



Competitive Team 2021-22 Information Packet

(Revised 8/09/2021)

Thank you for your interest in The Newburgh Sea Creatures Competitive Team 2021 summer season.

Important information in this packet:

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

Fees

USA Swimming Registration Fee: \$83/year Per Swimmer. Billed on October 1, 2021, or in the month after joining. Good through 2022. New members that join the competitive team in the summer season will be charged \$35.50 for a seasonal membership. **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: Short course Season = \$100/ family. Long course season = \$75 / 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, dryland equipment, hospitality at competitions, etc.) This fee will be automatically billed to your account upon registration to the competitive team.

Membership Dues: These fees vary by group and are **non-refundable once payment is made.** 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. The single payment dues will be charged on September 1 and April 1 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: 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 the 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 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 [Aaron Opell](#) if you would like more information.

National Meet Travel Support: If capable, NSC offers travel support of up to \$300 per family per season for our competitive team athletes that qualify for and attend national caliber competitions such as the NCSA Championships and above. The support will come in the form of a credit applied to the family's account. In order to receive funding:

1. The athlete's family must be in good standing with the club
2. The athlete must compete in all NSC hosted competitions for that season
3. The athlete partakes in 1 speaking engagement with our younger Sea Creatures agreed upon by the Head Coach

Membership Fee Payment Plans and Schedules

Short Course Season (September - March)			
Competitive Team Group	Short Course Season (September - March)		
	Single-Season Payment	3 Installments	Monthly
Creature Elite	\$445	-	-
Senior	\$445	-	-
Middle School Gold	\$855	\$300	\$136
Middle School Silver			
Elementary Gold	\$705	\$245	\$112
Elementary Silver			
Sea Serpents Race			\$95
Long Course Season (April - July)			
Competitive Team Group	Long Course Season (April - July)		
	Single-Season Payment	2 Installments	Monthly
Creature Elite	\$575	\$300	\$160



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Senior			
Middle School Gold	\$490	\$255	\$136
Middle School Silver			
Elementary Gold	\$400	\$210	\$112
Elementary Silver			
Sea Serpents Race	-	-	\$95

Joining Mid-Season

If you join mid-season in the short course season, you will pay the full USA Swimming Annual Registration fee (\$83), the membership family fee, and the prorated training fees as they come due.

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.



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Team Apparel and Training Equipment

Team Apparel – Meets: NSC requires all swimmers to compete in NSC competitive gear. This includes a black NSC swimsuit, a team-issued cap (if worn), and a team-shirt pack which contains a black, green, and white NSC shirt. These shirts are to be worn on days 1 (black shirt), 2 (green shirt) and 3 (white shirt). The NSC staff has these items on-hand at the pool. Please see a coach to inquire about purchasing a team pack or cap. Suit orders can be made at a variety of sports equipment retailers or on our [Online Store](#).

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				
Sea Serpents Race	Elementary Silver	Elementary Gold	MS Silver & Gold	Senior & Creature Elite
Fins	Fins	Fins	Fins	Fins
Kickboard	Kickboard	Kickboard	Kickboard	Kickboard
	Pull buoy	Pull buoy	Pull buoy	Pull buoy
			Snorkel	Snorkel
			Paddles	Paddles
			Tempo Trainer*	Tempo Trainer
*MS Gold only				



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Service Hour Requirement

Like other non-profit organizations, the Newburgh Sea Creatures are able to keep their membership dues affordable because of the volunteer efforts of its members. Upon joining the competitive team, all members are required to fulfill an allotted amount of service hours per season (Winter & Summer season). The current requirements for each group can be found below:

Service Hour Requirements	
Creature Elite	20 hours
Senior	20 hours
Middle School Gold	20 hours
Middle School Silver	20 hours
Elementary Gold	20 hours
Elementary Silver	20 hours
Sea Serpents Race	*
*Families of athletes in this group are requested to work the meets their child(ren) elect to attend.	

These obligations are subject to change and are contingent on our ability to host competitions this summer.

Mandatory Sessions: If the Sea Creatures are hosting a state sponsored championship competition such as the Indiana Swimming Divisional or State Championships, all members are required to work a minimum of three (3) sessions at the competition. These three sessions are in addition to the number of hours required for the season.

