



**2017 - 2018
Team Vortex
Information
Handbook**

TEAM VORTEX SWIM CLUB MISSION

To engage swimmers in a competitive program by teaching proper technique and encouraging skill development in a supportive team environment.

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ABOUT TEAM VORTEX SWIM CLUB

Our team is a USA Swimming year-round competitive swim team offering high quality professional coaching and technique instruction for swimmers ages 5-18. Vortex Swim Club is a non-profit 501(c)(3) organization run by an elected Board of Directors which meets each month. We are constantly growing and training young swimmers to maintain a well rounded competitive swim team.

WHY CHOOSE TEAM VORTEX SWIM CLUB?

- We provide a competitive swimming program that addresses the need for balance between school, family, athletics, and other interests.
- Swimmers can swim month to month (space permitting) so that they are able to pursue other interests, sports, and activities.
- Swimmers may compete at regional swim meets with coach approval. Swimmers and their families choose their own events and any meets they would like to attend beyond the required team meets.
- We support and encourage multiple sport, well-rounded swimmers!

OUR MISSION

To engage swimmers in a competitive program by teaching proper technique and encouraging skill development in a supportive team environment.

OUR VISION

- Vortex Swim Club provides a competitive program that challenges each swimmer to improve their skills with the expertise of our knowledgeable and innovative coaching staff.
- Our coaches help swimmers of all abilities set personal goals at high levels while incorporating the need for a balance between swimming and life.
- We encourage swimmers to compete against themselves and against others as well as develop the discipline and tools for a lifetime of injury-free swimming.
- Our team operates in an efficient, financially sound, and progressive manner through support from swimmers, parents, and the community.

CORE TEAM VALUES

TEAM: Working together for the benefit of the team and showing team spirit by cheering on others at all times.

WHOLE ATHLETE: Developing proud athletes who have skills that lead them to competitive success.

COMPETITION: Showing up prepared to do your best.

COMMITMENT: Advancing and supporting team values, vision, and mission as stakeholders (swimmers, coaches, parents, and board members) carry out their agreed-upon roles.

QUALITY: Providing every swimmer the opportunity to become a whole athlete through coaching leadership, a safe environment, and team support.

BALANCE: Supporting athletes to balance swimming with other life activities.

REGISTRATION INFORMATION

The team conducts pre-registration for returning and new swimmers on-line at www.teamvortex.org and holds an in-person group placement day on the scheduled tryout day. Swimmers may also join the team throughout the year if there is space available.

Vortex Swim Club reserves the right to limit the size of the team and/or training groups to ensure quality instruction and lane space for each swimmer. The team maintains a waiting list for any group that has reached capacity.

All returning and new families must complete the on-line pre- registration process and "electronically" sign all the Team Vortex Swim Club documents. Although families may pay initial registration fees by check or credit card, families are required to sign up for ACH or Credit Card withdrawal. Those families who already have ACH set up can let the automatic system debit their registration fees in early September.

Registration is finalized when the swimmer is placed in a practice group by a coach and the team has received all of the items on the registration checklist, including any payment due.

FREE TRIAL

We offer a no-obligation two-week free trial for swimmers new to Vortex Swim Club in the Whirlpool, Lightning, Thunder, Grey, Green and Black Groups. Our trial period begins on Monday or Tuesday and is two calendar weeks from the starting date. Swimmers can get to know the coaches, the other swimmers, and learn what the workouts are like. We hope that, at the end of trial period, swimmers will join the team!

SWIM SEASON

The swim year is divided into two championship seasons. September-March is Short Course Season and March-July is Long Course Season. Short Course Season is swum in a 25-yard pool. Long Course Season is swum in a 50-meter pool, which is the format used for Olympic and international competitions. Vortex competes in Short Course meets September-March and competes in Long Course meets March-July.

EVENTS

SOCIAL EVENTS

It is the spirit of Vortex Swim Club that makes the organization special and keeps our swimmers in the pool, having fun while improving as competitive swimmers. Parties, dinners, hikes, and other events are scheduled for swimmers and their families. Social events are publicized through e-mail and the team website. Swimmers make lasting friendships through their participation in team events.

