

**Chattahoochee Gold Swim
Parent Handbook**

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Chattahoochee Gold would like to recognize the following organizations as references: United States Swimming, The American Swim Coaches Association, The Greenville-Paladin Aquatic Club, and the Curl Burke Swim Club.

WHY SWIM?

Physical Development:

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians. Why do doctors like it so much? Swimming develops high quality aerobic endurance, which is the most important key to physical fitness. In other sports, an hour of practice may yield as little as 10 minutes of this meaningful exercise. Age group swim teams use every precious minute of practice time developing fitness and teaching skills.

Swimming uses all of the body's major muscle groups, allowing proportional muscular development. No other sport does this as well. Swimming also enhances children's natural flexibility (at a time when they ordinarily begin to lose it), by exercising all of their major joints through a full range of motion.

Intellectual Development:

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self-image.

Social Development:

Swimming provides an excellent balance between team sports and individual sports. The individual aspect is obvious...it's the swimmer against the clock...his/her training, ability and attitude will determine the result. The team aspect is just as important in the experience. Working with other swimmers, traveling with them, winning, and losing with them, are all part of the team experience.

Personal Development:

Unlike many sports, where at the end of the tournament there is one winner and many losers, age group swimming focuses as much on beating your best previous time as it does on beating the swimmer in the next lane. This gives the opportunity for each swimmer in a meet to be a winner, to feel good about her/him self and to develop good self-esteem. Our philosophy is to help the swimmer be the best all around that they can be in their long term development, not just to be fast.



THE CHATTAHOOCHEE GOLD PHILOSOPHY

When Head Coach Pat Murphy was a boy, he played most of the standard childhood sports like baseball, football, and soccer. He found that in the sports in which he excelled, he was welcomed into the inner circle of the cool kids - but that his less successful friends weren't.

Meanwhile Coach Pat found that despite his effort, he wasn't a naturally gifted swimmer. In fact, he was the kid in the slow lane of the fast group struggling to keep up with impossible sets. Yet on the swim team, he was welcomed as an interregal part of the team, and held in high regard. It seemed that in this sport acceptance and recognition by his peers was based on the merits of one's effort. By willingly paying the price of the hardest sport there is, he gained respect.

As he traveled through his life, many of the best people he met were in the sport of swimming, and it gave him a purpose to do something good in the community, so he became a swim coach. Later, he became a businessman so he could develop other up-and-coming coaches, and multiply the benefits.

A few years ago, Coach Pat was at a national championship, and had a chance conversation with a swimmer from a nationally prominent team. He asked her if she too expected to make the Olympic team, to which she replied that was unlikely. But, she added, that wasn't her goal. Instead she was part of a group of swimmers whose job it was to create a high level of expectation and performance, so that someone from their ranks would make the USA team, and she was certain that this would happen. And it did. "That would be good enough to know I helped put them on the podium".

So we have created a team that lives by the ideals that while talent is God-given, our effort is what truly distinguishes us. We believe that we're stronger together than we are separately, that striving together brings out the best in each of us, and that it is an honor and obligation to do so.

USA SWIMMING (usaswimming.org)

USA Swimming is the national governing body for competitive swimming. USA Swimming formulates the rules, implements policies and procedures, conducts national championships, provides safety and sports medicine information, and selects the athletes that represent our country in international competitions. The USA Swimming headquarters are located at the Olympic Training Center in Colorado Springs, Colorado.

USA Swimming is divided into 59 Local Swim Committees (LSC's), each one responsible for administering USA swimming activities in a defined geographic area. Each LSC has its own set of bylaws under which it operates. The Georgia LSC offers local and regional competition, registers swimmers and teams, trains officials, and encourages swimming interest in the local areas.

THE USA AGE GROUP AND CLASSIFICATION SYSTEM

What are USA "Age Group" time Classifications?

Within each age group, USA Swimming has established different "ability levels" or "classifications" (AAAA,AAA,AA,A,B,BB). Time standards for each classification are updated and published every year based on reported swims from across the nation. Different time standards are published for meters and yards and for long and short course events. These times are used for entry into individual events for invitational meets. Invitational meets will carry an A, B, BB or higher designation and only swimmers who qualify by time may enter. Listed below are a few examples:

1. Swimmers qualify for A, B, or BB times in a given stroke when they meet the

established time in any one of the accepted pool lengths.

2. A swimmer may have an A time in one stroke and a B or BB time in another stroke. If swimming in an A meet, that swimmer may only compete in his/her A event.
3. Meets may combine classifications to allow swimmers to compete in a complete event schedule. For example, there may be a B/BB meet in which a swimmer would swim the BB breaststroke event and the B freestyle event. The actual heats for the B and BB events may be separate or combined depending on the number of swimmers in each event but the scoring would be separate.
4. No swimmer may swim in an event or relay leg below his/her highest classification in that stroke.
5. Swimmers may swim up in classification for relays only.
6. Entries made with No Time (NT) will only be accepted into the BB meets or mini-meets.

What is "Age Group" Competition?

This is a system of competition developed and overseen by USA Swimming, which provides for competition among swimmers of the same sex and age bracket. The age brackets established by USA Swimming for competition and record purposes are: 8 & under, 9-10, 11-12, 13-14, and 15-18. Practically all of the competitions in which Chattahoochee Gold Swimmers will participate will be age group competitions. For most invitational meets, the swimmer's age on the first day of the meet will determine their age bracket for that meet.

What is "Open competition"?

Unlike Age Group meets, "open" meets are ones where any swimmer, regardless of age, is allowed to compete for place recognition as long as he/she can meet certain pre-established qualifying times for that particular event. This type of meet format is generally only used at the most elite levels of competition (e. g. , Sectionals, Senior Nationals, Olympic Trials, etc.)

USA Swimming Recruiting Rules:

Almost all professional swim coaches in the US are members of the American Swim Coaches Association, and as such agree to abide by a Code of Ethics. One of the basic points contained in the code is the importance of respecting other clubs and their membership. Unfortunately, there are always those individuals who seek to find loopholes in the spirit and intent of the law or community. One example that you may encounter is recruitment or enticement to join another club. This can sometimes increase as your swimmer achieves a higher profile through athletic success. The rules are very clearly stated in the Coaches Code of Ethics...

"Section B. COACH TO COACH Article #1. In all professional matters regarding the changing of organizational affiliation of athletes, the initial discussion of any such change in affiliation should be initiated by the athlete, and not by the coach, or agent acting on behalf of the coach."

