

## **MANOA AQUATICS TRYOUT ORIENTATION**

### **Purpose**

Manoa Aquatics (MAN) is a year-round competitive swim club for swimmers ages 7 to 18 years old. Practices are conducted five days a week, Monday through Friday from 5:00 to 6:30 pm at the Manoa Valley District Park pool which is an eight lane, 50 meter long pool. Swimmers accepted into the club should be able to swim a minimum of 50 meters free style without stopping. Similar proficiency of the other three strokes (backstroke, breaststroke and butterfly) is highly desirable. Swimmers are expected to attend practices regularly. Coaches recommend attending practice a minimum of three times a week. There is no set schedule and swimmers are free to attend any of the practices during that week.

### **Manoa Aquatics**

To join Manoa Aquatics there is an initiation fee of \$85, plus the first month's dues of \$70 and USA Swimming (USAS) yearly registration fee of \$75 (total \$230). Yearly registration with USAS is a requirement to join Manoa Aquatics which is a member of Hawaiian Swimming, the delegated Local Swimming Committee (LSC) here in Hawaii. Swimmers joining the club prior to May 1 are required to register with USAS as a "year-round" athlete that expires at the end of December. Swimmers that register after May 1 may do so as a "seasonal" swimmer (\$35) which expires at the end of August. They will then need to renew their registration in September which would be effective from September until the following December (16 months).

MAN membership dues are \$70 per month. For families that have siblings with the club, a discounted rate of \$45 per month will be charged for each additional child. Monthly dues are charged per calendar month regardless of how many practices your child attends during that month. MAN members may request to be placed on "in-active" status at a rate of \$25/month with the approval from the MAN board of directors. While "in-active", the swimmer will remain a member in the club but is not allowed to practice or participate in meets during that month.

### **Swim Meets**

As established by USAS, the swim season starts in September and runs to the end of August. Hawaiian Swimming LSC conducts swim meets throughout the swim year for various age groups and levels based on time standards established by the LSC. All meets are sanctioned by USAS and conducted in accordance with USAS rules and regulations.

- Age groups: 10 years and younger, 11–12, 13–14, 15–16 and 17–18.
- Swim levels: AAA - State Age Group Championships (qualifying "qual" time)  
AA - Invitational meets, Junior Age Group (JAG) Championships  
A - A+ meets, JAG Championships  
B, C - BC meets

Classified meets and Age Group meets are also held at various times during the year and are open to all swimmers where athletes compete within their own age group and level for an entered event.

There are three different courses under which swim meets are conducted.

- Short Course Yards (SCY) - 25 yard lap length, September to March
- Long Course Meters (LCM) - 50 meter lap length, April to August
- Short Course Meters (SCM) - 25 meter lap length, April to June

### **Club Membership Responsibilities**

Manoa Aquatics prides itself on its reputation as a family oriented swim club, and as such, we rely on the support of all our parents. MAN hosts two meets during the swim season, an A+ meet around the third week of January (Martin Luther King Holiday) and our two day Mamizuka Invitation Meet usually the third or fourth weekend in April. Proceeds from these meets go toward the annual swim camp and swim banquet for our swimmers. Families are asked to help at these events by donating their time and resources. Swimmers of those families that have volunteered to help at BOTH of these meets are allowed to attend both our swim camp and swim banquet at no cost to the swimmer. Families that are unable help at either of these meets may be required to pay the cost of these events if their swimmer chooses to attend.

### **Related Links**

Below is the link to Manoa Aquatics as well as the other key swimming web sites:

<https://www.teamunify.com/himanoa> (Manoa Aquatics)

<https://www.teamunify.com/hslsc> (Hawaiian Swimming)

<http://www.hawaiiswim.org/> (Aloha from Hawaii Swimming)

<https://www.usaswimming.org/> (USA Swimming)