
GEORGIA COASTAL AQUATIC TEAM

2017-2018

PARENT GUIDE

PAYMENTS

Registration for GCAT

- This is done online. Any new swimmers, starting after 9/1/17, should go to www.gcatswim.com. Click on the icon for new member registration. It will walk you through the registration set up. You should do this AFTER your two week trial. You will pay \$120 for the annual registration/USA swimming registration fee and a prorated amount for the remainder of the month. This will be done by credit or debit card.

Monthly Payments

- There are several options for payment of your monthly dues.
 - Auto payment: Your credit card or debit card information is kept in the system and your monthly dues are automatically charged on the 1st of every month.
 - ACH: This is linked to your bank account. You enter your bank information and your account is automatically charged on the 1st of every month. ACH is the preferred method of payment.
 - Manual payment: You enter your credit/debit card information every month and make your payment on your own. Keep in mind, starting in November, there will be a \$10 charge for any accounts that have not paid in full by the 15th of every month. If there is a question about this, please talk to Coach Bill before the 15th of the month.

Meet Payments

- Meet fees will be charged depending on when the meet registration is due. Meet fees are based on the entries, not the results. Once the entries are sent in to the host team, you are responsible for payment. If your swimmer does not swim in a meet but the entries were sent in, you are responsible for payment. If you have autopay set up, it will charge your credit card or ACH on the 1st of the month. These charges will be billed on the first of the month. They may be billed before the meet occurs. It depends on the meet registration due date.
 - For away meets, there will be a \$25 coaches' fee per swimmer.
 - Most meet events are \$5 - \$6 per event.
 - Some teams also charge a facilities fee per swimmer. This is usually about \$15 per swimmer.

VOLUNTEER REQUIREMENTS

- Obligatory 12 hours per family

GCAT will be hosting 4 meets this short course season. In order for these meets to run smoothly we need a certain number of people to help per session. There will be a minimum of 10 four hour sessions across the season. Each family will be required to help 12 hours. If you do not meet this obligation there will be a \$10/hour charge for each hour insufficient.

- Job sign up

- Sign up early so that you can get the job you want.
- Don't wait until the last meet.
- Your account will be charged on March 1 for insufficient hours.
- You have to sign up through the web site or OnDeck Parent.
- You have to sign in with Vicki Shoemaker at the meet.
- Directions for accessing the job sign up page:
 - www.gcatswim.com
 - team events – swim meets
 - click on the meet you are interested in helping at
 - click on job sign up
 - click on the job that you want to do
- After each meet, we will credit the accounts who signed in.

- Sign up to bring food too. When we host a meet we are obligated to provide food and drinks for officials, coaches and volunteers. You will sign up to bring food the same way you signed up for a job. We will not be tracking who brings what but we hope that we can count on most families to bring something (water, soda, salads, easy finger foods, bagels, yogurt, etc.).

SIGNING UP FOR MEETS

- The meets that GCAT will be attending are listed on the home page of the GCAT website. The meet information for each meet will be posted as soon as the host team makes it available. As soon as we receive it, we will post it and invite you (through email) to sign up for the meet.
- Some of the meets are open to all swimmers. Others are qualifying meets. It will be noted under the event name whether it is a qualifying meet or a meet open to all swimmers. All swimmers are encouraged to swim in the open meets. Please talk to your swimmer's coach if you have specific questions about certain events or strokes. These meets can be overwhelming for parents but the swimmers usually handle it all very well. Some swimmers will get disqualified for "illegal" stroke mechanics and some will miss events. This is all part of the learning process. Please ask any experienced GCAT parents, officials, coaches or even older swimmers if you have questions at a meet. We have all been there. Don't get too upset if things don't go quite as planned at the first meet. The meets are a lot of fun for the kids!
- STEP BY STEP DIRECTIONS FOR MEET SIGN UP:
 1. Log into the website, www.gcatswim.com
 2. Team Events / Swim Meets
 3. Click on the meet that you are interested in
 4. You can sign up for meets that have "Edit Commitment"
 5. Pick events that your child is eligible to swim (only those events will be listed). The total number of entries permitted and other meet information will be at the top of the screen for reference.
- Deadlines. The deadline for signing up for a meet and selecting events is listed on the page where you enter your events. Please try to get your entries in as early as possible. Coach Bill will review and approve each swimmer's entries and then they will be forwarded to the host team.
- Meet Payment. You will be invoiced for the cost of the events, any surcharge, pool charges, etc. Events are approximately \$5-6 each. For some of the away meets, there will be a coaches' fee of \$25 per swimmer. Some meets will also have a charge of approximately \$10-15 for facilities use. All of these fees will be listed on the sign up page. The invoice will be based on entries, not on actual swims. So, if you sign up, you will be invoiced. If you sign up and change your mind, please log back into your account and make the change before the meet entry due date or you will be responsible for the charges.
- Declining a Meet. If your swimmer is not swimming in a meet, please go to the "edit commitment" option and "decline" the meet. This way Coach Bill knows that you have seen the information and are electing to opt out of the meet. This will save a lot of time and energy with last minute emails.