TEAM FUNDRAISING

Swim-a-Thon is our primary club fundraiser in which Vortex Swim Club swimmers earn money for the team by swimming lengths of the pool. Swimmers have a two-hour period to swim a maximum of 200 pool lengths. Participants acquire pledges from businesses, family, neighbors, etc., prior to swimming. Some choose to obtain pledges and money prior to swimming while others earn pledges per length and collect the money following the Swim-a-Thon. Swim-a-Thon is not only an excellent fundraiser, but it also provides an opportunity for Vortex Swim Club to combine swimming with a social event. Every swimmer is asked to participate in this important fundraiser. The team relies on proceeds from the event to pay for pool use expenses, purchase training equipment,

purchase rewards for swimmers, and provide coach training. Each swimmer is asked to raise \$200 in this event.

TEAM GEAR

WHERE TO PURCHASE GEAR

Practice suits may be purchased from any vendor. MI Sports offers Vortex members 10% off of swim gear, with the exception of goggles, sale items, and our already discounted team order items. Locally, a wide variety of gear is available at:

MI Sports
3400 North Garfield, Loveland, CO 80538
(970) 667-3539

GEAR FOR PRACTICES

Goggles: Swimmers may need to try different brands and styles before they find the right goggles. Prescription goggles can typically be purchased at the same price as regular goggles. Check on-line suppliers or MI Sports.

A practice swimsuit: We suggest that you have a team suit to wear at meets and a separate suit of your choice to wear at practice.

Swim Cap: For swimmers with longer hair. A team cap is provided to each swimmer as part of your annual registration fee. Swimmers can wear any cap at practice.

Towel

Additional practice gear: See website for equipment requirements for Thunder, Grey, Green, and Black practice groups.

SWIM MEET GEAR

A team suit with our Vortex logo OR a plain black suit: The team suit can be ordered. Check with teammgear@teamvortex.org for latest information.

Vortex Swim Club swim cap: A team cap is provided to each swimmer as part of your annual admin registration fee.

Please Note: Swimmers may not wear suits or caps containing insignias for another team during swim meets.

TEAM APPAREL

Each swimmer receives one free Vortex Swim Club t-shirt.

T-shirts, sweatshirts, and other team gear items are offered for sale periodically.

PRACTICES

Practice is the most important aspect of competitive swimming. Consistent practice is essential in order to progress through the group levels. Training schedules are designed to provide just slightly longer time in the water than is required for a swimmer to accomplish this progress. It is important that each swimmer attend the recommended number of practices for their practice group in order to reap the full benefits of the program.

Swimmers should speak to their coach regarding a temporary modification of practice group attendance expectations if they are participating in other sports or activities. There is no practice during the month of August.

Parents are not allowed on the pool deck during practice. We ask that parents view practice from the seating area on the second floor. If you would like to speak with the coach, we ask that you email the coach and set up a time to talk or speak with them after practice.

ATTENDANCE, DROP-OFF, AND PICK-UP POLICIES

Swimming improvement is directly related to practice attendance. Each practice group has a recommended number of practices to attend each week and swimmers are asked to meet their practice group attendance expectations.

Attendance is taken each practice session electronically via iPhone/iPad and sent directly to the team website. For the swimmers' safety, they should arrive at the pool no earlier than 10 minutes prior to their practice time. They should also be picked up no later than 10 minutes after practice is over. Parents of swimmers aged 10 and Under are asked to stay in or near the pool building during practice.

Swimmers are to enter the building through the lobby doors and go directly to the pool area. They should be on deck and ready to swim five minutes prior to the start of their practice. Please make every effort to have your swimmer at practice on time. Dryland workout is part of practice and swimmers should not arrive late intentionally in order to miss dryland workout.

During practice, the swimmers are the responsibility of the coaching staff. The swimmers are never to leave the pool area without the coaches' permission.

Swimmers should plan to stay the entire practice. The last part of practice is very often the most important. After practice, swimmers should wait for their ride home inside the building.

SWIMMER-COACH-PARENT RELATIONSHIP

In order to have a successful program, there must be cooperation among parents, swimmers, and coaches. Beginners are the most inconsistent swimmers. This can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit them to learn to love the sport. When a swimmer first joins Vortex Swim Club, there may be a brief period where he/she appears to slow down as a result of the added concentration on stroke technique, but this will soon lead to much faster swims.

