



2017-2018
Short Course Season
Northeastern Swim Team
Handbook

Updated: August 10, 2017

Table of Contents

Introduction_____	Page 3	Discounts_____	Page 12
What is the Northeastern Swim Team_____	Page 3	Trial Period_____	Page 13
Mission Statement _____	Page 3	Short & Long Course Season_____	Page 13
Philosophy_____	Page 4	College & Satellite Swimmers_____	Page 14
Team Cheer_____	Page 4	Volunteer Requirements_____	Page 14
Parent Board_____	Page 5	Fundraising_____	Page 14
Coaches Role_____	Page 6	Corporate Sponsorships_____	Page 14
Parents Role/Code of Conduct_____	Page 6	Financial Aid_____	Page 15
Release of Liability_____	Page 7	Outreach Membership_____	Page 15
Photography Release_____	Page 7	Swim Meets_____	Page 16
Swimmer’s Role/Code of Conduct_____	Page 8	Swim Meet Expectations_____	Page 16
Prohibited Behavior_____	Page 8	Signing Up For A Swim Meet_____	Page 16
Swimmer Guidelines & Expectations_____	Page 8	Meet Info Page_____	Page 16
USA Swimming Code of Conduct_____	Page 9	Meet Fees_____	Page 16
Safety & Behavior_____	Page 10	First Swim Meet_____	Page 16
Fire/Tornado Safety Protocol_____	Page 10	Standard Meet Procedure_____	Page 17
Leaving Practice Early_____	Page 10	Deck Restriction_____	Page 17
Club Communication_____	Page 10	Q-Time_____	Page 17
Concerns_____	Page 10	Championship Meet Podium Protocol_____	Page 17
Locker Room Policy_____	Page 11	State Championship Policy_____	Page 18
Equipment_____	Page 11	Prelim/Final Events_____	Page 18
Team Attire_____	Page 11	Alternate For Finals_____	Page 18
Cresco Sign In_____	Page 11	Team Travel Policy_____	Page 19
Cresco Hot Tub_____	Page 11	Team Chaperones_____	Page 19
Food & Drink Policy_____	Page 11	Northeastern Swim Team Awards_____	Page 20
Lost & Found_____	Page 12	Beyond the State Championship Meet_____	Page 21
Dues & Membership_____	Page 12	Terms and Abbreviations_____	Page 22
USA Swimming Membership_____	Page 12	21 Top Laws of Swimming_____	Page 22
Delinquent Dues Suspension_____	Page 12	Practice Group Qualification_____	Page 23

Introduction

The purpose of this handbook is to explain to new members just what the Northeastern Swim Team is and to outline various policies that affect all swimmers. All families should read it so that they may become familiar with important facts and rules of the club.

Why swim?

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

Physical Development

Many physicians and pediatricians consider swimming the ideal activity for developing muscular and skeletal growth. Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well. Swimming 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. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace and fluidity of movement. Swimming is the most injury-free of all children's sports. Swimming is a sport that will bring kids fitness and enjoyment for life.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. 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.

What is the Northeastern Swim Team?

The Northeastern Swim Team (NST) is a non-profit, parent run organization. The United States Swimming, Inc. and Iowa Swimming, Inc. (ISI) organizations govern our club. Anyone who is able to swim the length of the pool (25 yards) without stopping or assistance is eligible to join. The Northeastern Swim Team is open to anyone who can make practices that are located at the Luther College Aquatic Center in Decorah, IA or at the Cresco Fitness Center in Cresco, IA.

Mission Statement

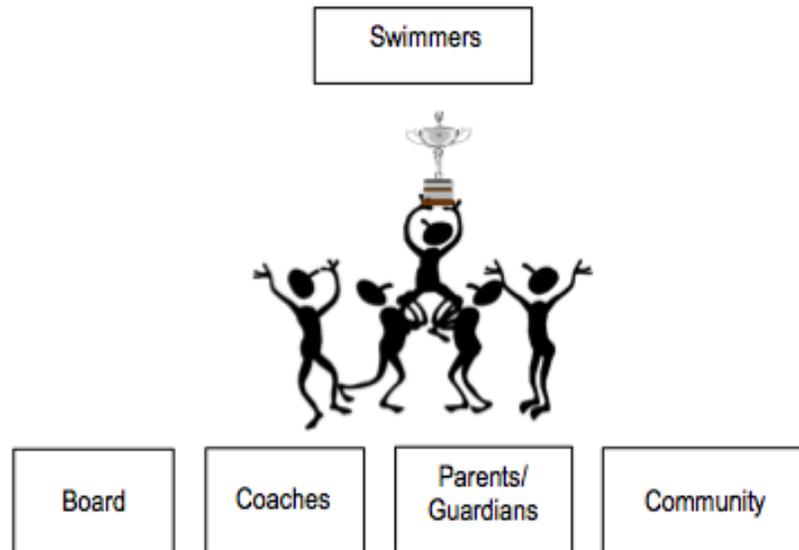
The Northeastern Swim Team is devoted to providing a positive learning environment for swimmers to grow, improve both physical and mental strength and enhance their technique in order to reach their potential in swimming. The Northeastern Swim Team will provide an atmosphere that will promote growth, teamwork, good sportsmanship, fun and hard work through the leadership of its coaches, family and community.

Philosophy

Teamwork: The Northeastern Swim Team is a team that is built upon the commitment, support, and participation of the Board, coaches, swimmers, parents/guardians, and the community at large. NST believes that its success in achieving the team’s goals is dependent upon the cooperation of all members.

Coaching: The Northeastern Swim Team is committed to providing comprehensive, expert swim/stroke training by an experienced coaching team. In addition to swim training, the Northeastern Swim Team promotes the practice of healthy lifestyle habits, such as good nutrition and sleep.