This violation most often comes in the form of a parent initiating a conversation or soliciting a parent or swimmer on another team about changing teams. It is inappropriate, and puts the coach and team in jeopardy. Please feel free to answer other parents' inquiries about Chattahoochee Gold, and to hear out their concerns, but do not initiate the conversation. Please let our staff know if a Gold swimmer is being approached in this manner.

About Our Coaches

Pat Murphy, Team Owner, Head Coach - Cumming Aquatic Center

Education

- Graduate of the Honors College of the University of Southern Mississippi

Coaching Experience

- Asst. Coach for Golden Triangle Swim League, 1979-1980
- Head Coach, Delta Aquatics, Greenville Miss., 1981-1982
- Head Coach Golden Triangle, West Point, Miss., 1983-1984
- Senior Coach, Cobb Aquatics, Marietta, GA, 1985
- Head Coach, Cobb Stingrays, Marietta, GA, 1986-1992
- Head Coach/Owner, Chattahoochee Gold since 1992

Achievements

- Certified ASCA Level 5
- Founded Stingrays in 1986, grew team to over 400 swimmers in four years
- Founded Chattahoochee Gold, with over 800 swimmers today. Gold is ranked in top 30 teams in USA.
- Produced State Records, Zone team members, JR and SR national qualifiers, High School All Americans, and Olympic Trial qualifiers, and national champions, and national record holders.
- Past Georgia Swim Coaches Association President
- Certified in Swim Club Administration and Aquatic Facility Management
- Attended World Coaches Clinics since 1985
- Host: Official Dress Rehearsal Olympic Games, 1996
- Hosted Russian (Belarus) Olympic team July, 1996
- Speaker at the ASCA World Clinic
- Junior National Champion, 2007
- Eight swimmers at Olympic Trials, 2012

Beth Murphy, Team Owner, Head Coach-Woodstock Aquatic Center

Competitive Experience

- Began swimming at age 7 - high school. Swam intramural sports in college

Education

- BA in Vocal Performance and Speech Communication, minor in Business Mgmt, USM

Coaching Experience

- Taught swim lessons & coached at USM
- Cobb County Summer League Coach & Referee, 1989-1993
- Taught & managed swim lesson/team program for Chattahoochee Gold since 1997

Mark Schilling, Operations-Woodstock Aquatic Center, Senior/National Coach-Woodstock, Team Wide Director of Operations

Competitive Experience

- Dayton Raiders, in Dayton Ohio, for 5 years
- Chattahoochee Gold through high school where he was a Gold Award Winner & record holder
- Georgia Tech's Varsity Team

Education

- BS in Computer Science from Georgia Tech, 2002

Coaching Experience

- Cherokee County Parks & Rec. League teams, 2002-2008
- Cobb County summer league teams, 2000-2002
- Cherokee County Summer League State Team in 1997, 2003-2005
- Head Coach, Georgia Zone Team, 2017
- Chattahoochee Gold since 1998

Austin Sumrall, Senior/ National-Mt View Aquatic Center

Competitive Experience

- Swam with Chattahoochee Gold, 2005-2011, team record holder
- Queens College, Charlotte, NC, team record holder
- NCAA 4 time All-American
- 2015 NCAA Champion

Education

- Queens College, Charlotte, NC, 2011-2015

Coaching Experience

- College Clinics, 2012-2014
- Assistant Coach, GASL Roswell, 2013-2014
- Chattahoochee Gold since 2016

Penny Walleshauser, Assistant Coach-Mt.View Aquatic Center

Competitive Experience

- Began her swimming career at age six and continued through high school.

Education

- BA in Psychology from the University of South Florida

Coaching Experience

- Clearwater Aquatic Team at the Long Center in Clearwater, FL, 1987-1992
- Stingrays, 1992-1997
- Developed and ran the Swim America program for the Stingrays
 - Chattahoochee Gold since 1999

Kathy LimSang, Assistant Coach- Mt. View Aquatic Center

Education

- Vocational training and Development Institute
- Post Grad diploma Education and training 2008

- The University of the West Indies, Mona Bachelor of Arts (B.A.) in social sciences.

English Language and Literature, General 1991

Coaching Experience

- Consultant and Swim Coach ASA 2014-2019
- Head Girls Athletic Dept and Teacher St Andrews High , Kingston, JA. 2005-2008
- Age Group Swim Coach Tornados Kingston, JA 1997-2008

**Lauren Oglesby, Assistant Coach-Woodstock Aquatic Center
Swim lesson Director**

Competitive experience

- Swam with Chattahoochee Gold
- 2007-2014 Team record holder (1650FR, 1000FR, 800FR)
- Gold Award Winner
- Division I college swimming at Gardner-Webb University
- Gardner-Webb Team record holder (500FR, 1000, and 1650FR)
- Four time CCSA All Conference Team
- Three time CCSA Conference Champion in 1650FR
- conference and meet record holder in 1650FR

Education

- Gardner-Webb University, Boiling Springs, NC, 2014-2018

Coaching Experience

- King's Academy Head Coach 2018-2019
- Chattahoochee Gold since 2018

Mark Walleshauser, Assistant Coach-Cumming Aquatic Center

Competitive Experience

- Chattahoochee Gold, 2000-2013
- Norwich University, Northfield, VT
- Team record holder
- 3x conference champion
- 2 year team captain
- 2x Team MVP

Education

- Norwich University, 2013-2017, graduated Magna Cum Laude

Coaching Experience

- GA summer league coach, 2009-2015
- Stingrays coach 2018-2019
- Chattahoochee Gold since 2019

Karen Carr, Assistant Coach-Cumming Aquatic Center

Competitive Experience

- Began swimming career at age eight as an age group swimmer for Augusta Swim League

Education

- Attended 2 years at Augusta College

Coaching Experience

- Fort Gordon ST, 1990-1993
- High School in Athens, GA, 1994-1999
- Southern Crescent Aquatics (SCAT), 1999-2004
- Swim Macon, 2004-2006
- Chattahoochee Gold, 2006 - present

TEAM STRUCTURE

"Who do I contact about..."

Chattahoochee Gold is a coach owned/run swim team, as are the best teams in the U.S. However, parental participation is vital in maintaining a smoothly run program. The following will help you know who and where to direct some of your questions and how to contact them: Messages may be left for all coaches at 770-928-1506.