Even the very best swimmer will have meets where they do not achieve their best times. These plateaus are a normal part of swimming. Over the course of a season, times should improve. Parents are encouraged to communicate any concerns with the group Lead Coach.

COACHING STAFF

The Vortex Swim Club staff consists of Lead and Assistant age group coaches. As members of USA Swimming, all of our coaches have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. They provide assurances that the time children spend swimming will be quality time.

2016-2017 COACHING STAFF

Head Coach: Aaron Thatcher

Administrative Coach/Age Group Coach: Tamara Dierking

Age Group Coach: Rachel Szado

Strength Coach/Age Group Coach: Nick Anziano

Age Group Coach: Tony Schumacher

COACH RESPONSIBILITIES

Our coaching staff is dedicated to providing a quality program for swimmers. Group practices are based on sound scientific principles and are geared to the specific goals of the training group.

The coaches are responsible for all group placement and group move-up decisions; stroke instruction and training regimens; conducting and supervising meet warm-up procedures; offering feedback regarding swimmers' performances before and after races; and offering suggestions for meet attendance and race choices.

PRACTICE GROUPS

A well-defined, long-term approach of gradually increasing levels of commitment is essential to reach peak performance during a swimmer's physiological prime. The emphasis in the early stages is placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge is introduced.

It is important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels, and goals. Commitment to the group practice attendance and meet expectations are considered in group placement and move-ups in the Grey, Green, and Black Groups.

Swimmers are assessed by the Head Coach and placed in the appropriate practice group based on a swimmer's physical, mental, and emotional level of development. Placement in a practice group is not solely determined by speed. Rather, speed is only one factor among many that coaches consider in determining placement.

WHIRLPOOL GROUP (Beginning Swim Team)
Responsibilities/Expectations/Standards

Whirlpool group is designed for stroke and skill instructional advancement through training and team commitment for athletes 5 and up.

Attendance Expectations:

In order to continue advancement at this age group consistent practice attendance is requested. 4 practices a week will be held for the majority of the school year and full practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

The goal of this group is to begin the process of stroke and skill consistency through practice. Practice is held in the lap lanes at Raintree Athletic Club. An emphasis on technique and quality work will be the rule over a yardage per day philosophy. To be a member of this group the athlete must be able to complete a full length of backstroke and freestyle. In water hands-on coaching will be an integral portion of this training group.

Competition Expectations:

The goal of this training group is to build stroke and skill effectiveness. Stroke and skill development take priority over competition and meet selection and participation need to be a discussion between the group coach and the athlete and their family. If the athletes would like to participate in meets to experience the competitive foundation they are encourage doing so.

Equipment Expectations: None Required

LIGHTENING GROUP (Developmental Age Group)
Responsibilities/Expectations/Standards

Lightening group is designed for stroke and skill instructional advancement through training and team commitment for athletes 7 and up. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations:

In order to continue advancement at this age group consistent practice attendance is requested. Four practices a week will be held for the majority of the school year and full

practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

The goal of this group is to establish stroke and skill consistency through practice. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 1000 to 2000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy. To be members of this group all four competitive strokes and flip turns must be part of the development process.

Competition Expectations:

The goal of this training group is to build stroke and skill effectiveness. All members of the group will be expected to participate in at least one meet per season that Vortex (or the group) attends during the various stages of the season. The expectation to attend a meet and develop a beginning as a competitive swimmer is expected. Stroke and skill development take priority over competition and meet selection and participation need to be a discussion between the group coach and the athlete and their family.

Equipment Expectations:

1. Fins (coach directed)

THUNDER GROUP (Preparatory Age Group) Responsibilities/Expectations/Standards

Thunder group is designed for competitive advancement through training, stroke and skill refinement and team commitment for athletes 7 and up. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations:

In order to continue advancement at this age group consistent practice attendance is requested. Four practices a week will be held for the majority of the school year and full practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

The goal of this group is to build training consistency and effectiveness. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 1500 to 3000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy. To be a member of this group three competitive strokes must be legal (the fourth stroke will be developed) and flip turns will be developed. Kick development will also be a major focus.