The Swimmer: The Northeastern Swim Team believes that each swimmer is an individual with different backgrounds, needs, and goals. The club focuses on the development of positive self-esteem and individual goal setting. The team encourages swimmers to represent NST by participating competitively on a year round basis. The Northeastern Swim Team believes that all members should model team spirit and sportsmanship.



Northeastern Swim Team Cheer

**NORTHEASTERN! NORTHEASTERN!
SWIMMERS IGNITED!
FAST! STRONG!
WE'RE CHAMPIONS UNITED!**

Parent Board

The Northeastern Swim Team is run by a volunteer parent board, which is comprised of an executive committee (voting) and committee chairs (non-voting). The executive committee is made up of five officers. Officers will meet monthly to discuss issues related to the organization. Committee chairs will meet with officers quarterly or on a need-basis. Committee chairs also may establish sub-committees. Minutes from the board meeting can be found online on the Northeastern Swim Team website.

Executive Committee

All officers on the executive committee will be in their current position for a two-year term for a maximum of one consecutive term. At the end of their term, they may choose another position on the executive committee. They may also serve in the position they previously held after a single term break. As established in the clubs articles of incorporation, the Executive Director will shall remain in effect until voluntarily choosing to relinquish his/her position.

Committee Chairs

All committee Chairs are elected to a one-year term and are renewable each year. Elections take place in July of each year. All positions will be voted on and finalized by the Executive Committee.

Members of the Parent Board must have swimmers currently enrolled in the Northeastern Swim Team. Members shall not have a conflict of interest. Anyone interested in a position should state their interest by June. In July the executive committee will vote for committee chair positions and any Board of Director position whose term has ended; except the Executive Director position. As established in the clubs articles of incorporation, the Executive Director will shall remain in effect until voluntarily choosing to relinquish his/her position.

Responsibilities of the Board

The parent board is directly in charge of the “dry side” of operations. This includes managing the budget, setting up and assisting with fundraising, attending meetings, overseeing communication and parent education programs. The team will build relationships within the community and seek business sponsorships to establish a strong financial base for future growth.

One of NST’s goals is to create an environment of team cohesiveness. By providing regular social, team-building opportunities, the Board hopes to nurture the team and to instill a sense of team pride. Parents/guardians and swimmers will be more motivated to be a part of NST, when they feel valued and enjoy themselves.

The NST Board plans to make our team more visible to the community through the use of various avenues:

- Media – Articles that highlight the accomplishments of our swimmers at swim meets will be submitted to local news media.
- Community Events – Participation in local events
- Team Website – NST’s website will showcase our team and provide a valuable recruitment tool. The website will also provide a sponsorship tool for the team and an opportunity for interested businesses.
www.NortheasternSwimTeam.com

Annual Board Meeting

As stated in the Club bylaws the Northeastern Swim Team must hold an annual meeting in August to discuss upcoming team events, communicate training objectives, provide a financial status report and hold elections for new Parent Board members. The one to two hour meeting will include a brief presentation by the Board of Directors and a few words from the Head Coach.

Coach's Role

Northeastern Swim Team coaches' main responsibility is to mold all of our swimmers into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values. Coaches shall build relationships with team families, to achieve mutually set goals for each swimmer. Coaches also help the team to build relationships with other aquatic organizations.

The head coach is in charge of the "wet side" of operations. This includes things such as:

- Overseeing all levels of swimming: designs, policies and plans for all groups
- Directly coaches at least one group
- Educates and supervises all coaches
- Sets practice schedule
- Sets practice groups
- Attends highest level of competition and sees that all swim meets are attended by a team coach
- Determines meet schedule and policies for team
- Oversees individual and team entries
- Supervises athletes at meets
- Sets attendance and discipline policies for swimmers

All NST coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Coaches Course. NST coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and the Northeastern Swim Team.

Parent/Guardian's Role

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets. Parents/guardians are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials and other teams.

Parent Code of Conduct

As a Parent of the Northeastern Swim Team (NST), I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day. Parents are to remain in the stands at Luther College Aquatic Center or by the tables at the Cresco Fitness Center.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
4. Maintain self-control at all times & know my role:
Swimmers – swim Coaches – coach Officials – officiate Parents – parent
5. Enjoy involvement with the Northeastern Swim Team by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.

7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated. This includes social network sites such as Twitter, Facebook, etc.

I understand and agree to the above terms and condition of the Northeastern Swim Team in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Northeastern Swim Team. Should I conduct myself in such a way that brings discredit or discord to NST, or USA Swimming I voluntarily subject myself to disciplinary action. NST maintains the right to terminate any membership or suspend with/without cause in the interest of its vision, mission and objectives.

Release of Liability

The release of liability reads the 'Parent/Guardian hereby releases the Northeastern Swim Team (NST), its employees, officers, directors and volunteers and any facility used by the Northeastern Swim Team from any liability arising out of any injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the Northeastern Swim Team, including, but not limited to, practices, meets, travel trips, and other team activities, or while the Swimmer(s) is/are using facilities leased or used by the Northeastern Swim Team'. By registering and providing your signature on the Northeastern Swim Team registration form you agree to the release of liability terms listed above.

Photography Release

I hereby authorize the Northeastern Swim Team to publish photographs or video taken at practice and/or at meets of myself and/or my child or children, and our names and likenesses, for use in the Northeastern Swim Team's print, online and video-based marketing materials, as well as other Company publications.

I hereby release and hold harmless the Northeastern Swim Team from any reasonable expectation of privacy or confidentiality for myself and for the minor child and children associated with meets and/or practices. Further, I attest that I am the parent or legal guardian of the child or children currently registering and that I have full authority to consent and authorize the Northeastern Swim Team to use their likenesses and names.

