

T2 Aquatics 2019-2020 Season

Age Group Performance Group Information Sheet



Ages 10-14

Group Description: This group is where athletes are starting to make swimming a priority in their lives. Athletes will train for 90-120 minutes a workout, including more advanced dryland. Athletes know all 4 of the competitive strokes, know all of the rules of competition, and understand proper lane etiquette. While stroke instruction is still important, athletes are working towards maintaining technique during training sets. Swimmers must be 10 years old for consideration to enter the group. Age does not guarantee placement. Coaches have final discretion on group placement. Swim Meets are mandatory. You must swim Championship Meets to be considered for National Performance Group. Swimmers making the FLAGS Championship Meet are expected to participate, please schedule family trips after the 14&U FLAGS Championship Meet. **March 5-8, 2020 & July 16-19, 2020.**

Behavior Goals & Expectations of AGP:

1. Actively listen and respect coaches and teammates. Show ownership of sport by increased communication with coaches.
2. Understanding that excellence is only achieved through commitment, self-discipline, and hard work.
3. Strive to fine tune technique and improve pacing and race strategy.
4. Self-motivated to improve commitment level, sportsmanship, and training/racing ability.
5. Motivated to be competitive at the Championship level and pursue the highest level of age group swimming.
6. Embrace more aggressive practices with preparation for 200 Stroke, 400 IM, 500 and above Freestyle.
7. Willingness to perform every event, every distance, prescribed by the coaching staff.
8. Excitement about striving to attend all training sessions and meets.

Group Specific REQUIRED Equipment:

- **Goggles** (All athletes use these, mirrored or dark colored lenses are the best for outside swimming)
- **Finis Floating Fin** (We use these almost every day at practice)
- **Arena Kickboard** (We use these almost every day at practice)
- **Arena Swim Snorkel Pro** (This is a front mount “swimming snorkel”. It helps with head position in the pool. Please get the “pro” it is less expensive and has less parts to break!)
- **Strokemaker Hand Paddles:** (Please order Size 1. These help with stroke technique mainly in Freestyle in our AGP group. At the Senior levels athletes will wear paddles more often in other strokes.)
- **Arena Freeflow Pull Buoy:** (This is for freestyle pulling sets. It helps with body position in the water.)
- **Swim Mesh Bag** (Swimmers use this to keep their fins, kickboard and sometimes goggles and cap in. Wet stuff goes in here so it dries easily.)
- **Practice Suit** (Practice suits should be an appropriate training suit – no board shorts or SPF shirts should be worn.)
- **Racing Suits:** All athletes must have an Arena Black “Team Suit” for competitions. These suits are worn at all Non-Championship meets. The following are the only types approved: **Girls Ages 6-18:** Madison (thick straps) or Master (thin straps). **Boys Ages 6-18:** Sky (brief style) or Jammer (just above knee length) suits for boys. All come with a T2 logo.
 - *Note: T2 has a “fit kit” in the office to try on suits for the Madison, Master, Sky, Jammer suits. It is highly recommended that you try on a suit before ordering due to sizing of the Arena Brand swim suit.*
- **Racing Suits:** All athletes must have an Arena Black “Team Suit” for competitions. These suits are worn at all Non-Championship meets. Some athletes may use a “Tech Suit” for FLAGS, Senior Champs, National Level Meets, Our December Prelim/Final Meet as well as other Team Travel Trips)

- **“TEAM SUITS”**: “Team Suits” are worn at almost all meets that T2 Attends.
 - The following are the only types approved:
 - **Ages 6-18**: Madison (thick straps) or Master (thin straps) suits for girls. Sky (brief style) or Jammer (just above knee length) suits for boys. All come with a T2 logo. T2 has a “fit kit” in the office to try on suits for the Madison, Master, Sky or Jammer suits.
 - **13&Older only**: Powerskin ST 2.0 (regular cut) for girls. Powerskin ST 2.0 (brief or jammer) for boys.
- **TECHNICAL “TECH” SUITS**: “Tech Suits” are only to be worn by athletes who are 11&Older at FLAGS, Senior Champs, Our December Prelim/Finals Meet as well as other Team Travel Trips). These suits should be black if available. If not, they should be black/blue. All suits can be purchased from Augusta Swim Supply. There will be discounts for Championship Meet qualifiers from our Team Sponsor Arena Swimwear. If you are ordering a suit for a Championship meet please wait for the order form 1-2 months prior to the meet. The following are the only types of approved Tech Suits:
 - 11-12 Athletes who are qualified for the end of season FLAGS Meet: Powerskin ST 2.0
 - 13-18 Athletes: Powerskin ST 2.0, Carbon Air, Carbon Flex VX, Carbon Ultra
- **NOTE: USA SWIMMING IS BANNING ALL TECH SUITS FOR 12&UNDER ATHLETES EFFECTIVE September 1, 2020.**
- **T2 Team Cap** (You get one of these when registering for the year. Athletes with long hair should wear them at practice and meets. T2 Aquatics strongly encourages all athletes to wear them at meets. Only T2 Team Caps may be worn at practice or meets.)
- **T2 Team Meet Shirts**: 1 Blue and 1 Gray Team T2 Meet Shirts. New athletes can pick up Required Team T Shirts from Maria Sunyak maria@t2aquatics.com in our pool office starting the week of August 19, 2019. Returning swimmers can order replacement T Shirts via our online Apparel Store.
- **2019-2020 Parking Pass for the Community School/Norris Pool**: All athletes can pick up your parking passes from Maria Sunyak maria@t2aquatics.com in our pool office starting the week of August 19, 2019.

Other Recommended Equipment:

- **Water Bottle** (Cuts down on interruptions to the practice)
- **T2 Team Arena Backpack** (This is a larger than normal backpack that is great for holding extra clothes, shoes, jackets, towels, goggles, caps. This is a very popular item for athletes on the team since they are big and have special pockets for wet items.)
- **T2 Team Hoodie** (This is great to have for meets and practices when the temperature drops a little bit. Having the hood for your head is awesome!)
- **T2 Team Parka** (This is a very long jacket that athletes can use in the winter. It is great to cover up quickly after practices and during meets.)
 - **Note**: You can order bags and parkas through Augusta Swim Supply via our team store on their website. You can order hoodies through our online T2 Apparel Store.

**All Practice Equipment, Team Suits, Tech Suits, or other Apparel can be ordered from either Augusta Swim Supply or the T2 Apparel Store: [EQUIPMENT & APPAREL LINK](#)

Meet Attendance – What If I Am Unable To Attend A Meet or Certain Days of a Meet?

T2 Aquatics has a schedule of meets and a list of groups that attend each meet posted on our website under “Events”. Some of the meets have specific qualifying times – so be on the lookout for those standards. If you can attend the meet, great! T2 Aquatics is geared towards competitive swimming and having young athletes attend these meets. If you cannot attend a meet please log into your account on www.t2aquatics.com to Opt Out.

Each meet will have a deadline to Opt Out. Once we send the entries to the host team, we usually cannot adjust the entries. There is a fee for each swim meet and may be different depending on the type of meet. **Opting out of meets is up to YOU.** The meet schedule will be up on the T2 website for months in advance and will also be included in email communication.

To Use the “On Deck” App:

1. Sign In
2. Tap the Menu
3. Tap Events
4. Tap Events & Meet Entries
5. Find the meet, Tap Declare
6. Tap Members Name
7. Select “No”
8. Tap Save to complete the process

To Use our Website:

1. Sign In
2. Click Events & Competitions
3. Click Team Events
4. Find the meet and click “Attend/Decline”
5. Click Members Name
6. Select “No”
7. Click Save to complete the process