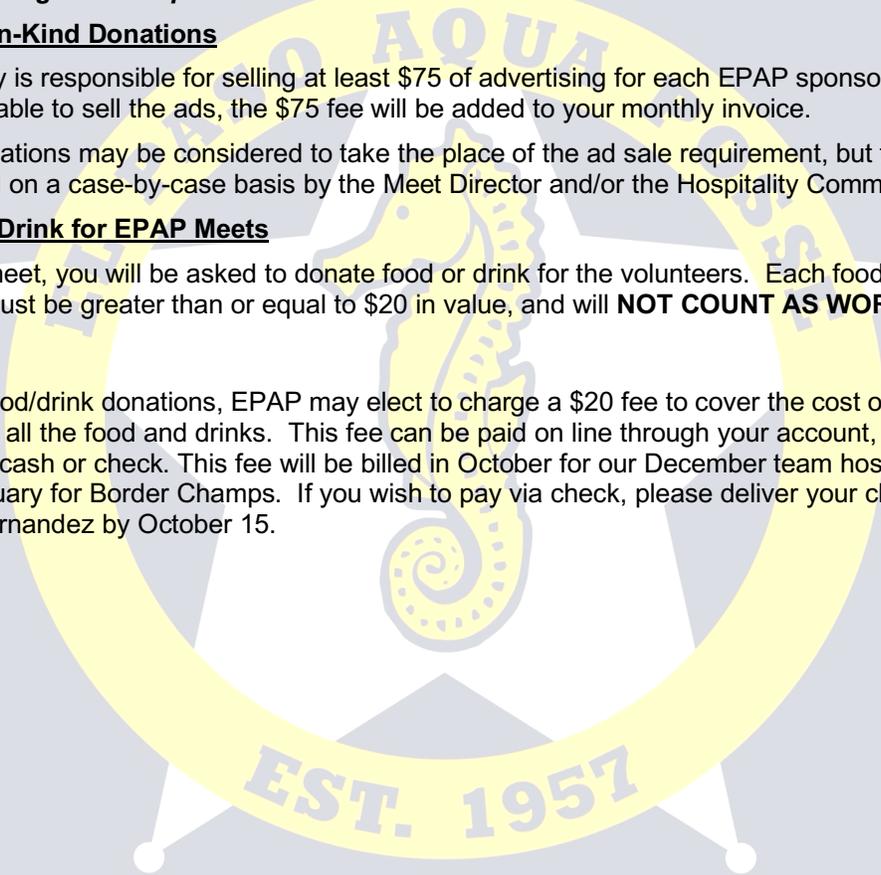
Each family is responsible for selling at least \$75 of advertising for each EPAP sponsored meet. If you are unable to sell the ads, the \$75 fee will be added to your monthly invoice.

In-kind donations may be considered to take the place of the ad sale requirement, but this will be determined on a case-by-case basis by the Meet Director and/or the Hospitality Committee.

#### **Food and Drink for EPAP Meets**

For each meet, you will be asked to donate food or drink for the volunteers. Each food and drink donation must be greater than or equal to \$20 in value, and will **NOT COUNT AS WORKING A SESSION.**

In lieu of food/drink donations, EPAP may elect to charge a \$20 fee to cover the cost of purchasing all the food and drinks. This fee can be paid on line through your account, or in person via cash or check. This fee will be billed in October for our December team hosted meet and in January for Border Champs. If you wish to pay via check, please deliver your check to Kendall Hernandez by October 15.



