



The Mission of Spare Time Aquatics is:

To provide a safe, educational and competitive environment where swimmers and parents can grow in their understanding and appreciation of swimming with professional coaching and a comprehensive training program that allows each athlete the opportunity to achieve their goals.

Spare Time Aquatics Team Philosophy:

The team philosophy is encompassed in the words EXCELLENCE THROUGH DEDICATION.

EXCELLENCE THROUGH DEDICATION is the motivation that the coaching staff, swimmers and parents embrace to find success. Swimmers are treated as individuals and develop their own goals in their pursuit of excellence. This includes setting practice and meet goals. The parents have developed a support system for all of the swimmers so that each swimmer and family can benefit from the team.

The coaching staff believes that practice is more than swimming laps. Swimmers are encouraged to help each other to improve themselves and develop self-esteem, good sportsmanship and team unity during swimming practice and at meets. Spare Time Aquatics believes that EXCELLENCE THROUGH DEDICATION in swimming will help prepare the individual for the challenges they will face in life.

Spare Time Aquatics, founded in 2002, is known throughout northern California for a first-class, year-round swim program. We offer a guided age-group program for children ages 5 and up, from the beginning swimmer to the most competitive and skilled swimmer. Our senior program offers multiple levels of workouts that encompass the novice to International level swimmer.

When a young person becomes a member of the Spare Time Aquatics they will learn the values of sportsmanship and team work. Swimming, through Spare Time Aquatics, provides physical, emotional and intellectual skills that will last a lifetime.

Team Information- Cost, Dates and Times

Our season runs from August 29, 2016- January 27, 2017. Practices are offered Monday through Friday and we have one to two swim meets a month. STAS is a part of USA swimming and each swimmer participating must be a member of USA swimming. Register with USA Swimming at www.swim-smarter.com and pay a one time fee of \$50 for the season. The club code for our team is SN-STAS.

LCRC STAS Swimmer Fees: \$85/month for one swimmer and \$155/month for two swimmers.

Once your registration has been processed you will receive a login email from www.sparetimeaquatics.com. Communication will be sent through the team website www.sparetimeaquatics.com (Teamunify).

Practice Schedule:

4:00-4:30 PM Dry Land- All Age Groups Tuesday - Thursdays

4:30-5:30 PM 10 and Under Swimmers Pool Time

4:30-6:00 PM 11 and Older Swimmers Pool Time

STAS Activity and Swim Meet Schedule:

August:

29 First Day of Practice

September:

17 STAS Inter squad Meet & Team pictures

October:

7-9 CCA Meet

21-23 STAS Home Meet

28 Gold River Pumpkin Meet

November:

- 4-6 Redding Age-Group Open
- 4-6 Redding Jr+ Meet
- 18-20 SMST Meet
- 24-27 No Practice- Happy Thanksgiving

December:

- 2-4 EGAC Winter Indoor Meet
- Nov 30-
Dec 3 Winter Nationals
- TBD Age Group Travel Meet

January:

- 13-15 SN All Star Meet
- 20-22 STAS Bud Meyer Memorial Meet

We are looking to add a few meets vs. other fall swim programs throughout the season.

Spare Time Aquatics Sharks

Welcome new STAS swimmer parents! The purpose of this document is to guide you through the initially bewildering “online” aspect of being a USA swimming parent. This consists of two major areas to know about. One is the USA Swimming (the national governing body for the sport) and the other is the Sierra Nevada Local Swimming Committee (LSC). There are fifty-nine LSC’s in the country, corresponding to geographic and demographic factors.

USA Swimming has its own website www.usaswimming.org and Sierra Nevada has its own administrative website www.sn-swimming.org. In addition to those, Sierra Nevada (and a few other LSC’s) use a company called “Swim Connection” to host the functional aspects of swimming for us. These include online swim meet entry and tracking of results and swimmer history.

Your tasks as a parent are summarized very briefly below as numbered steps. A much more detailed explanation of the entire process follows, for those interested.