I further acknowledge that neither I, the minor child, nor minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in marketing materials or other publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

The Northeastern Swim Team may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. Parents have a right to refuse agreement to their child being photographed. All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swim suit.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs should not be taken in locker-rooms or bathrooms.

Swimmer's Role & Code of Conduct

As a swimmer & member of the Northeastern Swim Team (NST), I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride & courtesy to meet hosts, pool facility operators, & janitorial staff member, swimmers will leave the NST team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of the Northeastern Swim Team spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where the Northeastern Swim Team is represented. This includes when wearing NST apparel.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Guidelines & Expectations

- Swimmers should balance everything (school, swimming, social, etc.)
- When wearing Northeastern Swim Team apparel, remember you are representing our program. Never do anything that would embarrass yourself, your family or your team.
- Shake hands with your competitors after a race and cheer on your teammates at meets AND at practice!
- Be early to practice. Do not arrive late. Be prepared to enter on time.
- Swimmers are not to use ladders! Get out of the pool like an athlete.
- Prevent injuries – stretch before every practice.
- Have and use your water bottle.
- Work as a team. “United we stand, divided we fall”
- Make sure to replenish energy with healthy food. Eat healthy!

USA Swimming Code of Conduct

The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it...Any member, former member, or probation, suspended for a definite or indefinite period of time with or without terms or probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct...[which includes] Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances.

Consequences for Violation of the Code of Conduct:

This code shall be in force for all NST swimmers during practice, during swim meets, and at events sponsored by, or in which, the Northeastern Swim Team is represented. Disciplinary actions can range from, but are not limited to; reprimands, repetitions of a drill, pushups, etc., being sent home from practice or meets at the parents' expense, expulsion from the team, being barred from competition, or receiving any other disciplinary action that the Board deems necessary if a member fails to adhere to the Code in part or in whole. Expulsion from the team will still require payment of season in full. Each incident will be evaluated by the Board.

SUSPENSION: Coaches may suspend a swimmer from practice for disciplinary reasons for a maximum of three days if parents are unable to abide by the terms and conditions listed above. Coaches may also recommend to the board that a swimmer be expelled from the club if in his/her judgment, the parent/swimmer is unable to conform to the disciplinary guidelines established for participation in activities and the swimming program of the Northeastern Swim Team.



Safety and Behavior

The Northeastern Swim Team board of directors reserves the right to terminate the membership of any individual whose behavior places the Northeastern Swim Team in an unfavorable light or jeopardizes our participation in any pool or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other swimmers at all times.

Fire/Tornado Safety Protocol

In the event that there is a fire/tornado:

- Swimmers are to remain calm, find the Head Coach, follow the Head Coach to safety and wait for a parent/guardian.
- Parent/Guardians are to remain calm, go to safety, find the Head Coach and pick up their child.

The coaches will get the swimmers to a safe place and the parents should attend to their own safety before looking for their child. Once safe, parents can find where the Head Coach and the team are gathered.

Leaving Practice Early

Swimmers who need to leave practice early will need to bring a note to practice or have a parent email the coach prior to practice. Swimmers without prior notification will not be let out of the water unless parent notifies the coach. Text messages are not a valid form of notification.

Club Communication

Web site

Northeastern Swim Team's primary methods of communication are e-mail and the team website, NortheasternSwimTeam.com. The website includes practice calendars, news, events, meet results and practice cancellations. The site is updated regularly. Please check for new and updated information.

E-mail

E-mails will be sent to inform parents/guardians and swimmers of upcoming events, such as swim meets, team social events, fundraising opportunities, volunteer events, etc. Be sure to keep us updated with your current e-mail address. You may also e-mail us with any questions, concerns, or notifications; NortheasternSwimTeam@gmail.com.

Concerns

As in any large organization involving significant numbers of families the Northeastern Swim Team cannot always be all things to all people. Although conflicts in our club are few, they occasionally arise, and we have a protocol for dealing with them. If you have a concern about administration of the club, coaching, finances, other swimmers' behavior, other parents'/guardians' behavior, or other related matters, please contact a Board Member (a current list of board members can be found on our website NortheasternSwimTeam.com). Your concern will be taken to the following board meeting and mediated. All concerns should be expressed and dealt with in a positive and professional manner.

Locker Room Policy

All swimmers are expected to be on their best behavior while in the locker rooms. Swimmers should shower and change in the locker room only. The locker room is not an area for swimmers to play. If swimmers are unable to behave while in the locker room then a parent will be asked to monitor the locker room. If no parent is available to monitor, then the use of the locker room will be prohibited.

USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

Equipment

- Practice Suit (must be specifically designed for training)
- Goggles
- Water Bottle
- Cap (optional)
- Fins (provided)
- Paddles (provided)
- Pull Buoys & Kickboards (provided)

Team Attire:

Northeastern Swim Team has a team suit but is not required for competition. Do not wear the team suit to practice. Tech suits must be FINA approved suits. Tech suits are not allowed at regular meets. They may be worn only at championship meets or at the discretion of the Head Coach. Only NST Team Caps are to be worn at competitions. Dome caps are permitted for championship meets.

Team Caps Are Required for Competition. If swimmers do not wear a cap, then they are not required to wear a team cap. Caps can be purchased from the Head Swim Coach.

Practice equipment and team suits may be purchased from our team sponsor, Swim Outlet.
<https://www.swimoutlet.com/NortheasternSwimTeam>

T-shirts, sweatshirts and other items, marked with the team name and/or logo are also available for purchase. Team attire is strongly suggested to be worn at all meets. NST apparel will be available 1-2 times for purchase each season.