OTHER TEAM EVENTS

- You will be notified by email of upcoming team building events that take place away from the pool. These include breakfasts, field days, beach training etc. These will also be listed on the website.
- [Signing up for Team Events other than meets](#). This is done exactly the same way as meet sign ups. Please try to commit or decline every team event/meet so we know that you are aware of the event.

TEAM GEAR/EQUIPMENT/UNIFORMS

- Gear Up and Swim is the company that helps us with all of our equipment needs. You do not have to use them but it is recommended because GCAT gets rewards based on our orders.
- Please see the website for the list of equipment and gear that is recommended.
- Don't feel pressured to buy everything in the first month. The only requirements are some kind of swimsuit, cap and goggles.
- Early in October you will receive notice about t-shirts, sweatshirts and other GCAT gear that is available.
- You can buy GCAT caps from Coach Bill directly. Latex - \$5, Silicone - \$10 (These are not personalized).
- Swimoutlet.com is also an option for swim gear. Items purchased through **swimoutlet.com/gcatgear** will give 8-10% back to GCAT. This is a great site to order your goggles, practice suits and equipment from. All of the equipment that is used by GCAT is listed on the site. Only purchase what the coach of your group tells you that you will use.

SAVANNAH (CCAC) TRAINING GROUP DESCRIPTIONS and FEES

Junior Swim League I- (one day a week - \$45) JSL II- (two days a week \$65/month)

This is our entry-level group. An athlete should be able to complete 25 yards in any stroke. Ages 5-8.

- Workout Days/Times:
 - Monday and Wednesday: 4:00-5:00 pm OR
 - Tuesday and Thursday: 4:00-5:00 pm

Bronze Group (II - \$95/month, I - \$115/month)

This group is for 8-10 year olds who know all four strokes. This group is focused on having fun while working on stroke technique, start and turn fundamentals. This group meets 3-4 times a week.

- Bronze I is for state meet qualifiers and will have one additional practice per week.
- Workout Days/Times:
 - Monday - Thursday: 4:00-5:30
 - Friday: 4:00-5:30 (Bronze I - State Qualifiers only)

Silver Group \$125/month

Athletes in this group focus mainly on learning four legal competitive strokes, having fun, and perfecting start and turn technique. This group is for 11-14 year olds and meets 4-5 times per week. Silver Group Coach: Walter Weed

- Workout Days/Times:
 - Monday, Wednesday & Friday: 4:00-6:00
 - Tuesday, Thursday: 4:00-7:00 (1 hour of dryland 6:00-7:00)
 - Saturday: 7:00-8:30 am

Gold Group \$155/month

- From the Silver or Bronze group, athletes move into this group. Athletes in this group are 11-14 year olds that have state qualifying times. This group trains 5-6 times per week.
Gold Group Coach: Walter Weed
- Workout Days/Time
 - Monday, Wednesday, Friday: 4:00-6:00
 - Tuesday, Thursday: 4:00-7:00 (1 hour of dryland 6:00-7:00)
 - Saturday: 7:00-8:30

Senior Group \$180/month

- Athletes entering this group must display a desire to begin training on a more committed basis. Athletes entering the Senior group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents, although a strong aerobic endurance factor is present. Senior Group Coach: Bill Forrester
 - Workout Days/Times:
 - Monday: 5:30-6:45 am, 4:00-7:00 pm (1 hour dryland, 2 hours swimming)
 - Tuesday: 4:00-7:00 pm (1hour dryland, 2 hours swimming)
 - Wednesday: 5:30-6:45 am, 5:00-6:45pm
 - Thursday: 4:00-7:00 pm (1 hour dryland, 2 hours swimming)
 - Friday: 5:30-6:45 am, 4:00-6:00 pm
 - Saturday: 7:00-10:00 (1 hour dryland, 2 hours swimming)
 - Meet fees are charged with monthly dues on the first of the month.