- | | |
|--|--|
| - Owner/Head Coach @ Cumming | Pat Murphy (patmurphy@goldswim.com) |
| - Owner/Head Coach @ Woodstock | Beth Murphy (bethmurphy@goldswim.com) |
| - Senior/Nat Coach @ Woodstock | Mark Schilling (markschilling@goldswim.com) |
| - Senior/Nat Coach @ Mt. View | Austin Sumrall (austinsumrall@goldswim.com) |
| - Asst. Coach @ Mt. View | Penny Wallesha (pennywalleshauser@goldswim.com) |
| - Asst. Coach @ Mt. View | Kathy Lim Sang (kathylimsang@goldswim.com) |
| - Asst. Coach @ Woodstock | Lauren Ogelsby (laurenogelsby@goldswim.com) |
| - Asst. Coach @ Cumming | Mark Walleshauser (markwalleshauser@goldswim.com) |
| - Asst. Coach @ Cumming | Karen Carr (karencarr@goldswim.com) |
|
 | |
| - Registration, monthly fees, Team Unify | |
| Fees & team questions | Kim Duncan (admin@goldswim.com) |
| - Meet entry questions | Mike Wardwell (mikewardwell@goldswim.com) |
| - Merchandise | Beth Murphy (bethmurphy@goldswim.com) |
| - Meet Fees | Nicole McKenna (accountant@goldswim.com) |
| - Website | Mark Schilling (markschilling@goldswim.com) |
| - Office Staff | Kim Duncan & Nicole McKenna
(770-928-1506 for team and 770-591-1998 for lessons at WDS) |

Team mailing address: Chattahoochee Gold, P. O. Box 387, Woodstock, GA 30189

THE ROLE of SWIM PARENTS

It is important to remember that your child is the swimmer. Children need to set their own goals and make their own progress towards them. Be careful not to impose your own standards and goals on your child.

Always provide positive support to your swimmer. Remember that, according to his/her training group, your child puts in anywhere from 1-1/2 to 17 hours a week practicing. Let your child know that you, as parents, support his/her efforts, and encourage him/her when disappointment or stress seem to be evident.

Do not overburden your child with winning or achieving best times. The most important part of your child's swimming experience is that he/she learn about himself/herself while enjoying the sport. This healthy environment that Chattahoochee Gold provides encourages learning and fun which will develop a positive self-image within your child.

Remember to point out the things that your child does right, rather than dwell on what is wrong. It is through this positive reinforcement that your child learns how to feel like a winner.

SWIM PRACTICE

TRAINING GROUPS & PRACTICE SCHEDULES CAN ALWAYS BE FOUND AT:

www.goldswim.com/practice-schedule

Summer & Holiday Practices: Please note that the practice schedule will be subject to change while school is out for summer or extended holidays (Thanksgiving, Winter Break). During the summer, practices will be held earlier in the day, so that they do not interfere with summer league meets. Summer is also the time when the pool lanes are reconfigured so that swimmers will be swimming 50 meter lengths instead of the usual 25 yard lanes. This is called "long course".

PRACTICE CONDUCT RULES:

Swim practice is a time for the swimmer to learn how to improve strokes and turns, get to know new friends, and build self confidence. All swimmers must follow these rules in order to ensure a smoothly run practice. One key to a team's success is that all swimmers respect one another their coaches. The 3 main rules are as follows:

- 1) No talking when the coach is talking**
- 2) Look and listen**
- 3) Don't leave the water without asking**

Violation of these rules will result in the swimmer first receiving a warning. The second violation of the rules will result in the swimmer being asked to leave practice for the day. These rules are made to remind swimmers that they must respect their coaches and teammates.

WHAT TO BRING TO PRACTICE:

Being prepared for practice is important for swimmers' training. Swimmers should bring one or more "practice suits" (meet suits should not be worn during practice), swim cap (if desired), goggles, towel, swim fins, and water bottle (optional). Each practice group will have their own unique color of "practice cap" (to be given out the first day of practice). If your swimmer wears a cap, this should be the only cap worn at practice. If any at time they need a replacement cap, coaches have them available at practice and this will be billed to your swim account. All street clothes should be kept in a swim bag so they do not get wet. Do not bring valuables into the pool area. All equipment should be labeled with the swimmer's name so that, if lost, it can be easily identified. During winter months, extra precautions should be taken to stay warm outside of the pool area. Example: hats, parkas or jackets, gloves, socks and shoes are the clothing items necessary to retain body heat. Each practice group has specific equipment to bring to practice – this list is emailed out at the beginning of the season and to newcomers as they join mid-season.

Gold Team 2021-2022 Equipment List

These items are ***required*** and can be purchased through All American in their store or online. We use specific items in some cases and All American carries these items. Take FINS for example, purchasing them other than at All American can cause you to have to re-purchase them as we use a specific fin for swim practice. ***Jump Ropes and Stretch Cords are purchased through GOLD.*** Swimmers should have their equipment by September 1. Please understand, when a swimmer does not have their own equipment the pool cannot always provide it and it is a distraction for the days training. *It is strongly suggested that your child get a mesh bag for all the wet items. A GOLD order form for spirit wear and other items will be emailed to you.

Pre Comp Groups: Speedo Kick board and Fins

All Silver/Silver Advanced groups: Speedo Kick Board, and Fins, Jump Rope

All Gold/Gold Advanced Groups: Speedo Kick Board and Fins, Jump Rope and a Speedo Snorkel * New Items this year*****

(Paddles should not be larger than the size of your hand. The coaches are requesting the Speedo Power Plus Paddle.)

All Sectional Groups: Speedo Kick Board and Fins, Speedo Paddles, Speedo Pull buoy, Speedo Snorkel, Jump Rope and Green Stretch Cords

All Sectional Advanced: Speedo Kick Board and Fins, Speedo Paddles, Speedo Pull buoy, Speedo Snorkel, Jump Rope and Green Stretch Cords Girls and Red for Boys

**All High School: Speedo Kick Board and Fins
*Mt. View pool only for High School: Jump Rope**

All Senior/National and Senior II : Speedo Kick Board and Fins, Speedo Paddles, Speedo Pull buoy, Speedo Snorkel, Jump Rope and Red or Blue Stretch Cords for younger swimmers, Blue for most and Black for very strong swimmers.