Cresco Sign In

At Cresco, swimmers are to sign in at the front desk. Non-Cresco Fitness Center members will be able to sign in via the clipboard left at the front desk.

Cresco Hot Tub

Swimmers are not utilize before, during or after practice no matter what

Food & Drink Policy

Luther College prohibits the use of food or drink in the competition area. No glass is allowed in the natatorium.

Lost & Found

You are strongly encouraged to label all of your swimmers equipment. Labeled equipment found at practice can easily be returned to the swimmer. Unlabeled equipment found around the pool deck will be placed in the pool lost and found. It will be kept for 30 days and then if not claimed donated to a local charity. Swimmers should keep all personal belongings on the pool deck and not in the locker room during practice sessions. Other groups can use the locker rooms. **The club is not responsible for lost or stolen items.**

Dues & Memberships

Payment terms

In consideration of the participation of the swimmer(s) in NST's competitive swim program, the Parent/Guardian agrees to pay the dues for the Swimmer's practice level that is set forth. Swimmers are expected to pay for the entire season no matter how many days they attend practice. A swimmer is not allowed to swim until the dues are received in full. Dues and fees are non-refundable and non-negotiable. Monthly dues are paid on the 1st of each month. If the Swimmer is transferred to a different practice group by the coaching staff, the fees for the new practice group will be invoiced in the next billing cycle.

Terms of sale are:

1. Net due each month following purchases. Invoices not paid within such time will be past due and are subject to a charge of \$5 per month.
2. Should this account upon default, be collected by an attorney at law, the undersigned agrees to pay all reasonable attorney's fees in addition to the principal indebtedness and interest thereon.

USA Swimming/Iowa Swimming, Inc. Membership

All swimmers must be registered with Iowa Swimming, Inc. (ISI), our local USA Swimming organization. This **annual ISI membership fee of \$70 per swimmer** is due upon new membership registration and upon renewal of memberships in September. The ISI membership is an annual membership from September 2016 through December 2017. Swimmers will be unable to practice with the team until the issue is resolved if their USA membership has not been completed. Renewing swimmers must pay for ISI renewal and provide any required paperwork (forms, letters, etc.) at time of registration.

Delinquent Dues Suspension

If Parent/Guardian fails to pay any delinquent dues or assessment, including late fees, within 7 days from the date of such notice of delinquency, the swimmer shall be suspended from further participation in all NST activities, including, but not limited to, practices and meets. If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the board for a waiver of late fees and suspension. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Discounts

Multiple Swimmer Discount

The Northeastern Swim Team offers families registering more than two swimmers a discount off registration dues. Families with three or more enrolled swimmers will pay \$20/month with no NST registration fee for each additional swimmer beyond two. The reduction rate applies to the swimmers with the least expensive dues. The two swimmers in the highest practice group(s) will still owe the full amount. Discounts are not applied to USA membership (required) or meet fees. Discounts cannot be combined or applied with any other offer or reduced rates. Discount applies to immediate family swimmers only. All swimmers must sign up at same registration.

Recruitment Bonus

Returning members will now receive \$100 off their registration fee for every family they recruit to come swim for NST. Families that are recruited to join NST must not have already swum for NST in the past. Recruitment bonus is not limited so the more you recruit the more you save. Recruitment bonus cannot be applied towards USA membership or meet fees. If a returning member recruits more than their amount owed to NST, no credit will be given.

Practice Incentive:

If a Junior, Senior or Sectional athlete swims for more than or equal to 103 days of practice (90% of the season), a maximum of 40% of the total NST Monthly fees for the season will be credited for the following season.

If a Junior, Senior or Sectional athlete swims for a time greater than or equal to 91 days of practice (80% of the season); a maximum of 20% of the total NST Monthly fees for the season will be credited for the following season.

If a Junior, Senior & Sectional athlete swims for a time less than 91 days of practice (less than 80% of the season); no credit will be given for the following season.

- The Practice Incentive is only eligible for Junior, Senior & Sectional practice groups. Swimmers registered as Minis, Age Group or as a third plus swimmer are ineligible for the practice incentive.
- Regardless of the reason, swimmers who leave early but attend at least half of practice will receive half-day or three-quarter attendance credit. Anything less than half will result in no credit given for the day.
- Swimmers who miss a Friday evening practice because of a Friday session meet will be given full attendance credit for that day. Swimmers who miss Friday evening practice for Saturday or Sunday sessions will not receive credit.
- Two-a-day practices will still count as one day of practice.
- Credit will only be given once the athlete has been registered for our season immediately following the current season.

Try Us Out / Trial Period:

We are allowing all new swimmers to try us out for the first week of our Short Course season (September 6, 2017 through September 8, 2017). Swimmers will register and pay the NST Registration fee as well as the USA Membership. New swimmers to the NST will be given the first three days to see how they like swimming with us. If they decide within the first three days that you would like to continue with the Northeastern Swim Club, than the rest of the season will be billed as normal (on the first of the month in installment payments). If they decide otherwise, than they will only owe the NST Registration fee, USA Membership and one month's dues but will not be billed further. If they decide after the three day trial period to stop, the season will still be owed in full as our rates are installment plans and not pro-rated based on attendance.

Short & Long Course Seasons

USA Swimming recognizes two seasons within each calendar year. The season beginning around Labor Day and ending in early March is referred to as the short course season. During the short course season meets are recognized as “yard” events. There is also a long course swim season that begins in Mid-March and ends in early August. Meets during long course season are recognized as “meter” events.