**EPAP FINANCIAL POLICY - PLEASE READ**

1. I understand that my obligations are electronically drafted/charged on my credit card on the 1st of each month.
2. I understand that accounts become delinquent after 10 business days. A \$10.00 late fee will be added each month until the account is brought current. The swimmer will not be allowed to practice or enter meets, local or out of town until payment has been made.
3. Any payment returned for insufficient funds will be assessed a \$50 fee. Reimbursement or other arrangements must be made within 20 days to remain eligible to swim. If three insufficient funds payments are returned, I will be required to make all future payments with a money order or cashier's check.
4. I understand that No Refunds will be made when swimmers are absent for a prolonged period of time or when swimmers drop out during the month. All financial obligations must be paid in full when the swimmer rejoins the team after an absence. I understand that if a swimmer requires a medical leave of absence, written request must be sent to the Head Coach. The Head Coach will review the situation and determine if a medical leave of absence is granted. If it is granted, dues will be suspended/credited for the duration of time indicated by the health care professional.
5. I understand that I am required to work sessions at all EPAP hosted meets and sessions at Border Champs; however, an "Opt out fee" can be paid in lieu of working. Opt out fees are a minimum of \$75 per session. If I sign up for a session and do not show up to work, my account will be automatically charged \$100 per session. I also understand that I must sell at least \$75 of advertising for any EPAP sponsored meet (excluding Border Champs). I can opt out of ad sales by choosing to pay the \$75.

**DISRUPTIVE BEHAVIOR:**

Aqua Posse is known for its enthusiasm, pride and unity, combined with graciousness and respect for all. In accordance with the Mission & Core Values set forth by the Coaches and Board, we require that our swimmers, families and coaches conduct themselves in a manner in which officials, parents and meet sponsors always welcome the team.

I understand that disruptive or dangerous behavior at any practice, meet or EPAP sponsored event, on my part or the swimmer's part, is subject to disciplinary action, up to and including dismissal from the team. Disciplinary decisions made by the EPAP Board and Coaches are final and not subject to reconsideration. All financial obligations stated herein must still be met.

# El Paso Aqua Posse

## Family Guide to Swim Meets

Please take the time to become familiar with our website! It will save you time and frustration - [www.aquaposse.org](http://www.aquaposse.org)

### Checklist

- EPAP apparel – parent(s) and swimmer
- Arrive for warm-up early
- Equipment
  - Goggles (2 pairs)
  - Team suit and cap
  - 2 Towels
  - Warm clothes for after race
  - Healthy snacks and drinks/water
- Heat Sheet
  - \$2-\$10
  - Highlighter
- Mark The Arm →
  - Sharpie/marker for skin
- Attend warm-up on time
- Pay attention to when your events are
- Talk to coach before race
- Race
- Talk to coach after race
- Rest and cheer for other racers
- Have fun!

### Mark The Arm

1. Purchase a meet heat sheet
2. Highlight your swimmer(s) name
3. Use Sharpie/marker for skin to write events on inside of swimmer's arm based on the heat sheet.

#### EXAMPLE

E	H	L	Stroke
1	3	8	200 Medley Relay
2	6	4	25 Back
3	14	1	100 fly

\* E = Event Number      \*H = Heat      \*L = Lane  
\*Stroke = what they are swimming

*Your swimmer(s) needs to check-in with a coach before and after their events.*

## Meet Organization

### Swimmer warm-up

Swimmers are normally asked to arrive 1 to 1- ½ hours before the start of the first race for warm-ups.

### Race structure

**Events** – this is the name of the race which is a certain stroke and a specific distance. Each event is numbered. The event is normally announced or posted.

**Heats** – an event normally has several heats, or groups of swimmers who race head to head. Normally swimmers are in a heat with other swimmers who have times similar to theirs. The fastest time for ALL the heats determines the winner of the event.

**Lanes** – a heat normally has up to 8 swimmers. The number of lanes in a pool determines how many people can be in each heat.

## Cheering for Swimmers

### Cheering helps boost team morale; however, the individual swimmers really can't hear you!

Swimmers are encouraged to cheer for their teammates whenever possible.

Parents are encouraged to also cheer for all team members; however, the most important time to encourage or congratulate swimmers is after the event.

### Special note to parents:

Swimming is harder than it looks! EPAP swimmers have very beautiful and smooth strokes, and sometimes it may appear that they are not trying very hard. Do not be fooled by this appearance! They are indeed working very hard. Please remember this when you see them after the race. Look for other indicators of hard work:

*"Wow, Johnny, your cheeks are really red. You must have been trying really hard."*

*"Mary! I can see how tired you are after that race, you must have given it all you've got!"*



## EPAP Frequently Asked Questions (FAQ)

### **1. How do I register?**

Head over to our webpage, [www.aquaposse.org](http://www.aquaposse.org), and click “Registration” on the homepage. Follow the prompts, and please read the information carefully.