**** *The Team Uniform:*** *All swimmers attending a meet must wear a black Speedo brand suit. The style is their choice but must be a Speedo Black Suit. Also, a black cap with GOLD on it is part of the uniform for meets.*

Going to All American or ordering on line is the best way to purchase your equipment. Going to the shop will secure best sizing.

All American Swim Shop:
770-400-9870
www.allamericanswim.com Team Code: gold15
885 Woodstock Rd., Roswell, GA 30075

DIRECTIONS TO OUR POOLS:

To Woodstock Aquatic Center: Go north on I-575. At Exit 8, turn right onto Towne Lake Parkway and go about a mile. Cross over the railroad tracks and look to your left. The pool is situated behind the Woodstock City Hall on the left and is a tan building with a green roof.

From Mt. View, turn left onto Shallowford Road. You will pass Lassiter H.S., cross over Trickum Rd., and pass Nicholson Elementary and McCleskey Middle Schools. At Canton Road, turn right and go to the 7th stop light. This will be Towne Lake Parkway to the left, and Arnold Mill Road to the right. Turn right onto Arnold Mill Road. Turn left between the Woodstock City Hall/Police Dept. and the Woodstock Nursing/Rehabilitation Center. We do not have a sign by the road. We are located directly behind City Hall.

To Mountain View Aquatic Center: If going north on Johnson's Ferry, continue to where Johnson's Ferry ends at Shallowford. Turn left and go west on Shallowford to the intersection of Sandy Plains. Turn left. Turn right on to Frank Gordy Parkway. The Entrance to the pool is 100 yards ahead on the right. If going north on Sandy Plains Road, turn left onto Frank Gordy Pkwy. The pool will be on the right. From Highway 92, go south on Canton Road (Hwy. 5) and turn left onto Shallowford Rd. Turn right on Frank Gordy Parkway. The pool will be on the left.

To Cumming Aquatic Center: Go north on 400, to exit 16. Turn left onto Pilgrim Mill Road, and the pool is about a mile on the left.

FINANCIAL RESPONSIBILITY

The investment in Chattahoochee Gold pays itself back many times over. The product is a well balanced, academically, and athletically sound youth who learns the discipline, self-respect, and esteem that will carry him/her throughout life.

ALL active swimmers who remain with us as of June 1 will be automatically billed for fall registration for the next season and charged 1/2 of the next years registration fee on June 1st and the other 1/2 on July 1st. If you wish to opt out of the next season you must fill out a google form we will provide you in early May. Registration fees are Non-Refundable after 6/25.

Competitive Registration Fee \$277: Registration fee covers Aug-July season

Silver, Silver Adv., Gold, Gold Adv., Sectionals, Sectional Adv., High School, Senior and National Groups: Registration fee includes:

- 1 year membership to United States Swimming, which includes swimmer insurance, and a subscription to Splash magazine
- 1 year membership to Georgia Swimming
- team handbook
- team T-shirt & first practice cap
- no fundraising

ONCE PAID, REGISTRATION IS NON-REFUNDABLE.

Pre-Competitive Registration Fee \$77

Intro to Gold, & Technique/Fitness Groups: Registration fee covers the August-July season.

MONTHLY FEES:

PRE-COMPETITIVE GROUPS: INTRO TO GOLD & TECHNIQUE/FITNESS:

Swimmers pay monthly, and must notify us by the 1st of the month with a 30 day notice if they intend to stop swimming. Parents are required to keep a debit or credit card (no AMX) on file in your Team Unify account. Fees will be charged automatically on the first of each month. All months will be run on the 1st of the month.

COMPETITIVE MONTHLY TRACK - SILVER, SILVER ADV., GOLD, GOLD ADV., SECTIONAL, SECTIONAL ADV., HIGH SCHOOL, SENIOR, & NATIONAL GROUP SWIMMERS:

Swimmers beginning the season in Aug will pay 11 1/2 monthly installments. Monthly fees pay for the use of the pool and the coaching. Parents are required to keep a debit or credit card (no AMX) on file in your Team Unify swim account. Fees will be charged automatically on the first of each month.

Your swimmer may stop at any time by providing us with a 30 day written notice by the 1st of the month. Months will not be prorated. Simply send an email to admin@goldswim.com.

A late fee of \$10 will be added to all accounts not paid by the 7th of the month. Any unpaid accounts may be forwarded to a collections agency. The coaching staff cannot accept payments of any type! If your account gets to far behind your swimmer will not be able to participate in swim meets.

Note Chattahoochee Gold offers a discount for families with more than one child swimming for Gold. The discounts are as follows:

- 1st child - normal monthly fee
- 2nd child - 10% off monthly fee
- 3rd child - 20% off monthly fee
- 4th child – 30% off monthly fee

MEET FEES & OTHER MISCELLANEOUS FEES: When your swimmer signs up for a meet, they will incur meet fees, the charge is determined by the host team for each race that your child is entered in. There may also be a facility surcharge. In addition to the Host Team charge there is a Gold Team charge of \$6.00 per swimmer surcharge and a \$0.30 per individual event charge. These charges are separate from your monthly training fees, and will be posted to your Team Unify swim account each month as they are incurred. If your swimmer needs a replacement practice cap, they should request one from their coach and it will be billed to your account. From time to time there may be other charges such as a team dinner or banquet fee, and these may be billed to your account as well if you sign up to attend. When a swimmer needs a replacement practice cap (available from coaches at practice) or a black “meet cap” (available from our coaches at meets), these will be billed to your swim account. You will receive a billing summary approximately 1 week prior to the 1st so you are able to view all fees on your account prior to payment day on the 1st of each month. We hope to simplify your life by e-mailing one statement per month, rather than asking you to send in separate payments for different charges!



Short Course Meet Schedule (2021-2022)
Intro and TF meets TBA

Dates:	Meet:	Location:	Practice Groups
October 22-24	Gold Fall Invite	Cumming Aquatic Center	All Competitive
November 12-14	Marlins of Raleigh (Travel Meet)	Raleigh, NC	Sectional and above (13 & Over Tentative Bus Trip, leave Friday AM)

November 13-14	IMX Meet	Mountain View Aquatic Center	Gold Advanced and below
December 3-5	Senior State Champs	GA Tech	Qualifying Times
December 8-11	Winter Junior Nationals	Greensboro, NC	Qualifying Times
December 17-19	Gold Winter Invite	Cumming, GA	All Competitive
January 14-16	ABSC New Years Meet	Athens, GA	All Competitive
February 4-6	Gold Last Chance Meet	Cumming, GA	All Competitive
February 11-13	Age Group State	Georgia Tech	Qualifying Times
TBD	Senior Sectionals	TBD	Qualifying Times
TBD	NCSA Junior Nationals	Orlando, FL	Qualifying Times

TBD	Age Group Sectionals	TBD	Qualifying Times
March 25-27	Gold End of Season	Cumming, GA	All Competitive

MEETS

HOW MEETS ARE SET UP

Swim meets are classified by the swimmer's level (speed). Here is some of the terminology that swimmers and parents need to know:

Short Course meets are held in pools that are 25 yards or 25 meters in length. The short course season is traditionally held from September through April.