Collegiate & Satellite Swimmers

Any athlete who wishes to still compete at USA meets for the Northeastern Swim Team during the summer season may do so as long as they are not practicing with another USA swimming team. These athletes must attend practices for at least one week and may be subject to an additional fee. These athletes must provide proof that they are enrolled in college courses for the following season and will need to have a current USA registration membership with the Northeastern Swim Team. They will abide by the standards of the team will full respect and integrity or be subject to suspension. Collegiate athletes who participate in a championship meet will be given a reduced rate.

Volunteer Requirements

Away Meet Volunteering

All clubs attending a swim meet must provide a timer for the time assigned to them. Timers must be at least 16 years of age. The Northeastern Swim Team will provide timing assignments based on the number of chairs required, the number of swimmers/families in attendance.

Fundraising

NST is a non-profit organization. In order to purchase and maintain our equipment and keep down our registration cost we must engage in fundraising. Families are required to participate in at least one fundraiser per season. Each short course season, NST will participate in the annual USA Swim-A-Thon. NST will also have smaller fundraisers throughout the year.

Corporate Sponsorships

Corporate Sponsorships are an important part of the Northeastern Swim Team's success. Sponsors provide our team with up-to-date equipment and financial aid.

Corporate Sponsorship Levels

Donation

Olympic Level Sponsor

- Logo Displayed as partner on NST website for 1 year
- Company name/logo on swim team shirt created for NST seasonal shirt
- Company name on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Mentions at Northeastern Swim Team events and recognition

\$2,000 & Up

Gold Level Sponsor

- Company name/logo on swim team shirt created for NST seasonal shirt
- Company name/logo on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Logo Displayed as partner on NST website for 1 year

\$1,000 - \$1999

Silver Level Sponsor

- Company name on swim team shirt created for NST swim meets; worn by both swimmers and parents
- Logo Displayed as partner on NST website for 1 year

\$500 - \$999

Bronze Level Sponsor

- Logo Displayed as partner on NST website for 1 year

\$100-\$499

NOTE: Gift cards and merchandise are accepted as donations

Financial Aid Program

All financial aid applications from returning swimmers for 2017-18 are due to the Board of Directors by September 15, 2017, with complete paperwork. This includes two years of tax returns or a copy of the family budget in a sealed envelope addressed to the NST Treasurer (see below). Swimmers new to the team should apply for financial aid by the Monday following their first week with the team.

The Northeastern Swim Team's Financial Aid Program is for qualified members of the team who need assistance with annual fees and dues. Aid will be available to any member in good standing with the Northeastern Swim Team (NST). This is defined as payment in full of the NST registration fees (\$135), monthly registration dues, meet fees and receipt of a signed volunteer commitment letter for the current swim season. The swimmer's parent or guardian will submit to the Board of Directors the following documentation in order for a swimmer to be considered for financial aid:

- Financial Aid Application
- Financial Aid Family Agreement, which includes a Volunteer commitment and Intention to swim only for NST for the remainder of the season (High school students may swim for their high school team in addition to NST, but must commit to returning to the team once high school season is over.)
- Tax Returns/Family Budget: Please submit a copy of your previous two years tax returns OR a copy of your family budget, detailing monthly income and expenses, in a sealed envelope to the attention of "NST Treasurer". This information will be kept strictly confidential and will only be viewed by the Board of Directors. It is used as input into the formula by which the Board of Directors determines the amount of financial assistance that will be awarded to each applicant.
- Letter explaining the reason for financial aid request.

Extraordinary personal circumstances will be considered as well as the total availability of funds available for distribution. All information will be kept strictly confidential. The Board of Directors will keep all documentation submitted; so do not send original documents, please send copies. You will be notified when the Board of Directors has made a decision based on the information provided. Please note that the grant will generally be issued as a credit applied directly toward a swimmer's monthly dues and meet fees.

Outreach Membership

OUTREACH MEMBERSHIP is for a calendar year period. The outreach program is to provide reduced membership for economically disadvantaged youth. The applicant MUST include one of the following proofs to be considered for the reduced fee, along with athlete registration form:

- Proof of reduced/free lunch program;
- Show proof of food stamps;

To show a person is economically disadvantaged the burden of proof rest with the applicant. Whichever document they can provide simply needs to be included with the Outreach Athlete Registration form, along with the Outreach Registration Fee of \$5. Outreach records are 100% confidential.

Swim Meets

The purpose of competitive swimming is to compete at swim meets! Individuals seeking membership in the Northeastern Swim Team should understand that we are a competitive team, not a recreational team. For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners. Swimmers are a part of a team and are expected to attend meets. The meet schedule is available during registration and will be posted on the website.

Swim Meet Expectations

As a competitive swim team, we encourage and expect all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

Signing Up for a Swim Meet

All swimmers will need to accept/decline attendance at every meet through our website. Please pay particular attention to the deadline. NST will submit all entries once we reach the deadline. Any swimmer who did not accept prior to this deadline will be asked to pay the late entry rates and risks not being entered into the meet. Meet fees will be paid through Team Unify; with the exception of late entries.

Swimmer Events

Swimmers and parents/guardians are able to request events during the sign up process, but the coaches make the final decision. The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events.

Meet Info Page

Each swim meet will have a meet info page on the Northeastern Swim Team website that will provide information such as location, date, time, directions, events, cost of events, etc. Please consult page prior to signing up.

Meet Fees

A NST splash fee (\$10), event fees (approximately \$3-6 per event) and an ISI fee (\$4.50) are required for entry in a swim meet. These will vary on the meet and will be posted online. Late entries will result in higher fee rates. Meet fees for swim meets are the responsibility of the parent. NST submits all entries and meet fees to the host team. Meet fees are non-refundable to NST once they have been submitted to the host team. Delinquent meet fees will result in a suspension in meet and/or practice privileges. If a swimmer is unable to attend the meet (for any reason) after the submission of the entries and payment, the swimmer will still be responsible for payment of the meet fees. If the Northeastern Swim Team coaches or staff makes an error in a swimmer's entries, the team will be responsible for the subsequent erroneous fees. NST pays for relay entries.