### **2. Why isn't my account active? I just registered.**

Team administrators must approve each registration to make sure we have the swimmer in the correct practice group and that all information required is complete.

### **3. Returning Swimmer Registration – The system won't let me log-in to register!**

Do not log-in, just click on the “Registration” button on the homepage.

### **4. Does my swimmer have to do meets?**

Yes, unless he/she is a Tadpole. Meets are an important part of learning for coaches, parents, and swimmers, and participation is encouraged. During meets, coaches are able to observe things from swimmers that they do not usually show in practice, which allows coaches to plan more effective practice sessions.

### **5. My child is a Tadpole and wants to go to a swim meet. Can he/she?**

Upon a coach's recommendation, yes.

### **6. Do meets cost extra?**

Yes. Each meet fee is determined by the team hosting the meet. Sometimes it is a flat “per swimmer” fee for the entire meet, but more often than not, it is a per event fee plus a facility, water usage, or splash fee.

## **7. How often are the meets and where are they held?**

This depends on the ability level and age of your swimmer, but typically there is a meet every 3-4 weeks. Meets are held at various locations around the city, while some are out-of-town. Please visit our website often to check for the most up-to-date information about swim meets.

## **8. How do I sign my child up for meets?**

Our website will be changing soon to an updated, easier to navigate interface, but for now, please go to [www.aquaposse.org](http://www.aquaposse.org), log-in to your account, and click on the "EVENTS" tab. Click the name of the meet, then click the "Edit Commitment" button. Choose "YES" from the drop-down menu, and use the comment box to tell us if there is a day/session your swimmer(s) cannot attend. Click "SAVE CHANGES" to put your name into the system to attend the meet. Coaches will select events for your child. Please read the meet documents which are posted on the same page. These documents will give you all the details you need to attend the meet such as dates, warm-up times, estimated timelines, type of meet, location, etc.

## **9. What are the volunteer requirements? And why do I have to volunteer?**

In order to run a successful meet, we need your help! To help keep us running, friends and family members who dedicate their time to the team are just as important to us as the swimmer(s) and fees. EPAP hosts a meet in December, and helps our Local Swim Chapter (LSC) with a meet in February. Your volunteer requirements at these meets will depend on which practice group your swimmer(s) is in. Please refer to the Short Course Season Contract for more detailed information.

## **10. Do I have to buy stuff? Suit, caps, equipment, etc.?**

Yes, you will need to invest in various things including:

- Team suit for competitions
  - Speedo Quantum Splice in navy/gold/white
- Practice suits
  - Any suit that stays in place, is comfortable, and is not worn out.
- Team swim cap for competition
- Practice caps
  - Silicone caps are recommended.
  - For those with longer hair, a "long hair" swim cap is highly recommended.
- Goggles
  - Most swimmers prefer to have more than one pair of goggles depending on the environment and whether it is practice or a competition.

- Equipment
  - Tadpoles/Minnows: mesh bag, kickboard, and fins
  - Blue – Senior: mesh bag, kickboard, fins, paddles, pull buoy, snorkel

*\* Warm ups and team backpacks are optional.*

### 11. How do I get all this stuff?

Equipment, suits, and other items can be ordered through Ski Pro via our website. Log-in to your account on [www.aquaposse.org](http://www.aquaposse.org) and click on the “Equipment” tab on the homepage. We receive special pricing from Ski Pro, and it is often easier to just order everything from one place! Locally, you can contact Maria Luisa Arias for equipment at (915) 241-2708.

### 12. Are the practice groups sorted by age?

No, they are sorted by experience and ability. Research indicates that swimming is second only to gymnastics in terms of hard work. We must be thoughtful and plan long term for our athletes. Pushing them too hard and too fast results in injury and burnout. EPAP has more swimmers sign with colleges and compete at higher levels than any other team in the region, and we accomplish this by making incremental increase in workload and intensity at proper stages of development.

### 13. Who will be coaching my swimmer?

We have a dynamic group of coaches with individual swimming experience and many collective years of coaching experience. Some coaches were born and raised right here in the El Paso Aqua Posse family, while others come to us with great knowledge and experience from various parts of the continent. Please visit the “Coaches” section of the website for detailed information on each coach.