Long Course meets are held in pools that are 50 meters in length. The Olympics and Sr. Nationals are held in pools of this length. The long course season runs from May through July.

Timed Finals are when swimmers are ranked according to their time in their heat against the other competitors of that age group. Athletes swim each event only once during the meet.

Preliminaries/Finals (Prelims/Finals) involves swimming twice in one day in the same event if the swimmer should qualify. Morning preliminaries are held to determine the top eight, sixteen, or twenty-four swimmers in each event. The swimmers are then reseeded according to their preliminary time for the evening finals. The following example is used for a meet in an 8 lane pool: ****At a Prelim/Finals meet DO NOT leave the pool until you check to see if you have made finals.****

The "championship heat" consists of the top 8 swimmers from the prelims, the "consolation heat" includes the 9th through 16th place swimmers from prelims; and the "bonus heat" including the 17th through 24th place swimmers from prelims.

Time Standards are set in order to determine the level of the meet of which a swimmer competes. In some instances, meets may be set up to exclude faster swimmers from the meet, while other meets may exclude slower swimmers.

Age Group Meets are specifically defined as competition by age. The age groups in these meets are broken up as follows: 8 & under, 9-10, 11-12, 13-14, and 15-18.

Senior Swim Meets have no age groups. This means that it is possible for a 12 year old to swim in the same event as a 19 year old. Meets that are strictly senior include Sr. Region and Sr. National Championships. Some meets may hold Age group and Senior events during the same session.

MEET PROGRESSION

Swim meets are scheduled by the Georgia LSC and by USA Swimming to serve the needs of all swimmers from novice to world class levels. Meets will be based on the National time standard ("C" indicates novice, "B" is intermediate, and "A" is moving towards the State level).

Championship Meets are held near the end of both the short course and long course seasons for the top swimmers. This year there will also be a Divisional Championship.

Sectionals are competitions including swimmers from the states of Louisiana, Georgia,

Florida, North Carolina, South Carolina, Alabama, Tennessee, and Mississippi. During the short course season, separate Age Group and Senior Sectional meets are held. The time standards to qualify for Age Group Regions are “AA” for the 9-10, 11-12, & 13-14 age groups (there is no 15-18 division). Senior Regions is open to swimmers meeting the qualifying time, which is slightly faster than the 15-16 “AAA” time standard.

Zone Championships are held at the end of each long course season. 7 male & 7 female swimmers in each age group are selected for the team at the Zone Selection Meet a few weeks prior to Zones. These swimmers represent our LSC and compete against 15 other LSC’s stretching from Texas to North Carolina and up to West Virginia. The meet is a pre-lims/finals format.

Junior and Senior Nationals is made up of the fastest swimmers in the United States. Olympic and world class swimmers compete at this level. There is one short course meet and one long course meet. The format is pre-lims/finals. The qualifying times are very tough, usually the top 1% in the nation.

HIGH LEVEL MEETS

Swimmers who qualify for Sectional or National Championships are responsible for their transportation, chaperones, meals and lodging, just as all swimmers on Chattahoochee Gold are at all levels. It is understood that accomplishing a qualifying time for a meet at this level, represents many seasons of hard work on the part of the swimmer and coach. It will be assumed that the swimmer will be participating in the highest level meet for which he or she is qualified, unless the athlete or coach indicates to the other party at the time of the qualification swim that there is some significant reason that prevents the athlete from attending. Swimmers attending national level meets may receive financial support from the LSC for travel expenses. The monetary amount changes from time to time and is at the discretion of the LSC House of Delegates. The coach will submit the paperwork to receive the funds and distribute them through the club’s account payable person. The coach’s primary job at a travel meet is to coach at the competition and manage the athlete’s performances. He or she is not required or assumed to act as a travel agent or chaperone away from the competition site. As our success at National competitions increases, we will consider adding team chaperones and team transportation, and families will be notified of any change in our policy at that time.

MEET SELECTION PROCESS

There are a few key factors that the coaches use in determining which meets to attend each year. The first of which is the quality of the meet. These considerations include the format of the events, the competition for the swimmers, and whether or not the host team runs a smooth and manageable meet that is not too crowded or too expensive. Many of you have been to meets where there are far too many swimmers and the heat sheets cost more than \$15 or even \$20, so we usually would mark this meet off the list for next season. The next item of consideration we use, is the physical location of the meet. Here at Gold, we like to offer a mix of meets that are in close proximity to us, and also provide an opportunity to go to meets that may be slightly farther away, but offer a new experience to the swimmers. For instance, if we solely went to the closest meets to us, it would make for a pretty bland meet season for both parents and swimmers. This leads us to the final consideration, which is support of our team. There are many local clubs that have consistently supported our Chattahoochee Gold Invitational Meet each and every year that it has been held. If it is a good fit to our season, we like to return the favor to these teams and attend at least one of the meet opportunities that they host. This consideration, however, is entirely dependent on meeting the other two criteria first.

MEET ENTRY PROCEDURE

1) Signing up for a meet will be done through our website. Parents may choose the day or days that a swimmer will participate in a particular meet, however your coach will choose the events. If you have any questions regarding your swimmer’s qualifications for a particular meet, check with his/her coach. Swimmers not signing up for a meet by the sign-up deadline will not be

entered in the meet – no exceptions. We can't accept verbal or phoned-in entries.

2) Once the sign-up is closed, the coaching staff will then complete the swimmers' entries. All swimmers except for those in the Senior Groups are entered at their best times in each event. The Senior Groups, due to their rigorous and fatiguing practice schedule, may be entered in meets at slightly slower than their best times, according to what the coaching staff feels like each individual is capable of achieving at that meet.