RICHMOND HILL (RHSC) TRAINING GROUP DESCRIPTIONS and FEES

CROSS TRAINING \$40/month

This is our group of swimmers who are active outside of the pool, but wish to maintain or improve upon their swimming skills.

- Workout Days/Times
 - Sunday 5:00-6:00 PM
- GCAT Registration is required.
- \$120 USA Swimming registration is only required if the swimmer wishes to compete in swim meets.

JUNIOR SWIM LEAGUE \$50/month

This is our entry-level group. An athlete should be able to complete 25 yards in any stroke. Ages 5-8.

- Workout Days/Times
 - Tuesdays and Thursdays 6:15 to 7:00PM
 - Starting October 3, 2017
- \$120 USA Swimming registration is only required if the swimmer wishes to compete in swim meets.

BRONZE \$75/month

This level is for the swimmer who wishes to maintain their endurance and work on their strokes and times. The swimmer needs to be able to complete 50 yards of freestyle and backstroke without help or stopping in order to swim with this level. In this program they will improve their technique and gain endurance as well as learn butterfly and breaststroke. There is no dryland. Swimmers must pay the annual USA Swimming Registration fee of \$120, monthly dues and associated meet fees

- Frequency: Minimum of 3 practices per week
- Time:
 - Monday/Wednesday/Friday 6:00-7:00PM
 - Saturday 8:00-9:00 AM

SILVER \$100/month

This level is for the intermediate swimmer. The swimmer needs to be able to complete 50 yards of each stroke (butterfly, backstroke, breaststroke and freestyle). This program is intended for the swimmer who wishes to condition all year and compete. They will gain confidence in their strokes as well as improve their endurance. USA Registration of \$120 is required. Swimmers must pay the annual USA Swimming Registration fee, monthly dues and associated meet fees.

- Frequency: minimum of 3 practices per week
- Time:
 - Monday-Thursday practice 7:00-8:30PM
 - Saturday Practice 7:00-8:00 AM
 - Wednesdays and Fridays Dryland Work 6:00-7:00PM

GOLD \$125/month

This program is for the intermediate/advanced swimmer. The swimmer needs to be able to complete 100 yards of each stroke. USA Swimming Registration is required. Swimmers must pay the annual USA Swimming Registration fee of \$120, monthly dues and associated meet fees.

- Frequency: minimum of 4 practices per week.
- Times:
 - Monday-Friday 4:00-6:00 PM
 - Saturday 7:00-8:00 AM
 - Monday/Wednesday/Friday Dryland Workout 3:00-4:00PM (High School Aged) or Wednesday/Friday 6:00-7:00PM (Middle School Aged)

TITANIUM \$150/month

Athletes entering this group must display a desire to begin training on a more committed basis. Athletes entering the Titanium group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents, although a strong aerobic endurance factor is present.

- Monday- 3:00-4:00PM Dryland, 4:00-6:00PM Swim Practice
- Tuesday- 5:00-6:30AM Swim Practice, 4:00-6:00PM Swim Practice
- Wednesday- 3:00-4:00PM Dryland, 4:00-6:00PM Swim Practice
- Thursday- 5:00-6:30AM Swim Practice, 4:00-6:00PM Swim Practice
- Friday- Monday- 3:00-4:00PM Dryland, 4:00-6:00PM Swim Practice
- Saturday- 7:00-10:00 Dryland/Swim Practice at the Chatham Country Aquatic Center with Coach Ben and other GCAT Coaches

****Registration must be completed online before admittance.***

****A family discount will be given toward monthly dues to each subsequent child participating on the team.***

• Hinesville

- Monthly payments are determined by the YMCA and paid to them.
- Schedule is determined by Coach Donna and Coach Anthony and training takes place at the Hinesville YMCA.
- GCAT registration due in September.
- Meet fees charged on the first of the month.

• Landings

- Monthly payments are determined by The Landings and paid to them.
- Schedule is determined by the Landings and training is at one of the Landings' pools.
- GCAT registration due in September.
- Meet fees charged on the first of the month.

• Homeschool \$80/month

- This group meets twice a week at CCAC with Coach Bill. It is for all levels of swimmers.
- Workout Days/Times: Monday and Wednesday 9am-10:30 am.
- GCAT registration is due in September, \$120/year
- Meet fees charged on the first of the month.

• High School Prep \$80/month

- This group meets three times a week at the CCAC with Coach Bill. It is for high school swimmers who do not swim with the year round groups.
- Workout Days/Times: Mon, Tues, Thurs 7:00pm-8:00pm.
- GCAT registration is due in September and is seasonal, \$60/season.