**#EPAPSTRONG**

## FLEX MEMBERSHIP - FAQs

Q: Is an LSC required to offer the Flex membership?

A: No, it is an optional membership category. Most LSCs will likely need to approve this at an LSC House of Delegates meeting.

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Q: If the LSC chooses to offer Flex, do the clubs in that LSC have to offer Flex?

A: No, it is not required that a club offer this membership category - it is optional.

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Q: Is there an age restriction for Flex athletes?

A: There is legislation at the 2018 convention to limit Flex membership to athletes 18-Under. If approved, the rule would go into effect retroactively to 9/1/18. (LSCs should not process Flex applications in September for any athletes who are 19 or above.)

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Q: What happens to Flex members on their 19<sup>th</sup> birthday?

A: Athletes can retain their Flex membership through the end of the year in which they turn 19.

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Q: Could a club limit Flex to a certain age on their team (i.e. only 12-Unders or only 10-Unders)?

A: Yes, a club may not have space for additional swimmers, so they may determine that they only want to offer it in/for a certain age group.

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Q: Can athlete members who are currently registered as year-round (Premium), renew as Flex members?

A: Yes, at the time of renewal only. We expect that there will be some current year-round (Premium) members who will take advantage of the Flex membership. The only caveat is that they must be under the age of 19.

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Q: Why is USA Swimming proposing using the word "Premium" to describe year-round athletes?

A: Flex is also a year-round membership but with different membership benefits.

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Q: When can an athlete upgrade from Flex to Premium?

A: A Flex member can upgrade to a Premium membership at any time during the current swim year.

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Q: Can a Flex member transfer from one LSC to another LSC that does not offer Flex?

A: Yes, but only if they upgrade to Premium prior to transferring to the new LSC. LSCs that do not offer Flex are unable to accept incoming transfers from Flex members, so the change must be made by the current LSC.

## FLEX MEMBERSHIP - FAQs

Q: What happens when a Flex member transfers to another LSC, then the Flex member upgrades to the Premium membership in the new LSC?

A: The transaction will be recorded as follows:  
\$10 to old LSC on the original Flex registration  
-\$10 to the new LSC on the upgrade to Premium  
\$60 to the new LSC on the upgrade to Premium (the member owes the difference \$50, plus any LSC membership fees)

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Q: What happens if a Flex member wants to transfer to a different club within the same LSC, but the new club does not offer Flex?

A: The Flex member must upgrade to the Premium membership prior to transferring to the new club. The new club would inform the Flex member that they don't offer Flex and they will need to contact their LSC Registration Chair to upgrade them to the Premium membership.

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Q: Can a Seasonal member transfer as a Flex member and vice-versa?

A: No. A Flex member can only upgrade to Premium and pay the difference.

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Q: Are there any restrictions on the number of times an athlete can switch types of membership at the start of a registration year?

A: No. If that is happening a lot we'd suggest having a talk with the team that the athlete is registering with to find out what is going on. The whole goal of Flex is to introduce the sport in a more cost-effective way for new swimmers. If someone is bouncing back and forth there is probably something else going on that needs to be addressed.

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Q: What's the main difference between Seasonal and Flex memberships?

A: With Flex an athlete is only allowed to participate in two sanctioned swim meets and the membership is upgradeable to a Premium membership. A Seasonal member may participate in as many meets as they'd like within their season, and it is not upgradeable.

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Q: Is there a restriction on the type of sanctioned meets a Flex member can participate in?

A: Yes; they may not swim in an LSC Championship meet or above. It is up to each LSC to determine what constitutes an LSC Championship level meet.

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Q: Do approved and/or observed meets count as part of the two meets allowed for Flex members?

A: No, they can swim in unlimited approved and observed meets. They do not count against the two-meet limit; it applies to sanctioned meets only.

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Q: How will the two (2) sanctioned meets that are swum by a Flex member get tracked?

A: SWIMS will keep track of the events swum by a Flex member the same as they are tracked for all other athlete membership types.