3) By the Monday before the meet, you will receive an e-mail containing meet information and your swimmer's entries telling which events they will be swimming. The meet information will provide meet location, directions to the pool, events entered and the day on which they are swum, and sometimes, relay information.

4) For out of town meets, we will provide hotel information on the website, under "Meets". The coaching staff may reserve a block of rooms based on the interest level indicated on the sign-up list. However, it is up to the families to actually call the hotel and reserve a room. The block of rooms that are unclaimed by our families will be released before the meet.

5) All meet entry fees are posted to your Team Unify swim account (see Financial Responsibility).

21/22 Meet Schedule will be emailed when finalized

IRON MAN AWARD

This is an award that a swimmer may receive at the spring banquet if he/she has swum every standard event (once or more) offered in their age group during the short course season. If a swimmer wants to try and accomplish this, please indicate to your coach, so that the coach can make sure he/she gets entered in the appropriate events. Coaches will not automatically enter every swimmer in every event that is offered within their age group. Distance races (1000 & 1650) are interchangeable.

MEET CONDUCT RULES, IN-TOWN:

1) All swimmers are responsible for their own transportation to and from the swim meet. Swimmers should arrive at the pool 15 min. prior to the beginning of warm-ups (parents should consider the possibility of traffic for meets that begin on Fridays). Upon arrival, each swimmer or swimmer's parents should purchase a heat sheet to see which heats and lanes the swimmer is in.

2) A swimmer that is selected for a relay must swim in that relay. Selecting swimmers for relays is done according to times; therefore, sometimes relays cannot be put together until the end of the session. Swimmers chosen for a relay need to plan to stay until that relay has been swum. Swimmers should always check in with the coaching staff at the completion of their individual events to see if they are on a relay.

3) During a meet, Chattahoochee Gold team suits and caps are to be worn. Any other Chattahoochee Gold apparel is encouraged to be worn during the meet.

4) Swimmers need to check in with the coaching staff before and after their races and be prepared to give the coach the time received from the timer. At meets where a separate pool is available, swimmers need to immediately swim down easy in order to loosen up their muscles, then report to the coaching staff.

5) Swimmers may "scratch" (not swim an event entered) **ONLY** with the permission of the coaching staff.

6) Before leaving the facility, each swimmer needs to make sure that they have all of their belongings and that their area is cleaned up.

7) Important: If a swimmer is unable to attend a meet due to illness or an emergency, the coaching staff needs to be notified by phone that morning. If you are unable to contact a coach by phone, contact another swimmer participating in the meet so that the message can be relayed to the coach.

OUT OF TOWN (in addition to the In-Town Rules)

Chattahoochee Gold participates in out of town meets and team trips in order to experience different types of competition. This also provides swimmers with new experiences on fun trips. The following guidelines are designed to help ensure safety and maintain the high standards that Chattahoochee Gold displays as a team. Anyone who, in the opinion of the coaching staff, acts in a manner that disregards these guidelines will be subject to disciplinary action deemed appropriate by the staff.

1) Each swimmer should remember that he/she is representing Chattahoochee Gold, and that the team's reputation depends on their actions.

2) A specific itinerary will be distributed to all swimmers and parents with information concerning the meet/trip schedule and other pertinent information. If you have any questions, you should see a coach immediately. Sometimes, due to circumstances beyond our control, this itinerary may change.

3) Punctuality is essential. Parents and swimmers both should take responsibility in getting to the meet or scheduled activity on time.

4) In a prelims/finals meet, those swimmers qualifying for finals should eat lunch and return to their room to rest. Anyone not making finals should be considerate of this schedule. All swimmers not making finals will attend as spectators to support their teammates.

5) Restaurant behavior:

- Be polite to the waiter/waitress.
- Be sure to leave an appropriate tip for non-fast food restaurants (see the coach if questionable).
- Do not leave a mess at your table.
- Use responsible table manners.

6) Hotel Behavior:

- Any damages to any part of the hotel will be paid at the swimmer's expense.
- Any "loud behavior" will be confined to each swimmer's room and not at inappropriate times (such as in-between prelims & finals & after hours).
- All long distance phone calls must be made from a cell or pay phone.
- No drinking of alcoholic beverages or partaking in drug related activities will be tolerated. If a swimmer is in the presence of such activities, it will be assumed that he/ she is a participant, even if the other participants are not team members.

USE GOOD

JUDGMENT! Lounge/bar areas are off limits to swimmers.

MEET CHECKLIST

- | | |
|---|----------------------------------|
| - chair to sit in (depends on facility) | - pen/pencil/paper |
| - meet speedo swimsuit | - aspirin/necessary medication |
| - sleeping bag or large towel to sit on | - several towels |
| - practice swim suit | - playing cards/games |
| - food (fruit, crackers, bagels, juice boxes) | - goggles |
| - sweats/parka/t-shirts | - swim caps |
| - water bottle | - walkman/ipod |
| - money for heat sheets~souvenirs | - shoes/socks/gloves |
| - cooler (depends on facility) | - book or magazine |
| - no glass containers | - security blanket or teddy bear |

SWIM MEET SUCCESS LIST FOR SWIMMERS

Swimmers can use the following list to help ensure maximum results during competitions:

1) Conserve energy – swimmers should try to relax and stay off their feet as much as possible during a swim meet. Jackets, t-shirts, sweat pants, gloves, shoes and socks – these are clothing articles that can be worn in order to keep the muscles warm.

- 2) Eat and drink properly
- 3) Be mentally prepared – swimmers can reduce stress levels at a meet by knowing when warm-ups and competition begin, what heat and lane they're in, and knowledge of race strategies.
- 4) Be prepared with the proper equipment: swimsuit, cap (if used), goggles, and towel.
- 5) Shaving down for your championship meet can enable the swimmer to achieve maximum results at their "big meet". Shaving is recommended for the older swimmers and works as follows: "Shaving down," as it is called, is the process of removing the thin top layer of the skin, giving the swimmer a sensation of gliding through the water and providing extra speed. One myth about shaving down is that the hair will grow back thicker and darker than before. This is not true as body hair will only grow to a certain length and certain color. An example of this are eyebrows. If this myth were true, our eyebrows would be 2 feet long! All swimmers wishing to shave down should see their coach for advice on this subject.