Opt-out Option: Competitive team members are able to opt-out of their service hours upon registration for a one-time charge of \$700 for the winter and \$400 for the summer. If you wish to opt-out of your service hours, please send an email to [Aaron Opell](mailto:Aaron.Opell), and your account will be billed accordingly. **This option does not cover mandatory sessions.**



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Traditional Service Hour Opportunities: The primary source of service hour opportunities for our members comes through our hosted competitions. Hosting swimming competitions requires a large workforce with a variety of different responsibilities. You will find a few of these job opportunities below. Don't be afraid. Many of these jobs require little to no training! **Many jobs will be modified due to updated safety regulations.**

Jobs / Service Hours Offered at NSC Hosted Meets		
Position	Description	Average Hours Awarded Per Session
Admissions & Volunteer Check-In	Sells wristbands and heat sheets. Checks volunteers in and monitors the pool door to check for wristbands.	4.5
Awards	Either assists in presenting awards at championship competition or places labels on and sorts awards	4.0
Meet Clean-up	Assists in cleaning the facility after a competition	2.0
Concessions	Sets up and serves in snack bar	5.0
Hospitality – Prep	Assists in preparing food for coaches and officials at competitions	1.0
Hospitality – Host	Assists in serving coaches, officials and other volunteers during competitions	5.0
Meet Marshal	Polices venue during competition to ensure athlete safety	5.0
Meet Set Up	Responsible for setting up equipment needed to host a competition	2.25
Timer	Uses stopwatches (provided by NSC) to time swimmers during their races	4.0

Positions Requiring Additional Training: Want to get closer to the action and excitement of swimming competitions?! If so, there are a few positions that are vital to the operation of swim meets that require additional training. These positions can be found in our [Get Involved!](#) section on our New Member 101 page.



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NSC Hosted Meet Schedule: Meets hosted by NSC during the 2021-22 Season are:

- NSC Fall Fling (Oct. 9-10)
- NSC Fall Face-Off (Nov. 5-7)
- NSC Chill-Out (Jan. 29-30)

Penalties and Fees: Any unworked service hours will be billed at the end of each season at the rate of \$25 / unworked hour. Members failing to participate in the minimum of three (3) mandatory sessions at our hosted state sponsored championship competitions will also be penalized at the equivalent rate of \$100 / unworked session.

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 Aaron Opell via email.
- 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.
- Once my termination has been accepted by the NSC Board, I will not be required to meet volunteer obligations for future events.



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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).

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.



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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 swimsuits 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](#).

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

A – During the season, swimmers are working to qualify for the 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

Fall/Winter Practice Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Creature Elite & Senior	3:05 - 5:00p	5:30 - 6:45a 3:05 - 5:30p	3:05 - 5:00p	5:30 - 6:45a 3:05 - 5:30p	3:05 - 5:30p	7:00 - 9:30a
MS Gold & MS Silver	3:00 - 5:15p	3:00 - 5:15p	3:00 - 5:15p	5:45 - 6:50a 3:00 - 5:15p	3:00 - 5:00p	7:00 - 9:15a
Elem Gold & Elem Silver	5:30 - 7:00p	5:30 - 7:00p	5:30 - 7:00p	5:30 - 7:00p	3:45 - 5:15p*	9:00 - 10:30a
Sea Serpents Race	5:30 - 7:00p**	5:30 - 6:30p***	5:30 - 7:00p**	5:30 - 6:30p***		
*Elementary Gold only will practice with MSS						
**Practices with Elementary Silver						
***Practices with Sea Serpents						



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Meet Schedule

Our competitive team's 2021-22 meet schedule can be found below.

Date	Meet	Location	Groups
Oct. 9 - 10	NSC Fall Fling	Newburgh, IN	All Team
Oct. 29 - 31	Outside Smoke Invite	Boonville, IN	SSR - MSG
Nov. 5	NSC Friday Fall Face-Off	Newburgh, IN	SSR / ES / MSR
Nov. 6 - 7	NSC Fall Face-Off	Newburgh, IN	EG - CE
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 - Senior
Mar. 4 - 6	*SW Divisionals	TBA	Qualifiers
Mar. 11 - 13	*Age Group State	Indianapolis, IN	Qualifiers
Mar. 18 - 20	*Senior State**	Indianapolis, IN	Qualifiers
*Qualification standards competition			
**Travel Meet Senior & Creature Elite			