- 1) Register your swimmer with USA Swimming using www.swim-smarter.com. You will receive the USS ID #. Swim-smarter.com help page can be found here [swim-smarter instructions](#). The club code for our team is STAS.
- 2) Get an account on the www.swimconnection.com website. This will allow you to track you swimmers meet times online.
- 3) Get an account on the <https://ome.swimconnection.com/users/new> website and add your swimmer to your account there (via the USS ID #). Online Meet Entries help page can be found here <https://sites.google.com/site/omehelp/home>.
- 4) Get an account on the www.sparetimeaquatics.com website from the team administrator. Once your registration has been processed by your site you will receive a login email.
- 5) Get the USS card for your swimmer(s). USA Swimming will send the card to your house.
- 6) Enter your swimmer into meets (via the OME website) as instructed by the coach.

While the two administrative websites contain countless amounts of useful information, no particular skill or knowledge is required to use them. The “Swim Connection” side of things does require you to know how to do certain tasks. The screens themselves are very easy and self-explanatory (once you understand why you are there). What isn’t obvious is the overall goal and requirements of the process, hence this document. Please note that the parent will need a valid email account to do any of this. Please also note that there does exist a hard copy and postal mail processes to register with US Swimming as well as to enter swim meets. The USS program does not require that a swimmer be “on the net”, but being online certainly makes things easier.

The two Swim Connection websites used to be one and there remains lingering confusion during navigation. The other confusing point is that you need a user id for each site now. They can be the same user id and password as long as you know that they actually are different entities. The main website is www.swimconnection.com (select “Sierra Nevada”) or go directly to www.swimconnection.com. The other website is www.ome.swimconnection.com. From the main website, there is a link labeled “online meet entry” to forward you to the newer site. The main website handles your account for your swimmer’s registration and all past swimming results. The OME website has been broken out as a separate site to handle entering your swimmer into upcoming meets.

The swimmer “exists” in all of this via the fourteen character US Swimming Registration number which consists of portions of first and last name, birthday, and sometimes other random characters needed to keep the user id unique nationwide. The intent of the format is that it be relatively easy to memorize. Note that the swimmer id is not the user id for the website. Normally, parents will create an account user id and password and then create and link swimmer(s) to that account (via the USS number). There are links on the Swim Connection website Account screen to “renew” annual USS registration for existing swimmers or to “register” a swimmer who is new. Your account screen is accessed by clicking on your user id after you are logged in.

Either of these tasks is typically done between September 1 and December 31 for the following swimming year. The swimming year runs from September to August, traditionally from the start of “short course” season to the end of “long course” season, while the finances remain on a calendar year. Thus they let you sign up in September 2016 for all of 2017 and the 2017 signup “includes” the last four months of 2016.

2016 Laguna Creek STAS Registration Form

Swimmer Name:		
Age:	D.O.B:	Gender: M F
Swimmer Name:		
Age:	D.O.B:	Gender: M F
Parents Name:		
Address:		
Home Phone:		Cell Phone:
Email Address:		

Emergency Contact Information:

Contact Name:
Phone Number:
Relation to Swimmer:

Swimmers Health History:

Does your child have any medical problems we should know about?

Physician to notify in case of emergency:
Phone Number:
Health Insurance Plan:
Subscriber Number:

As a parent or legal guardian of the above named swimmer, I hereby give consent for emergency care prescribed by a duly licensed doctor of medicine or a doctor of dentistry. This care may be given under whatever conditions are necessary to preserve life or well-being of my dependent. I understand that my child must be an active member on my LCRC membership and of USA Swimming. I permit Laguna Creek Racquet Club/ Spare Time Inc. to use photographs of me/my relative in publications and publicity material.

I also authorize Laguna Creek Racquet Club to charge my membership account the amount of: \$_____/per month for participation fees. Please remember that the STAS fees are monthly and not prorated.

Membership Account #: _____

Signature

Date