

POSA Parent Information

Welcome

Welcome parents to the Palos Orland Swim Association (POSA) Eagles 2016 Fall/Winter Season!

POSA is a year round age group competitive swim club. We are a member of USA Swimming (USAS) and sanctioned by Illinois Swimming Inc. (a local swim council of USAS). Our club is a non-profit organization run by its elected Board of Directors and supported by its member families. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor. Our team is open to all youth aged 5 through 18 years old, living within the boundaries of Consolidated High School District 230. We have coaches who are professional, educated, and experienced in competitive swimming.

Coaches: posacoaches@posaeagles.org

- Head Coach Josh Rogers josh.rogers@posaeagles.org
- Assistant Coach Matt Petrizzo
- Assistant Coach Jessica Stolze
- Assistant Coach Brittany Kamper
- Assistant Coach Ben Crnich
- Assistant Coach Mitch Zieler
- Assistant Coach Tara Capouch
- Assistant Coach Molly O'Malley

Board Members

- President Tracy Pautsch tracy.pautsch@posaeagles.org
- Vice-President/
Meet Director Kate Donnell kate.donnell@posaeagles.org
- Treasurer Mary Barry mary.barry@posaeagles.org
- Secretary Jamie Harlin jamie.harlin@posaeagles.org
- Special Events April Giblin april.giblin@posaeagles.org
- Concessions
- Sandburg Liaison Kathy Lawlor kathy.lawlor@posaeagles.org
- Safety Director Michelle Molloy michelle.molloy@posaeagles.org
- Member Liaison Candi Kamykowski candi.kamykowski@posaeagles.org
- Spirit Wear Anita Austin anita.austin@posaeagles.org

Mailing Address

POSA
PO Box 281
Orland Park, IL 60462

Pool Address

Carl Sandburg High School
13300 S. LaGrange Road
Orland Park, IL 60462

Communication

MOST COMMUNICATION FROM POSA ARE CONDUCTED VIA E-MAIL. PLEASE WATCH YOUR E-MAIL FOR INFORMATION AND UPDATES. Check the website calendar also for updates.

Website: www.posaeagles.org

Our website contains all information regarding POSA. Upon registration, you should have received a login name and password. Once logged in, you will be able to:

- View your child's swim times and compare them to standards (Regional, State, etc...)
- Sign your child up for dual meets
- Sign up for ISI's and choose the events you would like them to swim
- Sign up for volunteer positions throughout the season
- View your account and any balance due
- Set up Auto Pay to directly charge your balance due for billing (ISI's, events) on a monthly basis

Breakdown of POSA Fees: Registration

\$500	Per Swimmer Registration Fee
\$ 68	Per Swimmer USA Swimming Card (Insurance and Registration)

\$568	Total Cost for 1 swimmer
\$100	Per Family Volunteer Commitment Fee (A check is given as the deposit, it is not cashed and fully refundable at the end of the season provided the volunteer commitments are fulfilled; if not fulfilled we will cash the check at the end of the season.)
\$100	Per Family Fundraising Commitment Fee (A check is given as the deposit, it is not cashed and fully refundable at the end of the season provided the volunteer commitments are fulfilled; if not fulfilled we will cash the check at the end of the season.)
Add \$470	for each additional swimmer per family. (<i>\$30 discount for each additional swimmer per family</i>)
Add \$ 68	for each additional swimmer's USA Swimming Card

Payments

Registration fee, installment payments, and ISI Meet fees can be made via credit card or check. (Two separate checks for the \$100 Volunteer Deposit and \$100 Fundraising Fee is required.) Payments will be invoiced to your account on our website. In order to pay via credit card, you must set up the auto pay option within your account. Any fees incurred will be invoiced and charged on the 1st of each month. POSA has a black box in the small office off of the pool hallway. This box can be used for payments, but please do not put cash in the box.

Financial Responsibilities

Your registration fees cover pool fees, coach's salaries, coach travel expenses, membership fees, meet administrative fees, as well as other operating expenses.

All members are expected to keep their account current and in good standing.

- Registration fees are non-refundable after the first two weeks of the season. If the swimmer withdraws from the program, the registration fees are considered a donation to our not-for-profit organization.
- Membership payments and meet fees are due on the 1st of the month. You can pay by cash, check or credit card. You can upload a credit card under “Your Account” section on the website.
- A late fee of \$25 will occur after the 7th day of the month. If your credit card was declined on the 1st, it will need to be updated by the 7th to avoid the late fee.
- If your account is not current, you will not be allowed to sign up your swimmer for any additional ISI meets.
- If your account is one month past due, your swimmer will not be allowed to attend practice and/or any meets until the account is paid in full.

Please contact the Treasurer if you have any concerns paying your account.

Volunteer Commitment:

Parental involvement is essential for our club to function. POSA will assess a \$100 volunteer commitment fee each season. This is **fully refundable** at the end of each season provided you have fulfilled the volunteer commitment. *Each family must submit a check for the \$100. Un-cashed checks will be shredded at the end of the season if commitments are met.*

Volunteer commitment:

This season, each family is required to fulfill a minimum of 3 volunteer jobs.

We will be hosting several dual meets and which are run by parent volunteers.

Volunteers will be needed to time at the meets, help organize the swimmers, concessions, clean up and locker room monitoring. Volunteer job descriptions for home meets are listed under the Volunteer/Fundraise tab on the website. ***Please note* - While adult volunteers are allowed on deck to volunteer, siblings and other non-swimmers are not permitted on deck at any time!**

Additional volunteer opportunities include timers for ISI meets, helping at team events and helping at the end of season party.