Competition Expectations:

The goal of this training group is to build competitive confidence and effectiveness. There will be meets that are identified as the culmination of the group's championship cycle that will be the most important meets of each training cycle. The expectation to attend meets and develop with a focus on a championship meet at the end of the season is the best manner to ascertain training effectiveness along with over all and individual progress. There may be occasional exceptions for meet absence due to extenuating circumstances as determined by the group coach. Adjustments to meet requirements will be necessary for athletes during their participation in other sports as well. A discussion regarding changes in competition expectations during these seasons with the group head coach must be a part of Team Vortex membership.

Equipment Expectations:

1. Fins (coach directed)

GREEN GROUP (Advanced Age Group 9-12 year olds) Responsibilities/Expectations/Standards

Green group is designed for competitive advancement through training, stroke and skill refinement and team commitment for athletes 9 and up. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations:

Green:

In order to continue advancement at this age group consistent practice attendance is requested. Five practices will be held a week for the majority of the school year and full practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Green II:

In order to continue advancement at this age group consistent practice attendance is requested. Five practices a week will be held for the majority of the school year and attendance to 3 of those is required. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

The goal of this group is to ingrain a consistent training ethic and commitment to the long term multiple year goals of a training cycle. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 2500 to 5000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy.

Test Set:

6x 100's on 2:00
10x 25's kick on :40

Competition Expectations:

The goal of this group is to build long term championship competition effectiveness through consistency of meet attendance to build a competition plan and cycle. All members of the group will be expected to participate in the meets Vortex (or the group) attends during the various stages of the season. There will be meets that are identified as the culmination of the group's championship cycle that will be the most important meets of each training cycle. The expectation to attend meets and develop with a focus on a championship meet at the end of the season is the best manner to ascertain training effectiveness and individual progress. There may be occasional exceptions for meet absence due to extenuating circumstances as determined by the group coach. Adjustments to meet requirements will be necessary for athletes during their middle school sports seasons and during participation in other activities as well. A discussion regarding changes in competition expectations during these seasons with the group head coach must be a part of Team Vortex membership.

Equipment Expectations:

1. Swim Bag (To keep track of your gear)
2. Pull Buoy
3. Paddles (appropriate size-coach directed)
4. Fins (coach directed)

GREY GROUP (Middle/High School Group)

Responsibilities/Expectations/Standards

Grey group is designed to maintain training and to build stroke and skill refinement. It is designed for athletes 12 and up. All swimmers must meet certain physical developmental and skill levels. This group is primarily supporting middle school and high school athletes that participate in other activities and cannot adhere to five training sessions a week with the Black Group.

Attendance Expectations:

In order to continue advancement at this age group consistent practice attendance is requested but not required. Four practices will be held a week for the majority of the school year.

Training Expectations:

The goal of this group is to build training consistency and effectiveness. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 3500 to 6000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy. Kick development will also be a major focus.

Test Set:

6x 200's on 3:00

6x 100's kick on 2:00

Competition Expectations:

The goal of this training group is to build stroke technique and swimming fitness. Adjustments to meet requirements will be necessary for athletes during their high school swimming seasons and during participation in other sports as well. A discussion regarding any changes in competition expectations during these seasons with the group head coach must be a part of Team Vortex membership.

Equipment Expectations:

1. Swim Bag (To keep track of your gear)
2. Pull Buoy
3. Paddles (appropriate size-coach directed)
4. Fins (coach directed)

BLACK GROUP (Senior Group) **Responsibilities/Expectations/Standards**

Black group is designed for competitive advancement through training, stroke and skill refinement and team commitment for athletes 13 and up. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations:

In order to continue advancement at this age group consistent practice attendance is requested. Six practices a week will be held for the majority of the school year and full practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

Consistent training cycles and multiple year training goals are the primary focus of this group. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 3500 to 6000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy.