First Swim Meet

If this is a swimmers first USA swim meet, the most important thing that you must know is that you will not be alone. There will be many veteran parents/guardians to serve as resources at the meet. Please feel comfortable asking for help as necessary. Most importantly, have fun!

Standard Meet Procedure

Once you arrive at the meet, make sure to have swimmers check in with your coach. We will do a small warm-up, some starts and make sure the swimmers are ready to swim fast. There is NO DIVING during warm ups unless we are practicing starts at the designated time. Swimmers should enter the water doing a sit & slide entry. USA Swimming states: "Any swimmer who dives during warm-ups will result in an expulsion from the meet." We will practice these entries so swimmers should be familiar with these. Warm ups will be crowded so make sure you can get in the pool right away to get the most out of warm up. Swimmers should not stop at the wall unless they are done with warm-up. I will be helping swimmers find their lanes prior racing. Approx. 10 min before the swimmer goes to race they should head over and speak with me about their heat, lane, and race preparation. They will want their goggles (and cap if using) ready at this time. Only NST caps should be used. I will have extra NST caps available for purchase. Swimmers will report directly to the starting blocks (after speaking with the coach) for their races. After their race they should shake their competitor's hands and report back to a coach to discuss the race. Swimmers will NOT be checked in by a Clerk of Course. Meet programs will be available for purchase.

Meet Info Email

A meet information email will be sent out to all participants 24-48 hours prior to the start of the meet. It will include updated warm-up times, meet location and any important information necessary for the upcoming meet.

Deck Restriction

Entry on deck is restricted to facilities staff, athletes competing at the event, meet workers supporting the session, officials supporting the session and registered coaches supporting the athletes on deck. Meet credentials will be issued to athletes, officials, meet workers and coaches. These must be visible to gain access to the pool deck and (for all but athletes) remain clearly visible while on deck during the meet. Anyone accessing the deck without the proper meet credentials or using someone else's credentials will be removed from the facility. Just a reminder that parents are not allowed on deck during the meet. Only team coaches and swimmers may be on deck. This does not apply to those who volunteer to time. If swimmers need something, they will have to go up into the stands with permission from a coach. Please do not come down on deck. No exceptions.

Q-times

Qualifying times (Q-times) are a time standard needed to qualify for the Iowa Championship meet. These times are established by Iowa Swimming, Inc. (ISI). Q-times are universal for long course meters and short course yards. This means that once a swimmer achieves the Q-time in that event, for an age group, they may participate in both Long Course Championships and Short Course Championships in that event. Swimmers must compete in their current age group but are able to achieve Q-times in age groups above their current age. Swimmers must have a Q-time in their age group as of the first day of the championship meet in order to participate.

Championship Meet Podium Protocol

Swimmers who finish in high enough in their age group will be given their awards during an awards ceremony. All swimmers who make the podium are required to attend this ceremony. Swimmers should wear NST apparel on the podium when possible.

State Championship Policy

To help swimmers strive to become their best, the Northeastern Swim Team encourages families to participate in the most competitive level of swimming available; including the Short Course State Championship & Long Course State Championship. These meets provide swimmers with experience competing against swimmers from all over the state and help the team score valuable points.

Competing in the State Championship meet is the culmination of their season's hard work. However, this usually requires traveling to Grinnell, Iowa City or Des Moines for competition. As our team continues to grow and become more successful, NST wants all athletes to participate in this meet once they qualify.

NST understands that attending a four day meet is both a financial and time commitment. In order to help out with any burden attending State Championships, NST is able to provide assistance through team chaperones and hotel rooms.

1. Once a swimmer obtains a Q-time, he/she should plan to attend the State Championship meet.
2. Parents will notify Head Coach Eric Crawford if you will not be able to take your swimmer to the State Championship meet. Upon notification, that swimmer will be placed with a team chaperone to ensure that they are able to participate in the meet.
3. Each swimmer that qualifies will sign the "NST Team Travel Code of Conduct" form as well as the "Team Travel Medical Authorization" no later than two weeks after obtaining their Q-time and notifying Coach Crawford.
4. Swimmers are asked to split (one fourth) the total cost of hotel. Most rooms will consist of four swimmers. Female and male swimmers will not stay in the same room. If we are unable to put four swimmers into the room, NST will cover the cost of the remainder of the room.
Example: Three swimmers in need of room; resulting in 3 out of the 4 hotel spots. NST will cover the cost of the remaining spot. Each swimmer will still be responsible for a fourth of the total hotel cost.
5. Swimmers will be responsible for any funds needed for food.
6. Swimmers are still responsible for paying for their entry fees.

Prelim/Final Events

Swimmers who are in prelim/final events should plan to attend both sessions. **No one will be allowed to scratch.** Swimming in finals is where swimmers place as well as earn points for the team. Any swimmer qualifying for a Bonus Final, Consolation Final or a Championship Final race in an individual event who fails to compete in that race shall be barred from further competition for the remainder of the meet. If a swimmer fails to show for any finals on the last day the swimmer is entered in the meet and has not scratched according to rules of the meet, a \$50 fine will be imposed payable to the host team. If the fine is not paid, the swimmer will not swim in any future ISI sanctioned meets until the fine is paid in full. Swimmers will be allowed to scratch after 30 minutes after their race as concluded along with a \$50/event made payable to: Northeastern Swim Team. Swimmers who fail to show up or scratch prior to the race will owe \$100 (\$50 to NST, \$50 to host team).

