



Recreational Team 2021-22 Information Packet

(Revised 8/13/2021)

Thank you for your interest in joining the Newburgh Sea Creatures Recreational Swim Program for the 2019-2020 swim year.

Important information to check out in this packet:

- Fees
- Membership Fee Payment Plans and Schedules
- Joining Mid-Season
- Online Payments
- Team Apparel and Training Equipment
- Termination
- New Swimmer FAQs
- Practice Schedules
- Meet Schedules

Fees

USA Swimming Registration Fee: \$20/year per swimmer. Billed on September 1, 2021, or in the month after joining. Good through 2022. **IMPORTANT.** All new swimmers must bring a copy of their **birth certificate** to the pool upon registering for the team. We cannot process your registration with USA Swimming without this.

Registration Fee: \$30/ family (Billed upon registration to the team). This is a one-time charge each season (Short Course and Long Course) put forth to account for various NSC services we provide you and your children throughout the year (team parties, awards, hospitality at competitions, etc.) This fee will be automatically billed to your account upon registration to the competitive team.

Membership Dues: If you would like to terminate your membership with NSC, you may do so by contacting [Aaron Opell](#) with a formal request via email.

Credit Card Fees: Members wishing to use a credit card will be charged a fee of 3% per transaction. If you do not wish to be charged this fee, you are welcome to update your account to pay via ACH. **All members must pay their initial payment via credit card but are welcome to switch payment to ACH once they're registered for the upcoming season.**

Members who elect to pay the entire season's dues at once (payment option available in the first month of the season) will only be required to pay for the USA Swimming registration fee as well as the family fee up front. We will provide those members one week before they are billed membership dues so that they have the opportunity to switch payment options to ACH to avoid the CC processing fee.



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Meet Entry & Travel Fees: Should they choose to compete with the Sea Creatures, swimmers are responsible for paying entry fees to all competitions in which they are entered. Fees are paid in advance of meets, so if a swimmer is unable to attend due to sickness or other commitments, you are obligated to pay the fee. Likewise, host clubs are not required to refund fees for cancellation of meet sessions due to uncontrollable circumstances, e.g., inclement weather. These fees vary depending on type of competition and the number of events entered. They generally range from \$20-\$40 per meet. Meet entry fees are calculated by NSC and are automatically applied to your monthly bill. In order to accommodate for the coaches' travel expenses, an additional \$20 per family will be added to your fees for all travel meets.

Scholarship Program: NSC offers a scholarship program with reduced fees for families that qualify for the Federal Free and Reduced Lunch Program. Please contact the [Aaron Opell](#) if you would like more information

Membership Fee Payment Plans and Schedules

Group	Recreational Membership Dues (Short Course Season Sept-March)		
	Single-Season Payment	2 Installments	Monthly
High School Recreational	-	-	\$115
Middle School Recreational	-	-	\$100
Payment Dates			
Monthly	You will be invoiced upon registration. Dues will be billed on the 1st of the following month.		



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Online-Payment

We require all members to use credit/debit card and/or to enable direct bank processing (ACH) to pay your dues and other expenses (e.g., meet fees).

Our club manages team membership, including payments to the club, through the Team Unify system. Team Unify runs accounts for each member family, and all club charges are applied to these accounts as they are incurred. On the 1st of each billing month, Team Unify charges the balance of each member account to the credit card or bank account which has been set up in Team Unify's 'Auto-Pay' system.

To change your banking information, simply visit our team website at www.SwimNSC.com to sign in to your account. Once logged in:

- Click on My Account
- Then select the Payment Setup tab
- Here you can Add a New Card or Add Bank Account
- Be sure to select both Use for Fees Associated With Your Account and Use for On Demand Payments
- Click on Save Payment Setup button on the top right of the page

You will receive monthly invoices outlining what your credit card or bank will be paying. You can review your current and past billing histories through the \$My Invoices/Payments tab on the left or our team website.

Team Apparel and Training Equipment

Team Apparel – Practice: Swimmers are welcome to wear the caps, goggles, and suits of their choosing; however, boys are encouraged to wear fitted jammers or briefs, and a one-piece is the recommended suit for girls. Each training group requires its children to have select training gear ready and available at each practice. The list of required training equipment for each group is listed below. The NSC staff has most of these items on-hand at the pool. If we do not have them available, you can purchase them at our [Online Store](#). If you'd like to purchase equipment on-site, please see a coach to inquire about purchasing equipment.

Equipment Requirements by Group		
Elementary Recreational	Middle School Recreational	High School Recreational
Kickboard	Fins	Pull buoy
Kickboard	Fins	Pull buoy



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Kickboard	Fins	Pull buoy
All of this equipment is available for use at practice at Castle High School; however, quantities are limited. If you're interested in purchasing your own equipment, please notify your child's coach.		

Termination & Agreement

Any swimmer (new or returning) may cancel membership at any time for any reason.

If at any time I wish to withdraw my swimmer(s) from the team prior to the end of the season that I have committed to, I understand:

- I must make my request in writing to the NSC Head Coach, Aaron Opell.
- The unused portion of the remaining season's Membership Fees is not refundable (**An exception to this obligation will only be provided when there is a medical issue and a doctor's note is provided stating that the swimmer is unable to continue participation.**)
- Any outstanding fees (e.g. meet entry fees) are considered an obligation to the Newburgh Sea Creatures Swim Club and are payable upon termination of participation.

New Swimmer FAQs

Q – What is “Short Course season” and “Long Course season?”