Volunteer job sign up will be available on the events tab on the website as the event date approaches. Click on the “job sign up” tab under “Events”.

Volunteer jobs requiring additional training are the computer/scoring table volunteers at home meets and USA Swimming Officials. Please contact a board member if you are interested.

Fundraising commitment:

POSA conducts a mandatory fundraiser during the season. POSA will assess a \$100 fundraising commitment fee each season. This is **fully refundable** at the end of each season provided you have fulfilled the fundraising commitment. *Each family must submit a check for the \$100. Un-cashed checks will be shredded at the end of the season if commitments are met.*

The money you raise helps keep our fees to a minimum as well as enabling POSA to purchase training equipment (fins, pool buoys, kickboards, etc.) There are 2 ways to fulfill the fundraising commitment this season.

Fall Swim-a-thon: This season, we are asking each family to raise a minimum of \$100 through fundraising initiatives. **Swim-a-thon Fundraiser information will be available in early fall.**

**Please note there will be no product sales this season; the swim-a-thon will be our only team fundraiser besides the sponsorship below..*

POSA Team Sponsorship: Advertising on the POSA website

- \$99/yr Plus Ad Plan
- \$499/yr Premier Ad Plan
- \$999/yr Premier+ Ad Plan

Click on “advertise here” on the main page of website for more information.

Please see a board member if you are interested in fulfilling your fundraising commitment by purchasing an Ad Plan on the POSA website.

Team Gear and Apparel

For practice, each swimmer will need: a practice swim suit (no two piece suits for girls), a swim cap, and at least one pair of goggles. Suggested equipment: Fins, pull buoy, kickboard, paddles, center-line snorkel, drag suit, and swim bag (some equipment is also available for use at the pool). All swimmers should bring a water bottle to practice in order to stay hydrated. **PLEASE LABEL ALL OF YOUR CHILDS THINGS! SUITS, GOGGLES, and CAPS get mixed up easily!**

For meets, each swimmer will need: POSA team suit, swim cap, two pairs of goggles (in case one pair breaks), towel, bottle of water, and healthy snacks. Team suit sales and apparel will occur within the first couple weeks of the season.

USA Swimming and Illinois Swimming, Inc. Registration

All POSA swimmers are required to register with USA Swimming (USAS) and Illinois Swimming, Inc (ISI). This is covered by your \$62 USAS/ISI registration and insurance fee. The USAS and ISI memberships are valid September thru September.

As a USAS member, your swimmer's achieved times are tracked on the USAS website. You can create an account on the website to view their times. This is the official database that tracks all swimmers times and are the times used to determine qualification for championship meets.

Sanctioned Meets are meets that are approved through Illinois Swimming, Inc. These include dual meets, ISI meets, and championship meets. Our intrasquad meet is not a sanctioned meet, therefore the times achieved are not submitted to ISI or USAS.

Swim Meets

Most swim meets* run in the following order; Medley relay, freestyle, breaststroke, individual medley, backstroke, butterfly, & freestyle relay. Events are broken down in the following age groups 6 & under, 8 & under, 9-10, 11-12 & 13-14. Boys and girls swim separately. In most meets* swimmers can compete in a maximum of 2 individual events and 2 relays.

Sign up for meets online: Logon to your POSA account. View meets under the Events tab. Select Attend/Decline to sign up your swimmer(s). Swimmers are encouraged to swim in dual meets, but meets are NOT mandatory.

TYPES OF MEETS

Intrasquad Meet* - Swimmers from our own team compete against one another in a mock meet at Sandburg. This meet helps new swimmers and their parents become familiar with the workings of a dual meet. *Coaches determine which swimmers compete in the specific events.* There are no additional costs to swim in the Intersquad Meet.

Dual Meet* - Swimmers from our team compete against swimmers from another team. *Coaches determine which swimmers compete in the specific events.* These meets can be home (Sandburg Pool) or away (opposing team's pool). Swimmers are allowed to swim in a maximum of 2 individual events and 2 relays per meet. There are no additional costs to swim in Dual Meets.
Conference Meet* - At the end of the season, each Conference division holds a championship meet. The team's overall finish determines which division the team will compete in next season. *Coaches determine which swimmers will compete based on best swim times during the season.* Please expect to pay an admission fee.

ISI Meet (Illinois Swimming, Inc. Meet) - During the season, POSA will participate in large weekend meets hosted by swim clubs in the Chicago area. *Parents can sign up their swimmer for specific events of their choice. Parents may want to discuss their child's participation in these meets with the coaches.*

Additional fees are charged per event. Meet packets will be available for review in order to determine date, time, session, and event sign up. Please read the meet packet for information on location of meet, day/session times, costs, events, number of events allowed to swim, and other pertinent information. These meets will be listed under “Events” on the website.

Regional/State Meets – Swimmers can qualify to compete in Regional and State Championship meets. Times required to participate in these meets are posted on the Illinois Swimming website.

Swim Meet Ribbons – All swimmers receive ribbons for POSA Intrasquad and Dual Meets. (1st Place, 2nd Place, etc. or a Great Swim for participation). These will be available several days after each meet; and can be picked up in the swim office. Each swimmer will have a folder with their name where their ribbon(s) will be placed. ISI Meet ribbons may or may not be handed out at the discretion of the host team.

Concessions – A concession stand will be available at all POSA Dual Meets at home. Parent volunteers will be needed to run concessions. Sign-up will be available online prior to each event.