Test Set:

8x 200's on 3:00
8 x 100's kick on 2:00

Competition Expectations:

Long-term championship swimming is the competitive goal of this group. All members of the group will be expected to participate in the meets Vortex (or the group) attends during the various stages of the season. There will be meets that are identified as the culmination of the group's championship cycle that will be the most important meets of each training cycle. The expectation to attend meets and develop with a focus on a championship meet at the end of the season is the best manner to ascertain training effectiveness and individual progress. There may be occasional exceptions for meet absence due to extenuating circumstances as determined by the group coach. Adjustments to meet requirements will be necessary for athletes during their high school swimming seasons and during participation in other sports as well. A discussion regarding any changes in competition expectations during these seasons with the group head coach must be a part of Team Vortex membership.

Equipment Expectations:

1. Swim Bag (To keep track of your gear)
2. Pull Buoy
3. Paddles (appropriate size-coach directed)
4. Fins (coach directed)

GROUP PLACEMENT

Each swimmer is placed into a practice group by the Head Coach or a designated Lead Coach when they join the team. The group placement decision will take into consideration a variety of objective and subjective factors. The group placement decision is made with concern for each swimmer's long term development as a competitive swimmer.

The coaching staff aims to put swimmers where they belong physiologically, psychologically, and developmentally. They will also look for a demonstrated level of commitment. Swimmers will not be placed in groups based solely on convenience or social/peer groups.

Group placements are and will be solely at the discretion of the Vortex Swim Club Coaching Staff. Coaches will evaluate swimmers based on the factors listed below.

Factors that weigh into group placement and group move-up decisions: (1) Level of commitment to practice attendance and competition expectations, (2) training group effort and behavior, (3) psychological maturity level, (4) physiological needs, (5) competitive maturity, (6) independence and self-reliance, (7) age, (8) leadership abilities, and (9) coachability.

Swimmers may not attend practices with a group other than their assigned practice group with the exception of swimmers under consideration for group advancement.

MINIMUM AGE GROUP PLACEMENT AND MOVE-UP EXCEPTION POLICY

An exception to the minimum age of a training group may be made if it is in the best interests of the swimmer and the group and agreeable by the coach, parent/guardian and swimmer. Any swimmer who meets all of the training group minimum requirements, commitment level, maturity, and expectations for a training group, with the exception of the minimum age, may qualify for an exception to the minimum age of the next practice group.

GROUP MOVE-UP

The overall goal of the Vortex group integration is to develop skill proficient athletes that are able to advance their training and competitive swimming career through consistent practice and competition events. The integration process builds upon a prerequisite skill set that must be in place before advancement is pursued. The following guidelines are in place for the best interest of the athlete, the athlete's family and the integrity of the various training groups on Vortex Swim Club. They are also in place to allow the coaching staff the ability to maintain group integrity and allow a thoughtful athlete driven advancement curve that ensures long term athlete development. The Group Lead Coach is responsible for all group move-up decisions.

SWIMMER CODE OF CONDUCT

As representatives of Team Vortex Swim Club, our swimmers should behave during practice, meets, and at any time they are representing the team. The coaching staff holds the final word on any rules, regulations, or disciplinary action during practice and at meets. The Board of Directors holds the final word on any suspensions or dismissal from the team.

There is NO CELL PHONE USE in the locker rooms. Cell phones are to remain in your personal bag at all times in the locker rooms per USA Swimming Rules. This rule

applies to everyone using the locker room including siblings, coaches, and parents/guardians.

Swimmers are not to use alcohol, tobacco, or illegal drugs.

Swimmers and their parents/guardians must sign the Swimmer Commitment Agreement.

SWIM MEET SURVIVAL GUIDE

SWIM MEET ATTENDANCE EXPECTATIONS

Team Vortex Swim Club is a competitive swimming organization and, as such, expects members to attend swim meets. Each practice group has a recommended number of swim meets per year or month. Members are asked to attend all designated team swim meets and those additional meets appropriate to their swimming level and their training group. There are no swim meet attendance expectations for the Waterspouts or Whirlpool groups. The team's meet schedule is posted on the website and meet information is e-mailed to families. We recommend that parents read the meet information thoroughly.