A – Short Course and Long Course refer to the length of the swimming pool used in competitions. From September to the middle / end of March is Short Course season. Competitions are held in 25 yard pools and races are measured in Short Course Yards (SCY). Long Course season runs from April through mid-to-late July. Long Course competitions are held in 50 meter pools and races are measured in Long Course Meters (LCM).

Q – How long is each swim season?

The Short Course season often spans 7 months (September – March) while the Long Course season spans 4 months (April – July).

Q – What is the difference between “Age Group” and “Senior” swimmers?

A – USA Swimming and NSC refer to swimmers that are aged 14 and under as Age Group swimmers. Senior swimmers typically refer to high school aged swimmers (15 and up).



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Q – Should my swimmer attend all of the practices?

A – Practices are not mandatory, so your swimmer should attend the amount of practices that fits best into your family's schedule. But we like to say, the more you attend, the better you will get, the more fun it becomes! Your swimmer will get to know teammates better, gain endurance, and have more opportunities to focus on stroke, turn, and start technique if they consistently make practices.

Q – Should I drop off my swimmer and leave or stay and watch practice?

A – You can drop off your swimmer. Rather than dropping your swimmer off at the curb, we encourage you to park your car and walk your swimmer to the door of the aquatic center. Please do not drop off more than 15 minutes before swim practice. You are also welcome to watch your swimmer's practice from the balcony seating. Parents are not allowed on the pool deck for liability and safety reasons. If your swimmer needs to be dropped off early or stay late to wait for siblings, your swimmer will need to be supervised by an adult.

At the conclusion of each practice, the coaches are no longer responsible for the safety of your children. We ask that all athletes be picked up at the conclusion of their practice and are not left waiting around the building unsupervised. Parents of athletes that are consistently left unsupervised may be subject to fine and/or suspension from the team.

Q – Where does my swimmer go for practice?

A – Swimmers enter the pool deck through locker rooms or the main double-doors at the pool entrance. Each squad has a designated meeting place for practice.

Q – What is dryland?

A – Strength training, stretching, and aerobic activity all help us to develop better athletes and swimmers. Most days, 10 - 30 minutes at the start of each squad's practice is dedicated to dryland activity out of the water. Examples of dryland activities include running, pushups, pull-ups, squats, stairs, medicine balls, and resistance bands. Swimmers should come to practice in comfortable workout clothes and sneakers. It is suggested they have their swimsuit on underneath so they can transition quickly from dryland to the pool.

Q – I need to ask the coach/my swimmer a question during practice.

A – Please do not talk to your swimmer or the coach during practice. The swimmers need to pay attention to what the coach is telling them and the coaches need to give 100% of their attention to the swimmers. Coaches are usually available after practice in the pool lobby or via email to answer your questions.

Q – Where do we purchase NSC swim suits and caps?

A – Swim caps and other training equipment such as goggles, fins, paddles, etc. can be purchased at our swim store on the pool deck. If you are interested in purchasing an item from our swim store, please ask a member of the coaching staff after practice. Swim suits and other gear can be purchased online at our [Online Store](#).



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Q – What are Championship meets and does my swimmer qualify?

A – During the season, swimmers are working to qualify for end of Short Course and Long Course Championship meets. The two main Championship meets that swimmers qualify for are the Divisional meet and/or State (Age Group or Senior) meets. Qualifying times are set each year by Indiana Swimming and get more difficult to achieve as swimmers age up. Qualifying times are grouped by 10 and Under, 11-12, and 13-14. Most recent time standards can be found on the [Indiana Swimming Time Standards](#) website. It is helpful for young swimmers to look at the cuts for Divisional times as a first major goal. More elite swimmers can move on to qualify for Zones, Speedo Sectional, Jr. National, or Olympic Trial events.



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Practice Schedule

The following is a reflection of our traditional practice schedules for each group. Practice days and times may be subject to change throughout the season. Please visit our website to view each group's practice schedule.

Practice Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School Recreational	3:05 - 5:00p		3:05 - 5:00p		3:05 - 5:30p	
Middle School Recreational	3:00 - 5:15p		3:00 - 5:15p			7:00 - 9:15a
The first 20-30 minutes of practice will consist of mobility exercises performed on land. The swimmers will perform these exercises in their swimsuits.						

Summer Practice Schedule (May 27 - July 21)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School Recreational	6:00 - 8:30a		6:00 - 8:30a		6:00 - 8:30a	
Middle School Recreational	7:00 - 9:15a		7:00 - 9:15a			7:00 - 9:30a
The first 20-30 minutes of practice will consist of mobility exercises performed on land. The swimmers will perform these exercises in their swimsuits.						

Meet Schedule



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Recreational swim members have the option to compete in swim meets but are not required to do so. If interested in attending a swim meet, please notify your coach preferably three weeks prior to the competition. Our competitive team's 2021- 22 meet schedule can be found below.

Date	Meet	Location	Groups
Oct. 9-10	Fall Fling	Newburgh, IN	All Team
Oct. 29-31	Outside Smoke Invitational	Boonville, IN	SSR - CE
Nov. 5	Friday Fall Face-Off	Newburgh, IN	SSR / ES / MSR
Dec. 10-12	Franklin Holiday Season Slam	Franklin, IN	All Team
Jan. 7-9	Jasper MedalFest	Jasper, IN	All Team
Jan. 29-30	NSC Chill-Out	Newburgh, IN	SSR - MSG
Feb. 25-27	SISC Championships	TBA	SSR - Sr.
Mar. 4-6	CW Divisionals*	TBA	Qualifiers
Mar. 11-13	Senior State*	Indianapolis, IN	Qualifiers
Mar. 18-20	Age Group State*	Indianapolis, IN	Qualifiers
*Qualification standards competition			