Swimmers who do not originally place high enough to return to finals may still end up in finals after all other team's scratches have been submitted. The final place of the swimmer will be known by the end of that current prelim session.

Alternate for Finals

Swimmers who are listed as alternates at the conclusion of the scratch deadline will be given the choice whether or not to return to finals. If they wish not to return, swimmers and/or parents must notify a NST coach prior to leaving the meet. However, at state championship meets and higher alternates are to show up for warm up to see if they have been moved up.

Team Travel Policy

The Team Travel code of conduct refers specifically to team travel, when not traveling with a parent, but applies to any activity described as “team activity” as well. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the team or travel objectives, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other disciplinary action including barring from future travel meets, future competition, suspension from practice or possible dismissal from the team.

A Team Travel Code of Conduct and Medical Release must be submitted and signed by both the swimmer and parent prior to team travel.

NST swimmers travel as a team to foster better team camaraderie, spirit and to have fun. Traveling together also fosters a stronger competitive environment. Everyone is expected to behave in an exemplary manner. The reputation of NST swimmers is dependent on your behavior.

Team Chaperones:

Chaperones are an important key to the Northeastern Swim Team’s success. Chaperones, under the direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration, coaching and also for transportation needs.

Team chaperones must be non-athlete members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. Chaperones may be the team coaches.

During team travel, when doing room checks, attending team meetings and/or other activities, open and observable environments will be maintained. Regardless of gender, a coach or chaperone shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach or chaperone is the parent, guardian, sibling or spouse of that particular athlete). Chaperones will ideally stay in nearby rooms.

The following code of conduct refers specifically to team travel but applies to any activity described as “team activity” as well. Chaperones must comply and uphold the following code of conduct at all times.

1. Chaperones may be team coaches or parents.
2. Chaperones, under the direction of the head coach, will be responsible for the care of all athletes on the trip including meals, curfews, transportation and any other issues that may arise. Coaches will be responsible for all meet related aspects of the trip including meet administration and coaching. Coaches may also be used for transportation needs.
3. Team chaperones must be non-athlete members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check.
4. Open and observable environment. During team travel, when doing room checks, attending team meetings and/or other activities, open and observable environments will be maintained.
5. Hotel. Regardless of gender, a coach or chaperone shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach or chaperone is the parent, guardian, sibling or spouse of that particular athlete).
6. Athletes should not ride in your vehicle unless a Team Code of Conduct has been turned in or prior parental permission is obtained.
7. Chaperones will ideally stay in nearby rooms.
8. Chaperones will have their room paid for by the Northeastern Swim Team in exchange for their service at this meet. The room will be booked along with any additional team rooms necessary. No other reimbursement will be given beyond the room.
9. Chaperones will need to fill out a “NST Chaperone Code of Conduct” form for each meet they chaperone.

Northeastern Swim Team Awards

The Northeastern Swim Team rewards swimmers who achieve certain time and qualification standards. Awards include:

- One or None – Swimmers who attend all practices or miss only one will receive this award.
- Junior Achievement - Swimmers who move up from Age Group to Junior receive this award.
- Q-Time Certificate – Up to two new Q-times per certificate. These are awarded after a meet in which a swimmer achieves a new Q-time.
- Complete Q – Starting with the 10 & Under age group; Swimmers who achieve all Q-times in all possible events will receive the Complete Q plaque.
- Ultimate Q – Swimmers who achieve Complete Q in all age groups, from 10 & Under through Senior, will be awarded the Ultimate Q award.
- AAA Certificate – Swimmers who reach the AAA National Time Standard will be awarded a certificate. Only the top 6% of swimmers in the nation in their age group, their same sex, in that stroke and distance can achieve this time standard.
Each event an AAA time standard is achieved will receive a certificate.
- AAAA Certificate – This is the highest time standard. Only the top 2% of swimmers in the nation in their age group, their same sex, in that stroke and distance can achieve this time standard.
- Age Group Top 3 – A NST team of swimmers who place in the top 3 for their current gender and age group division at the state championship level will be awarded a championship shirt.

Beyond the State Championship Meet

Once a swimmer qualifies for state, the next step is to start looking at qualifying for Central Zones, Midwest All Stars and the USA Swimming Championship Series meets.

Central Zone 14 & Under Championships (Zones)

Swimmers 14 years of age or younger who have achieved a national AAA time in their age group are eligible to compete at the Central Zone 14 & Under Championship meet. However, swimmers who achieve individual cut times for the National Championship, US Open and Junior National Championship meets prior to the Zone Championship meet shall not be eligible to compete in that particular stroke and distance, including relay events. If Team Iowa does not have two swimmers in an event who have not met the national AAA time standard, they will select swimmers based off their rank at the Long Course State Championship. Swimmers chosen will swim for Team Iowa and still represent the Northeastern Swim Team.

Mega Zone Championships

Every 4 years, the Central Zone Championship will combine with the other Central Zone for a Mega Zone Championship. This meet will consist of 15 central LSCs and normally takes place at the same time as the Olympics.

Midwest All Stars

Team Iowa will send the 80 swimmers that apply for to All Stars. Age groups represented are 10 & under, 11-12 and 13-14. Each swimmer can only participate in 2 individual events per session plus relays. Times used to select team are from any USA sanctioned/approved/observed time achieved after September 1 each year. Applicants will be considered only for events for which they apply. ISI will use the TM database for times. Athletes will be selected based on their ranking and indicated preference on the entry form.