Parents and swimmers sign up for meets they wish to attend via the sign-up procedure on the website. Any changes to the original sign-up are also done through the website. No verbal or written requests via e-mail, discussion, or handed to the coach for entries or changes will be accepted. The Head Coach will process and submit the entries. Once the entries are submitted, the team cannot make changes. Families are obligated to pay meet fees for entries that have already been submitted, regardless of the reason for which their swimmer does not attend the meet.

CHAMPIONSHIP LEVEL MEET ENTRIES

Swimmers who qualify for any championship level meet, including Silver State, State, Zones, Sectionals, Junior Nationals, and Nationals will automatically be entered in the events for which they qualified unless the Head Coach is notified in writing that the swimmer will not attend the meet. Notice must be given no later than two weeks prior to the meet.

SWIM MEETS ARE FUN!

Swimmers visit with their friends, play games, meet swimmers from other teams and test the skills they have been practicing in the pool. It not only gives the swimmer a fun opportunity to compete, it gives you and your swimmer a way to measure their improvement. It also gives the coach a chance to carefully evaluate swimmers for successes and areas of improvement.

MEET CLASSIFICATIONS

There are seven different age group classifications recognized by USA Swimming (the governing body of the sport): 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. Senior includes any age-registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmer's age on the first day of a meet will govern the swimmer's age for the entire meet. Some swim meets set certain time qualification standards.

TYPES OR LEVELS OF SWIM MEETS

Intrasquad: During regular practice time, Team Vortex Swim Club swimmers compete against our own similar age swimmers. It gives swimmers the chance to compete and parents a chance to practice running an effective meet.

Dual Meet: Occasionally, Vortex Swim Club will compete with one other team. These meets help promote team unity and allow us to build relationships with other area teams.

Pentathlon: Swimmers compete in one event of each stroke plus an Individual Medley (I.M.). Awards are usually based on the total lowest time in the swimmer's gender and age bracket.

Silver Circuit: These meets have a maximum time standard to enter the event. Your fastest time must be lower than the Silver State qualifying times. These meets usually offer each one of the competitive strokes in the two distances offered for each group. Families pay a flat rate for the maximum number of events allowed. Silver Circuit meets are designed for beginning USA swimmers.

Districts: All Vortex Swim Club swimmers should attend Northern Colorado District meets, held twice a year.

Silver State and State Championships: At the end of Short Course (winter) and Long Course (summer) season, Silver State and State Championship meets are sanctioned by Colorado Swimming Inc., the governing body of swimming in the state of Colorado.

SWIMMER TIMES

The best way to accurately measure a swimmer's improvement and performance is at a swim meet. This is one of the primary reasons why Vortex Swim Club strongly encourages its swimmers to attend meets. After each meet the results are added to our website. You can also check a swimmer's times at <http://www.coloradoswim.org> under Meet Results.

Beginning swimmers focus on perfecting their strokes and improving their endurance. Once their strokes begin improving, their times will get faster. Intermediate and advanced swimmers continue working on strokes and measure their success in their times.

Swimmers race against others of similar abilities. Their seed or fastest time determines what heat they will swim in. The first time a swimmer swims an event they will be entered with no time (NT). Championship meets may have barrel seeding where the fastest swimmers are spread throughout the heats.

CHAMPIONSHIP MEET QUALIFICATION TIMES

State qualifying times can be found on the team website. Qualifying times for state and other levels can also be found by looking at the Colorado Swimming website at <http://www.coloradoswim.org>.

COMPETITIVE STROKES

Events are held in varying distances depending on the age group of the swimmer. The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. In addition, the individual medley (IM) combines all four strokes (fly, back, breast, free) in one race. Freestyle or Medley Relay teams of four swimmers are created by the coaching staff. Medley Relay teams each swim one of the strokes (back, breast, fly and free). Note that the Medley Relay is different than the I.M. order.

SIGNING UP FOR A MEET

Swimmers and their parents choose swim events. Coaches will be happy to consult about what events your swimmer is ready to attempt.

Families receive an e-mail once an event is open for registration and entries are completed on-line at www.teamvortex.org. Please read all of the attached meet information before choosing events. This information includes meet fees, awards, entry limits, and other important information. There are deadlines for entries that must be followed or you may be charged late fees or even refused registration. Coaches will

verify your swimmer's entries, your account will be charged the meet fees, and the Head Coach will submit all entries to the hosting team.