SWIM MEET SUCCESS LIST FOR PARENTS

Children are dependent on their parents for a variety of things during their swimming experience. The following are some suggestions for parents in order to make your Chattahoochee Gold experience as enjoyable as possible:

- 1) Provide the proper support – parents can make the biggest impact on their child by being there for constant support. Show your swimmer that you are there for them whether they win a close race or get disqualified. Parents should resist giving their child swimming advice as that is why the coach is there.
- 2) Provide good time management – parents need to be aware of the weekend's schedule (as printed in the swimmer's event sheet). Swimmers need to arrive to meets 15 minutes before warm-ups begin. The coaching staff cannot be responsible for swimmers missing their warm-up. Parents whose swimmer makes finals, need to make sure their child gets the proper rest before returning for the evening competition.
- 3) Talk to a coach if you sense trouble - coaches are extremely busy at swim meets and may overlook things like a gradual illness or excessive anxiety. If you have a concern about your child's performance, see a coach when he/she is available to talk. Parents should not confront their swimmer when they have a bad race. Remember that you are there to show that you appreciate what they doing.
- 4) Shaving down for meets – depending on the age, level, and experience of your child, a coach may suggest that a swimmer "shave down". Shaving down is the process of removing body hair and the thin, top layer of skin which gives the swimmer the feeling of gliding through the water with less resistance, enabling them to produce faster times. A myth that parents fear is that shaving the arms and legs results in clumps of dark hair growing back. This simply is not true, as body hair can only grow to a certain length and color (such as eyebrows, which, unlike the hair on our heads, doesn't need to be cut every few weeks). If you, as parents, have further concerns about shaving, please consult your swimmer's coach.

Chattahoochee Gold COMPETITION SUIT POLICY

Revised 10/2018

In developing the Chattahoochee Gold swimwear policy, the coaching staff has tried to accomplish three objectives:

1. Maintain our philosophy of preparing our athletes to compete at the next level of competition.
2. Allow our swimmers to be competitive at their most important meet of the season.
3. Protect our Chattahoochee Gold families from unnecessary costs when purchasing competition swimwear.

There are several factors that determine the type of suits our Gold Swimmers will wear during competition including the swimmer's age, physical development, swimming efficiency, level of competition, fit, and cost. For most of the season, the standard Gold team suit (black speedo) will be the suit of choice.

Please remember that Gold is sponsored by **Speedo**. Our swimmers may not wear any suit or cap that bears the logo or insignia of another swimwear company (e.g. TYR, Nike, etc.) for competitions.

Regular Season Competition

All swimmers are *required* to wear the Gold team suit (black speedo) and correct team caps (black Chattahoochee Gold cap) at regular season meets.

Championship Meets

Coaches determine which event is considered the championship meet for each swimmer. The exception being the 11-12 years age group, where the championship meet is determined by the LSC.. Team caps (black Chattahoochee Gold Cap) should be worn at championship level meets, with a few coach- dictated exception.

Approved championship swimwear varies by age group and ability as follows:

10 & under:

The Chattahoochee Gold coaching staff believes that at this age, physical development and skill level, swimmers do not significantly benefit enough from advanced swimwear

technology to justify the additional cost. All 10 & under swimmers are expected to wear their Gold team suits (black speedo) at championship level meets.

11 - 12 years:

In addition to the Gold team suit (black speedo), 11-12 year olds may also wear the Aquablade Recordbreaker (girls) or Aquablade Jammer (boys) in black.

13 - 14 years:

In addition to the Gold team suit (black speedo) and the Aquablade suits listed above, and the Aquablade kneeskin (girls only) :

- (i) 13-14 year olds with Senior Sectional cuts may wear any of the suits above and are also eligible to wear the LZR Pro (available in female knee skin and male jammer) provided they have discussed it with their coach prior to purchase.
- (ii) 13-14 year olds with Junior or Senior National cuts may wear any of the suits above and are eligible to wear the LZR Elite 2 or the LZR X but need to communicate with their coach before purchasing.

15 & over:

Senior swimmers may wear any of the options listed above (preferably all black), but need to discuss the options with their coach if they are considering purchasing a LZR Elite 2 or LZR X suit.

Top 10 Reasons to Become a Georgia Swimming Official:

- ◆ **Support the team with your time as a volunteer.**
- ◆ **Be on deck with your kids at swim meets. There's no better view of the pool.**
- ◆ **Learn more about the sport of swimming (don't you wish you knew why your child was disqualified? What does "non-continuous turning" action mean anyway?)**

- ◆ Because you're a valued volunteer, be well-taken care of with:
- ◆ Free heat sheets (you'll actually know the heat and lane assignments)
- ◆ Free food
- ◆ Free admission
- ◆ Since United States Swimming is a tax-exempt charitable organization, volunteer expenses such as mileage, hotel, and meals are potentially tax-deductible.
- ◆ Nice people who will mentor you in the sport (Officials really are nice once you get to know them!)
- ◆ You can make a difference! Don't sit in the stands and get a sore back, stand up and be involved with the swimmers on deck

BECOMING A GEORGIA SWIMMING OFFICIAL

USA Swimming is a non-profit organization that depends upon dedicated volunteers. Committed individuals donate time, energy, and expertise at every level: from the national Board of Directors down to local swimming clubs. Georgia Swimming is the governing body for USA Swimming in our state. Georgia Swimming is looking for volunteers interested in becoming entry-level officials: either Administrative Judges, who deal with swimmers' entries, timing equipment and scoring, or Stroke & Turn Judges, who evaluate swims. In competitive swimming, the quality of officiating directly affects the quality of performance. Consistency and professionalism in officiating cannot be assured without adequate staffing. The time spent is satisfying, and you will have the opportunity to make some great friends and share the deck with some wonderful athletes. Please watch an email to come with information about how to become an official.

FUNDRAISING – NOT!

NONE! We may have an occasional volunteer fundraiser, meaning that you do not have to participate. From time to time we allow items to be offered to you on this volunteer basis so..... participate if you are interested.

MERCHANDISE

We are a Speedo sponsored Swim team

and all suits worn at meets MUST BE Speedo

All Chattahoochee Gold Competitive Group swimmers are required to purchase the following items:

* Team Competition Suit (must be a Black Speedo) **Your team suit will last longer if you WEAR IT ONLY AT MEETS!

*Team swim cap (If you wear a cap at practice it must be the cap specific to your practice group

Likewise, if you wear a cap for meets, it must be a Chattahoochee Gold cap. If you do not wear a cap you do not have to purchase one.)