USA Swimming Championship Series

These meets each have a single qualifying time per event per gender instead of by age group. They are categorized by a five star system that indicate the next level of competition, each with a higher qualifying standard than the previous competition. They are Speedo Sectionals, Future Championships, Speedo Junior National Championships, Arena Pro Swim Series and National Championships.

Terms and Abbreviations:

S =	Swim	P =	Pull
SorP =	Swim or pull	K =	Kick
D =	Drill	IM =	Individual medley
RIM =	Reverse IM	IMD =	Individual medley drill
FR =	Freestyle	BK =	Backstroke
BR =	Breaststroke	Stroke =	Fly, Back or Breast (No Free)
CH =	Choice	DTC =	Down the center drill
DPS =	Distance per stroke	All Out =	As fast as you can go (sprint)
Mixer =	75 free, 75 kick, 75 back, 75 drill	SR =	Seconds Rest
WU =	Warm up	CD =	Cool down
Build =	Get faster within each swim I.E. 4x 50 Build = 50 Easy to Fast, 50 Easy to Fast, 50 Easy to Fast, 50 Easy to Fast		
Desc =	Get faster within each set I.E. 4 x 50 Desc = 50 Easy, 50 Moderate, 50 Threshold, 50 Threshold+/All Out		
Cords =	Speed tool used to build strength and stroke rate		
Pullout =	The underwater portion off the breaststroke start and turns		

21 Top Laws of Swimming

1. Three of the most important components of swimming are: technique, technique, technique.
2. Strive for optimum, not maximum, performance.
3. Learn to balance, align, and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practice makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever travel is when you dive off the block and push off the wall.
13. Slice through the water, don't plow. Make your middle name "streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists, and forearms, and hold onto the water. Learn to use your legs for balance and body stabilization.
15. Power is generated from the hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race, attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer.
20. Use visual and mental imagery of yourself achieving and surpassing your goals.
21. Swim smart, use your head, and keep your head still.

Practice Groups

The Northeastern Swim Team's practice group's guidelines have been developed by its coaching staff to maximize the growth and development of swim techniques for its swimmers of all levels. Swimmers with similar age and abilities will be grouped together to reach the goals set for each level. The assignment of swimmers to a group shall be the decision of the coaching staff.



Practice Group & Requirements Northeastern Swim Team



	Practices Offered Per Week	Age Requirement	Minimum Requirements	Equipment Required	Goals & Development			
Minis	2	Age 5-8 *New members age 5-10	Must be able to Swim a 25 unassisted without stopping	Suit Goggles Water Bottle	Develop all four competitive strokes & the individual medley	Gain endurance and confidence	Introduce interval based training & breath control	Learn & master legal starts, turns & finishes
Age Group	4	Age 5-12	Must be able to Swim a 25 unassisted without stopping	Suit Goggles Water Bottle	Improve on all Goals from Intro	Learn to do interval training without assistance	Take initiative to lead the lane	
Junior Bronze	5	Age 8 & up	<ol style="list-style-type: none"> 1. Must be able to swim 10x 50's @ 1:00 with 5 seconds or more of rest 2. Must do flipturns on all walls 3. Ability to listen and be on task at all times 4. Must be able to streamline kick underwater to the flags off all walls 	Suit Goggles Water Bottle	Improve on all Goals from Age Group	Set Goals; which include timed, seasonal and long-term goals	Learn and properly be able to do dryland exercises	Qualify for the Silver Championship meet
Junior Silver	5	Age 9 & up	<ol style="list-style-type: none"> 1. Must be meet all requirements of Junior Bronze 2. Must be able to swim 10x 100's @ 1:45 with 5 seconds or more of rest 	Suit Goggles Water Bottle	Improve on all Goals from Junior Bronze	Qualify for the Iowa State Championship Meet		
Junior Gold	5	Age 10 & up	<ol style="list-style-type: none"> 1. Must be meet all requirements of Junior Silver 2. Must be able to swim 10x 100's @ 1:40 with 5 seconds or more of rest 	Suit Goggles Water Bottle	Improve on all Goals from Junior Silver			
Senior Bronze	6	Age 10 & up	<ol style="list-style-type: none"> 1. Must be able to swim 10x 100's @ 1:30 with 5 seconds or more of rest 2. Must be able to streamline kick underwater 10-meters (1st red) off all 	Suit Goggles Water Bottle	Improve on all Goals from Junior Gold	Fine tuning stroke technique	Ability to compete in every meet	<u>14 & Under:</u> Qualify for the Zone Championships
Senior Silver	6	Age 11 & up	<ol style="list-style-type: none"> 1. Must be meet all requirements of Senior Bronze 2. Must be able to swim 10x 100's @ 1:20 with 5 seconds or more of rest 	Suit Goggles Water Bottle	Improve on all Goals from Senior Bronze	Place in the top 16 at the Iowa State Championship Meet		
Senior Gold	6	Age 11 & up	<ol style="list-style-type: none"> 1. Must be meet all requirements of Senior Silver 2. Must be able to swim 10x 100's @ 1:15 with 5 seconds or more of rest 3. Must demonstrate the ability to streamline kick underwater 15-meters 	Suit Goggles Water Bottle	Improve on all Goals from Senior Silver	Should qualify or be close to qualifying for Speedo Sectional Championships	Setting Goals to reach Future Championships and Junior Nationals	
Senior Sectionals	8	Age 12 & up	<ol style="list-style-type: none"> 1. Must be within 15% of a SC Season Sectional Qualifying Time (10% of distances over 500 yards) 2. Must make 90% of practices 	Suit Goggles Water Bottle	Improve on all Goals from Senior Silver	Should qualify for Speedo Sectional Championships	Should be close to qualifying for Future Championships and setting goals to reach Junior Nationals	