SWIM MEET ENTRY FEES

Swim meet fees are billed in addition to all monthly dues. Swim meet fees vary depending on the level of the swimmer. Meets usually charge a \$3-\$8 per swimmer pool fee plus \$3-\$5 per event. Most meets limit swimmers to 4 events per day, plus relays. Check the meet information for limits.

Vortex Swim Club writes one check to the hosting team for the entire team's meet entries. Meet fees are non-refundable after the registration deadline regardless of whether your swimmer attends the meet or swims in all of their events.

COACHES AT SWIM MEETS

Vortex schedules at least one coach to attend every meet on the annual Vortex Meet Calendar posted on our website. However, for financial reasons, in the event that less than 3 swimmers sign up for a meet (with the exception of Silver State and State meets), families will be notified that a coach will not be attending the meet. Swimmers may attend meets that are not on the Vortex meet schedule. Please note that a coach will not be staffed for these non-scheduled meets and that the swimmer will have to warm up with another team.

SWIM MEET CHECKLIST

Goggles, back-up pair of goggles, Vortex cap, and either the team suit or a plain black suit.

Towels -- at least two or purchase a swimming chamois to dry off quickly.

Something warm for your swimmer (sweatshirt, sweats, parka, etc.)

(Sharpie is great) to write your swimmer's events on his/her arm or leg.

Water and plenty of food.

GETTING THERE

Parents are encouraged to attend out-of-town meets with their swimmers and are responsible for arranging transportation to meets. These trips can be great fun for parents and swimmers alike. Please arrive at the pool at least 15 minutes before the scheduled warm-up time listed in the meet information.

WARM-UP

Don't skip warm-up! Warm-up loosens up swimmers' muscles, calms their nerves, and allows them to practice starts and turns in an unfamiliar pool. Coaches give important pre-meet information during warm-up and arriving late to a meet is often stressful for swimmers and coaches.

YOU'RE AT THE MEET, NOW WHAT?

The team usually sits in one bleacher area together, so look for familiar faces and your coach. Your swimmer should report to the pool deck and/or coach for warm-up instructions.

After warm-ups, write each event, heat, and lane number on your swimmer's hand or arm in permanent marker (model at right). This helps him/her remember their events.

This information can be found in the program.

Programs are posted at the meet or you can purchase one.

According to USA rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity.

Look for the First Call/Last Call board. This board will tell you when swimmers should report for their race. Events are also announced over the loudspeaker.

The swimmer should check in with the coach and then report for their race.

Younger swimmers report to the heating area where swimmers are lined up for their race. Older swimmers may be asked to report directly to the blocks.

If a swimmer misses their race, they will not be reseeded.

USA meets are very different from summer recreational league swim meets. You are encouraged to ask questions and have your swimmer speak with the group Lead Coach if they have questions.

AFTER THE RACE

An official may notify a swimmer as they leave the pool that the swimmer has been disqualified for that event and explain why.

The swimmer should check in after their race with their coach. The coach will discuss the swim with each swimmer.

After the last individual event, and before you leave the pool, check with the coach to ask if your swimmer is swimming a relay.

When a swimmer has completed all of his/her events and relays he/she and their parents are free to leave.

Awards can be picked up in their folders in the on-deck cabinet.

PARENTAL RESPONSIBILITIES AND INVOLVEMENT

Parents are an integral part of Vortex Swim Club. We ask that parents and guardians:

- Make every effort to have your swimmer at practice on time.
- Encourage good diet and sleeping habits.
- Help your swimmer decide which events to swim at meets.
- Support your swimmers and let the coaches coach.
- Contact your swimmer's Lead Coach when you have questions.
- Commit to the club by helping with fundraisers, volunteering, and social events.
- Contact the Head Coach and the Board of Directors if you have a conflict with a coach.
- Whenever possible, the coach should be informed of an illness or injury. If a swimmer will be out of the water over a long period of time, please notify your group Lead Coach. When your swimmer returns, a modified workout will be given to ease your swimmer back into their practice routine. Parents and medical staff will be asked to sign a medical release form when the swimmer recovers or if the swimmer will continue swimming through the injury.