* Fins

* Team T-shirt (included in registration fee)

* We will hold Merchandise Days at each Pool at the beginning of the season for trying on and purchasing items. After that you can purchase directly at the All American Swim supply or online at www.allamericanswim.com, click on team login (Username Gold, password Swim)

All American Swim Supply (770-400-9870) is our team supplier for Speedo suits, fins, bags, parkas, and Speedo items. Other GOLD logo merchandise is offered to keep your swimmer warm and show team spirit! You may place orders for spiritwear at merchandise try-on days at the beginning of the season and/or at the Gold Invite Meet in October. The items purchased through All American Swimshop, (suits, fins, bags, parkas, etc.) can be purchased by contacting them at the above number or www.allamericanswim.com.

Team Pick-Up Days: Merchandise will be handed out at the Gold Meet in October

Care Instructions for Your Swim Suit

Never leave suit wet and rolled up!

Chlorine reduces the life of the suit, so you should:

- Rinse with cold water after each use
- Squeeze out excess water - do not wring
- Hang to drip dry

For occasional washing: Hand wash in cold water using mild soap - never use bleach.

Care Instructions for your Swim Cap

- Rinse with cold water after each use
- Towel dry inside and out
- Sprinkle with baby powder
- Never leave rolled up in a ball

What About Chlorine in the Hair?

Most swimmers notice the effect of chlorine on their hair, especially those with long blond hair. Hair may begin to feel gummy or take on a green tint. Most swimmers get by with regular shampoo, while others report great success with Ultra Swim shampoo. Another great tip is to put conditioner in your hair before you swim and leave it in, even under your cap. Wearing your cap helps.

COMMUNICATION SYSTEMS

Chattahoochee Gold has a number of different means of communication by which parents and swimmers receive information. They are as follows:

Announcements at Practice: A great reason not to talk when the coach is talking! Coaches regularly make announcements on deck. They will announce upcoming events, when new meet sign-ups are posted on the Team Unify side of the website, and practice changes. As we all know, verbal messages do not always make it home, so please be sure to check the other systems listed below.

Web site – www.goldswim.com - this is where you will find all of your information. You may access meet sign-ups and your financial account by logging into the Team Unify side of the website.

E-Mail – Watch for team updates which may include practice changes.

SMS Text Messaging through Team Unify: This is a text messaging system to be used for last minute practice changes. Please sign up through your Team Unify account.

Bulletin Board - A bulletin board is posted at all four pools. Things found on these boards include time standards, announcements, and motivational articles. Swimmers need to check the bulletin board every time they attend practice.

Parents' Meetings - Chattahoochee Gold has several parents' meetings during the season. These meetings are for you, the parents, to tell us what kind of job you feel we are doing. Parental feedback is vital for the continued success of our team. All questions you may have are answered, and upcoming events are outlined.

Team Phone Line - Our office phone number is 770-928-1506, and is available for questions not answered by the handbook, newsletter, or parent's meetings. Our office hours are Monday through Friday from 10 AM to 4 PM. We are also Fax capable at 770-591-4135.

Meet/Event Information - Specific meet information, such as the events to be swum, dates, warm-up times, and directions to a particular meet are e-mailed out no later than the Monday before each meet.

Team Handbook - This team handbook serves as a "Team Bible," answering questions and explaining facts about our team and our sport. Other information such as our meet schedule, team records, and nutrition tips can also be found in this guide.

EXTRA-CURRICULAR ACTIVITIES

Chattahoochee Gold offers swimmers the opportunity to participate in activities other than meets in order for swimmers to socially interact with one another. Activities in the past have included Beach Volleyball, climbing on a Ropes Course, Step Aerobics, Ultimate Frisbee down by the river, Malibu Grand-Prix trips, and a day at the beach. A few fun excursions are being planned for the new season, and will be announced at different times during the year. Watch your newsletters for further details.

IMPORTANT DATES TO REMEMBER

The following is a brief calendar of main events to help you with your scheduling:

August 16	New Parents Zoom meeting
August 17	First Day of practice
August	Suit try-on days at Woodstock Pool
August	Suit try-on days at Cherokee Pool
August	Suit try-on days at Cumming Pool
August	Suit try-on days at Mountain View Pool
November 25	Thanksgiving Day - no practice
December	Team award ceremony – to be announced
December 25	Christmas Day – no practice
April	Spring break – no practice for any pool



FREQUENTLY ASKED QUESTIONS

- 1) Q: Do we have to go to meets?
A: We do encourage the meets as this is the “dessert” after lots of hard and long practices! Meets are also an enjoyable way to spend time with your swimming buddies!
- 2) Q: How do we sign-up for meets?
A: The first thing you will want to do is keep an eye on the website/emails for upcoming meet sign-up dates. When you see a meet you would like to attend, you will be able to sign up online through our website. You will be able to pick the particular days of the meet you would like to attend as well. Coaches will choose the events.
- 3) Q: How much do the meets cost?
A: Meet costs depend on the number of events swum and the price per event (established by the team hosting the meet). An average day of swimming at a meet will cost roughly around \$15. Meet fees will be added to your online swim account.
- 4) Q: Do we have to come to all the practices?
A: No, you don’t. The only groups that have attendance policies are the Sectional Advanced, Senior, and National Groups. Otherwise, we simply encourage the swimmers to make it to as many practices as possible, as the more you come, the faster your progress will be.
- 5) Q: Are we allowed to do Summer League?
A: Yes, absolutely! We encourage our swimmers to participate in their summer league teams if they wish to do so. However, we do ask that the swimmers still attend primarily Chattahoochee Gold practices over the summer months.
- 6) Q: What are the parental obligations?
A: The only parental obligation that we require is that you provide positive support for your swimmer! Besides paying the dues, we do not require any fundraising, working, or other duties.
- 7) Q: How do we pay?
A: Each swimmer’s monthly fees are due on or before the first day of each month. Fees are automatically posted to your Team Unify swim account and families are required to have a debit or credit card number on file in their account.

Swim America Swim Lessons

The only lessons that could save your child's life !

The Gold Swim School at the Woodstock Aquatic Center offers Swim America lessons year-round. Not only do these lessons teach children safety and water skills that could save their lives, but children are also taught how to swim the strokes properly. This style of instruction helps a child to be ready for his/her summer league team and for the Chattahoochee Gold Swim Team. Classes are 1 or 2 times a week for thirty minutes with up to 4 swimmers per class.

Call 770-591-1998 for information and schedules.