## FLEX MEMBERSHIP - FAQs

Q: When an athlete renews as a Flex member, when does participation in their two allowed sanction meets start?

A: Theoretically, on the date they officially become registered as a Flex member. Therefore, if athletes are renewing from Premium to Flex, the LSC could wait to renew them until January 1<sup>st</sup> so that their Premium membership stays intact, allowing them to swim in as many meets as they want until they officially get renewed as Flex members for the next registration period. Ideally this is better tracked at the club level.

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Q: How will you know if a Flex member has already swum in two (2) sanctioned meets?

A: When a meet recon report is generated prior to a meet, the following will be displayed:

1. All Flex members will be flagged, and you will know they are Flex members
2. If the Flex member has already swum in their two (2) sanctioned meets, and they are being entered in a third meet, a warning message will appear on the pre-meet recon. The LSC should then notify their coach, the meet host, and/or parent/guardian that they will need to upgrade to Premium membership if they plan to swim in the meet.

For this reason, we highly encourage all LSCs to run a meet recon report prior to every sanctioned meet.

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Q: What happens if a meet recon report is not run and the Flex swimmer has already been entered in and swims in a third meet?

A: When loading meet times, SWIMS will do a check to determine if a Flex member has already swum in two meets. If they have, their times will be flagged and will stay in the holding tank with an error message and not be loaded into the SWIMS times database.

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Q: If a Flex member swims in a third meet will the Premium membership automatically be invoked (will they automatically be upgraded to a Premium membership)?

A: No, there is not anything in SWIMS designed to automatically change someone's membership from Flex to Premium.

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Q: How do Flex members impact relays?

A: If it is a sanctioned meet and a Flex member only swims a relay it would count as one of their two meets that they participated in.

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Q: What happens to times flagged in the holding tank if a Flex member decides to upgrade to a Premium membership (even after they have swum in three or more meets)?

A: Once the Flex member upgrades to a Premium membership the error flag will be removed from their times and the times will be available for approval into the SWIMS times database. This feature will most likely be available in SWIMS in December. Once a year, usually in October, after the past swim year is over, uncleared/flagged/times with error messages are deleted from the times holding tank.

## FLEX MEMBERSHIP - FAQs

Q: Are the team management software vendors doing anything to help a coach avoid entering a swimmer in more than two meets?

A: The best way for the two-meet maximum meet entry to be “policed” is on the front-end of the entry process when a coach is actually entering swimmers in a meet.

- Team Unify has said that in September they should have a warning message delivered to the user generating a meet file that includes Flex athletes with something to the effect that “your meet file contains Flex Membership swimmers who are only allowed to swim in two sanctioned meets”. This will only be a warning message and will not check against swimmers’ meet results.
  - Team Unify does plan to add the meet check feature down the road so it will notify a coach that tries to enter a Flex swimmer in more than two sanctioned meets (this could be a 2019 Team Unify feature).
  - We realize that not every team uses Team Unify software, but they are the one vendor that we have heard from that has said that they will try to help with this on the front end of the entry process. This doesn’t mean that other vendors won’t offer this option.
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Q: How does a member upgrade from Flex to Premium during the year?

A: The LSC registrar can update a Flex member to a Premium member at any time. The LSC’s transaction report/invoice will reflect the monetary transaction. The LSC will be able to keep track of this in the reports generated by SWIMS and it will also appear in the member’s registration history.

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Q: How are the fees managed when a Flex member upgrades to a Premium member?

A: SWIMS will credit the Flex member the \$10 USA Swimming fee and charge the difference of the Premium (\$60 - \$10) \$50. The LSC will credit their Flex member fee (up to \$10) plus the USA Swimming fee (\$10) and charge the member the difference of the USA Swimming Premium fee of \$60 plus any LSC Premium fees. The process remains the same if the Flex member is transferring to an LSC that does not offer Flex as an option (see question on page 1); the former LSC will charge the difference.

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Q: Can an LSC impose any additional administrative fees for changing a Flex member to a Premium member?

A: No, the fees that an LSC charges for a Premium membership are the only fees that can be collected. The whole intent of the Flex membership is to get “swimmers in the door” and hopefully have them upgrade to the Premium membership.