We need all families to assist in making Vortex Swim Club a success! Our team is run by member volunteers who elect a Board of Directors to oversee the administrative functions of the club. We have a paid coaching staff and all other team functions are run by volunteers.

Our volunteer policy is intended to share the workload of running a competitive, USA swim team. We collect an up-front volunteer deposit for each of the 2 seasons your swimmer(s) participate with the team (Short Course and Long Course) and use a point system so that members can select volunteer opportunities that fit their lives. Upon completion of your volunteer points, your deposit is credited back to your account.

VOLUNTEER POLICY

All families pay a per-family volunteer deposit each year they participate with the team. Anyone who does not complete their volunteer requirements in full by the end of the season will forfeit that volunteer deposit to Team Vortex Swim Club. We use a volunteer point system to help manage the operation of our club and to allow families the freedom to select volunteer jobs that will fit into their busy schedules.

VOLUNTEER POINTS GUIDELINES

Any family joining the team in July will be exempt from the volunteer deposit.

A family's volunteer commitment may be fulfilled by any member of the family over age 15. Some positions may have minimum age requirements and/or training requirements. Volunteers are required to work the entire scheduled sessions for which they signed up to receive credit.

Only the number of positions offered to be staffed will receive the point fulfillment. You cannot help out the day of the event and obtain credit if all allotted slots are already filled.

Volunteer points will roll-over throughout the current swim year. However, they do not roll over past the deadline or into the next swim year.

ALL points must be completed by the deadline to receive your credit. No partial credit will be considered.

VOLUNTEER POINTS REQUIREMENTS

Each family is allocated service points to fulfill each year they participate with the team.

One service deposit of \$75 is collected when a swimmer joins the team. Each family is required to provide 20 hours of service to earn back their service deposit. These hours must be completed by July 31st to receive credit for your deposit.

WAYS TO EARN VOLUNTEER SERVICE POINTS

Option 1: Volunteer for an annual or seasonal position.

Option 2: Volunteer as events/opportunities become available.

Option 3: Volunteer Deposit Forfeit Opt-Out. You may elect to opt out of your volunteer commitment and forfeit your volunteer deposit(s).

PLEASE NOTE: IT IS THE RESPONSIBILITY OF EACH MEMBER FAMILY TO KEEP TRACK OF THE NUMBER OF POINTS EARNED EACH SEASON AND TO CHECK THE TEAM WEBSITE REGULARLY FOR VOLUNTEER JOB OPPORTUNITIES.

OFFICIALS REWARDS PROGRAM

Officials must officiate 20 hours at a meet to earn their service deposit back. Officials may also earn an additional \$75 credit based on officiating additional meet sessions totaling an additional 20 hours. Only 1 additional \$75 credit can be earned.

HOW TO SIGN UP FOR VOLUNTEER JOBS

1. Fill out the Volunteer Survey.
2. Check the Volunteer Jobs page to find a volunteer job that interests you.
3. Sign up to volunteer for events using the Job Sign Up button on events posted on our web site as events become available.
4. Email the volunteer coordinator as new opportunities become available or if you are interested in any of the open annual positions.

TRACKING VOLUNTEER HOURS

1. Check-in for each volunteer shift with the on-site event coordinator. This information will be emailed to you in the week prior the event.
2. Volunteer commitments are tracked using our team website. As volunteer hours are earned they should be submitted to volunteercoordinator@teamvortex.org.
3. The hours you work will be posted to your account after the completion of the event.
4. Your balance will be tracked and available for viewing on our website via your secure log-in ID and password.

WHAT HAPPENS IF YOU DON'T COMPLETE YOUR VOLUNTEER REQUIREMENT?

Anyone who does not complete their volunteer requirements by the deadline will forfeit their volunteer deposit to Team Vortex Swim Club.

TEAM BILLING POLICIES

MONTHLY FEES

During any given month, monthly dues are: Group	2017-2018 Monthly Fees
Black Group	\$125
Green Group	\$110
Grey Group	\$90
Thunder Group	\$75
Lightening Group	\$75
Whirlpool Group	\$55